WEEK 1
Directions

1. Preheat the oven to 400°F (200°C).
2. Fry the bacon on medium-high until the bacon is crispy. Allow cooling. Transfer the bacon to a food processor and blend with butter. Set aside and put in the chiller.
3. Coat the tenderloin with olive oil, salt, and pepper to taste. Bake for 20-25 minutes until outside is browned and crispy and cooked through to the desired doneness.
4. Meanwhile, place the spinach in a saucepan of boiling water, cook for 2-3 minutes. Then drain. Place in a serving dish and sprinkle with salt and pepper.
5. Allow resting the cooked tenderloin on a cutting board for 5 minutes. Slice into 1-inch pieces. Serve tenderloin with spinach, bacon butter, and chopped parsley if desired.

The Ingredients

- 1 ½ lbs. pork tenderloin
- 2 tbsps. olive oil
- 1 cup fresh spinach
- salt and pepper to taste
- 1 oz. chopped parsley (garnish)

Bacon butter
- 100g. butter,
- 1 oz. bacon, finely chopped

PORK TENDERLOIN WITH SPINACH AND BACON BUTTER
KETO BAKED SALMON WITH PESTO MAYO AND SPINACH

The Ingredients
- 1 ½ lbs. salmon
- 1 tbsp. lemon juice
- 3 tbsps. pesto
- 2 tbsps. olive oil
- 1 cup fresh spinach
- salt and pepper to taste

Green pesto sauce
- 3 tbsps. pesto
- ½ cup mayonnaise
- 2 tbsps. full-fat Greek yogurt
- salt and pepper, to taste

Directions
1. Preheat the oven to 400°F (200°C).
2. Whisk together the pesto, mayonnaise, yogurt, salt and pepper, to taste, in a small bowl. Set aside.
3. Coat the salmon with lemon juice, salt and pepper.
4. Place the salmon in a baking dish and spread pesto.
5. Bake salmon for about 15-20 minutes until the salmon is easily flake with a fork.
6. Meanwhile, sauté the spinach for about 2 minutes, or until the spinach is wilted. Season with salt and pepper, to taste. Serve the salmon with spinach and pesto mayo!
**KETO CHICKEN WINGS WITH CREAMY BROCCOLI**

**The Ingredients**

**Creamy Broccoli**
- 1 lb. broccoli
- ½ cup mayonnaise
- 1 tbsp. olive oil
- salt and pepper, to taste

**Baked Chicken Wings**
- ½ orange, juice and zest
- 2 tbsps. olive oil
- 2 tsps. ground ginger
- 1 tsp. salt
- ¼ tsp. cayenne pepper
- 1 ½ lbs. chicken wings

**Directions**

1. Preheat the oven to 400°F (200°C).
2. Wash the broccoli and chop into florets.
3. Bring a large pot of water and boil them in 2 minutes. Then drain off all of the liquid and place boiled broccoli in a large bowl. Add mayonnaise, olive oil, salt and pepper to taste. Set aside.
4. In a large bowl, whisk together the zest from the orange with oil and spices. Add chicken wings.
5. Arrange the chicken wings on a baking sheet. Cook the wings in the preheated oven for 30 minutes or until crisp and cooked through.
6. Serve the baked wings with the creamy broccoli.
FRIED EGG WITH SPINACH AND CHEESE

The Ingredients
- 2 tbsps. butter or olive oil
- 2 large eggs
- ½ cup spinach
- 2 oz. cheddar cheese, sliced
- salt and pepper, to taste

Directions
1. Melt the butter in a frying pan. Add the spinach and season with salt and pepper to taste. Fry until the leaves are wilted.

2. Melt the remaining butter in the same pan over medium heat. Once the pan is fully heated, carefully pour in the egg, and let it cook until the whites are completely set but the yolks are still soft.

3. Remove immediately and serve sunny-side-up eggs with spinach and cheese. Enjoy!
FRIED CHICKEN WITH BROCCOLI AND BUTTER

The Ingredients
- 2 lbs. boneless chicken thighs
- salt and pepper, to taste
- 1 lb. broccoli
- 3.5 oz. butter
- 1 pc. lemon

Directions
1. Marinate the chicken thighs with lemon juice, salt and pepper. Add half of the butter to a large pan over medium-high heat.
2. Add chicken to the pan and cook until brown or 4-5 minutes per side.
3. Add the remaining butter and broccoli to the pan and sauté for a few more minutes.
The Ingredients

For the burger
- 1 ½ lbs. ground beef
- 2 tbsp. olive oil
- 2 tsp. garlic powder
- 1 ½ tsp. salt
- ¼ tsp. ground black pepper

For dressing
- ¾ cup mayonnaise
- 1 tbsp. red wine vinegar
- 1 tsp. mustard
- ½ tsp. paprika
- 1 pinch salt and pepper to taste

Salad
- 2 heads romaine lettuce, chopped
- 1 cup (4 oz.) cheddar cheese, shredded
- 1 whole pickle, cut into 4
- 1 pc. tomato, sliced
- ½ red onion, thinly sliced
- 1 tsp. sesame seeds, for garnish (optional)

Directions
1. In a medium skillet over medium heat, add ground beef, garlic powder, salt and pepper. Cook in 8-10 minutes or until no pink remains.
2. In a small bowl, whisk together mayonnaise, vinegar, mustard, paprika, salt and pepper to taste.
3. Assemble salad. Toss the lettuce, tomatoes, cheddar cheese, pickles and red onion on a plate.
FLAPPY PANCAKE WITH CREAM CHEESE AND BLUEBERRY

The Ingredients

Toppings
- 8 oz. (1 cup) cream cheese
- 20 grams blueberry
- 2 tbsps. green pesto
- 1 tbsp. olive oil
- 1 pinch salt
- 1 pinch pepper

Pancakes
- 2 eggs
- 100 grams almond flour
- 50ml water or coconut milk
- 2 tbsps. butter

Directions

1. Separate the egg white and egg yolk. In a large bowl, mix almond flour, yolk, salt, and milk until smooth.
2. Heat a lightly frying pan over medium heat with butter. Put ¼ cup batter, 2-3 inches in diameter.
3. Mix cream cheese, olive oil, and pesto.
4. Put pancakes on the serving plate and mix cheese with blueberry on top.
SMOKED SALMON, SCRAMBLED EGG WITH AVOCADO

The Ingredients

- 1 tbsp. butter
- 2 large eggs
- 1 cup chopped scallion
- 1/2 avocado
- 1 pinch salt
- 1 pinch pepper
- 1 tbsp. lime juice

Directions

1. Heat the butter in a frypan. Add egg beaters, then add chopped scallion, salt and pepper.
2. Cut avocado into smaller pieces, then sprinkle with salt and pepper. Drizzle with lemon juice.
3. Serve scrambled egg and avocado with smoked salmon.
KETO TUNA AND AVOCADO SALAD

The Ingredients

- 1 ½ lbs. can of tuna in water
- 2 large avocados, ripe
- 5 oz. cucumber, quartered
- ½ red onion, sliced
- 2 tbsps. olive oil
- 2 tbsps. lemon juice
- 2 tbsps. cilantro, chopped
- salt and pepper

Directions

1. First, drain the canned tuna and place it in a large bowl.
2. Arrange all ingredients and dice into pieces.
3. Then, add diced avocado, diced cucumber, diced tomato, sliced onion, and chopped cilantro inside the bowl.
4. In another mixing bowl, combine lemon juice, olive oil, salt, and pepper then whisk to combine.
KETO EGG WRAP WITH AVOCADO AND SHRIMP

The Ingredients

Shrimp salad
- 2 avocados
- 6 pcs. shrimp
- 6 pcs. cherry tomatoes, diced
- fresh chopped cilantro or parsley (optional)
- ½ red onion
- 1 tbsp. olive oil
- salt and pepper to taste
- ¼ cup mayonnaise
- 1 tsp. lime juice

Wraps
- 4 eggs
- 2 tbsps. (30ml) water
- 1 oz. butter or coconut oil
- salt and pepper
**KETO EGG WRAP WITH AVOCADO AND SHRIMP**

**Directions**

**Wraps**

1. Whisk eggs, water, salt and pepper.
2. Heat the frying pan and let the butter melt.
3. Pour in the whisked egg, swirl the pan around or use a spoon to spread the egg and to form a full circle.
4. Let it cook for 30-60 seconds until the edges are cooked.
5. Transfer the egg to the plate and repeat with the remaining batter.

**Salad**

1. Heat the skillet over medium-high heat with olive oil. Add shrimp to the skillet, and cook 2-3 minutes until the shrimp turns bright pink on both sides.
2. Add the shrimp, cherry tomatoes, red onion, mayonnaise, olive oil, cilantro, lime juice, salt, and pepper to a large bowl. Stir and combine.
KETO SMOKED SALMON PLATE

The Ingredients

- 8 oz. smoked salmon
- 2 oz kale leaves
- 8 oz. cheddar cheese
- 2 oz. butter
- ½ avocado, sliced
- 1 tbsp. olive oil
- salt and pepper

Directions

1. Place the butter on cheddar cheese and roll up tightly. Set aside.
2. Put smoked salmon, kale leaves, avocado and cheese roll on a serving plate.
3. Drizzle olive oil over the kale and season with salt and pepper. Enjoy!
KETO BAKED CHICKEN WITH CAESAR SALAD

The Ingredients
Dressing
- ½ cup mayonnaise
- 1 egg yolk
- 2 anchovies
- 1 tsp. mustard
- 1 garlic cloves, minced
- ½ tsp. lemon juice
- ¼ - ½ tbsp. olive oil
- ¼ shredded Parmesan cheese
- 1 pinch salt and pepper

Salad
- 12 oz. chicken breasts
- salt and pepper
- 2 pcs. bacon
- 1 tbsp. olive oil
- 3 or 4 hearts of romaine lettuce
- ½ cup shredded Parmesan cheese
**KETO BAKED CHICKEN WITH CAESAR SALAD**

**Directions**

1. Mix all ingredients for the dressing in an immersion blender. Set aside.
2. Preheat the oven to 425°F/220°C.
3. Place the chicken breast in a baking dish, drizzle with 1 tbsp. olive oil, rub with fingers and sprinkle with seasoning.
4. Bake 18 - 20 minutes or until surface is golden brown.
5. Cook bacon in a medium skillet over medium-high heat.
6. Combine the lettuce and bacon, then top with sliced baked chicken. Drizzle with dressing and grated parmesan cheese.
KETO BEEF LETTUCE WRAPS WITH BACON AND CHEESE

The Ingredients

- 250 grams ground beef
- 3 pcs. bacon
- 50 grams shredded cheddar cheese
- 2 tbsp. olive oil
- 1 butterhead lettuce
- 5 pcs. cherry tomatoes
- 1 red ring onion
- 1 pinch salt
- 1 pinch pepper

Directions

1. Sauté ground beef with salt and pepper to taste, until evenly browned.
2. Grill the bacon in 8 minutes until crispy and set aside.
3. Arrange ground beef onto the lettuce leaves, then add chopped cherry tomatoes, bacon and cheese on top.
The Ingredients

Garlic dressing
- 1 cup mayonnaise
- ½ cup sour cream
- 2 cloves garlic, minced
- 2 tsps. garlic powder
- salt and pepper

Tuna and egg salad
- 3 eggs
- 1 tbsp. olive oil
- ¾ lb. fresh tuna, in slices
- 2 tbsps. pickles
- 2 oz. cherry tomatoes, wedges
- 4 butterhead lettuce
- ½ (2 oz.) red onion, sliced
- salt and pepper

Directions

1. In a small bowl, whisk the mayonnaise and sour cream. Stir in the 2 cloves minced garlic, garlic powder, salt and pepper. Set aside.

2. Brush the tuna with olive oil and grill for 3-4 minutes on each side. Allow resting.

3. Meanwhile, separate and wash the lettuce leaves.

4. Cut the tuna into chunks. Add lettuce, tomatoes, and onion to the plate. Top it with tuna chunks and eggs, cut in half, over the salad and pour over the dressing.
**KETO PORK TENDERLOIN WITH BLUE CHEESE SAUCE AND GREEN BEANS**

**The Ingredients**
- 7 oz. pork tenderloin
- 2 tbsps. olive or butter oil, for frying
- 2 oz. green beans
- 2 cloves garlic
- 1 teaspoon rosemary
- 2 tbsps. butter
- ⅔ cup heavy whipping cream
- 5 oz. blue cheese
- salt and pepper to taste

**Directions**
1. Rinse and trim the green beans.
2. Bring to a boil and cook for 2 minutes. Then drain the beans.
3. Melt the butter in a frypan on low heat. Add garlic and ground beef, stir and cook until brown. Then remove it and set it aside.
4. Heat your pan to medium heat, add olive oil and add pork tenderloin with salt and pepper. Cook your tenderloin for about 8-10 minutes.
5. Remove the pork tenderloin. Set aside.
6. Melt the butter in the same pan, add rosemary and garlic and cook for a few minutes or until the garlic becomes golden brown. Add the cream and blue cheese, then reduce the heat until the cheese is creamy and ready to serve.
7. Serve the pork loin steak with green beans and blue cheese sauce. Enjoy!
KETO TUNA SALAD WITH POACHED EGGS

The Ingredients

- 6 oz. tuna in water, drained
- 1/3 cup celery stalks, finely chopped
- 1/2 (2 oz.) red onion, finely chopped
- 1/4 cup mayonnaise
- 1/2 (2 oz) red bell pepper, finely chopped
- 1/4 tsp. dijon mustard
- 1/2 lemon, juice and zest
- 1 tbsp. small capers
- salt and pepper to taste

Poached eggs

- 3 eggs
- 1 tsp. salt
- 2 tsps. white wine vinegar or white vinegar 5%

Salad

- 2 oz. cherry tomatoes, chopped
- 2 oz. Romaine lettuce
- 6 pcs. black olives
- 1 tbsp. olive oil
- salt and pepper
Directions

1. In a large bowl, mix all of the ingredients for tuna salad. Set aside.

2. In a medium saucepan, 2 to 3 quarts in size, add water. Fill for at least 2 to 3 inches over medium-high heat.

3. Once the water simmer with just bubbles, reduce to medium heat. Add salt and vinegar. Stir to dissolve.

4. Crack the egg in the moving water, let the egg simmers for 2 to 3 minutes. Remove it from the saucepan using the slotted spoon and set it aside to drain.

5. Serve the tuna with poached eggs with your choice of leafy greens, cherry tomatoes and black olives. Enjoy!
The Ingredients
- 8 oz. smoked salmon
- 1 pc. avocado
- 2 oz. lettuce
- 2 tbsps. mayonnaise
- 1 tbsp. lime juice
- salt and pepper

Directions
1. Mix the mayonnaise and lemon juice in a small bowl, then set aside.
2. Cut avocado in half. Remove the seed and spoon out the flesh.
3. Toss the smoked salmon over the lettuce and serve with sliced avocado and a dollop of lemon juice-flavored mayonnaise.
4. Season with salt and pepper. Enjoy!
BAKED EGGPLANT FINGER FRIES

The Ingredients

- 3 pcs. eggplants
- 100 grams almond flour
- 50 grams organic panko crumbs
- 2 eggs
- 2 tbspss. olive oil
- 2 tbsp. thyme leaves
- 1 pinch garlic powder
- 1 pinch salt
- 1 pinch pepper

Directions

1. Preheat oven to 425°F. Prepare the baking sheet.
2. Cut the eggplant into fries style.
3. Place the eggplant in a large bowl with garlic powder, salt, and pepper.
4. Coat the eggplant fries in almond flour, then coat in egg beaters, then lastly, coat in panko bread crumbs.
4. Put the eggplant fries on a baking sheet, Drizzle with olive oil and bake.
**The Ingredients**

- 4 oz. butter
- 5 oz. green cabbage
- ½ lb. rotisserie chicken, shredded
- 2 tbsps. dried minced onion
- 2 (2¾ oz.) celery stalks, chopped
- 3 cloves garlic, minced
- 6 oz. mushrooms, sliced
- 2 minced garlic cloves
- 6 cups chicken broth
- salt and pepper to taste

**Directions**

1. Cut the cabbage and onion into strips.
2. Melt the butter in a saucepan on low heat. Add garlic, stir the onion, celery and mushroom into the saucepan and cook until tender.
3. Add the chicken broth, cabbage, salt and pepper. Whisk to combine, then increase heat to high.
4. Then add the shredded chicken. Reduce to low heat and simmer until the cabbage is tender or for about 3-4 minutes.
CHEESY SIRLOIN STEAK WITH BUTTER-FRIED GREEN BEANS AND ALMONDS

The Ingredients
- 7 oz. sirloin steak
- 2 pcs. sliced cheddar cheese
- 3 oz. fresh green beans
- 2 tbsp. sliced almonds
- 1 clove garlic, minced
- 2 tbsps. butter
- salt and pepper to taste

Directions
1. Rinse and trim the green beans.
2. Combine beans and water with a pinch of salt. Bring to a boil and cook for 2-3 minutes. Drain the beans.
3. Heat the oil and butter together in a frying pan. When butter is melted, add the green beans and garlic, cook, and stir until the garlic is tender and fragrant or after 2-3 minutes. Season with salt and pepper. Set aside.
4. Melt the remaining butter in the griller. Add the sirloin.
5. Toss the cheese on top of the sirloin, then place the sirloin still in the grill pan in a 200c preheated oven and cook for 3-4 more minutes until the cheese is melted.
6. Remove from the oven. Let it rest for a few minutes.
7. Serve the cheesy steak together with the green beans and almonds. Enjoy!
KETO BEEF BAKED EGS

The Ingredients

- 200g ground beef
- 2 eggs
- 1 cup shredded cheese
- 1 pinch paprika
- 1 pinch salt and pepper
- 2 tbsps. chopped scallion (for garnish)

Directions

1. Preheat the oven to 400°F (200°C).
2. Arrange cooked ground beef mixture in a small baking dish. Then make two holes with a spoon and crack the eggs into them.
3. Sprinkle shredded cheese, paprika, salt and pepper on top.
4. Bake in the oven until eggs are done, about 10 minutes.
5. Let it rest for 5 minutes. Then serve with chopped scallion on top.
KETO SMOKED SALMON APPETIZER

The Ingredients

- 7 oz. smoked salmon
- 2 tbsps. mayonnaise
- 100 grams cream cheese
- 1 tbsp. fresh dill, chopped
- ½ tsp. lemon juice
- ¼ tsp. ground black pepper
- 2 oz. (1½ cups) lettuce, for serving

Directions

1. Prepare all the ingredients.
2. Shred the salmon or cut the salmon into small, uniform pieces.
3. Mix all the ingredients in a small bowl, then scoop salmon salad on lettuce leaves. Enjoy!
WEEK 2
The Ingredients
- 2 pounds asparagus, trimmed
- 3 oz. bacon, cooked crisp and chopped
- 2 large, hard-boiled eggs, peeled and halved
- 2 tbsps. avocado oil
- 2 tbsps. mayonnaise
- ¼ teaspoon mustard
- 1 teaspoon garlic, minced
- ½ teaspoon red chili flakes
- salt and pepper, to taste

Directions
1. First, trim the asparagus then chop it into 1 inch segments.
2. Bring a pot of saltwater and add the asparagus and boil in 2-3 minutes. Remove the asparagus from the boiling water and transfer it to a bowl filled with ice water on top.
3. Melt the butter in a large pan over medium-high heat. Add the asparagus and cook for 3-4 minutes or until just tender.
4. In a small bowl, add all of the dressing ingredients and whisk together.
5. Assemble the salad plate and put the asparagus in a serving plate, then add chopped bacon, hard-boiled eggs and dressing.
The Ingredients

- 8 oz. green asparagus
- 3 oz. butter
- 4 oz. tomato
- 2 cloves garlic, minced
- 9 oz. salmon, boneless fillets, in pieces
- salt and pepper

Directions

1. Bake the tomato in 5-8 minutes or to desired doneness.
2. Rinse the asparagus and trim off ends.
3. Melt the butter in a skillet over medium heat. Add garlic and cook in butter for a minute. Then, add asparagus and cook for 4-5 minutes.
4. Season the salmon with salt and pepper.
5. Reduce the heat and add more butter to the same skillet. Place the salmon and cook until golden brown on 1 side for about 3 minutes.
6. Then, serve the fried salmon with asparagus and baked tomato. Enjoy!
KETO GROUND BEEF PLATE

The Ingredients

- ¾ lb. ground beef
- 2 cloves garlic, minced
- ½ avocado, sliced
- 2 oz. butter, for frying
- 4 oz. shredded cheddar cheese
- 2 butterhead romaine lettuce
- 2 tbsps. olive oil
- salt and pepper

Directions

1. Melt the butter in a frying pan on low heat. Add garlic and ground beef, stir and cook until brown. Add salt and pepper to taste.
2. Then, serve with salad, shredded cheese and avocado. Drizzle olive oil over the salad.
CAULIFLOWER SLAW

The Ingredients

- 1 lb. cauliflower
- 2 large hard-boiled eggs, peeled and coarsely chopped
- ½ cup mayonnaise
- ¼ cup sour cream
- 1 tbsp. mustard
- 1 tsp. garlic powder
- salt and pepper

Directions

1. Chop the cauliflower into large chunks.
2. Bring a large pot of water to boil, add cauliflower and cook until tender, about 4-5 minutes.
3. Then, drain the boiled cauliflower and transfer it into the processor and blend with ingredients until desired texture is reached.
KETO FRIED SALMON WITH CAULIFLOWER SLAW AND KALE PESTO

The Ingredients

Fried salmon
- 1½ lbs. salmon
- 1 tbsp. lemon juice
- 2 tbsps. olive oil
- salt and pepper to taste

Cauliflower slaw
- 1 lb. cauliflower
- 1 hard-boiled egg
- 2 tbsps. sour cream
- 3 tbsps. mayonnaise
- ½ teaspoon mustard
- salt and pepper, to taste

Kale pesto
- 3 tbsps. pesto
- ½ cup kale leaf
- 2 tbsps. olive oil
- salt and pepper to taste
Directions

1. Add the kale pesto ingredients to the blender, mix together over low speed, until combined. Set aside.
2. Add the cauliflower slaw ingredients to the blender, mix together over low speed, until combined. Set aside again.
3. Coat the fish with lemon juice, salt and pepper. Warm a large skillet with olive oil. Place the salmon. Cook until golden brown on 1 side, about 4 minutes.
4. Serve the salmon with cauliflower and kale pesto. Enjoy!
LOW CARB SEAFOOD CURRY

The Ingredients

- 2 tbsps. olive oil
- 6 oz. salmon, boneless fillets, cut into cubes
- 6 oz. shrimp, peeled and cooked
- 3 tbsps. curry powder
- 7 oz. red bell peppers, cut into bite-sized pieces
- 2 garlic cloves, finely chopped
- 1 red onion, chopped
- 3 oz. ginger, minced
- 1 cup celery, chopped
- 1 ½ cups coconut milk
- 1 cup heavy whipping cream
- salt and ground black pepper to taste
LOW CARB SEAFOOD CURRY

Directions
1. In a frying pan, heat the olive oil on medium heat and add the garlic, ginger, onion, and bell pepper and cook for a few minutes until the onion softens.
2. Add the coconut milk, celery and heavy cream, stir well, cover and let it boil.
3. Add curry powder, stir until it completely dilutes in coconut milk.
4. Add the salmon and shrimp, then season with salt and pepper to taste and simmer for about 5 minutes.
5. Transfer to a serving bowl and serve. Enjoy!
KETO TUNA SALADS WITH CAPERS

The Ingredients

- 4 oz. tuna in water
- 2 boiled eggs, half sliced
- ½ cup mayonnaise
- 1 oz. white onion, diced
- 1 tbsp. capers
- 1 ½ oz. leek, finely chopped
- ½ tsp. chili flakes
- salt and pepper

Directions

1. Drain the tuna.
2. Mix all ingredients in the mixing bowl until desired texture is reached.
3. Scoop the tuna mix into the top of each boiled egg. Enjoy!
The Ingredients

Pork shoulder chops
- 1 ½ lbs. pork chops, at room temp.
- 2 oz. butter, for frying
- salt and pepper
- cilantro butter
- 2 tbsp. olive oil
- 100g butter
- ¾ cup cilantro butter
- 1 teaspoon salt

Cauliflower rice
- 1 lb. cauliflower
- 2 tbsp. olive oil
- 12 tbsp. lemon juice
- 1 clove garlic, minced
- 1 tsp. turmeric
- salt and pepper, to taste
PORK CHOP WITH TURMERIC CAULIFLOWER RICE AND CILANTRO BUTTER

Directions

1. Preheat the oven to 400°F (200°C)
2. Blend all the ingredients for the cilantro butter and set aside.
3. Coat the pork chops with olive oil, salt and pepper.
4. Bake pork chop for about 8-10 minutes until cooked through.
5. Meanwhile, using a grater, grate the cauliflower, melt the butter in a frying pan. Add garlic and cook until brown, then add cauliflower, turmeric, lemon juice, salt and pepper to taste. Set aside.
6. Remove the pork chop from the oven, serve with the cauliflower rice and cilantro butter.
PORK TENDERLOIN WITH ASPARAGUS AND COWBOY SAUCE

Ingredients

- 1 ½ lbs. pork tenderloin
- 2 tbsp. olive oil
- 8 oz. asparagus
- salt and pepper to taste
- 5 oz. butter
- 2 cloves garlic, minced
- ¼ teaspoon dijon mustard
- 1 teaspoon lemon juice
- 1 chopped parsley
- salt and pepper
PORK TENDERLOIN WITH ASPARAGUS AND COWBOY SAUCE

Directions

1. Preheat the oven to 400°F (200°C).
2. Coat the tenderloin with olive oil, salt and pepper to taste. Bake for 20-25 minutes until outside is brown and crispy and cooked through to the desired doneness.
3. Meanwhile, lightly coat the asparagus spears with remaining olive oil, season with salt and pepper to taste. Grill over high heat for 2-3 minutes to desired tenderness. Set aside.
4. Melt the butter in a saucepan over medium heat, add the remaining ingredients and whisk together.
5. Slice into 1-inch pieces. Serve tenderloin with asparagus and cowboy sauce.
Directions

1. In a frying pan, heat the butter on medium heat and add the shrimp without shell, cook in 1 to 2 minutes per side. Set aside.
2. Combine all of the ingredients into a blender and blend until smooth.
3. Pour the avocado mixture into a saucepan on medium heat, stirring frequently. Put cooked shrimp, along with salt and pepper and kept simmering for a few more minutes.
4. Serve hot or cold. Enjoy!

The Ingredients

- 2 ripe avocados
- 1 lb. shrimp, peeled
- 1 cup coconut milk
- 1/4 cup fresh celery, chopped
- 1 tsp. fresh ginger
- 1 tsp. sesame oil
- 2 tbsp. lime juice
- 1 tbsp. butter
- salt and pepper to taste
The Ingredients

- 1 lb. chicken fillet
- 2 oz. Romaine lettuce
- 3 pieces cherry tomato
- 1/2 avocado
- 1 green bell pepper
- 1 red onion
- 1 oz. fresh coriander
- 2 tbsps. olive oil
- 1 pinch cayenne powder
- 1 pinch cumin powder
- 1 pinch salt
- 1 pinch pepper

Sour Cream

- 1 tbsp. lime juice
- ¼ cup whipping cream

Directions

1. Cut the chicken fillet into strips.
2. Heat the pan, add olive oil then sauté the chicken with bell pepper and red onion, then add 1 pinch of cayenne powder, cumin powder, salt and pepper.
3. On a salad plate, place the lettuce first, then the chicken fajitas. Add chopped tomatoes, diced avocado and fresh coriander.
4. Mix the sour cream ingredients in a small bowl. Pour the sour cream over the salad. Enjoy!
KETO SIRLOIN WITH GREEN BEANS AVOCADO AND CURRY MAYO

The Ingredients

Pork shoulder chops
- 2 tbsps. mild chipotle paste
- 2 tbsps. butter
- 1 lb. pork shoulder chops
- salt and pepper to taste

Curry mayo topping
- 1 cup mayo
- 2 tbsps. curry powder
- 1 garlic powder
- ¼ tsp. paprika powder
- salt and pepper to taste

Green beans and avocado
- 2 tbsps. olive oil
- ½ lb. fresh green beans, trimmed
- 1 avocado, peeled and pitted
- salt and pepper
KETO SIRLOIN WITH GREEN BEANS AVOCADO AND CURRY MAYO

Directions

1. Preheat the oven to 400°F (200°C).
2. Whisk together the mayonnaise, curry powder, paprika, garlic powder, salt and pepper in a small bowl. Set aside.
3. Marinate the steaks with salt and pepper. Add butter and heat until melted. Add steaks in a single layer, cook for 2 minutes until browned with a grill mark on the bottom.
4. Transfer the pan to the preheated oven and bake for 10 minutes until the meat is thoroughly done.
5. Heat broiler. Toss the beans. Broil until the beans are crisp-tender for about 3-4 minutes.
6. Mash the avocado flesh with pork in a small bowl. Combine the avocados and green beans with olive oil, salt and pepper.
7. Serve the sirloin and green beans avocado with curry mayo. Enjoy!
**KETO SHRIMP COCKTAIL WITH THOUSAND ISLAND DRESSING**

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**The Ingredients**

**Thousand Island dip**
- 1 cup mayonnaise
- ½ tbsp. apple cider
- 1 tsp. hot sauce
- 1 tsp. paprika powder
- 1 tsp. onion powder
- salt and pepper

**Cocktail shrimp**
- 2 tbsps. olive oil
- 12 oz. peeled shrimp
- ½ avocado large, cut lengthwise for longer pieces
- 1 tsp. paprika powder
- 6 pcs. black olive
- salt and pepper

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**Directions**

1. Whisk together all ingredients for dip in a small bowl. Set aside.
2. In a frying pan, heat the olive oil on medium heat and add the shrimp. Cook for 1 to 2 minutes per side. Set aside.
3. Next, arrange and serve with avocado, shrimp and black olives on top with thousand island dressings.
The Ingredients

- 1 lb. salmon
- 1 tbsp. lemon juice
- 3 tbsps. pesto
- 1 lb. broccoli
- 2 tbsps. olive oil
- salt and pepper to taste

Directions

1. Preheat the oven to 400°F (200°C).
2. Coat the salmon with lemon juice, salt and pepper.
3. In the food processor, place all of the pesto ingredients. Blend until smooth. Set aside.
4. Place the salmon in a baking dish and spread pesto on top and add salt and pepper. Spread out the broccoli around it.
5. Bake salmon for about 15-20 minutes until the broccoli is tender and salmon can easily flake with a fork.
6. Serve the salmon with broccoli and pesto sauce!
The Ingredients

- 1 ¼ lbs. ground beef
- 3 pcs. bacon
- 3 oz. cheddar cheese, sliced
- 50 grams cucumber
- 30 grams lettuce
- 1 red ring onion, chopped
- 1 tomato, sliced
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 pinch salt
- 1 pinch pepper
- ½ cup mayonnaise

Directions

1. Mix the ground beef with chopped red onion, add garlic powder, salt and pepper and form into patties, then wrap with a slice of bacon.
2. Preheat the griller and add olive oil. Place the patties on the griller and cook for 4 to 5 minutes per side, remove the toothpick.
3. Next, arrange and serve with lettuce, sliced tomatoes, ring onion, sliced cucumber and sliced cheddar with mayonnaise.
**KETO WEDGE SALAD**

**The Ingredients**

**Blue cheese dressing**
- ½ cup mayonnaise
- ⅓ cup sour cream
- ⅓ cup blue cheese, crumbled
- ½ teaspoon lemon juice
- 1 pinch garlic powder
- 1 pinch salt and pepper

**Salad**
- ½ head iceberg lettuce
- ⅓ cup of bacon, cooked & crumbled
- 1 cherry tomato, chopped
- 2 oz. blue cheese, crumbled
- 2 boiled large eggs, chopped
- 1 tbsp. of chives (for garnish)

**Directions**

1. Cut the lettuce in quarters.
2. Cut each half in half and then you’ll have 3-4 wedges. Remove core.
3. Cut off the hardcore from each wedge. Whisk the ingredients together for the dressing, except for cheese. Add toppings.
4. Top each salad with bacon, cherry tomato, boiled egg and blue cheese crumbles.
KETO CHICKEN STIR FRY WITH BROCCOLI AND MUSHROOM

The Ingredients
- 1 ¼ lbs chicken fillet, cut into strips
- 10 oz. broccoli, cut into florets
- 1 cup mushroom
- 2 tbsps. olive oil
- 3 cloves garlic, minced
- 1 oz. red onion
- 2 tbsps. tamari soy sauce
- 2 tbsps. sesame oil

Directions
1. Boil the broccoli for 2-3 minutes.
2. Drain and set aside.
3. Heat the olive oil in a frying pan over medium-high heat. Add garlic and red onion. Stir and cook for few minutes until onion is lightly browned.
4. Then, add chicken, stir fry for a few minutes until the chicken is golden brown. Add the broccoli and mushroom, tamari soy sauce with salt and pepper to taste.
5. Stir together for more minutes until the broccoli is tender.
6. Serve and drizzle with sesame oil. Enjoy!
KETO CLEAR
SEAFOOD SOUP

The Ingredients
- 8 oz. tuna, cut into cubes
- 6 oz. shrimp
- 8pcs. fresh mussels
- 5 cups fish broth
- 1 red onion, chopped
- 2 oz. bell pepper
- 3 oz. ginger, minced
- ½ cup scallion, chopped
- 1 tbsp. celery, chopped
- 1 stalk lemongrass
- salt and ground black pepper, to taste

Directions
1. Add the fish broth, lemongrass, ginger, onion and bell pepper in a saucepan. Increase heat to high.
2. Once boiling, add the seafood with celery, salt and pepper to taste, reduce heat and simmer gently for about 15 minutes or until the seafood is barely cooked.
3. Serve with sprinkled scallion. Enjoy!

IRIS Radev MD
PAN-FRIED CHICKEN WITH SALAD

Ingredients

- 250 grams chicken fillet
- 20 ml olive oil
- 2 pcs. calamansi
- 1 pinch salt
- 1 pinch pepper
- 30 grams lettuce
- 30 grams tomato

Directions

1. Marinate the chicken in calamansi, salt and pepper.
2. Preheat the pan in medium heat and put in some olive oil.
3. Next, cook the chicken fillet for 4-5 minutes on each side until golden brown.
4. Put the pan-fried chicken together with the lettuce and tomato on the serving plate.
SMOKED SALMON STUFFED SALAD

The Ingredients
- 11 oz. smoked salmon
- 4 oz. lettuce
- 2 oz. cheddar cheese
- 3 oz. tomato, sliced
- 50 grams cucumber
- 2 tbsps. olive oil
- 1 tbsp. parmesan cheese
- ½ fresh lemon, sliced

Directions
1. Wash and arrange the lettuce on the plate.
2. Dice the avocado, layout salmon overlapping to form a rectangle.
3. Spread the parmesan cheese on top of the avocado.
4. Roll up and place salmon in the center of the salad.
5. Add remaining sliced avocado, sliced tomato, sliced cucumber, and drizzle with olive oil, salt and pepper. Serve with sliced lemon.
KETO SHRIMP SALAD WITH GINGER DRESSING

The Ingredients

Salad
- 1 pc. avocado, sliced & diced
- 2 oz. lettuce
- ½ lime, juiced
- 3 oz. green bell pepper
- 4 oz. cucumber, peeled, cut in half lengthwise, seeded and sliced
- 2 oz. red ring onion
- ½ tsp. paprika
- salt and pepper, to taste

Ginger dressing
- ½ cup light olive oil or 1 tbsp sesame oil
- 1 tbsp. fresh ginger, minced
- ½ lime, juiced
- ½ tbsp. tamari soy sauce
- salt and pepper, to taste

Directions

1. Add the ginger dressing ingredients to the blender, mix together over low speed, until combined. Set aside.
2. In a frying pan, heat the butter on medium-high heat. Sauté 1 to 2 minutes per side or just until cooked through. On a salad plate, add lettuce, cucumber, bell pepper, avocado and ring onion.
3. Toss the shrimp with the salad. Lightly drizzle with ginger dressing or if desired.
TUNA EGG SALAD WITH LETTUCE WRAP

The Ingredients

9 oz. tuna, drained
2 tbsps. mayonnaise
1 large boiled egg
1 oz. bell pepper
1 oz. red onion
salt and pepper to taste
1 avocado, sliced into lengthwise or thin strips
3 pcs. Romaine lettuce head

Directions

1. Mix the salad ingredients in a small bowl.
2. Then scoop tuna salad onto lettuce leaves.
3. Serve with avocado toppings.
Enjoy!
PORK TENDERLOIN
WITH BROCCOLI

The Ingredients

Pork Tenderloin
- 1 lb. pork tenderloin
- 2 tbsps. olive oil
- salt and pepper to taste

Garlic Butter
- 3 oz. unsalted butter, softened
- 2 cloves garlic, minced
- salt and pepper to taste

Sautéed Broccoli
- 1 lb. broccoli, cut into florets
- 2 tbsps. olive oil
- salt and pepper to taste
Directions

1. Preheat the oven to 400°F (200°C).
2. Coat the tenderloin with olive oil, salt, and pepper to taste. Bake for 20-25 minutes until outside is browned, crispy and cooked through to the desired doneness.
3. While the pork tenderloin is in the oven, boil the broccoli for 2 to 3 minutes. Set aside and drain. Then heat the olive oil in the frying pan, add the broccoli with salt and pepper to taste. Stir and cook for 3-4 minutes or until the broccoli is tender.
4. Mix all the ingredients and the garlic butter in a bowl. Set aside.
5. Slice the tenderloin into 1-inch pieces. Serve it with sautéed broccoli and garlic butter.
SALMON STEAK WITH RED CABBAGE COLESLAW

The Ingredients

Salmon
- 150 g salmon, boneless
- 1 tbsp. olive oil
- 1 pinch garlic powder
- salt and pepper to taste

Coleslaw
- 100 g red cabbage, shredded
- 2 oz. red onion
- 3 tbsps. mayonnaise
- salt and pepper to taste
- ¼ teaspoon dijon mustard
- ½ lemon, sliced (for garnish)

Directions

1. In a small bowl, mix the coleslaw ingredients. Stir well and let set for 10 minutes.
2. Coat the salmon with garlic powder, salt and pepper.
3. Heat the olive oil in a frying pan, add the salmon and cook for 2-3 minutes per side or until the salmon easily flakes with a fork.
4. Then, serve the salmon steak with red cabbage coleslaw and sliced lemon. Enjoy!
SOUFFLE EGG WITH BACON AND FRIED EGGPLANT

The Ingredients

- 2-3 large eggs
- ½ lb. eggplant
- 2 oz. Romaine lettuce
- 2 slices of bacon
- 2 tbsp. olive oil
- 2 tbsp. shredded cheddar cheese
- salt and pepper to taste

Directions

1. Crack eggs and separate white from egg yolk. Place them into a separate bowl.
2. Beat white egg using a whisk until stiff peak.
3. Then beat egg yolk for a minute. Fold them into white egg.
4. Cook into medium heat but don’t forget to preheat your pan with coconut oil.
5. Sprinkle cheese on top before folding the omelet.
6. With the same pan, fry bacon and eggplant.
7. Serve these with a low carb sauce such as mayonnaise or vinegar.
GRILLED TUNA SALAD WITH RANCH DRESSING

The Ingredients

Grilled tuna
- 150 g tuna flesh
- 1 tbsp. olive oil
- ½ tbsp. lime juice
- salt and pepper to taste

Salad
- 2 oz. Romaine lettuce
- 2 oz. red cabbage
- 4 pcs. berries
- 1 oz. red pepper, sliced
- 2 pcs. tomatoes, sliced
- 2 pcs. cucumber, sliced
- 2 tbsps. olive oil.

Ranch dressing
- 3 tbsps. mayonnaise
- 1 tbsp. sour cream
- 1 tbsp. ranch seasoning
- salt and pepper to taste
GRILLED TUNA SALAD WITH RANCH DRESSING

Directions

1. Coat the tuna with lemon juice, salt, and pepper.
2. Heat olive oil in a griller pan, add the tuna, and cook for 3-4 minutes on each side for medium-rare or until slightly pink in the center.
3. In a small bowl, mix the ranch ingredients. Set aside.
4. Place all salad ingredients on a salad plate and drizzle olive oil. Then serve with grilled tuna and ranch dressings. Enjoy!
Directions

1. Boil the broccoli for 2 to 3 minutes. Set aside and drain. Then melt the butter in the frying pan, add ground beef and boiled broccoli.
2. Season with salt and pepper.
3. Stir and cook until broccoli is crisp-tender or the ground beef is evenly browned.
4. Serve the ground beef with broccoli with sliced avocado. Enjoy!

The Ingredients

- 100 g ground beef
- ½ broccoli, cut into small florets
- 2 tbsps. butter
- salt and pepper to taste
- 1 pc. avocado, sliced

GROUND BEEF BROCCOLI WITH AVOCADO
Directions

1. Preheat the oven to 400°F (200°C).
2. Coat the tenderloin with olive oil, salt and pepper to taste. Bake for 20-25 minutes until outside is browned, crispy and cooked through to the desired doneness.
3. Meanwhile, melt the butter in a saucepan over medium heat, add the cream, garlic, salt, and pepper to taste. Stir and cook for 2 minutes until the sauce is creamy.
4. Slice the tenderloin into 1-inch pieces. Serve it with strawberry and creamy garlic sauce. Enjoy!

The Ingredients

- 1 ½ lbs. pork tenderloin
- 2 tbsps. olive oil
- salt and pepper to taste
- 6 fresh strawberries, hulled and sliced

Creamy Garlic Sauce

- 2 oz. butter
- 2 cloves garlic, minced
- 2 tbsps. heavy whipping cream
- salt and pepper to taste
Directions

1. Using a grater, grate the cauliflower, heat 1 tbsp. oil in a non-stick frying pan, fry the cauliflower on low heat for 3-4 minutes until al-dente. Allow cooling.
2. Slice the cucumber and salmon into thin strips.
3. Place the nori in a bamboo mat. Add the cauliflower rice, layer the cucumber and salmon. Tightly roll using the mat.
4. Cut the avocado in half, removing the peels and seed. Cut the avocado into long strips or flat strips and layer the avocado strips. Slice each quarter into thin half-moon slices and layer avocado slices on top of your sushi.
5. Slice into rounds with a sharp knife and serve with mayonnaise and toasted sesame seeds. Enjoy!

The Ingredients

- 500 g cauliflower
- 4 oz. salmon, boneless
- ½ medium cucumber
- 100 g avocado
- 1 nori sheet
- ½ cup mayonnaise
- 1 tbsp. sesame seed, toasted
PORK CHOP WITH
SAUTEED RED CABBAGE
AND AVOCADO MASH

The Ingredients

Pork shoulder chops
- 100 g pork chops, at room temperature
- 2 oz. butter, for frying
- salt and pepper

Avocado mash
- 1 large avocado
- ½ tbsp. lemon juice
- 1 tbsp. olive oil
- salt and pepper to taste

Sautéed cabbage
- 100 g red cabbage strips, chopped
- 2 tbsps. olive oil
- salt and pepper to taste
Directions

1. Preheat the oven to 400°F (200°C)
2. Coat the pork chops with olive oil, salt and pepper.
3. Bake pork chop for about 8-10 minutes until cooked through.
4. Meanwhile, cut the avocado in half, remove the pit, scoop the flesh into a small bowl, add the lemon juice, olive oil, salt and pepper to taste, and mash the ingredients together with the pork.
5. Meanwhile, heat olive oil in a large skillet over medium heat, add cabbage, season with salt and pepper to taste and cook for 4-5 minutes until it is crispy and tender.
6. Remove the pork chop from the oven, serve with the sautéed cabbage and avocado mash. Enjoy!
LOW CARB KIMCHI

The Ingredients
- ½ Daikon radish, julienned
- 1 medium carrot, julienned
- 4 medium spring onions, sliced
- 6 cloves garlic
- ½ teaspoon fish sauce
- 2 lbs. Napa cabbage
- ¼ cup sea salt
- 1 tbsp. ginger, freshly grated
- 6 tbsps. chili powder

Directions
1. Sprinkle salt liberally on the quartered cabbage. Place into a container for 2-3 hours so the water flows out of the cabbage. Pour out the water.
2. Wash the cabbage again to remove the excess salt. Wring the cabbage gently with your hands to remove excess water.
3. To make the kimchi sauce, blend the sauce ingredients.
4. Use your hands to massage the kimchi sauce over the cabbage.
5. Marinate for 1 day at room temperature.
6. Keep in the fridge and consume within 2 weeks. Chop the cabbage into small pieces when serving.
KETO CUCUMBER AVOCADO CANAPE ROLL UP

The Ingredients

- 1 English cucumber
- 1 large avocado
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika powder
- salt and pepper to taste

Directions

1. Wash the cucumber. Use the mandoline to cut long thin strips or strip flat.
2. Cut the avocado into half removing the peels and seed. Place it in the small bowl and mash with fork. Season with garlic powder, paprika, salt and pepper to taste.
3. Spread a thin layer of the avocado mixture down the middle of the cucumber.
4. Carefully roll the cucumber up, lightly pressing it together at the end to glue it in place. Secure with a toothpick if needed. Serve immediately.
**KETO NOODLE CHICKEN SOUP**

**The Ingredients**

- 4 oz. butter
- 5 oz. green cabbage
- ½ lb. rotisserie chicken, shredded
- 2 tbsps. dried minced onion
- 2 (2¾ oz.) celery stalks, chopped
- 3 cloves garlic, minced
- 6 oz. mushrooms, sliced
- 2 minced garlic cloves
- 6 cups chicken broth
- salt and pepper to taste

**Directions**

1. Cut the cabbage and onion into strips.
2. Melt the butter in a saucepan on low heat. Add garlic, stir the onion, celery and mushroom into the saucepan and cook until tender.
3. Add the chicken broth, cabbage, salt and pepper. Whisk to combine, then increase heat to high.
4. Then add the shredded chicken. Reduce to low heat and simmer until the cabbage is tender or for about 3-4 minutes.

**EAT EVERY 20 mins to 2 hours until adjusted - break the fast over a 36 hour period for a 72 hour extended fast (50-50 rule)**
WEEK 4

IRIS Radev MD
KETO MIXED BERRIES WITH YOGURT

The Ingredients
- 1 cup frozen strawberries, raspberries, blueberries, and/or blackberries or mixed berries
- ¾ cup vanilla yogurt
- ¼ cup almond milk
- ½ cup unsweetened non-dairy yogurt (plain or vanilla)
- 1 teaspoon vanilla extract

Directions
1. Prepare all ingredients.
2. Then mix all ingredients in a blender and pulse until smooth.
3. Pour into two glasses and serve. Enjoy!
AVOCADO STUFFED EGG CUCUMBER

The Ingredients

- 1 large avocado, halved and pitted
- 1 medium cucumber, finely sliced
- 2 medium eggs
- 1 medium tomato, finely chopped
- pinch of salt and pepper

Directions

1. Preheat the oven to 400°F (200°C).
2. Crack the egg into the avocado bowl. Sprinkle with a pinch of salt and pepper.
3. Bake for 8-10 minutes until the egg is cooked.
4. Then, put some tomatoes on top and serve with sliced cucumber. Enjoy!
The Ingredients

Roasted Chicken
- 200 g drumstick chicken
- 1 oz. tarragon leaves, finely chopped
- 1 tbsp. balsamic vinegar
- 1 tbsp. tamari soy sauce
- 1 tbsp. garlic powder
- ½ tbsp. paprika powder
- salt and pepper to taste

Fried broccoli
- 1 lb. broccoli, cut into florets
- 2 tbsps. olive oil
- salt and pepper

Herb butter
- 3 oz. unsalted butter at room temperature
- 1 oz. parsley, finely chopped
- 1 oz. basil leaves, finely chopped
- ¼ teaspoon dry thyme
ROASTED CHICKEN WITH PAN-FRIED BROCCOLI AND HERB BUTTER

Directions

1. Preheat the oven to 400°F (200°C).
2. Marinate the chicken with balsamic vinegar and tamari soy sauce. Season it with paprika, garlic powder, salt and pepper.
3. Bake for 15 minutes or until chicken is cooked through.
4. Meanwhile, boil the water. Add the broccoli, boil for 3 minutes. Drain and set aside. Heat the olive oil in the frying pan over medium heat. Add the broccoli with salt and pepper to taste. Cook for 5 minutes until the broccoli is tender.
5. Mix the herb butter ingredients in a small bowl.
6. Serve the roasted chicken with fried broccoli and herb butter. Enjoy!
The Ingredients

Sushi
- 1 nori
- 1 large egg omelet
- 4 oz. cucumber
Sardines with salad
- 3 oz. (3 pcs.) sardines
- 2 oz. lettuce
- 2pcs. tomatoes, sliced

Directions
1. Cut cucumbers into long sticks (1 cucumber into 4 sticks) and cut the omelet into 4-6 pieces.
2. Place the seaweed or nori on a bamboo mat, and cover 2/3 of one side of seaweed with the cucumber and egg approximately 1 cm. high. Start rolling up the ingredients away from you, while keeping the roll tight.
3. Sliced them into rounds with a sharp knife.
4. Place the lettuce and sliced tomatoes on a serving plate. Toss the sardines over the lettuce and serve them with homemade sushi. Enjoy!
SEAFOOD CABBAGE ROLLS WITH WHITE SAUCE

The Ingredients

Cabbage roll
- ½ lb. cabbage roll, whole leaves
- 2 tbsps. olive oil, for frying
- 100 g tuna, finely chopped
- 8 pcs. shrimp, finely chopped
- 1 oz. garlic, minced
- 2 oz. red onion, finely chopped
- salt and pepper to taste

White sauce
- ¼ cup cream cheese
- ½ cup heavy cream
- ¼ cup water
- 1 egg yolk
- salt and pepper to taste
Directions

1. Place cabbage in water, core side down. Cover, cook for 2 to 3 minutes. Let it drain and keep aside.
2. Meanwhile, drizzle a little olive oil in a pan and sauté the onions and garlic. Then add the shrimp, tuna, season with salt and pepper to taste. Sauté for a few more minutes until fish is cooked through and lightly browned.
3. For white sauce, add the cream cheese, egg yolk, cream and water to a saucepan and cook over low heat until the cream cheese has melted.
4. Then, season with salt and pepper to taste. Stir constantly over a low heat for a few minutes until the sauce has thicken. Set aside.
5. Lay the cabbage leaf flat and add the cooked seafood, filling to the center of the leaf. Fold in the sides and roll the cabbage up.
6. Pour the white sauce over the cabbage roll and serve. Enjoy!
KETO TOFU SALAD

The Ingredients

- 8 oz. tofu
- 4 tbsps. olive oil
- 2 oz. Iceberg lettuce
- 2 oz. green bell pepper
- ½ white onion, ring size
- 3 oz. cucumber, finely chopped
- 2 tbsps. apple cider
- pepper to taste

Directions

1. Cut the tofu into cube size. Heat the olive oil and fry the tofu until thickened.
2. Place the lettuce on a serving plate.
3. In a small bowl, add cooked tofu, cucumber, tomato and green bell pepper.
3. Then, add apple cider vinegar, salt and pepper to taste.
4. Toss the tofu salad over lettuce and serve with an onion ring. Enjoy!
KETO EGG WITH AVOCADO DRESSING

The Ingredients
- 2 boiled eggs, sliced to quarter
- 3 oz. lettuce
- 1 oz. carrots, shredded
- 2 oz. tomato, sliced
- 2 oz. cheddar cheese, sliced
- ½ avocado, finely chopped
- 5 pcs. black olive, half-sliced
- 2 tbsps. parmesan cheese

Avocado dressings
- 4 tbsps. olive oil
- 1 avocado large
- 2 tbsps. mayonnaise
- ½ tbsp. ground pepper

Directions
1. Combine the avocado ingredients in a food processor or blender. Process until smooth. Set aside.
2. Place the lettuce, tomato, boiled egg, avocado, cheese, carrots, and black olives on a serving plate.
3. Sprinkle parmesan cheese and pour the avocado dressing over the salad.
4. Serve and enjoy!
KETO BURGER PLATE

Directions

1. Mix the ground beef with salt and pepper. Form into a burger patty.
2. Heat the olive oil in the griller over medium heat. Add the burger and cook for 6-7 minutes per side.
3. Serve the burger with lettuce, tomato, avocado, mayonnaise and mustard.

The Ingredients

- 10 oz. ground beef
- 2 tbsp. olive oil, for frying
- salt and pepper
- 5 oz. Red leaf lettuce
- 1 avocado, sliced
- 1 tomato, sliced
- 2 tbsp. mayonnaise
- ½ tsp. mustard
KETO PAN-FRIED CHICKEN WITH SAUTÉED CABBAGE AND CREAMY BACON SAUCE

The Ingredients

- 150 g drumstick chicken
- 2 tbsps. olive oil
- 1 tbsp. garlic powder
- salt and pepper

Sautéed cabbage
- 4 oz. cabbage, finely chopped
- 2 tbsps. butter or olive oil
- 2 cloves garlic, minced
- salt and pepper to taste

Bacon creamy sauce
- 2 oz. cooked bacon, finely chopped
- ½ cup heavy whipping cream
- 2 tbsps. butter
- salt and pepper to taste
KETO PAN-FRIED CHICKEN
WITH SAUTÉED CABBAGE
AND CREAMY BACON
SAUCE

Directions

1. Coat the chicken with garlic powder, salt and pepper to taste. Heat the olive oil in the frying pan, add the chicken and cook it for about 5-6 minutes until it gets nicely browned.
2. Meanwhile, melt the butter in a pan over medium heat. Add the garlic and stir. Then, add the cabbage with salt and pepper. Cook for about 4-5 minutes until it is crispy and tender.
3. In a saucepan, melt the butter over medium heat. Add the bacon and cream and cook for a few minutes until the sauce is creamy.
4. Serve the pan-fried chicken with sautéed cabbage and bacon creamy sauce. Enjoy!
GRILLED PORK CHOP WITH CREAMY BRUSSELS SPROUTS AND AVOCADO DESSERT

The Ingredients

- 200 g. Pork chop liempo
- 2 tbsps. olive oil
- 2 tbsps. butter
- ¼ cup heavy whipping cream
- 6 oz. Brussels sprouts
- 2 oz. shredded mozzarella cheese
- 1 oz. garlic, minced
- 2 oz. red onion, minced
- salt and pepper to taste

Directions

1. Grill pork chop using electric oven, recommended at 400°F (204°C) for at least 7 minutes per half-thickness of pork.
2. Sauté onion and garlic on the non-stick pan with butter until it becomes translucent.
3. Add the brussels sprouts and sprinkle salt and pepper. Stir for 2-3 minutes.
4. Pour heavy cream and wait until it becomes slightly sticky, then sprinkle mozzarella cheese. Serve while hot!
**GRILLED PORK CHOP WITH CREAMY BRUSSELS SPROUTS AND AVOCADO DESSERT**

### The Ingredients
- ½ avocado
- 1 cup unsweetened almond milk
- 1.5 teaspoon of sweetener

### Directions
1. Place all ingredients in a blender and pulse for 10-20 seconds.
2. If desired, top with additional sliced avocado, keto whipped cream, or nuts.
3. Place beside your low-carb meal for your dessert. Enjoy!
KETO SASHIMI ROLLS

The Ingredients
- 6 oz. salmon, boneless fillets
- 1 avocado
- 2 nori sheets
- 2 tbsp. tamari soy sauce
- 1 tbsp. olive oil
- 1 tsp. sesame seeds
- 1 lime
- 2 tbsp. mayonnaise

Directions
1. Fry sesame seeds in a non-stick pan for 3-4 minutes on a low medium heat until golden brown. Allow to cool and set aside.
2. Slice the salmon into long thick strips.
3. Slice the avocado into thin strips.
4. Place the nori on a bamboo mat. Add the salmon, leaving about 1 cm of the two opposing seal edges, layer the avocado and tightly roll using the mat.
5. Slice into rounds with a sharp knife and repeat for the second roll.
6. Serve the sushi with tamari soy sauce mixture and sliced lemon.
7. Drizzle mayonnaise and sprinkle toasted sesame seeds. Enjoy!
ZUCCHINI SALAD WITH AVOCADO LEMON DRESSING

The Ingredients

Zucchini salad
- 12 oz. zucchini
- 3 oz. Romaine lettuce
- 4 pcs. cherry tomatoes, half-sliced
- 1 avocado, finely sliced
- 2 oz. red onion, finely chopped
- 2 tbsps. olive oil
- 2 tbsps. parmesan cheese

Dressings
- 1 avocado
- 3 oz. chopped zucchini
- 3 tbsps. olive oil
- 1 lemon, juiced
- 2 tbsps. mayonnaise
- salt and pepper to taste
Directions

2. Cut the zucchini into halves, crosswise into bite sites or half-inch pieces.
3. Bring water to a boil in a saucepan. Add zucchini and cook for 4-5 minutes until the it is tender. Allow to drain and set aside.
4. Meanwhile, place the Romaine lettuce, avocado, tomato and red onion on a salad plate.
5. Add steamed zucchini and drizzle olive oil, sprinkle parmesan cheese and pour the dressing over the salad. Serve and enjoy!
Directions

1. Mix the ground beef with tex-mex seasoning and form it into a burger patty.
2. Preheat the griller, add olive oil, place the patty on the griller and cook 4 to 5 minutes until burgers are cooked.
3. Serve the burger with shredded red cabbage, mayonnaise, bell pepper and sliced cheddar cheese. Enjoy!

The Ingredients

- 10 oz. ground beef
- 1 tbsp. tex-mex seasoning
- 2 tbsps. olive oil
- salt and pepper
- 2 slices of cheddar cheese
- 4 oz. red cabbage, shredded
- 2 oz. green bell pepper
- 2 tbsps. mayonnaise
GRILLED PORKCHOP AND EGGPLANT

The Ingredients
- 2 medium-size eggplant
- green and red chili pepper
- pork belly
- salt and pepper
- lemon
- small amount of vinegar

Directions
1. Season pork belly with salt and pepper. Squeeze with lemon and fry it in coconut oil.
2. Grill eggplants.
3. Mash eggplants after peeling and put some vinegar, salt and pepper.
4. Serve and enjoy!
CREAMY SEAFOOD WITH BROCCOLI AND CHEDDAR

The Ingredients

- 6 pcs. shrimp
- 3 oz. tuna, cut into cubes
- ½ lb. broccoli, cut into florets
- 2 tbsp. olive oil
- 3 oz. cheddar cheese, shredded
- 1 cup fish broth
- 1 cup heavy whipping cream
- 1 tsp. cayenne pepper
- salt and pepper to taste.

Directions

1. In a frying pan, heat the olive oil on medium heat and add shrimp (without shell) and tuna. Set aside.
2. In a saucepan, add fish broth. Cover and let simmer for 5 minutes.
3. Add the broccoli and cream. Season with paprika, salt and pepper. Combine well and cook for another minute.
4. Add the seafood and cheese. Cook until the cheese has melted.
5. Serve it hot with shredded cheddar cheese. Enjoy!
KETO DIJON MUSTARD WITH ZUCCHINI

The Ingredients

Pan-fried chicken
- 8 oz. chicken fillet
- 2 tbsps. olive oil
Creamy dijon sauce
- 1 clove garlic, minced
- 1 tbsp. mustard
- ¼ cup heavy cream
- ½ tsp. paprika powder
- salt and pepper to taste
Steamed zucchini
- 6 oz. zucchini
- 2 tbsps. olive oil or butter
- salt and pepper to taste
Directions

1. Season the chicken breasts on both sides with salt and pepper.
2. Heat the oil in a cast-iron skillet over medium-high heat. Add the chicken and sauté for 4-8 minutes on each side, until golden brown and cooked through.
3. In a saucepan, mix the dijon mustard sauce until the sauce is thick enough.
4. Then, split the zucchini in half lengthwise. Bring 1 inch of water to boil in a saucepan. Add zucchini. Cover and steam until very tender, about 5 minutes.
5. Toss the zucchini on a serving plate with chicken and pour the mustard sauce over the chicken. Enjoy!
Directions

In a large bowl, combine the drained tuna, scallion, mayonnaise and lime juice. Season with salt and pepper, mix well. Set aside.

Assemble each roll. Top the tuna mixture with lettuce, sliced avocado, sliced tomato and sprouts. Then, fold the bottom left corner of the nori, over the filling, before wrapping the long part of nori or to form a cone.

Sprinkle the remaining scallion and toasted sesame seeds. Enjoy!

The Ingredients

- 9 oz. tuna, drained
- 1 large avocado, sliced
- 2 nori sheets
- 1 oz. scallions, finely chopped
- 2 oz. Butterhead lettuce
- 1 tsp. sesame seeds, toasted
- 2 tbsps. mayonnaise
- 1 pc. tomato, sliced
- 1 lime, juiced
- salt and pepper to taste

KETO TUNA TEMAKI
SUSHI