Diet Plan
14-Day Low-Carb, Paleo & Keto

http://KetoDietEbooks.com/
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This diet plan follows the ketogenic and paleo diet guidelines. It's dairy-free and the vast majority of recipes are sweetener-free (sweeteners are optional). As always, I made this diet plan easy to follow and included nutrition facts for each meal and day. By following this plan, you won’t have to track your carb intake or other macronutrients. Apart from the diet plan itself, you will find useful tips and basic ketogenic diet guidelines.

Before I get to the diet plan I will outline the basic principles of the ketogenic diet. As long as you follow my plan you shouldn't worry about your macronutrient intake. I've designed it with moderate fat loss in mind so daily calories are about 1,500 - 1,600 kcal. If you suffer from any health conditions make sure you consult any dietary changes with a health professional.

Found this diet plan useful? Share it with your friends!
A ketogenic diet is a type of low carbohydrate diet that is high in fat, moderate in protein and low in carbs. Typically, the macronutrient ratio in terms of calories sits within the following ranges:

- 60-75% of calories from **FAT** (or even more)
- 15-30% of calories from **PROTEIN**
- 5-10% of calories from **NET CARBS**

Get your daily net carbs (total carbs minus fiber) down to less than 50 grams, preferably 20-30 grams. Increase slowly to find the optimal carb intake that allows you to stay in ketosis.

Keep your **protein** intake moderate. Your body fat percentage determines the optimal protein intake (0.6 to 1 grams per pound / 1.3 to 2.2 grams per kg of lean body mass). Use KetoDiet Buddy, our online keto calculator, to find the protein intake that is right for you.

Increase the proportion of calories that come from healthy **fats** (monounsaturated, omega 3s, saturated). Limit your consumption of fruits to coconut, avocado and a small amount of berries. Also, avoid eating low-carb treats if they trigger cravings.

Eat when you are hungry, even if it’s a meal a day. Don’t let others dictate what you eat or how often you eat. You don’t have to limit quantities of food deliberately, but you should stop eating when you feel full, even if the plate is not empty - keep it for later.

Don’t count calories - listen to your body needs. Ketogenic and low-carb diets have a natural appetite control effect and you will eat less.

Keep an eye on your calorie intake only if you reach a weight loss plateau - use KetoDiet Buddy to find your ideal macros.

Increase the quantity of water you drink - at least 2-3 litres a day.
STOCK YOUR PANTRY WITH HEALTHY FOODS

• Learn to eat real food, like eggs, meat and non-starchy vegetables. Contrary to what we have been told for decades, these are good for you!

• If you need to snack, opt for healthy foods high in fat (foods containing coconut oil, macadamia nuts, avocados, etc.)

• Include healthy staples like fermented foods, bone broth and offal in your diet.

• Don’t be afraid of saturated fat and use it for cooking (coconut oil, ghee, lard, tallow, palm oil - organic from sustainable agriculture).

• Use unsaturated fats for salads (olive oil, nut oils, sesame oil, flaxseed oil, avocado oil - organic, extra virgin). Some can be used for light cooking.

• Make sure you avoid all processed vegetable oils, margarine, hydrogenated oils, partially hydrogenated oils, trans fats, soybean oil, corn oil, grapeseed oil, and canola oil.

• If you eat nuts, consider soaking and dehydrating them.

• Check out my favorite products to get ingredients and foods I use!
Your fat, protein & carb intake is not the only aspect you should focus on when following any diet. Micronutrients (vitamins and minerals) are equally important. In fact, food quality plays a major role in weight management and in your overall wellbeing. Always opt for healthy fats and foods rich in micronutrients.

When you start following the ketogenic diet, you may experience what is known as "keto-flu". This is a transitional phase where your body gets adjusted to the lack of carbohydrates. A sufficient intake of electrolytes will help you overcome or avoid the symptoms like headaches, muscle cramps or fatigue.

**SODIUM:**
Don’t be afraid to use salt (pink Himalayan rock salt is one of the best choices) and drink bone broth or use it in your everyday cooking.

**MAGNESIUM:**
Very low-carb diets (below 30 grams of net carbs) are often deficient in magnesium. I recommend you take magnesium supplements or add snacks high in magnesium such as nuts.

**POTASSIUM:**
Eat avocados, mushrooms, fatty fish such as salmon and add potassium chloride to your regular salt (or mix ½ teaspoon in 1 liter of water and drink throughout the day). Be very careful with potassium supplements, never exceed the recommended daily intake! The Adequate Intake (AI) for potassium is 4,700 mg and the Estimated Minimum Requirement (EMR) is 2,000 mg.
Unless you follow a diet plan like this one, you will need to plan and track your diet. This will save you time and money, especially if you are new to it. Here are a few tips before you get started:

1. Get rid of anything that is not allowed on the diet to avoid temptation. Trust me, if it’s in your house, you will likely crave it. This way you will avoid unnecessary “fridge accidents” that may ruin your efforts.

2. If you have sugar cravings, have a glass of water (still or sparkling) with fresh juice from 1/2 lime or lemon and 3-5 drops of stevia. Drink tea (green, herbal, black) and coffee with coconut milk.

3. Make sure you always have keto-friendly foods on hand (eggs, avocado, non-starchy vegetables, meat, nuts). Foods high in fat and protein will help you stay fuller for longer and will keep hunger at bay.

4. Always have hard-boiled eggs and protein (chicken, beef, etc.) in your fridge ready to be used to make quick meals. Slow-cooked meat could be used in many different ways (in omelets or on top of vegetables). Meats suitable for slow cooking like brisket or braising steak are inexpensive and can be cooked in advance. Use a slow cooker or simply cook it covered in the oven on low-medium.

5. Always make a list of your weekly shopping for meals you are planning to cook. This diet plan already includes a 2-week shopping list, so you don’t have to create one yourself.
Focus on foods naturally low in carbs. Always opt for real food and avoid prepared meals full of additives that use deceptive labeling. These products are often higher in carbs than they claim to be and tend to contain unnecessary additives.

Avoid artificial sweeteners. It’s no secret that aspartame, which is an artificial sweetener found in diet soda, has shown to have many adverse effects on our health and cause cravings. Instead, use natural sweeteners that have minimum effect on blood sugar such as stevia and erythritol.

Planning and tracking your diet is highly recommended, especially if you are new to the diet. It’s very easy to go over your carb limit or to miss your protein targets. You can get my iPad app which has been designed specifically for low-carb, ketogenic & paleo diets.

Not only you will find hundreds of keto & paleo friendly recipes but you will also be able to easily plan and track your diet.

Note: the planning feature is currently iPad only but will be soon available on the iPhone, too. An Android App will be available in early 2016.
STAY MOTIVATED, YOU ARE NOT ALONE!

Join the KetoDiet support group on Facebook and share your experiences! I created this group for sharing everything about low-carb, keto & paleo living including your favorite recipes, interesting articles and success stories. Feel free to post your recipe creations, progress updates and any questions you may have about the ketogenic diet.

Get the KetoDiet Newsletter and join thousands of others who receive weekly updates on recipes, diet and motivation tips. With every newsletter, you’ll get a chance to win a copy of the KetoDiet App!

A few last words...

Be strong during the first few days. It will take some time for your body to adapt to the diet. Once that happens you will feel great and full of energy!

If there is any reason you cannot avoid eating more carbs than you should, remember to do some physical activity to “burn” them. It is recommended you do some exercise no later than an hour after you eat extra carbs. If you’re at a party, dance! And don’t get in the habit of eating more carbs than you should. If you disrupt your diet, don’t get discouraged; just go back to your plan the day after!

Finally, DON’T let anyone make you think that you cannot lose weight! And don’t believe it’s just genetics. People may think you eat the wrong food - ignore them; it’s your life and your health!
1. If you only cook for yourself, freeze or refrigerate the remaining servings or halve the recipes if needed.

2. Feel free to swap lunch for dinner, breakfast for lunch, etc. in the same day. You can also swap whole days if you like.

3. Prepare the keto buns in advance (you can make the full recipe of 10). Freeze to keep fresh and defrost at room temperature the night before or in the oven just before serving.

4. You shouldn’t need any snacks between the meals but if you do, make sure you have some keto-friendly snacks at hand.

5. Very low-carb diets (below 30 grams of net carbs) are often deficient in magnesium. I recommend you take magnesium supplements or add snacks high in magnesium such as nuts. Also, if you get any symptoms of “keto-flu”, make sure you eat additional sodium and potassium.

6. This diet plan may not be suitable for everyone. You’ll have to make small adjustments. If you need to have less protein, reduce the portions of meat and eggs. Don’t worry about small excess of protein (10-15 grams), it will not kick you out of ketosis. In fact, protein will keep hunger at bay. If you need to add more fat (or less), focus on added oils and fatty foods when making your adjustments. You can find your ideal macros using KetoDiet Buddy!

7. Some recipes are higher in total carbs & fibre. If you fear that fiber will impair your weight loss, have a look at my post here: Total Carbs or Net Carbs: What Really Counts? Fiber can, in fact, help you lose weight.

8. If you don’t feel hungry, don’t eat, even if it means you will skip a meal.
If you don't like certain ingredients or are intolerant to some foods, here are options you can try:

- Substitute fatty meats with one another if you like: pork, lamb and fatty fish (salmon, mackerel, sardines) can be substituted with one another because they have a similar nutrition profile.

- Substitute lean meats with one another if you like: e.g. tuna with chicken.

- If you don't eat bacon, use roast beef, beef chorizo sausage or smoked salmon instead.

- All the following can be substituted with one another (small nutritional differences): Ultimate Keto Coffee\(^{39}\) or Vanilla Keto Smoothie\(^{29}\) or Chocolate Keto Smoothie\(^{31}\).

- Strawberry Keto Milkshake\(^{33}\) can be substituted with Summer Blackcurrant Smoothie\(^{37}\).

- Other breakfast options are: Chocolate Chia Pudding\(^{41}\) or Pumpkin-spiced granola\(^{43}\) (avoid sweetener if you like).

Using these alternatives won't significantly change the nutrition facts. However, keep in mind that the shopping list\(^{107}\) is created without using any substitutions.
HEALTHY LOW-CARB SNACKS AND EXTRAS

• If the portion size of some of the meals is too small, add a bowl of Big Green Salad: 4 cups mixed greens (120 g / 4.2 oz) - lettuce, rocket, spinach, etc. of choice mixed with 1 tbsp extra virgin olive oil or mayo, 1-2 tbsp lemon juice, salt and pepper to taste.

• 1 piece of fat bombs like Keto Coconut Fat Bombs\textsuperscript{101} or Bacon & Egg Fat Bombs\textsuperscript{103}

• Coffee with coconut milk or almond milk or Low-Carb Cappuccino\textsuperscript{105}, 1 cup bone broth\textsuperscript{86}, best homemade

• ½ avocado with a pinch of salt

• 1 hard-boiled egg with a pinch of salt (always have some ready in the fridge!)

• Crispy bacon slices (make in advance and keep in the fridge)

• Ham roll-ups (ham filled with cucumber, avocado or pepper)

• 2-3 celery sticks with 2 tbsp Home-made Coconut & Pecan Butter\textsuperscript{91} or any other nut butter (avoid peanut butter)

• Fermented foods: Sauerkraut\textsuperscript{95}, kimchi (add to your breakfast), small amounts of kombucha

• Pork rinds\textsuperscript{97} or chicken cracklings\textsuperscript{99} instead of chips (avoid products with additives)

• Nuts and seeds, handful, raw or roasted with sea salt (net carbs per serving (1 oz): almonds - 2.7 g, pecans - 1.2 g, walnuts - 2 g, macadamias - 1.5 g, hazelnuts - 2 g, brazil nuts - 1.4 g, pine nuts - 2.7 g, sunflower seeds - 3.2 g, pumpkin seeds - 1.3 g) - soaked & dehydrated nuts (aka activated nuts) are highly recommended

• Berries, fresh or frozen (net carbs per serving: ½ cup blackberries - 3.1 g, ½ cup raspberries - 3.3 g, ½ cup strawberries - 4.1 g or ¼ cup blueberries - 4.5 g)

• Coconut oil (pour a tablespoon of coconut oil into silicon ice trays and keep in the fridge for a quick fat-burning snack)
14 DAY DIET PLAN

This section will guide you through the 14-day diet plan. Each daily overview includes nutrition facts and meals. I created this diet plan so you can enjoy some of the best keto-friendly meals without spending too much time in the kitchen.
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BREAKFAST

Strawberry Keto Milkshake

LUNCH

Healthy Mackerel Salad

DINNER

Quick Beef Ragù with “Zoodles”

TOTAL DAILY VALUES

TOTAL CARBS: 32.8 g
FIBER: 13.1 g
NET CARBS: 19.7 g
PROTEIN: 67.7 g
FAT: 128 g

CALORIES: 1530 kcal

MAGNESIUM 251 mg (63% RDA)
POTASSIUM: 2537 mg (126% EMR)
TOTAL DAILY VALUES

TOTAL CARBS: 31 g
FIBER: 12.7 g
NET CARBS: 18.3 g
PROTEIN: 72.2 g
FAT: 123 g

CALORIES: 1504 kcal
MAGNESIUM: 195 mg (49% RDA)
POTASSIUM: 2841 mg (142% EMR)
### BREAKFAST
- **Strawberry Keto Milkshake**

### LUNCH
- **Healthy Mackerel Salad**

### DINNER
- **Quick Beef Ragù with “Zoodles”**

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**TOTAL DAILY VALUES**

- **TOTAL CARBS:** 32.8 g  
- **FIBER:** 13.1 g  
- **NET CARBS:** 19.7 g  
- **PROTEIN:** 67.7 g  
- **FAT:** 128 g  

- **CALORIES:** 1530 kcal  
- **MAGNESIUM:** 251 mg (63% RDA)  
- **POTASSIUM:** 2537 mg (126% EMR)**
**BREAKFAST**

Keto Zucchini Hash

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**LUNCH**

Easy Avocado & Egg Salad

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**DINNER**

Quick Beef Ragù with “Zoodles”

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**TOTAL DAILY VALUES**

- TOTAL CARBS: 31 g
- FIBER: 12.7 g
- NET CARBS: 18.3 g
- PROTEIN: 72.2 g
- FAT: 123 g
- CALORIES: 1504 kcal
- MAGNESIUM: 195 mg (49% RDA)
- POTASSIUM: 2841 mg (142% EMR)
BREADFAST

Strawberry Keto Milkshake

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LUNCH

Cajun Chicken Stuffed Avocado

or Sardine Stuffed Avocado

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DINNER

Perfect Pork Chops

with Keto Gravy

& Creamy Keto Mash

Page: 45 & 68

TOTAL DAILY VALUES

TOTAL CARBS: 41.1 g
FIBER: 17.7 g
NET CARBS: 23.5 g
PROTEIN: 70 g
FAT: 134 g

CALORIES: 1616 kcal

MAGNESIUM: 223 mg (56% RDA)
POTASSIUM: 2579 mg (129% EMR)
BREACKFAST

All Day Keto Breakfast

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LUNCH

Perfect Pork Chops with Keto Gravy & Creamy Keto Mash

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DINNER

Keto Mexican Rice

Page: 61

TOTAL DAILY VALUES

TOTAL CARBS: 42 g
FIBER: 17.3 g
NET CARBS: 24.7 g
PROTEIN: 70.2 g
FAT: 128 g

CALORIES: 1577 kcal
MAGNESIUM: 192 mg (48% RDA)
POTASSIUM: 3379 mg (169% EMR)
**BREACKFAST**

All Day Keto Breakfast

Page: 27

**LUNCH**

Keto Mexican Rice

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**DINNER**

Perfect Pork Chops with Keto Gravy & Creamy Keto Mash

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**TOTAL DAILY VALUES**

TOTAL CARBS: 42 g  
FIBER: 17.3 g  
NET CARBS: 24.7 g  
PROTEIN: 70.2 g  
FAT: 128 g

CALORIES: 1577 kcal

MAGNESIUM: 192 mg (48% RDA)  
POTASSIUM: 3379 mg (169% EMR)
Keto Zucchini Hash

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Keto Mexican Rice

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Pulled Pork with BBQ Sauce & Creamy Keto Mash

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TOTAL DAILY VALUES

TOTAL CARBS: 35.2 g
FIBER: 11.4 g
NET CARBS: 23.8 g
PROTEIN: 73.6 g
FAT: 131 g

CALORIES: 1608 kcal
MAGNESIUM: 168 mg (42% RDA)
POTASSIUM: 2886 mg (144% EMR)
**BREAKFAST**

Keto Mexican Chocolate Shake

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**LUNCH**

Keto Mexican Rice

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**DINNER**

Pulled Pork with BBQ Sauce & Creamy Keto Mash

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**TOTAL DAILY VALUES**

- TOTAL CARBS: 41.3 g
- FIBER: 18 g
- NET CARBS: 23.3 g
- PROTEIN: 62.8 g
- FAT: 133 g

CALORIES: 1566 kcal

- MAGNESIUM: 191 mg (48% RDA)
- POTASSIUM: 2431 mg (121% EMR)
Strawberry Keto Milkshake

Page: 33

Cajun Chicken Stuffed Avocado or Sardine Stuffed Avocado

Page: 49 & 51

Pulled Pork with BBQ Sauce & Creamy Keto Mash

Page: 63 & 68

TOTAL DAILY VALUES

TOTAL CARBS: 41.6 g
FIBER: 19.1 g
NET CARBS: 22.5 g
PROTEIN: 76.2 g
FAT: 128 g

CALORIES: 1591 kcal

MAGNESIUM: 190 mg (48% RDA)
POTASSIUM: 2553 mg (127% EMR)
BREACKFAST

All Day Keto Breakfast

Page: 27

LUNCH

Salmon Stuffed Avocado

Page: 47

DINNER

Pulled Pork with BBQ Sauce & Creamy Keto Mash

Page: 63 & 68

TOTAL DAILY VALUES

TOTAL CARBS: 46.2 g
FIBER: 22.6 g
NET CARBS: 23.6 g
PROTEIN: 85.7 g
FAT: 126 g

CALORIES: 1630 kcal

MAGNESIUM: 196 mg (49% RDA)
POTASSIUM: 3712 mg (185% EMR)
DAY 12

BREAKFAST

Ultimate Keto Coffee

Page: 39

LUNCH

Cajun Chicken Stuffed Avocado or Sardine Stuffed Avocado

Page: 49 & 51

DINNER

Easy Paleo Pad Thai

Page: 65

TOTAL DAILY VALUES

TOTAL CARBS: 31.4 g
FIBER: 15.4 g
NET CARBS: 16 g
PROTEIN: 85.3 g
FAT: 135 g

CALORIES: 1643 kcal
MAGNESIUM: 212 mg (53% RDA)
POTASSIUM: 1881 mg (94% EMR)
**BREAKFAST**
Vanilla Keto Smoothie or Chocolate Keto Smoothie

**LUNCH**
Easy Paleo Pad Thai

**DINNER**
Keto Zucchini Hash

**TOTAL DAILY VALUES**
- TOTAL CARBS: 25.4 g
- FIBER: 6.2 g
- NET CARBS: 19.2 g
- PROTEIN: 87.7 g
- FAT: 120 g
- CALORIES: 1521 kcal
- MAGNESIUM: 187 mg (47% RDA)
- POTASSIUM: 1970 mg (99% EMR)
TOTAL DAILY VALUES

TOTAL CARBS: 28.8 g
FIBER: 12.2 g
NET CARBS: 16.6 g
PROTEIN: 64.7 g
FAT: 137 g

CALORIES: 1552 kcal
MAGNESIUM: 189 mg (48% RDA)
POTASSIUM: 1816 mg (91% EMR)
This section includes recipes for the 14-day diet plan. Additionally, there are extra recipes included in case you wish to substitute some of the meals in the plan.
KETO ZUCCHINI HASH

NUTRITION FACTS (per serving)

TOTAL CARBS: 9.1 g  CALORIES: 422 kcal
FIBER: 2.5 g  MACRONUTRIENT RATIO:
NET CARBS: 6.6 g  CARBS (6%)
PROTEIN: 17.4 g  PROTEIN (17%)
FAT: 35.5 g  FAT (77%)

MAGNESIUM: 53 mg (13% RDA)
POTASSIUM: 775 mg (39% EMR)
PREPARATION TIME

Hands-on 10 minutes
Overall 20-25 minutes

INGREDIENTS (1 SERVING)

- 1 medium zucchini (200 g/ 6.9 oz)
- 2 slices bacon (60 g/ 2.1 oz)
- ½ small white onion (30 g/ 1.1 oz) or 1 clove garlic
- 1 tbsp ghee or coconut oil (15 g/ 0.5 oz)
- 1 tbsp freshly chopped parsley or chives
- ¾ tsp salt
- 1 large egg on top or ½ medium avocado

INSTRUCTIONS

1. Peel and finely chop the onion (or garlic) and slice the bacon.
2. Sweat the onion over a medium heat and add the bacon. Stir frequently and cook until lightly browned.
3. Meanwhile, dice the zucchini into medium pieces.
4. Add the zucchini to the pan and cook for 10-15 minutes. When done, remove from the heat and add chopped parsley.
5. Top with a fried egg or avocado. Enjoy!
ALL DAY KETO BREAKFAST

NUTRITION FACTS (per serving)

TOTAL CARBS: 15.5 g
FIBER: 8.9 g
NET CARBS: 6.6 g
PROTEIN: 19.5 g
FAT: 41.3 g

CALORIES: 489 kcal
MACRONUTRIENT RATIO:
CARBS (6%)
PROTEIN (16%)
FAT (78%)

MAGNESIUM: 43 mg (11 % RDA)
POTASSIUM: 1307 mg (65% EMR)
INGREDIENTS (1 SERVING)

- 1 large egg
- 5 thin (or 2-3 regular) bacon slices (60 g/ 2.3 oz)
- 2 large Portobello mushrooms (170 g/ 5.9 oz)
- ½ average avocado (100 g/ 3.5 oz)
- 1 tbsp ghee (15 g/ 0.5 oz)
- pinch freshly ground black pepper
- salt to taste
- fresh herbs for garnish

SUBSTITUTION TIP:
- gluten-free sausage instead of bacon
- spinach instead of mushrooms

PREPARATION TIME

Overall 15 minutes

INSTRUCTIONS

1. Heat half of the ghee on a nonstick pan over medium-low heat.

2. Add the mushrooms (top side down). Sprinkle them with sea salt and pepper and cook for about 5-8 minutes until tender.

3. The mushrooms will release some water and it’s better to fry the egg on a separate pan greased with the remaining ghee and cook together with the bacon. That’s it - it cannot be any easier!
VANILLA KETO SMOOTHIE

NUTRITION FACTS (per serving)

TOTAL CARBS: 5.1 g
FIBER: 0 g
NET CARBS: 5.1 g
PROTEIN: 34.6 g
FAT: 45.2 g

CALORIES: 566 kcal
MACRONUTRIENT RATIO:
CARBS (4%)
PROTEIN (24%)
FAT (72%)

MAGNESIUM: 26 mg (6% RDA)
POTASSIUM: 598 mg (30% EMR)
INGREDIENTS (1 SERVING)
- 2 large eggs or 2 tbsp chia seeds or 2 tbsp coconut butter
- ½ cup coconut milk (120 ml/ 4 fl oz)
- ¼ cup whey protein or egg white protein powder (25 g/ 0.9 oz) or hydrolyzed gelatin powder
- 1 tbsp MCT oil or extra virgin coconut oil
- 1 vanilla bean or 1 tsp vanilla extract
- 3-5 drops Stevia extract (optional)
- ¼ cup water + few ice cubes

INSTRUCTIONS
Place the coconut milk, eggs, whey or egg white protein powder, water, vanilla, stevia and ice into a blender. Pulse until smooth and serve immediately!

TIP:
You can use vanilla beans or sugar-free vanilla extract. If using vanilla beans, cut them lengthwise and scrape the tiny seeds out to be used in this recipe. Discard the vanilla bean.

RAW EGGS – ARE THEY SAFE TO USE?
If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 140 F / 60 C. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.
CHOCOLATE KETO SMOOTHIE

NUTRITION FACTS

(per serving)

TOTAL CARBS: 6.2 g
FIBER: 1.8 g
NET CARBS: 4.4 g
PROTEIN: 34.5 g
FAT: 46 g

CALORIES: 570 kcal
MACRONUTRIENT RATIO:
CARBS (3%)
PROTEIN (24%)
FAT (73%)

MAGNESIUM: 45 mg (11% RDA)
POTASSIUM: 560 mg (28% EMR)
**INGREDIENTS (1 SERVING)**

- 2 large eggs or 2 tbsp chia seeds or 2 tbsp coconut butter
- ¼ cup coconut milk (60 ml / 2 fl oz)
- ¼ cup whey protein or egg white protein powder (25 g / 0.9 oz) or 1 tbsp hydrolyzed gelatin powder
- 1 tbsp MCT oil or extra virgin coconut oil
- 1 tbsp cacao powder, unsweetened
- 3-5 drops Stevia extract (optional)
- ¼ cup water + few ice cubes

**OPTIONAL:**

- ½ tsp cinnamon or vanilla extract, sugar-free (or other such as cherry, almond and orange)

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**PREPARATION TIME**

Overall 5 minutes

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**INSTRUCTIONS**

Place the eggs in a blender. Add coconut milk, water, cacao, stevia and ice. Use clear or chocolate flavored stevia extract. Add the MCT oil or coconut oil and whey or egg white protein powder. Pulse until smooth and serve immediately!

**NOTE:**  
Both MCT and coconut oil will boost fat burn and work great in this recipe. MCT oil is more suitable for cold drinks, as it doesn't solidify like coconut oil does. If you use coconut oil, make sure you blend it well!

**RAW EGGS – ARE THEY SAFE TO USE?**

If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 140 F / 60 C. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.
STRAWBERRY KETO MILKSHAKE

NUTRITION FACTS (per serving)

TOTAL CARBS: 8.4 g
FIBER: 2 g
NET CARBS: 6.4 g
PROTEIN: 2.5 g
FAT: 27.4 g

CALORIES: 275 kcal
MACRONUTRIENT RATIO:
CARBS (9%)
PROTEIN (4%)
FAT (87%)

MAGNESIUM: 35 mg (9% RDA)
POTASSIUM: 234 mg (12% EMR)
INGREDIENTS (1 SERVING)

- ¼ cup coconut milk (60 ml / 2 fl oz)
- ¾ cup almond milk or water (180 ml / 6 fl oz)
- ½ cup strawberries, fresh or frozen (72 g / 2.5 oz)
- 1 tbsp MCT oil or extra virgin coconut oil (MCT oil is better as it doesn't solidify)
- ½ tsp sugar-free vanilla extract

OPTIONAL:
- 3-5 drops Stevia extract (clear or berry)
- 1 tbsp chia seeds for a thicker consistency + 0.4 g net carbs per serving
- coconut milk on top

INSTRUCTIONS

Place the coconut milk, almond milk, strawberries, MCT oil and stevia (optional) into a blender. Pulse until smooth and serve immediately!

OPTIONAL:
Add a tablespoon of chia seeds for a thicker smoothie consistency and pulse until smooth.

NOTE:
Both MCT and coconut oil will boost fat burn and work great in this recipe. MCT oil is more suitable for cold drinks, as it doesn't solidify like coconut oil does. If you use coconut oil, make sure you blend it well!
# Keto Mexican Chocolate Shake

<table>
<thead>
<tr>
<th>NUTRITION FACTS</th>
<th>(per serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL CARBS</td>
<td>14.4 g</td>
</tr>
<tr>
<td>FIBER</td>
<td>8.2 g</td>
</tr>
<tr>
<td>NET CARBS</td>
<td>6.2 g</td>
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<tr>
<td>PROTEIN</td>
<td>6 g</td>
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<tr>
<td>FAT</td>
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<tr>
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<td>CARBS (5%)</td>
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</tr>
<tr>
<td>PROTEIN (5%)</td>
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</tr>
<tr>
<td>FAT (90%)</td>
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</tr>
<tr>
<td>MAGNESIUM</td>
<td>75 mg (19% RDA)</td>
</tr>
<tr>
<td>POTASSIUM</td>
<td>385 mg (19% EMR)</td>
</tr>
</tbody>
</table>
PREPARATION TIME
Overall 5 minutes

INGREDIENTS (1 SERVING)
• ¼ cup coconut cream (80ml)
• 2 tbsp extra virgin coconut oil
• 1 tbsp ground chia seeds (can be ground in a coffee grinder right before)
• 2 tbsp (10 g) unsweetened cocoa powder
• ¼ tsp organic vanilla extract
• ¼ tsp cinnamon powder
• ¼ tsp cayenne powder
• 1 cup water
• ice as desired

INSTRUCTIONS
Mix all the ingredients in a blender on high for about 1 minute. Enjoy!

RECIPE COURTESY OF:
Vivica Menegaz
http://thenourishedcaveman.com
SUMMER BLACKCURRANT SMOOTHIE

NUTRITION FACTS (per serving)

- TOTAL CARBS: 18.1 g
- FIBER: 9.4 g
- NET CARBS: 8.7 g
- PROTEIN: 5.1 g
- FAT: 17.3 g

- CALORIES: 228 kcal
- MACRONUTRIENT RATIO:
  - CARBS (16%)
  - PROTEIN (10%)
  - FAT (74%)

- MAGNESIUM: 47 mg (12% RDA)
- POTASSIUM: 406 mg (20% EMR)
INGREDIENTS (1 SERVING)

• ½ cup blackcurrants, fresh or frozen (60 g / 2.1 oz)
• ¼ cup strawberries, 2-3 strawberries, fresh or frozen (36 g / 1.3 oz)
• ¼ cup coconut milk (60 ml / 2 fl oz)
• ½ cup water (120 ml / 4 fl oz)
• 2 tbsp chia seeds, whole or powdered (16 g / 0.6 oz)
• ½ vanilla bean or ½ tsp sugar-free vanilla extract

OPTIONAL:
• 5-7 drops liquid Stevia extract or other healthy low-carb sweetener from this list

PREPARATION TIME

Overall 5 minutes

INSTRUCTIONS

Place all the ingredients into a blender and pulse until smooth - let it sit for 2-5 minutes. That’s it, enjoy!

NOTES:
You can use real vanilla beans or sugar-free vanilla extract which is easy and cheaper to make at home.

You can use any berries: strawberries, raspberries, blackberries or blueberries - all are low in carbs! Feeling hungry? Add a scoop (¼ cup) of whey or egg white protein. Protein is the most satiating nutrient and will keep hunger at bay!

Here is a quick overview of the net carbs in ½ cup of berries:

• strawberries: 4.1 g
• raspberries: 3.3 g
• blackberries: 3.1 g
• blackcurrants: 4 g
• blueberries: 8.9 g
  (wild blueberries have less carbs, ~ 7.3 g)
ULTIMATE KETO COFFEE

NUTRITION FACTS (per serving)

TOTAL CARBS: 4.4 g
FIBER: 1.3 g
NET CARBS: 3.1 g
PROTEIN: 15.2 g
FAT: 45.6 g

CALORIES: 474 kcal
MACRONUTRIENT RATIO:
CARBS (3%)
PROTEIN (12%)
FAT (85%)

MAGNESIUM: 211 mg (53% RDA)
POTASSIUM: 407 mg (20% EMR)
INGREDIENTS (1 SERVING)

- 1 cup brewed coffee
- 1 tbsp extra virgin coconut oil or MCT oil
- 1 tbsp unsalted grass-fed ghee\(^{78}\) (15 g/ 0.5 oz)
- 3 egg yolks
- 1 tbsp of gelatin, hydrolyzed which does not cause liquids to gel
- ¼ - ½ tsp cinnamon
- 3-5 drops of stevia or a teaspoon of Erythritol or Swerve
- 2 tbsp coconut milk

PREPARATION TIME

Overall 5 minutes

INSTRUCTIONS

Place everything into a blender: hot coffee, coconut oil, ghee, gelatin (collagen), cinnamon, stevia, coconut milk and egg yolks (don’t worry, they won’t cook). Pulse until smooth. That’s it - done!

NOTE:

If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 140 F / 60 C. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.
CHOCOLATE CHIA PUDDING

NUTRITION FACTS (per serving)

TOTAL CARBS: 21.2 g
FIBER: 14.9 g
NET CARBS: 6.3 g
PROTEIN: 9.5 g
FAT: 26.6 g

CALORIES: 329 kcal
MACRONUTRIENT RATIO:
CARBS (8%)
PROTEIN (13%)
FAT (79%)

MAGNESIUM: 63 mg (16% RDA)
POTASSIUM: 364 mg (18% EMR)
INGREDIENTS (1 SERVING)

- ¼ cup chia seeds (32 g/ 1.1 oz)
- ¼ cup coconut milk (60 ml/ 2 fl oz)
- ½ cup water or almond milk (120 ml/ 4 fl oz)
- 1 tbsp raw cacao powder, unsweetened
- 1 tbsp Erythritol or Swerve (10 g/ 0.4 oz)
- 5-10 drops Stevia extract
- top with ½ tbsp raw cocoa nibs or extra
- dark chocolate

OPTIONAL:
- add ¼ tsp cinnamon and a pinch of cayenne pepper

PREPARATION TIME

Hands-on 5 minutes
Overall 15 minutes

INSTRUCTIONS

1. Mix the chia seeds, coconut milk, water, cacao powder, Erythritol and stevia. If you prefer a smoother texture, place into a blender and pulse until smooth.

2. Let it sit for at least 10-15 minutes, ideally overnight in the fridge.

3. Top with cocoa nibs just before serving.
PUMPKIN SPICED GRANOLA

NUTRITION FACTS  
(per serving / ~ ½ cup)

TOTAL CARBS: 14.8 g  
FIBER: 9.2 g  
NET CARBS: 5.6 g  
PROTEIN: 16 g  
FAT: 37.2 g

CALORIES: 434 kcal
MACRONUTRIENT RATIO:
CARBS (5%)
PROTEIN (15%)
FAT (80%)

MAGNESIUM: 126 mg (32% RDA)
POTASSIUM: 441 mg (22% EMR)
INGREDIENTS (8 SERVINGS)

DRY INGREDIENTS:
- 1 cup almonds, whole (140 g / 4.9 oz)
- ½ cup macadamia nuts (65 g / 2.3 oz)
- ½ cup pecan nuts (50 g / 1.8 oz)
- 1 cup shredded dried coconut (75 g / 2.6 oz)
- 1 cup flaked dried coconut (60 g / 2.1 oz)
- ½ cup pumpkin seeds (60 g / 2.1 oz)
- ¼ cup chia seeds (30 g / 1.1 oz)
- ½ cup whey protein or egg white protein powder (50 g / 1.8 oz) or ¼ cup powdered egg whites
- ¼ cup Erythritol or Swerve (40 g / 1.4 oz)
- 1 tbsp + 1 tsp pumpkin pie spice mix
- ¼ tsp salt

WET INGREDIENTS:
- ½ cup pumpkin puree (100 g / 3.5 oz)
- 1 large egg white, free-range or organic
- ¼ cup extra virgin coconut oil, melted (55 g / 1.9 oz)
- 10-15 drops liquid Stevia extract

PREPARATION TIME

Hands-on  10 minutes
Overall  40-50 minutes
INSTRUCTIONS

1. Preheat the oven to 150 C / 300 F. Roughly chop the almonds, macadamia nuts and pecans and place them in a mixing bowl.

2. Add the shredded and flaked coconut, chia seeds, pumpkin seeds, protein powder (or powdered egg whites) and Erythritol.

3. Add the pumpkin spice mix and salt. Pour in the egg white, melted coconut oil and add stevia. Mix until well combined.

4. Add the pumpkin puree and mix well. If using canned pumpkin puree, make sure you opt for BPA-free product like this one.

5. Place the granola mixture on a baking tray and spread evenly over the surface.

6. Place in the oven and bake for 30-40 minutes until crispy. The longer you bake it, the crispier it will get.

7. Once done, remove from the oven and set aside on a cooling rack. Once chilled, transfer into a jar or airtight container and keep at room temperature. Serve with cream, yogurt, almond milk or coconut milk and enjoy!
PORK CHOPS WITH KETO GRAVY

NUTRITION FACTS (per serving)

TOTAL CARBS: 5.5 g
FIBER: 0.85 g
NET CARBS: 4.7 g
PROTEIN: 29.4 g
FAT: 28.1 g
CALORIES: 399 kcal
MACRONUTRIENT RATIO:
CARBS (5%)
PROTEIN (30%)
FAT (65%)
MAGNESIUM: 81 mg (20% RDA)
POTASSIUM: 720 mg (36% EMR)
INGREDIENTS (6 SERVINGS)

- 6 medium/12 small pork chops (800 g / 28.2 oz / 1.76 lb, about 130 g/ 4.6 oz per serving)
- 2 tbsp ghee (30 g/ 1.1 oz)
- salt and pepper to taste
- 1 recipe Ultimate Keto Gravy

OPTIONAL:
- seasoning: pinch paprika, rosemary, chili pepper, sage or garlic powder

OPTIONAL:
- serve with Creamy Keto Mash

INSTRUCTIONS

1. Pat dry the pork chops using a paper towel. Rub with one tablespoon of ghee from both sides and season with salt and pepper.

2. Heat a large pan greased with the remaining ghee. Once the pan is hot, add the pork chops and cook over a medium-high heat. Cook until the sides begin to brown, for about 2 minutes. Then, turn on the other side and cook for another 2 minutes.

3. Lower the heat and cook for another 5-10 minutes depending on the thickness of the meat. If you’re using an instant read thermometer, it should read 140-145 F / 60-63 C. When done, transfer on a plate, cover with a foil and let it rest for about 5 minutes before serving.
SALMON STUFFED AVOCADO

NUTRITION FACTS  
(per serving)

TOTAL CARBS: 13.9 g  
FIBER: 7.5 g  
NET CARBS: 6.4 g  
PROTEIN: 27 g  
FAT: 34.6 g  

CALORIES: 463 kcal  
MACRONUTRIENT RATIO:  
CARBS (6%)  
PROTEIN (24%)  
FAT (70%)  

MAGNESIUM: 75 mg (19% RDA)  
POTASSIUM: 1122 mg (56% EMR)
INGREDIENTS (2 SERVINGS)

- 1 large or 2 small avocados (200 g / 7.1 oz)
- 2 small salmon fillets (220 g / 7.8 oz)
- 1 small white onion, finely chopped (70 g / 2.5 oz)
- \( \frac{1}{4} \text{ cup mayonnaise} \) (58 g / 2 oz)
- 2 tbsp fresh lemon juice (~ ½ lemon)
- \( \frac{1}{4} \text{ tsp salt or more to taste} \)
- freshly ground black pepper to taste
- 1 tbsp ghee or coconut oil
- 1-2 tablespoons freshly chopped dill
- lemon wedges for garnish

PREPARATION TIME

Hands-on 10 minutes
Overall 30 minutes

INSTRUCTIONS

1. Preheat the oven to 200 F / 400 F. Place the salmon fillets on a baking tray lined with parchment paper. Drizzle with melted ghee or olive oil, season with salt and pepper and 1 tablespoon of fresh lemon juice. Place in the oven and bake for 20-25 minutes.

2. When done, remove from the oven and let it cool down for 5-10 minutes. Using a fork, shred the salmon fillets and discard the skin. Mix with finely chopped onion, mayonnaise and freshly chopped dill.

3. Squeeze in more lemon juice and season with salt and pepper to taste. Scoop the middle of the avocado out leaving ½ - 1 inch of the avocado flesh. Cut the scooped avocado into small pieces.

4. Place the chopped avocado into the bowl with salmon and mix until well combined.

5. Fill each avocado halve with the salmon & avocado mixture, add lemon and enjoy!
CAJUN CHICKEN STUFFED AVOCADO

NUTRITION FACTS (per serving)

- TOTAL CARBS: 16.4 g
- FIBER: 11 g
- NET CARBS: 5.4 g
- PROTEIN: 34.5 g
- FAT: 50.6 g

CALORIES: 638 kcal
MACRONUTRIENT RATIO:
- CARBS (4%)
- PROTEIN (22%)
- FAT (74%)

MAGNESIUM: 78 mg (19% RDA)
POTASSIUM: 1036 mg (52% EMR)
PREPARATION TIME
Overall 5 minutes

INGREDIENTS (2 SERVINGS)
• 1 extra large or 2 medium avocados (300 g / 10.6 oz)
• 1 ½ cups chicken, cooked (210 g / 7.4 oz)
• ¼ cup + 1 tbsp mayonnaise (70 g / 2.5 oz)
• 1 tsp thyme, dried
• 1 tsp paprika
• ½ tsp onion powder
• ½ tsp garlic powder
• ¼ tsp cayenne pepper
• 2 tbsp fresh lemon juice
• ¼ tsp salt or more to taste

INSTRUCTIONS
1. Cut or shred the cooked chicken into small pieces.
2. Add the mayo, thyme, paprika, onion powder, garlic powder, cayenne pepper, lemon juice and season with salt to taste.
3. Combine well. Scoop the middle of the avocado out leaving ½ - 1 inch of the avocado flesh. Cut the scooped avocado into small pieces. Place the chopped avocado into the bowl with the chicken and mix until well combined. Fill each avocado half with the chicken & avocado mixture and enjoy!
PALEO SARDINE STUFFED AVOCADO

NUTRITION FACTS (per serving)

TOTAL CARBS: 19.5 g
FIBER: 14 g
NET CARBS: 5.5 g
PROTEIN: 27.2 g
FAT: 52.6 g

CALORIES: 633 kcal
MACRONUTRIENT RATIO:
CARBS (4%)
PROTEIN (18%)
FAT (78%)

MAGNESIUM: 100 mg (25% RDA)
POTASSIUM: 1410 mg (70% EMR)
PREPARATION TIME
Overall 5 minutes

INGREDIENTS (1 SERVING)
• 1 large avocado (200 g / 7.1 oz)
• 1 tin sardines, drained (90 g / 3.2 oz)
• 1 tbsp mayonnaise (15 g / 0.5 oz)
• 1 medium spring onion or bunch chives (15 g / 0.5 oz)
• 1 tbsp fresh lemon juice
• ¼ tsp turmeric powder or 1 tsp freshly ground turmeric root (preferred)
• ¼ tsp salt

INSTRUCTIONS
1. Halve the avocado and remove the seed. Drain the sardines and place them in a bowl.
2. Scoop the middle of the avocado out leaving ½ - 1 inch of the avocado flesh. Add finely sliced spring onion (or chives) and freshly grated turmeric root (or dried turmeric powder). Add mayonnaise and mix in well.
3. Add the scooped avocado flesh and mash into desired consistency. Squeeze in fresh lemon juice and season with salt.
4. Scoop the avocado mixture into each avocado halve and enjoy!
HEALTHY MACKEREL SALAD

NUTRITION FACTS (per serving)

TOTAL CARBS: 16.1 g
FIBER: 8.5 g
NET CARBS: 7.6 g
PROTEIN: 27.3 g
FAT: 49.9 g

CALORIES: 609 kcal
MACRONUTRIENT RATIO:
CARBS (5%)
PROTEIN (19%)
FAT (76%)

MAGNESIUM: 133 mg (33% RDA)
POTASSIUM: 1111 mg (56% EMR)
INGREDIENTS (2 SERVINGS)

- 2 mackerel fillets (180 g/ 6.3 oz)
- 2 large eggs
- 1 medium avocado (150 g/ 5.3 oz)
- 2 cups green beans (200 g/ 7.1 oz)
- 4 cups mixed lettuce such as lamb lettuce, arugula, etc. (120 g/ 4.2 oz)
- 1 tbsp ghee or coconut oil (15 g/ 0.5 oz)
- ¼ tsp salt or more to taste
- freshly ground black pepper

LEMON & MUSTARD DRESSING:

- 2 tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- 2 tbsp lemon juice (~½ lemon)

PREPARATION TIME

Hands-on 5-10 minutes
Overall 20-25 minutes

INSTRUCTIONS

1. Start by cooking the eggs. To get the eggs hard-boiled, you need round 10 minutes.

2. Cook the green beans. Fill a small sauce pan with water and season with salt. Add the green beans and bring to a boil. Cook until crisp tender for 4-5 minutes.

3. Make small diagonal slashes on the skin side of the mackerel - don't cut too deep. Season with salt and pepper from both sides.

4. Heat a pan greased with ghee. Once the pan is hot, add the mackerel fillets, skin side down, and cook over a medium-high heat until the skin is crispy and the meat opaque and cooked.

5. When the eggs are chilled, peel off the shells. Make the dressing by mixing all the ingredients (olive oil, mustard and lemon juice).

6. Wash and drain the lettuce in a salad spinner or just by pat drying using a paper towel. Place the lettuce in a serving bowl and top with the cooked green beans. Add quartered cooked eggs, sliced mackerel fillet and drizzle with the prepared dressing. Enjoy!
EASY AVOCADO & EGG SALAD

NUTRITION FACTS (per serving)

TOTAL CARBS: 13.7 g
FIBER: 7.6 g
NET CARBS: 6.1 g
PROTEIN: 17 g
FAT: 36.3 g

CALORIES: 436 kcal
MACRONUTRIENT RATIO:
CARBS (6%)
PROTEIN (16%)
FAT (78%)

MAGNESIUM: 60 mg (15% RDA)
POTASSIUM: 875 mg (44% EMR)
PREPARATION TIME
Hands-on 5 minutes
Overall 15 minutes

INGREDIENTS (2 SERVINGS)
• 4 large eggs
• 1 large avocado (200 g/7.1 oz)
• 4 cups mixed lettuce such as lamb lettuce, arugula, etc. (120 g/4.2 oz)
• ¼ cup mayonnaise (58 g/2 oz)
• 2 cloves garlic, crushed
• 2 tsp Dijon mustard
• salt and pepper to taste

OPTIONAL:
• chives, fresh herbs and extra virgin olive oil for garnish
• try it with the Basil & Macadamia pesto

INSTRUCTIONS
1. Start by cooking the eggs. To get the eggs hard-boiled, you need round 10 minutes. When done, remove from the heat and place in a bowl filled with cold water. When the eggs are chilled, peel off the shells.

2. Make the dressing by mixing the mayo, crushed garlic and Dijon mustard and season with salt and pepper.

3. Wash and drain the greens in a salad spinner or just by pat drying using a paper towel. Place the greens in a serving bowl and mix with the dressing. Halve, deseed, peel and slice the avocado and place on top of the greens.

4. Add the quartered eggs and season with more salt and pepper to taste. Enjoy!
KETO TUNA SALAD

NUTRITION FACTS (per serving)

TOTAL CARBS: 5.4 g
FIBER: 1.5 g
NET CARBS: 3.9 g
PROTEIN: 41.4 g
FAT: 49.7 g

CALORIES: 626 kcal
MACRONUTRIENT RATIO:
CARBS (3%)
PROTEIN (26%)
FAT (71%)

MAGNESIUM: 63 mg (16% RDA)
POTASSIUM: 655 mg (33% EMR)
INGREDIENTS (1 SERVING)

- 1 small head lettuce, Romaine or Little Gem (100 g / 3.5 oz)
- 140 g tinned tuna, drained (5 oz)
- 2 eggs, hard-boiled, free-range or organic
- 2 tbsp mayonnaise (30 g / 1.1 oz)
- 1 medium spring onion or bunch chives (15 g / 0.5 oz)
- juice from ¼ lemon
- 1 tbsp extra virgin olive oil
- salt to taste

PREPARATION TIME

Overall 5 minutes

INSTRUCTIONS

1. Tear the leaves of the lettuce, wash and drain in a salad spinner or with a paper towel. Spread the leaves over the bottom of the serving bowl.

2. Add drained and shredded tuna.

3. Top with hard-boiled eggs, mayo and freshly chopped spring onion. The timing for hard-boiled eggs depends on their size but it’s about 10 minutes for large eggs. Spoon in the mayonnaise and mix in well.

4. Drizzle with extra virgin olive oil and enjoy!

TIP:
To avoid unhealthy vegetable oils that may often be used in tuna products, get tuna in extra virgin olive oil or in brine. I avoid buying canned foods and get tuna in glass jars instead. This will minimize your exposure to toxic BPAs that may often be present in canned foods.
QUICK BEEF RAGÙ WITH “ZOODLES”

NUTRITION FACTS (per serving)

TOTAL CARBS: 8.3 g
FIBER: 2.6 g
NET CARBS: 5.7 g
PROTEIN: 37.8 g
FAT: 51.1 g

CALORIES: 645 kcal
MACRONUTRIENT RATIO:
CARBS (4%)
PROTEIN (24%)
FAT (72%)

MAGNESIUM: 83 mg (20% RDA)
POTASSIUM: 1191 mg (60% EMR)
INGREDIENTS (4 SERVINGS)

BEEF RAGU:
- beef, ground (800 g / 1.8 lb / 28.2 oz)
- ¼ cup red pesto or green pesto (65 g / 2.2 oz)
- 1 tbsp ghee garlic or herb infused for extra flavor
- small bunch fresh parsley
- ½ tsp pink Himalayan salt or to taste

ZOODLES:
- 4 medium zucchini (one per serving), sliced using a julienne peeler or vegetable spiralizer (800 g / 1.8 lb / 28.2 oz)

PREPARATION TIME
Hands-on 15 minutes
Overall 20 minutes

INSTRUCTIONS
1. If you’re using frozen meat, keep it outside the fridge to slowly defrost.

2. Place the meat in a sauce pan greased with ghee and cook until browned from all sides while stirring frequently. This may take 5-8 minutes. Keep some ghee for later.

3. Add the pesto and freshly chopped parsley and keep on low heat. When done take off the heat and transfer into a bowl.

4. Meanwhile, using a spiralizer, create zucchini “noodles”. Chop the soft core of the zucchini and add it to the zoodles.

5. Transfer the zoodles into the sauce pan greased with the remaining ghee. Cook briefly for 3-5 minutes. Turn off the heat, add the meat and mix in well. The exact time depends on how tender you prefer the zoodles to be. The less you cook them, the more “al dente” and the less soggy they will be. I prefer mine cooked very briefly for just about 2 minutes.

NOTE:
If you don’t have a spiralizer, you can use a julienne peeler and peel the zucchini all around until you get to the soft center.
KETO MEXICAN RICE

NUTRITION FACTS (per serving)

TOTAL CARBS: 10.1 g
FIBER: 3.7 g
NET CARBS: 6.4 g
PROTEIN: 17.6 g
FAT: 31 g

CALORIES: 385 kcal
MACRONUTRIENT RATIO:
CARBS (7%)
PROTEIN (19%)
FAT (74%)

MAGNESIUM: 39 mg (10% RDA)
POTASSIUM: 763 mg (38% EMR)
INGREDIENTS (4 SERVINGS)

- 5 cups Cauli-rice\textsuperscript{72}, approximately 1 average head cauliflower (600 g / 21.2 oz / 1.3 lb)
- 2 Spanish chorizo sausages or pepperoni (240 g / 8.5 oz)
- 6-8 jalapeño peppers (80 g / 2.8 oz)
- 4 tbsp freshly chopped parsley or cilantro
- 2 tbsp ghee\textsuperscript{78}, lard or coconut oil (30 g / 1.1 oz)
- pinch salt

PREPARATION TIME

Hands-on 15 minutes
Overall 20 minutes

INSTRUCTIONS

1. Prepare the Cauli-rice. Don't cook it - only grate the cauliflower.

2. Slice the chorizo and slice and deseed the jalapeño peppers. You can use any other type of mildly hot peppers.

3. Grease a skillet with the cooking fat and add the peppers and chorizo. Cook until slightly browned and stir once or twice.

4. Add the cauli-rice and cook for 5-10 minutes depending on how tender you prefer the “rice” to be. Taste before seasoning with salt - the sausage will release its savory juices and you may not need to use any. Add finely chopped parsley.

5. When done, take off heat and enjoy!
PULLED PORK WITH BBQ SAUCE

NUTRITION FACTS (per serving)

- Total Carbs: 5.2 g
- Fiber: 1.4 g
- Net Carbs: 3.8 g
- Protein: 35 g
- Fat: 36.6 g

- Calories: 497 kcal
- Macronutrient Ratio:
  - Carbs (3%)
  - Protein (29%)
  - Fat (68%)

- Magnesium: 47 mg (12% RDA)
- Potassium: 760 mg (38% EMR)
INGREDIENTS (8 SERVINGS)

- 1.6 kg pork shoulder, boneless (3.5 lb)
- 1 large white onion (150 g / 5.3 oz)
- 3 bay leaves
- 1/3 cup Spicy Chocolate BBQ sauce (80 g / 2.8 oz)

SPICES FOR RUBBING:
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp paprika
- 1 tsp smoked paprika
- 2 tsp salt
- ½ tsp black or white pepper

PREPARATION TIME

Hands-on 15 minutes
Overall 7-13 hours

INSTRUCTIONS

1. Preheat your slow cooker and set to high. Mix all the spices in a bowl. Score the skin of the pork by making cuts about an inch apart from one or both directions.

2. Rub the spices into the pork. Peel and roughly slice the onion. Place in the preheated slow cooker and add bay leaves.

3. Place the pork on top of the onion and cover with a lid. You won't need to use any water - there is plenty in the pork. Cook for up to 6 hours. If you are using the “low” settings, it may take up to 12 hours depending on the slow cooker.

4. When done, open the lid and let the hot steam out. To make the pork crispy, preheat the oven to 200 C / 400 F. Using tongs or two forks, place the cooked pork on a baking sheet lined with parchment paper. Cover the pork with the BBQ sauce and place in the oven. Cook for 30-40 minutes.

5. Meanwhile, prepare the sauce. Pour the liquid with the cooked onions and bay leaves into a blender. Pulse until smooth and set aside.

6. When the pork is cooked and crispy, remove from the oven and place in a bowl. Using two forks, shred the meat into smaller pieces. Pour in the sauce from the blender and combine well.
# EASY PALEO PAD THAI

![Image of Pad Thai](image_url)

**NUTRITION FACTS** (per serving)

<table>
<thead>
<tr>
<th>Metric</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbs</td>
<td>11.3 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>3.7 g</td>
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<tr>
<td>Net Carbs</td>
<td>7.6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>35.7 g</td>
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<tr>
<td>Fat</td>
<td>39.4 g</td>
</tr>
<tr>
<td>Calories</td>
<td>532 kcal</td>
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</table>

**Macronutrient Ratio:**

- Carbs (6%)
- Protein (27%)
- Fat (67%)

**Additional Nutrients:**

- Magnesium: 108 mg (27% RDA)
- Potassium: 596 mg (30% EMR)
INGREDIENTS (4 SERVINGS)

SAUCE:
- ¼ cup fish sauce (60 ml / 2 fl oz)
- 1 tbsp coconut aminos or more fish sauce
- 1 tbsp Sriracha or sambal olek
- 2 cloves garlic, crushed
- 4 tbsp Almond & Cashew Butter or almond butter (64 g / 2.3 oz)
- ½ tsp salt or more to taste
- freshly ground black pepper to taste

OPTIONAL:
- 1 tbsp Erythritol + 5-7 drops Stevia extract

STIR-FRY:
- 500 g chicken thighs, boneless and skinless (17.6 oz)
- 1-2 packets shirataki noodles, drained - depends on the brand (400 g / 17.6 oz)
- 4 large eggs, free-range or organic
- 2 medium spring onions (30 g / 1.1 oz)
- 2 cups bean sprouts (100 g / 3.5 oz)
- ¼ cup cilantro, chopped
- ¼ cup flaked almonds, toasted (15 g / 0.5 oz)
- 2 tbsp fresh lime juice (~ ½ lime) + more for garnish
- 1 tbsp + ¼ cup ghee or extra virgin coconut oil (55 g / 2 oz)

OPTIONAL:
- 2 cups of red cabbage, shredded for garnish (140 g / 4.9 oz) + 1.8 g net carbs per serving

PREPARATION TIME

Hands-on 20 minutes
Overall 30 minutes

STIR-FRY:
- 500 g chicken thighs, boneless and skinless (17.6 oz)
- 1-2 packets shirataki noodles, drained - depends on the brand (400 g / 17.6 oz)
- 4 large eggs, free-range or organic
- 2 medium spring onions (30 g / 1.1 oz)
- 2 cups bean sprouts (100 g / 3.5 oz)
- ¼ cup cilantro, chopped
- ¼ cup flaked almonds, toasted (15 g / 0.5 oz)
- 2 tbsp fresh lime juice (~ ½ lime) + more for garnish
- 1 tbsp + ¼ cup ghee or extra virgin coconut oil (55 g / 2 oz)

OPTIONAL:
- 2 cups of red cabbage, shredded for garnish (140 g / 4.9 oz) + 1.8 g net carbs per serving
INSTRUCTIONS

1. Prepare the shirataki noodles. Wash & boil for 2-3 minutes to eliminate their natural odor. Then, drain and pan-fry on a dry pan for about 10 minutes - this will help you get the best texture. When done, keep in a bowl and set aside.

2. In a medium bowl, combine all the ingredients to make the sauce: fish sauce, coconut aminos, Sriracha, crushed garlic, Almond & Cashew Butter, salt pepper, Erythritol and stevia (if used). When done, set aside.

3. Meanwhile, cut the chicken thighs into 1-inch pieces.

4. Place in a large pan greased with ¼ cup ghee and cook over a medium-high heat until pale and cooked through. Mix a few times to ensure even cooking. When done, set aside.

5. Meanwhile, prepare the omelets. Heat a pan greased with ½ tablespoon of ghee. Crack 2 eggs in a bowl and season with salt. Whisk well and pour in the hot pan and swirl to coat the surface to make a very thin omelet. Cook over a medium-high heat for a couple of minutes or until firm on top. Using a spatula, flip on the other side and cook for another 30 seconds. When done, transfer on a plate. Then, repeat for the remaining 2 eggs.

6. Set aside to cool down, roll up and cut into thin strips. Slice the spring onion and place in a bowl filled with water to clean. Transfer on a paper towel and pat dry.

7. Place the chicken back on the heat and add the spring onion. Cook over a medium-high heat for just a couple of minutes. Then, add the omelet strips and bean sprouts and cook for another minute while stirring.

8. Add the sauce (see above) and prepared shirataki noodles. Cook briefly until heated through and take off the heat.

9. Mix well and add the fresh cilantro, lime juice and toasted almonds.

TIP: To toast the almond flakes, place them on a dry hot pan and cook over a medium-high heat until fragrant for 1-2 minutes. Keep stirring to prevent burning.
# CREAMY KETO MASH

**NUTRITION FACTS** (per serving)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOTAL CARBS</td>
<td>10.8 g</td>
</tr>
<tr>
<td>FIBER</td>
<td>3.8 g</td>
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<tr>
<td>NET CARBS</td>
<td>7 g</td>
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<tr>
<td>PROTEIN</td>
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<tr>
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<tr>
<td>MAGNESIUM</td>
<td>30 mg</td>
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<tr>
<td>(8% RDA)</td>
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<tr>
<td>POTASSIUM</td>
<td>588 mg</td>
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<tr>
<td>(29% EMR)</td>
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</tbody>
</table>

**SIDE**

68
INGREDIENTS (4 SERVINGS)

- 1 large cauliflower (700 g/ 1.5 lb/ 24.7 oz)
- 1 small white onion (70 g/ 2.5 oz)
- 2 cloves garlic
- ¼ cup ghee or lard + 4 tbsp for topping (110 g/ 3.9 oz)
- ½ tsp salt or more to taste
- freshly ground black pepper

PREPARATION TIME

Hands-on 10 minutes
Overall 15 minutes

INSTRUCTIONS

1. Wash the cauliflower and cut into smaller florets. Place on a steaming rack inside a pot filled with ~ 2 inches of water. Bring to a boil and cook for about 10 minutes. Do not overcook.

2. Heat a pan greased with 2 tablespoons of the ghee and add chopped onion and garlic.

3. Cook for about 5 minutes until slightly browned. Keep stirring to prevent burning and take off the heat.

4. Place the cooked cauliflower into a blender and add the cooked onion and another 2 tablespoons of ghee. Pulse until smooth and creamy.

5. Place in a serving bowl and add more ghee on top. Enjoy!
BUTTERED BRUSSELS SPROUTS

NUTRITION FACTS (per serving)

TOTAL CARBS: 11.6 g
FIBER: 4.8 g
NET CARBS: 6.8 g
PROTEIN: 4.2 g
FAT: 14.1 g
CALORIES: 179 kcal
MACRONUTRIENT RATIO:
CARBS (16%)
PROTEIN (10%)
FAT (74%)

MAGNESIUM: 31 mg (8% RDA)
POTASSIUM: 522 mg (26% EMR)
**INGREDIENTS (4 SERVINGS)**

- 1.1 lb Brussels sprouts (500 g/ 17.6 oz)
- ¼ cup ghee, melted (55 g/ 1.9 oz)
- juice from ½ lemon (~ 2 tbsp)
- ½ tsp salt
- freshly ground black pepper to taste

**TRY WITH:**

- 4-6 slices crisped up bacon or Pancetta
- 1 small diced & crisped up chorizo
- ¼ heavy coconut milk + ½ cup soaked dried porcini mushrooms
- 2 cloves garlic, crushed
- 1 medium white onion, sliced
- ¼ cup toasted cashew, pine nuts or almonds

**PREPARATION TIME**

Hands-on 5 minutes
Overall 30-40 minutes

**INSTRUCTIONS**

1. Preheat the oven to 200 C / 400 F. Wash and halve the Brussels sprouts or quarter if too big.

2. Pour the melted ghee over the sprouts. Drizzle with the lemon juice. Season with salt and pepper and mix well to allow the oil and seasoning everywhere.

3. Place in the oven and bake for 25-35 minutes until crispy on the outside and tender inside. Mix once or twice to ensure even cooking. The exact cooking time depends on the size of the Brussels sprouts. If you cut them in quarters, it will take less time to cook.
CAULI-RICE

NUTRITION FACTS (per serving, 1 1/2 cups)

TOTAL CARBS: 6 g
FIBER: 2.4 g
NET CARBS: 3.6 g
PROTEIN: 2.3 g
FAT: 0.3 g

CALORIES: 30 kcal
MACRONUTRIENT RATIO:
CARBS (54%)
PROTEIN (35%)
FAT (11%)

MAGNESIUM: 18 mg (5% RDA)
POTASSIUM: 358 mg (18% EMR)
PREPARATION TIME
Overall 5-10 minutes

INGREDIENTS (MAKES 6 CUPS)
• 1 head cauliflower (720 g/ 1.6 lb)

INSTRUCTIONS
1. Remove the leaves and the hard center core of the cauliflower and cut into florets.
2. Wash the cauliflower thoroughly and drain well.
3. Once dry, grate with a hand grater or in a food processor with a grating (or regular) blade. Pulse until it looks like rice. A grating blade will make it look closer to real rice. Don't overdo it - it only takes a few more seconds to make purée out of it.
4. Cook the cauli-rice using the following tips or place in an airtight container and store up to 4 days. Done!

COOKING TIPS
• Steaming:
Place in a steam pot and cook for 5-7 minutes. Otherwise, place in an airtight container and store up to 4 days.

• Microwaving:
Place the processed cauliflower in a microwave safe bowl and cook on medium-high for 5-7 minutes. You won't need any water when cooking in the microwave. Season with salt and pepper (if desired).

• Pan roasting:
You can briefly cook the “rice” on a pan greased with butter or ghee or add directly to the pot with meat or sauce you plan to serve it with.

• Oven cooking:
Preheat the oven to 200 C / 400 F. Spread the grated cauli-rice over a baking sheet lined with parchment paper and cook for 12-15 minutes flipping 2-3 times.
BASIL & MACADAMIA PESTO

NUTRITION FACTS

(per 2 tbsp/ 30 g/ 1 oz)

TOTAL CARBS: 1.8 g
FIBER: 0.7 g
NET CARBS: 1.1 g
PROTEIN: 1 g
FAT: 19.8 g

CALORIES: 183 kcal
MACRONUTRIENT RATIO:
CARBS (2%)
PROTEIN (2%)
FAT (96%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
INGREDIENTS (1 CUP)

- 2 cups fresh basil (30 g / 1.1 oz)
- 1/3 cup macadamia nuts (45 g / 1.6 oz)
- 2 tbsp pine nuts or more macadamia nuts (15 g / 0.5 oz)
- 4 cloves garlic
- 1 tsp fresh lemon zest
- 1 tbsp fresh lemon juice
- 1/2 cup extra virgin olive oil (120 ml / 4 fl oz)
- freshly ground black pepper

OPTIONAL:
- 1/3 cup grated parmesan cheese (30 g / 1.1 oz)

INSTRUCTIONS

1. Wash the basil, peel and mash the garlic, juice and zest the lemon.

2. Place the oil, basil, garlic, lemon, macadamia and pine nuts, salt and pepper into a food processor and pulse until smooth. Optionally, add grated parmesan cheese and pulse for a few more seconds.

3. When done, use immediately or spoon the mixture in a glass jar, top with a bit of olive oil and seal properly with a lid.

TIPS FOR STORING:
You can keep your pesto in the fridge for up to a week or two if it's stored properly. It helps to pour a thin layer of olive oil on the top, as it keeps it fresh for longer. If you want to preserve home-made pesto for longer, freeze it in manageable portion sizes by putting it in an ice-cube tray and keep in a plastic bag in the freezer for up to 6 months. Whenever you need to use it, just keep the required portion at room temperature until it melts.
RED PESTO

NUTRITION FACTS

(per serving, 1 tbsp; 15g / 0.5 oz)

TOTAL CARBS: 1.8 g
FIBER: 0.5 g
NET CARBS: 1.3 g
PROTEIN: 0.9 g
FAT: 6.3 g

CALORIES: 64.8 kcal
MACRONUTRIENT RATIO:
CARBS (8%)
PROTEIN (6%)
FAT (86%)

POTASSIUM: 83.6 mg (4% EMR)
INGREDIENTS (440G / 15.5 OZ)

- 1 cup sun-dried tomatoes, drained (110g / 3.9 oz)
- ½ cup macadamia nuts (60g / 2.1 oz)
- ¼ cup cashew nuts (30g / 1.1 oz)
- ¼ cup tomato purée (60g / 2.1 oz)
- ½ lemon, juice and zest or less to taste
- 2 cloves garlic (or more to taste)
- 1 cup fresh basil
- ½ cup extra virgin olive oil (120 ml / 4 fl oz)
- ½ tsp salt

PRIMAL ONLY:
- ½ cup parmesan cheese, grated (30g / 1.1 oz)

INSTRUCTIONS

1. Wash the basil, peel and mash the garlic, juice and zest the lemon.

2. Primal only: Grate the parmesan cheese and add to the mixture. Pulse again 3-4 times.

3. When done, use immediately or spoon the mixture in a glass jar, top with a bit of olive oil and seal properly with a lid.

NOTE:

Sun-dried tomatoes usually come in a jar filled with oil. I don’t use the oil unless it’s extra virgin olive oil. In most cases, it’s a mixture of sunflower and olive oil.

TIPS FOR STORING:

You can keep your pesto in the fridge for up to a week or two if it’s stored properly. It helps to pour a thin layer of olive oil on the top, as it keeps it fresh for longer. Whenever you use pesto, always remember to add a thin layer of olive oil on the top. If you want to preserve home-made pesto for longer, freeze it in manageable portion sizes by putting it in an ice-cube tray and keep in a plastic bag in the freezer for up to 6 months. Whenever you need to use it, just keep the required portion at room temperature until it melts.
NUTRITION FACTS

(per 1 tbsp/ 15 g/ 0.5 oz)

TOTAL CARBS: 0 g
FIBER: 0 g
NET CARBS: 0 g
PROTEIN: 0 g
FAT: 15 g

CALORIES: 136 kcal
MACRONUTRIENT RATIO:
CARBS (0%)
PROTEIN (0%)
FAT (100%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
INGREDIENTS (1 CUP)

- 1 package unsalted butter (250 g/ 8.8 oz)
- 1 head garlic or 1 onion or any fresh herbs of choice (rosemary, basil, sage, thyme, mint, etc.)

EQUIPMENT

- small pouring pan
- small Pyrex glass jar
- cheesecloth for filtering the liquid
- sieve with smallest holes possible
- small glass container (~ 200 ml/ 7 fl oz)

PREPARATION TIME

Overall 15 minutes

INSTRUCTIONS

1. Peel and slice the garlic. Place the butter into a pan and start warming up on low heat. Slowly let it melt.

2. Add the sliced garlic and let it simmer. As the butter melts, pure fat will separate from the milk solids and water. Keep shimmering on low heat. The water will start to evaporate as soon as you see bubbles on the surface. As you see less and less bubbles, a white foam will appear on the surface.

3. About 10 minutes after the butter melts, the milk solids (mostly lactose) will eventually get stuck on the sides and bottom of the pan and will get slightly brown.

4. Take the pan from heat. Put a sieve on the top of the heat-resistant jug. Place the cheesecloth in a double layer onto the sieve and pour the ghee carefully through the cheesecloth. Discard the milk solids trapped in the cheesecloth and anything left in the pan.

5. You should end up with something like 75-80% of the volume of the butter. Pour the ghee in a glass jar. After it cools down, you can either keep it refrigerated or at a room temperature.
MAYONNAISE

NUTRITION FACTS

(per 1 tbsp/ 15 g/ 0.5 oz)

TOTAL CARBS: 0.1 g
FIBER: 0 g
NET CARBS: 0.1 g
PROTEIN: 0.17 g
FAT: 12.5 g

CALORIES: 111 kcal
MACRONUTRIENT RATIO:
CARBS (0%)
PROTEIN (1%)
FAT (99%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
PREPARATION TIME

Overall 10 minutes

INGREDIENTS (1 CUP)

• ¾ cup macadamia or avocado oil or light-tasting olive oil / nut oils
• 1 large egg yolk
• 1 tbsp apple cider vinegar
• 1 tsp Dijon mustard
• juice from ¼ lemon (~ 1 tbsp)
• ¼ tsp salt

OPTIONAL:
• 1-2 tablespoons of whey

Whey the liquid on top raw milk yogurt and will keep the mayo fresh for several months. If you don’t use whey, the mayo can be kept in the fridge for up to a week.

INSTRUCTIONS

1. Make sure all the ingredients have reached room temperature. Separate the egg white from the egg yolk. Place the egg yolk and the Dijon mustard into a bowl secured with a piece of cloth or kitchen towel and mix until well combined.

2. Use a food processor (or a hand whisk). Turn it on and very slowly start to drizzle in the oil.

3. Using extra virgin olive oil may make the taste of your mayonnaise too strong. Try mild olive oil, avocado, macadamia, sesame, almond or walnut oil.

4. Keep pouring the oil until the mixture starts to look more like mayonnaise. Then, a slow steady stream of oil can be added. Keep blending until it gets to a desired thickness. If the mayonnaise is not thick enough, add a bit more oil.

5. After you pour all the oil in, add lemon juice, vinegar and season with salt. Add a few drops of stevia and mix well. If it’s too thick, add a few drops of water. Adding the lemon and vinegar will turn the color to a light yellow. When the mayonnaise is done, put it in a glass container and seal well. You can store it in the fridge for up to a week.
HOLLANDAISE SAUCE

NUTRITION FACTS

(per 1/4 cup/ 50 g/ 1.8 oz)

TOTAL CARBS: 1.5 g
FIBER: 0 G
NET CARBS: 1.5 g
PROTEIN: 3.1 g
FAT: 29 g

CALORIES: 274 kcal
MACRONUTRIENT RATIO:
CARBS (2%)
PROTEIN (4%)
FAT (94%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
INGREDIENTS (1 SERVING)
- 2 tbsp ghee\(^78\) (30 g/ 1.1 oz)
- 1 large egg yolk
- ¼ tsp Dijon mustard
- juice from ¼ lemon (~ 1 tbsp)
- pinch salt or more to taste
- ½ tbsp water or more if too thick

PREPARATION TIME
Overall 10 minutes

INSTRUCTIONS
1. Make sure all the ingredients have reached room temperature. Separate the egg white from the egg yolk.

2. Slowly melt the ghee in a water bath and keep it aside. It should be warm, not too hot. Mix the egg yolk with the water, lemon juice, Dijon mustard and salt.

3. Fill a medium sauce pan with ~1 cup of water and bring to a boil.

4. Keep on medium heat, place the bowl with the egg yolk mixture on top of the sauce pan and keep mixing. The water should not touch the bottom of the bowl. Keep mixing until it starts to thicken.

5. Slowly pour the melted ghee into the mixture until thick and creamy. Keep stirring at all times to avoid clumping. If the Hollandaise is too thick, add a splash of water.

6. Serve immediately over poached eggs or baked salmon. Do not reheat the Hollandaise or it will clump. If you only make it for yourself, prepare one serving at a time. Enjoy!
ULTIMATE KETO GRAVY

NUTRITION FACTS

(per 1/4 cup/ 50 g/ 1.8 oz)

TOTAL CARBS: 5.5 g
FIBER: 0.8 g
NET CARBS: 4.7 g
PROTEIN: 2.1 g
FAT: 11.2 g

CALORIES: 130 kcal
MACRONUTRIENT RATIO:
CARBS (15%)
PROTEIN (6%)
FAT (79%)

MAGNESIUM: 50 mg (13% RDA)
POTASSIUM: 270 mg (14% EMR)
INGREDIENTS (6 SERVINGS)
- 2 tbsp ghee (30 g/ 1.1 oz)
- 1 medium white onion (110 g/ 3.9 oz)
- 2 cloves garlic
- 1 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 1 tbsp freshly chopped sage or 1 tsp dried sage or any herbs of choice
- 1 tsp lemon zest
- 2 tbsp fresh lemon juice
- ½ cup dried porcini mushrooms (15 g/ 0.5 oz)
- ¼ cup coconut milk (60 ml/ 2 fl oz)
- 2 cups bone broth or chicken/vegetable stock (480 ml/ 16 fl oz)
- ½ cup water (60 ml/ 2 fl oz)
- salt and pepper to taste

INSTRUCTIONS
1. Add water to the porcini mushrooms and soak for about 30 minutes. Peel and dice the onion and garlic. Chop the sage and zest the lemon.
2. Add the garlic and onion into a hot pan greased with ghee and cook over a medium heat until translucent. Stir occasionally. Add the lemon zest and sage and cook until the onion is golden.
3. Pour in the bone broth, lemon juice and add the soaked porcini mushrooms with the water.
4. Add balsamic vinegar and mustard and bring to a boil. Lower the heat and let it simmer until the amount is reduced by about half.
5. Add the coconut milk and cook for just about 5 minutes. Once done, take off the heat and season with salt and pepper to taste.
6. Pour in a jar and blend with a hand blender until smooth and creamy. When done, serve immediately or let it cool down and store covered and refrigerated for up to 5 days. Reheat as needed.

PREPARATION TIME
Hands-on 10 minutes
Overall 30 minutes + soaking
KETO BONE BROTH

NUTRITION FACTS (per cup / 240 ml)

TOTAL CARBS: 1 g
FIBER: 0.3 g
NET CARBS: 0.7 g
PROTEIN: 3.6 g
FAT: 6 g

CALORIES: 72 kcal
MACRONUTRIENT RATIO:
CARBS (4%)
PROTEIN (20%)
FAT (76%)

SODIUM: 1104 mg (48% RDA)
MAGNESIUM: 120 mg (30% RDA)
POTASSIUM: 528 mg (26% EMR)
**PREPARATION TIME**

Hands-on 10 minutes
Overall 1-48 hours

**NOTE:** time depends on whether you use a slow cooker or a pressure cooker

**INGREDIENTS (6-8 CUPS)**

- 3.3 lb oxtail (1.5 kg) or mixed with assorted bones (chicken feet, marrow bones, etc.)
- 2 medium carrots
- 1 medium parsnip or parsley root
- 2 medium celery stalks
- 1 medium white onion, skin on
- 5 cloves garlic, peeled
- 2 tbsp apple cider vinegar or fresh lemon juice
- 2-3 bay leaves
- 1 tbsp salt
- 8-10 cups water - enough to cover the bones, no more than 2/3 capacity of your pressure cooker or 3/4 capacity of your Dutch oven or 3/4 capacity of your slow cooker

**INSTRUCTIONS**

1. Peel the root vegetables and cut them into thirds. Halve the onion and peel and halve the garlic cloves. Keeping the onion skin on will help the broth get a nice golden color. Cut the celery into thirds. Place everything into the pressure cooker (or slow cooker) and add the bay leaves.

2. Add 8-10 cups of water or up to 2/3 of your pressure cooker, slow cooker or Dutch oven, vinegar or freshly squeezed lemon juice and bay leaves. Make sure you use the vinegar or lemon juice - this will help release more minerals into the broth.

3. Add the oxtail and bones. You can use any bones you like: chicken, pork or beef, with or without meat. Because I used chicken and turkey bones with some skin on, the fat ended up being quite runny. You can still use it for cooking but I binned it.

4. Add pink Himalayan salt (whole or powdered). While adding vinegar to bone broth helps release the gelatin and minerals from the bones, pink Himalayan rock salt adds extra minerals, including potassium!
INSTRUCTIONS

• **Pressure Cooker:**
  Lock the lid of your pressure cooker and turn to high pressure / high heat. Once it reaches high pressure (either you have an indicator or in case of old pressure cookers, see a small amount of vapor escaping through the valve), turn to the [lowest heat] and set the timer for 90 minutes.

• **Dutch oven or Slow cooker:**
  Cover with a lid and cook for at least 6 hours (high setting) or up to 10 hours (low setting). To release even more gelatin and minerals, you can cook it up to 48 hours. To do that, you’ll have to remove the oxtail using thongs and shred the meat off using a fork. Then, you can place the bones back to the pot and cook up to 48 hours.

• **Pressure cooker:**
  When done, take off heat and let the pressure release naturally for about 10-15 minutes. Remove the lid.

5. Remove the large bits and pour the broth through a strainer into a large dish. Discard the vegetables and set the meaty bones aside to cool down.

6. When the meaty bones are chilled, shred the meat off the bone with a fork. If there is any gelatin left on the bones, you can reuse the bones again for another batch of bone broth. Just keep in the freezer and add some new pieces when making bone broth again. Use the juicy oxtail meat in other recipes (on top of lettuce leaves, with cauli-rice or as omelet filling) or eat with some warm bone broth.

7. Use the broth immediately or place in the fridge overnight, where the broth will become jelly. Oxtail is high in fat and the greasy layer on top (tallow) will solidify. Simply scrape most of the tallow off (as much as you wish).

8. Keep the broth in the fridge if you are planning to use it over the next 5 days. For future uses, place in small containers and freeze.
SPICY CHOCOLATE BBQ SAUCE

NUTRITION FACTS

(per serving / 2 tbsp / 30 g / 1 oz)

- TOTAL CARBS: 2.7 g
- FIBER: 0.9 g
- NET CARBS: 1.8 g
- PROTEIN: 0.54 g
- FAT: 2.2 g

CALORIES: 29 kcal
MACRONUTRIENT RATIO:
CARBS (24%)
PROTEIN (8%)
FAT (68%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
INGREDIENTS (1 ½ CUPS)

- 1 cup ketchup (240 g / 8.5 oz)
- 2 cloves garlic, crushed
- 2 tbsp ghee or extra virgin coconut oil (30 g / 1.1 oz)
- 2 tsp paprika (regular or smoked)
- 1 tsp chili powder
- 2 tbsp cocoa powder, unsweetened (10 g / 0.4 oz)
- ½ tsp smoked salt or pink Himalayan rock salt
- 2 tbsp apple cider vinegar, red / white wine vinegar or fruit vinegar
- 2 tbsp coconut aminos
- 2 tbsp Erythritol (20 g / 0.7 oz)
- 5-10 drops Stevia extract
- freshly ground black pepper

INSTRUCTIONS

1. Weigh or measure all the ingredients. Peel and mash the garlic. Place everything into a saucepan: the ketchup, ghee, garlic, coconut aminos, vinegar, smoked salt, cacao powder, paprika, chili powder, Erythritol and stevia. Cover with a lid, cook for 5-10 minutes over a medium heat. When done, take off the heat.

2. Done! Transfer in a glass jar and keep in the fridge up to a month. This recipe makes about 370 g / 13 oz of BBQ sauce (24-26 tablespoons). There is less than 1 g net carbs per one tablespoon!

NOTE:
Coconut aminos is a healthier alternative to soy sauce and is recommended as a healthy substitute on paleo diets. You can use any vinegar you like such as apple cider or white / red wine vinegar or even try making your own fruit vinegar.
COCONUT & PECAN BUTTER

NUTRITION FACTS
(per 2 tbsp/ 32 g/ 1.1 oz)

- TOTAL CARBS: 6.5 g
- FIBER: 4.4 g
- NET CARBS: 2.1 g
- PROTEIN: 5 g
- FAT: 11.6 g

- CALORIES: 154 kcal
- MACRONUTRIENT RATIO:
  - CARBS (6%)
  - PROTEIN (15%)
  - FAT (79%)

- MAGNESIUM: 28 mg (7% RDA)
- POTASSIUM: 124 mg (6% EMR)
INGREDIENTS (250 G/ 8.8 OZ)

• 2 cups coconut, shredded, unsweetened (150 g/ 5.3 oz)
• 1 cup pecan nuts (100 g/ 3.5 oz)
• 1 tsp sugar-free vanilla extract (~ 1-2 vanilla beans)
• ½ tsp cinnamon
• ¼ - ½ tsp salt (key ingredient!)

PREPARATION TIME
Overall 10 minutes

INSTRUCTIONS

1. Cut the vanilla bean lengthwise and scrape the tiny seeds out. Place the shredded coconut and pecans into a food processor and pulse until chopped.

2. Add vanilla extract and cinnamon and pulse everything until smooth for 30-60 seconds or longer if needed. Use a spatula to scrape the butter from the sides and pulse more. You can use any food processor - don't use a hand blender, as it will overheat.

3. Process until you reach the desired consistency. Pour the butter into a glass container and let it cool to room temperature. Store at room temperature for up to a week or refrigerate for up to 3 months.
ALMOND & CASHEW BUTTER

NUTRITION FACTS

(per 2 tbsp/ 32 g/ 1.1 oz)

TOTAL CARBS: 5.5 g
FIBER: 2.1 g
NET CARBS: 3.4 g
PROTEIN: 5.2 g
FAT: 19.4 g

CALORIES: 205 kcal
MACRONUTRIENT RATIO:
CARBS (6%)
PROTEIN (10%)
FAT (84%)

MAGNESIUM: 70 mg (17% RDA)
POTASSIUM: 167 mg (8% EMR)
**INGREDIENTS (250 G/ 8.8 OZ)**

- 1 cup almonds - blanched or whole (150g / 5.3 oz)
- 1/3 cup cashew nuts (50g / 1.8 oz)
- 4 tbsp almond or macadamia nut oil or coconut oil

**OPTIONAL:**
- optionally: pinch of salt, seeds from 1 vanilla bean or ½ tsp cinnamon

**PREPARATION TIME**

Overall 10 minutes

**INSTRUCTIONS**

1. I used blanched almonds but you can use whole almonds. Both the almonds and cashew nuts should be unsalted.

2. Preheat the oven to 350 F / 175 C. Spread the almonds and cashews over a baking sheet and place in the oven for 12-15 minutes. Keep an eye on the nuts. If they get burnt, they will have an unpleasant bitter taste.

3. When done, remove from the oven and set aside to cool down. Place the nuts into a food processor and using a grating blade pulse until smooth - this may take some time, so be patient. You can reserve some chopped nuts for later to create a chunky texture.

4. At first, the mixture will be dry. Scrape down the sides of your processor several times with a rubber spatula if the mixture gets stuck on it.

5. Add the oil and keep blending until you reach the desired consistency. This could take 5-15 minutes depending on which food processor you are using. You don't need to use the oil but I prefer to add some to create a smoother texture.

6. Spoon the butter in a glass container and keep refrigerated or at room temperature.
**SAUERKRAUT**

(Per 1/2 cup / 70 g / 2.5 oz)

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<td><strong>NET CARBS:</strong></td>
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<td><strong>CALORIES:</strong></td>
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<td><strong>MACRONUTRIENT RATIO:</strong></td>
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<td><strong>CARBS (53%)</strong></td>
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<td><strong>PROTEIN (35%)</strong></td>
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<td><strong>FAT (12%)</strong></td>
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<td><strong>SODIUM:</strong></td>
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<td><strong>MAGNESIUM:</strong></td>
<td>9 mg (2% RDA)</td>
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<td><strong>POTASSIUM:</strong></td>
<td>120 mg (6% EMR)</td>
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INGREDIENTS (1 LARGE JAR)

- 1 large or 2 small head cabbage (1 kg/ 2.2 lb/ 35.2 oz)
- 1 tbsp salt

OPTIONAL:

- 10 juniper berries,
- 1 tbsp caraway seeds
- 1 tsp mustard seeds
- water if needed

INSTRUCTIONS

1. Cut the cabbage in quarters and remove the hard cores. Slice the cabbage and transfer into a large bowl.

2. Sprinkle with salt and optionally with caraway, juniper berries and mustard seeds. I like my sauerkraut with caraway seeds and juniper berries. Mix well and let it sit for about 2 hours.

3. After 1-2 hours, the sauerkraut will start releasing its juices and reduce in volume. Press the sweated cabbage to release as much of the juices as you can.

4. Simply place the sweated cabbage in a Fido jar, leave a small gap and close it. Don’t worry about the jar exploding, the fermentation gases will escape through the rubber lid while no oxygen will get in, thus there will be no risk of failure. Oxygen is what causes mold, so do not open the jar during fermentation.

5. Keep the jar from direct sunlight and ferment at room temperature (60-75 F / 15-24 C) for 3-5 weeks. Refrigerate and store up to 6 months or preserve for longer.
PORK RINDS / CRACKLINGS

NUTRITION FACTS (per 30 g / 1 oz)

TOTAL CARBS: 0 g
FIBER: 0 g
NET CARBS: 0 g
PROTEIN: 18.4 g
FAT: 3 g

CALORIES: 137 kcal
MACRONUTRIENT RATIO:
CARBS (0%)
PROTEIN (73%)
FAT (27%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
PREPARATION TIME

Hands-on 10-15 minutes
Overall 6 hours

INGREDIENTS

• pork skins, about 2 pounds or use pork back fat
• lard for frying, you can use leftover lard if using whole pork back fat

OPTIONAL:
• seasoning of choice: pepper, salt, paprika, garlic / onion powder, chili powder, dried herbs, etc.

INSTRUCTIONS

1. Preheat the oven to low, about 210 F / 100 C. If you buy pork skin with fat and meat on it, you’ll need to cut it off. To do that, cut the meat into strips and score every 2-3 inches. Be careful not to cut through the skin. Then, insert the knife between the skin and the fat and carefully cut it off. You will end up with some fat still attached to the skin - that’s fine and will add flavor to the pork rinds. Cut the pork skins into 1-2 inch pieces.

2. Lay the pork skins over a baking sheet in a single layer and place in the oven. Bake for about 4-6 hours or until dehydrated. When done, pour the excess lard into a pan.

3. If using pork back fat for rendering lard, you can use the lard to fry the cracklings. Use a small deep pan and add more lard if needed. Heat the lard up until hot enough for deep frying. Use a slotted spoon and add your cracklings in small batches. They will significantly increase in volume as they puff up.

4. If the skins are properly dehydrated, it should take just about 30-60 seconds for the batch to puff up. Then, use a slotted spoon to remove the cracklings onto a tray lined with kitchen towel.
CHICKEN CRACKLINGS

NUTRITION FACTS (per 30 g / 1 oz)

TOTAL CARBS: 0 g
FIBER: 0 g
NET CARBS: 0 g
PROTEIN: 4.5 g
FAT: 12 g

CALORIES: 126 kcal
MACRONUTRIENT RATIO:
CARBS (0%)
PROTEIN (27%)
FAT (73%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
INGREDIENTS

- chicken skins from at least 2 chickens, ideally 3-4 (weight varies based on size)

OPTIONAL:
- seasoning of choice: salt, pepper, paprika, garlic / onion powder, chili powder, dried herbs, etc.

PREPARATION TIME

Hands-on 5-10 minutes
Overall 50-60 minutes

INSTRUCTIONS

1. Preheat the oven to 175 C / 350 F. Line a baking sheet with a parchment paper and have another piece of parchment paper ready to cover the chicken skins. First, you’ll need to skin the chicken. Loosen the skin by placing your fingers underneath and gently lifting it up. Make shallow cuts round the joints where the wings and drumsticks are attached to the body and lift / peel the skin off.

2. Remove the skin from the breast and the back of the chicken and cut as needed.

3. Pat dry the skins using a paper towel. Lay the skins on the parchment paper in a single layer, season with salt and spices to taste and top with another piece of parchment paper. This will help the skins get crispy without burning. Place in the oven and bake for 30-45 minutes or until golden brown and crispy. When done, there will be excess fat on the parchment paper - you can probably reuse it but I just bin it.
KETO COCONUT FAT BOMBS

NUTRITION FACTS (per serving)

- TOTAL CARBS: 2.6 g
- FIBER: 1.9 g
- NET CARBS: 0.7 g
- PROTEIN: 1.9 g
- FAT: 9.6 g

- CALORIES: 104 kcal
- MACRONUTRIENT RATIO:
  - CARBS (3%)
  - PROTEIN (8%)
  - FAT (89%)

- MAGNESIUM: 6 mg (2% RDA)
- POTASSIUM: 39 mg (2% EMR)
PREPARATION TIME

Hands-on 10-15 minutes
Overall 45-60 minutes

INGREDIENTS (12 SERVINGS)

• 1 ½ cup desiccated, shredded coconut or flaked coconut, unsweetened (112 g/ 4 oz)
• ¼ cup extra virgin coconut oil (55 g/ 2 oz)
• ¼ cup ghee\(^7\) or more coconut oil (55 g/ 2 oz)
• ¼ tsp cinnamon or vanilla bean powder
• pinch salt

OPTIONAL:
• 15-25 drops Stevia extract or 2-3 tbsp powdered Erythritol

INSTRUCTIONS

1. Preheat the oven to 175 C / 350 F. Spread the shredded (or flaked) coconut on a baking sheet. Place in the oven and toast for 5-8 minutes until light golden. Mix once or twice to prevent burning.

2. Transfer into a blender and pulse until smooth. You will get a smooth and runny consistency.

3. Add the softened ghee and softened coconut oil (room temperature).

4. Add cinnamon or vanilla, stevia (if used), salt and mix well.

5. Pour into mini muffin forms or an ice cube tray. You should be able to fill each one with 2 tablespoons of the mixture to get 12 servings. Place in the fridge for at least 30 minutes and let it solidify.

6. When done, keep refrigerated. Coconut oil and ghee get very soft at room temperature. Enjoy!
BACON & EGG FAT BOMBS

NUTRITION FACTS (per serving)

TOTAL CARBS: 0.2 g
FIBER: 0 g
NET CARBS: 0.2 g
PROTEIN: 5 g
FAT: 18.4 g

CALORIES: 185 kcal
MACRONUTRIENT RATIO:
CARBS (0%)
PROTEIN (1%)
FAT (89%)

MAGNESIUM: TRACE
POTASSIUM: TRACE
PREPARATION TIME

Hands-on 10 minutes
Overall 45 minutes

INGREDIENTS (6 SERVINGS)

- 2 large eggs
- ¼ cup ghee, softened at room temperature (55 g / 2 oz)
- 2 tbsp mayonnaise (30 g / 1.1 oz)
- freshly ground black pepper
- ¼ tsp salt or more to taste
- 4 large slices bacon (120 g / 4.2 oz)

INSTRUCTIONS

1. Preheat the oven to 190 C / 375 F. Lay the bacon strips out flat on a baking tray on a baking paper. Place the tray in the oven and cook for about 10-15 minutes until golden brown. When done, remove from the oven and set aside to cool down.

2. Boil the eggs. To get the eggs hard-boiled, you need round 10 minutes. When done, remove from the heat and place in a bowl filled with cold water. When chilled, peel off the shells.

3. Mix the quartered eggs with the ghee. Mash with a fork.

4. Add the mayonnaise, season with salt and pepper and mix well. Pour in the bacon grease and combine well. Place in the fridge for 20-30 minutes or until it's solid and easy to form fat bombs.

5. Crumble the bacon into small pieces and prepare for “breading.” Remove the egg mixture from the fridge and start creating 6 balls. You can use a spoon or an ice-cream scooper. Roll each ball in the bacon crumbles and place on a tray that will fit in the fridge. Eat immediately or store in the fridge in an airtight container for up to 5 days.
LOW-CARB CAPPUCINO

NUTRITION FACTS (per serving)

TOTAL CARBS: 2.4 g
FIBER: 0.7 g
NET CARBS: 1.7 g
PROTEIN: 1.3 g
FAT: 12.2 g

CALORIES: 113 kcal
MACRONUTRIENT RATIO:
CARBS (6%)
PROTEIN (4%)
FAT (90%)

MAGNESIUM: 29 mg (7 % RDA)
POTASSIUM: 169 mg (9% EMR)
**INGREDIENTS (1 SERVING)**
- 1/3 cup espresso (80 ml/ 2.7 fl oz)
- ¼ cup Aroy-D coconut milk (2 fl oz/ 60 ml)
- pinch cinnamon or raw cocoa powder (unsweetened)

**OPTIONAL:**
- 3-6 drops liquid Stevia extract or other healthy low-carb sweetener

**PREPARATION TIME**
Overall 5 minutes

**INSTRUCTIONS**
1. The basic make-up of a cappuccino is roughly 1/3 coffee, 1/3 hot milk and 1/3 frothed / foamed milk. Before you open the box with coconut milk, shake it well for about 30 seconds.

2. How to froth the milk:
   - you can prepare the coconut milk in a milk frother
   - slowly heat it up until you create foam on the top

3. Prepare the required amount of espresso (I just fill 1/3 of a cup).

4. Pour some hot coconut milk into the espresso using a knife/spatula to hold back the foam. When the cup is filled up to 2/3, spoon the froth on the top.

5. Sprinkle some cocoa powder or cinnamon and enjoy!
### MEAT, EGGS & DAIRY
- **Eggs**, pastured
- **Bacon**, pastured 250 g / 8.8 oz
- **Beef**, minced 800 g / 1.76 lb
- **Chicken**, breast or thighs, skinned 210 g / 7.4 oz
- **Spanish or Mexican chorizo sausage or pepperoni** 240 g / 8.5 oz
- **Mayonnaise**
- **Mackerel**, fresh or canned 180 g / 6.3 oz
- **Pork chops**, boneless, 3 pieces 400 g / 14.1 oz

### VEGETABLES & FRUITS
- **Strawberries**, fresh or frozen, 1 1/2 cups 220 g / 7.7 oz
- **Avocados**, 2 large and 1 medium 700 g / 1.5 lb
- **Cauliflower**, 2 medium / large pieces 1.3 kg / 2.9 lb
- **Garlic**
- **Green beans**
- **Lemons**
- **Lettuce and salad greens** (iceberg lettuce, chard, spinach, rocket, etc.) 240 g / 8.5 oz
- **Onion**, 1 red and 2 white 240 g / 8.5 oz
- **Jalapeño peppers**, 6 pieces 80 g / 2.8 oz
- **Portobello or brown mushrooms** 340 g / 12 oz
- **Zucchini**, 6 medium pieces 1.2 kg / 2.6 lb

### OILS & FATS
- **Ghee**
- **Extra virgin olive oil**
- **Coconut oil**, extra virgin and MCT oil
- **Other healthy options** (lard, tallow, avocado oil, macadamia oil)

### HERBS & SPICES
- Fresh and dried herbs of choice (chives, basil, parsley, tarragon, oregano, mint, rosemary, thyme)
- **Garlic** and onion powder
- **Dijon mustard**
- **Pesto sauce**
- **Vanilla, cinnamon, etc.**
- **Salt and pepper**
- **Dried Porcini mushrooms**

### OTHER INGREDIENTS (SHOULD BE ENOUGH FOR WEEK 2)
- **Coconut milk and cream**, 2 cartons / 4 cans
- **Almond milk**, 1 carton
- **Cacao powder**, unsweetened
- **Stevia drops and/or Erythritol**
- **Balsamic vinegar**

### SNACKING TIPS (EXTRAS)
- **Avocados**
- **Bones to make home-made bone broth**
- **Celery stalks & nut or seed butter**
- **Eggs**
- **Fermented foods** (sauerkraut, kimchi, kombucha)
- **Nuts and seeds** (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)
- **Non-starchy vegetables** (cucumber, green pepper, etc.)
- **Ham, bacon, smoked salmon**
# SHOPPING LIST - WEEK 2

## MEAT, EGGS & DAIRY
- eggs, pastured
- bacon, pastured
- bean sprouts
- chicken thighs, skinned
- pork shoulder
- salmon, fresh, 1 fillet
- tuna, canned
- mayonnaise, if needed

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<td>bacon</td>
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<td>salmon</td>
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<tr>
<td>tuna</td>
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<td>180 g / 6.3 oz</td>
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## VEGETABLES & FRUITS
- avocado, 2 medium + 1 large
- bean sprouts
- strawberries, fresh or frozen
- Brussels sprouts
- lemons
- lettuce and salad greens (iceberg lettuce, chard, spinach, rocket, etc.)
- limes
- onion, 1 red and 2 white
- Portobello or brown mushrooms
- spring onions, 2-4 pieces
- zucchini, 2 medium pieces

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>avocado</td>
<td>500 g / 1.1 lb</td>
<td></td>
</tr>
<tr>
<td>bean sprouts</td>
<td>50 g / 1.7 oz</td>
<td></td>
</tr>
<tr>
<td>strawberries</td>
<td>75 g / 2.5 oz</td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>500 g / 1.1 lb</td>
<td></td>
</tr>
<tr>
<td>lemons</td>
<td>2 pieces</td>
<td></td>
</tr>
<tr>
<td>lettuce and salad greens</td>
<td>100 g / 3.5 oz</td>
<td></td>
</tr>
<tr>
<td>limes</td>
<td>1 piece</td>
<td></td>
</tr>
<tr>
<td>onion</td>
<td>280 g / 9.9 oz</td>
<td></td>
</tr>
<tr>
<td>Portobello or brown mushrooms</td>
<td>170 g / 6 oz</td>
<td></td>
</tr>
<tr>
<td>spring onions</td>
<td>45 g / 1.6 oz</td>
<td></td>
</tr>
<tr>
<td>zucchini</td>
<td>400 g / 14.1 oz</td>
<td></td>
</tr>
</tbody>
</table>

## OTHER INGREDIENTS
- shirataki noodles 200 g / 7.1 oz
- almonds, flaked
- chia seeds
- cacao powder, raw, unsweetened
- coconut aminos
- coffee
- fish sauce
- gelatin, hydrolyzed or regular
- Sriracha sauce
- egg white protein powder, vanilla, chocolate or unflavored such as Jay Robb (or use gelatin)

## SNACKING TIPS (EXTRA)
- Avocados
- Bones to make home-made bone broth
- Celery stalks
- Coconut, almond milk, cream
- Eggs
- Fermented foods (sauerkraut, kimchi, kombucha)
- Ham and bacon, pastured
- Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)
- Non-starchy vegetables (cucumber, green pepper, etc.)

## NOTE
You won't need to buy most ingredients in “Herbs & Spices”, “Oils & Fats” and “Other Ingredients” if you already got them for week 1.
I started eating low-carb in 2011, shortly after I was diagnosed with Hashimoto’s hypothyroidism. One of the symptoms of this disease is weight gain and I started finding it hard to maintain a healthy weight. Following a low-carb, paleo-friendly diet plan helps me maintain a healthy weight while eating real food. I believe that true paleo is great, however if your goal is to lose weight, paleo is often not enough.

KetoDiet is for people who follow a healthy low-carb lifestyle. My mission is to help you reach your goals, whether it’s your dream weight or simply eating healthy food.
KetoDiet is an on-going project I started with my partner in 2012 and includes KetoDiet for the iPad, KetoDiet Basic for the iPhone and The KetoDiet Cookbook which is now available to preorder!

When creating recipes for KetoDiet, I don’t focus just on the carbs content: you won’t find any processed foods, unhealthy vegetable oils or artificial sweeteners. My recipes are all sugar-free, grain-free and gluten-free. Most of my recipes are paleo-friendly or include paleo-friendly alternatives (e.g. some recipes contain raw dairy which is considered paleo / primal). It doesn’t matter what type of a low-carb diet you follow, KetoDiet is suitable for paleo / primal diet, Whole30 any many other!
WHAT DO THE KETODIET APPS OFFER?

The KetoDiet App comes in two variants:

- KetoDiet Basic for iPhone and iPad is designed for people interested in healthy low-carb recipes and complete diet guidelines.
- KetoDiet for iPad only is for people that additionally want to plan, track and monitor their progress.

Both Apps offer:

- Hundreds of exclusive low-carb, paleo/ primal recipes plus a wealth of new recipes that are added to our integrated blog.
- The most complete guide to the ketogenic diet. You'll learn everything you need to know about the diet to help you make the right choices.
- Print-friendly shopping list.
- Awesome diet planner allowing you to use meals from the App, blog, and even your own custom meals.
- Accurate restaurant meal database that we update frequently to help you choose the right meals when eating out.
- ...and more! Learn more about our plans (Android app, universal iOS app, etc) in this post: KetoDiet App FAQ

For more information on keto-friendly recipes, diet tips, challenges, our books and apps, go to: http://ketodietapp.com and http://ketodietapp.com/blog

Also, follow us at:
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The resources listed in this e-book are not intended to be fully systematic or complete, nor does inclusion here imply any endorsement or recommendation. We make no warranties, express or implied, about the value or utility for any purpose of the information and resources contained herein. It is recommended you first consult with your doctor about this diet plan, especially if you are pregnant or nursing or have any health issues such as diabetes, thyroid dysfunction, etc., as your health-care provider may need to adjust the medication you are taking. Further, this diet plan is not intended for the treatment or prevention of any disease, nor as a substitute for medical treatment, nor as an alternative to medical advice.

Recommendations outlined herein should not be adopted without a full review of the scientific references given and consultation with a health care professional. If you need guidance, I suggest you consult this diet plan with a health professional experienced in low carbohydrate / ketogenic diets (see http://ketodietapp.com/Blog/page/low-carb-experts for more information).