

Women's Health

KETO Made Simple!

70+
RECIPES!

- **Healthy Keto Basics**
- **Lose Weight & Feel Great!**
- **Delicious Weekday Meals**

Mushroom
Chicken
Skillet with
Herbed
Cream Sauce
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Breakfast • Lunch • Dinner • Snacks



HEARST
specials







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The Basics of Keto

The keto or ketogenic diet has set the health and dieting world ablaze. If you've picked up this book you probably know a bit about the diet. Let's clear up a few basic questions.

WHAT IS THE KETO DIET?

It is a very high-fat, very low-carb, and moderate-protein diet that will put your body in a state of ketosis. Some say that it has been in place for millennia—earliest man ate mostly fats and proteins. When comparing it to other plans, many keto dieters say they have achieved greater weight loss, feel full longer, have improved energy, and have fewer cravings. Keto diets vary in specific nutrient breakdown, but most of the calories you'll eat per day will come from dietary fat sources—about 70 percent of your total daily intake. There's a fair amount of data to support the use of the keto diet to aid in the management of pediatric seizure disorders, and some early research that suggests there may be a benefit to some at risk for type 2 diabetes.

WHAT IS KETOSIS?

When your body is using fat as its main source of energy, your body enters a state called ketosis. When you are limiting your carbohydrate intake to around 10 percent, this metabolic state is initiated.

HOW DOES THIS HAPPEN?

When fat is digested and broken down in the body, it produces usable energy called ketone bodies, or ketones. This fat can come directly from the food you eat, or from the breakdown of your fat stores.

Typically, carbohydrates are converted to glucose and are used as fuel to run the body. Once glucose supplies are depleted—about two to three days into the

keto diet—your body will begin using ketones for fuel instead. The breakdown of fat into energy is similar to the process that dietary carbohydrates undergo when producing glucose to keep your vital organs up and running. So if we're doing a math equation: Ketones are to fat what glucose is to carbohydrates. Clinically, ketosis is defined as having blood ketone levels above 0.5 mmol/L.

When you're on a ketogenic diet, your body becomes efficient at burning fat for energy. Since fat contains more than double the calories per gram of carbs or protein (9 calories/1 gram of fat compared to 4 calories/1 gram of carb or protein), you will need to eat far less to feel full. Keto diets may also impact your body's hunger hormones, which can make you feel less inclined to graze while you're on the plan. Additionally, since your body readily burns the fat it has stored (the fat you might be trying to shed), it may help with weight-loss efforts. Prioritizing fat for energy may help you maintain stable blood sugar levels, avoiding the energy highs and lows that can occur when eating refined carbs.

WHAT ARE SOME OF THE CHALLENGES?

The water and electrolyte loss your body will experience on this diet can raise your risk of dehydration, which brings on the "keto flu" that most people experience when first starting the diet. You may feel muscle soreness, headache, and constipation and become moody and lethargic and have difficulty focusing. You'll need to take dietary

supplements for the vitamins and minerals you aren't getting from fruit, grains, and starchy veggies, which could raise your risk of disease and bone loss. Note that if and when you go off the diet the hormone shifts you experienced that suppress appetite will be reversed—meaning you may be hungrier than you were before you started (and thus reverse your weight loss). The keto diet is not for everyone, and we strongly recommend that you consult your physician before starting this plan, especially if you have been diagnosed with type 2 diabetes or rely on exogenous insulin and/or certain types of oral hypoglycemics for disease management.

WHAT ARE RATIOS?

Keto is based on ratios of macronutrients, a.k.a. protein, carbs, and fat. Each provides energy (calories) per gram consumed. Keto dieters aim to receive at least 70 percent of their calories from fat. About 20 percent should come from protein, and the remaining 10 percent from carbs. The number of calories you should eat depends on a few factors, including:

- Lean body mass
- Physical activity and activities of daily living
- The thermic effect of food or the energy your body requires to digest and absorb the food you eat

Many ketogenic-based macro calculators are available online, >



Delicious recipes, such as this Chimi-churri Strip Steak found on page 54, are a satisfying perfect addition to a keto diet.

An easy way to get a burst of energy and help you meet your ratios: fat bombs (see page 84 for the recipes).



like ketogains.com/ketogains-calculator and tasteaholics.com/keto-calculator. Plug in your desired outcome (e.g., weight loss or weight maintenance) and get estimates for your calorie needs. Tracking may help with accountability and can aid in your progress, since it provides a visual record of what you're consuming each day.

SO HOW DO I START EATING KETO?

When planning your daily meals, think eggs or protein-enriched smoothies for breakfast, frittatas or salads for lunch, and fish, steak, or chicken (often with a yummy sauce) with greens or other low-carb vegetables for dinner. But what about dessert? Berries and dairy-rich options are always good picks. When you need a snack or to get your keto ratios up, pop one of our fat bombs (see page 84). Grains, starchy veggies, and sweeter fruits are off-limits.

WHAT CAN I DRINK ON THE KETO DIET?

It's crucial to drink plenty of water when beginning the keto diet. You may even notice that you're visiting the bathroom more often, and that's normal! This is linked to depletion of muscle-glycogen stores (your body breaks down glycogen for energy before you tap into fat stores). Since we store about 3 kilograms of water weight per 1 kilogram of muscle, you'll release water into your bloodstream and ultimately eliminate fluid and electrolytes via urine.

This excretion can trigger flu-like symptoms such as headaches, coughing, sniffles, irritability, fatigue, and/or nausea, thereby earning it the moniker "keto flu." (Not to worry, these symptoms are unrelated to the influenza virus!) The "keto flu" usually lasts a few days while your metabolism adjusts to prioritize fat over carbs for energy. Beat the symptoms by hydrating and consuming salty foods and electrolytes.

Besides water, it is advised that you avoid sugary drinks. For coffee and tea, switch to heavy cream or half-and-half to help ease your ratios. Wine and low-carb beer have 3 grams of carbs per serving, so you're often better off with pure spirits like vodka, gin, and tequila, which have zero carbs. Be wary of mixers. As always, drink moderately.

WHEN IS MY BODY IN KETOSIS?

It's important to know if and when you're in ketosis when you first start eating low-carb. Not only is it a great confidence booster, but testing also lets you know whether you're doing things right or wrong and whether you need to make any changes.

An easy test is to sniff for "keto breath." After a few days, you might notice a taste that's somewhat fruity and a bit sour or even metallic. The reason? When your body is in ketosis, it creates the ketone bodies: acetone, acetoacetate, and beta-hydroxybutyrate. Acetone in particular is excreted through your urine and your breath, the latter of which causes

"keto breath." The change in the smell of your breath and the taste in your mouth usually diminish after a few weeks.

A more accurate way to determine if you are in ketosis is by using ketone urine test strips. They're fairly inexpensive, and they let you instantly check the ketone levels in your urine. You can find them online or at most pharmacies. Try to take the test a few hours after you wake up in the morning and after you have rehydrated.

Being dehydrated after a night's sleep can cause a false positive. The most accurate test involves a blood ketone meter. This type of test is a bit more of an investment but it's much more accurate because it tests your blood directly. For nutritional ketosis, your reading should be between 0.5 and 5.0 millimeters.

It's not necessary to check your ketone levels continuously in the long term. Within a few weeks, you'll know if you're eating right and it will become very easy to stay in ketosis.

ANYTHING ELSE I NEED TO KNOW?

As you begin to lose some weight, think about what you can do to feel even healthier. Whatever you're doing now, try to do a little more. Ultimately, whatever activity you choose to do, it's important to stay hydrated—especially on the keto diet—so consider upping your fluid intake by at least two to four cups of H₂O (and electrolytes as needed) for every 30 minutes to an hour of physical activity you do.

If you already exercise, increase the amount and/or intensity of what you do. If you don't exercise at all, start by walking or slow jogging, or a combination of both, for 15 to 20 minutes every other day.

If you already go to the gym or lift weights, add some extra exercises or do some cardio. You can also try something new—maybe a class, or doing an activity such as dancing, or playing a sport.

Consistent physical activity will help reduce blood pressure and cholesterol levels as well as reduce risk for various heart diseases and type 2 diabetes—and stress! And your energy level will increase.

The main goal of the keto diet is to keep you in ketosis consistently. For those just starting out, achieving metabolic ketosis may take up to eight weeks.

How to Prepare Your Keto Kitchen

STEP 1

REMOVE CARB CUES

Give away or toss high-carb foods from your fridge, freezer, and pantry. This includes:

- **Starchy veggies and grains** such as all cereal, pasta, rice, potatoes, corn, oats, quinoa, flour, bread, bagels, wraps, rolls, croissants, and crackers.
- **Legumes like lentils and peas**, beans, and chickpeas.
- **Sugary foods and drinks** such as sugary sodas, sweetened energy drinks, fruit juices, milk and sweetened yogurt, desserts, pastries, milk chocolate, candy bars, etc.
- **Processed fats and oils** such as salad dressings, dips, and premade toppings may contain carbs, so toss them in favor of keto-friendly avocado and coconut oils.
- **High-carb fruits** such as bananas, dates, grapes, mangos, papayas, and all dried fruits like raisins, cranberries, and cherries.

TIP: Sugar alcohols can be easily spotted on a food label as ingredients ending in “-ol.”

STEP 2

SHOP FOR KETO-FRIENDLY WHOLE FOODS

Be sure to read labels! Look at the nutritional information provided on packages to see carb content, sugars, and additives. Stock your fridge and pantry with the following:

- **Beverages** such as water, coffee, and teas.
- **Broths** such as chicken, beef, and bone.
- **Spices and herbs:** Make sure your favorite dried spices and herbs are still fragrant, and use fresh when you can.
- **Sweeteners** such as stevia and erythritol.
- **Low-carb condiments** such as mayonnaise, mustard, pesto, and sriracha.
- **Pickled and fermented foods** such as pickles, kimchi, and sauerkraut.
- **Seafood** such as oily fish like salmon and mackerel and shellfish.
- **Meat and poultry** such as chicken, beef, lamb, pork, turkey, and game.
- **Nuts and seeds** such as macadamia nuts, pecans, almonds, walnuts, hazelnuts, pine nuts, flaxseeds, chia seeds, and pumpkin seeds.
- **Eggs**
- **Non-starchy veggies** such as asparagus, broccoli, Brussels sprouts, cauliflower, cucumbers, eggplant, garlic, lettuce, mushrooms, olives, onions, peppers, tomatoes, and zucchini.
- **Low-carb fruits** such as strawberries, raspberries, blackberries, and blueberries. Lemons and limes are good to have on hand for adding flavor to drinks and dishes. Avocados are also lower in net carbs and full of healthy fat.
- **Full-fat dairy** such as butter, sour cream, heavy (whipping) cream, cheese, cream cheese, and unsweetened yogurt and unsweetened plant-based alternatives such as coconut milk.
- **Fats and oils:** Avocado oil, olive oil, butter, coconut oil, ghee, lard, and bacon fat are all great for cooking.

STEP 3

EQUIP YOUR KITCHEN

Aside from kitchen basics like skillets, pots, and pans, here are items that will make keto meal prep faster and easier:

Sharp knives: Most prep time is chopping or slicing. With a sharp chef’s knife, paring knife, and serrated knife, you’ll breeze safely through any prep.

Food scale: It will measure solids or liquids and get the perfect amount every time. If you use it in tandem with an app like MyFitnessPal, you’ll have all the data you need to hit your goals.

Food processor: It is ideal for chopping cauliflower for rice, and pureeing sauces and dressings.

Blender: The tool for soups, shakes, and morning smoothies.

Spiralizer: Make vegetables into noodles or ribbons in seconds.



TIP:
When counting macros, our net carbs are more important to track than total carbs. Net carbs account for the fiber in your food. To calculate, subtract the grams of fiber from the total carbs.

STEP 4

PLOT YOUR MEALS FOR EACH DAY

Planning and measuring will impact your success. If you have the ingredients shopped and know what you're making, you're less likely to stray, give up, or order take-out. Plus, you can dream about that cheesecake bomb you'll have for dessert!

After you plan for a few weeks, your body will adjust to how much and what types of food you're eating. After a while you'll find a pattern of what works and which meals you want to repeat, and you'll instinctively know what to eat to stay on track.

To start a keto plan for weight loss and break down your macronutrient intake accurately, you can use an online keto calculator before you start, and adjust your meal plan from there. Simply adjust serving sizes to add more or less based on your personal nutrient needs. Or if it's a matter of 100 calories, you can add or subtract a tablespoon of oil or butter when cooking.



CHAPTER 1

Breakfast

The keto diet, like most diet plans, starts with a healthy breakfast. A good start will have you ready for keto all day!



Summer Squash Frittata

Use a combo of zucchini and yellow squash for a visual feast. You can swap in an equal amount of another cheese for the Gruyère if you like.

TOTAL TIME: 35 MINUTES
SERVES: 8

INGREDIENTS

1½ lbs	summer squash, very thinly sliced
	Kosher salt
8	large eggs
4 oz	Gruyère cheese, shredded
¾ cup	whole milk
2	green onions, thinly sliced
¾ tsp	ground black pepper

DIRECTIONS

1. Preheat oven to 375°F. In a bowl, toss squash with ½ teaspoon salt; let stand 10 minutes, then gently squeeze very dry.
2. In a bowl, whisk together eggs, cheese, milk, green onions, pepper, and ¾ teaspoon salt.
3. Heat a 10-inch oven-safe nonstick skillet on medium. Add the egg mixture. Stir in squash. Cook, occasionally stirring and pulling back the edges, 2 minutes, or until the bottom begins to set. Cook, without stirring, 3 more minutes.
4. Transfer the skillet to the preheated oven; bake 20 to 25 minutes, or until set.

Nutrition (per serving):
About 320 calories, 25 g protein, 9 g carbohydrates, 21 g fat (10 g saturated), 90 mg sodium, 2 g fiber

TIP
Use a mandoline to thinly slice the summer squash.







Breakfast Wraps

Everything you love about a breakfast wrap, only minus the tortilla.

TOTAL TIME: 15 MINUTES
SERVES: 3

INGREDIENTS

4	large eggs
¾ cup	milk
	Kosher salt
	Freshly ground black pepper
1 Tbsp	butter
1½ cups	shredded Cheddar, divided
6	breakfast sausages, cooked according to package instructions
1	avocado, cut into thin slices
½ cup	grape tomatoes, quartered
1 Tbsp	chopped chives

DIRECTIONS

1. In a large bowl, whisk together eggs and milk. Season with salt and pepper.
2. In a medium skillet over medium heat, melt butter. Pour ⅓ of the egg mixture into the skillet, moving it to create a thin layer that covers the entire pan.
3. Cook for 2 minutes. Add ½ cup Cheddar and cover for 2 minutes more, until the cheese is melty.
4. Add sausage, avocado, and tomatoes to the center of egg wrap. Using a spatula, fold both ends over filling and “glue” shut with melted cheese. Remove from pan.
5. Garnish with chives and serve.

Nutrition (per serving): 720 calories, 34 g protein, 8 g carbohydrates, 60 g fat (24 g saturated), 860 mg sodium, 3 g fiber

Lox Scrambled Eggs

Move over, bagels! Pile this salmon and cream cheese eggstravaganza onto tomato slices and top with your favorite garnishes.

TOTAL TIME: 25 MINUTES
SERVES: 6

INGREDIENTS

12	large eggs
2 Tbsp	heavy cream
¼ tsp	kosher salt
1½ Tbsp	butter
3 Tbsp	cream cheese, crumbled
4 oz	sliced smoked salmon, chopped into small pieces
2 Tbsp	finely chopped red onion
1 Tbsp	capers, rinsed and chopped
1 Tbsp	fresh dill, chopped
2 lbs	assorted tomatoes, sliced

DIRECTIONS

1. In a large bowl and using a fork, beat eggs, cream, and salt until well blended.
2. In a 12-inch nonstick skillet, melt butter on medium. Add the egg mixture to the skillet and cook, stirring continuously with a spatula, until eggs are almost cooked, 6 to 8 minutes. Fold in cream cheese and salmon. Cook 1 minute longer, or until the egg mixture is set but still moist, stirring continuously.
3. Place eggs on serving platter. Sprinkle chopped red onion, capers, and dill over eggs. Garnish with tomatoes.

Nutrition (per serving): About 200 calories, 16 g protein, 2 g carbohydrates, 16 g fat (7 g saturated), 181 mg sodium, 1 g fiber



TIP
To round out
brunch, serve with
steamed or roasted
asparagus with
Ranch Dressing,
page 37.





Spinach and Prosciutto Frittata Muffins

These tasty bake-and-take egg cups are packed with protein. Make a batch on Sunday, then heat and eat them all week.

TOTAL TIME: 50 MINUTES
SERVES: 6

INGREDIENTS

6	large eggs
½ cup	whole milk
¼ tsp	kosher salt
½ tsp	ground black pepper
¾ cup	soft goat cheese, crumbled
5 oz	baby spinach, wilted and chopped
½ cup	roasted red pepper, diced
2 oz	prosciutto, cut into ribbons

DIRECTIONS

1. Preheat oven to 350°F. Spray a 12-cup muffin pan with nonstick cooking spray.

2. In large bowl, beat eggs, milk, salt, and black pepper. Stir in cheese, spinach, and roasted red pepper.

3. Divide the batter evenly among the muffin cups (about ¾ cup each), top with some prosciutto, and bake 20 to 25 minutes, or until just set in the center.

4. Cool on a wire rack 5 minutes, then remove them from the cups. Serve warm. These can be refrigerated up to 4 days; to reheat, microwave on High 30 seconds.

Nutrition (per serving):
About 155 calories, 13 g protein, 4 g carbohydrates, 10 g fat (4 g saturated), 520 mg sodium, 1 g fiber

Cauliflower Toast

This cauli toast is the best thing since, well, sliced bread.

TOTAL TIME: 45 MINUTES
SERVES: 4 TO 6

INGREDIENTS

1	medium head cauliflower
1	large egg
½ cup	shredded Cheddar
1 tsp	garlic powder
	Kosher salt
	Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 425° and line a baking sheet with parchment paper. Finely grate cauliflower and transfer to a large bowl. Microwave on high, 8 minutes. Drain thoroughly with paper towels or a cheesecloth until mixture is dry.

2. Add egg, Cheddar, and garlic powder to the cauliflower bowl and season with salt and pepper. Mix until combined.

3. Form cauliflower into toast shapes on prepared baking sheet and bake until golden, 18 to 20 minutes.

4. Transfer to a plate and top with desired toppings, like mashed avocado, a fried egg, or bacon, lettuce, and tomato.

Nutrition (per serving):
About 80 calories, 5 g protein, 5 g carbohydrates, 4 g fat (2.5 g saturated), 100 mg sodium, 2 g fiber



Pizza Eggs

Pizza for breakfast?! Yes, please. This hack for mason jar lids transforms your eggs into perfectly round “pizzas.”

TOTAL TIME: 10 MINUTES
SERVES: 2

INGREDIENTS

	Cooking spray, for pan
2	large eggs
¼ cup	pizza sauce, divided
¼ cup	shredded mozzarella, divided
10	mini pepperoni
	Freshly grated Parmesan, for garnish
	Dried oregano, for garnish
	Kosher salt
	Freshly ground black pepper

DIRECTIONS

1. Spray a medium skillet over medium heat with cooking spray, then spray the inside of a mason jar lid. Place mason jar lid in the center of skillet and crack an egg inside.

2. Top with half the pizza sauce, half the cheese, and half the pepperoni. Cover with lid and cook until egg white is set and cheese is melty, 4 to 5 minutes. Repeat with remaining ingredients. Top with Parmesan and oregano, season with salt and pepper, and serve.

Nutrition (per serving): 260 calories, 13 g protein, 4 g carbohydrates, 22 g fat (7 g saturated), 550 mg sodium, 1 g fiber

Crustless Quiche Lorraine

Bacon, shallots, and Gruyère cheese makes this a craveable classic. You’ll get all the flavor without the carbs—in 20 minutes!

TOTAL TIME: 20 MINUTES
SERVES: 4

INGREDIENTS

1 Tbsp	olive oil
2	slices thick-cut bacon, chopped
1	medium shallot, thinly sliced
6	large eggs
¼ cup	whole milk
½ tsp	kosher salt
½ tsp	ground black pepper
1 cup	shredded Gruyère cheese
	Chopped fresh chives, for garnish
	Green salad, for serving

DIRECTIONS

1. Preheat oven to 375°.

2. In an 8-inch oven-safe nonstick skillet, heat oil on medium.

3. Add bacon and shallot and cook 6 minutes, stirring occasionally.

4. In a large bowl, combine eggs, milk, salt, and pepper and whisk until blended.

5. Stir in cheese.

6. Add the egg mixture to

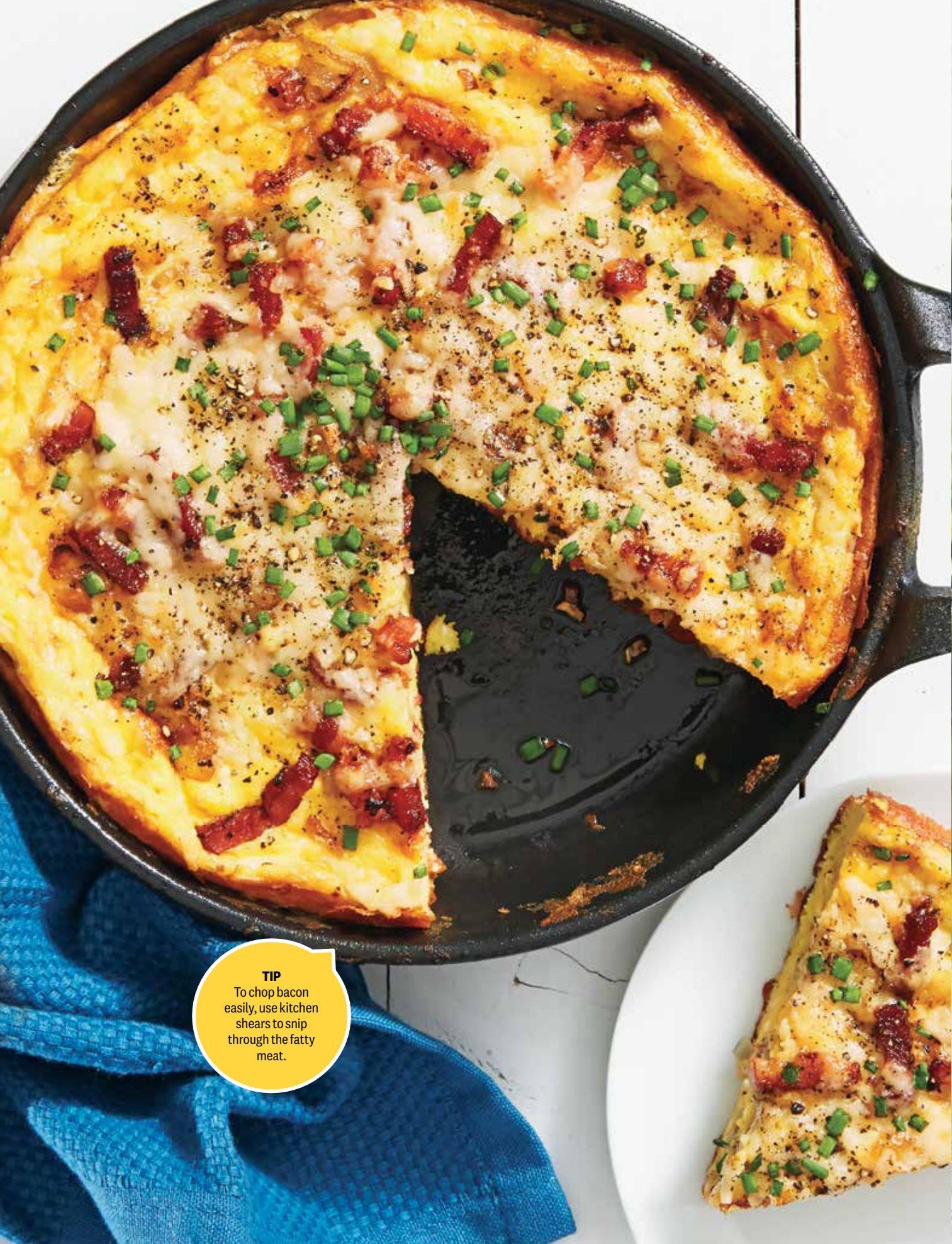
the skillet with bacon and shallots. Cook 3 minutes, stirring occasionally to form curds and allowing the runny mixture to flow to the bottom of the pan.

7. Transfer the skillet to the oven. Bake for 8 minutes, or until the top is set.

8. Remove from oven and garnish with chives. Serve with green salad.

Nutrition (per serving): About 270 calories, 21 g protein, 5 g carbohydrates, 18 g fat (8 g saturated), 684 mg sodium, 2 g fiber





TIP

To chop bacon easily, use kitchen shears to snip through the fatty meat.



TIP
Switch up your smoothie by subbing in $\frac{1}{4}$ cup blueberries or blackberries for the raspberries.

Green Light Juice

This is our kind of “juice.” A savory powerhouse that blends in the solids, so you get more fiber. Avocado adds silky texture and some healthy fat.

TOTAL TIME: 10 MINUTES
SERVES: 1

INGREDIENTS

¾ cup	unsweetened canned coconut milk
½	small (6-oz) avocado
1 cup	baby spinach
1 Tbsp	fresh lime juice
1 Tbsp	protein powder
¾ cup	ice (6 cubes)
½ tsp	matcha green tea powder (optional)

DIRECTIONS

1. Put coconut milk, avocado, spinach, lime juice, protein powder, ice, and matcha powder in a blender and blend until smooth.

2. Pour into a glass and serve immediately.

Nutrition (per serving):
About 505 calories,
18 g protein, 14 g carbohydrates,
46 g fat (34 g saturated), 93 mg
sodium, 6 g fiber

Berry Blast Smoothie

Be sure to read the labels when buying protein powder, as some have added sugars or enough carbs to send you out of ketosis.

TOTAL TIME: 5 MINUTES
SERVES: 1

INGREDIENTS

½ cup	fresh or frozen raspberries
½ cup	unsweetened canned coconut milk
1 Tbsp	protein powder
1 Tbsp	ground flax
8	drops stevia
½ cup	ice (4 cubes)
¼ cup	water

DIRECTIONS

1. Put raspberries, coconut milk, protein powder, flax, stevia, ice, and water in blender and blend until smooth.

2. Pour into a glass and serve immediately.

Nutrition (per serving):
About 335 calories,
16 g protein, 11 g carbohydrates,
28 g fat (22 g saturated), 40 mg
sodium, 5 g fiber



Baked Egg Avocado Boats

Can't get enough avocado? Using the creamy fat as a baked egg boat is always a good idea.

TOTAL TIME: 30 MINUTES
SERVES: 4

INGREDIENTS

2	ripe avocados, pitted and halved
4	large eggs
	Kosher salt
	Freshly ground black pepper
3	slices bacon
	Freshly chopped chives, for garnish

DIRECTIONS

1. Preheat oven to 350°. Place avocado halves in a baking dish, then crack eggs into a bowl. Using a spoon, transfer a yolk to each avocado half, then spoon in as much egg white as you can fit without spilling over.
2. Season with salt and pepper and bake until whites are set and yolks are no longer runny, about 20 minutes. (Cover with foil if avocados are beginning to brown.)
3. Meanwhile, in a large skillet over medium heat, cook bacon until crisp, 8 minutes, then transfer to a paper towel-lined plate and chop.
4. Top avocados with bacon and chives and serve with a spoon.

Nutrition (per serving):
220 calories, 10 g protein,
6 g carbohydrates, 0 g sugar,
18 g fat (4 g saturated),
180 mg sodium, 5 g fiber







Loaded Cauliflower Breakfast Bake

Ditch the hash browns for grated cauliflower and you'll have an extra-fluffy breakfast bake.

TOTAL TIME: 55 MINUTES
SERVES: 4

INGREDIENTS

1	large head cauliflower
8	slices bacon, chopped
10	large eggs
1 cup	whole milk
2	cloves garlic, minced
2 tsp	paprika
	Kosher salt
	Freshly ground black pepper
2	cups shredded Cheddar
2	green onions, thinly sliced, plus more for garnish
	Hot sauce, for serving

DIRECTIONS

- Preheat oven to 350°. Grate cauliflower head on a box grater and transfer to a baking dish.
 - In a large skillet over medium heat, cook bacon. Transfer to a paper towel-lined plate to drain fat. In a large bowl, whisk together eggs, milk, garlic, and paprika and season with salt and pepper.
 - Top cauliflower with Cheddar, cooked bacon, and green onions, and pour over egg mixture.
 - Bake until eggs are set and top is golden, 35 to 40 minutes.
 - Garnish with green onions and hot sauce and serve.
- Nutrition (per serving):**
390 calories, 28 g protein, 11 g carbohydrates, 27 g fat (13 g saturated), 600 mg sodium, 3 g fiber

Basic Omelets

Omelets are a perfect keto canvas. Choose a low-carb filling or create your own.

TOTAL TIME: 15 MINUTES
SERVES: 4

INGREDIENTS

	Choice of filling (see options at right)
8	large eggs
½ cup	water
½ tsp	kosher salt
4 tsps	butter

DIRECTIONS

- Prepare the filling of your choice; keep warm. In a medium bowl and using a wire whisk, beat eggs, water, and salt.
- In a 10-inch nonstick skillet, melt 1 tsp butter over medium-high heat. Pour ½ cup of the egg mixture into the skillet for each omelet. Cook, gently lifting the edge of eggs with a heat-safe rubber spatula and tilting the pan to allow uncooked eggs to run underneath, until eggs are set, about 1 minute. Spoon ¼ of the filling over half the omelet. Fold the unfilled half of the omelet over the filling and slide it onto a warm plate. Repeat with remaining butter, egg mixture, and filling. If desired, keep finished omelets warm in a preheated 200° oven until all omelets are cooked.

Nutrition (per serving):
About 185 calories, 13 g protein, 1 g carbohydrates, 14 g fat (5 g saturated), 455 mg sodium, 0 g fiber



FUN FILLINGS

Creamy Mushroom Filling

In a 10-inch nonstick skillet, melt 1 tablespoon butter over medium heat. Add 1 medium onion, finely chopped; cook until tender, about 5 minutes. Stir in 8 oz mushrooms, trimmed and thinly sliced; ¼ teaspoon kosher salt; and ⅛ teaspoon ground black pepper; cook until the liquid has evaporated. Stir in ¼ cup heavy cream; boil until thickened, about 3 minutes. Stir in 2 tablespoons chopped fresh parsley. Use ¼ of the mushroom mixture for each omelet.

Nutrition: (per serving):
About 290 calories, 15 g protein, 8 g carbohydrates, 23 g fat (11 g saturated), 637 mg sodium, 1 g fiber

Salsa-Avocado Filling

In a 10-inch nonstick skillet, cook 1 cup medium-hot no-sugar-added salsa over medium heat, stirring frequently until the liquid has evaporated. Divide salsa; 1 ripe medium avocado, peeled and chopped; and ¼ cup sour cream among omelets.

Nutrition (per serving):
About 300 calories, 14 g protein, 10 g carbohydrates, 23 g fat (8 g saturated), 620 mg sodium, 3 g fiber





Huevos Rancheros

Avocados are rich in healthy monounsaturated fats and packed with antioxidants. If you're looking to up your ratios, increase to half an avocado per person. You'll add 60 calories, another 5 grams of fat, and 5 grams of fiber.

TOTAL TIME: 30 MINUTES
SERVES: 4

INGREDIENTS

1 Tbsp	vegetable oil
1	medium onion, coarsely chopped
1	clove garlic, finely chopped
1	jalapeño chili, seeded and finely chopped
1 can	(14 to 16 oz) tomatoes
¼ tsp	kosher salt
3 Tbsp	butter
4	large eggs
2 Tbsp	sour cream
1 Tbsp	chopped fresh cilantro
1	ripe medium avocado, pitted, peeled, and cut crosswise into thin slices, for garnish

DIRECTIONS

1. Preheat oven to 350°. In a 2-quart nonreactive saucepan, heat oil on medium-high. Add onion, garlic, and jalapeño and cook, stirring occasionally, until onion is tender, about 5 minutes. Stir in tomatoes with their juices and salt; heat to boiling over high heat, breaking up tomatoes with the side of a spoon. Reduce heat; cover and simmer, stirring

occasionally, for 5 minutes.

2. Meanwhile, in a 10-inch skillet, melt butter over medium heat. Break 1 egg into a small cup, and holding the cup close to the skillet, slip egg into the skillet; repeat with remaining eggs. Reduce heat to low; cook slowly, spooning butter over eggs to baste them and turning eggs to cook on both sides, until egg whites are completely set and egg yolks begin to thicken but are not hard.

3. Place an egg on each plate. Spoon 2 table-spoons tomato sauce over each. Top with some sour cream, sprinkle with cilantro, and garnish with avocado slices. Serve with remaining tomato sauce.

Nutrition (per serving):
About 310 calories, 9 g protein, 13 g carbohydrates, 25 g fat (9 g saturated), 508 mg sodium, 5 g fiber



Bunless Bacon, Egg & Cheese

The eggs become the bun in this genius low-carb twist on the classic breakfast sandwich.

TOTAL TIME: 10 MINUTES
SERVES: 1

INGREDIENTS

2	eggs
2 Tbsp	water
¼ cup	shredded Cheddar
½	avocado, lightly mashed
2	slices cooked bacon

DIRECTIONS

1. In a medium nonstick pan, place 2 mason jar lids (centers removed). Spray the entire pan with cooking spray and heat over medium heat. Crack eggs into the centers of the lids and lightly whisk with a fork to break up yolk.

2. Pour water around the lids and cover the pan. Cook, letting eggs steam, until the whites are cooked through, about 3 minutes. Remove lid and top 1 egg with cheddar. Cook until cheese is slightly melted, about 1 minute more.

3. Invert the egg bun without the cheese onto the plate. Top with mashed avocado and cooked bacon. Top with the cheesy egg bun, cheese-side down. Eat with fork and knife.

Nutrition (per serving):
460 calories, 27 g protein, 7 g carbohydrates, 5 g fiber, 36 g fat (13 g saturated), 600 mg sodium, 5 g fiber



CHAPTER 2

Apps & Snacks

Snacking is the perfect way to up your ratios where you need them. These irresistible options will keep you satisfied between meals.





Veggie Rolls

These garden-fresh snacks are a party delight—and keto-friendly too! The rolls can stand at room temperature for up to 1 hour.

TOTAL TIME: 10 MINUTES
SERVES: 1

INGREDIENTS

4	zucchini or yellow squash
8 oz	cream cheese, softened
½ tsp	salt
	Flavorings, veggies, and/or fruits

DIRECTIONS

1. With a vegetable peeler, peel squash into wide ribbons.
2. Mix cream cheese and salt with a flavor mix (below).
3. Cut vegetables and fruits into 2-inch-long matchsticks. Spread 1 tablespoon flavored cream cheese on one end of veggie ribbon. Add veggie/fruit sticks and roll each tightly into a bundle. Make up to 1 hour ahead; let stand at room temperature.



FUN FLAVORS

Red Pepper-Basil

Mix ½ cup roasted peppers, finely chopped, into the cream cheese. Serve with basil, bell peppers, and green apples.

Nutrition (per serving):
About 65 calories, 1 g protein, 4 g carbohydrates, 5 g fat (3 g saturated), 80 mg sodium, 1 g fiber



Veggie Chili Mix

Mix ½ cup shredded Cheddar cheese and 1 teaspoon chili powder into the cream cheese. Roll with cilantro, cucumber, and jicama.

Nutrition (per serving):
About 75 calories, 2 g protein, 3 g carbohydrates, 6 g fat (4 g saturated), 93 mg sodium, 1 g fiber

Zippy Pear

Mix 1½ tablespoon bottled horseradish and 1 tablespoon snipped fresh chives into the cream cheese. Roll with parsley, pears, and celery.

Nutrition (per serving):
About 60 calories, 1 g protein, 4 g carbohydrates, 5 g fat (3 g saturated), 78 mg sodium, 1 g fiber

Asian Garden

Mix 1 tablespoon soy sauce and 2 teaspoons fresh lime juice into the cream cheese. Roll with radishes, green onions, and carrots.

Nutrition (per serving):
About 55 calories, 1 g protein, 3 g carbohydrates, 5 g fat (3 g saturated), 131 mg sodium, 1 g fiber

Tomato & Mozzarella Bites

Mozzarella is a perfect keto popper. Dressed with a little balsamic vinegar, tomato, and basil, it's a party!

TOTAL TIME: 15 MINUTES
SERVES: 20

INGREDIENTS

2 Tbsp	olive oil
2 Tbsp	white balsamic vinegar
¼ tsp	dried oregano
¼ tsp	Kosher salt
¼ tsp	ground black pepper
20	mini fresh mozzarella balls (ciliegini)
20	grape tomatoes
40	basil leaves

DIRECTIONS

In a large bowl, whisk oil, vinegar, oregano, salt, and pepper. Add mozzarella balls, tossing to coat. Thread mozzarella onto skewers, alternating with grape tomatoes and basil leaves.

Nutrition (per serving):
About 95 calories, 5 g protein, 1 g carbohydrates, 8 g fat (4 g saturated), 45 mg sodium, 0 g fiber





TIP

Store these cheese balls airtight in the fridge and they will keep for a week.

Everything Cheese Balls

These updated takes on a '50s classic get the mini treatment. They are perfect for snacking and entertaining alike.

TOTAL TIME: 15 MINUTES
SERVES: 16

INGREDIENTS

- ¼ cup** sesame seeds
- 2 Tbsp** poppy seeds
- 2 Tbsp** dried onion flakes
- 2 tsp** coarsely ground black pepper
- ¼ tsp** kosher salt
- 16 oz** cream cheese, softened

DIRECTIONS

In a small shallow bowl, combine sesame seeds, poppy seeds, dried onion flakes, pepper, and salt. In a medium bowl and using a mixer, beat cream cheese with 2 table-
spoons of the seasoning mixture. Scoop and shape 2-tablespoon portions into balls. Roll them in the remaining seasoning mixture, pressing to coat.

Nutrition (per serving):
About 120 calories, 2 g protein, 3 g carbohydrates, 11 g fat (6 g saturated), 120 mg sodium, 1 g fiber



FUN FLAVORS

Savory Dill

With a mixer, beat 1 package (8 ounce) cream cheese, softened, with 1 cup crumbled feta cheese, 1 tablespoon finely chopped fresh dill, and 2 teaspoon fresh lemon juice. Scoop and shape 2-teaspoon portions into balls. Roll them in 3 tablespoons finely chopped fresh dill.

Nutrition (per serving):
About 75 calories, 2 g protein, 1 g carbohydrates, 7 g fat (4 g saturated), 131 mg sodium, 0 g fiber

Sweet & Spicy

With a mixer, beat 1 package (8 ounce) cream cheese and 8 ounces softened goat cheese until well combined. Beat in ½ teaspoon each ground cumin, ground black pepper, and ¼ teaspoon cayenne pepper. Scoop and shape 2-tablespoon portions into balls. Roll them in ½ cup ground pecans or walnuts.

Nutrition (per serving):
About 105 calories, 4 g protein, 1 g carbohydrates, 10 g fat (5 g saturated), 110 mg sodium, 0 g fiber

Cucumber Sushi

We know it's not real sushi, but we love it just the same.

TOTAL TIME: 20 MINUTES
SERVES: 4

For the sushi

INGREDIENTS

- 2** medium cucumbers, chopped in half
- ¼** avocado, peeled and thinly sliced
- ½** red bell pepper, thinly sliced
- ½** yellow bell pepper, thinly sliced
- 2** small carrots, thinly sliced

For the dipping sauce

INGREDIENTS

- ½ cup** mayonnaise
- 1 Tbsp** sriracha
- 1 tsp** soy sauce

DIRECTIONS

- 1.** Using a small spoon, remove seeds from center of cucumbers until they are completely hollow.
- 2.** Press avocado slices deep into the center, using a butter knife. Next, slide in bell peppers and carrots.
- 3.** Make dipping sauce: Combine mayo, sriracha, and soy sauce in a small bowl. Whisk to combine.
- 4.** Slice cucumber rounds into 1-inch-thick pieces and serve with dipping sauce on the side.

Nutrition (per serving):
190 calories, 1 g protein, 9 g carbohydrates, 16 g fat (2 g saturated), 240 mg sodium, 3 g fiber





Burger Fat Bombs

The secret ingredient in these burger fat bombs: butter. These will help keep you satisfied for way longer than your favorite fast-food joint ever could.

TOTAL TIME: 30 MINUTES
SERVES: 20

INGREDIENTS

	Cooking spray, for muffin tin
1 lb	ground beef
½ tsp	garlic powder
	Kosher salt
	Freshly ground black pepper
2 Tbsp	cold butter, cut into 20 pieces
¼	(8 oz) block Cheddar cheese, cut into 20 pieces
	Lettuce leaves, for serving
	Thinly sliced tomatoes, for serving
	Mustard, for serving

DIRECTIONS

1. Preheat oven to 375° and grease a mini muffin tin with cooking spray. In a medium bowl, season beef with garlic powder, salt, and pepper.
2. Press about 1 tablespoon of beef into the bottom of each muffin tin cup, completely covering the bottom. Place a piece of butter on top, then press about 1 tablespoon of beef over butter to completely cover.
3. Place a piece of cheese on top of meat in each cup, then press remaining beef over cheese to completely cover.
4. Bake until meat is cooked through, about 15 minutes. Let cool slightly.
5. Carefully, use a metal offset spatula to release each burger from the tin. Serve with lettuce leaves, tomatoes, and mustard.

Nutrition (per serving):
80 calories, 5 g protein,
0 g carbohydrates, 7 g fat
(3 g saturated), 45 mg
sodium, 0 g fiber

Twice-Baked Cauliflower

All the beauty of a twice-baked potato in keto-friendly cauliflower form.

TOTAL TIME: 40 MINUTES
SERVES: 4

DIRECTIONS

1. Preheat oven to 350°. Fill a large pot with 3 inches of water and add a steamer insert. Bring water to a boil over high heat. Add cauliflower and cover with lid. Steam until very tender, 8 to 10 minutes.
2. Transfer steamed cauliflower to a bowl, then use a potato masher to mash cauliflower. Add sour cream, butter, and ½ cup cheese, stirring until butter is melted. Season with salt and pepper.
3. Spread cauliflower into an 8-x-8-inch baking dish. Top with remaining ¼ cup cheese. Bake until top is golden, 20 to 25 minutes.
4. Garnish with sour cream, chives, and bacon before serving.

Nutrition (per serving):
210 calories, 10 g protein,
11 g carbohydrates, 15 g fat
(9 g saturated), 240 mg
sodium, 4 g fiber

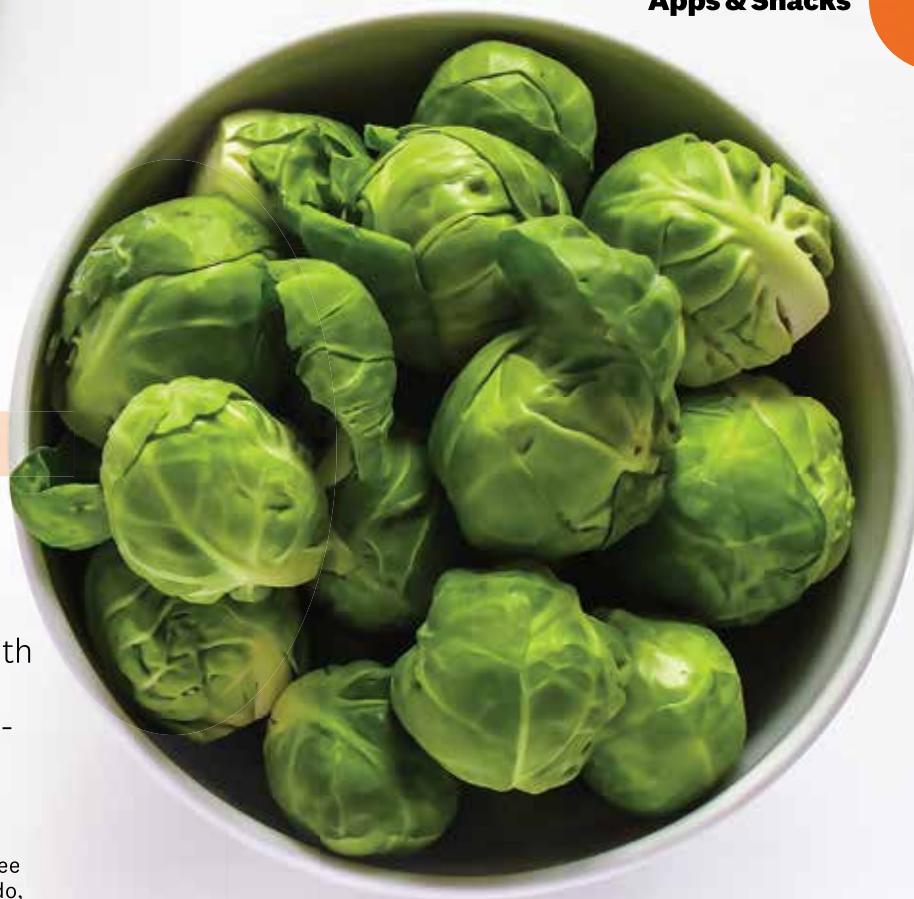
INGREDIENTS

1	large head cauliflower, chopped into florets
½ cup	sour cream, plus more for garnish
1 Tbsp	butter
¾ cup	shredded Cheddar, divided
	Kosher salt
	Freshly ground black pepper
2 Tbsp	finely chopped chives
4	crumbled, cooked bacon slices (optional)





TIP
Looking to up your ratios? Add an ounce of crumbled blue cheese to each serving.



Buffalo Chicken Cobb Salad

The classic wing flavors pair up with lettuce, tomatoes, and eggs, and gets dressed with a silky Avocado-Buttermilk Ranch Dressing.

TOTAL TIME: 40 MINUTES
SERVES: 6

INGREDIENTS

1 cup	buttermilk
1	ripe small avocado
2 Tbsp	fresh lemon juice
1	clove garlic
¼ tsp	kosher salt
¾ tsp	ground black pepper
2 Tbsp	chopped fresh dill
1 Tbsp	snipped fresh chives
2 cups	rotisserie chicken meat cut into bite-size pieces
¾ cup	cayenne pepper hot sauce
1 tsp	distilled white vinegar
6	hard-cooked eggs
3	stalks celery
3	small tomatoes
1	head butter lettuce or Boston lettuce

DIRECTIONS

1. In a blender, puree buttermilk, avocado, lemon juice, garlic, kosher salt, and ground black pepper until smooth. Transfer to a container; stir in chopped fresh dill and snipped fresh chives. Makes 1 cup.
2. In a medium bowl, toss chicken with hot sauce and vinegar until well coated.
3. Slice eggs crosswise and thinly slice celery; cut tomatoes into wedges or slices. Separate lettuce leaves; arrange them on a large serving platter. Top with eggs, celery, tomatoes, and chicken. Drizzle with dressing. Refrigerate remaining dressing for another use.

Nutrition (per serving):
About 200 calories, 16 g protein, 8 g carbohydrates, 14 g fat (4 g saturated), 880 mg sodium, 2 g fiber

Brussels Sprouts Chips

All of the crunch, none of the guilt. These low-carb chips are seriously addicting.

TOTAL TIME: 25 MINUTES
SERVES: 2 TO 3

½ lb	Brussels sprouts, thinly sliced
1 Tbsp	olive oil
2 Tbsp	freshly grated Parmesan
1 tsp	garlic powder
	Kosher salt
	Freshly ground black pepper
	Caesar dressing, for dipping

DIRECTIONS

1. Preheat oven to 400°. In a large bowl, toss Brussels sprouts with olive oil, Parmesan, and garlic powder and season with salt and pepper. Spread in an even layer on a medium baking sheet.
2. Bake 10 minutes, toss, and bake 8 to 10 minutes more, until crisp and golden. Serve with Caesar dressing for dipping.

Nutrition (per serving):
100 calories, 5 g protein, 8 g carbohydrates, 6 g fat (1.5 g saturated), 95 mg sodium, 3 g fiber



Jalapeño Popper Bread

This recipe doesn't resemble a bread, but with Cheddar, garlic powder, and jalapeños, it's packed with so much flavor that you won't care.

TOTAL TIME: 1 HOUR
SERVES: 16

INGREDIENTS

	Cooking spray
6	egg whites
¾ tsp	cream of tartar
¾	(8 oz) block cream cheese, softened
4	egg yolks
1 tsp	garlic powder
¾ tsp	kosher salt
½ cup	shredded Cheddar
1	jalapeño, thinly sliced

DIRECTIONS

1. Preheat oven to 300°. Line a large baking sheet with parchment paper, and grease with cooking spray. In a large bowl using a hand mixer (or in the bowl of a stand mixer using the whisk attachment), beat egg whites with cream of tartar until stiff peaks form.

2. In a separate large bowl using a hand mixer, beat cream cheese, egg yolks, garlic powder, and salt until evenly incorporated. Gently fold in egg whites and cheddar.

3. Scoop ¾-cup portions onto prepared sheet, then top each with jalapeño slices. Bake until golden and puffed, about 25 minutes.

Nutrition (per serving):
50 calories, 3 g protein, 1 g carbohydrates, 3.5 g fat (2 g saturated), 150 mg sodium, 0 g fiber

Cauliflower “Popcorn”

This satisfying take on a favorite snack is a cinch to make—and you can customize it with one of our variations or your favorite spice blend.

TOTAL TIME: 40 MINUTES
SERVES: 6

FUN FLAVORS

INGREDIENTS

8 cups	small cauliflower florets (about 1¼ pounds), stems trimmed
3 Tbsp	olive oil
¼ cup	grated Parmesan cheese
1 tsp	garlic powder
½ tsp	ground turmeric
½ tsp	kosher salt

DIRECTIONS

1. Preheat oven to 475°.

2. On a large rimmed baking sheet, toss cauliflower florets with oil, Parmesan, garlic powder, turmeric, and salt. Roast 25 to 30 minutes, or until browned and tender. Serve immediately.

Nutrition (per serving):
About 110 calories, 4 g protein, 8 g carbohydrates, 8 g fat (2 g saturated), 267 mg sodium, 3 g fiber

Truffle

Omit the Parmesan, garlic powder, and turmeric. Toss the roasted cauliflower with 2 tablespoons truffle butter and ½ teaspoon ground black pepper before serving.

Nutrition

(per serving):
About 120 calories, 2 g protein, 5 g carbohydrates, 10 g fat (3 g saturated), 189 mg sodium, 2 g fiber

Chili Lime

Substitute 1 teaspoon chili powder for the Parmesan and turmeric. Grate the zest of 1 lime over the roasted cauliflower before serving.

Nutrition

(per serving):
About 90 calories, 2 g protein, 5 g carbohydrates, 7 g fat (1 g saturated), 204 mg sodium, 2 g fiber







TIP
Watch the clock. Cooking eggs over too high a heat for too long causes the yolks to develop a green tinge.

Pimiento-Cheese Deviled Eggs

We're a bit obsessed with deviled eggs.

TOTAL TIME: 45 MINUTES
SERVES: 6

INGREDIENTS

6	hard-cooked large eggs, peeled
3 Tbsp	mayonnaise
1 tsp	hot sauce
1/8 tsp	kosher salt
1/4 cup	shredded extra-sharp Cheddar cheese
1/2	(2 oz) jar pimientos, well drained and finely chopped
1/2	green onion, finely chopped
	Paprika, for garnish

DIRECTIONS

Cut eggs in half lengthwise. Transfer yolks to a medium bowl and mash with mayonnaise, hot sauce, and salt until almost smooth. Fold in Cheddar, pimientos, and green onion. Spoon into the egg whites. Garnish with paprika. Serve immediately or refrigerate, covered with plastic, up to 1 day.

Nutrition (per serving):
About 140 calories, 8 g protein, 1 g carbohydrates, 11 g fat (3 g saturated), 195 mg sodium



FUN FLAVORS

Ham & Cheese

Mash 6 hard-cooked yolks with 1/4 cup mayonnaise; 1/4 cup finely grated sharp Cheddar cheese; 1 tablespoon sweet relish, drained; 1 slice deli ham, finely chopped; 1/2 tablespoon spicy brown mustard; and 1/8 teaspoon kosher salt.

Nutrition (per serving):
About 165 calories, 8 g protein, 2 g carbohydrates, 14 g fat (4 g saturated), 283 mg sodium, 0 g fiber

Guacamole

Mash 6 hard-cooked yolks with 1/2 small ripe avocado; 2 tablespoons mayonnaise; 2 tablespoons fresh cilantro, finely chopped; 1/2 very small shallot, finely chopped; 1 tablespoon fresh lime juice; and 1/4 teaspoon kosher salt. Garnish the filled eggs with thinly sliced serrano chilies.

Nutrition (per serving):
About 130 calories, 7 g protein, 2 g carbohydrates, 11 g fat (2 g saturated), 173 mg sodium, 1 g fiber

Pesto-Bacon

Mash 6 hard-cooked yolks with 1/4 cup mayonnaise, 2 tablespoon pesto, and 1 tablespoon fresh lemon juice. Spoon into the whites; garnish with crumbled cooked bacon.

Nutrition (per serving):
About 170 calories, 8 g protein, 1 g carbohydrates, 15 g fat (3 g saturated), 197 mg sodium, 0 g fiber

Bacon Avocado Fries

These low-carb “fries” turn a regular slice of avocado into something extraordinary—and it won’t ruin your diet.

TOTAL TIME: 30 MINUTES
SERVES: 12

INGREDIENTS

3	avocados, pitted and peeled
12	thin strips bacon
1/4 cup	ranch dressing

DIRECTIONS

1. Preheat oven to 425°. Slice each avocado into 4 equally sized wedges. Wrap each wedge in bacon, cutting bacon if needed. Place all 12 wedges on a baking sheet, seam-side down.

2. Bake until bacon is cooked through and crispy, 12 to 15 minutes.

3. Serve with ranch.

Nutrition (per serving):
120 calories, 4 g protein, 3 g carbohydrates, 11 g fat (2 g saturated), 190 mg sodium, 2 g fiber

Bell Pepper Nachos

Who knew bell peppers were sturdy enough to make the perfect low-carb base for nachos?!

TOTAL TIME: 40 MINUTES
SERVES: 6

INGREDIENTS

4	bell peppers, cut into small wedges
2	tablespoons extra-virgin olive oil
½ tsp	ground cumin
½ tsp	chili powder
¼ tsp	garlic powder
	Kosher salt
	Freshly ground black pepper
1½ cups	shredded Monterey Jack
1½ cups	shredded Cheddar
1 cup	guacamole
½ cup	pickled jalapeños
1 cup	pico de gallo
½ cup	sour cream
1 Tbsp	milk (or water)
	Chopped fresh cilantro, for garnish
	Lime wedges, for serving

DIRECTIONS

1. Preheat oven to 425° and line 2 small baking sheets with foil.
2. Divide bell peppers between baking sheets. Toss wedges on both sheets with olive oil, cumin, chili powder, and garlic powder. Season generously with salt and pepper. Lay the wedges on the baking sheets in single layers, cut-side up. Bake until peppers are crisp-tender.

3. Top 1 baking sheet full of peppers with about half each of the Monterey Jack and Cheddar.

4. Top with bell peppers from the second sheet, then top with the rest of the cheese. Bake until cheese is bubbly, about 10 minutes. Top bell peppers with guacamole, pickled jalapeños, and salsa. In a small bowl, whisk sour cream and milk together and drizzle over bell peppers.

5. Garnish with cilantro and serve warm with lime wedges.

Nutrition (per serving):
410 calories, 17 g protein, 13 g carbohydrates, 32 g fat (15 g saturated), 760 mg sodium, 5 g fiber



Bacon Asparagus Bites

Asparagus + cream cheese + bacon = yes, please.

TOTAL TIME: 30 MINUTES
SERVES: 6

INGREDIENTS

6	slices bacon, cut into thirds
5 oz	cream cheese, softened to room temperature
1	garlic clove, minced
	Kosher salt
	Freshly ground black pepper
9	asparagus spears, trimmed and blanched

DIRECTIONS

1. Preheat oven to 400° and line a medium baking sheet with parchment paper.
2. Cook bacon: In a large skillet over medium heat, cook bacon until most of the fat is cooked out but not crisp. Remove from pan and drain on a paper towel-lined plate.
3. In a small bowl, combine cream cheese with garlic and season with salt and pepper. Stir until combined.
4. Assemble bites: Spread about ½ table-spoon cream cheese mix onto each strip of bacon. Place asparagus in the center and roll bacon until bacon ends meet. Once all bites are made, place on prepared baking sheet and bake 5 minutes, until bacon is crisp and cream cheese is warmed through.

Nutrition (per serving):
130 calories, 5 g protein, 3g carbohydrates, 11 g fat (6 g saturated), 210 mg sodium, 1 g fiber





Creamy Avocado Dip

This ultra-creamy dip is packed with protein and healthy fats.

TOTAL TIME: 5 MINUTES
SERVES: 4

INGREDIENTS

2	ripe avocados, pitted and peeled
½ cup	plain Greek yogurt
2	cloves garlic, minced
	Juice of 1 lime
	Kosher salt
	Freshly ground black pepper

DIRECTIONS

1. In a large bowl, mash avocados.
2. Add yogurt, garlic, and lime juice and season with salt and pepper.

Nutrition (per serving):
140 calories, 4 g protein, 9 g carbohydrates, 11 g fat (2 g saturated), 15 mg sodium, 5 g fiber



Sesame Smoked Salmon Bombs

Pistachios add crunch to these savory nuggets. Swap in roasted almonds if you prefer.

TOTAL TIME: 10 MINUTES, PLUS CHILLING
SERVES: 12

INGREDIENTS

4 oz	cream cheese, at room temperature
¼ cup	butter, at room temperature
½ tsp	grated lemon zest
2 tsp	fresh lemon juice
1 tsp	toasted sesame oil
½ tsp	ground ginger
2 oz	smoked salmon, chopped
3 Tbsp	sesame seeds or chopped pistachio

DIRECTIONS

1. Line a baking sheet with parchment paper and set aside.
2. In a medium bowl, stir together cream cheese, butter, lemon zest, lemon juice, sesame oil, and ginger until very well blended. Stir in smoked salmon until combined.

3. Drop a tablespoon of the mixture on the prepared baking sheet and repeat until you have 12 equal-size mounds.

4. Place the baking sheet in the refrigerator until the bombs are firm, 1½ to 2 hours.

5. Place the sesame seeds or nuts in a small shallow dish. Using your hands, quickly shape the bombs into balls and toss them in sesame seeds to coat. Store in a sealed container in the refrigerator for up to 1 week.

Nutrition (per serving):
About 85 calories, 2 g protein, 1 g carbohydrates, 9 g fat (5 g saturated), 93 mg sodium, 0 g fiber





CHAPTER 3

Meat, Poultry & Fish

Succulent steaks, hearty skillet chicken, flavorful seafood—these delicious dishes will help you achieve your keto goals.





TIP
Peanuts are legumes—and a hotly debated topic in the keto world. Consume them in moderation.



Fiery Kung Pao Chicken

If you love spicy food, this is the dish for you. The dried chiles de árbol pack a punch.

TOTAL TIME: 30 MINUTES, PLUS MARINATING
SERVES: 6

INGREDIENTS

¼ cup	unsweetened rice wine
¼ cup	soy sauce
1 tsp	cornstarch
1½ lbs	skinless, boneless chicken thighs, trimmed and cut into scant 1-inch chunks
1 tsp	vegetable oil
1	bunch green onions, thinly sliced
3	cloves garlic, chopped
2 Tbsp	fresh ginger, finely chopped and peeled
½ cup	roasted unsalted peanuts
3 tsp	balsamic vinegar
8	whole dried chilies de árbol
	Fresh cilantro, chopped, for garnish

DIRECTIONS

1. In a medium bowl, whisk together rice wine, soy sauce, and cornstarch until smooth. Add chicken and cover; let stand 30 minutes or refrigerate up to 1 hour.
2. In a 12-inch nonstick skillet, heat oil on medium-high. Add green onions, garlic, and ginger; cook 3 minutes, or until garlic is golden brown, stirring occasionally. Add chicken and marinade; cook 3 to 5 minutes, or until chicken is cooked through, stirring occasionally.
3. Stir in peanuts, vinegar, and chilies; cook 2 minutes, stirring occasionally. Garnish with cilantro and serve.

Nutrition (per serving):
About 260 calories, 27 g protein, 9 g carbohydrates, 13 g fat (2 g saturated), 700 mg sodium, 2 g fiber



Roasted Baby Vine Tomato Grilled Chicken

Roasting the tomatoes concentrates their flavor and sweetness. No tarragon? Mint, basil, or cilantro are delicious alternatives.

TOTAL TIME: 45 MINUTES
SERVES: 4

INGREDIENTS

2 lbs	mixed-size cherry tomatoes, on the vine, if desired (about 4 pints)
4	large garlic cloves, crushed
¼ cup	plus 1 Tbsp extra-virgin olive oil
¼ tsp	crushed red pepper
	Kosher salt
1½ lbs	chicken breast cutlets (about ⅓-inch thick)
¼ tsp	ground black pepper
1½ Tbsp	fresh tarragon, chopped

DIRECTIONS

1. Preheat oven to 500°. Preheat a grill on medium-high. Cut about 1 cup of the largest tomatoes in half. On a rimmed baking sheet, toss all tomatoes with garlic, ¼ cup olive oil, crushed red pepper, and ¼ teaspoon salt.

2. Roast tomatoes on an upper oven rack, stirring halfway through, until

tomatoes burst and soften and some are beginning to char, about 20 minutes. (If most juices have evaporated, stir in 1 to 2 tablespoons water to create more sauce.)

3. Meanwhile, coat chicken cutlets with remaining 1 tablespoon olive oil and season with ¼ teaspoon salt and the pepper. Grill until lightly charred and just cooked through, 2 to 3 minutes per side.

4. Gently toss tomatoes with chopped tarragon. Spoon tomatoes and juices on top of chicken and serve.

Nutrition (per serving):
About 390 calories, 37 g protein, 10 g carbohydrates, 22 g fat (4 g saturated), 595 mg sodium, 2 g fiber

Lighter Chicken Cacciatore

Mushrooms add satisfying umami to dishes and are excellent sources of potassium and selenium as well as a plant-based source of vitamin D.

TOTAL TIME: 30 MINUTES
SERVES: 4

INGREDIENTS

2 Tbsp	olive oil
6	small boneless, skinless chicken breasts (5 oz each)
½ tsp	kosher salt
½ tsp	ground black pepper
10 oz	cremini mushrooms, quartered
1	small onion, thinly sliced
1	red bell pepper, thinly sliced
2	cloves garlic, finely chopped
2 tsp	fresh rosemary, finely chopped
1	bay leaf
¼ cup	dry white wine
1 can	(28 oz) diced tomatoes
8 oz	kale, stems discarded and leaves chopped
½ cup	pitted green olives
¼ cup	flat-leaf parsley, chopped

DIRECTIONS

1. In a large deep skillet, heat oil on medium-high. Season chicken with salt and pepper and cook until golden brown, 3 to 4 minutes per side; transfer to a plate and cover to keep warm.

2. Add mushrooms to the skillet and cook, tossing occasionally, until golden brown and tender, about 4 minutes. Transfer to the plate with the chicken.

3. Lower heat to medium. Add onion, bell pepper, garlic, rosemary, and bay leaf and cook, stirring occasionally, until tender, 8 to 10 minutes. Add wine and cook, stirring and scraping up browned bits, until reduced by half, about 3 minutes. Stir in tomatoes (and their juices).

4. Return chicken and mushrooms to the skillet, nestling chicken in tomatoes, cover, and simmer for 15 minutes. Fold in kale, cover, and cook 10 to 12 minutes more. Uncover, discard bay leaf, stir in olives and parsley, and serve.

Nutrition (per serving):
About 300 calories, 36 g protein, 15 g carbohydrates, 10 g fat (1.5 g saturated), 390 mg sodium, 3 g fiber





Mushroom Chicken Skillet with Herbed Cream Sauce

This classic French dish gets a twist with the addition of shiitake mushrooms. If they're not in your market, you can use all creminis.

TOTAL TIME: 20 MINUTES
SERVES: 4

INGREDIENTS

1 tsp	butter
3 tsp	olive oil, divided
10 oz	cremini mushrooms, sliced
8 oz	shiitake mushrooms, stems removed and discarded and caps sliced
	Kosher salt
1	large shallot, finely chopped
8	small chicken thighs (about 2 lbs)
¼ tsp	ground black pepper
½ cup	dry white wine
½ cup	low-sodium chicken broth
3	sprigs thyme, plus more (optional) for garnish
¼ cup	heavy cream

DIRECTIONS

1. Preheat oven to 375°. In a large oven-safe skillet, heat butter and 2 tablespoons of the oil on medium-high. Once butter foams, add mushrooms and a pinch of salt and cook, tossing occasionally, for 5 minutes. Add shallot and cook, tossing occasionally, until mushrooms are golden brown, 2 to 3 minutes; transfer to plate and wipe the skillet clean.

2. Return the skillet to medium heat. Rub chicken with remaining 1 tablespoon oil and season with ¼ teaspoon salt and the pepper. Add chicken to skillet, skin side down, and cook until browned, 10 to 12 minutes; drain any excess fat. Turn chicken over; add wine, broth, and thyme sprigs. Transfer the skillet to the oven until chicken is cooked through (165°), 5 to 6 minutes.

3. Transfer chicken to a plate, discard thyme, and return the skillet to medium heat. Stir in cream and mushroom mixture and cook until heated through, about 2 minutes. Serve with chicken. Garnish with thyme, if desired.

Nutrition (per serving): About 605 calories, 46 g protein, 9 g carbohydrates, 44 g fat (14 g saturated), 370 mg sodium, 2 g fiber



Turkey Club Cups

The classic sandwich becomes an even easier-to-eat finger food.

TOTAL TIME: 20 MINUTES
SERVES: 12

INGREDIENTS

	Cooking spray
12 slices	roasted deli turkey
12 slices	sharp Cheddar
¼ cup	mayonnaise
2 tbs	Dijon mustard
½ head	iceberg lettuce, shredded
1 pint	cherry tomatoes, chopped
1	avocado, halved, pitted, and chopped
8 slices	bacon, cooked and chooped

DIRECTIONS

1. Preheat oven to 400° and lightly grease muffin tin with cooking spray.

2. Place a slice of turkey into each muffin cup. Add a slice of Cheddar, then bake until turkey is sturdy and cheese is melted, about 10 minutes. Let cool slightly.

3. Meanwhile, in a small bowl, mix together mayo and Dijon. Add a dollop to the bottom of each turkey cup and spread around. Fill with lettuce, cherry tomatoes, and spread around.

4. Repeat to fill cups.

Nutrition (per serving): 230 calories, 17 g protein, 5 g carbohydrates, 16 g fat (6 g saturated), 800 mg sodium, 1 g fiber



No-Bread Italian Subs

No hoagie roll, no problem. These Italian sub roll-ups include only the best part of the sandwich.

TOTAL TIME: 15 MINUTES
SERVES: 6

INGREDIENTS

1/2 cup	mayonnaise
2 tsp	red wine vinegar
1 tsp	extra-virgin olive oil
1	small garlic clove, grated
1 tsp	Italian seasoning
6	slices ham
12	slices salami
12	slices pepperoni
6	slices provolone
1 cup	shredded romaine
1/2 cup	roasted red peppers

DIRECTIONS

1. Make creamy Italian dressing: In a small bowl, whisk together mayo, vinegar, oil, garlic, and Italian seasoning until emulsified.
2. Assemble sandwiches: Layer a slice of ham, 2 slices salami, 2 slices pepperoni, and 1 slice provolone.
3. Add a handful of lettuce and a few roasted red peppers in the middle. Drizzle with creamy Italian dressing, then roll up to serve. Repeat with remaining ingredients until you have 6 roll-ups.

Nutrition (per serving):
390 calories, 16 g protein,
3 g carbohydrates, 34 g fat
(10 g saturated), 1,210 mg
sodium, 0 g fiber

Chimichurri Strip Steak

This Argentine herb sauce is a favorite for beef. We think it would make any meat or fish more delicious.

TOTAL TIME: 25 MINUTES
SERVES: 6

INGREDIENTS

1 cup	packed fresh parsley
1 cup	packed fresh cilantro
1	clove garlic
3 Tbsp	extra-virgin olive oil
2 Tbsp	sherry vinegar
1/4 tsp	dried oregano
1/4 tsp	crushed red pepper
	Kosher salt and ground black pepper
4	New York beef strip steaks (2 1/2 lbs), each 1-inch thick
	Grilled Plum Tomatoes (recipe at right; optional)

DIRECTIONS

1. Preheat the grill on medium-high. Fit a wire rack into a rimmed baking sheet.
2. Prepare chimichurri: In a food processor, pulse parsley, cilantro, and garlic until finely chopped. Add oil, vinegar, oregano, red pepper, and 1/8 teaspoon each salt and black pepper; pulse to blend.
3. Pat steaks dry. Season with 1/2 teaspoon each salt and black pepper. Grill, turning occasionally, to the desired doneness, 7 to 8 minutes for medium-rare (internal temperature 135°). Transfer to the wire rack. Let stand 5 minutes.

4. Stir meat juices into chimichurri. Slice steak; serve with the sauce and, if desired, grilled tomatoes.

Nutrition (per serving):
About 445 calories, 38 g
protein, 1 g carbohydrates,
31 g fat (10 g saturated),
285 mg sodium, 1 g fiber

Grilled Plum Tomatoes

SERVES: 6

Halve 6 medium plum tomatoes lengthwise. Brush the cut sides lightly with 1 tablespoon olive oil and sprinkle with 1/4 teaspoon each kosher salt and ground black pepper. Grill until lightly charred, 3 to 5 minutes per side.

Nutrition (per serving):
About 30 calories, 1 g protein,
2 g carbohydrates, 2 g
fat (0 g saturated), 83 mg
sodium, 1 g fiber





TIP
This salad is just as delicious if you substitute grilled chicken or shrimp for the steak.



Thai Steak & Pear Salad

A small amount of sweet pear (and other fruit) is okay for keto and is the perfect balance to the salty tang of lime and fish sauce.

TOTAL TIME: 15 MINUTES
SERVES: 6

INGREDIENTS

1 ¼ lbs	strip steak, trimmed
½ tsp	kosher salt
½ tsp	ground black pepper
4 tsp	fresh lime juice
1 tsp	fish sauce
1 tsp	water
1	small Bartlett pear, thinly sliced
2	green onions, thinly sliced
1	small red hot chili pepper, thinly sliced
5 oz	mixed greens
1 cup	cilantro

DIRECTIONS

1. Heat a medium cast-iron skillet on medium-high. Season strip steak with salt and black pepper and cook to the desired doneness, 3 to 4 minutes per side for medium-rare. Transfer

meat to a cutting board; let rest 5 minutes before slicing.

2. Meanwhile, in a large bowl, combine lime juice, fish sauce, and water. Add pear, green onions, and red chili and toss to combine. Fold in mixed greens and cilantro.

3. Serve salad with steak and sprinkle with chopped peanuts, if desired.

Nutrition (per serving):
About 245 calories, 31 g protein, 11 g carbohydrates, 8.5 g fat (3.5 g saturated), 615 mg sodium, 2 g fiber

Nigerian Peanuty Suya Skewers

If you're comfortable with peanuts in your Keto diet, try this tasty dish, which goes great with a salad.

TOTAL TIME: 30 MINUTES, PLUS MARINATING
SERVES: 4

INGREDIENTS

½ cup	roasted unsalted peanuts
1 tsp	ground ginger
1 tsp	garlic powder
1 tsp	onion powder
½ tsp	ground cinnamon
½ tsp	cayenne pepper
½ tsp	kosher salt
½ tsp	ground black pepper
1 tsp	canola oil
1 lb	beef sirloin, thinly sliced
2	limes, halved

DIRECTIONS

1. In a food processor, pulse peanuts with spices, salt, and black pepper until finely chopped (do not let it become a paste). Add oil and pulse to combine.

2. In a bowl, toss beef in the peanut mixture, making sure to coat the meat evenly. Cover; refrigerate at least 1 hour or up to overnight.

3. Preheat the grill on medium-high. Thread beef onto skewers and grill until charred, 2 to 3 minutes per side. Squeeze lime halves over the top, then transfer to a platter and serve.

Nutrition (per serving):
About 330 calories, 29 g protein, 8 g carbohydrates, 21 g fat (5 g saturated), 295 mg sodium, 2 g fiber





Two-Step Slow-Cooked Brisket

The second step, roasting onions until caramelized and sweet, elevates this simple brisket.

TOTAL TIME: 10 HOURS
20 MINUTES
SERVES: 6

INGREDIENTS

- | | |
|---------------|---|
| 1 | beef brisket
(about 4 lbs),
trimmed |
| | Kosher salt |
| ¼ tsp | ground black
pepper |
| 1 can | (14 oz) crushed
tomatoes |
| 3 | cloves garlic,
crushed with a
press |
| 1 | medium red onion,
sliced |
| 1 | medium yellow
onion, sliced |
| 1 Tbsp | olive oil |
| | Finely chopped
fresh parsley, for
topping |

DIRECTIONS

1. Season brisket with ¼ teaspoon salt and the pepper; place in a large slow-cooker bowl along with crushed tomatoes and garlic. Cover and cook on Low 10 hours, or until very tender.

2. About 25 minutes before the meat is ready, preheat oven to 425°. On a large rimmed baking sheet, toss red and yellow onions with oil and ¼ teaspoon salt. Roast 20 minutes, or until browned. To serve, top brisket with roasted onions and finely chopped parsley.

Nutrition (per serving):
About 300 calories, 35 g protein, 9 g carbohydrates, 14 g fat (4 g saturated), 590 mg sodium, 2 g fiber







Garlic Rosemary Pork Chops

Garlic butter makes everything better, especially these pork chops.

TOTAL TIME: 30 MINUTES
SERVES: 4

INGREDIENTS

4	pork loin chops
	Kosher salt
	Freshly ground black pepper
½ cup	(1 stick) butter, melted
1 Tbsp	freshly minced rosemary
2	cloves garlic, minced
1 Tbsp	extra-virgin olive oil

DIRECTIONS

1. Preheat oven to 375°. Season pork chops with salt and pepper.
2. In a small bowl mix together butter, rosemary, and garlic. Set aside.
3. In an oven-safe skillet over medium heat, heat olive oil then add pork chops. Sear until golden, 4 minutes, flip and cook 4 minutes more. Brush pork chops generously with garlic butter.
4. Place skillet in oven and bake until cooked through, 10 to 12 minutes. Serve with more garlic butter.

Nutrition (per serving): 460 calories, 39 g protein, 1 g carbohydrates, 33 g fat (17 g saturated), 310 mg sodium, 0 g fiber

Grilled Pork with Charred Harissa Broccoli

Pork tenderloin is a lean protein powerhouse and a perfect canvas for many flavors. Look for harissa, a spicy North African condiment, in your market.

TOTAL TIME: 30 MINUTES
SERVES: 4

INGREDIENTS

2	lemons
1½ lbs	pork tenderloin
3 Tbsp	plus 1 tsp olive oil, divided
½ tsp	kosher salt
	Ground black pepper
1	large head broccoli (about 1¼ lbs), trimmed and cut into large florets
2 Tbsp	harissa

DIRECTIONS

1. Preheat the grill on medium-high. Finely zest of 1 lemon and set it aside, then cut both lemons in half. Brush pork with 1 teaspoon oil and season it with salt and pepper. Grill pork, turning occasionally, until it reaches 140°F on an instant-read thermometer, 18 to 20 minutes. Transfer pork to a cutting board and let rest at least 5 minutes.
2. Meanwhile, coat broccoli with 1 tablespoon oil and grill it alongside pork, turning often, until just tender and charred, 8 to 10 minutes. Grill lemons until charred, 1 to 2 minutes.

3. In a small bowl, mix harissa with remaining 2 tablespoons oil and toss it with grilled broccoli; sprinkle lemon zest on top.

4. Squeeze 2 grilled lemon halves over pork, then slice it. Serve with broccoli and remaining grilled lemon, cut into wedges.

Nutrition (per serving): About 330 calories, 38 g protein, 8 g carbohydrates, 16.5 g fat (3.5 g saturated), 3 g fiber, 385 mg sodium



Grilled Pork Tenderloin & Peppers

Sweet bell peppers are an excellent source of Vitamin C. Did you know that one pepper gives you 250 percent of your recommended daily value?

PREP: 10 MINUTES
TOTAL: 25 MINUTES
SERVES: 4

INGREDIENTS

- 4** peppers (red, yellow, orange, or a combination), quartered

- 1** red onion, cut into ½-inch wedges

- 1 Tbsp** olive oil

- Kosher salt and ground black pepper

- 2** small pork tenderloins (about ¾ pound each)

- 2 Tbsp** balsamic vinegar

DIRECTIONS

- 1.** Preheat a grill on medium-high. In a bowl, toss the peppers and red onion with the oil and season with salt and black pepper to taste.
- 2.** Season the pork tenderloins with ¼ teaspoon each salt and black pepper. Cover and grill the vegetables and pork, turning occasionally, until the vegetables are tender, 8 to 10 minutes. Transfer the vegetables to a cutting board.
- 3.** Continue grilling the pork, basting it with the balsamic, until cooked through (145°F), 3 to 6 minutes. Let rest 5 minutes before slicing. Coarsely chop the peppers and serve with onion and pork.

Nutrition (per serving):
About 275 calories, 36 g protein, 12 g carbohydrates, 9 fat (2 g saturated), 231 mg sodium, 3 g fiber



Grilled Pork Tenderloin with Grainy Mustard Vinaigrette

Not grilling tonight? Preheat the oven to 450°F and roast your beans and pork 18 to 20 minutes.

PREP: 5 MINUTES
TOTAL: 35 MINUTES
SERVES: 4

INGREDIENTS

- 12 oz.** green beans, trimmed

- olive oil

- Kosher salt

- 1** pork tenderloin (1¼ pounds)

- ½ tsp** ground black pepper

- 3 Tbsp** no-salt-added grainy mustard

- 2 tablespoons red wine vinegar

- 1** small shallot, finely chopped

- 1 tsp** mayonnaise

- 6 cups** baby kale

- 1 pint** grape tomatoes, halved lengthwise

- 2.** Meanwhile, brush the pork tenderloin with 2 teaspoons oil; season with ½ teaspoon salt and the pepper. Cover and grill, turning occasionally, until cooked through (145°F), 18 to 20 minutes. Let rest 5 minutes; slice.
- 3.** To make the vinaigrette, whisk together the grainy mustard, vinegar, shallot, 1 tablespoon oil, mayonnaise, and ¼ teaspoon salt.
- 4.** Toss the baby kale and grape tomatoes with half of the vinaigrette. Serve with the grilled beans, pork, and the remaining vinaigrette.

Nutrition (per serving):
About 290 calories, 32 g protein, 11 g carbohydrates, 13 g fat (3 g saturated), 595 mg sodium, 5 g fiber

DIRECTIONS

- 1.** Preheat a grill on medium. In a bowl, toss the green beans with 1 teaspoon oil and ¼ teaspoon salt; arrange the beans on one half of a large sheet of heavy-duty foil. Fold the foil over; crimp to seal tightly. Cover and grill for 20 minutes.



Lemon Butter Baked Tilapia

If tilapia isn't your favorite, this recipe works with cod, salmon, or even shrimp.

TOTAL TIME: 20 MINUTES
SERVES: 4

INGREDIENTS

4	tilapia filets
	Kosher salt
	Freshly ground black pepper
5 Tbsp	butter, melted
2	cloves garlic, minced
¼ tsp	red pepper flakes
	Juice and zest from ½ lemon
1	lemon, sliced into rounds

DIRECTIONS

1. Preheat oven to 400°. Season tilapia with salt and pepper and place on a small baking sheet.
2. Mix together butter, garlic, red pepper flakes, lemon juice, and zest, then pour over tilapia. Place lemon rounds on top and around tilapia.
3. Bake tilapia for 10 to 12 minutes or until fish is fork-tender.

Nutrition (per serving):
220 calories, 21 g protein,
1 g carbohydrates, 15 g fat
(10 g saturated), 170 mg
sodium, 0 g fiber







TIP
Shrimp and crab
are the most
keto-friendly
shellfish.



Pesto Shrimp Skewers with Cauliflower Mash

This flavorful shrimp also tastes great on zoodles or stuffed in lettuce wraps.

TOTAL TIME: 40 MINUTES
SERVES: 4

INGREDIENTS

1	large head cauliflower, cut into small florets
	Kosher salt
1	clove garlic, grated
½ cup	white wine
½ cup	heavy cream
¼ cup	freshly grated Parmesan
3 Tbsp	butter
1 lb	extra-large shrimp, peeled and deveined
	Bamboo skewers, soaked in water
	Extra-virgin olive oil, for drizzling
	Freshly ground black pepper
1 cup	pesto
¼ cup	chopped fresh basil for garnish

DIRECTIONS

1. Fill an 8-quart pot with cool water and cauliflower florets. Cover pot and bring to a boil. Season with salt and simmer until tender, 16 to 18 minutes. (Smaller florets will speed up this step.)

2. Drain cauliflower in a colander and transfer back to pot over medium heat. Add garlic, white wine, and 1 cup water, then season with salt. Stir and cover pot, then simmer for 5 minutes. Turn off heat and add cream, then smash with a potato masher until smooth. Fold in Parmesan and butter just before serving.

3. Preheat grill or grill pan on medium-high. Thread shrimp onto skewers. Drizzle with olive oil and season with salt and pepper. Grill shrimp until lightly charred, 2 to 3 minutes on each side. Serve shrimp skewers over a bed of cauliflower mash. Drizzle pesto over shrimp and garnish with fresh basil.

Nutrition (per serving): 600 calories, 29 g protein, 15 g carbohydrates, 5 g fiber, 5 g sugar, 45 g fat (13 g saturated), 1,320 mg sodium

Breaded Shrimp

Crushed pork rinds are the secret here: They give shrimp a salty crunch every keto lover will appreciate.

TOTAL TIME: 35 MINUTES
SERVES: 4

INGREDIENTS

	For the shrimp
	Cooking spray
6 oz	pork rinds
¼ cup	grated Parmesan
1 tsp	chili powder
½ tsp	paprika
½ tsp	garlic powder
½ tsp	dried oregano
	Kosher salt
	Freshly ground black pepper
2	large eggs, beaten
1 lb	large shrimp, peeled and deveined

For the sauce and garnish

½ cup	mayonnaise (or sour cream)
	Juice of ½ lemon
	Dash of hot sauce
	Freshly chopped parsley, for garnish

DIRECTIONS

1. Preheat oven to 450°. Grease a large rimmed baking sheet with cooking spray. In a food processor (or in a resealable bag using a rolling pin), crush pork rinds into fine crumbs. Transfer to a medium shallow bowl and whisk in Parmesan, spices, and herbs. Season mixture with salt and pepper.

2. Pour beaten eggs into a small shallow bowl. Drench shrimp in eggs, letting excess drip, then coat in pork rind mixture.

3. Place coated shrimp on prepared baking sheet in single layer. Bake until coating is crispy and shrimp is cooked through, 10 to 12 minutes.

4. Meanwhile, make sauce: In a small bowl, whisk together mayonnaise, lemon juice, and hot sauce. Garnish shrimp with parsley and serve with the sauce.

Nutrition (per serving): 580 calories, 47 g protein, 3 g carbohydrates, 40 g fat (10 g saturated), 298 mg sodium, 0 g fiber



Almond-Crusted Creole Salmon

This yummy one-pan dinner covers all the weeknight bases for keto: fast, easy, has healthy fats and protein, and with extra crunch from almonds.

TOTAL TIME: 25 MINUTES
SERVES: 4

INGREDIENTS

1 lb	green beans, trimmed
1 Tbsp	olive oil
½ tsp	Kosher salt
½ tsp	ground black pepper
1 cup	plain Greek yogurt
2 tsp	Creole seasoning
1 tsp	lemon zest
4	6-oz skinless salmon fillets
1 cup	sliced almonds, coarsely chopped
	Nonstick cooking spray

DIRECTIONS

1. Preheat oven to 450°. Line a large rimmed baking sheet with foil.
2. In a large bowl, toss green beans with oil, salt, and pepper. Arrange on the baking sheet and roast 10 minutes.
3. In a bowl, stir together yogurt, Creole seasoning, and lemon zest. Spread onto salmon fillets; top with sliced almonds. Push beans to one side of the baking sheet; place salmon on other side. Spray salmon with nonstick cooking spray. Bake 12 minutes, or until salmon is cooked through and beans are tender.

Nutrition (per serving):
About 310 calories, 39 g protein, 9 g carbohydrates, 13 g fat (2 g saturated), 540 mg sodium, 4 g fiber



Garlicky Lemon Mahi-Mahi

Unsure of mahi-mahi? It's a white-fleshed fish with a super-mild flavor. (You've probably eaten it in fish tacos.) Cod is a great sub.

TOTAL TIME: 20 MINUTES
SERVES: 4

INGREDIENTS

3 tsp	butter, divided
1 tsp	extra-virgin olive oil
4	4-oz mahi-mahi fillets
	Kosher salt
	Freshly ground black pepper
3	cloves garlic, minced
	Zest and juice of 1 lemon
1 Tbsp	freshly chopped parsley, plus more for garnish

DIRECTIONS

1. In a large skillet over medium heat, melt 1 tablespoon butter and olive oil. Add mahi-mahi and season with salt and pepper. Cook until golden, 3 minutes per side. Transfer to a plate.
2. To skillet, add remaining 2 tablespoons butter. Once melted, add garlic and cook until fragrant, 1 minute, then stir in lemon zest and juice and parsley. Return mahi-mahi fillets to skillet and spoon sauce over fillets.
3. Garnish with more parsley before serving.

Nutrition (per serving):
200 calories, 21 g protein, 0 g carbohydrates, 13 g fat (6 g saturated), 180 mg sodium, 0 g fiber





Perfect Baked Cod

If you're afraid of cooking seafood at home, cod is for you: It cooks quickly, is basically impossible to overcook, and can be flavored however you want.

TOTAL TIME: 20 MINUTES
SERVES: 4

INGREDIENTS

- 4** cod fillets, about 1-inch thick

- Kosher salt

- Freshly ground black pepper

- 4 Tbsp** extra-virgin olive oil, plus more for baking dish

- 1** cup cherry tomatoes

- 1** lemon, sliced, plus more for garnish

- 2** garlic cloves, smashed but not peeled

- 2** sprigs thyme

- 2 Tbsp** freshly chopped parsley, for garnish

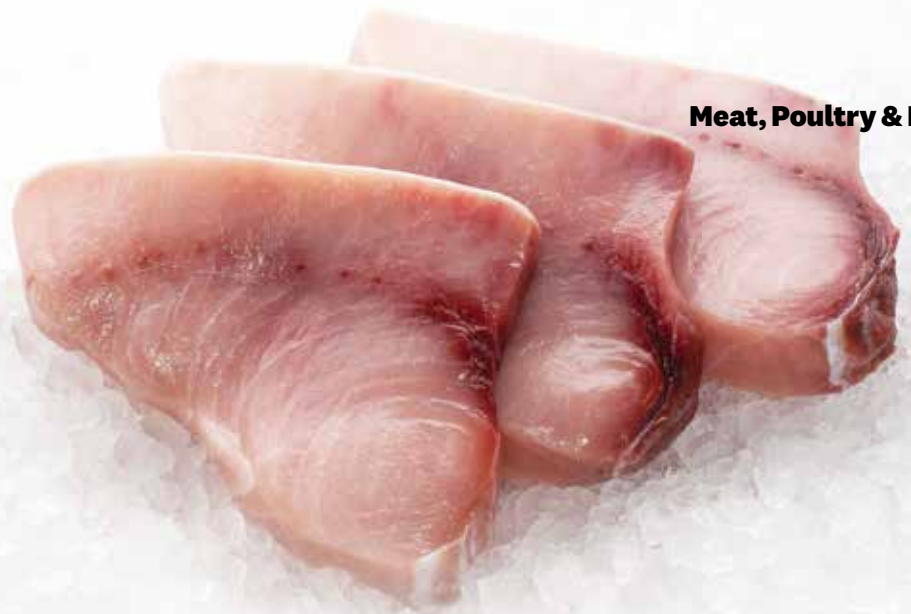
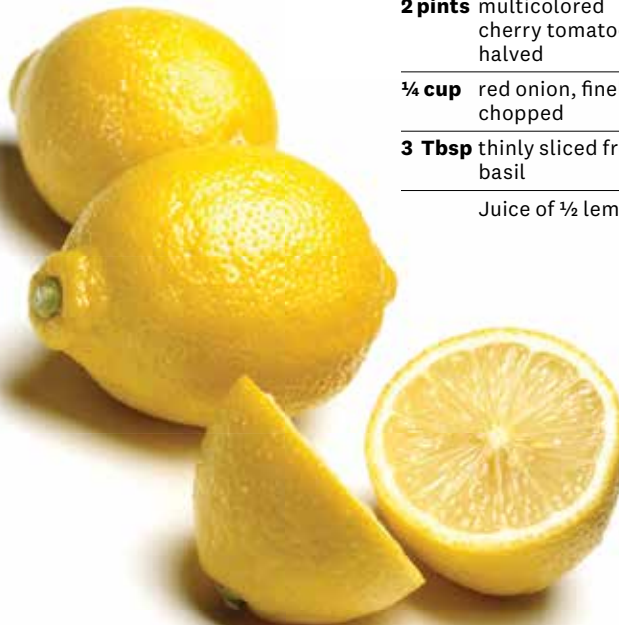
DIRECTIONS

- 1.** Preheat oven to 400° and pat cod fillets with a paper towel until dry. Season all over with salt and pepper.
- 2.** In a medium bowl, combine olive oil, cherry tomatoes, lemon slices, garlic, and thyme.
- 3.** Brush a baking dish with olive oil. Pour tomato-oil mixture into dish, then nestle in cod.

4. Bake until fish is opaque and flakes easily with a fork, about 15 minutes.

5. Serve garnished with parsley, more lemon juice, and the pan sauce.

Nutrition (per serving):
320 calories, 41 g protein, 1 g carbohydrates, 16 g fat (2.5 g saturated), 125 mg sodium, 0 g fiber



Bruschetta Swordfish

This easy tomato, onion, and basil bruschetta mixture brightens up any seafood dish.

TOTAL TIME: 30 MINUTES
SERVES: 4

INGREDIENTS

- 3 Tbsp** extra-virgin olive oil, divided

- 3** swordfish steaks

- Kosher salt

- freshly ground black pepper

- 2 pints** multicolored cherry tomatoes, halved

- ¼ cup** red onion, finely chopped

- 3 Tbsp** thinly sliced fresh basil

- Juice of ½ lemon

DIRECTIONS

- 1.** Preheat oven to 400°. In a large cast-iron skillet over high heat, heat 2 tablespoons oil. Add fish to pan and season tops with salt and pepper. Cook until fish is browned on one side, 3 to 5 minutes. Flip and season the opposite side with salt and pepper. Remove pan from heat and place into the oven.
- 2.** Roast until swordfish is cooked through and flaky, about 10 minutes.
- 3.** Make the fresh tomato salad: In a large bowl combine tomatoes, onion, and basil. Add remaining tablespoon oil and the lemon juice and season with salt and pepper.
- 4.** Spoon salad over fish before serving.

Nutrition (per serving):
270 calories, 21 g protein, 7 g carbohydrates, 18 g fat (3 g saturated), 90 mg sodium, 2 g fiber



CHAPTER 4

Veggies & Sides

Who said vegetables are not part of a keto diet? Here are some delicious, low-carb—and nutritious—options to help you get your greens fix.







Tapas Salad

Manchego cheese and cured chorizo star in this keto-friendly Spanish sampler.

TOTAL TIME: 15 MINUTES
SERVES: 4

INGREDIENTS

3 Tbsp	extra-virgin olive oil
2 Tbsp	sherry vinegar
1	clove garlic, crushed with a press
	Kosher salt and ground black pepper
1 cup	packed shaved Manchego cheese
4 oz	Spanish chorizo, cut into quarters lengthwise, then thinly sliced
½ cup	roasted red peppers, chopped
2	romaine lettuce hearts, leaves separated

DIRECTIONS

1. In a large bowl, whisk together oil, sherry vinegar, garlic, and salt and pepper to taste. Add Manchego, chorizo, and roasted red peppers. Toss well.

2. Arrange romaine leaves on a serving platter. Top with cheese-chorizo mixture.

Nutrition (per serving):
About 305 calories, 11 g protein, 5 g carbohydrates, 26 g fat (9 g saturated), 640 mg sodium, 2 g fiber



Feta-Dill Greek Caesar

Feta does double duty here, helping to replace the creaminess of the egg and the punch of the anchovies found in traditional Caesar dressing.

TOTAL TIME: 15 MINUTES
SERVES: 6

INGREDIENTS

4 oz	feta cheese
¾ cup	extra-virgin olive oil
½ cup	plain Greek yogurt
3 Tbsp	fresh lemon juice
1	clove garlic
¼ tsp	kosher salt
¼ tsp	ground black pepper
¼ cup	packed fresh dill, chopped
3	romaine lettuce hearts
¼ cup	roasted sunflower seeds, for serving

DIRECTIONS

1. Preheat a grill pan on medium heat.

2. In a blender or food processor, puree feta, oil, Greek yogurt, lemon juice, garlic, salt, and pepper. Transfer to medium bowl; stir in dill.

3. Cut romaine lettuce hearts in half lengthwise; grill until charred in spots, about 2 minutes per side. Serve immediately, drizzled with yogurt dressing and sprinkled with roasted sunflower seeds.

Nutrition (per serving):
About 325 calories, 6 g protein, 5 g carbohydrates, 32 g fat (7 g saturated), 265 mg sodium, 1 g fiber



TIP
If you love anchovies, throw some in. Just be sure to omit the salt.



TIP
Thinly shave Brussels sprouts with a mandoline. Leave the stem on and carefully slice from top toward the stem.

Lemony Brussels Sprout Salad

Brussels sprouts are tiny but mighty nutritional powerhouses like their cruciferous cousins broccoli, cabbage, and cauliflower.

TOTAL TIME: 25 MINUTES
SERVES: 8

INGREDIENTS

¼ cup	fresh lemon juice
3 Tbsp	extra-virgin olive oil
½ tsp	Kosher salt
¼ tsp	ground black pepper
1 lb	Brussels sprouts, trimmed and very thinly sliced
1	small head romaine lettuce, chopped
½ cup	packed grated ricotta salata or Pecorino Romano cheese
½ cup	smoked almonds, chopped

DIRECTIONS

1. In a large bowl, whisk together lemon juice, oil, salt, and pepper; add Brussels sprouts and toss until well coated. Let stand at least 10 minutes or up to 2 hours.

2. When ready to serve, add romaine, ricotta salata, and almonds to the bowl with Brussels sprouts; toss to combine.

Nutrition (per serving):
About 145 calories, 5 g protein, 8 g carbohydrates, 12 g fat (2 g saturated), 292 mg sodium, 3 g fiber

Wilted Kale Salad

Hearty good-for-you greens get a boost of rich flavor from sautéed bacon and onion and a sprinkling of tangy goat cheese.

TOTAL TIME: 20 MINUTES
SERVES: 4

INGREDIENTS

6	slices bacon, chopped
1 cup	onion, chopped
7 cups	kale leaves, thinly sliced
2 Tbsp	red wine vinegar
¼ tsp	Kosher salt
¼ tsp	ground black pepper
½ cup	crumbled goat cheese

DIRECTIONS

1. In a 12-inch skillet on medium, cook bacon 8 minutes or until browned. Stir in onion; cook 8 minutes, or until onion is tender.

2. In a large bowl, toss sliced kale leaves with vinegar, salt, pepper, and then with the bacon mixture.

3. Top with crumbled goat cheese and serve.

Nutrition (per serving):
About 245 calories, 9 g protein, 7 g carbohydrates, 20 g fat (8 g saturated), 478 mg sodium, 2 g fiber





Asparagus with Eggs Mimosa

Bright green asparagus gets a shower of grated egg and lemon zest for springtime on a plate.

TOTAL TIME: 35 MINUTES
SERVES: 6

INGREDIENTS

3	large eggs
2 lbs	asparagus, trimmed
¼ cup	water
1	lemon
3 Tbsp	extra-virgin olive oil
2 Tbsp	red wine vinegar
1 Tbsp	snipped fresh chives
½ tsp	Kosher salt
½ tsp	ground black pepper

DIRECTIONS

1. In a 2-quart saucepan, combine eggs and enough cold water to cover. Heat to boiling on high. Remove from heat. Cover and let stand 14 minutes. Rinse eggs with cold water until cool, then peel. Eggs may be hard-cooked and refrigerated up to 3 days ahead.

2. Meanwhile, cook asparagus in an even layer in a microwave-safe 8×8-inch baking dish. Add water. Cover with vented plastic wrap and microwave on high 5 minutes. Asparagus may be cooked, cooled, and refrigerated in an airtight container up to 2 days.

3. From lemon, grate ¼ teaspoon zest; set aside. Squeeze 1 table-spoon juice into a small bowl. Add oil, vinegar, chives, salt, and pepper to the bowl with lemon juice; whisk to combine.

4. To serve, arrange asparagus on a serving platter. Drizzle with vinaigrette. Coarsely grate hard-cooked eggs over asparagus and garnish with reserved lemon zest.

Nutrition (per serving):
About 135 calories, 6 g protein, 3 g carbohydrates, 11 g fat (2 g saturated), 255 mg sodium, 2 g fiber

Sautéed Spinach with Garlic

Here's a back-pocket recipe you'll use again and again. Swap in any leafy green (remove tough stems from the heartier ones) and cook until tender.

TOTAL TIME: 10 MINUTES
SERVES: 6

INGREDIENTS

1 Tbsp	olive oil
2	cloves garlic, crushed with the side of a chef's knife
2	bags (10 oz each) fresh spinach, well rinsed
1 Tbsp	fresh lemon juice
¼ tsp	Kosher salt

DIRECTIONS

1. In a 5- to 6-quart saucepot, heat oil on medium-high until hot. Add garlic and cook 1 minute, or until golden, stirring continuously.

2. Add spinach, with water clinging to the leaves, to the pot in 2 or 3 batches; cook 2 minutes, or until all spinach fits in the saucepot. Cover and cook 2 to 3 minutes longer, or just until spinach wilts, stirring once. Remove from heat. Stir in lemon juice and salt.

Nutrition (per serving):
About 45 calories, 4 g protein, 1 g carbohydrates, 4 g fat (1 g saturated), 305 mg sodium, 12 g fiber



TIP
You can prepare everything ahead of time—just dress at the last minute to keep the colors vibrant.



Pesto

Pesto is your meal maker. Toss it with zoodles, use it as a marinade or topping for any cooked meat or fish, or stir into Greek yogurt for a dip. When basil is in season, make a double batch and freeze some.

TOTAL TIME: 15 MINUTES

INGREDIENTS

3 cups	loosely packed fresh basil leaves
1	large garlic clove, crushed with a press
½ cup	extra-virgin olive oil
¼ cup	grated Parmesan cheese
¼ cup	toasted pine nuts
2 tsp	fresh lemon juice
¼ tsp	ground black pepper

DIRECTIONS

1. In a food processor or blender, pulse basil, garlic, oil, Parmesan, pine nuts, lemon juice, and pepper until smooth. Keeps refrigerated 3 days. Makes ¾ cup.

Nutrition (per tablespoon): About 110 calories, 1 g protein, 1 g carbohydrate, 11 g fat (2 g saturated), 31 mg sodium, 0 g fiber

Nutty Green Beans & Asparagus with Bacon

Want to make asparagus even more delicious and keto-friendly? Add crisp bacon and pecans and toss with a shallot-lemon dressing.

TOTAL TIME: 30 MINUTES
SERVES: 4

INGREDIENTS

1	large lemon
	Kosher salt
8 oz	green beans, trimmed
1 lb	asparagus, trimmed
3	slices bacon, chopped
1	medium shallot, finely chopped
½ tsp	kosher salt
½ tsp	ground black pepper
¼ cup	chopped pecans

DIRECTIONS

1. From lemon, grate all zest and squeeze ¼ cup juice; set aside.

2. Heat a large covered saucepot of salted water to boiling on high. Add

green beans; cook 1 minute. Add asparagus; cook 2 to 4 minutes, or until vegetables are tender. Drain well. Return vegetables to the pot and set aside.

3. While the water is heating, in a 10-inch skillet, cook bacon on medium 8 minutes, or until crisp, stirring occasionally. With a slotted spoon, transfer cooked bacon to a small plate. To the rendered fat in the skillet, add shallots; cook 3 minutes, stirring occasionally. Whisk in reserved lemon juice, salt, and pepper.

4. In the pot used to cook the vegetables, toss the shallot mixture with vegetables; transfer them to a serving platter. Top with bacon, pecans, and reserved lemon zest.

Nutrition: (per serving): About 155 calories, 5 g protein, 8 g carbohydrates, 12 g fat (3 g saturated), 250 mg sodium, 3 g fiber





CHAPTER 5

Desserts

It's easy to satisfy your sweet tooth while on the keto diet. Use low-carb sweeteners and add in healthy fats and you won't ever have to skip dessert again.





Peanut Butter Bombs

Move over, peanut butter cups! This sweet bite hits all the notes without the sugar. Be sure to use only natural unsweetened peanut butter.

TOTAL TIME: 15 MINUTES PLUS CHILLING
SERVES: 12

INGREDIENTS

4 oz	cream cheese, at room temperature
½ cup	natural peanut butter
2 Tbsp	softened coconut oil
12 drops	liquid stevia
½ tsp	ground cinnamon
½ cup	sugar-free dark chocolate chips
½ cup	unsalted peanuts, chopped

DIRECTIONS

1. Line a baking sheet with parchment paper and set aside.
2. In a medium bowl, stir together cream cheese, peanut butter, coconut oil, stevia, and cinnamon until well blended. Stir in chocolate chips.

3. Drop a tablespoon of the mixture on the prepared baking sheet and repeat until you have 12 even mounds.

4. Place the baking sheet in the refrigerator until the bombs are firm, about 1½ hours.

5. Place chopped peanuts in a small, shallow dish. Using your hands, shape the bombs into balls. Roll them in chopped peanuts to coat. Store in a sealed container in the refrigerator up to 1 week.

Nutrition (per serving):
About 180 calories, 5 g protein, 7 g carbohydrates, 15 g fat (6 g saturated), 66 mg sodium, 2 g fiber



Chocolate Pudding Bombs

Craving chocolate? Part truffle, part pudding, this truffle will satisfy! You can use almond butter instead of cashew, if you like.

TOTAL TIME: 10 MINUTES, PLUS CHILLING
SERVES: 12

INGREDIENTS

¼ cup	coconut oil
¼ cup	unsweetened cocoa
1 tsp	instant espresso-coffee powder
½ cup	cashew butter
2 oz	cream cheese, at room temperature
12 drops	liquid stevia

DIRECTIONS

1. Line a baking sheet with parchment paper and set aside.
2. In a medium microwave-safe bowl, microwave coconut oil on High 30 seconds, or until melted. Whisk in cocoa and espresso powder until smooth. Whisk in cashew butter, cream cheese, and stevia until smooth and well blended.

3. Drop a tablespoon of the mixture on the prepared baking sheet and repeat until you have 12 even mounds.

4. Place the baking sheet in the refrigerator until the bombs are firm, about 30 minutes.

5. Store in a sealed container in the refrigerator up to 1 week.

Nutrition (per serving):
About 125 calories, 3 g protein, 4 g carbohydrates, 12 g fat (6 g saturated), 17 mg sodium, 1 g fiber





TIP
Store them in your fridge and grab a bomb any time you feel your energy waning.



Avocado Brownies

When the chocolate craving is real, these brownies hit the spot.

TOTAL TIME: 30 MINUTES
SERVES: 9

INGREDIENTS

4	large eggs
2	ripe avocados, pitted and peeled
½ cup	(1 stick) butter, melted
6 Tbsp	unsweetened peanut butter
2 tsp	baking soda
18	packets stevia
¾ cup	unsweetened cocoa powder
2 tsp	pure vanilla extract
1 tsp	Kosher salt
	Flaky sea salt (optional)

DIRECTIONS

1. Preheat oven to 350° and line an 8-x-8-inch pan with parchment paper.

2. In a blender or food processor, combine all ingredients except flaky salt; blend until smooth.

3. Transfer batter to prepared baking pan and smooth the top with a spatula. Top with flaky sea salt, if using.

4. Bake until brownies are soft but not wet to the touch, 20 to 25 minutes. Cool 30 minutes. Slice into large squares and serve.

Nutrition (per serving):
260 calories, 7 g protein, 11 g carbohydrates, 23 g fat (9 g saturated), 570 mg sodium, 5 g fiber



Coconut Lime Cheesecake Bombs

Who says there is no dessert on the keto plan? Lime and coconut make this an irresistible popper.

TOTAL TIME: 10 MINUTES
PLUS CHILLING
SERVES: 12

INGREDIENTS

¾ cup	softened coconut oil
6 Tbsp	cream cheese, at room temperature
2 tsp	grated lime zest
2 tsp	fresh lime juice
8 drops	liquid stevia
1 drop	coconut extract or almond extract
7 Tbsp	finely grated unsweetened coconut

DIRECTIONS

1. Line a baking sheet with parchment paper and set aside.

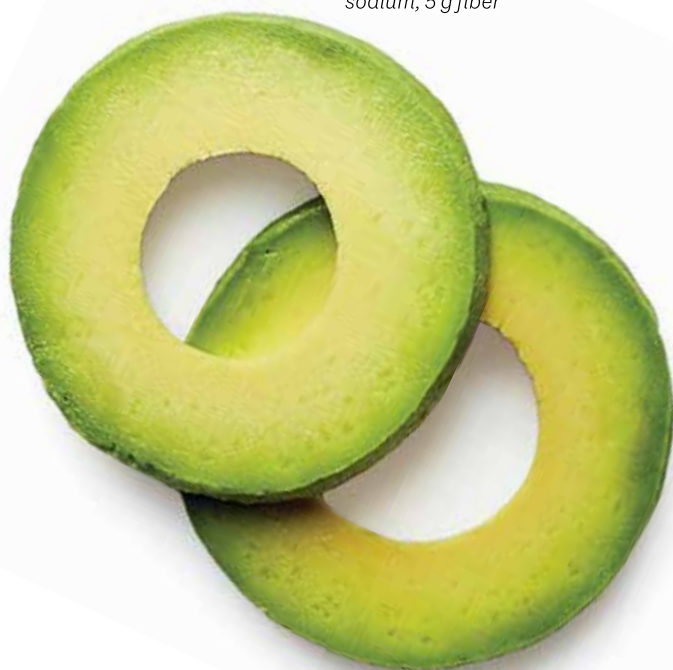
2. In a medium bowl, stir together coconut oil, cream cheese, lime zest, lime juice, and stevia until very well blended. Stir in 4 tablespoons grated coconut until combined.

3. Drop a tablespoon of the mixture on the prepared baking sheet and repeat until you have 12 even mounds.

4. Place the baking sheet in the refrigerator until the bombs are firm, 1 to 2 hours.

5. Place remaining 3 tablespoons grated coconut in a small shallow dish. Using your hands, quickly shape the bombs into balls and toss them in coconut to coat. Store in a sealed container in the refrigerator up to 1 week.

Nutrition (per serving):
About 155 calories, 1 g protein, 1 g carbohydrates, 16 g fat (13 g saturated), 24 mg sodium, 1 g fiber



Turtle Blondies

This yummy dessert comes courtesy of Stacey Crawford, the author of *Keto in an Instant*. She is also the owner of BeautyAndTheFoodie.com, where she creates and shares natural beauty tips and low-carb ketogenic recipes.

TOTAL TIME: 28 MINUTES
SERVES: 12

INGREDIENTS

Turtle Blondies

1¼ cup	almond flour
1 Tbsp	coconut flour
1½ tsp	baking powder
¾ cup	sweetener of choice: coconut sugar for paleo or erythritol (such as Swerve) for low-carb
5½ Tbsp	butter, cold or room temp
1 tsp	vanilla extract
1	large egg
¾ cup	chocolate chips (sugar-free or a chopped low-carb chocolate bar)

Caramel Sauce

2 Tbsp	butter
1 Tbsp	coconut milk or heavy cream
1½ Tbsp	sweetener of choice: coconut sugar for paleo or erythritol for low-carb
¼ tsp	molasses
¼ tsp	vanilla extract

Garnish

2½ Tbsp chopped pecans

DIRECTIONS

1. Preheat oven to 350° and grease or oil an 8x8-inch baking pan.
2. In a large mixing bowl, use an electric hand beater or a stand mixer to cream butter and granulated sweetener until well combined.
3. Add egg and vanilla extract to the mixing bowl and mix until combined.
4. In a separate large mixing bowl, combine almond flour, coconut flour, and baking powder. Stir until combined.

5. Add dry ingredients to wet ingredients and mix until combined.

6. Fold in chocolate chips.

7. Spread cookie bar dough evenly over the bottom of the baking sheet and bake for 20 minutes or until center is done and toothpick comes out clean. Let cookie bars cool.

8. In a small saucepan on medium heat, melt the 2 tablespoons butter for the caramel sauce. Add sweetener, milk of choice, and molasses and stir until combined. Stir and heat until mixture is bubbling and starts thickening.

9. Remove from heat and stir in vanilla extract. Let cool 4 to 5 minutes.

10. Drizzle caramel sauce over cookie bars. Sprinkle with chopped pecans.

11. Refrigerate in pan for 30 minutes or up to overnight before cutting, to firm up cookie bars enough to cut and serve.

Nutrition (per serving): 220 calories, 6 g protein, 7 g carbohydrates, 22 g fat, 86 mg sodium, 4 g fiber

Chocolate Truffles

No diet is complete without chocolate. Store these in your fridge and indulge whenever!

TOTAL TIME: 30 MINUTES
SERVES: 15

INGREDIENTS

1 cup	keto-friendly dark chocolate chips, melted
1	medium avocado, pitted, peeled, and smashed
1 tsp	vanilla extract
¼ tsp	kosher salt
¼ cup	cocoa powder

DIRECTIONS

1. In a medium bowl, combine melted chocolate with avocado, vanilla, and salt. Stir together until smooth and fully combined. Place in the refrigerator to firm up slightly, 15 to 20 minutes.

2. When chocolate mixture has stiffened, use a small cookie scoop or small spoon to scoop approximately 1 tablespoon of the chocolate mixture. Roll chocolate in the palm of your hand until round, then roll in cocoa powder.

Nutrition (per serving): 20 calories, 1 g protein, 2 g carbohydrates, 2 g fat (0 g saturated), 35 mg sodium, 1 g fiber





TIP
You can use
almond butter
instead of
peanut butter if
you prefer.

Peanut Butter Chocolate Chip Skillet Cookie



This cookie is a yummy low-carb dessert made in a skillet. For an extra-special treat, top it off with a dollop of low-carb ice cream.

TOTAL TIME: 24 MINUTES
SERVES: 8

INGREDIENTS

½ cup	smooth peanut butter (use a no-sugar-added brand)
¾ cup	Swerve confectioner's sweetener
1	large egg
4 Tbsp	butter, softened
4½ Tbsp	coconut flour
1 tsp	baking powder
½ cup	sugar-free chocolate chips

DIRECTIONS

1. Preheat oven to 350° and grease or oil a 6- to 8-inch cast iron skillet.
2. In a stand mixer or large bowl with electric hand mixer, add peanut butter, butter, and low-carb confectioner's sweetener. Mix together thoroughly.
3. Add egg and mix together. Add coconut flour and baking powder and mix together well. Scrape sides and mix thoroughly until smooth.

4. Remove from stand mixer and fold in sugar-free chocolate chips.
5. Add cookie dough to prepared skillet and spread and press into the skillet evenly.
6. Bake for 16 to 20 minutes, or until the top of skillet cookie starts browning. Remove from oven and cool completely for at least 25 minutes or longer, as they will be too soft to slice or remove until cooled.

7. Once cooled and firm, slice into 8 pie-shaped slices and serve. (Can also serve with a tiny ¼ scoop of low-carb ice cream or a dollop of whipped cream if desired.)

Nutrition (per serving):
282 calories, 8 g protein,
10 g carbohydrates, 23 g fat (9 g saturated), 99 mg sodium, 4 g fiber

Recipe by Stacey Crawford of BeautyAndTheFoodie.com

Peanut Butter Squares

These squares taste best cold, so keep them refrigerated until ready to serve.

TOTAL TIME: 2 HOURS
15 MINUTES
SERVES: 12

INGREDIENTS

	Cooking spray, for pan
1½ cups	smooth unsweetened peanut butter
1¼ cups	coconut flour
¼ cup	Swerve confectioner's sweetener
1 tsp	pure vanilla extract
	Pinch of kosher salt
2 cups	keto-friendly chocolate chips (such as Lily's)
2 Tbsp	coconut oil
1 Tbsp	flaky sea salt, for garnish

DIRECTIONS

1. Line an 8-x-8-inch baking pan with parchment paper and grease with cooking spray. In a medium bowl, combine peanut butter, coconut flour, powdered sugar, vanilla, and salt. Stir until smooth and pour into prepared pan, smoothing the top with a spatula. Place in freezer for 30 minutes to firm up.
2. Combine chocolate chips and coconut oil in a medium microwave-safe bowl. Microwave on high, stirring every 30 seconds, until smooth and pourable. Pour chocolate over peanut butter layer and smooth it with a spatula.
3. Garnish with flaky sea salt and place in freezer to harden, 2 hours or up to overnight.
4. When ready to serve, remove from baking dish and cut into squares.

Nutrition: (per serving):
280 calories, 9 g protein,
14 g carbohydrates, 20 g fat (6 g saturated), 540 mg sodium, 6 g fiber

Cream Mint Brownie Bars

With its fudgy brownie layer, a creamy mint cheesecake layer, and a chocolate ganache topping, these treats are to die for.

TOTAL TIME: 45 MINUTES
SERVES: 16

INGREDIENTS

3 oz	unsweetened baking chocolate
6 Tbsp	butter
½ cup	coconut flour
3	large eggs
1½ cup	granulated sweetener of choice: coconut sugar for paleo or erythritol for low-carb
1 tsp	vanilla extract

Mint Cheesecake Layer

INGREDIENTS

8 oz	cream cheese (1 package)
6 Tbsp	erythritol sweetener
¼ cup	whole ricotta cheese
1	large egg
1 tsp	mint extract
2 drops	natural food coloring to make green, optional

Chocolate Ganache Topping

INGREDIENTS

3 Tbsp	butter
2 Tbsp	heavy cream
2 tsp	cocoa powder, unsweetened
1 Tbsp	sweetener of choice: coconut sugar for paleo or erythritol for low-carb

DIRECTIONS

- Preheat oven to 350° and grease or oil an 8×8-inch pan.
- In a small saucepan over medium-low heat, melt 3 ounces baking chocolate and 6 tablespoons butter, stirring until completely combined and melted. Remove from heat and set aside.
- In a large mixing bowl, combine ½ cup coconut flour, 1½ cup sweetener of choice, 3 eggs, and 1 tsp vanilla extract. Mix until combined. Add melted chocolate and butter from the

saucepan. Stir in thoroughly.

4. Spread the brownie mixture over the bottom of prepared pan.

5. Bake for 12 minutes. Remove partially baked brownies from oven and set aside to cool.

6. With an electric hand mixer or stand mixer, beat the mint cheesecake layer ingredients until smooth and fluffy.

7. Spread the mint cheesecake mixture over the top of warm partially baked brownies.

8. Bake for 25 to 30 minutes, until cheesecake layer looks firm.

9. Remove from oven and cool completely.

10. In a small saucepan over medium-low heat, melt the 3 tablespoon butter for ganache topping. Once melted, add 2 tablespoons heavy cream, 1 tablespoon sweetener of choice, and 2 teaspoons cocoa powder. Stir and combine thoroughly until smooth. Remove from heat.

11. Pour and spread the chocolate ganache over the top of the mint cheesecake layer.

12. Refrigerate until set and firm (2 hours or more; overnight is excellent).

Nutrition (per serving):
189 calories, 4 g protein,
5 g carbohydrates, 17 g fat,
129 mg sodium, 2 g fiber

Recipe by Stacey Crawford
of BeautyAndTheFoodie.com

Coconut Avocado Pops

You're gonna want a batch of these avocado pops in your freezer, stat.

TOTAL TIME: 6 HOURS
10 MINUTES
SERVES: 10

INGREDIENTS

3	ripe avocados, pitted and peeled
	Juice of 2 limes (about ½ cup)
3 Tbsp	Swerve confectioner's sweetener
¼ cup	coconut milk
1 cup	keto-friendly chocolate chips (such as Lily's)
1 Tbsp	coconut oil

DIRECTIONS

- In a blender or food processor, combine avocados with lime juice, sweetener, and coconut milk. Blend until smooth and pour into ice pop molds.
- Freeze until firm, 6 hours or up to overnight.
- In a medium bowl, combine chocolate chips and coconut oil. Microwave on high until melted, then let cool to room temperature. Dunk frozen pops in melted chocolate and serve immediately.

Nutrition (per serving):
120 calories, 1 g protein,
5 g carbohydrates, 12 g fat
(5 g saturated), 5 mg sodium,
3 g fiber



TIP
Avocados are amazing in desserts, thanks to their ultra-creamy texture.





Raspberry Cream Crepes

With this combination of fluffy ricotta cheese and frozen raspberries, you'll get soft and crunchy textures and sweet and tart flavors all in one dish.

TOTAL TIME: 20 MINUTES
SERVES: 6

INGREDIENTS

Crepes

2 oz	cream cheese
2	eggs
2 Tbsp	erythritol
	Pinch of salt
	Dash of cinnamon

Filling

½ cup	plus 2 Tbsp whole-milk ricotta
3 oz	raspberries (fresh or frozen)

Toppings (optional)

Sugar-free maple syrup

DIRECTIONS

- To make the crepes, combine all crepe ingredients in a food processor, blender, or Nutribullet. Blend for 20 seconds, or until there are no chunks of cream cheese left.
- Heat a pan over a medium heat. Spray with cooking spray and pour ¼ to ⅓ of the batter at a time. While pouring, tilt the pan so the batter reaches the edges of the pan, creating a very thin layer of batter.
- Let the crepe cook undisturbed for about a minute, or until the underside starts to darken and the top of the

batter begins to set. Wedge a spatula under it, wiggling gently until you reach the center, then flip. Cook crepe about 15 seconds longer.

- Repeat until batter is gone. This recipe yields 4 to 6 crepes.
- Let the crepes cool on a plate. Don't stack them; just lay them next to each other.
- To stuff them, place 2 tablespoons of whole ricotta cheese in a line in the center of each crepe from one end to the other.
- Add fresh or frozen raspberries (you can also use strawberries, but the tartness of the raspberries works well).
- Fold each side of the crepe over the filling and press gently to seal.
- Serve with a drizzle of sugar-free maple syrup and some whipped cream.

Nutrition (per serving):
285 calories, 7.5 g protein,
8 g carbohydrates, 20 g fat, 3 g fiber

Recipe by Stacey Crawford of BeautyAndTheFoodie.com

Carrot Cake Balls

Everything you love about carrot cake, transformed into a bite-size dessert.

TOTAL TIME: 15 MINUTES
SERVES: 16

INGREDIENTS

1	(8-oz) block cream cheese, softened
¾ cup	coconut flour
1 tsp	stevia
½ tsp	pure vanilla extract
1 tsp	cinnamon
¼ tsp	ground nutmeg
1 cup	grated carrots
½ cup	chopped pecans
1 cup	shredded unsweetened coconut

DIRECTIONS

- In a large bowl, using a hand mixer, beat together cream cheese, coconut flour, stevia, vanilla, cinnamon, and nutmeg. Fold in carrots and pecans.
- Roll into 16 balls, then roll in shredded coconut and serve immediately.

Nutrition (per serving):
130 calories, 2 g protein,
6 g carbohydrates,
2 g sugar, 11 g fat (7 g saturated), 65 mg sodium,
3 g fiber



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The editors of **Women's Health** present an easy guide to the popular diet that boosts energy and helps shed pounds. Learn how keto works and—with more than 70 delicious keto recipes—what you can eat to get healthy results.

