

The **BodyReboot** Cookbook

by Bill McIntosh



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Keto & Low Carb Food Choices

Many people eat about 300 grams of carbs a day, but on a Body Reboot Ketogenic Diet you'll be eating either 25 or 50 grams of carbs per day depending on how long you've been on the diet.

One difficult thing about following any diet can be the cravings and hunger that come from restricting certain foods. There are lots of tasty meals you can prepare on a low carb diet without going over your set carb limit though.

Let's look at some of the possibilities.

Breakfast could be a ham and cheese omelet, sausages or bacon with fried eggs, or what about Greek yogurt with blackberries or raspberries? For lunch, how about a baby leaf salad with walnuts, blue cheese, crunchy vegetables, and a mayo-based dressing, or perhaps some lettuce rollups, which you can make by rolling a large lettuce leaf around tuna mayonnaise or egg mayonnaise?

If your energy begins to lag mid-afternoon, a handful of nuts and seeds will perk you right up again. When dinnertime rolls around, consider a nice steak, some grilled fish or crispy-skinned baked chicken, served with creamed spinach and fried mushrooms. Some sugar-free jelly and unsweetened whipped cream makes a glorious end to the meal. These are just a few examples of nutritious, low carb meals. Of course, you can use your own imagination to come up with many more.

Cutting back carbs means eating fewer calories, which is why you will need to add fat to make them up. Instead of hydrogenated fat or margarine, choose olive oil for cooking and extra-virgin olive oil for making salad dressings. You can also enjoy unsweetened cream and butter.

You will be able to see the carb count on the packaging on branded food products, but unless you are counting carbs to lose weight fast you do not need to count the carbs. Many of the foods you will eat on a low carb diet will be unprocessed 'good carbs' such as meat, fish, vegetables, nuts, eggs, healthy fats, and seeds. The worst choices include white bread, white pasta, white rice, white potatoes, sugar, and anything breaded or processed. For example, there are 5 grams of carbs in just one teaspoon of sugar.

Tips for Losing Weight

- Enjoy a nutritious diet with low carbs such as vegetables and fruits which are high in nutrients and fiber but low in calories, so you are satisfied enough not to overeat.
- Track your food choices and activities in a journal.
- Begin each day with a healthy breakfast.
- Try to enjoy some activity every day. Even a walk is better than nothing. This boosts your energy and burns calories.

Here are some low carb meal ideas which will satisfy your hunger and taste great too:

Egg & Bacon Muffins



Fancy something a little different for breakfast? You must try this! Egg and bacon muffins offer a unique twist on the traditional egg and bacon breakfast, they're also perfect for lunch or brunch. Fully loaded with the good complex carbohydrates and protein your body needs for energy, this dish is the perfect way to kick-start your day.

Ingredients (Serves 6)

- 1 to 3 packs of smoked or unsmoked bacon (at least 12 strips)
- 6 small organic eggs
- Salt, to taste
- Pepper, to taste

Directions:

1. Preheat oven to 375°F/190°C/Gas Mark 5.
 2. Grease 6 wells of a non-stick muffin pan (or ramekins) with butter, then wrap two or three strips of bacon around the inside of each muffin cup. You may need more or less bacon depending on the size of each strip.
 3. Gently crack one small egg into each muffin cup lined with bacon. Sprinkle a little salt and pepper.
 4. Bake for 30-35 minutes or until bacon is crispy and eggs are cooked through to your taste.
 5. Serve with fresh grilled juicy tomatoes.
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Thai Fish Cakes



Fish cakes are a tasty treat and infusing them with Thai flavors make them even better, these will definitely activate your taste buds and leave you wanting more. They have great texture on the exterior and the interior is light with a slight crispness from the green beans. When accompanied by a sweet dipping sauce it really amplifies the dish. You have an amazing plate that can be served as a snack, side or an appetizer.

Ingredients (Serves 2)

- 1 8 oz. white-flesh fish fillet, boneless and skinless
- 2 tablespoons Thai red curry paste
- 1 tablespoon corn starch
- 1 beaten egg
- 4 kaffir lime leaves, finely minced
- Salt and black pepper

- 5 green beans, trimmed and thinly sliced
- Olive oil for frying

Dipping Sauce

- 3 tablespoons Reduced Sugar Tomato Ketchup
- 2 tablespoons chili sauce

Directions:

1. Add the fish fillet to a food processor along with the red curry paste, corn starch, beaten egg and lime leaves. Season with a little salt and pepper then process until a paste forms. Transfer the paste to a bowl, add the thinly sliced green beans and fold into the fish cake mixture.
 2. When the mixture is done divide it into 8 equal portions, form the fish cakes with your hands and place them onto a platter. Once this is done fill a deep pan or wok with enough oil to deep fry the cakes and heat oil until hot.
 3. Fry the fish cakes in small batches for 3 minutes or until golden brown. When they are fried place them on paper towels to drain the excess oil.
 4. As the fish cakes are draining make the sauce by adding the reduced sugar tomato ketchup and chili sauce into a small bowl. Mix well.
 5. Plate and serve the fish cakes with the dipping sauce and enjoy every bite!
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Salad Nicoise



Salad Nicoise is the ideal way to display a wonderful bounty of fresh ingredients. This salad is packed with protein and features seared tuna, anchovies, eggs, asparagus spears and an array of vegetables. This French salad recipe is definitely unlike any other salad you have ever had. It is loaded with great ingredients that work surprisingly well.

Ingredients (Serves 5)

Vinaigrette:

- $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ cup fresh lemon juice
- 1 small shallot, minced
- 1 $\frac{1}{2}$ tablespoons fresh basil leaves, minced
- $\frac{1}{2}$ tablespoon fresh thyme, minced
- 1 teaspoon Dijon mustard
- Pinch of dry oregano
- Salt, to taste
- Black pepper, to taste

Salad:

- 2 tuna steaks, 8 oz. each
- Olive oil
- $\frac{1}{2}$ lemon, juiced
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce
- Salt and black pepper, to taste
- 10-15 asparagus spears

- 1 cup fresh green beans
- 2 heads lettuce
- 2 ripe tomatoes
- 1 red onion, thinly sliced
- 6 hard-boiled eggs, peeled and sliced in half
- ¼ cup olives
- Anchovies

Directions:

1. Add tuna steaks to a baking dish and coat with olive oil, lemon juice, sesame oil, soya sauce, salt and black pepper. Cover and marinate in the fridge for one hour.
2. Heat a large pan over medium high heat and add tuna steaks. Get a nice sear on each side. This should take about 2 minutes per side. Remove from the pan and set aside.
3. In a bowl add all the vinaigrette ingredients. Whisk until emulsified.
4. Place asparagus spears in a pot and cover with hot water from a kettle. Bring to a boil. Cook until tender. Drain, sprinkle with a little salt and pepper. Set aside.
5. In a smaller pot bring salted water to a boil.
6. Prepare an ice bath.
7. Blanch green beans for 3 minutes or until tender.
8. Place into the ice bath to maintain that lovely color. Drain beans and set aside.
9. Tear lettuce leaves and place into a salad bowl. Add some of the vinaigrette and toss. Arrange on a serving platter.
10. Cut tuna into ½ inch strips and coat with a little vinaigrette. Place in the center of the lettuce.
11. Toss green beans in about 3 tablespoons of vinaigrette. Place at the end of the bed of lettuce along with the asparagus spears.
12. Toss tomatoes, red onion and 2 tablespoons vinaigrette in a bowl and place on the lettuce.
13. Add hard boiled eggs, olives and anchovies.
14. Drizzle salad with remaining vinaigrette and serve.

Pan Fried Medium Steak with Romaine and Tomato Salad



There is nothing like a steak dinner that allows the meat to shine on the plate. All that is needed with it is a simple, lightly dressed salad. One great meal that encompasses these characteristics is a pan fried medium steak with a tomato and romaine salad. The steak is juicy, simply seasoned, and has a nice crust on the outside. The salad has a nice peppery taste as a result of the rocket, sweetness from the tomatoes and a balsamic vinaigrette made with olive oil to dress the salad. The steak will

be restaurant quality and the salad is light and fresh with a very satisfying depth of flavor. The first thing to do is focus on making a perfect pan fried medium steak.

Steak Ingredients (Serves 1)

- 1 Sirloin steak, about 1 inch thick
- Salt, to taste
- Coarse ground black pepper, to taste
- 1 teaspoon garlic granules or powder
- Unsalted butter

Directions:

1. Bring the steak to room temperature.
2. Season steak liberally on both sides with salt, pepper and garlic.
3. Heat a large skillet over high heat.
4. When skillet is hot add about 1 tablespoon of butter into the nonstick pan.
5. Immediately place strip steak on top of the butter (the butter helps to create a nice crust on the exterior).
6. Allow to sear for about 3 minutes undisturbed.

7. Turn over and cook for 3-4 more minutes for a medium rare steak.
8. Remove from skillet.
9. Allow to rest (resting helps retain juices).

While the steak is resting gather your ingredients for the salad which are:

Salad Ingredients

- 1 cup cherry tomatoes
- 1 cup rocket
- 2 tablespoons olive oil
- 1 ½ tablespoons lemon juice
- Salt, to taste
- Pepper, to taste

10. Halve cherry tomatoes.

11. In a large bowl combine tomatoes and rocket.

12. Make a quick dressing by whisking olive oil, lemon juice, salt and pepper.

13. Add to salad and toss to coat. Season with a bit more salt and pepper if desired.

14. Now that your steak is rested and the salad is ready, slice and serve on top of salad.

Stir Fry Shirataki Shrimp Noodles



Japanese Shirataki noodles are a great alternative to pasta, they contain no bad carbohydrates, the noodle is low calorie and low carb. Stir fry shrimp noodles is everything you want in a stir fry and so much more. All the textures and tastes in this dish just work. You have your crisp elements thanks to the veggies, tender shrimp and softness from the Shirataki noodles. Aside from texture, the aroma is truly unforgettable.

Ingredients (Serves 4)

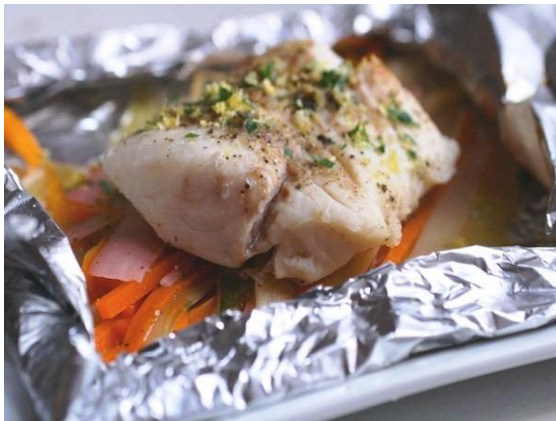
- 4 tablespoons dark soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon Chinese cooking wine or sherry (optional)
- 1 thumb size piece of fresh ginger, peeled and minced
- 1-2 teaspoons ground white pepper
- 1 teaspoon sweetener (optional)
- ¼ cup olive oil
- 1 lb. shrimp, peeled and deveined
- 4 celery ribs, thinly sliced diagonally
- 4 scallions/spring onions/green onions, thinly sliced diagonally
- 1 head of garlic, peeled and minced
- 1 package Shirataki noodles

Directions:

1. Prepare the sauce for the stir fry by combining the soy sauce, sesame oil, cooking wine, ginger, white pepper, sweetener and mix well.
2. Once the sauce is done, add half of the oil to a deep saucepan or wok and heat over medium high. Add the shrimp to the hot oil and cook for 4-5 minutes or until pink and opaque. Remove the shrimp and set those aside.

3. In the same pan or wok add the remaining oil along with the celery, green onions and garlic. Stir fry for about 10 minutes or until the vegetables are warmed through but still have crispness and bite. When they are done set them aside.
 4. As for the Shirataki noodles, they are packaged in water so just take them out of the packaging and run them under hot water. Once this is done add the noodles to the hot pan or wok and stir fry for 3 minutes before adding in the sauce, shrimp and vegetables.
 5. When all the components come together stir fry until everything is warmed through and coated with sauce. Now that the dish is ready, serve and enjoy every bite.
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Baked Cod with Vegetables & Herbs



Cod is a wonderful product to cook with. It is a very delicate, mild fish that pairs well with so many ingredients. With a few super fresh fillets and some time it is easy to create an impressive dish that pleases all the senses. One dish in particular that is quite phenomenal is cod fillets baked in foil accompanied by leeks and carrots. This trio is then seasoned with herbs and spices and cooked until flakey. Baking in the foil allows the fish to steam until it is perfectly flakey, and the vegetables cook down while still maintaining their

bite. As for the herbs and spices, they bring the dish to new heights. In the end you have little packets of elegance to serve and enjoy.

Ingredients (Serves 2)

- 2 tablespoons unsalted butter
- 3 garlic cloves, minced finely
- 2 teaspoons lemon zest
- 1 teaspoon fresh thyme, minced
- 1 ½ tablespoons fresh parsley, chopped
- 2 leeks, cut into matchsticks, white and light green part only

- Salt and black pepper, to taste
- Dry white wine of choice
- 2 cod fillets (6 oz each), boneless and skinless
- Lemon wedges

Directions:

1. Preheat oven to 375°F/190°C/Gas Mark 5.
 2. Add the butter, a little garlic, a portion of the lemon zest and all of the fresh thyme to a small bowl along with a sprinkle of black pepper. Mix to create a seasoned butter for the cod. Once this is done, add the remaining garlic, parsley, and lemon zest to a separate bowl and mix to combine.
 3. In a medium sized bowl toss together the carrots and leeks along with some salt and pepper. Tear off two sheets of aluminum foil and lay them flat on the counter. Place a mound of the leek and carrot mix in the center of each sheet of foil and add a splash of white wine along with the juice of a lemon wedge. Add a fish fillet on the top of the vegetables and season with black pepper. Top each with half of the seasoned butter and fold the foil to create little packets.
 4. Place both packets onto a baking sheet and bake for 15 minutes. After this time remove from the oven, unwrap each package to allow steam to escape and check for doneness by making sure that the fish flakes easily with a fork.
 5. When the fish is done top with the garlic, parsley and lemon zest mixture and serve with lemon wedges.
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Chicken Chasseur



Chicken chasseur, which translates to hunter's chicken, is a classic French dish. This super easy main course is exceptional. The chicken is super tender, the tomatoes add some acidity, the herbs provide a pronounced flavor and the mushrooms bring an amazing earthiness. Making the entire recipe in one vessel ensures that the end result is a beautiful dish that pleases all the senses.

Ingredients (Serves 2-4)

- 2 tablespoons all-purpose flour (optional)
- Salt, to taste
- Pepper, to taste
- 4 skinned and boned chicken thighs
- 2 tablespoons olive oil
- 1 large onion, peeled and sliced (or shallots)
- 1 cup sliced chestnut mushrooms
- 3 garlic cloves, minced
- ½ cup dry white wine
- 2 cups chicken broth
- 1 can chopped tomatoes
- 2 sprigs fresh thyme
- 2 bay leaves
- 4 sprigs fresh tarragon
- 1 small pot double or heavy cream

Directions:

1. Pre-heat an oven to 425°F/220°C/Gas Mark 7.
 2. Quickly season the 2 tablespoons of flour with a little salt and pepper. Once seasoned coat the chicken thighs with flour and shake off the excess (this will help brown the chicken).
 3. When the chicken is coated, add oil to a large casserole dish and place over medium high heat. Put chicken thighs into the pan and cook until golden brown on both sides. As soon as the chicken is brown add the sliced onions along with the mushrooms and garlic. Stir continuously until the onions and mushrooms are fragrant then pour in the wine and bring to a boil for 3 minutes.
 4. Follow by pouring in the chopped tomatoes and let the sauce boil and reduce once again for 5 minutes. Add the chicken stock, thyme, bay leaves as well as the fresh tarragon and give it a good stir. Transfer the dish to the preheated oven.
 5. Bake for 30 to 40 minutes. After the 30 to 40 minutes have passed check the chicken for doneness (it should not be pink). Remove from the oven, stir in the heavy cream and serve with vegetables.
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Stuffed Cabbage Rolls



Stuffed cabbage rolls are excellent. They are savory, meaty, vegetal and subtly sweet. Not only is this dish tasty but it is so appealing to the eye. A beautiful roll covered in tomato sauce looks lovely when plated and is a greater pleasure when eaten. All you need are cabbage leaves along with ground meat and a few other additions.

Ingredients (Serves 4-6)

- 1 large white cabbage
- Olive oil
- 1 onion, peeled and finely diced
- 2 garlic cloves, minced
- ½ cup mushrooms, finely chopped
- 2 pounds ground meat of choice (beef, turkey, chicken or pork is fine)
- 1 8 oz. can of tomato sauce
- 1 tablespoon tomato puree
- 1 teaspoon brown sugar (optional)
- 1 tablespoon lemon juice
- Pinch of red chili flakes
- 1 cup chicken broth/stock
- Salt and pepper to taste

Directions:

1. With a sharp knife carefully core the cabbage. Once this is done place the cabbage into a large pot. Cover the cabbage with water and bring to a boil over medium high heat. Cook for 7-10 minutes or until the leaves are pliable and tender.
2. When the cabbage is cooked, drain and remove it from the pot. Once cool enough to be handled remove the leaves and lay them flat. Allow to cool for a few additional minutes.

3. As the cabbage leaves are cooling add about a tablespoon of oil to a large pan. Heat over medium and sauté the onions, garlic, and mushrooms until softened. Once this is done add the ground meat and brown. As the meat is browning preheat the oven to 350°F/180°C/Gas Mark 4 and grease a large baking dish with olive oil. When the meat is cooked the filling is done.
 4. Now that you have the filling add about 2 tablespoons in the center of each cabbage leaf, fold in the sides and roll. If the leaves are too thin use two per roll (just make sure to align the spines). Once the rolls are done place them in an even layer in the non-stick baking dish.
 5. In a medium saucepan add the tomato sauce, tomato puree, brown sugar, lemon juice, red pepper flakes and chicken broth/stock. Season with salt and pepper. Once seasoned bring the sauce to a quick and pour this over the cabbage rolls. Now just cover the dish with foil, and bake for 45 minutes. After this time uncover and cook for an additional 5-7 minutes.
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Cauliflower Mashed Potatoes



If you like mashed potatoes it is time to try mashed cauliflower. The appearance is very similar but the taste is so much lighter and brighter. Mashed cauliflower still has that rich quality and is packed with essential vitamins and minerals. It is also low-carb and low in calories!

Ingredients (Serves 3-4)

- 1 large head of cauliflower
- 2 tablespoons unsalted butter
- 2-3 garlic cloves, minced

- Olive oil
- Salt, to taste
- Black pepper, to taste

Directions:

1. Fill a large pot with water, attach a steamer basket and bring to a boil over high heat. If you do not have a steamer basket on hand simply cover pot and bring water to a boil.
 2. As the water is heating up cut the head of cauliflower in half with a sharp knife and carefully remove the stem. Once this is done chop the cauliflower into small pieces.
 3. Steam or boil the cauliflower for about 15 minutes. During this time drizzle a little oil in a small pan and sauté the minced garlic. Sauté while stirring until softened and fragrant.
 4. Check that the cauliflower is tender and remove pot from the heat. Drain the water and transfer vegetable to a mixing bowl along with the garlic, use a hand-held potato masher to crush the cauliflower, then add the butter, some salt and a generous amount of pepper. Pound until smooth, taste and adjust seasonings as needed.
 5. Now that the mashed cauliflower is done simply transfer to a plate and serve as desired.
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Zucchini Lasagna



Lasagna is a lovely dish. It has the signature layers, the richness, tomato sauce and of course cheese. Although often made with lasagna noodles, why not reduce the carbs and replace the noodles with zucchini (courgette)? Doing so brightens up the dish and takes out the heaviness while retaining the richness that every lasagna should have.

Ingredients (Serves 4-6)

- Olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 lb. ground beef or turkey
- 24 oz. tomato sauce
- 1 teaspoon oregano
- 2 sprigs fresh basil, chopped
- 16 oz. shredded mozzarella plus more for topping
- ½ cup freshly grated parmesan plus more for serving
- 2 eggs
- 4 medium zucchini (courgettes), cut in 1/8-inch-thick slices
- Salt & pepper to taste

Directions:

1. Preheat oven to 350°F/180°C/Gas Mark 4 and heat a large skillet over medium. Add some olive oil into the skillet along with the onion and garlic. Cook until softened and fragrant. Add the ground meat into the skillet and brown. Season generously with salt and pepper.
2. Pour the tomato sauce into the pan with the browned meat, add in the oregano, basil and simmer for 10-12 minutes.

3. As the meat sauce is simmering, combine the mozzarella, parmesan cheese and egg in a bowl to make the mixture for the cheese layer. Mix until the egg is evenly distributed into the cheese.
4. Direct your attention to the sauce. Taste and adjust seasonings as needed. When the sauce and cheese mix is done, lightly coat a 9 by 13-inch baking dish with oil and arrange the slices of zucchini in an even later on the bottom. Top this layer with half of the meat sauce and a layer of the cheese mixture. Repeat the layers and finish with zucchini.
5. Top with mozzarella cheese and cover the lasagna with foil. Bake in the oven for 45 minutes before removing the foil and returning it to the oven for an additional 15 minutes.
6. Remove from the oven, cool for about 5 minutes, plate and serve with a little parmesan cheese if desired.

Creamed Spinach Stuffed Pork Chops



This flavorful one-pan meal only takes about half an hour to get on the table, so it is perfect for those busy weeknights when you want something a little healthier than take out.

Prep time: 5 minutes

Cook time: 25–30 minutes

Ingredients (Serves 4)

- 4 boneless pork chops, 1" thick
- Salt and black pepper, to taste
- 2 T. extra virgin olive oil, divided

- 2-3 cloves fresh garlic, finely minced
- 12 oz. fresh spinach, rinsed and dried
- 4 oz. cream cheese, softened and divided
- 2 T. sour cream
- 1 c. organic, sugar-free chicken broth

Directions:

1. Cut each pork chop with a sharp knife along one side to form a pocket, being careful not to cut all the way through. Season each side with salt and black pepper, to taste, and set aside.
2. Heat 1 tablespoon olive oil and garlic over medium heat in a large, high-sided skillet. Cook until garlic turns fragrant and golden brown, approximately 2-3 minutes.
3. Working in batches if necessary, add fresh spinach to the skillet and cook until it wilts, stirring constantly.
4. Add 3 ounces of the cream cheese and sour cream to the skillet and stir until spinach is coated and the cheese is completely melted. Season with salt and black pepper, to taste, and remove from heat. Let cool slightly before stuffing each pork chop with an equal amount of the spinach mixture, removing all of the spinach mixture from the pan in the process.
5. Add remaining tablespoon olive oil to the same skillet and heat over medium-high heat. Add stuffed pork chops to hot skillet and cook approximately 3-4 minutes per side or until pork is browned and cooked through. Remove pork chops from skillet and transfer to a serving dish. Cover with foil to keep warm and set aside.
6. Add chicken broth and remaining cream cheese to the skillet and cook over medium-high heat. Scrape up brown bits from bottom of the pan while stirring to incorporate the cream cheese into the sauce. Continue cooking until sauce is reduced by one half, approximately 6-8 minutes. Remove from heat and season with additional salt and black pepper, if desired.
7. To serve, spoon some pan sauce over each stuffed pork chop and enjoy immediately.

Carbs/Serving:

Total carbs: 4.5 g

Fiber: 1.9 g

Net carbs: 2.6 g

Easy Wedge Salad with Homemade Blue Cheese Dressing



This hearty salad can serve as a satisfying light main course on its own – or it can be paired with another low-carb entree, such as our garlic herb roasted chicken recipe and some steamed broccoli for a more well-rounded meal.

Tip: For best results, prepare the homemade blue cheese dressing the night before to give the flavors a chance to blend.

Prep time: 20 minutes

Cook time: n/a

(Serves 6)

Dressing Ingredients:

- 2 T. avocado mayonnaise
- 2 oz. blue cheese, crumbles
- 2 T. Greek yogurt
- 2 T. full fat sour cream
- 1 t. garlic salt
- Sea salt and black pepper, to taste
- 2-3 T. heavy whipping cream (optional)

Ingredients:

- 1 large head iceberg lettuce, cut into 6 wedges
- 2 large avocados, diced
- 3 strips sugar-free bacon, cooked crispy and crumbled
- 3 hard-boiled eggs, peeled and chopped
- 1 large stalk celery, chopped
- Sea salt and black pepper, to taste

Directions:

1. To make the blue cheese dressing, combine the avocado mayonnaise, blue cheese, Greek yogurt, sour cream, and garlic salt in a medium glass or other non-reactive bowl. Stir enough half & half into the blue cheese mixture to reach the desired consistency. Season with salt and black pepper, to taste, and stir to combine. Cover and refrigerate until ready to use.
2. When ready to serve, place each wedge of iceberg lettuce onto individual chilled serving plates. Drizzle each wedge with some homemade blue cheese dressing, and then top each with an equal amount of avocado, crumbled bacon, chopped hard-boiled eggs, and chopped celery. Season with salt and black pepper, to taste, and serve immediately. Enjoy!

Carbs/Serving:

Total carbs: 11.6 g

Fiber: 4.9 g

Net carbs: 7.0 g

Loaded Avocado Baked Eggs



This delicious breakfast dish looks as good as it tastes. As an added bonus, you won't need to dirty any pots or pans to prepare it if you microwave the bacon rather than fry it.

There are a couple of "tricks" to perfecting this recipe, however. For starters, use large avocados and medium-sized eggs. Otherwise, the egg white may overflow the avocado. Cracking each egg into a small bowl before carefully pouring it into the avocado will also help prevent spills.

Tip: To keep your egg-filled avocados from tipping over while baking, position them over the holes of a muffin tin, rather than on a flat baking sheet, before placing them in the oven.

Prep time: 5 minutes

Cook time: 20 - 25 minutes

Ingredients (Serves 4)

- 2 large ripe avocados
- 4 medium eggs
- Sea salt and black pepper, to taste
- ½ c. Cheddar Jack Cheese, shredded
- 3 strips sugar-free bacon, cooked crispy and crumbled

Optional garnish: chives or green onions (green parts only), sliced thin

Directions:

1. Preheat oven to 350° F and line a rimmed baking sheet with parchment paper.
2. Cut avocados in half lengthwise and remove the pits. Use a spoon to carefully remove some of the avocado flesh around the pit to create more space for the egg. Reserve removed flesh for another use (or smash, season with salt and pepper to taste, and top each baked avocado half with a spoonful before serving).

3. Crack one egg into a small bowl and then carefully transfer the egg into one of the prepared avocado halves. Place the filled avocado onto the prepared baking sheet and repeat this process with the remaining avocado halves and eggs. Season each with salt and black pepper, to taste.
4. Place filled avocado halves in pre-heated oven to bake for 20-25 minutes, or until the eggs are cooked according to your preference.
5. Remove from oven and top each avocado half with shredded Cheddar Jack cheese and crispy bacon pieces. Garnish with chives or sliced green onions, if desired, and serve immediately. Enjoy!

Carbs/Serving:

Total carbs: 7.9 g

Fiber: 5.9 g

Net carbs: 2 g

Easy Weeknight Keto Pepperoni Pizza



This delicious and guilt-free pepperoni pizza features a melt-in-your-mouth baked cream cheese “crust,” plus all the incredible flavor you’ve come to expect from this perennial favorite.

What’s more, the versatile cream cheese crust recipe can be tweaked to include your favorite herbs and spices for a truly distinctive flavor. But don’t stop there! Experiment with your favorite pizza toppings for a quick and satisfying meal you can enjoy any night of the week.

Prep time: 10 minutes + 5-10 minutes inactive

Cook time: 20 minutes

Ingredients (Serves 4)

- 8 oz. cream cheese, room temperature
- 2 large eggs
- 1/3 c. Parmesan cheese, freshly grated
- 1 ½ t. dried basil, divided
- 1 ½ t. dried oregano, divided
- 1 t. garlic powder, divided
- Sea salt and black pepper, to taste
- 1 ½ T. tomato paste
- 3 T. sugar-free tomato sauce
- 4 oz. pepperoni, thinly sliced
- 1 c. Mozzarella cheese, shredded

Optional garnish: Fresh basil leaves, cut into thin slices

Directions:

1. Preheat oven to 375° F and line a large rimmed baking sheet with parchment paper. Set aside.
2. Combine cream cheese, eggs, Parmesan cheese, 1 teaspoon basil and oregano, and ½ teaspoon garlic powder in a medium-sized bowl. Season with salt and black pepper, to taste, and whisk until mixture is completely blended and smooth.
3. Spread the cream cheese mixture onto the prepared baking sheet into the desired shape and thickness. (For thicker crusts, reduce oven temperature to 350° F and increase baking times for best results).
4. Place the crust in the pre-heated oven for 8-10 minutes, or until slightly puffed and golden brown. Check halfway through cooking time to ensure the crust bakes evenly and does not become too brown.
5. In the meantime, whisk the tomato paste, tomato sauce, the remaining dried herbs, and the garlic powder in a small bowl. Lightly season with salt and black pepper, to taste, and stir to combine. Set aside.

6. Remove the pizza base from the oven and let cool for 5-10 minutes before topping with tomato sauce, sliced pepperoni, and shredded Mozzarella cheese.
7. Return pizza to oven and bake for another 10 minutes, or just until the cheese is melted and bubbly. Remove from oven and garnish with fresh basil, if desired, and serve immediately. Enjoy!

Carbs/Serving:

Total carbs: 5.3 g

Fiber: 0.9 g

Net carbs: 4.4 g

Super Easy Crisp & Crunchy Broccoli Slaw



This super quick recipe is perfect for those nights you want a light and tasty side dish without pulling out another pot or pan. Just toss the ingredients into a large bowl and give it a quick stir to combine ~ and voila! You have a satisfying side dish or a crunchy filling for sandwiches or lettuce wraps, such as our delicious Slow Cooker Pulled Pork Lettuce Wraps recipe.

Planning Tip: You can serve this recipe immediately at room temperature. However, for best results, cover and place in the refrigerator for a couple hours (or overnight) to give the flavors a chance to combine.

Prep time: 5 minutes

Ingredients (Serves 4)

- 1 12 oz. bag organic broccoli slaw
- ¼ c. fresh parsley leaves, chopped
- 2 T. avocado oil mayo

- 1 T. apple cider vinegar
- 1 t. whole celery seed
- Sea salt and black pepper, to taste

Directions:

Add broccoli slaw, parsley, avocado oil mayonnaise, cider vinegar, and celery seed to a large glass or other non-reactive bowl and stir to combine. Season with salt and black pepper, to taste.

Serve immediately or place in the refrigerator for a couple hours to chill, if desired. Enjoy!

Carbs/Serving:

Total carbs: 5.9 g

Fiber: 2.3g

Net carbs: 3.6 g

Slow Cooker Pulled Pork Lettuce Wraps



This delicious low-carb pulled pork recipe takes only 10 minutes to put together. After that, you're free to do something else while your slow cooker transforms it into a nearly effortless melt-in-your-mouth dish your family will love.

For even tastier results, allow pork to sit in its yummy juices once you've pulled it apart. This will allow it to absorb even more of that great flavor!

Prep time: 10 minutes

Cook time: 4.5 - 6.5 hours

Ingredients (served 4)

- 2 lbs. pork shoulder
- 2 t. onion powder
- 1 t. garlic powder
- 2 t. dried rosemary
- 2 t. smoked paprika
- ½ t. cayenne pepper
- 1 t. ground fennel seeds
- 2 t. cocoa powder
- Sea salt and black pepper, to taste
- 1/3 c. organic sugar-free chicken broth
- 8 iceberg or butter lettuce leaves

Directions:

1. Combine all spices and the cocoa in a small bowl and season with salt and black pepper, to taste. Rub the spice mix all over the pork shoulder and transfer to a 5 or 6-quart slow cooker crock. Add the chicken broth to the crock and cook on high for 4 hours or on low for 6.
2. Once the cooking time is complete, use two forks to pull the pork apart while it is still in the slow cooker crock. Allow the pulled pork to remain in the juices with the slow cooker set to “warm” for 20-30 minutes to absorb more flavor.
3. To serve, fill each lettuce leaf with some crunchy broccoli slaw and top with some pulled pork. Enjoy!

Carbs/Serving:

Total Carbs: 3.9 g

Fiber: 1.6 g

Net Carbs: 2.3 g

Bacon, Goat Cheese & Basil Stuffed Chicken Breasts



Delicious!

Prep Time: 15 minutes

Cook Time: 25-30 minutes

Ingredients (Serves 4)

- 2 T. extra virgin olive oil
- 4 6-oz. boneless, skinless chicken breasts
- 4 oz. goat cheese, divided
- 6 strips of cooked bacon, crispy and crumbled
- 6 basil leaves, rolled and sliced thin
- Salt and pepper, to taste
- 1 c. balsamic vinegar

Directions:

1. Preheat oven to 375 degrees.
2. Butterfly the chicken by running a sharp knife horizontally through the thickest part of each breast. Place one hand on top of the breast to stabilize while holding the knife parallel to the work surface while cutting. Do not cut all the way through. Open the breast so both halves can lie flat.
3. Season the exposed surface with salt and pepper, then add 1/4 of the goat cheese, crumbled bacon, and sliced basil leaves to each breast. Fold the breasts in half so the

cheese mixture is surrounded by chicken breast on the bottom, back and top. Secure with long wooden toothpicks, if desired.

4. Heat olive oil over medium-high heat in a large oven-safe skillet. Once hot, add the stuffed chicken breasts to the pan to sear. Once browned on the bottom, carefully turn each breast over and repeat on the other side. Season top and bottom with salt and pepper, if desired, during this process.
5. Place skillet in preheated oven and cook until an instant read thermometer reads 165 degrees when inserted, approximately 25-30 minutes. Remove from the oven and cover until ready to serve.
6. A few minutes before removing the chicken from the oven, start making the balsamic glaze. Heat balsamic vinegar in a small sauce pan over medium-high heat. Stir while heating until the vinegar is reduced to about 1/3 of its original volume. It will form a thick, syrupy consistency when it is ready.
7. To serve, place a stuffed chicken breast on each plate and drizzle with balsamic glaze. Pairs well with a mixed green salad or roasted vegetables.

Homemade Vegetable Stock

Once you make your own vegetable stock, you won't want to ever buy it again. It's so quick and easy to make, and it is a great way to use up all those fresh herbs and vegetables you didn't get around to using. Simply freeze whatever portion you don't use right away, and then pull it out whenever you want to make a quick soup, stew or slow cooker meal.

Yield: 4 cups

Total Prep time: 25 minutes

Ingredients:

- ¼ c. olive oil
- 2 large onions, peeled and cut into chunks
- 4 cloves garlic, peeled and smashed
- 3 stalks celery, cut into chunks
- water to cover
- 8 sprigs fresh thyme
- 4 sprigs fresh rosemary

- 1 bay leaf
- 1 handful whole fresh parsley
- small handful whole peppercorns

Directions:

Add olive oil to a large stockpot and heat over medium-high heat. Add onions, garlic and celery to heated olive oil and sauté for 5 or 6 minutes, or until the flavor is released.

Add enough water to cover the vegetables, followed by thyme, rosemary, bay leaf, parsley and peppercorns. Heat mixture over medium-high heat until it just about boils, and then reduce heat to medium-low. Give it a quick stir and simmer, uncovered, for about an hour. (The exact amount of time doesn't matter – the longer it simmers, the better the flavor will be).

Place a stainless-steel colander over a large pot in the sink. Carefully pour contents of stockpot into the colander to separate out the solids from the liquid. Discard solids and allow liquid to cool completely before transferring to freezer safe-storage containers. Freeze until ready to use.

Ranch-Rubbed Roasted Pork Chops



No need to buy pre-packaged ranch dressing or seasoning when it is so easy to make your own. Use the recipe provided below as a guideline, then adjust the seasonings to suit your own tastes. Once you've found the perfect blend, you can mix up larger batches and store the excess in an airtight container for several months. This seasoning is excellent on meats, in homemade salad dressings, or blended with Greek yogurt for a healthy vegetable dip.

Prep time: 10 minutes

Cook time: 16-18 minutes

Ingredients (Serves 4)

Dry Ranch Seasoning:

- 2 T. dried dill weed
- 3 T. dried parsley
- 2 t. onion powder
- 2 t. garlic powder
- 2 t. kosher salt
- ½ t. freshly ground black pepper

Pork Chops:

- 2 T. ranch seasoning (recipe above)
- 1 T. extra virgin olive oil
- 4 bone-in thick-cut pork chops, approximately 1" thick
- Salt and freshly ground black pepper, to taste

Directions:

1. Preheat oven to 400°F and line a large rimmed baking sheet with aluminum foil or parchment paper. Set aside.
2. To make the ranch seasoning, combine all ingredients in a small bowl and stir to combine.
3. Rub pork chops with 1-2 tablespoons dry ranch seasoning (divided evenly among all 4 chops), until coated. (Store remaining ranch seasoning in an airtight container for later use).
4. Heat extra virgin olive oil in a large skillet over medium-high heat before adding seasoned pork chops to skillet. Sear pork chops on each side until browned, approximately 2 minutes per side.
5. Once browned, transfer pork chops to the lined baking sheet, leaving room between each pork chop so they are not over-crowded. Place baking sheet in the pre-heated oven and roast for 8 minutes before turning each chop. Continue roasting another 8-10 minutes, or until an instant-read thermometer inserted into the thickest portion of the chop reads 145°F (medium-rare) to 160°F (medium).
6. Remove chops from oven and let rest for 3-5 minutes before serving.

Cauliflower & Goat Cheese Soup



One of the great things about cauliflower is how well it takes on the flavors of other ingredients. In this case, the more pungent goat cheese adds an interesting and delicious dimension to the finished result. If you want more robust flavors, roast the cauliflower and onion before blending. The flavor will be more complex, but be aware the soup will take on a darker brown color as a result.

This quick and versatile soup makes a nice, light appetizer or a filling lunch when paired with a crisp, green salad.

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients (Serves 4)

- 1 large head cauliflower, rinsed, tough outer leaves removed
- 2-3 cloves fresh garlic, roughly chopped
- 2 green onions, rinsed, roots and dried ends removed
- 2 t. dried parsley
- 2-3 T. Water
- Sea salt and freshly ground black pepper, to taste
- 3-4 c. organic chicken or vegetable stock, divided
- 4 oz. log goat cheese, cut into chunks

Optional Garnish:

- Sliced green onions, green parts only
- Crumbled bacon

Directions:

1. Cut up the cauliflower, stems included, into small pieces and place in a large colander. Rinse thoroughly under running water and let drain briefly when finished.
 2. Place cauliflower in a large, microwave-safe dish with garlic, the white part of the green onions, and the dried parsley. Add 2-3 tablespoons of water and season with salt and pepper, to taste.
 3. Cover container and microwave on high until the cauliflower is fork tender, approximately 6-7 minutes. (Actual cooking time will vary depending on microwave strength and the amount of cauliflower used, so test after 4 minutes and adjust cooking time accordingly).
 4. Remove from microwave, and fill blender container nearly half full with the steamed cauliflower mixture. Add 1 cup stock to the blender and blend until smooth. (Make sure the blender lid is adequately vented to allow steam to escape before turning on the blender).
 5. Pour cauliflower puree into a large soup pot and repeat with the remaining steamed cauliflower mixture and stock until it has all been pureed and transferred to the pot.
 6. Turn heat to medium and cook until the cauliflower mixture is heated through, about 5-6 minutes, while stirring occasionally. Add the goat cheese and stir until blended. Cook another minute or two, or until the soup is uniformly heated. If soup is too thick, add additional stock to reach the desired consistency. If it is too thin, continue cooking until excess moisture has been reduced.
 7. Taste and season with additional salt and pepper, if desired. Serve immediately topped with sliced green onion or crumbled bacon.
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Pan-Roasted Brussels Sprouts & Bacon



This delicious side dish is full of caramelized flavor punctuated by tasty bits of bacon and crispy goodness. Pair this dish with pork chops or roasted chicken for a wonderful, low-carb meal.

Prep time: 10 minutes

Cook time: 25-30 minutes

Ingredients (Serves 4-6)

- 4 thick-cut bacon slices
- 1 ½ lbs. fresh Brussels sprouts, trimmed and cut in half
- 2 T. extra virgin olive oil
- Sea salt and freshly ground black pepper, to taste

Directions:

1. Preheat oven to 400°F.
2. Cook bacon in a large cast iron skillet over medium-high heat, turning once to ensure it is cooked evenly on both sides. Cover pan with a splatter guard while cooking, if desired.
3. Remove skillet from heat and place cooked bacon on a wire rack set over paper towels to drain. Once cool, blot bacon with paper towels to remove excess fat before crumbling.
4. After skillet has cooled slightly, carefully drain the excess bacon fat into an empty can or other heat-safe container. If any fat drips down the side of the skillet, be sure to wipe it off with a damp dish cloth before putting it back on the burner.

5. In a large bowl, combine Brussels sprouts and olive oil and toss to coat. Season with salt and freshly ground black pepper, to taste.
 6. Heat skillet over medium-high heat and add Brussels sprouts and cook for several minutes until they begin to turn brown. Add the crumbled bacon to the skillet and place in the pre-heated oven. Roast for 20-25 minutes, stirring halfway through, until the sprouts turn a rich, caramelized color.
 7. Remove skillet from oven and serve immediately.
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Arugula, Portobello, & Feta Frittata



Frittatas are often prepared in well-seasoned cast iron skillets or other non-stick ovenproof pans or cookware. However, a standard 10" non-stick skillet will also work provided you don't try to pop it in the oven!

This savory stovetop frittata is easy to make and really versatile. The most difficult part is deciding whether you should enjoy it for breakfast, brunch, lunch, or dinner.

Prep time: 15 minutes

Cook time: 20-25 minutes

Ingredients (Serves 4)

- 6 whole eggs
- ¼ c. heavy whipping cream
- 3 T. Water
- Sea salt and freshly ground black pepper, to taste
- 1 T. extra virgin olive oil
- 6 baby Portobellos, washed, gills removed, stems chopped, and caps cut into thin slices

- 2 handfuls arugula, washed and dried
- 6 cherry tomatoes, washed and cut in half
- 2 oz. Feta cheese, cut into equal-size chunks

Directions:

In a medium bowl, whisk together 6 eggs, heavy whipping cream, water, sea salt, and freshly ground black pepper until blended. Set aside.

Add olive oil to a 10" non-stick skillet and heat over medium heat. Add Portobello mushroom slices and chopped stems and cook approximately 5-6 minutes, stirring occasionally. When the mushrooms are browned, remove 3 uniformly sized mushroom slices from the pan and set aside.

Add arugula to pan and stir constantly until wilted, approximately 1-2 minutes.

With a spoon, spread ingredients into a uniform layer across the bottom of the pan, ensuring an even distribution of mushrooms and arugula throughout. Pour egg mixture on top and let cook for 1-2 minutes, or until the egg begins to set on bottom.

Reduce heat to just above the "low" setting and cover. Cook 8-9 minutes, then remove cover and arrange the 3 Portobello strips, cherry tomato halves, and Feta chunks in a decorative pattern, if desired. If not, simply scatter those ingredients across the top of the frittata before covering again.

Cook for another 5-6 minutes, or until the egg is cooked through and the Feta has just begun to melt. Remove from heat and carefully transfer to a serving platter and cut into wedges.

Serve warm or enjoy at room temperature.

Easy Spicy Roasted Cauliflower



This is a perfect side dish for a quick and easy weeknight meal. Just toss it all together and pop it in the oven for a flavorful, low carb side that pairs well with everything from poultry to beef and pork roasts.

Prep time: 5 minutes

Cook time: 25-27 minutes

Ingredients (Serves 4)

- 1 large head cauliflower, rinsed, dried, and separated into florets
- 3 T. extra virgin olive oil
- 2 - 3 cloves garlic, peeled and finely minced
- 2 t. crushed red pepper flakes
- Salt and freshly ground black pepper, to taste
- ½ c. Parmesan cheese, freshly grated, divided

Directions:

1. Preheat oven to 450°F and line a large, rimmed baking sheet with parchment paper.
2. Add cauliflower florets, olive oil, minced garlic, and crushed red pepper flakes to a large bowl and toss to coat. Season with salt and pepper, to taste.
3. Spread seasoned cauliflower on prepared baking sheet in a single layer. Roast for 20-25 minutes at 450°F, stirring once to ensure cauliflower cooks evenly.
4. Remove from oven and set the broiler to high. Evenly sprinkle cauliflower with ¼ cup freshly grated Parmesan cheese and place under the broiler until golden brown (approximately 2 minutes).
5. Remove from oven and sprinkle with remaining Parmesan cheese and serve immediately.

Lemon-Pepper Baked Chicken Wings



These spicy baked chicken wings are perfect for game day or anytime you need to whip up a casual, yet delicious, appetizer.

Making your own homemade flavored seasonings is easy. However, finding the perfect balance of flavors is more of an art than a science, because individual tastes vary so widely.

The proportions shared here offer a safe starting point. The whole black peppercorns impart a BOLD flavor to this seasoning, so it's best to start with a small amount and adjust upwards until you find the level of heat you prefer. Once you do, you can create larger batches of this seasoning and store the

remaining amounts in an airtight container for several months.

Prep time: 50 minutes (includes drying time for zest which can be done in advance)

Cook time: 50 minutes

Ingredients (Serves 4)

Lemon-Pepper Seasoning:

- 4-5 large organic lemons, zested
- 1 T. kosher salt
- 1 t. black peppercorns, crushed

Chicken Wings:

- 4 lbs. chicken wings, tips removed and patted dry
- 3 T. extra virgin olive oil

Directions:

1. Position oven rack to center position and preheat oven to warm (lowest setting).
2. Line a large rimmed baking sheet with parchment paper and set aside.

3. To prepare the lemon-pepper seasoning, wash the lemons and pat dry. Remove zest from each lemon with a microplane. While doing so, collect as much of the flavorful yellow outer layer as possible, while avoiding the more bitter white layer below.
 4. Spread the zest in a thin layer on the parchment paper and place in the oven. After 20 minutes, remove pan from oven and shake to make sure zest is drying evenly. Return to oven until thoroughly dried, approximately 25-30 minutes.
 5. Remove dried lemon zest from the oven and increase oven temperature to 425°F.
 6. Add dried lemon zest to spice grinder or food processor along with salt and black peppercorns. Grind ingredients until desired consistency is reached. Taste and adjust ratio of salt and pepper as desired.
 7. In a large bowl, combine chicken wings with olive oil and 1 - 2 tablespoons of lemon-pepper seasoning and toss until evenly coated.
 8. Arrange seasoned chicken wings in a single layer on rimmed baking sheet lined with parchment paper. Do not overcrowd. Place baking sheet on center rack of preheated oven and bake for 20-25 minutes.
 9. Remove baking sheet from oven and turn each wing to ensure they cook evenly on all sides. Return to oven and bake for another 20-25 minutes, or until wings are browned and crispy.
 10. Remove from oven and serve immediately with sliced celery and blue cheese or ranch dressing, if desired.
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Pickle-Braised Chicken Thighs with Cauliflower “Rice”



The dill pickle juice adds a wonderful briny flavor to this recipe. If you find the finished flavor is too strong for your tastes, it can be tempered by adding additional chicken broth when making the pan sauce.

Prep time: 10 minutes

Cook time: 55-60 minutes

Ingredients (Serves 4)

Chicken Thighs:

- 2 T. extra virgin olive oil, divided
- 3-4 cloves fresh garlic, minced
- 8 bone-in chicken thighs (approximately 3 lbs.)
- Freshly ground black pepper, to taste
- ½ c. dill pickle juice
- 1 ½ c. organic chicken broth, divided
- Salt, to taste (optional)
- 3 T. fresh parsley, chopped (optional)

Cauliflower Rice:

- 1 medium head cauliflower, rinsed, tough leaves and stems removed
- 1 T. extra virgin olive oil.
- Freshly ground black pepper, to taste

Directions:

1. In a large 12" oven-proof skillet with deep sides, heat one tablespoon extra-virgin olive oil and minced garlic over medium-high heat for 1-2 minutes, stirring occasionally.
 2. Season the chicken thighs with freshly ground black pepper, to taste. Working in batches, place 4 chicken thighs in hot skillet, skin side down, and sear until the skin is golden brown and releases easily from the bottom of the skillet. Turn thighs and repeat on the other side.
 3. Remove browned chicken thighs from skillet and keep warm. Add another tablespoon of olive oil to pan and repeat process with the remaining 4 chicken thighs.
 4. Once all 8 chicken thighs are browned, return the first 4 thighs to the pan. Arrange thighs in a single layer and add the pickle juice and ½ cup chicken broth to the pan.
 5. Bring liquid to a boil, then reduce heat to medium-low. Simmer for 25-30 minutes, then turn each thigh over with tongs and continue cooking another 30 minutes or until the meat is very tender. Once tender, remove chicken thighs from skillet to a separate platter. Cover and keep warm.
 6. While the chicken is cooking, prepare the cauliflower "rice" by breaking the cauliflower into florets. Pulse florets in a food processor or grate by hand with a rectangular box grater to create rice-sized pieces.
 7. Once grated, dry cauliflower "rice" thoroughly by placing on paper towels or clean kitchen towels. Press lightly with another layer of paper towels or clean fabric to remove as much excess water as possible before cooking.
 8. Heat 1 tablespoon olive oil in a medium skillet over medium heat before adding cauliflower. Cook for 1-2 minutes, stirring constantly. Reduce heat to low, cover and steam for approximately 5 minutes, or until cauliflower is tender. Remove from heat and set aside.
 9. To make the pan sauce, add remaining cup of chicken broth to the first skillet and bring to a boil, then reduce heat to simmer. Scrape brown bits from bottom of pan with a wooden spoon and continue cooking until the sauce reduces by one half. Taste and season with additional salt and pepper, if desired.
 10. Serve chicken thighs over a bed of cauliflower rice and drizzle with pan sauce. Garnish with chopped fresh parsley, if desired.
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Bacon, Blue Cheese, and Mushroom Sliders



Every mouthful of these tasty little beef sliders is so delicious you won't even miss the bun. Finely minced garlic and onion imparts juiciness and flavor to otherwise basic ground beef, while bacon, mushrooms, and sautéed mushrooms make every bite something to savor.

Tip: If you aren't closely watching your carb count or avoiding added sugar in your recipes, you can add 1 tablespoon Worcestershire sauce to the beef mixture before cooking for even more flavor.

Prep time: 10 minutes

Cook time: 35-40 minutes

Ingredients Serves: 4 (8 sliders)

- 1 lb. ground beef
- 2 t. Dijon mustard
- 3 cloves garlic, finely minced
- 2 T. white onion, finely minced
- Sea salt and black pepper, to taste
- 2 T. extra virgin olive oil, divided
- 4 oz. white mushrooms, sliced
- 3 oz. crumbled blue cheese
- 3 strips bacon, cut into thirds and cooked

Optional Side Dish: 1 12-oz. package frozen broccoli, steamed

Directions:

1. Preheat oven broiler to high and set top oven rack to the second highest setting.

2. Add ground beef, mustard, garlic, and onion to a medium bowl. Season with salt and black pepper, to taste, and mix with a fork or your fingers until all ingredients are thoroughly combined.
3. Divide beef mixture into 8 portions and shape each into small patties. Set patties on a plate and gently press each with your thumb in the center to keep them from puffing up while cooking. Set aside.
4. Heat olive oil over medium-high heat in a large, oven-safe skillet. Add mushrooms and cook, stirring occasionally, until mushrooms are nicely browned, approximately 5-6 minutes. Remove from heat and transfer mushrooms to a small bowl and set aside.
5. Add remaining tablespoon of olive oil to pan and swirl to coat the bottom. Add slider patties to the skillet and cook until brown on each side, approximately 2-3 minutes per side.
6. Remove from heat and top each slider with sautéed mushrooms and crumbled blue cheese. Place skillet in oven under broiler for 2-3 minutes, or until blue cheese starts to melt.
7. Remove skillet from oven and top each slider with a piece of bacon and serve immediately on a bed of lettuce and with a side of steamed broccoli, if desired. Enjoy!

Carbs/Serving (2 sliders):

Total carbs: 3.0 g

Fiber: 0.5 g

Net carbs: 2.5 g

Garlic-Herb Whole Roasted Chicken



This flavorful chicken recipe is a true home run. It's the perfect choice for a nice Sunday dinner with friends and family. Plus, you can use the leftovers to make a delicious homemade chicken stock or shred the remaining meat to use in a quick soup or salad recipe the next day.

The onion in this recipe serves two purposes: It raises the chicken out of the juices while it cooks and it imparts a lovely flavor to the pan sauce. After cooking, the onion is discarded, rather than eaten, to keep the overall carb count low. If you would like to omit the

onion completely, you can replace the onion slices with ovenproof metal cookie cutters to lift the chicken while it cooks.

Prep time: 15 minutes + rest time (15-20 minutes)

Cook time: 1 ½ hours

Ingredients (Serves 5)

- 1 large white onion, cut into thick slices
- 1 5-6 lb. whole chicken
- Sea salt and black pepper, to taste
- 1 small container fresh poultry herbs (thyme, rosemary, & sage), rinsed and divided
- ¼ c. unsalted butter, room temperature
- 6-8 cloves garlic, finely minced, divided
- 1 c. sugar-free organic chicken broth

Directions:

1. Preheat oven to 425° F and arrange onion slices in bottom of a large, heavy-duty 12" skillet with high sides.
2. Remove and discard neck and giblets from chicken and place bird breast-side up on top of onion slices in skillet. Pat chicken dry with paper towels and generously season the outside with salt and black pepper.

3. Separate out approximately 1/3 of the fresh thyme, rosemary, and sage from the bundle. Remove and discard the tough stems from the thyme and rosemary leaves. Combine the leaves with the sage before roughly chopping.
4. Add the softened butter, half the minced garlic, and the chopped fresh poultry herbs in a small bowl and stir to combine. Divide the herb butter into small chunks before tucking evenly under the chicken skin covering the breast meat.
5. Massage the remaining minced garlic inside the cavity of the bird before stuffing with the remaining fresh poultry herbs. Secure legs together with kitchen string, and then add the chicken broth to the skillet.
6. Place skillet in pre-heated oven and roast for 1 hour and 30 minutes or until a meat thermometer inserted into the thickest part of the thigh reads 165° F. Check every 30 minutes while cooking to make sure the skin isn't becoming too brown. If it is, cover with aluminum foil after 1 hour and check for doneness after another 15-20 minutes.
7. Remove skillet from oven and carefully transfer chicken to a serving platter. Cover loosely with aluminum foil to keep warm and let rest for 15-20 minutes.
8. While the chicken rests, discard the onion slices in the skillet and heat the remaining liquid over medium-high heat. Scrape the bottom of the skillet with a spatula or wooden spoon to remove the browned bits. Continue cooking until the liquid is reduced by one half. Once reduced, taste and season with salt and black pepper, if desired.
9. To serve, carve the chicken and top each serving with a spoonful of the warm pan sauce. Enjoy!

Carbs/Serving:

Total carbs: 3.7g

Fiber: 1.7g

Net carbs: 2g

Homemade Chicken Broth

Having homemade chicken broth in your freezer is one of life's simple joys. It's super easy to make and it is a great way to use up all those fresh herbs and vegetables you didn't get around to using. Simply freeze whatever portion you don't use right away, and then pull it out whenever you want to make a quick soup, stew, or slow cooker meal.

Tip: As you cook throughout the week, freeze leftover edible vegetable and herb stems and scraps in a freezer-safe bag. Use these scraps whenever you make a new batch of stock.

Prep time: 15 minutes

Cook time: 1 hour (or more)

Ingredients (Serves 6)

- 2 T. extra virgin olive oil
- 2 large onions, roughly chopped
- 4 cloves garlic, peeled and smashed
- 3 stalks celery, roughly chopped
- 1 (5-6 lbs) leftover roasted chicken pieces
- Water to cover
- 8 sprigs fresh thyme
- 4 sprigs fresh rosemary
- 2 bay leaves
- 1 handful whole fresh parsley
- Small handful whole peppercorns
- Sea salt, to taste

Directions:

1. Add olive oil to a large stockpot or Dutch oven and heat over medium-high heat. Add onions, garlic, and celery to heated olive oil and sauté for 5 or 6 minutes, or until the flavor is released.
2. Place the roasted chicken carcass in the pot and fill with enough water to cover. Add thyme, rosemary, bay leaves, parsley and whole peppercorns. Season with salt, to taste.

3. Heat over medium-high heat until it just about boils, and then reduce heat to medium-low. Stir and simmer, uncovered, for at least an hour. (The exact amount of time can vary – the longer it simmers, the better the flavor will be).
 4. Place a stainless-steel strainer over a large heat-proof bowl or container in the sink. Carefully pour contents of stockpot into the colander to separate out the solids from the liquid.
 5. When cool enough to handle, remove edible chicken meat from the strainer and set aside to make chicken soup or for another recipe. Discard chicken bones, skin, and fat, along with the vegetables and herbs.
 6. Taste reserved broth and season with salt and black pepper, to taste. Use immediately or allow broth to cool completely before transferring to freezer safe-storage containers. Freeze until ready to use.
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Sausage Soup with Peppers and Spinach



This delicious sausage soup doesn't need to simmer for hours to develop great flavor. Thanks to a satisfying combination of spicy Poblano pepper, classic herbs, and an interesting blend of spices, this soup delivers lots of fantastic flavor in just over half an hour.

This soup is great as a hearty appetizer or as a satisfying light meal when paired with a green salad. As an added bonus, it tastes even better as leftovers for lunch the next day!

Prep time: 10 minutes

Cook time: 35-40 minutes

Ingredients (Serves 6)

- 2 T. extra virgin olive oil
- 1 lb. pork sausage
- 1 medium red pepper, diced
- ½ medium Poblano pepper, diced
- 3 celery stalks, diced
- 1 t. dried basil
- 1 t. dried oregano
- 1 t. dried rosemary
- 1 ½ t. chili powder
- 1 t. ground cumin
- ½ t. ground cinnamon
- Sea salt and black pepper, to taste
- 6 c. organic sugar-free chicken stock
- 2 c. baby spinach
- 1 c. Cheddar Jack cheese, shredded

Directions:

1. Heat olive oil in a large soup pot or Dutch oven over medium-high heat. Add sausage and cook, stirring occasionally, until the sausage is no longer pink inside, approximately 5 minutes. As the sausage cooks, break it into small pieces with a wooden spoon.
2. Add the red and Poblano pepper, celery, basil, oregano, rosemary, chili powder, cumin, and cinnamon to the pot. Generously season with salt and black pepper, to taste, and stir to combine. Cook, stirring occasionally, until the veggies have softened, around 5-6 minutes.
3. Add the chicken stock and simmer for 20 minutes, stirring occasionally. Add the spinach and cook for another 4-5 minutes, or just until the spinach wilts.
4. Remove from heat and serve immediately, topped with shredded Cheddar Jack cheese and some additional diced Poblano pepper, if desired. Enjoy!

Carbs/Serving:

Total carbs: 3.9 g

Fiber: 1.3 g

Net carbs: 2.6 g

Fudge Lovers Brownies

Delicious keto-friendly brownies!

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients (Serves 16)

Brownie Layer

- 1 bar (3.5 oz / 100 g) extra dark chocolate - 85 % cocoa
- 4 1/2 oz (125g) butter or coconut oil
- 3 large eggs
- 15-20 drops liquid stevia
- 3/4 cup (4.2 oz/ 120 g) erythritol, powdered
- 1 cup (3.5 oz/ 100 g) almond flour
- 1/2 cup (1.6 oz/45 g) plus 1 tablespoon cocoa powder
- 1/4 cup (1.1 oz/ 30 g) ground chia seeds*
- 1/2 teaspoon baking soda
- 1 teaspoon cream of tartar

Chocolate Layer

- 1/2 bar (1.8 oz /50 g) extra dark chocolate - 85 % cocoa
- 2 tablespoons coconut oil or butter
- 1/4 cup (2 fl oz/60 ml) heavy whipping cream

Directions

Preparation:

1. Preheat oven to 350 F and position the rack to the middle. Spray an 8x8 square (20x20 cm) brownie pan with baking spray and line with parchment so that the bottom and two opposite sides are mostly covered. Leave the excess parchment so that you can pull the brownies out of the pan when cool.

Directions:

1. Break the chocolate into small pieces and add it and the butter into a small bowl placed over slowly simmering water. When most of the chocolate has melted, remove the bowl and stir the chocolate.
2. Place the eggs, stevia and powdered erythritol into a medium bowl and mix to combine. Next beat in the chocolate. Add the dry ingredients and starting on low speed and gradually getting faster, mix until thoroughly combined.
3. Spread the thick brownie batter into the pan and bake for 15-20 minutes. Let it cool in the pan. When cool, run a sharp thin knife around the edge and lift the brownies out of the pan with the parchment.

Chocolate Layer:

1. Break the chocolate into small pieces and place into a smallish bowl with the coconut oil or butter. Pour the heavy cream into a small saucepan and, over medium heat, bring it up to a simmer. Pour the hot cream over the chocolate and let it sit for a minute. Stir until combined and glossy. Let it cool a bit and thicken. Spread over the brownies and let cool in the fridge until the chocolate has hardened.
 2. Cut and serve. Serves 16. Refrigerate any remaining brownies and enjoy at room temperature.
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Cheesecake Bites

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients (Serves 8)

Crust

- 1/2 cup almond flour
- 2 tbsp butter

Cheesecake

- 8 oz. cream cheese
- 1 large egg
- 1/2 tsp vanilla extract
- 1/2 tsp lemon juice
- 1 pinch salt
- 1/4 cup erythritol

Directions

1. Preheat the oven to 350°F. To make the crust, melt some butter until liquid and mix in your almond flour until you have some that feels like crumbly play dough.
2. Take about a teaspoon at a time and press the dough into the bottom of a muffin tin. Tip: line your pan with cupcake liners for easy removal. Bake these crusts for about 5 minutes until they're slightly brown and crispy.
3. Then take your room temperature cream cheese and beat it with an electric hand mixer or standing mixer until creamy. Then add vanilla extract, lemon, an egg and your sugar substitute, erythritol is my favorite. Beat until all combined.
4. Use an ice cream scooper to fill all the crust-bottomed muffin tin cups evenly almost to the top. You can also line each cup with a cupcake liner to make removing the mini cheesecakes easier.

5. Bake at 350°F for about 15 minutes. The mini cheesecakes should be slightly jiggly. Let them cool in the refrigerator for ideally 24 hours. But if you're strapped for time, try putting them in the freezer for as long as you can.
6. Once the mini cheesecakes are done cooling, slide a knife around the edges of each muffin cup to loosen them up. Then use a fork and your hands to help them out cleanly. As a delicious bonus, slice up some strawberries and arrange them however you like on top of the mini cheesecakes and enjoy.

Chocolate Drizzled Peanut Butter Fudge

A super-quick treat, easy to make and, of course, delicious.

Prep time: 5 minutes

Ingredients (Serves 12)

- 1 cup unsweetened peanut butter
- 1 cup coconut oil
- 1/4 cup unsweetened vanilla almond milk
- optional: pinch salt only if your peanut butter is unsalted
- optional: 2 teaspoons vanilla liquid stevia or desired sweetener to taste

Optional Topping: Chocolate Sauce

- 1/4 cup unsweetened cocoa powder
- 2 tablespoons coconut oil melted
- 2 tablespoons erythritol or sweetener of choice

Directions

1. Slightly melt or soften the peanut butter and coconut oil together in the microwave or low heat on the stove.

2. Add this to your blender and the rest of the ingredients.
 3. Blend until combined and pour into a parchment lined loaf pan.
 4. Refrigerate about 2 hours until set
 5. If using chocolate sauce, whisk ingredients together and drizzle over fudge after it's been set.
 6. Keep refrigerated for best results
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Chocolate Chip Mousse Delight

Prep time: 25 minutes

Ingredients (Serves 2)

- 1 oz. Lily's Chocolate Chips
- 1 cup heavy whipping cream
- 4 oz. cream cheese
- 1/4 cup powdered erythritol
- 2 tbsp cocoa powder

Directions

1. Melt the chocolate chips on very low heat in a pan with ¼ cup of heavy cream.
2. In a bowl, beat the cream cheese and erythritol. Note: if you don't have powdered erythritol, simply pulse some granular erythritol in a food processor or blender until it's fine and powdery.
3. Then, add in the melted chocolate chips, cocoa powder and a pinch of salt. Beat well.
4. In another bowl, beat the remaining ¾ cup of heavy cream until whipped.
5. Into 2 cups or serving bowls, layer chocolate, cream, chocolate, cream and top with chocolate chips and/or chocolate shavings.

Easy Chocolate Chip Mug Cookie

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients (Serves 1)

- 1 tbsp butter
- 3 tbsp almond flour
- 1 tbsp erythritol
- 1 pinch cinnamon
- 1 egg yolk
- 1/8 tsp vanilla extract
- 1 pinch salt
- 2 tbsp sugar-free chocolate chips

Directions

1. If you're using an oven to cook this mug cookie, preheat it to 350°F.
2. Melt a tablespoon of butter.
3. Combine this butter with 3 tablespoons of almond flour. If your almond flour is a little coarse, feel free to pulse it in a food processor to make it a little more fine.
4. Add in erythritol and cinnamon.
5. Then add your egg yolk, vanilla extract and salt.
6. Add your sugar free chocolate chips. Stir to combine.
7. Spray a mug, cup or ramekin with some cooking oil and place your cookie dough in. Flatten it out to ensure even cooking.
8. Microwave on high for about a minute or bake in the oven for about 10 minutes.
9. Let it cool for a few mins and then dig in! Enjoy alone or with a scoop of low carb ice cream.

Low-Carb Crème Brûlée

Ingredients

- 4 cups heavy cream
- 2 tsp vanilla extract
- 6 egg yolks
- 1/2 cup Truvia or sweetener of choice (and 4 tbs of brown for the top)

Directions

1. Heat heavy cream and vanilla extract in a sauce pan until hot, but not boiling.
 2. In a medium bowl, whisk egg yolks and 1/2 cup of sweetener until well mixed. Pour in the hot cream gradually, mixing continually.
 3. Place six (7 to 8-ounce) ramekins into a large roasting pan. Pour hot water into the pan to come roughly halfway up the sides of the ramekins.
 4. Pour the egg mixture into the ramekins and bake at 325°F / 165°C for 45 - 50 minutes. The crème brûlée should be set, but still a little jiggly in the middle. Remove the ramekins from the roasting pan, allow to cool to room temperature, cover with plastic wrap and refrigerate for at least two hours and up to three days.
 5. Remove the crème brûlée from the refrigerator for at least 30 minutes before browning the sugar on top. Spread a tablespoon of brown sweetener on top of each crème brûlée. Using a torch, melt the sweetener to for a crispy top. If you don't have a torch, you can broil the crème brûlée to melt the sweetener. Keep an eye on it, to make sure you don't overcook it.
 6. Allow the crème brûlée to sit for at least five minutes before serving.
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Cookies & Cream Keto Cheesecake

Crust:

- 2 vanilla almond quest bars cut into 1/2" pieces and baked for about 8 minutes on 350. Then blended in a Nutribullet
- 1/4c almond flour
- 1/4c cocoa powder
- 1/4c granular sweetener (Needs to be granular to give the crust the grit it needs to hold together, such as Swerve)
- 1/3c/75g melted salted butter

For the Filling:

- 3 8oz bricks of cream cheese, room temp
- 2 Scoops Quest Nutrition Cookies N Cream Protein Powder (must be a casein blend protein like Quest. Whey will not give the same structure)
- 3/4c powdered sweetener (like Swerve)
- 3 eggs, room temp
- 1Tbs Vanilla Extract
- 90g/6tbsp Heavy Cream
- 2 Chocolate Protein Bars, cut into 1/2" pieces, baked at 350 until really brown and crisp, about 10-12 minutes, then cooled and crushed. Use a mallet or rolling pin in a Ziplock instead of a food processor for crushing.

Directions

1. Mix the crust ingredients together and press into a 9" springform pan.
2. Bake 10 minutes at 350. While that's cooling, prepare the filling.
3. Mix together 1 brick of cream cheese with 1 scoop of protein and 1/4c of the powdered sweetener on low until fully combined. Add the other 2 bricks of cream cheese and turn speed up to medium until fully incorporated.
4. Beat in the other scoop of protein, remaining 1/2c of powdered sweetener, then the eggs one at a time, mixing completely between each one.

5. Mix in 3/4 of the protein bar crumbs, then beat in the heavy cream and vanilla and your filling is done
6. Wrap the pan in foil and add the batter, smoothing the top off.
7. Drop onto the counter several times to release any air bubbles.
8. Put into a deep pan and add boiling water halfway up the side.
9. Bake for 1 hour and 10 minutes, but open the oven at 45 minutes to dust the top with remaining protein bar crumbs, then when the time's up, shut off the oven and leave it there for 35 minutes. Remove from the foil bath and place on a foil rack, cooling for 2 hours. Cover and refrigerate overnight.

Carbs for 1 serving (if cut into 8 pieces):

455.38 Cal

25.24 Protein

37.18 Fat

16.59 Carb

9.13 Fiber

2.5 Sugar Alcohol

4.96 Net Carb

Keto Pumpkin Pie

Ingredients:

- 15 oz. can of pure pumpkin
- 3 large eggs
- 3 oz. sugar free maple syrup
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. pumpkin pie spice
- 3/4 cup heavy whipping cream

- 28g chopped walnuts
- 1/2 Tbsp. butter
- 2 packets of stevia
- Ground cinnamon
- Ground cloves
- Pumpkin pie spice

Directions:

1. Preheat oven to 350F
2. Grease a 9" pie plate (I used butter)
3. Mix all of the ingredients together (Taste to make sure it's sweet enough/has enough spices for you before you add the eggs)
4. Bake ~45 minutes and let it set overnight for best results

Candied walnuts (I make one serving at a time):

1. Melt the butter in a skillet over Med-High heat.
 2. Make sure your walnuts are bite sized pieces.
 3. Add the nuts to the pan and toss them in the butter.
 4. When the butter starts to bubble, add the stevia (or your favorite sweetener), and toss to coat evenly.
 5. Add in the spices and toss to coat, once they're all coated remove from the heat.
 6. If you let the nuts set, they'll become crunchy.
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KETO Chocolate Chip Macadamia Nut Cookies (Only 3 net carbs!)

Ingredients:

- 140g almond flour
- 30g macadamia or other nuts, chopped or not depending on the nut
- 1/4 cup butter
- 1 large egg
- 48g erythritol + 1.5 tsp sweet leaf stevia
- 60g dark chocolate chunks or chips
- 2 pinches of salt (because keto)
- 1/4 tsp baking powder
- 20 drops stevia vanilla creme drops
- 50 drops stevia Peppermint drops

Directions:

1. Preheat oven to 350
2. Melt butter
3. Combine salt, baking powder, erythritol, stevia, almond flour
4. Important to combine separate from above: eggs, vanilla, butter, nuts, chocolate, other toppings you want be sure to combine with wet ingredients
5. Mix all together
6. Scoop dough evenly onto lined baking sheet. Form into balls and squish down into cookie shape as shape will not change much. Alternative you can use a rolling pin and roll dough into a sheet and make cookie cake, or cut out shapes, etc.
7. Bake 12-15 minutes depending on your oven, reminder when cooking with almond flour it can burn easy. Whenever the edges of cookie start to turn golden brown the bottom will be same color and they are ready.
8. Let cool, then store in fridge for extended shelf life and firmer cookie.

Instant Keto Ice Cream: Belgian Chocolate No-Churn!

You'll need:

- 2 Ziplock bags
- ice cubes
- salt

Ingredients:

- ½ Cup heavy cream
- ¾ Cup Almond Milk
- 8 drops hazelnut flavored stevia
- 1 1/2 Tablespoon cocoa powder
- 1 Tablespoon protein isolate chocolate flavor
- Extra: chocolate chips (sugar free)

Directions:

1. Mix with hand mixer
 2. pour content in smaller Ziplock bag
 3. put ice in the bigger bag along with copious amounts of salt and a bit of water
 4. Put the ice cream bag inside the ice bag and shake it for 10 minutes.
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