

WEEK THREE MEAL PLAN

Monday

B - Bacon and Eggs

L - Egg Salad Stuffed Avocados

D - Chili with Bacon

Tuesday

B - Breakfast Burrito Bowl

L - Shrimp and Avocado Salad

D - Sesame Chicken

Wednesday

B - Caprese Omelette

L - Cauliflower Pizza

D - Creamy Bacon Chicken Casserole

Thursday

B - Breakfast Tapas

L - Mini Burgers

D - Chicken Fried Pork Chops

Friday

B - Baked Bacon Omelette

L - Stuffed Chicken Breast

D - Ultimate Cheeseburger Loaf

Saturday

B - Keto Cheese Roll-Ups

L - Chicken Nuggets

D - Oven Fried Tilapia

Sunday

B - Mexican Scrambled Eggs

L - Ham and Spinach Mini Quiches

D - Beef Pot Roast

SNACKS

Almonds, Macadamia nuts

Cheese

Peanut Butter (keto-friendly) Celery

Veggies

SHOPPING LIST

- Almond Flour: 6 cups
- Arrowroot Powder: 1 tbsp
- Arugula Lettuce: 3 oz
- Avocado oil: 1 small bottle
- Avocados: 5
- Bacon - 2.5 lbs
- Baking powder: 1 jar
- Basil
- Beef stock: 2 cups
- Broccoli: 1 lb
- Butter - 3 sticks
- Cauliflower: 3 heads
- Cayenne Pepper
- Celery: 2 stalks
- Cheddar: 28 oz
- Cherry tomatoes: 4 oz
- Cheese (your choice of varieties)
- Chicken breasts: 4 lbs
- Chicken thighs: 1 lb
- Chili powder
- Chives
- Chuck Roast: 3-5 lbs
- Cilantro
- Coconut oil: 1 jar (can be replaced with either olive oil or ghee, if needed)
- Coconut Milk: ¼ cup
- Cold cuts (your choice): 2 lbs

- Cream Cheese: 8 oz
- Cucumbers: 1
- Cumin
- Dill
- Eggs: 35
- Flaxseed Meal: 1 cup
- Garlic cloves: 7
- Garlic Powder: 1 large jar
- Ghee: 1 tsp
- Ginger
- Glory Kitchen Cairo Blend: 1 jar
- Green Bell Peppers: 3
- Ground Beef: 65 oz
- Ham: 4 slices
- Jalapeno peppers: 2
- Leeks: 1
- Lemon Juice: 1 cup
- Lemon Zest: ½ cup
- Lettuce: 1 head
- Lime Juice: 3 tbsp
- Mayo (low carb): 2 jars
- Minced Garlic: 1 jar
- Minced Onion: 1 tbsp
- Mixed Nuts (or your choice of varieties): 1 jar
- Mozzarella Cheese: 18 oz
- Mustard
- Olive Oil
- Onion flakes: 1 jar
- Onion powder
- Oregano
- Parmesan: 1 large jar/container
- Parsley
- Peanut Butter (keto friendly)
- Pesto (low carb): 1 jar (or made from scratch)
- Pepper
- Pepperoni: 12 slices
- Pickled Jalapenos: 2

- Pickles: 1 jar
 - Porkchops (bone-out): 16 oz (around 4 pcs)
 - Pork Dust
 - Pork rinds: 1 oz
 - Radishes: 4
 - Red Bell Peppers: 1
 - Red Onions: 1
 - Salt
 - Scallions: 1
 - Sesame Seeds: 1 package
 - Sour Cream: 4 oz
 - Soy Sauce: 1 bottle
 - Spinach: 8 oz
 - Sukrin Gold: 1 bottle
 - Taco seasoning (keto friendly): 1 package
 - Tilapia: 1 lb (~4 filets)
 - Toasted sesame seed oil
 - Tomatoes: 3
 - Vinegar
 - Walnuts: 20 grams
 - White onions: 3
 - Worcestershire sauce: 1 large bottle
 - Xanthan Gum: 2 tsp
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BREAKFAST RECIPES

Bacon and Eggs

Ingredients:

- 5 oz. bacon
- 2 tablespoons butter, for frying
- 4 eggs
- 2 avocados
- 4 tablespoons walnuts
- 1 green bell pepper
- salt and pepper
- 1 tablespoon fresh chives, finely chopped (optional)
- 1 oz. arugula lettuce
- 2 tablespoons olive oil

Instructions:

1. Fry the bacon in butter over medium heat until crispy.
 2. Remove from pan and keep warm. Leave the fat that's accumulated in the pan. Lower the heat to medium low and fry the eggs in the same frying pan.
 3. Place bacon, eggs, avocado, nuts, bell pepper and arugula on a plate.
 4. Drizzle the remaining bacon fat on top of the eggs. Season to taste.
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Breakfast Burrito Bowl

Ingredients:

- 1/2-pound lean ground beef
 - 1 tbsp keto taco seasoning
 - 3/4 cup water
 - 1/3 head cauliflower riced
 - 2 tbsp cilantro chopped
 - 1 tsp ghee
 - 3 eggs beaten
 - sea salt & pepper to taste
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Instructions:

1. In a large skillet, brown ground beef and remove any fat that renders as it cooks. Add in your go-to keto taco seasoning and water. Bring it to a boil, reduce the heat and let it simmer for a few minutes.
 2. Push the taco meat over to the side of the skillet and add the riced cauliflower, cilantro, and salt in the open space. Cook the cauliflower for 3 to 4 minutes, then push it to the side to make room for the scrambled egg. If you don't have a large enough skillet, grab a separate pan to scramble the eggs.
 3. Melt ghee and pour in the beaten egg. Whisk the egg and shake the skillet as it cooks to break up the curd. Once the egg scrambles to your liking, mix it in with the rest of the dish. Season with salt and pepper to taste.
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Caprese Omelette

Ingredients:

- 2 tablespoons olive oil
- 6 eggs
- 3½ oz. cherry tomatoes cut in halves or tomatoes cut in slices
- 1 tablespoon fresh basil or dried basil
- 51/3 oz. fresh mozzarella cheese
- salt and pepper

Instructions:

1. Crack the eggs into a mixing bowl, add salt and black pepper to your liking. Whisk well with a fork until fully combined. Add basil and stir.
 2. Cut the tomatoes in halves or slices. Dice or slice the cheese.
 3. Heat oil in a large frying pan. Fry the tomatoes for a few minutes.
 4. Pour the egg batter on top of the tomatoes. Wait until the batter is slightly firm before adding the mozzarella cheese.
 5. Lower the heat and let the omelet set. Serve right away and enjoy!
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Breakfast Tapas

Ingredients:

- A selection of cheese (for example mozzarella, cheddar, gouda and parmesan)
- A selection of cold cuts (serrano ham, prosciutto, chorizo, salami)
- Cucumber, peppers, radishes, pickled cucumbers
- Avocado with homemade mayonnaise and pepper
- Nuts, e.g. walnuts, almonds or hazelnuts (low-carb nuts guide)
- fresh basil

Instructions:

1. Cut the cold cuts, cheese and vegetables into sticks or cubes.
 2. Split the avocado and cut into small wedges.
 3. Mix with 4 oz. homemade mayonnaise, 1 teaspoon crushed pink peppercorns and perhaps a little extra freshly squeezed lemon juice.
 4. Arrange and serve in the avocado shells.
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Breakfast: Baked Bacon Omelette

Ingredients:

- 2 eggs
- 5 1/3 oz. bacon cut in cubes
- 3 oz. butter
- 2 oz. fresh spinach
- 1 tablespoon finely chopped fresh chives (optional)
- salt and pepper

Instructions:

1. Preheat the oven to 400°F (200°C). Grease an individual serving-sized baking dish with butter.
 2. Fry bacon and spinach in the remaining butter.
 3. Whisk the eggs until frothy. Mix in the spinach and bacon, including the fat left from frying.
 4. Add some finely chopped chives. Season to taste with salt and pepper.
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5. Pour the egg mixture into baking dish(es) and bake for 20 minutes or until set and golden brown.
 6. Let cool for a few minutes and serve.
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Keto Cheese Roll-Ups

Ingredients:

- 8 oz. cheddar cheese or provolone cheese or edam cheese, in slices
- 2 oz. butter

Instructions:

1. Place the cheese slices on a large cutting board. Slice butter with a cheese slicer or cut really thin pieces with a knife.
 2. Cover every cheese slice with butter and roll up.
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Mexican Scrambled Eggs

Ingredients:

- 6 eggs
- 1 scallion
- 2 pickled jalapeños, finely chopped
- 1 tomato, finely chopped
- 3 oz. shredded cheese
- 2 tablespoons butter, for frying
- salt and pepper

Instructions:

1. Finely chop the scallions, jalapeños and tomatoes. Fry in butter for 3 minutes on medium heat.
 2. Beat the eggs and pour into the pan. Scramble for 2 minutes. Then add the cheese and seasoning.
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LUNCH RECIPES

Egg Salad Stuffed Avocados

Ingredients:

- 2 ripe avocados, halved
- 4 eggs, boiled and diced into cubes
- 4 small pickles, diced into cubes
- 2 Tablespoons parsley, chopped
- 2 Tablespoons Paleo mayo
- 1 teaspoon mustard (or to taste)
- Salt and pepper to taste

Instructions:

1. Hard boil the eggs.
 2. Cool the hard-boiled eggs in running cold water for a few minutes.
 3. Peel the eggs and dice them.
 4. Mix the diced eggs with the diced pickles, chopped parsley, mayo, mustard, salt and pepper.
 5. Cut open the avocados and remove the stone.
 6. Divide the egg salad into 4 and load each portion onto an avocado half.
 7. Enjoy for a quick and nutritious breakfast or lunch.
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Shrimp and Avocado Salad

Ingredients:

- 3 Tbsp fresh Lime Juice
- 2 Tbsp Extra Virgin Olive Oil
- ½ cup fresh cilantro, chopped
- 1/8 tsp fresh cracked Pepper, to taste
- pinch Salt, to taste

Instructions:

1. Combine all ingredients in a bowl and mix.
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2. Pour cilantro dressing/marinade over shrimp (make sure any excess water is poured off if you are using thawed frozen shrimp). Stir to coat. Cover and refrigerate for at least 1 hour (2 or 3 is better).
 3. Wash and dry lettuce (use a Salad Spinner, paper towel, clean tea towel or just let it sit in a colander). Divide among plates.
 4. Cut avocado into bite-size wedges. Sprinkle over lettuce.
 5. Top with marinated shrimp and leftover dressing. Enjoy!
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Cauliflower Pizza

Ingredients:

- 0.5 head of cauliflower (300 g), processed into rice-like pieces
- 2/3 cup of almond flour (80 g)
- 1 teaspoon of garlic powder (3 g)
- 1 teaspoon of onion powder (2 g)
- 1 teaspoon of dried oregano (1 g)
- 2 teaspoons of olive oil (10 ml) (plus additional for drizzling)
- 1 medium egg, lightly whisked
- 1 small tomato (90 g), sliced
- 12 slices of pepperoni (56 g)
- 2 oz of arugula (56 g)

Instructions:

1. Preheat oven to 350 F (180 C).
2. Place cauliflower pieces in a microwave-safe bowl. Microwave, partially covered on high 5 to 6 minutes. Carefully remove from microwave and pour the cauliflower onto a clean dish towel or muslin. Set aside and let cool.
3. Once cool enough to touch, wrap the dish towel or muslin around the cauliflower and squeeze the excess liquid as much as possible.
4. Place the cauliflower in a bowl and add the almond flour, garlic powder, onion powder, dried oregano, olive oil, and egg. Combine well until it forms a ball of dough.
5. Place the dough on a parchment-lined baking tray and shape into a round, thin pizza shape.
6. Place in the oven and bake for 10 minutes. Remove from oven and top with the tomato and pepperoni. Return to the oven and bake for an additional 10 minutes.

7. Drizzle the baked pizza with additional olive oil and top with arugula. Slice into the desired number of pieces and serve immediately.
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Mini Burgers

Ingredients:

- 12 oz ground beef
- 2 Tablespoons mustard
- Pickles (optional)
- A few lettuce leaves
- Salt to taste
- 2 Tablespoons avocado oil (or coconut oil or ghee to cook with)
- 2/3 cup (70 g) almond flour
- 1 teaspoon (4 g) baking powder
- 1 teaspoon (4 g) salt
- 2 eggs
- 5 Tablespoons (75 ml) coconut oil (or ghee or olive oil), melted

Instructions:

1. Make 4 small thin patties with the ground beef (each should be approx. 2-inch across in diameter). Place avocado oil into a frying pan and fry the the burger patties on medium to high heat. Fry for 2 minutes on each side until both sides are well browned (this is around medium in terms of rareness for the patties). After the patties are cooked, salt them lightly and place them on a plate to drain.
 2. Meanwhile, take 2 mugs and divide the burger bun ingredients between the 2 mugs (i.e., 1/3 cup almond flour, 1/2 teaspoon baking powder, 1/2 teaspoon salt, 1 egg, and 2.5 Tablespoons coconut oil in each mug). Mix well.
 3. Microwave each mug for 90 seconds on high. Wait a few minutes before popping them out of the mug. Slice each bread into 4 slices and use as burger buns. (Gently fry them for a few seconds on the frying pan without oil for a toasted taste.)
 4. Serve the burgers (2 mini burgers for each person) with the mustard, lettuce leaves, and pickles.
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Stuffed Chicken Breast

Ingredients:

- 1/3 cup (80 ml) olive oil, plus more if necessary
- 1.5 cups (50 g) basil leaves
- 2 Tablespoons of pine nuts (16 g) (or walnuts)
- 2 cloves garlic, roughly chopped
- 1/2 lemon zest and juice
- Dash of salt and pepper
- 1/2 head of cauliflower (approx. 300 g), broken into florets
- 2 Tablespoons (30 ml) Keto Pesto (see recipe above)
- 2 chicken breasts (approx. 200 g each)
- Salt and freshly ground black pepper
- Pinch of cayenne pepper
- 1 Tablespoon (10 g) garlic powder
- 3 Tablespoons (45 ml) coconut oil, to cook with

Instructions:

1. Place all the pesto ingredients into the blender and blend well.
2. You will only need two tablespoons for this stuffed chicken breast recipe, but the pesto will store well in the fridge for 3 days.
3. Preheat the oven to 350°F / 180°C.
4. Steam the cauliflower florets in a steamer or in the microwave (in a bowl of water). When the cauliflower is tender, let it cook and add to a blender or food processor with 2 Tablespoons of Keto pesto. Set aside.
5. In a small bowl, mix together the salt, pepper, cayenne pepper, and garlic powder. Rub the mixture onto each chicken breast.
6. Make a deep cut in each chicken breast side so that there's an opening to stuff into.
7. Pour the coconut oil into a hot pan and fry on the chicken on both sides until slightly browned.
8. Place chicken on a clean workspace. They will still be fairly raw on the inside so be mindful of the utensils and your work surface. Once the chicken is cool enough to handle, spoon the creamy Keto cauli-pesto mixture into the pocket of each chicken breast, then place on a greased rimmed baking tray and bake in the oven for an additional 20 minutes until the chicken breast is fully cooked.

Chicken Nuggets

Ingredients:

- 1 egg whisked
- 4 tbsp oil of choice
- 850 g chicken breast
- 100 g almond meal/flour
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1 tsp onion flakes

Instructions:

1. Mix the egg and oil together with a fork.
 2. In a separate bowl, mix the almond flour (alternatively use 1/2 cup coconut flour), salt, garlic and onion together.
 3. Cut the chicken breast into strips or nuggets sized pieces. Dip each on in the egg/oil mixture then dip it in the coating and cover fully.
 4. Fry each chicken nugget in oil on both sides, until golden and cooked thoroughly in the centre.
 5. Alternatively, you can bake these on a lined baking tray at 180C/350F for 10-15 minutes.
 6. Serve with salsa, sugar free tomato sauce or garlic mayonnaise.
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Ham and Spinach Mini Quiches

Ingredients:

- 3 eggs, whisked
- 4 slices of ham, diced
- 3/4 cup of spinach, chopped
- 1/4 cup leek, chopped
- 1/4 cup coconut milk
- 1/2 teaspoon baking powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 350F.
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2. Mix together the whisked eggs, diced ham, chopped spinach, chopped leek, coconut milk, baking powder, and salt and pepper in a large mixing bowl.
 3. Pour the mixture into 4 small mini quiche or tart pans.
 4. Bake in oven for 15 minutes.
 5. Check that the middle of the quiches is done by seeing if a cocktail stick comes out clean.
 6. Serve.
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Dinner Recipes

Chili with Bacon

Ingredients:

- 30 oz 80% lean ground beef
- 3/4 medium white onion
- 1 small Green Bell Pepper
- 1 medium roma tomato
- 5 slices bacon
- 1 tbsp chili powder We use this!
- 2 tsp Cumin We use this!
- 1/2 tsp black pepper
- 1 tsp salt We use this!
- 1 tsp Dried Oregano We use this!
- 3 cloves garlic
- 2 medium jalapeno peppers
- 1 tsp Worcestershire sauce We use this!
- 2 cups Chicken/Beef Stock

Instructions:

1. Finely chop bacon and add to a large pot or large Dutch oven.
2. Allow bacon to cook down until all fat is rendered and bacon is nearly done.
3. Add ground beef and allow it to cook down and get some color.
4. Finely chop garlic and jalapeno peppers. Rough chop tomato, bell pepper and onion.

5. Add remaining ingredients, along with 2 cups of chicken or beef stock and allow to simmer for 1-3 hours. The longer it goes the better it tastes! If you don't have stock on hand, water will be fine.
 6. Near the end of cooking remove the lid and allow chili to cook uncovered until most of the liquid is evaporated. Enjoy!
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Sesame Chicken

Ingredients:

- 1 egg
- 1 tbsp arrowroot powder (or corn starch)
- 1 lb chicken thighs (cut into bite sized pieces)
- 1 tbsp toasted sesame seed oil
- salt
- Pepper
- 2 tbsp soy sauce
- 1 tbsp toasted sesame seed oil
- 2 tbsp Sukrin Gold
- 1 tbsp vinegar
- ginger
- 1 clove garlic
- 2 tbsp sesame seeds
- 1/4 tsp xanthan gum

Instructions:

1. Combine egg with arrowroot powder or corn starch (whisk generously).
 2. Mix in chicken pieces and make sure to coat them all over.
 3. Heat up sesame seed oil and add chicken in a large sauce pan (be gentle when flipping the chicken so the breading doesn't fall off).
 4. While chicken is cooking, combine all ingredients for the sesame sauce and whisk together.
 5. When the chicken is cooked through, add the sesame sauce and stir together.
 6. After sauce has thickened, you are done.
 7. Add the chicken to a side of broccoli if you want.
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Creamy Bacon Chicken Casserole

Ingredients:

- 1.5 lb. cooked chicken, cubed
- 1 lb. fresh broccoli, steamed and drained or frozen broccoli, thawed and drained
- 1 tbsp minced onion
- 1 tbsp parsley
- 1/2 tbsp garlic powder
- 1/2 tbsp dill
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup + 2 tbsp bacon crumbles
- 8 oz. cream cheese, softened
- 4 oz. sour cream
- 4 oz. mayo
- 8 oz. shredded cheddar

Instructions:

1. Preheat oven to 350 if baking immediately. Or you can prep ahead and keep in the refrigerator for a day or two.
2. In a big bowl combine cream cheese, sour cream, mayo, and spices and mix thoroughly.
3. To the cream cheese mixture, you just made add the chicken, broccoli, 3/4 of the cheese, and the 1/4 cup bacon crumbles and mix well.
4. Dump into a 9x13 baking dish sprayed with cooking spray. Sprinkle remaining cheese and 2 tbsp bacon crumbles on top.
5. Bake until hot about 35 minutes.

Chicken Fried Pork Chops

Ingredients:

- 1 oz. Pork Rinds, ground
- 2 tbsp. Almond Flour
- 2 tbsp. Flaxseed Meal
- 1 tbsp. Glory Kitchen Cairo Blend
- 1 tsp. Salt
- 4 medium Bone-Out Porkchops (~16oz.)

- 1 large Egg
- 4 tbsp. Oil/Fat of Choice

Instructions:

1. Grind pork rinds into a fine powder using a food processor.
 2. Combine pork rinds with almond flour, flaxseed meal, and Glory Kitchen Cairo Blend.
 3. Heat 4 tbsp. Oil (of your choice) in a pan over medium-high heat.
 4. Crack an egg into a bowl and whisk together well.
 5. Dip pork chops into egg mixture, then into pork rind coating. Coat well.
 6. As each pork chop is coated, place into pan and fry.
 7. Cook about 4-5 minutes per side, or until browned up and an internal temperature of 145F.
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Ultimate Cheeseburger Loaf

Ingredients:

- 12 ounces ground beef
- 1 medium onion, finely chopped
- 1 clove garlic, crushed
- 2 teaspoon Worcestershire Sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ cups super fine almond flour
- ½ teaspoons xanthan gum
- 1 ½ teaspoons baking powder
- 1 large egg
- 1 ½ cups part-skim finely grated mozzarella cheese
- ¼ whole red onion, sliced lengthwise
- 14 slices of dill pickles
- 2 tablespoons yellow mustard
- 1 ½ cups grated cheddar cheese

Instructions:

1. Preheat oven to 375°F. Have two pieces of parchment paper that are about 18 inches long, a rolling pin, and a baking sheet set aside. An insulated baking sheet works best for this recipe, but other baking sheets will work as well. Heat a large skillet over medium
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heat, add ground beef and break up into small pieces using a spoon. Cook beef, stirring occasionally until browned throughout.

2. Remove beef from pan and place onto a plate using a slotted spoon. Set beef aside for later. Discard all but about a tablespoon of the grease from the skillet.
3. Place skillet over medium heat and add the onion. Cook onion, stirring occasionally until soft and edges are brown. Stir in the garlic and cook for 1 minute.
4. Add the beef back into the skillet with the onions and the garlic. Stir in the Worcestershire sauce and cook until most of the sauce has evaporated. Stir in the salt and pepper. Remove from heat. Taste and adjust seasoning if necessary.
5. Simmer about 2 inches of water in the lower part of a double boiler using high heat. Turn heat to low.
6. In the top part of the double boiler (while not over the water), whisk together the almond flour, xanthan gum, and baking powder. Stir in egg. The mixture will be very thick. Stir in the mozzarella cheese.
7. Place the top part of the double boiler containing the almond flour and mozzarella mixture over the bottom part with the simmering water. Heat the mixture, stirring frequently, until the cheese melts and the mixture becomes a dough-like ball. Be careful not to burn yourself with the hot bowl or the steam escaping from the bottom part of the double boiler. I use a silicone mitt to hold the bowl while I stir.
8. Transfer the mozzarella dough to a piece of parchment paper. Knead it several times to incorporate any stray almond flour into the dough and completely mix the cheese and the almond flour. Pat the dough into an oval shape. Cover the dough with a second piece of parchment and roll out into an oblong shape about 12 inches by 15 inches. While rolling the dough out, you may need to straighten the top parchment, then flip the dough over and straighten the bottom parchment. This prevents wrinkles in the dough.
9. Spread the ground beef mixture along the middle third of the dough lengthwise, being careful to leave about one-third of the dough on both sides. Squirt a few tablespoons of mustard over the ground beef. Layer the red onions and dill pickle slices over the mustard. Top the mixture with the cheddar cheese.
10. Fold the sides of the dough over the filling and seal together with your fingers. If desired crimp the seal with your fingers as you would the edge of a pie. Pinch the ends of the pastry together. If desired, decorate the ends but pushing down with a fork. Using a sharp knife, pierce the dough in several places to create holes for the steam to release during baking.
11. Using the parchment paper under the loaf to assist you, slide the loaf onto a baking sheet. Place the loaf in the oven. Bake in preheated oven for 25- 30 minutes or until it is

golden brown. Let loaf cool 5 minutes on the baking sheet, then transfer it to a cutting board using the parchment. Gently remove parchment from underneath, if desired. Tearing the parchment will make this process easier. Slice crosswise into 8 pieces and serve hot.

Oven Fried Tilapia

Ingredients:

- 4 filets Tilapia (~1 lb.)
- 1/4 cup Mayonnaise
- 3 tbsp. Parmesan Cheese
- 3 tbsp. Pork Dust
- 1 tbsp. Lemon Juice
- 2 tsp. Minced Garlic
- 1 handful Fresh Basil, chopped
- Salt and Pepper to Taste

Instructions:

1. Pre-heat oven to 400F.
 2. Line a 9x9 baking pan with foil and lay the fish inside of the pan.
 3. Season fish with salt, pepper, lemon juice, garlic, and fresh basil.
 4. Spread mayonnaise over the top of the fish, then sprinkle parmesan cheese and pork dust over the top.
 5. Bake for 16-18 minutes or until fish is cooked through.
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Beef Pot Roast

Ingredients:

- 3-5 pound chuck roast
 - 1 cup baby carrots (you may want to omit if Keto)
 - 2 celery stalks, cut in pieces
 - 1 small white onion, quartered
 - 3 Tbsp Worcestershire sauce
 - 1/2 tsp minced garlic
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- 1/4 tsp black pepper
- 1 tsp dried parsley
- 4 Tbsp butter, cut in slices

Instructions:

1. Place vegetables (carrots, celery and onion) in bottom of the crockpot.
2. Place roast on top of vegetables.
3. In a small bowl combine Worcestershire sauce, garlic, pepper and parsley.
4. Pour the mixture over the roast.
5. Place butter slices on top.
6. Place lid on slow cooker and cook on low 8-9 hours.
7. Remove roast and veggies from slow cooker onto a platter.
8. Serve and enjoy!