

KETOGENIC DIET FOR BEGINNERS

*The Ultimate Keto Diet Guide For Healing
Your Body And Aiding Weight Loss*



WITH
OVER 40
DELICIOUS
RECIPIES

MARY NABORS

ketogenic diet for beginners

The Ultimate Keto Diet Guide For Healing Your Body
And Aiding Weight Loss
(With Over 40 Delicious Recipes)

Mary Nabors

All rights to this book are reserved. No permission is given for any part of this book to be reproduced, transmitted in any form or means, electronic or mechanical, stored in a retrieval system, photocopied, recorded, scanned, or otherwise. Any of these actions requires the proper written permission of the publisher.

All Rights Reserved

Copyright © 2019

Mary Nabors

Disclaimer

All erudition contained in this book is given for informational and educational purposes only. The author is not in any way accountable for any results or outcomes that emanate from using this material. Constructive attempts have been made to provide information that is both accurate and effective, but the author is not bound for the accuracy or use/misuse of this information.

Table of Contents

INTRODUCTION

CHAPTER 1

[What is Keto?](#)

[How Keto Works](#)

[Who Uses Keto?](#)

CHAPTER 2

[Pros of Keto](#)

[Cons of Keto](#)

[Keto Ingredients](#)

CHAPTER 3

KETO SOUPS

[Keto Chicken Soup](#)

[Keto Zuppa Toscana Soup](#)

[Keto Taco Soup](#)

[Keto Cauliflower Soup](#)

[Keto Broccoli Cheddar](#)

[Keto Chicken Zoodle Soup](#)

[Keto Bacon Cheeseburger Soup](#)

[Low Carb Buffalo Chicken Soup With Blue Cheese](#)

[Roasted Tomato-Avocado Bisque](#)

[Low Carb One-Pot Creamy Meatball Soup](#)

[Keto Pho-Vietnamese Noodles Soup](#)

[Low Carb Turkey Soup With Cilantro Butter](#)

CHAPTER 4

KETO SNACKS

[Keto Cheesy Snack](#)

[Keto Tortillas](#)

[Bacon-Wrapped Cabbage Dippers](#)

[Keto Peanut Butter Cookies](#)

[Keto Avocado Brownies](#)

[Keto Blueberry Muffins](#)

[Keto Bacon Sausage Meatballs](#)

[Keto Crack Toffee Bars](#)

[Low-Carb Spicy Ranch](#)

[Keto Pizza Crust](#)

[CHAPTER 5](#)

[KETO VEGETABLE RECIPE](#)

[Keto Broccoli Cheese Balls](#)

[Keto Bacon and Cheeseburger Casserole](#)

[Keto Cauliflower Rice Stir-Fry](#)

[Low Carb Buttery Bacon And Cabbage Stir-Fry](#)

[Low Carb Sour Cream And Chive Broccoli Mash](#)

[Low Carb Mexican Cauliflower Rice](#)

[Keto Broccoli And Bacon Croquettes](#)

[Keto Oven Roasted Vegetables](#)

[Keto Vegetables Bake With Creamy Pesto](#)

[Grilled Vegetables Salad With Pesto](#)

[CHAPTER 6](#)

[KETO DRINKS](#)

[Keto Tumeric Milkshake](#)

[Keto Vodka Mojito](#)

[Keto Mudslide](#)

[Keto Crack Coffee](#)

[Keto Strawberry Jello Salad](#)

[Keto Margarita](#)

[Keto-friendly Lemonade](#)

[Keto Apple Cider Vinegar Vinaigrette](#)

[Keto Hot Caramel](#)

[Keto Hot Chocolate](#)

[CONCLUSION](#)

INTRODUCTION

People adopt and stick to a particular diet for many reasons, but one of them is to control a form of growth in their body because it isn't healthy for them. Adopting a diet could also be in response to a disorder as a form of treatment for a particular medical condition. One of the numerous diets that have served well in both instances is the Ketogenic diet.

Keto, in short, is not a new phenomenon; it has been around for a while now. It was initially discovered as a remedy for epilepsy as far back as the 1920s. Ever since then, it has been tried out in different situations as a solution to many health-related problems.

Like many other diets, a Ketogenic diet manipulates the body's entire metabolism system. It changes the way the body gets energy, from the status quo to something entirely different. It is just like shifting the gear of a manual vehicle from the first gear to reverse mode in an instant. Ketogenic diets simply put is a diet made up of high fatty or oily foods and a considerable level of proteins while carbs remain on the low. It can be likened to taking a spoon of rice as the only form of carbohydrate that gets ingested in a day. Meanwhile, the fats and proteins make up over 90% of the whole meal. It is hard to try and even harder to stick to for long because it deviates the usual practice in most homes where carbs take a considerable amount of their daily diet.

The body's metabolism naturally acts on glucose, breaks it down into consumable bits for the body cells with Insulin at the center of it all. It is from this breakdown that energy is produced to take on the day's activities. Ketogenic diets change everything entirely as there is little or no glucose to

act on. The next available option is to work on the fat which the Keto diet has provided. The end product of this is called Ketones. This is an alternative source of energy for the body. This process is called Ketosis. Some people find it hard to adapt quickly as this process is not something that people sync with from the start. Except with the advice of a registered dietitian or a doctor, it is not advisable to go into this diet.

In all, it has been under constant research as it has shown great potentials for remedying some tremendous medical conditions. It has been used to tackle epilepsy in the past. In terms of burning body fat faster and weight loss, keto has been adequately tested and is recommended at times. In terms of nervous system disorders or conditions like Alzheimer's, Parkinson's, Autism, and the likes, research is ongoing on how it could serve as an effective therapy to reduce its symptoms. Though it has not been approved, people have given it a try as an alternative therapy just in case. In this piece, we will consider several Keto recipes and how to prepare them yourself. The ketogenic diet is far-reaching in its effectiveness in terms of reducing symptoms and looks promising. Explore!

CHAPTER 1

What is Keto?



Initially, Keto or Ketogenic diets as it was later called by Russell Wilder of the Mayo clinic in 1921 upon discovery, first became popular as a therapy for treating epilepsy. It was discovered that the effect fasting had on epilepsy could be achieved by Ketosis. Though it was not fully approved and not a hundred percent efficient in terms of getting rid of epilepsy, but they achieved results.

Dr. Russell Wilder

<https://discoverysedge.mayo.edu/2015/06/17/a-line-in-the-sand-mayo-clinics-role-in-insulin-research-2/>

In 1921, Rollin Woodyatt discovered that the liver secretes three compounds; acetoacetate, acetone and Beta-hydroxybutyrate (all ketones), as a result of starvation or fasting. These same compounds can be secreted when one is on a diet rich in fat and low in carbohydrates. Even though it was viewed as only beneficial for the sake of epilepsy back then, Ketogenic

diet has been popularly revered for its role in reducing weight and other health benefits.

Ketogenic diet is a low-carbohydrate, high fat diet basically. Most keto diets contain a very little amount of carbohydrate, a considerable amount of protein and high amount of fat. So, unlike the usual carbohydrate that the body burn for fuel, the body look to fats as the main source of it fuel. The fat is broken down into ‘Ketone bodies.’ Components of a ketogenic diet will usually not include more than 40 grams of carbohydrate, per day. This can be just two slices of bread and maybe a banana. Also, the intake of beans, rice, starchy vegetables, pasta and the likes will be significantly reduced.



<https://www.healthline.com/nutrition/ketogenic-diet-101#what-it-is>

It is important to note that a ketogenic diet should be taken or adopted based on the doctor’s advice as it does not work the same way on everybody. Usually, it is recommended for weight loss by doctors; that is, in healthy people. Despite the limited studies on ketogenic diets as regards

weight loss which shows that it has short term benefits, it has been encouraged among healthy people as it improves blood pressure, total cholesterol and blood sugar. Ketogenic diets can only be used effectively to lose weight if it can be adhered to strictly. Ketogenic diets are hard to maintain as they limit food intake. If the ketogenic eating pattern can be duly sustained over a long term, a healthy weight can be maintained.

How Keto Works

With the shortage of carbohydrate and abundance of fat in the body, the body burns the fat into fatty acids. From there, it is then converted into a compound called Ketones. These ketones are where energy to fuel the body cells gets sourced from. This whole process is known as Ketosis. This can be likened to what also happens during fasting. The ketones created after fats have been broken down are three. There is the Acetoacetate which is the first of the ketones created, then Beta-hydroxybutyric acid which is formed from the Acetoacetate and finally, the Acetone which is a byproduct of Acetoacetate. All these helps to supply energy needed in the body in place of the glucose which is absent as at that moment, since most cells prefer to use blood sugar as their source of energy. Once ketosis is achieved, most cells in the body will shift towards using ketones for generating energy. It will continue this way until carbohydrate is ingested again. In the case of fasting or starvation or during a switch to Ketogenic diets, the body takes two to four days to switch its source of energy to ketones. It could take more than that in some people as some people need a strict ketogenic diet to start producing their ketones. A ketogenic diet is usually very rich in protein and fats. Foods like processed meat, butter, oil, cheese, fish, nuts and so on make up a ketogenic menu.

The way the body gets switched towards losing weight can be seen when the body takes in low carbs which accounts for five to ten percent of daily calories which makes the body enter the ketosis mode. This reduces carb intake gets substituted with fat which is made up of around seventy to ninety percent of a ketogenic diet. Studies have shown that focusing on a keto diet has the ability to reduce hunger over time. This is because

ketogenic diets have been found out to contribute to the reduction of Ghrelin, which is one of the body's main hunger hormone. With the level of Ghrelin decreased, hunger also reduces, thereby reducing the amount of calories intake per day which ultimately leads to weight loss.

Who Uses Keto?

Primarily, Ketogenic diets are used to manage body weight. Though there are side effects and is not entirely trusted, it has been used to treat or manage some medical conditions. It is not always employed as the main remedy, but usually in form of an alternative therapy. The first being Epilepsy. People suffering from seizures during the brain's excessive activity and cannot manage anti-seizure medication alongside its side effects can switch to a ketogenic diet to help reduce the frequency of the seizures. In fact, Keto came to life as a remedy for epilepsy. Various research has shown that seizures reduce by over 50% in patients who stick to a ketogenic diet. Patients with Glycogen Storage Disease can also make use of ketogenic diets. They are either in shortage of blood sugar or fatigued or might even have an enlarged liver. This is possible especially when the patient is diagnosed with GSD III also known as Forbes-Cori disease which particularly affects the muscles and liver. Ketogenic diets can help reduce the symptoms as it makes provision for alternative fuel in form of Ketones to produce energy. Diabetics too make use of ketogenic diets to help their situation. This is because it has the ability to greatly reduce their blood sugar level impressively. It has even been provided in related studies that a low-carb diet provides a lot of health benefits, particularly in reducing blood sugar. Obese patients usually find ketogenic very useful; at least they are sure of impressive weight loss since they are going to be feeding on low-carb foods. Besides, Ketogenic foods have a way of reducing hunger which reduces food intake generally and ends in weight loss. Once hooked on a ketogenic diet, even if they are allowed to eat all they want, they still end up taking in low calories. This is all due to the effect of Ketosis. The

scope of ketosis is not limited to these conditions as people with other glucose related conditions are covered by its reach. Parkinson's disease, Autism, Multiple Sclerosis, Polycystic ovary syndrome and many more have been approached with ketosis and has proven to reduce the symptoms over time.

People with GLUT1 Deficiency syndrome can also put Keto diets as an alternative therapy. GLUT1 Deficiency syndrome is one that affects the protein that transports blood sugar into the brain. It is usually showing up shortly after birth. This deficiency can result in seizures or problems with the movement of the body. Ketones typically don't need any protein to move into the brain, unlike glucose. A keto diet here serves as an alternative source of fuel to help improve the affected children's brain.



For people who have suffered any form of brain injury, maybe due to a significant fall or accident where the head is the contact point, the keto diet is very beneficial. Effects of this are far-reaching as it can change you for life, either physically or mentally. With this injury, the brain's ability to use sugar is low, so keto diets are considered to help in that aspect.

People with metabolic syndrome also use keto. Metabolic syndrome is characterized by insulin resistance. It is also called Prediabetes. Anyone with diabetes will either have a large waistline (35 inches and above for women, 40 inches and above for men), high blood pressure, low HDL

cholesterol, high fasting blood sugar, or risen triglycerides. All these opens patients up to a lot of risks attached to insulin resistance. Going on a Keto diet can reduce abdominal obesity, sugar level, and blood pressure in people with this syndrome.



<https://www.medscape.com/viewarticle/918105>

Obese people who want to reduce body fat or slim people who want to preserve body mass also makes use of keto diets. Most overweight people eat a lot, most especially unhealthy foods. They ingest a very high level of carbohydrates and unhealthy fats at times. Keto diets do not only reduce the carb intake of obese people, but it also reduces how frequently they get hungry. A Keto diet helps to increase healthy cholesterol and reduces the level of triglycerides in overweight people.

CHAPTER 2

Pros of Keto

Sticking to a Ketogenic diet may not be easy as people only adhere to it for a short time. But, It's benefits are far reaching as there appears to be no end to how beneficial it can be when it comes to aiding with relieving disorders in patients. The benefits are not limited to the following:

Endurance



<https://www.pexels.com/search/running/>

Whenever it comes to physical exercise, especially those ones that can test one's endurance a lot, Ketogenic diets can help greatly when engaging in exercise. For athletes like cyclists or runners, Ketogenic diets helps to increase the muscle-to-fat ratio, hence raising the level of oxygen available

for your body to use whenever hard work is involved. It helps performance during training.

Weight Loss



<https://www.pexels.com/search/weight%20loss/>

With reference to explanation in the previous chapter, Ketogenic diets help people reach and maintain a healthy weight. Obese people can always switch to Ketogenic diets to help convert the excess fat in their body for energy instead of the usual glucose. Ketogenic diets also reduce the level of Ghrelin hormone in the body, hence making the body take in less. Either way, weight is lost.

Prevention or Reduction of Cancer: Research has shown that increased blood sugar, type2 diabetes and obesity has been linked to breast cancer and some other types of Cancer. The hormone responsible for the use of sugar is Insulin. It is also responsible for the storage of sugar in the body. A ketogenic diet helps the body burn sugar faster, so it isn't stored in the body. The lower the level of insulin and sugar, the slower the growth of any

cancer cell in the body. It can even protect the body from some types of cancer. Even though more research is still needed on this, effects have been confirmed.

Treatment of Polycystic ovary syndrome: Women with this syndrome are obese. The syndrome is usually characterized by small fluid-filled sacs around the eggs in their ovary. Research has shown that this syndrome is caused by the high presence of insulin in the body. Switching to a keto diet complemented with some physical exercise will help in reducing the amount of insulin you produce and need in your body. In the long run, this syndrome can be treated entirely with a healthy keto diet. Increased weight loss, improved hormone balance, and improved fasting insulin are some of the developments recorded in patients who switched to keto diets.



Reducing Acne:

<https://www.medicalnewstoday.com/articles/107146.php>

Even though this claim is not fully established, the keto diet is a possible remedy to the breakout of acne on the skin, particularly the face. Carbohydrates have been connected to this skin condition. A diet high in carbs can affect bacteria in the guts, which in the end makes the

blood sugar level fluctuate, which can cause acne and affect skin health. Approaching this condition with a keto diet can reduce it. Insulin gets reduced with this; insulin can act as a trigger that will make the body create hormones that cause skin outbreaks. Despite the uncertainty surrounding the research, keto diets have an effect on acne.

Reduced risk of heart disease:



<https://www.medicalnewstoday.com/articles/237191.php>

It may sound ironical that a diet with more than 60 per cent fat can reduce the risk of heart disease. Though this is not a fully grounded research, there is a high possibility of its effectiveness. Keto diets are majorly about healthy fats, which will likely end up as healthy cholesterol. Keto diets reduce the level of insulin, thereby decreasing how the body produces cholesterol. It prevents the body from producing unnecessary cholesterol.

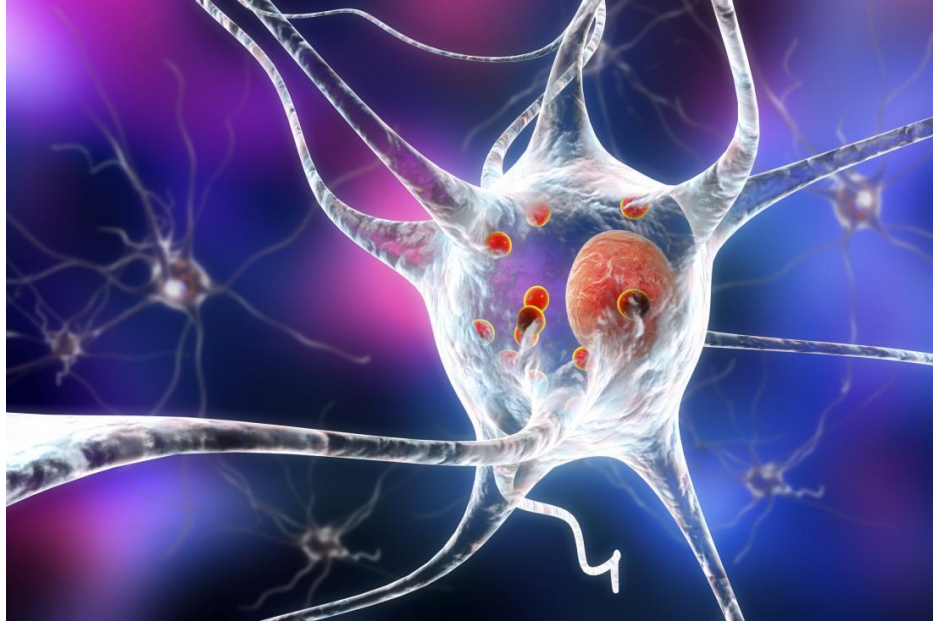
Reduction of diabetic symptoms:



<https://versanthealth.com/blog/how-diabetes-affects-your-vision/>

Keto diets are helpful when it comes to the decrease in blood sugar. People with Type 1 and Type 2 diabetes show these signs after switching to a Keto diet. With a series of control experiments going on, participants (diabetics) have shown improvement in their condition as some began to decrease their diabetes medication on the adoption of the keto diet.

Reduced symptoms of Nervous disorders:



<https://www.medicalnewstoday.com/articles/323634>

Nervous disorders like Parkinson's Disease, Autism, Alzheimer's Disease, and other nerve-related issues have been approached with using Ketogenic diets as a remedy in the past years, and it has worked. The introduction of the keto diet does not erase this disorder, but it has done well in reducing the symptoms. Alzheimer's disease, for example, is characterized by tangles in the brain, which affects memory. Alzheimer's also causes seizures due to the inability of the brain to make proper use of glucose. This characteristic is a common ground for type 2 diabetes and Epilepsy. Introducing a Keto diet helps to improve the situation as coordination in the body gets better. Adding MCT oils (Medium Chain Triglycerides) to keto diets of patients helps reduce symptoms. This is because it increases the ketone levels in the body.

Lessening symptoms of migraine headaches: Coordinated studies have shown that symptoms of migraine reduced in those who stuck to a Keto diet. Migraine usually involves sharp pain in the head and also

feelings of nausea. When placed under observation, people with migraines and are on the keto diet showed signs of improvement as the frequency of the pain subsided. Results showed that there was a reduction in pain-reducing medications. Facts surrounding this research are not yet fully grounded, though, but it is practicable.

Aids sleeping patterns:



<https://sciencenordic.com/forskningno-sleep-sweden/is-it-bad-to-sleep-in-on-the-weekends/1456580>

At the onset, a keto dieter may experience difficulty when it comes to sleeping. The problem with sleep happens within the first three to five days into the diet. The reason behind the disorder is that carbohydrates supply glucose and facilitate entry of the amino acid L-tryptophan into the brain. It is this acid that aids the production of serotonin. Serotonin is a neurotransmitter that helps to calm the whole body. It also helps to enhance better sleep. It is from this neurotransmitter that the sleep hormone, melatonin. With a full keto diet, the L-tryptophan is missing, hence the sleeping disorder for the first few days. After this period, it gets better as the patient experience deep and sound sleep. Sound sleep can only be possible in the long term. In fact, observations have shown

that people on long term keto sleep even better than people who are not.

Sharper Brain: Sugar can be an excellent source of energy, but it doesn't keep the brain at its maximum. New research as regards this has shown that the brain operates better on Ketones than it does on the regular blood sugar. The study isn't fully grounded yet, but it is normal for the brain function to change once the body has noticed a diet change.

Improved liver health: People with prediabetes and Type 2 diabetes often have fat accumulated on the liver. It is very risky as it leads to total damage to the liver. A keto diet can always come in handy for someone diagnosed with a fatty liver.

Aids gastrointestinal health: Most grain foods and sugary content can really upset the insides. Vegetables, too, like tomatoes and potatoes, can also do the same as they all increase the possibility of heartburn and acid reflux in the digestive system. A Keto diet eliminates foods like this from the start, thereby reducing the possible symptoms and tackling the causes of inflammation in the body. Keto diets have been beneficial in the removal of gall stones since carbohydrate is a significant ingredient in gall stones. A sufficient keto diet clears out the gallbladder and prevents gallstones from showing up in the future.

Helps with a Stable vision:



<https://www.webmd.com/eye-health/ss/slideshow-blurry-vision>

Risk of cataracts has been discovered to rise with the level of blood sugar. Keto diets help to reduce and stabilize blood sugar; therefore, improving visual health.

Keto diets can also make anxiety and depression diminish. It is not yet efficiently proven in humans, but it has been tested in lab rats. In all, it is advisable to consult a qualified doctor or dietitian before starting a Keto diet because it works differently in humans and may not be suitable for your current health condition.

Cons of Keto

Even with its far-reaching benefits, there are also risks and shortcomings attached to adopting ketogenic diets. First, ketogenic diets are very hard to comply with. Many people who adopt it cannot stick to it for long terms. This is because it is a total switch from what the body is naturally used to. After adopting it, it takes over three weeks to get accustomed to that lifestyle which may not be suitable for everyone; a life without 90% of the usual carbs that make up the conventional meal in most societies. It also makes one much hungrier than usual; which most people may find hard to live with.

Being on a Keto diet could expose one to the risk of several mineral and vitamin deficiency, gastrointestinal discomfort and even kidney stones. This is because, while trying to adopt a 'fatty' lifestyle' the other nutrients in the body will be in short supply, hence the possibility of nutritional deficiency as most important food groups like grains and vegetables are going to be missing. Another risk to be suffered is constipation. With a high presence of oils and little or no fiber at all in one's diet, constipation becomes imminent. There is no way a restrictive diet will make up for all nutrients in the body, so there is a very high possibility that whoever adopts it will go through a considerable level of discomfort.

For starters of this diet, it is possible to experience fatigue and headaches in the beginning. This condition is called Keto-flu; whoever starts this diet may experience it too. People with this condition usually shed a lot of weight, most especially water weight which can lead to dehydration. In the long run, there is the risk of heart disease when a high-fat diet is followed for a very long time. This is because, as you go on a Keto diet, the

possibility of taking in unhealthy fats increases. This can be gotten from the conventional red meat, cheese, butter and the likes. It is advisable to consult with a specialist first before taking on this diet.

Other possible side effects include acidosis. Acidosis is a condition whereby acid levels in the blood is high, low blood sugar level, development of kidney stones, constipation, sluggishness and also muscle degeneration.

Talking about Ketogenic diets without mentioning what and what should be served and what should be eliminated or reduced isn't complete. Keto diets should contain a low level of carbohydrate (carbohydrate equivalent to an apple), protein and high fatty or oily foods. Carbs can be small or done away with depending on the dietitian's advice.

On foods to avoid, there is sugar in all its strands. This ranges from the smallest cube of sugar to a whole bowl of ice-cream. Soda, cake, fruit juice, and the likes are a no-no for anyone going into keto.

Next on the list is alcohol. Alcohol consists of carbohydrates like wheat, corn, and members of the grain family, which translates into high carbs. Unlike all other carbs that can be permitted when 'low-carbs' is included, alcohol is not to be tolerated at all as it ruins the whole ketosis process.

Although a keto diet is supposed to be over sixty per cent fat, not just any fat is allowed on a keto diet. Most processed vegetable oils are not to be on the menu. Low-fat products should be avoided because they are high in carbs and are highly processed.

Also, avoid using mayonnaise.

Due to the presence of sugar in most fruits, many of them are not included in a Keto diet. Some fruits are permitted though due to their conformity with the keto formula. Nuts like Avocado and almonds are exempted from this list. It is reported that some berries like strawberries are also permitted on the keto dish.

Sugar-free diet foods too should be avoided. This is because they are high in sugar alcohols and subsequently affect ketone levels in the end. Besides, they are highly processed, making it not suitable for the Keto formula.

Root tubers and vegetables are also to be avoided. Most tubers like cassava and Yam contain first-degree sugar (polysaccharides). It is almost the same with root vegetables like parsnips and carrots.

Legumes generally are not to be included in a keto diet. This includes beans, pea, lentils and every other thing that falls under legumes.

Let's talk about what should be at the centre of a keto dish. The bottom line is that they belong to the protein and fats family. You should centre your keto meals around the following foods.

Cheese is a good source of fat and also some form of protein. Unprocessed cheese does the job. It could be blue cheese, mozzarella cheese or even cream cheese.

Natural oils like Avocado and almond oil can make up part of a keto dish; in terms of frying or even taking it in raw. Coconut oil is also allowed in keto meals.

Meat should constitute a large part in keto diets. Poultry skin, red meat, bacon and turkey especially are essential for the completion of a

ketogenic diet.

Not all fish is allowed, but fatty fishes like Salmon, tuna and mackerel would do well in a keto dish.

Low-carb vegetables like onions and peppers are allowed too. Most green vegetables also complement a proper keto dish.

Eggs are significant in a keto dish, most notably the pastured ones or the ones gathered from one's home poultry.

Nuts also provide a considerable level of fat. Nuts like walnut and the ones gotten from almonds serve greatly. Pumpkin seeds and Chia seeds are part of what to consume when on a keto diet.

So as not to go through any form of difficulty during the process, it's best to make the diet around a single ingredient. Some dietitians will advise this too.

Being on a keto diet does not mean you can't take a snack. In fact, there is a big array of snacks to choose from. From cheese down to keto tortillas, there is always something to keep the mouth busy in between meals. Some of these healthy keto snacks include boiled eggs, cheese, dark chocolate and even fatty meat and fish.

Keto meals can look like Avocado, olive oil with shrimp salad or Ham and cheese omelet with veggies. They are so much fun to try out as there is a wide variety to choose from. For maximum results, it is advisable to stick to the dietitian's recommendations.

Perhaps, there is no chance to set out the trays and cook to one's heart content, eating out on a keto diet can be tried. A meat-based or fish-based meal can be ordered while the high-carb foods can be substituted

with veggies. For desserts, strawberries with cream can be requested. Most Mexican restaurants can serve their meats with sour cream or salsa or guacamole; just how you like it. Egg-based meals can be your preference. What matters most is sticking to the diet.

Keto Ingredients

Aside the usual nuts, meats and the likes which are constants in Keto meals, there are so many more ingredients that help boost your Keto diet. They can be used to prepare a full course meal or even snacks. Some of these ingredients are easy to get and are of very high nutritional value. Some of these ingredients will be briefly looked into here.

1. Coconut oil



<https://www.istockphoto.com/photos/coconut-oil>

To get optimum nutrition from it, it is best advised to get the unrefined oil if possible. Coconut oil comes almost as the total package as it has anti-viral and anti-fungal properties. Its fats are easy to absorb and also digest. It does the same to whatever food it is used to prepare. It is also easy to convert and use as energy by the body.

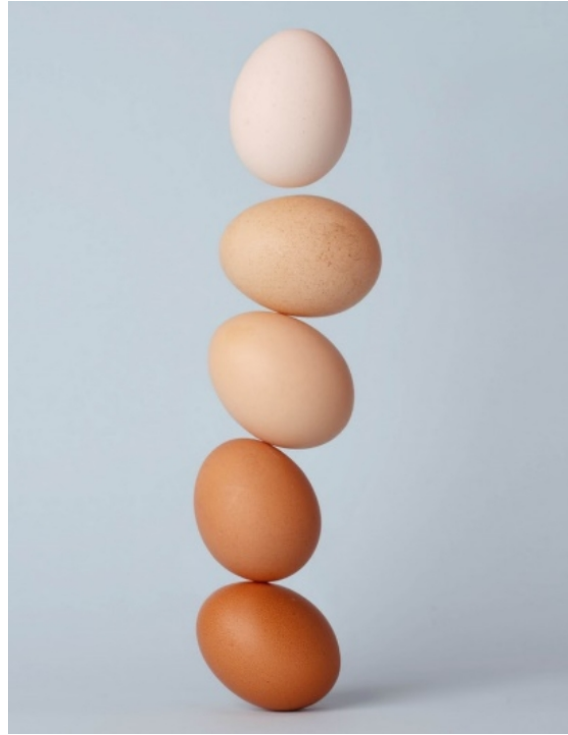
2. Olive Oil



<https://www.alibaba.com/product-detail/Manufacturer-Provide-Extra-Virgin-Olive-Oil>

Over time, olive oil has proven to be much better than all other types of vegetable oils we have around as it contains anti-oxidants and also contains mono-unsaturated fat. It also has anti-inflammatory properties. It is very healthy when it comes to cooking and is also easy to absorb. It is preferable to get the cold-pressed one and store it in a dark bottle if possible.

3. Eggs



<https://unsplash.com/s/photos/egg>

This is about the most consumed animal product in most societies today. Eggs have a very high content of nourishing fats. They also contain protein particularly and some vital vitamins the body needs like Vitamin B and Vitamin D. Eggs can be used to bake or can be served hard boiled. The flexibility of eggs makes them something to enjoy. They can be boiled, fried, poached or even made into an omelet. Eggs gotten around the home or in a personal poultry are the best when it comes to deriving all the needed nutrients.

4. Ghee



<https://www.indiamart.com/proddetail/pure-ghee-15929125797.html>

This is gotten after the milk proteins and milk solids have been removed from butter. It actually retains the yellow color and is somewhat between the thickness of honey and that of butter. Particularly, it aids digestion, likewise weight loss. Fats in this extract is very beneficial as it helps to reduce the risk of heart diseases. It can be taken straight like that or used as cooking oil.

5. Coconut Powder



<https://www.indiamart.com/proddetail/desiccated-coconut-powder-13737936348.html>

The contribution from Coconut is far-reaching as so many of its extracts support the Keto diet. Coconut powder is gluten-free plus very high protein content which makes it suitable for any keto meal you want to include it. It is used for making no-bake snacks. An example of this is Keto Fat bombs. It can also be used to process meat and fish. It is also high in fiber which helps with bodily strength too.

6. Sauerkraut



<https://tasteofartisan.com/homemade-sauerkraut/>

This is processed cabbage. Just that the process involves fermentation. Sauerkraut is rich in probiotics which mainly aids digestion. This purple-like ingredient can be taken on its own or used to spice up some keto meals.

7. Salad dressing



<https://www.acouplecooks.com/best-balsamic-vinaigrette-recipe/>

Most salad dressings comply with keto requirements, especially full-fat salad dressings. Dressings like balsamic vinaigrette fall under this category.

8. Nuts and seeds



<https://www.betterhealth.vic.gov.au/health/healthyliving/Nuts-and-seeds>

Healthy fat can be gotten from pistachios, macadamia nuts, almond and pecans. They are perfect for keto diets as they have just the level of carbs needed; low. They can be eaten as snacks or even ground into smoothies.

9. Salt



<https://www.healthline.com/health/pregnancy/home-pregnancy-test-with-salt>

Almost every food requires salt, special diet or not. For keto dieters, it is important to have it in large quantity. This is because of the level of salt that would be lost during ketosis would be more at the initial stage. Salt helps with supplying minerals in the body. Flavoured salts are also used in preparing keto dishes.

10. Olives



<https://www.thespruceeats.com/lye-cured-green-olives-recipe-1807881>

Taking the black olives or the green ones is still within the keto borders. They can be eaten that way or served on salads. They are very rich in healthy fats which make them appropriate for a keto dieter.

11. Flour



<https://en.wikipedia.org/wiki/Flour>

The fact that one is on a keto diet does not mean baked goods can't be taken. Keto cookies, pancakes, muffins or even waffles can be made from coconut flour and almond flour. Almond and Coconut flour has very low carbs and high in fiber compared to the conventional flour.

12. Nut Butter



<https://www.texanerin.com/how-to-make-almond-butter/>

Butter made from nuts are mostly sweetened as sugar has been added. For keto diets, unsweetened butter should be used to keep the carb intake controlled. Unsweetened peanut butter and unsweetened almond butter are available to meet keto needs. Unsweetened nut butter can also be made at home to the desired taste plus flavors like vanilla can be added too. It has no carbs at all. Cinnamon flavor can be added to the nut butter when making it.

13. Tahini



<https://www.thespruceeats.com/tahini-sesame-seed-paste-2355485>

Tahini is gotten from Sesame seeds grounded smooth and creamy. Tahini can serve well in place of nut butter; to bake or even in smoothies. It is cheap and easy to prepare. It is a good source of bioavailable calcium.

14. Cacao powder



https://www.alibaba.com/product-detail/High-fat-benefits-of-natural-cacao_50040645439.html

This fantastic ingredient comes with almost everything that may be missing once a keto diet kicks off. It brings with it iron, anti-oxidants and magnesium to the table. Cacao powder is suitable for baking, spreads and even smoothies too.

The entire keto pantry has so many ingredients than can't be explored in this piece. Most of these ingredients complement the fat content being ingested or make up for the carbs that are meant to aid bones and general body muscles, without affecting the entire ketosis process.

CHAPTER 3

KETO SOUPS

Keto Chicken Soup



<https://sugarfreelondoner.com/low-carb-keto-chicken-soup/>

Ingredients (4 servings)

- 1.5 liters of stock chicken
- 300 grams of cooked chicken
- 8 grams of fresh parsley

- 1 tablespoon of butter (or virgin olive oil)
- 2 medium carrots (peeled and chopped)
- 3 stalks of medium celery (chopped)
- 1 ¼ yellow onion (diced)
- 1 minced garlic clove
- 1 tablespoon of thyme leaves (chopped)
- 1 small leek (chopped)
- 2 leaves of bay
- ½ teaspoon of salt
- 1 cup of kale (or chopped cavolo nero)
- A squeeze of lemon juice
- 1 teaspoon of fresh parsley
- 1 teaspoon of olive oil

How to cook

- Add the butter or olive oil in a non-stick soup pot and heat over medium heat.
- Pour the carrots, leek, celery, and onions into the medium heat pot and stir fry. Add the chopped thyme and two-third of the parsley into the pot. Leave until the mixture begins to soften. This usually takes about 5 minutes.
- Add garlic to the mixture and quickly fry for 2 minutes.
- Add the chicken stock, bay leaves, and season to the green mixtures. Let it begin to boil. Reduce the heat and let it simmer for 15 minutes.
- The next thing is to shred your chicken and remove the bay leaves from the soup.

- Add the shredded chicken to the soup, stir together, and divide the soup into two.
- Pour one half into a stick blender or a food processor. Blend until the soup is thick.
- Pour the unblended half of the soup into a pot. Add the kale or cavolo nero. Cover the pot and let it simmer for 2 minutes to soften the greens.
- To top the servings, mix the lemon juice with the olive oil, swirl into the chicken soup pot and sprinkle the fresh parsley.
- Serve and enjoy!

Nutritional value

Calories: 287

Carb: 10g

Protein: 29g

Fat: 15g

Fiber: 2.8g

Keto Zuppa Toscana Soup



<https://www.shugarysweets.com/low-carb-keto-zuppa-toscana-soup-recipe/>

Ingredients (4 servings)

- 4 slices of thick bacon (cut)
- 1 lb. of mild Italian sausage
- 1 fresh head cauliflower (diced)
- 3 cloves of garlic (minced)
- 1 small onion (diced)
- 32 oz of beef bone broth
- ½ cup of heavy cream for whipping

- 2 cups of fresh spinach (or kale)
- ½ teaspoon of salt
- ½ teaspoon of pepper
- ½ teaspoon of red pepper flakes (crushed)
- Parmesan cheese (shredded) for garnish

To make your Beef/Chicken Bone broth

- In a pot, add water 2 pounds of beef/chicken bones. Add your pepper, salt, onions, and parsley or thyme (you can also add one tablespoon of apple cider vinegar). Let the mixture boil for 5 hours. Remove the vegetables and the bones. That's all

How to cook

- In a pot, add little oil and heat over medium heat. Add the sausage and bacon to the heated pot and let it brown. To make it easier to cook, cut the bacon into small pieces.
- Pour the beef bone broth into the cooked meat. Add the onions, garlic, and cauliflower to it. Let it cook for 15 minutes over medium heat or until the cauliflower is soft.
- Add the heavy cream and fresh spinach to the mixture. Let it cook for 5 minutes or until the spinach is tender.
- Add a pinch of salt, pepper, red pepper flakes.
- Sprinkle the top with parmesan cheese, serve and enjoy!

Nutritional value

Calories: 531

Carbs: 12g

Protein: 34g

Fiber: 0

Sugar: 2g

Keto Taco Soup



Ingredients (4 servings)

- 1 pound of chicken breast
- 1 tablespoon of cumin
- 1 tablespoon of lime juice
- 2 cups of chicken broth
- 8 ounces of cream cheese
- ½ cup of cilantro (chopped)
- ½ cup of onions (diced)
- 4 garlic cloves (minced)
- ½ teaspoon of paprika
- ½ teaspoon chili powder
- 1 tablespoon of chipotles in adobo sauce (minced)
- ½ teaspoon of salt

How to cook

- In a pot, add the onion, garlic, chipotles, chili, cumin, salt, paprika, salt, lemon juice, lime juice. Add the chicken and the chicken broth (In a pot, add water 2 pounds of beef/chicken bones. Add your pepper, salt, onions, and parsley or thyme (you can also add one tablespoon of apple cider vinegar). Let the mixture boil for 5 hours. Remove the vegetables and the bones).
- Cover the pot and cook in a low cooker for 4 hours.
- After the chicken is softened, remove the chicken from the pot and shred it with forks.
- Add the cream cheese to the mixture in the slow cooker. Whisk together until the cream cheese is fully melted and well incorporated.
- Add the shredded chicken back to the mixture on the slow cooker. Add the cilantro. Continue to stir until it is well combined.
- Serve and enjoy

You can also make this recipe in an instant pot to make it faster.

- Pour the onion, garlic, chipotles, chili, cumin, salt, paprika, salt, lemon juice, lime juice. Add the chicken and the chicken broth into an Instant pot. Cover the pot, turn the vent to sealing. Cook on high pressure for 15 minutes.
- Before removing the lid, allow the pressure to release on its own for about 10 minutes.
- Remove the chicken from the pot and shred it with forks.
- Turn the Instant pot to the sauté function. Add the cream cheese and constantly whisk until the cream cheese is melted fully and well incorporated. Turn the Instant pot off.

- Add the shredded chicken back to the Instant pot, add the cilantro and stir well.
- Top with the soup with sour cream, diced tomatoes, or grated cheddar.

Nutritional value

Calories: 424

Carbs: 7g

Fiber: 1g

Protein: 41g

Fat: 25g

Sugar: 4g

Keto Cauliflower Soup



<https://www.ditchthecarbs.com/keto-instant-pot-creamy-cauliflower-soup/>

Ingredients (4 servings)

- 1 large head cauliflower (cut into florets)
- 2 teaspoons of crushed garlic
- 2 cups of vegetable broth
- 1 tablespoon of lemon juice
- ½ cup of heavy cream
- 2 tablespoon of butter
- ¼ teaspoon of Allspice
- Salt and pepper

- Cheese (shredded)
- Green onions (chopped)
- Cracked pepper
- ½ teaspoon of paprika

To make the vegetable broth

Ingredients

- 1 tablespoon of olive oil
- 5 cloves of garlic (minced)
- 2 chopped large onions
- 3 celery ribs (chopped)
- 8 cups of water
- 3 cups of frozen vegetable scraps
- 2 bay leaves
- Parsley and thyme
- Salt and pepper to taste

How to Cook

- In a stockpot, heat up olive oil over medium heat. Add garlic, celery, onions, and carrots, cook for 5 minutes, or until it softens.
- Add water to the mixture, bay leaves, thyme, parsley, and frozen vegetable scraps. Reduce the heat from medium to low and let the mixture simmer for 45 minutes. Partially cover the pot.
- Remove from heat and pour the vegetable broth through a mesh strainer into another pot or bowl. Discard the solid vegetables.
- Let the broth cool down before transferring to an airtight plastic container and store it in a freezer.

How to make Keto Creamy Cauliflower soup

- If you are using an Instant Pot. Pour the vegetable broth, garlic, lemon juice, allspice, salt, pepper, and the Cauliflower into the Instant pot.
- Cover the lids and turn the pressure valve to sealing and cook for 5 minutes. Allow the pressure to release on its own for 3 minutes. Turn the valve to release the rest of the pressure.
- Pour the contents of the instant pot into a regular blender or use a stick blender for the floret to break it apart.
- After blending, pour the butter and heavy cream into the soup and blend again until the mixture is thick and creamy.
- Serve when it's hot. Top the serving with green onions, cheese, paprika, and cracked pepper.
- Serve and enjoy

If you are using a Slow Cooker

- Get more vegetable broth because liquid evaporates faster in a slow cooker.
- Pour all the ingredients except for cream and butter in the pot and cook for 3 hours or until the Cauliflower is tender.
- Blend the cauliflower with a stick blender to the florets. Pour the cream and butter to the mixture and blend again until it thickens. You can add more broth if it is too thick or let it simmer on the pot over low heat if it is too watery.
- Serve with the toppings and enjoy!

Nutritional value

- Calories: 207
- Carbs: 11g
- Protein: 4g
- Fiber: 4g
- Fat:17g

Keto Broccoli Cheddar



<https://www.heyketomama.com/keto-broccoli-cheddar-soup/>

Ingredients (4 servings)

- 2 tablespoons of butter
- 1/8 cup of white onion
- 1/2 teaspoons of garlic (minced)
- 2 cups of chicken broth
- 1 cup of Broccoli (chopped)
- 1 tablespoon of cream cheese
- 1/4 cup of heaving whipping cream
- 1 cup of Cheddar cheese (shredded)
- 2 slices of bacon (cooked and crumbled)

- Salt and pepper to taste

How to make

- Get a large pot and sauté your onion, garlic and butter on medium heat. Stir until the onions are soft and transparent.
- Add the chicken broth (see above on how to make chicken broth) and broccoli to the pot the pot and cook the broccoli until it is tender. Add desired salt and pepper
- In another bowl, put the cream cheese in a small bowl, place it in the microwave and heat for 30 second. Remove and stir.
- Pour the heavy cream in the cream cheese bowl and stir.
- Stir the heavy cream and cream cheese in the Broccoli pot. Leave it until boils. Turn the heat off and stir in the cheddar cheese.
- If it is not thick enough to your taste, you can Xanthan gum to it and stir. Leave it to thicken.
- Sprinkle the bacon as a topping
- Serve hot and enjoy!

Nutritional value

Calories: 285

Carbs: 3g

Protein: 12g

Fat: 24g

Fiber: 1g

Keto Chicken Zoodle Soup



<https://thatlowcarbblife.com/chicken-zoodle-soup/>

Ingredients (6 servings)

- 4 zucchini
- 2 cups of chicken (cooked and shredded)
- 6 cups of chicken stock or broth

- 2 tablespoons of olive oil
- 1 red bell pepper (diced)
- 3 stalks of celery (diced)
- 1 clove of garlic (minced)
- ½ onion (diced)
- ½ teaspoon of dried oregano
- ½ teaspoon of dried basil
- 1 teaspoon of salt
- 1 teaspoon of ground pepper

How to make

- Get a large pot like a Dutch oven, put olive oil and heat over medium heat. Add the onion, pepper, celery, and garlic to it and stir until they are soft. This usually takes 5 minutes.
- Pour the chicken stock and the chicken to the mixture. Add the oregano, salt, pepper, and basil to it.
- Make the zucchini spiral to give the zucchini noodles and pour it into the pot.
- Leave the mixture to boil and reduce heat. Let it simmer while stirring it occasionally until the zucchini noodles are soft, usually between 10 minutes.
- Add the desired seasoning to taste.
- Serve and enjoy!

Nutritional value

Calories: 640

Carbs: 12g

Protein: 36g

Fiber: 24g

Keto Bacon Cheeseburger Soup



<https://thatlowcarblife.com/bacon-cheeseburger-soup/>

Ingredients (6 servings)

- 1 pound of ground beef
- 1 cup of heavy cream
- 1 teaspoon of mustard powder
- 14 ounces of canned diced tomatoes
- 1 teaspoon of dried dill
- 6 slices of bacon (cooked and crumbled)
- 2 tablespoons of Worcestershire sauce

- 4 ounces of cream cheese
- 1 tablespoon of minced parsley
- 1 ½ cups of cheddar cheese (grated)
- 2 cloves of garlic (minced)
- 3 ½ cups of beef broth
- ½ onion (diced)

How to make

- In a large greased pot, add the onion, garlic, and ground beef over medium heat. Heat up until the beef is brown and cooks.
- Add the beef broth to the mixture, tomatoes, Worcestershire sauce, parsley, dill, mustard powder, salt. Stir together, leave it to boil, and reduce the heat to simmer for 30 minutes.
- Add your cream cheese, cheddar, and heavy cream to the pot.
- Whisk the mixture together until the cheese melts and the soup is slightly thick.
- Serve in a bowl, top with crumbled beef.
- Serve and enjoy!

Nutritional value

Calories: 608

Fat: 48g

Carbs: 7g

Fiber: 2g

Protein: 36g

Low Carb Buffalo Chicken Soup With Blue Cheese



https://www.yummly.com/recipe/Buffalo-Chicken-Soup_-Blue-Cheese-CROUTONS

Ingredients (4 servings)

- 1 pound of chicken thigh (boneless and skinless)
- 1 stick of butter (melted)
- 3 cups of bread cubes
- 3 celery ribs (diced)
- 1/3 cup of blue cheese crumbles
- 2 white and green scallions (sliced)
- 1 carrot (diced)

- 8 ounces of tomato sauce
- 3 cloves of garlic (minced)
- 3 cups of chicken broth
- 2 tablespoons of hot sauce

How to make

- Prepare two baking sheets and preheat the oven to 400F. Arrange the chickens in one of the baking sheets. Put the bread cubes in another baking sheet.
- Sprinkle salt and pepper, pour little melted butter on top of each content of the baking sheets. On the bread cubes, sprinkle blue cheese over the bread cubes.
- Place the baking sheets in different layers of the oven. Leave it for 10 minutes. Put the croutons in the sheet, and leave in the oven for another 5 minutes or until the croutons are golden, remove from the oven.
- After 10 more minutes, remove the chicken and shred it.
- In another pot, pour the remaining butter and heat over medium heat. Add the carrots and celery (reserve small for topping), garlic, and the white scallion. Stir the mixture until they are soft.
- Add the tomato sauce, chicken stock, and hot sauce to the soup. Stir together and reduce the heat from medium to low.
- Let the soup simmer on low heat until it thickens and the vegetables have softened, usually 15 minutes.
- Open the pot, add the chicken, pour its juice, and the remaining melted butter into the pot. Increase the heat from low back to medium, add desired salt and hot sauce.
- Allow it to heat through.

- Top with the reserved vegetables and extra blue cheese crumbles
- Serve and enjoy!

Nutritional value

Calories: 550

Protein: 35g

Fat: 34g

Carbs: 29g

Fiber: 5g

Roasted Tomato-Avocado Bisque



<https://alldayidreamaboutfood.com/wp-content/uploads/2018/08/Dairy-Free-Tomato-Bisque-1.jpg>

Ingredients (4 servings)

- 1 lb of fresh Tomatoes (chopped and cored)
- 2 cloves of garlic (peeled)
- 2 tablespoons of avocado oil
- 1 California Avocado (pitted and peeled)
- 3 cups of chicken broth
- Salt and pepper

How to make

- Preheat the oven to 400F and prepare a baking dish. Spread the tomatoes and garlic in the baking sheet, and place in a single layer.
- Drizzle the oil on it and sprinkle salt and pepper. Place in the oven and bake until the tomatoes caramelize. This usually takes 30

minutes.

- Remove from oven and pour the contents of the baking dish to a high powered oven. Add the chicken broth and the avocado. Blend until it is thick and smooth.
- Pour the contents into a pot and place on low heat to warm the soup up.
- Serve and enjoy!

Nutritional value

Calories: 94

Protein: 3.7g

Carbs: 7.3g

Fat: 7.9g

Fiber: 2.9g

Low Carb One-Pot Creamy Meatball Soup



<https://sweetcsdesigns.com/one-pot-creamy-meatball-soup/#mv-creation-64>

Ingredients (14 servings)

- 1 lb. pork (grounded)
- 1 lb. Italian sausage (mild or spicy)
- ½ cup of onion (minced)
- 1 tablespoon of garlic (minced)
- 1 stalk celery (minced)

- 1 whole egg
- 2 lbs. of meatballs (pre-cooked or fresh)
- 1 large onion (diced)
- ¼ cup of garlic (diced)
- 8 oz. of cremini mushrooms (clean and sliced)
- 2 large carrots (peeled)
- 3 large stalks of celery (sliced)
- 12 oz of beef stock
- 1 tablespoon of Italian herb seasoning
- 2 cups of heavy whipping cream
- 1 cup of grated parmesan cheese
- Salt and pepper to taste

How to make

- For fresh meatballs, get a large bowl and combine all the meatball ingredients. Roll the meats into golf ball sizes.
- Place the meatballs in the refrigerator for an hour
- For the soup, get a pot, add olive oil and heat over medium heat.
- Remove the meatballs from the refrigerators and add to the pot on the fire. Fry until the meatball is golden on all sides. This usually takes 5 minutes for fresh meatball, and 2 minutes for pre-cooked meatballs. Remove from the pot.
- Add the garlic, onions, carrots, celery, mushrooms to the pot and stir until it is soft. This takes another 7 minutes.
- Add the herbs, stocks, and them brown meatballs to the mixture in the pot. Increase the heat from medium to high.
- Add the whipping cream to the mixture slowly and whisk it together while adding. Whisk together very well until it is well

combined with the soup.

- Reduce the heat back to medium and whisk in the parmesan cheese.
- Leave it until its boils and thickens. Usually another 4 minutes. Check to see the thickness.
- Serve and enjoy!

Nutritional value

Calories: 756

Fat:59g

Carbs:19g

Fiber:4g

Protein: 38g

Keto Pho-Vietnamese Noodles Soup



<https://www.brokefoodies.com/keto-pho-vietnamese-style-noodle-soup/>

Ingredients (6 servings)

- 2 pounds of beef ribs
- 1 pound of flank steak (thin strips)
- 4 liters of water
- 1 tablespoon of organic chicken bouillon cube
- 1 ½ teaspoon salt
- 3 packs of noodles
- 2 red onions
- 3 tablespoons of Lime juice
- 3 tablespoons of soy sauce
- 3 tablespoons of chili paste

How to make

- In a large pot, pour the 4 liters of water over medium heat and allow to boil. Add the beef ribs to the boiled water, salt, and bouillon cube. Leave it and let it simmer.
- Prepare a baking sheet, cut the onions into half and remove the skin and place in the sheet. Use a blow torch to roast the onions until its black. You can also use the broil function of your oven if you don't have a blow torch.
- Add the roasted onions to the pot, let it simmer until the ribs are soft and tender and the meat comes off the bones. This usually takes about 2 hours.
- In another bowl, put half a pack of the noodles in it, five thin slices of steak, some cooked rib meat, and basil.
- Pour the beef broth in the bowl. Ensure the beef broth is hot so that it can cook the noodles and steak to medium-rare.
- Serve and enjoy!

Nutritional value

Calories: 462

Carbs: 4.7g

Fat: 19g

Protein: 65g

Fiber: 1.1g

Low Carb Turkey Soup With Cilantro Butter



<https://www.dietdoctor.com/recipes/low-carb-turkey-soup-cilantro-butter>

Ingredients (4 servings)

- 3 tablespoon of coconut oil
- 1 lb. of turkey (ground)
- 1 tablespoon of green curry paste
- 1 yellow onion (chopped)
- 1 chopped ginger
- 1 green bell pepper
- 27 oz. of coconut milk
- 2 cups of water
- 2 teaspoon of salt
- ½ teaspoon of pepper
- 4 oz. of green beans

- 2 tablespoon of olive oil
- 1/3 cup of fresh cilantro (chopped)
- 4 oz. of butter
- ½ teaspoon of coriander seed (crushed)
- 1 pinch of pepper
- 1 tablespoon of lime juice

How to make

- In a sauce, put the oil, heat over medium heat, add the chopped onions and ginger, sauté until the onions are transparent.
- Add the turkey to the pan, stir fry it until it well cooked. Add the paste and bell pepper to it. Stir until everything is well combined.
- Add the remaining ingredients, coconut milk, and desired salt for the soup. Leave out the green beans. Let the mixture boil, then lower the heat and allow it to simmer for 15 minutes.
- Chop the beans coarsely and add it to the soup when the soup is almost done. This is to allow it to maintain its color and texture and avoid overcooking.
- Set the pot aside with the lid covered.
- For the cilantro butter, mix the oil and cilantro together. Use a blender to get the best result.
- Add butter, coriander seed, pepper, salt, and lime juice to the blended cilantro. Whip together thorough until the mixture is fluffy.
- Serve the soup and top it with the cilantro butter mixture.

- Serve and enjoy!

Nutritional value

Calories: 971

Carbs: 12g

Fat: 95g

Protein: 25g

Fiber: 2g

CHAPTER 4

KETO SNACKS

Keto Cheesy Snack



<https://www.taste.com.au/recipes/cheesy-keto-snacks-recipe>

Ingredients (25 pieces)

- 1 ½ cups of Perfect Bakes 3 cheese blend
- 2/3 cups of almond meal
- 60g of cream cheese
- 1 whole egg
- 1 teaspoon of fresh rosemary leaves (chopped)
- 1 tablespoon of sunflower seeds
- 2 teaspoons of linseeds
- Smashed avocados

How to make

- Preheat your oven to 400F and prepare three baking sheets. Two baking sheets for the baking tray and one sheet for rolling.
- Get a medium-sized pan, put the cheese, cream cheese, and almond meal in the bowl and pour $\frac{1}{4}$ cup of water in it. Stir the mixture together and place over medium heat. Let it heat for 3 minutes until everything melts together. Remove the pan from the heat.
- Add the eggs and rosemary to the mixture, beat it well until it is well combined and the egg is absorbed.
- Place the prepared mixture in one of the prepared baking trays, and scatter with the linseed and the sunflower seeds. Roll it together and cover with the extra sheet of paper and a pin to pin it together. Roll the sheet in a 3mm-thick rectangle. Do this for the remaining mixture too.
- After cutting, remove the top sheet and use a pizza cutter to cut the rectangle sheets into wedges.
- Place the tray in the preheated oven and let it bake until the snacks are golden. Usually, it takes 12 minutes. Remove from the oven and let it cool.
- Serve with smashed avocado and enjoy!

Nutritional value

Calories: 267

Carbs: 6g

Protein: 4g

Fiber: 4g

Fat: 20g

Keto Tortillas



<https://www.delish.com/cooking/recipe-ideas/a25647730/keto-tortilla-recipe/>

Ingredients (8 servings)

- 1 cup of almond flour
- ¼ cup of coconut flour
- 2 teaspoons of xanthan gum
- 1 teaspoon of baking powder
- ½ teaspoon of kosher salt
- 3 teaspoons of lime juice
- 1 whole egg
- 1 tablespoon of water

How to make

- In a bowl, put the almond flour, coconut flour, baking powder, xanthan gum, and salt. Mix together very well or use a food processor to do it.
- Inside the food processor, pour the lime juice slowly, then egg and water to it. Mix it again until the dough is ready and well combined.
- Put the prepared dough in a plastic bag, wrap tightly and knead the dough with hand for a few minutes, then store it in the refrigerator for 10 minutes.
- Take out the dough and use it form 8 small balls. Put one ball at a time between two pieces of parchment paper and roll. The thickness should be about 1/8 thick.
- Heat a large skillet over medium heat and add the tortillas. Cook the tortillas until they are slightly charred. This usually takes 20 seconds per side.
- When they are all done. Let it cool down
- Serve and enjoy!

Nutritional value

Calories: 167

Carbs: 7g

Protein: 5g

Fiber: 3g

Fat:15g

Bacon-Wrapped Cabbage Dippers



<https://www.delish.com/cooking/recipe-ideas/a22987243/bacon-cabbage-dippers-recipe/>

Ingredients (8 servings)

- 1 medium head green cabbage
- 1 lb. of bacon
- ¼ cup of parmesan (grated)
- 2 tablespoon of olive oil
- 1 teaspoon of fresh black pepper (ground)
- 1 teaspoon of dried oregano
- 1 teaspoon of kosher salt

How to make

- Preheat oven to 450°. Remove the thick stems from the cabbage and cut the quarters in half.

- Prepare two baking sheets, add the parmesan to the cabbage and oil, desired salt to taste, pepper, and oregano — place in the baking sheets.
- Wrap one bacon around each of the cabbage wedges and place them in the oven. Bake until the cabbage edge is golden and crispy and the bacon is well cooked. This usually takes about 30 minutes.
- Use ranch for dipping.
- Serve and enjoy!

Nutritional value

Calories: 264

Carbs: 7g

Protein: 8g

Fat: 22g

Fiber: 2g

Keto Peanut Butter Cookies



<https://www.allrecipes.com/recipe/261181/4-ingredient-keto-peanut-butter-cookies/>

Ingredients (12 cookies)

- 1 cups of flour
- ½ cup of sugar (low-calorie)
- 1 cup of peanut butter
- ½ cup of oil
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- 1 whole egg

How to make

- Preheat oven to 350°F (190°C). Prepare the baking sheet with lined parchment paper and grease.

- Use a mixer to mix the peanut butter, sugar, and oil for 2 minutes on medium speed. Add the eggs to the mixture and beat until its fluffy.
- One after the other, pour in the baking soda, baking powder, and flour. Let the mixture absorb it very well. Then, add the vanilla extract and mix it all.
- Scoop the dough onto a floured countertop. Flatten it and cut into pieces (one inch thick). You can use a fork to form a pattern you want.
- Place in the baking dish and bake until the edges are golden. This usually takes 12 minutes.
- Remove, let it cool.
- Serve and enjoy!

Nutritional value

Calories: 133

Carbs: 12.4g

Protein: 5.9g

Fat: 11.2g

Fiber:1.3g

Keto Avocado Brownies



<https://www.delish.com/cooking/nutrition/a58586/keto-brownies-recipe/>

Ingredients (16 servings)

- 2/3 cups of cocoa powder (unsweetened)
- 6 tablespoons of peanut butter (unsweetened)
- 2 teaspoons of baking soda
- 2/3 cups of granulated sugar (Swerve)
- ½ cup of butter (melted)
- 2 teaspoon of vanilla extract
- ½ teaspoon of kosher salt

- 4 whole eggs
- 2 ripe avocados

How to make

- Preheat oven to 350°F (190°C). Prepare the baking sheet with lined parchment paper and grease.
- Use a mixer or food processor to mix the cocoa powder, avocados, baking soda, peanut butter, sugar, butter for 4 minutes on high speed. Add the eggs to the mixture and beat until its fluffy and well combined.
- Transfer the dough to a prepared counter baking sheet. Bake until the brownies are soft to touch and not wet. This usually takes 25 minutes.
- Remove from the oven to cool down for another 25 minutes.
- Slice, serve, and enjoy!

Nutritional value

Calories: 260

Protein: 7g

Carbs: 11g

Fiber: 5g

Fat: 23g

Keto Blueberry Muffins



<https://chocolatecoveredkatie.com/2019/09/26/keto-blueberry-muffins-recipe/>

Ingredients (4 muffins)

- 1 cup of fine almond flour
- 1 tablespoon of sugar
- ¼ cup of milk
- 1 whole egg
- ½ tablespoon of baking soda
- ¼ teaspoon of salt
- 2/3 cup of blueberries
- A pinch of cinnamon (optional)

How to make

- Preheat oven to 350°F (190°C). Prepare a regular-size muffin cups with lined parchment paper and grease.
- Get a mixer or food processor and put all the dry ingredients in it. Stir very well until the ingredients are well combined.
- Add all the other remaining ingredients into the stirred dry ingredients. Leave out the berries.
- Scoop the batter into each of the muffin cups and put the berries on top of each one. You can put as many berries as you want. You can also use a small batter to cover the berries and put another berry on top of it.
- Place into the oven and bake for 15 minutes.
- Remove from the oven and let it cool down for another 10 minutes.
- Use a knife for popping out the muffins or peel if you use a liner.
- Serve and enjoy!

Nutritional value

Calories: 44

Carbs: 2.4g

Protein: 1.6g

Fat: 3.6g

Fiber: 0.9g

Keto Bacon Sausage Meatballs



<https://slimfast.com/recipes/keto-bacon-sausage-meatballs/>

Ingredients (9 servings)

- 1 lb. of spicy Italian sausage
- 9 slices of uncooked bacon
- 2 tablespoons of garlic (minced)
- 1 white onion (diced)
- 1 tablespoon of dried oregano
- 1 teaspoon of coconut oil

How to make

- Preheat oven to 350°F (190°C). Prepare a mini-muffin tin with lined parchment paper and grease with the coconut oil.
- In a large bowl, put the Italian sausage, onion, garlic, and oregano and mix very well until it is well combined.
- Roll the mixture like a ball and place it in another bowl or parchment paper. You can roll into nine balls.
- Pick the uncooked slices of bacon and wrap one each on the balls you made.
- Place them in the muffin tin and place in the oven. Let it bake for 30 minutes.
- Turn the oven to high broiler function, and cook the bacon until crispy for another 5 minutes.
- Remove from the oven and let it cool a bit.
- Serve and enjoy!

Nutritional value

Calories: 301

Carbs: 1.8g

Fat: 27g

Protein: 11g

Fiber: 0.3g

Keto Crack Toffee Bars



<https://lone-star-keto.com/keto-crack-toffee-bars>

Ingredients (30 servings)

For the Cracker Crust

- 1 tablespoon of flaxseeds (grounded)
- 2 cups of almond flour
- ½ tablespoon of melted butter
- For the Topping
- 1 cup of butter
- 1 cup of brown Swerve
- 1 teaspoon of vanilla
- 1 teaspoon of caramel extract
- ¾ cup of chocolate chips
- 1 tablespoon of coconut oil
- 1/8 teaspoon of cinnamon

- ½ cup of toasted pecans (chopped)
- Pinch of salt

How to make

For the Cracker Crust

- Preheat oven to 350°F (190°C). Prepare a baking pan, line with non-stick spray foil.
- In a bowl, mix the grounded flaxseeds with water, leave it for 5 minutes to thicken.
- In another medium bowl, mix the flour with salt. Add the mixed flaxseed and melted butter to it. Stir together until a dough is formed.
- Form the dough into a ball and place in the prepared baking pan. Press the dough ball into the pan until it evenly distributed and smooth in the pan.
- Place in the oven and bake for 15 minutes or until the crust is brown. Remove from the oven and let it cool down.

For the Topping

- Continue with the preheated oven and increase it to 400F.
- Get a medium pan, mix the butter and swerve and heat over medium heat. Continue to mix and cook for 6 minutes. Remove and slowly add the extract while still stirring.
- Pour the mixture on the crust evenly and all covered. Place the crust in the oven again and bake for 5 minutes.
- Melt the chocolate chips and heat the coconut oil in a microwave. After melting, add cinnamon to it.

- Remove the cracker crust from the oven. Leave it to cool until it forms a toffee center.
- Drizzle the melted chocolate on the cracker crusts. Sprinkle the chopped pecans on the chocolate toppings. Press the pecans into it.
- Place everything in the refrigerator for 30 minutes. Remove and cut into desired square shapes.
- Serve and enjoy!

Nutritional value

Calories: 133

Carbs: 8

Fiber: 1g

Fat: 13g

Protein: 2g

Low-Carb Spicy Ranch



<https://thatlowcarblife.com/spicy-ranch-crackers>

Ingredients (4 servings, 60 crackers)

- 2 cups of grated mozzarella
- 2 tablespoons of cream cheese
- $\frac{3}{4}$ cup of almond flour
- 1 whole egg
- 1 tablespoon of ranch seasoning
- $\frac{1}{2}$ teaspoon of red pepper flakes

How to make

- Preheat oven to 400°F. Prepare the baking sheet with lined parchment paper and grease.
- Put the mozzarella and cream cheese in a bowl and place it in a microwave until its completely melted together.
- Stir in the almond flour slowly into the melted cheese. Add the red pepper flake, egg, and ranch seasoning. Stir well until it turns to a dough.
- Put the dough in another prepared parchment paper. Place a second parchment paper to cover the dough and cut. Cut out the dough into 1-inch pieces until it gets to your desired number. 60 is enough for this ingredient size.
- Place the cut-out dough in the baking sheet and place in the oven. Let it bake for 5 minutes before turning the side of the crack and bake again for another 5 minutes.
- Remove from oven to cool down
- Serve and enjoy!

Nutritional value

Calories: 235

Carbs: 4g

Fat:18g

Protein: 17g

Fiber: 1g

Keto Pizza Crust



<https://gimmedelicious.com/keto-pizza/>

Ingredients (6 pieces)

- 2 cups of Mozzarella cheese

- 2 tablespoon of cream cheese
- 1 cup of almond flour
- 1 whole egg
- 1 teaspoon of baking powder
- 1 teaspoon of Italian seasoning
- 1 teaspoon of garlic powder
- For the topping
- Parmesan
- Meat, beef, turkey or pepperoni
- Onions, olive or spinach
- Tomato sauce, olive oil, or blue cheese

How to make

- Preheat oven to 450°F. Prepare the baking sheet with lined parchment paper and grease.
- In a microwave-safe bowl, put the mozzarella cheese and the cream cheese in it and melt in the woven for 30 seconds.
- After melting, stir in the almond flour and the egg. Add the baking powder to the mixture, garlic, and Italian seasoning. Mix together until a dough is formed. You can also use a food processor to get the dough.
- Transfer to a floured countertop, knead with hand before transferring the dough to a parchment paper. Cover the dough with another parchment paper.
- Use a rolling pin to flatten out the dough. Make it ¼ inch thick and remove the parchment paper.
- Place the pizza-shaped dough in the baking sheet, transfer to the oven and bake for 10 minutes.

- Remove from the oven and add all the topping ingredients on it. Return to the oven and bake until the cheese is bubbly. This usually takes between 5 to 8 minutes.
- Remove and cool down a bit. Cut up and serve
- Serve and enjoy!

Nutritional value

Calories: 249

Carbs: 5g

Protein: 14g

Fat: 19g

Fiber: 2g

CHAPTER 5

KETO VEGETABLE RECIPE

Keto Broccoli Cheese Balls



<https://gimmedelicious.com/broccoli-cheese-balls/>

Ingredients (20 balls)

- 2 cups of broccoli florets
- 2 whole eggs
- 3 cups of boiled water
- ½ cup of almond flour
- 1 cup of cheese mozzarella (shredded)
- ¼ cup of cooked and crumbled bacon
- ¼ cup of onion (minced)

- 2 tablespoon of cilantro (chopped)
- 1 garlic clove (minced)
- ½ teaspoon of salt
- ½ teaspoon of black pepper

How to cook

- Preheat oven to 400°F. Prepare a baking sheet lined with a parchment paper.
- Get a steamer basket, put the broccoli in it and add the hot water. Steam the broccoli until it is tender. You can also steam the broccoli in a microwave. Put the broccoli in a microwave-safe bowl and heat for 2 minutes.
- Get a knife and chop the tender broccoli until it minced.
- Get a large bowl, put the broccoli in it, add the eggs, cheese, parsley, egg. Whisk everything together until its well combined. Add crumbled bacon to the mixture.
- Use a scoop spoon to scoop the mixture, turn it into a ball and place in the prepared baking sheet. Do it repeatedly until you have the desired number of balls.
- Place in the oven and bake until its cooked; usually this take 25 minutes. Remove from oven to cool
- Serve with any kind of sauce and enjoy!

Nutritional value

Calories: 32

Carbs: 1g

Fat: 2g

Protein: 2g

Fiber: 0g

Keto Bacon and Cheeseburger Casserole



<https://www.staysnatched.com/easy-keto-low-carb-bacon-cheeseburger-casserole/>

Ingredients (6 servings)

- 1 pound of ground beef
- 1 cup of chopped onions
- 2 garlic cloves (minced)
- 1 teaspoon of sauce
- 2 oz. of cream cheese
- 2 whole eggs
- 2 tablespoons of mustard
- ½ cup of heavy whipping cream
- 1 cup of cheddar cheese (shredded)

- 1 teaspoon of Burger seasoning
- 3 slices of cooked and crumbled bacon
- 1 kosher pickle

How to cook

- Preheat oven to 350°F. Prepare a baking sheet lined with a parchment paper, sprayed with oil.
- Get a large skillet, add the onions, garlic, burger seasoning, salt and pepper. Use a spoon to break the ground beef into small chunks.
- Add the cream cheese and sauce to the mixture and stir very well. Cook the mixture in the skillet over medium heat. Cook until the cheese is melted, and the beef is well cooked. Remove the skillet from the heat.
- Get a medium bowl, add the egg, shredded cheddar cheese, heavy whipping cream and mustard. Whisk the mixture until is fluffy and well combined. Leave small cheddar cheese.
- Pour the ground beef mixture in the baking sheet. Sprinkle the box bacon, and the sliced pickles on it. spread evenly throughout the sheet. Drizzle the liquid mixture, that is the cheese, cream and mustard mixture on it.
- Sprinkle the remaining cheddar cheese on it and place the baking sheet in the oven.
- Bake until the cheese begins to bubble; usually this takes 20 minutes. Remove from oven and cool.
- Top with mushroom or gauc (optional)
- Serve and enjoy!

Nutritional value

Calories: 392

Carbs: 2g

Protein: 27g

Fat: 31g

Keto Cauliflower Rice Stir-Fry



<https://www.thecountrycook.net/cauliflower-rice-stir-fry/>

Ingredients (4 servings)

- 1/3 cup of vegetable stock
- 1/3 cup of brown sugar
- ½ teaspoon of minced garlic
- 1/3 cup of soy sauce
- 1 teaspoon of sesame seeds
- ½ cups of sliced carrots
- ½ cup of mixed red and yellow pepper
- ½ cup of broccoli florets
- ½ cup of sliced zucchini

How to cook

- Get a bowl, put the vegetable stock, soy sauce, brown sugar, garlic and sesame seed. Whisk it together until its thick enough, not too thick though.
- Get a large skillet, pour the sesame oil in it and allow it to heat. Add the carrots, cook for 8 minutes, stir continuously until the carrot is soft.
- Add the broccoli, pepper and zucchini to the carrot mixture and stir. Cook for another 8 minutes.
- Pour the sauce on the vegetables, stir together and cook for another 5 minutes.
- Serve with cooked cauliflower rice and enjoy!

Nutritional value

Calories: 156

Carbs: 7g

Fat: 10g

Protein: 4g

Fiber: 3g

Low Carb Buttery Bacon And Cabbage Stir-Fry



<https://www.myketokitchen.com/keto-recipes/low-carb-buttery-bacon-cabbage-stir-fry/>

Ingredients (1 serving)

- 150grams of shredded cabbage
- ¼ cup of Butter
- 1 slice of bacon
- A pinch of salt and pepper

How to cook

- Put a pot over medium heat, add half of the butter, dice the bacon and add to the pot. Sauté until the bacon is well cooked and crisp.

- Add the shredded cabbage to the crispy bacon and stir. Stir well until the cabbage is well combined with the juice in the pan.
- Add the remaining half of the butter to the mixture and keep stirring. Add a pinch of salt and pepper to it. Keep cooking until the cabbage is transparent. This usually take about 7 minutes.
- Check the taste if its salty enough for you.
- Serve and enjoy!

Nutritional value

Calories: 378

Carbs: 3g

Fat: 41g

Protein: 3g

Fiber: 2g

Low Carb Sour Cream And Chive Broccoli Mash



<https://www.myketokitchen.com/keto-recipes/low-carb-sour-cream-and-chive-broccoli-mash/>

Ingredients (4 servings)

- 2 medium heads of broccoli
- ½ teaspoon of salt
- ½ teaspoon of pepper
- 2 tablespoons of butter
- 3 ounces of sour cream
- 2 tablespoon of chives (chopped)

How to cook

- Boil water in a large pot of water, add the broccoli florets to the water and let it cook until the broccoli is soft. This usually takes about 5 minutes.

- Drain the water and broccoli. Put the broccoli in the warm pot and add the butter, sour cream, desired level of pepper and salt.
- Pour the whole thing in a stick blender and blend until its smooth.
- Add the chive to it and stir well. Check the taste if it is your desired level.
- Serve and enjoy!

Nutritional value

Calories: 134

Carbs: 9g

Fat:10g

Protein: 4g

Fiber: 5g

Low Carb Mexican Cauliflower Rice



<https://www.myketokitchen.com/keto-recipes/low-carb-mexican-cauliflower-rice/>

Ingredients (4 servings)

- 2 cups of cauliflower rice
- ¼ cup of tomato puree
- 2 teaspoons of chopped cilantro
- 1/3 cup of butter
- 1 ½ teaspoons of powder garlic
- 3 teaspoons of onion flakes
- ½ teaspoon of salt
- ½ teaspoon of pepper

How to cook

- In a large pan, placed over medium low heat, add the butter, onion flakes and garlic, sauté it for 3 minutes.
- Add the cauliflower rice to the mixture, add your desired level of salt of and pepper, sauté until the cauliflower rice begins to soft. This usually take another 3 minutes.
- Add the tomato puree to the mixture and stir. Let it cook for 5 minutes until the rice is well cooked.
- Turn off the heat from the pan and add the cilantro while stirring.
- Serve and enjoy!

Nutritional value

Calories: 196

Carbs: 7g

Protein: 3g

Fat: 18g

Fiber: 3g

Keto Broccoli And Bacon Croquettes



<https://www.myketokitchen.com/keto-recipes/low-carb-broccoli-and-bacon-croquettes/>

Ingredients (14 croquettes)

- 1 lb. of Broccoli
- 2 ounces of butter
- 3 slices of bacon
- ½ cup of grated parmesan
- 1 whole egg
- 2 ounces of crushed pork rinds
- 1 tablespoon of ground flaxseed
- 1 tablespoon of almond flour

- 1 teaspoon of salt
- 1 teaspoon of pepper

How to cook

- Boil water over medium heat, add the broccoli to it. Leave until the broccoli is tender. You can also steam the broccoli. Drain water from broccoli.
- Add the broccoli to a blender, add the butter and blend until it turns to a puree. Stir in the parmesan and pour back into a bowl. Add the desired level of salt and pepper
- Dice the bacon and sauté it on low heat for 8 minutes until the bacon is brown and its fat is render.
- Add the brown bacon and its fat to the broccoli mixture. Mix well until its well combined.
- Put it in a plastic bag and refrigerate for 20 minutes.
- Heat up the deep fryer to 350°F.
- Remove the mixture from the refrigerator, add ground pork rinds and the egg to it. Mix very well. Make 14 barrel shapes with the mixture.
- Mix the almond flour and the flaxseed together in a plate. Roll each of the 14 croquette in this dry mixture until each one is well coated.
- Throw the croquettes in batches, not all at once to avoid overcrowding. Deep fry each batch for 5 minutes.
- Remove when the croquette is crisp and golden. Let it cool.
- Serve and enjoy!

Nutritional value

Calories: 126

Carbs: 3g

Protein: 8g

Fat: 10g

Fiber: 2g

Keto Oven Roasted Vegetables



<https://www.wholesomeyum.com/oven-roasted-vegetables-recipe/>

Ingredients (8 servings)

- 2 cups of broccoli florets
- 2 cups of cauliflower florets
- 2 cups of sliced zucchini
- 2 cups of bell peppers

- 2 cups of red onions
- ¼ cup of olive oil
- 2 tablespoons of Balsamic vinegar
- 1 teaspoon of garlic powder
- 1 teaspoon of Italian seasoning
- 1 teaspoon of salt
- ½ teaspoon of black pepper

How to cook

- Preheat oven to 425°. Prepare a baking sheet greased with oil.
- Get a large bowl and combine all the vegetable ingredients.
- Get another small bowl, put the olive oil. Vinegar, garlic, Italian seasoning. Salt and black pepper. Whisk everything together very well.
- Pout the liquid mixture over the vegetables. Make sure all parts of the vegetables are reached.
- Transfer the vegetables to the baking sheet and arrange them so that each piece of the vegetable touch the pan. If a single pan is not enough, use another pan. Do not overcrowd the baking sheet.
- Place in baking sheet in the oven and roast the vegetables until they are brown, usually it takes 30 minutes.
- Remove to cool a bit
- Serve with chicken wings, balsamic steak or baked chicken thigh.
Enjoy!

Nutritional value

Calories: 110

Carbs: 7g

Fat: 10g

Fiber: 2g

Protein: 2g

Keto Vegetables Bake With Creamy Pesto



<https://aussieketoqueen.com/keto-vegetable-bake-creamy-pesto/>

Ingredients (4 servings)

- 1 zucchini
- 1 red capsicum
- ½ red onions (chopped
- 1 broccoli head
- ½ cup of pesto
- ¼ cup of cream
- 4 tablespoons of parmesan cheese
- ¼ teaspoon of salt

- Fresh celery

How to make

- Preheat oven to 350°. Prepare a baking sheet greased with oil.
- Get a bowl and add all the vegetable ingredients in it.
- In another bowl, add the pesto, cheese. Add the cream and salt to it. Whisk the mixture together very well until it is well combined.
- Transfer the vegetables to the baking sheet. Pour the liquid mixture on it. Ensure every part of the vegetable is touched.
- Place in the oven and bake for 30 minutes.
- Remove it to cool a bit. Sprinkle the fresh celery on it
- Serve and enjoy!

Nutritional value

Calories: 265

Carbs: 9g

Fat: 19g

Protein: 8g

Fiber: 5g

Grilled Vegetables Salad With Pesto



<https://www.julieslifestyle.com/en/blog/detail/start-to-keto-grilled-vegetable-salad-with-pesto-low-carb>

Ingredients (2 servings)

- 1 large eggplant
- 1 zucchini
- 1 large cherry tomatoes
- 2 tablespoons of olive oil
- 1 teaspoon of black pepper
- ½ teaspoon of salt
- ½ teaspoon of oregano
- 4 handfuls of spring mix
- 1 avocado

- 1 handful of raw pine nuts

For the pesto

- 2 handfuls of basil
- 2 handfuls of spinach
- ½ cup of pine nuts
- 4 tablespoons of olive oil
- ½ cup of lemon juice
- ½ teaspoon of black pepper
- ½ teaspoon of salt

How to cook

- Preheat the oven at 350°F (175°C). Prepare a baking sheet greased with oil.
- Chop the cherry tomatoes and slice the eggplant and zucchini. Put the vegetables in a bowl.
- Melt the oil in a bowl, add the black pepper, oregano and salt. Mix everything together and season the vegetables with the liquid ingredients. Transfer to the baking sheet and into to oven to roast.
- Roast the vegetable for 10 minutes. Remove from the oven and add the cherry tomatoes to the vegetables. Return to the oven and roast for 5 more minutes.
- To make the pesto, get a blender or a food processor and add the pesto ingredients to it. Blender until the liquid is smooth. If the pesto is too thick, add small water and use a spoon to mix it.
- Serve the roasted vegetables with avocado.
- Top the veggies with pine nuts and drizzle the pesto on it
- Serve and enjoy!

Nutritional value

Calories: 235

Carbs: 3g

Fat: 19g

Protein: 10g

Fiber: 4g

CHAPTER 6

KETO DRINKS

Keto Turmeric Milkshake



<https://www.ditchthecarbs.com/keto-turmeric-milkshake/>

Ingredients (4 servings)

- 8 tablespoon of coconut oil
- 3 teaspoon of turmeric powder
- 1500ml of non-dairy milk
- 2 teaspoon of ginger powder
- 1 teaspoon of cinnamon
- 1 teaspoon of vanilla
- A pinch of salt
- 1 teaspoon of granulated sweetener
- 8 ice cubes

How to cook

- Use a regular blender, not high powered, pour the non-dairy milk, coconut oil, vanilla, ginger powder, salt, sweetener and ice cubes.
- Blend all the ingredients together except the turmeric and cinnamon powder.
- Blend until the mixture is thick or golden in color. This should happen after 30 seconds of high blending.
- Pour the milkshake in a glass cups. Sprinkle the turmeric and cinnamon on top
- Serve and enjoy!

Nutritional value

Calories: 351g

Carbs: 6.9g

Fat: 35.2g

Protein: 1.6g

Fiber: 1.4g

Keto Vodka Mojito



<https://drdavinahseats.com/recipes/keto-mojito>

Ingredients (1 serving)

- 2 sprigs of mint leaves
- 3 tablespoon of lime juice
- 2 tablespoon of ChocZero Honest syrup
- ¼ cup of vodka
- ¼ cup of club soda

- 2 tablespoon of strawberries (optional)
- ½ cup of ice

How to make

- Get a glass and add the mint leaves to it. Use a cocktail muddler to extract some oils out of the mint leaves and smash the fruit.
- Add the lime juice, ChocZero honest syrup, club soda and vodka to the glass.
- Use a spoon to mix together, add the ice to it.
- Serve and enjoy!

Nutritional value

Calories: 151

Carb: 4g

Fat: 1g

Protein: 1g

Keto Mudslide



<https://drdavinahseats.com/recipes/keto-mudslide>

Ingredients (4 servings)

- 2 scoops of chocolate keto shake
- 3 tablespoons of powdered monk fruit
- 1 ½ cups of almond milk
- ¾ cup of heavy whip cream
- 2 cups of ice
- 2 shots of vodka

How to make

- Get a high-speed blender, pour all the ingredients in it.
- Blend until its smooth. This usually takes between 30-40 seconds.
- Pour in the glass cups. You can drizzle a ChocZero Honest syrup.
- Serve and enjoy

Nutritional value

Calories: 287

Carbs: 2g

Protein: 3g

Fat: 25g

Fiber: 1g

Keto Crack Coffee



<https://forgetsugarfriday.com/keto-coffee-recipe/>

Ingredients (4 servings)

- 0.7 cup of chilled Death Wish coffee
- 1 cup of almond milk (unsweetened, vanilla)
- 2 tablespoon of heavy whipping cream
- 1 teaspoon of vanilla extract
- 12 drops of liquid stevia
- 3 teaspoons of MCT oil

How to make

- Brew the death wish coffee and chill
- Get a blender, pour the coffee in it and add all the other ingredients to it. Blend low until its well combined.
- The MCT oil will float on top
- Pour in a cup
- Serve and enjoy!

Nutritional value

Calories: 229

Carbs: 2g

Fat: 23g

Protein: 2g

Keto Strawberry Jello Salad



<https://www.ibreatheimhungry.com/keto-strawberry-jello-salad-low-carb/>

Ingredients (10 servings)

- 1 cup of large curd cottage cheese
- 1 cup of heavy whipping cream
- 1 cup of softened mascarpone cheese
- ½ teaspoon of unsweetened vanilla extract
- 1 box of strawberry jello (powder)
- ¼ cup of walnuts (chopped)

- 1/3 cup of unsweetened coconut (shredded)
- 2 cups of chopped strawberries

How to make

- Get a medium-size bowl, add the heavy whipping cream and vanilla extract, beat until the form is stiff.
- Add the mascarpone cheese to the mixture and mix until it is well combined.
- Carefully stir in the cottage cheese to the mixture, add the powdered jello to the mixture and stir well.
- Add the shredded coconut, chopped strawberries and chopped walnuts. Stir well until a mold is formed.
- Leave the mold to chill for four hours.
- Serve and enjoy!
- To unmold, you can put the bowl in hot water for about 1 minute.
- For the topping, add more strawberry.

Nutritional value

Calories: 255

Carbs: 5g

Fat: 23g

Fiber: 1.5g

Protein: 4g

Keto Margarita



<https://www.allrecipes.com/recipe/266764/keto-margarita/>

Ingredients (1 serving)

- 1 of tequila
- ½ cup of lime juice
- 3 teaspoons of Swerve sweetener (or any low-calorie sweetener)
- 8 lime wedges
- ¼ cup of coarse salt
- 1 pint-size Mason jar
- 1 cup of sparkling water (orange flavor)
- 12 cups of ice

How to make

- Use a shaker. Half-fill it with ice, add the tequila, lime juice and sweetener. Seal it and shake very well until the outside is frosted.

This should take between 10-15 seconds.

- Put one lime wedge on the rim of the Mason jar. Put the coarse salt on a plate. Press the Mason jar into the salt and fill them with ice.
- Pour the margarita in the jar with ice.
- Top with sparkling water. Stir and garnish with lime wedges.
- Serve and enjoy!

Nutritional value

Calories: 142

Carbs: 3.6g

Protein: 0.2g

Fiber: 0.4g

Keto-friendly Lemonade



<https://betterthanbreadketo.com/low-carb-keto-friendly-lemonade/>

Ingredients (5 servings)

- 1 cup of fresh lemon juice (squeezed)
- 2 teaspoons of liquid sweetener
- 4 cups of water

How to make

- Use a blender. Pour all the ingredients in the blender. Blend for 10 seconds.

- Add the sweetener to your taste.
- Put ice in a cup. Pour the lemonade in the cup
- Serve and enjoy!

Nutritional value

Calories: 10

Fat: 0

Carbs: 0

Protein: 0

Keto Apple Cider Vinegar Vinaigrette



<https://betterthanbreadketo.com/keto-apple-cider-vinaigrette/>

Ingredients (16 servings)

- 1 cup of apple cider vinegar
- ½ cup of olive oil
- 1 minced garlic clove
- 2 tablespoons of freshly squeezed lemon juice
- 2 tablespoons of liquid sweetener
- A pinch of salt and pepper
- Mason jars

How to make

- Use a high-speed blender. Place all the ingredients in the blend, and blend for 30 seconds.

- Pour into a Mason jar and refrigerate for 1 hour.
- Serve and enjoy!

Nutritional value

Calories: 80

Carbs: 0

Fat: 9g

Protein: 0g

Keto Hot Caramel



<https://www.myketokitchen.com/keto-recipes/keto-hot-caramel-drink/>

Ingredients (2 servings)

- 4 tablespoons of keto caramel sauce
- 2 cups of unsweetened almond milk
- 1 scoop of MCT powder
- 2 tablespoons of heavy whipping cream
- 1/3 cup of Keto whipped cream

How to make

- Put all the ingredient in a saucepan. Place the saucepan over medium heat, bring to boil.
- Remove from it and let it simmer. Whisk the mixture until its well combined.
- Transfer into mugs

- Top with Keto whip cream and drizzle the top with remaining Keto caramel sauce.
- Serve and enjoy!

Nutritional value

Calories: 283

Carbs: 3g

Fat: 29g

Protein: 3g

Fiber: 1g

Keto Hot Chocolate



<https://www.wholesomeyum.com/recipes/rich-hot-sipping-chocolate/>

Ingredients (4 servings)

- 6 ounces of dark chocolate (chopped)
- ½ cup unsweetened almond milk
- ½ cup of heavy cream
- 1 tablespoon of any sweetener of your choice
- ½ teaspoon of vanilla extract

How to make

- Use a small saucepan. Place the almond milk, cream and sweetener in it and heat over medium heat. When it begins to simmer, remove from it.
- Put the vanilla extract and chocolate and stir. Whisk the mixture until the chocolate melts.
- Pour into cups
- Serve and enjoy!

Nutritional value

Calories: 193

Carbs: 4g

Fat: 18g

Fiber: 3g

Protein: 2g

CONCLUSION

Being strictly on Keto Diet is one sure way to lose weight, a natural method that still involves enjoying the foods you love. From our extensive discussions on what keto is, its benefits and the people that needs it most, you can make guided decisions if it is right for you and how to go about it.

Keto like any other diet also has it negative sides which is called Keto flu. Keto flu are symptoms of early keto diet starters, and it includes nausea, bad breath, hunger, loss of energy, sleeping issues etc. All these symptoms are perfectly normal if you start keto diets. It's just your body trying to adjust the new lifestyle you are subjecting it to. But the good news is, Keto flu is not forever. The duration for the flu is different in most people some people feel it for weeks, some months. But it will definitely stop when the body fully adjusts. One thing you can do is to start the low-carb diet for the first week and make it regular. Also, take plenty of mineral supplements and water because your body will be deprived of it.

Keto diet is not for everybody as we have mentioned earlier so it is important to consult a doctor or dietician before you start.

I am not a registered doctor, dietician, health professional or fitness instructor. All the recipes written in this book are from past experiences with food. I love cooking and I wanted to share my recipes with people who wants keto diets but still have a taste for good food. All the “nutritional value” mentioned in this book are based on my personal success and experiences, and it may generate different results for people. If you are strict on the nutritional information, it is important to consult a professional and registered dietician.