

speed KETO™

5-MINUTE *recipes*



Dr. Harlan Kilstein

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Introduction

Speed Keto started as a “program” but is well on the way to becoming a movement. I extend thanks and gratitude to my greatest teachers – the members of our Speed Keto Facebook Group.

Every day you teach me something new. Most importantly, you tell me what we need as our next steps.

That’s why every step we take as a movement comes from the suggestions of our members.

Five Minute Speed Keto™ arose from members who asked for simple recipes that could be prepared quickly.

The prep time of each recipe in this book is five minutes – no more.

I hope it enhances your life and helps you realize Speed Keto™ is not a short term fix but an enduring solution to your weight issues.

With gratitude for everything you continue to teach me every day.

- Harlan Kilstein
Founder, Speed Keto™



Breakfast



- Homemade Ghee
- Bullet Proof Coffee
- Bullet Proof Espresso Latte
- Bullet Proof Matcha
- Hot Mocha Starter
- Creamy Coconut Chai
- Cucumber Mint Eye Opener
- Bacon, Broccoli & Mushroom Casserole
- Veggie Egg Scramble
- Zucchini/Jalapeno Hash Browns
- Cauliflower Hash Browns
- Quail Egg Mini Quiche Muffins
- Veggie Breakfast Wrap
- Perfectly Poached Eggs
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- Avocado Egg Boats – 2 Ways!
- Turkey Bacon & Egg Cups
- Corned Beef Hash Breakfast Bowl
- Corned Beef & Cabbage Breakfast Bowl
- Pork Belly & Kale Breakfast Bowl
- Roasted Bacon-wrapped Avocado
- Masala Egg Scramble
- Chicken Sisig: Speed Keto Version
- Creamy Green Smoothie



Homemade Ghee

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter – even ghee!

Ghee is a great fat to cook with since the milk solids have been removed. This fat can be used at higher temperature making it an excellent choice for stir-fry wok dishes.

Ingredients

- 1 lb grass-fed, organic butter

Preparation

Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:

1. The top layer will be foamy and white in color
2. The middle will be yellow. This is the deepest layer and it is called clarified butter.
3. The milk solids from the butter will sink to the bottom of the pot forming the third layer



Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15-20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

Yield: 1 ½ C, Serving size: 1 tsp

Nutritional Information:

- Calories/tsp: 6
- Total Carbs: 0
- Fiber: 0
- Total Fat: 1 g
- Protein: 0





Bullet Proof Coffee

There are many different versions of bullet proof coffee out there on the Internet. The Speed Keto version is simple:

1. 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, *if desired*, 2 tsp heavy cream.

That's it!

The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day.

Note: Some people react with loose stools when first adding MCT oil to their diet. You will most likely be okay with just one teaspoon but if you notice a problem cut back to ½ tsp and slowly build up to 1 teaspoon in your bullet proof morning coffee.

Nutritional Information:

- Calories/serving: 77 (with cream) ... 45 (without cream)
- Total Carbs: 0
- Fiber: 0
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0





Bullet Proof Espresso Latte

I still use a stove-top espresso maker that I have had for years but many of you may have single cup coffee makers at home. No matter how you make it, this keto latte will get your day off to a great start.

Ingredients

- 1 shot hot espresso coffee
- 1 tsp coconut oil
- 1 tsp ghee
- ½ C full fat coconut milk, canned



Preparation

1. Prepare espresso coffee and pour into mug
2. Stir in the coconut oil and ghee until melted into the coffee
3. Microwave coconut milk until hot and add to mug. Stir and serve

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 248
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 24 g
- Protein: 2 g





Bullet Proof Matcha

Matcha powder is made from green tea leaves that have been grown in the shade which forces the leaves to produce more chlorophyll. This results in the lovely green color we associate with matcha tea. Once harvested, the leaves are dried and the stems and tough veins are removed. The remaining leaf portions are ground into fine matcha powder.

Ingredients

- 1 tsp matcha powder
- 1 C boiling water
- 2 tsp MCT oil
- 1 tsp ghee
- Allowed sweetener to taste, if desired

Nutritional Information:

- Total Calories/serving: 139
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 14 g
- Protein: 0 g





Hot Mocha Starter

Every once in a while I want something with a bit of sweetness in the morning so I have a steaming Mocha Starter. It takes care of my craving and provides a perfect start to a busy day.

Ingredients

- 1 T cocoa
- Sweetener of choice, to taste
- 1 shot espresso
- 2 tsp MCT oil
- 1 tsp ghee
- 1 tsp coconut oil
- $\frac{3}{4}$ C coconut milk



Preparation

1. Place cocoa in large mug and pour brewed espresso over-top. Stir in sweetener, to taste. Add MCT oil and ghee and stir until ghee melts.
2. Heat coconut milk in microwave and pour into the mug. Stir and serve.

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 248
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 23 g
- Protein: 1 g





Creamy Coconut Chai

I enjoy starting a week-end day with a steamy mug of homemade, creamy coconut chai. But you can go ahead and treat yourself mid-week to this luxurious morning beverage; any time of the week is the right time for chai tea.

Ingredients

- 2 cardamom pods
- 3 black peppercorns
- 1 clove
- ½ tsp grated nutmeg
- 1" piece of ginger, peeled and cut into chunks
- ½ stick of cinnamon
- 3 C water
- 2 black tea bags
- 1 ½ C full-fat canned coconut milk
- Allowed sweetener, to taste



Preparation

1. Lightly crush the cardamom, peppercorns and clove by pulsing in a grinder or small food processor. Avoid over grinding, you don't want powdered spices.
2. Pour water into medium sized saucepan and add the crushed spices, ginger, cinnamon stick and nutmeg. Bring to the boil and remove from the heat. Add the tea bags and cover. Allow the tea to steep until the intensity of tea flavor is to your liking. Remove the tea bags and allow the crushed spices to continue steeping in the covered pan for a few more minutes (off the heat).
3. Meanwhile, pour the coconut milk into a separate saucepan and bring to a simmer. Strain the tea liquid, through a small sieve into the hot coconut milk. Sweeten to taste with allowed sweetener and whisk the chai until it's light and frothy. Pour into 3 mugs, garnish with a sprinkle of cinnamon (or nutmeg) and enjoy.

Yield: 3 Servings

Nutritional Information:

- Total Calories/serving: 211
- Total Carbs: 6 g
- Fiber: 2 g
- Total Fat: 21 g
- Protein: 2 g





Cucumber Mint Eye Opener

Here's a refreshing drink that will brighten your morning and easily replace the sugary fruit juice that used to start your day. I love this eye opener on hot summer mornings. It's the perfect first course starter for a lazy summer brunch, served on the deck.

Ingredients

- 3/4 English cucumber, cut into chunks
- 10 fresh mint leaves
- 2, C chilled matcha tea



Preparation

1. Place all ingredients in a blender or food processor until smooth, lump-free liquid is achieved. Pour into two tall glasses and garnish with a sprig of mint and a thin cucumber slice.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 37
- Total Carbs: 9 g
- Fiber: 2 g
- Total Fat: 0 g
- Protein: 3 g





Bacon, Broccoli & Mushroom Casserole

You can cook your own bacon for this dish or simply buy already cooked bacon and crumble it up. I substitute turkey bacon so usually cook up my own. Either way this healthy breakfast will get your day off to a good start.

Ingredients

- 1 C broccoli florets
- 2 strips bacon, pork or turkey, cooked and crumbled
- 1 C sliced mushrooms
- 2 tsp ghee or extra-virgin olive oil
- 3 eggs
- ½ C coconut milk, canned
- Grinding of pink Himalayan salt & black peppercorns



Preparation

1. Pre-heat oven to 350 F.
2. Steam broccoli florets until cooked but still a nice bright green color. Place in a small casserole dish lightly sprayed with cooking oil. Sprinkle crumbled bacon over-top.
3. Melt ghee in a heavy bottomed skillet and sauté mushrooms until cooked, stirring occasionally. Add the cooked mushrooms to the casserole distributing them evenly across the dish.
4. Whisk eggs with coconut milk and season with salt & pepper. Pour over-top the broccoli, bacon and mushrooms in the casserole dish. Place on the middle rack of the pre-heated oven and bake for 20 minutes or until the egg has set.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 262
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 24 g
- Protein: 13 g





Veggie Egg Scramble

Scrambled eggs make a filling breakfast that can be whipped up quickly. I keep a few jars of roasted peppers in my pantry for easy use and will often toss any leftover, already cooked veggies from the day before into the scramble.

Ingredients

- 2 tsp ghee
- ¼ C roasted peppers, from a jar
- ¼ C onion, small dice
- 1 garlic clove, minced or pushed through a press (or use jarred minced garlic)
- 2 eggs
- ¼ C baby spinach leaves
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Melt ghee in a heavy bottomed skillet over medium high heat. Add onions and sauté until translucent and lightly golden in color. Add garlic and roasted peppers and sauté for one minute more.
2. Whisk eggs and pour into the hot skillet and scramble the eggs until cooked to your liking. Stir in the spinach until wilted and remove from the heat. Correct the seasoning with salt & pepper. Serve immediately.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 200
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 15 g
- Protein: 13 g





Zucchini/Jalapeño Hash Browns

These hash browns are great as a side dish for any meal or as the main fare on the breakfast table.

Ingredients

- 2 C zucchini, shredded
- 1 jalapeño pepper, minced
- 1 T minced garlic, from a jar
- ¼ tsp pink Himalayan salt
- Grinding of black peppercorns
- 2 eggs, whisked
- ½ tsp xanthan gum
- ¼ tsp cumin
- 1/3 C crushed pork rinds (omit if you don't eat pork)
- 1 T ghee



Preparation

1. Combine zucchini, jalapeño, garlic, salt and pepper in a bowl.
2. In a separate bowl whisk eggs, xanthan gum cumin and crushed pork rind (if using).
3. Melt ghee in a heavy bottomed skillet, swirl it around to coat the pan then mound zucchini/ jalapeño mixture into pancake shapes in the hot skillet. Fry for a few minutes on each side until the hash browns are slightly crisp, lightly browned and the zucchini is cooked through. Serve while hot.

Nutritional Information:

- Total Calories/serving: 248
- Total Carbs: 6 g
- Fiber: 5 g
- Total Fat: 18 g
- Protein: 17 g





Cauliflower Hash Browns

Cauliflower hash browns are a versatile side-dish at home next to turkey bacon and eggs in the morning and equally satisfying when served next to roast beef at dinner time.

Ingredients

- 3 cups raw cauliflower rice
- 2 T cooking onion, minced
- 1 egg, whisked
- 1 T minced garlic, from a jar
- 1/2 tsp pink Himalayan salt flakes
- ¼ tsp ground peppercorns
- 2 T ghee



Preparation

1. Mix all of the ingredients together, except the ghee
2. Stove-top method: Melt half of the ghee in a heavy bottomed skillet over medium high heat. Make three mounds of the hash brown mixture in the hot pan and flatten each mound into an oval shape. Fry for 2 or 3 minutes then flip and continue cooking until the hash brown is crispy and cooked through. Repeat with the remaining batter making 6 hash browns in all.
3. Oven method: Form into six oval shaped hash browns on a parchment lined rimmed baking sheet.
4. Place on the middle rack of the pre-heated oven (400 F) for 15-20 minutes.
5. Let cool for 10 minutes and they will firm up.

Yield: 6 hash browns (1 hash brown per serving)

Nutritional Information:

- Total Calories/serving: 84
- Total Carbs: 6 g
- Fiber: 3 g
- Total Fat: 6 g
- Protein: 3 g





Quail Egg Mini Quiche Muffins

The hard boiled quail eggs, strategically placed in the center of these crust-less mini quiche muffins, adds visual appeal to breakfast or brunch. We recommend using a silicone muffin pan for this recipe. The flexible silicone makes it really easy to remove the quiche when the time comes. You will be able to assemble this recipe and get it into the oven in 5 minutes if you boil and peel the quail eggs the night before.

Ingredients

- ¼ C onion, small dice
- 2 tsp ghee
- 6 eggs
- ½ tsp thyme
- ¼ C full fat canned coconut milk
- 4 oz Turkey Kolbassa Sausage, cut into small cubes
- 6 hard-boiled quail eggs, peeled
- ½ tsp Himalayan salt
- ¼ tsp black pepper



Preparation

1. Pre-heat the oven to 350 F
2. Spray a silicone muffin pan (6 individual cups) with a light coating of coconut oil.
3. Melt ghee in skillet over medium high heat, add diced onion and turn the heat under the pan down to medium. Sauté onion until translucent and lightly browned. Divide the cooked onions evenly amongst the six muffin cups. Add a few cubes of sausage and place a peeled quail egg in the center of each cup.
4. Whisk the 6 eggs, coconut milk, thyme, salt and pepper. Pour over the ingredients already distributed in the 6 muffin cups, dividing the egg mixture evenly.
5. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the egg has set. Let cool for a few minutes and then slip the mini quiches out of the muffin cups and onto individual plates or a serving platter.

Yield: 6 servings (1 mini quiche per serving)

Nutritional Information:

- Calories/serving: 107
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 8 g
- Protein: 7 g

**Note: If having a mini quiche with 4 tomato wedges and ½ C of English cucumber slices add the following macros: 20 calories, 5 g carbs, 1 g Fiber and 1 g protein.*

***Note: If having with 2 strips of bacon add: 80 calories, 1 g of carbs, and 7 g of fat and 5 g of protein.*





Veggie Breakfast Wrap

You could easily add a few strips of bacon or left-over chicken to these wraps to step up the protein content but going vegetarian for one meal of the day never hurts!

Ingredients

- 2 eggs
- Grinding of pink Himalayan salt and black peppercorns
- 1 T heavy cream
- 1 tsp minced garlic
- 2 tsp ghee
- 2 large leaves of leaf lettuce
- ½ ripe Hass Avocado, thin slices
- ¼ C roasted red pepper slices
- 4 small spears of English cucumber



Preparation

1. Whisk eggs, cream, salt and pepper.
2. Melt half the ghee in a heavy bottomed skillet over medium high heat. Swirl pan to coat bottom with the melted ghee and add half the egg mixture. Swirl the pan again to coat the bottom evenly with the egg mixture. Cook until the egg is set, carefully flip and cook for a wee bit more. Remove from pan and repeat with the remaining egg mixture and ghee.
3. To assemble the wraps place an egg disc on each lettuce leaf. Cover the egg with avocado, red pepper and cucumber slices. Fold in the edges and roll up each leaf to form the wraps. Cut each wrap in half and serve.

Yield: 2 Servings

Nutritional Information:

Total Calories/serving: 236

- Total Carbs: 8 g
- Fiber: 1 g
- Total Fat: 18 g
- Protein: 8 g





Perfectly Poached Eggs

It takes 4 minutes to perfectly poach one egg in water that is just at the simmering point. The end result is a nicely shaped egg with a warm yolk that is slightly thickened; not too runny or overly hard. Since we'll be poaching 4 eggs we will add about 20 seconds per extra egg. Some folks add a wee bit of vinegar to the simmering water which helps keep those wisps of egg white from escaping each egg and messing up the water. It takes practice to get perfectly poached eggs but is not impossible!

Ingredients

- 4 large eggs



Preparation

1. Select a pan, large enough to hold 4 eggs without them being too crowded, and fill it halfway up with water. Place pan over high heat and bring the water up to the boil. Reduce heat beneath the pan so the water is just at the simmering point. You will see small bubbles forming across the bottom of the pan that rise gently to the surface when the water is at the right temperature.
2. Crack fresh eggs, one at a time, into a measuring cup that has a long handle. Gently slip the eggs into the simmering water, one at a time. Poach the eggs for 5 minutes altogether.
3. Use a slotted spoon to remove each egg from the pan. I like to remove excess water by gently blotting the egg while it's still in the spoon. Serve while hot with a quick grinding of salt & pepper if desired.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 70 (one egg/serving)
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 0 g
- Protein: 6 g





5 Minute Hollandaise Sauce

Hollandaise is the sauce that's used when making Eggs Benny. We often whip up this creamy sauce to dress our steamed veggies at dinner time too. No matter the time of day this sauce is sure to please.

Ingredients

- 2 egg yolks
- 2 T fresh lemon juice
- Pinch of pink Himalayan salt
- Pinch of white pepper
- ¼ tsp powdered mustard
- ½ C hot melted ghee



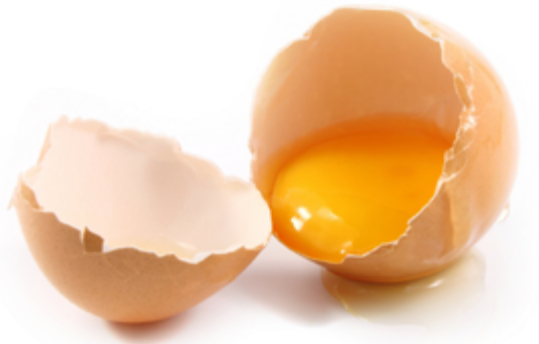
Preparation

1. Place egg yolks, lemon juice, salt, pepper and mustard powder in a blender and process on high until light and frothy.
2. Melt ghee. It must be liquid and hot for the next step.
3. Slowly drizzle the ghee into the blender while it is running at a higher speed. The yolk mixture will emulsify (thicken) into a sauce as you slowly drizzle in the hot ghee.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 269
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 38 g
- Protein: 1 g





Eggs Benny

Eggs Benny, keto style, is worth the extra bit of effort required. We employ a slice of keto pancake bread in place of the English muffin that's used as a base in the traditional version. If you have the keto bread on hand already, the hollandaise can be made quickly while the water for the poached eggs comes to the boil. Really; you can have Eggs Benny on the plate within 5 minutes! Replace the baked ham with turkey bacon or smoked salmon if pork isn't on your menu.

Ingredients

- 4 oz baked deli ham (or cooked turkey bacon or smoked salmon)
- 4 slices of 5 minute [Speed Keto Pancake Bread](#)
- 4 [Perfectly Poached Eggs](#)



Preparation

1. Assemble the Eggs Benny by placing a ham slice on top of each Keto Pancake. Put the hot (well-drained) poached egg on top and spoon some of the Hollandaise sauce on top of each poached egg. Garnish with a sprinkle of paprika and a bit of fresh parsley, if desired. Serve immediately while still hot.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 419
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 46 g
- Protein: 10 g





Perfectly Boiled Eggs (Stove-top & Instant Pot Methods)

Stove-top Boiled Eggs:

Keep a stash of ready to eat hard boiled eggs in the fridge for a quick snack if the need arises. I make boiled eggs using large sized eggs that come straight out of the fridge. Simply place eggs in a heavy bottomed pot that comfortably fits the number of eggs you are boiling. Cover the eggs with water (1" above the tops of the eggs in the pot) using cold water from the kitchen tap.

Hard Boiled Eggs:

Set your timer for 15 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.

When 15 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Refrigerate the eggs when cool enough to handle. Hard boiled eggs can be stored in the fridge for up to a week.

Soft Boiled Eggs:

Set your timer for 7 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.



When 7 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Take the top off the egg or peel and serve with butter to add some saturated fat to your breakfast. Season with salt and pepper, to taste.

Instant Pot Boiled Eggs:

Peeling eggs that have been cooked in an instant pot is amazingly easy; you will never have to deal with shell that just won't release from the membrane again.

Hard Boiled Eggs:

Place eggs on the rack that fits into the bottom of the inner pot. Seal lid. Set to high pressure for 5 minutes then perform a quick manual release after 5 minutes. Run the eggs under a stream cold water until cool enough to hold. Peel immediately.

Soft Boiled Eggs:

Place eggs on the rack that fits into the bottom of the inner pot. Seal lid. Set to high pressure for 3 minutes then perform a quick manual release after 5 minutes. Run the eggs under a stream of cold water until cool enough to hold. Peel right away.

Yield: 1 large egg per serving

Nutritional Information:

- Total Calories/serving: 70
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 2 g
- Protein: 6 g





Zucchini, Mushroom & Chive Omelet

If I have leftover veggies from the night before I'll often throw them into a breakfast omelet the next morning. In fact sometimes I simply put some aside before the evening meal is served to ensure I have what I need the next morning. Today I am cooking everything from scratch but it will still be done in 5 minutes because I've selected veggies that will cook up quickly.

Ingredients

- 2 tsp ghee
- 1/3 C mushrooms, sliced
- 1/3 C zucchini, thinly sliced
- ¼ C chives, chopped
- 2 eggs
- 2 tsp heavy cream
- Grinding of pink Himalayan salt & black peppercorns



Preparation

1. Melt ghee in a small skillet.
2. Add the mushroom and zucchini slices and sauté over medium heat until cooked, stirring and flipping occasionally. Add the chives and push the veggie mixture over to one half of the skillet. Spread everything around evenly in this area of the pan.
3. Whisk the eggs and cream together with the salt and pepper.
4. Pour the egg mixture into the skillet carefully first covering the half of the pan that is empty and then slowly pouring the rest of the mixture over the veggie mixture in the other half of the pan.
5. Continue to cook over medium heat until the egg mixture has set and is almost cooked all the way through. Fold the omelet in half and slip it out of the pan and onto your plate
6. Serve with salad or sliced tomato and avocado on the side.

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 286
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 23 g
- Protein: 15 g





Skillet Meal #1

Fried Egg & Mushroom Extravaganza

Ingredients

- 2 tsp ghee
- ½C mushrooms, thinly sliced
- 1 green onion, thinly sliced
- 2 eggs
- Grinding of pink Himalayan salt and black peppercorns



CompletelyKeto
Five Minute Recipes

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Preparation

1. Melt ghee in a heavy bottomed skillet over medium high heat. Saute mushrooms, stirring occasionally until cooked. Add the green onion and sauté for 1 minute more. Move the mushroom/onion mixture to the outer edges of the skillet forming a ring.
2. Crack the eggs into the center of the hot pan and season the eggs with a grinding of salt & pepper. Adjust the heat down to medium and cook the eggs, undisturbed, for a few minutes until the eggs are done to your liking. If you want a white skim to form on top of your eggs cover the skillet with a tight fitting lid while they cook.

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 281
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 20 g
- Protein: 16 g





Skillet Meal #2

Ratatouille, Sausage & Egg Starter

Ingredients

- 2 oz turkey sausage (Kolbassa)
- 2 tsp ghee
- ¼ C onion, small dice
- 1 tsp minced garlic, from a jar
- ¼ C roasted peppers
- ½ small tomato
- ¼ C baby spinach leaves
- 2 large eggs
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Cut sausage into thin slices. Melt 1 tsp of the ghee in heavy bottomed skillet over medium high heat. Brown sausage rounds on both sides and push to the outside edge of the pan.
2. Melt remaining ghee and sauté onion and garlic until soft. Add the roasted pepper, and tomato. Sauté for one minute more. Stir in the spinach leaves and push the ratatouille to the side of the pan.
3. Crack both eggs into the skillet and season with a grinding of salt and pepper. Cook them to your liking and serve directly from the skillet.

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 364
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 26 g
- Protein: 23 g





Skillet Meal #3

Green Beans & Bacon

Five minutes and two ingredients; doesn't get much easier than that!

Ingredients

- 1 C green beans, washed with ends snipped
- ½ C cubed thick cut bacon

Preparation

1. Place heavy bottomed skillet over medium high heat and add the bacon cubes once the pan is good and hot. Fry quickly until crisp and cooked through (internal temperature of the bacon cubes should reach 165 F.
2. While the bacon is cooking steam the green beans until tender yet still a bit crispy and a nice bright green in color.
3. Drain excess bacon grease from pan, add the steamed beans and toss. Serve while hot.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 243
- Total Carbs: 7 g
- Fiber: 1 g
- Total Fat: 14 g
- Protein: 18 g





Avocado Egg Boats – Two Ways!

This recipe is perfect for when the avocados on your counter are perfectly ripe. There are endless possibilities for stuffing these boats but today I am using up some turkey bacon I have waiting in the fridge. I also have some smoked salmon on hand so it's Avocado Egg Boats – Two Ways!

Ingredients

For avocado half #1:

- ½ ripe hass avocado, cut in half & pit removed
- 2 strips turkey bacon – cooked
- ¼ C arugula leaves
- 1 egg

For avocado half #2:

- ½ ripe hass avocado, cut in half & pit removed
- 1 oz smoked salmon
- 1 T dill
- 1 T Salt & pepper t taste
- 1 egg



Preparation

1. Pre-heat oven to 350 F.
2. Cut avocado in half and remove pit. Leave skin on. Hollow out the interior a bit so there's room enough inside the boat to hold the egg and other ingredients.
3. *For avocado half #1:* Crumble one strip of the cooked turkey bacon. Place the other on your plate. Crack an egg into the cavity of the avocado and season with salt and pepper. Place avocado boat on a parchment-lined, rimmed baking sheet.
4. *For avocado half #2:* Fit smoked salmon slice into the avocado boat and crack an egg alongside. Season with salt and pepper. Place on baking sheet with the other boat.
5. Bake the boats on the middle rack of the pre-heated oven for 20 – 25 minutes or until the eggs are done to your liking.
6. Serve boat # 1 garnished with bacon crumbles and arugula.
7. Sprinkle fresh dill over-top Boat #2.

Yield: 1 Serving

Nutritional Information (#1):

- Total Calories/serving: 345
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 30 g
- Protein: 12 g

Nutritional Information (#2):

- Total Calories/serving: 248
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 19 g
- Protein: 14 g





Turkey Bacon Egg Cups

Here's an easy recipe that the family will love; kids especially!

Ingredients

- 4 turkey bacon strips
- 4 eggs
- Grinding of pink Himalayan salt & black peppercorns
- Fresh parsley for garnish, if desired



Preparation

1. Preheat oven to 350 F.
2. Fry bacon until partially cooked but not yet crisp. Line silicone muffin cups with bacon strips. Brush bottom of cups with small amount of bacon grease. Crack an egg into the centre of each bacon-wrapped cup. Season with salt and pepper.
3. Bake on the middle rack of the pre-heated oven for 20-25 minutes or until the eggs are set and the bacon has crisped. Serve immediately.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 244
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 16 g
- Protein: 24 g





Corned Beef Hash Breakfast Bowl

Corned beef pairs perfectly with cauliflower in this easy-to-make breakfast bowl. You won't miss the potatoes; promise!

Ingredients

- 1 T ghee
- ¼ C onion, small dice
- 1 C riced cauliflower
- ½ lb shredded corned beef



Preparation

1. Melt ghee in a heavy bottomed skillet over medium high heat. Saute onions until soft. Add the riced cauliflower. Saute, stirring occasionally for 3 or 4 minutes.
2. Add shredded corned beef and continue to sauté until the cauliflower bits are softened and lightly browned. Serve immediately in a wide-brimmed bowl. Garnish with a fried egg, if desired.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 288
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 23 g
- Protein: 16 g

If you garnish with a fried egg add the following:

- Total Calories/serving: 70 (per egg)
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 2 g
- Protein: 6 g





Corned Beef & Cabbage Breakfast Bowl

I often make this breakfast bowl and opt for a nice soft-yoked egg on top; a very nourishing and satisfying start to the day!

Ingredients

- 1 T ghee
- ¼ C onion, small dice
- 1 package finely shredded cabbage
- ½ lb shredded corned beef
- Grinding of pink Himalayan salt & black peppercorns

Preparation

1. Melt ghee in a hot pan over medium high heat. Add onion and sauté until soft then add in the finely shredded cabbage. Continue to sauté, stirring occasionally until the cabbage is cooked through.
2. Stir in the shredded corned beef. Correct the seasoning with salt and pepper. Serve in a bowl when the corned beef is heated through. Garnish with an egg fried to your liking if desired.

Yield: 2 Servings



Nutritional Information:

- Total Calories/serving: 287
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 23 g
- Protein: 16 g

If you garnish with a fried egg add the following:

- Total Calories/serving: 70 (per egg)
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 2 g
- Protein: 6 g





Pork Belly & Kale Breakfast Bowl

For my non-pork eating clients I suggest swapping the pork belly out in favor of a nice turkey sausage meat. You can use a Kolbassa style sausage or an Italian flavored sausage. A simple ground turkey is tasty too.

Ingredients

- 4 oz pork belly, small dice
- ¼ C onion, small dice
- ½ jalapeño, minced
- ½ tsp minced garlic, from a jar
- 1 T apple cider vinegar
- 4 C chopped kale, large veins and heavy stems removed
- 2 eggs
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Heat heavy bottomed skillet over medium high heat and brown the diced pork belly on all sides. Add onion and sauté until the pork is cooked through and the onion is soft and golden in color. Stir in the jalapeño and garlic and sauté for one minute more.
2. Add the apple cider and stir in the chopped kale and continue to sauté while the kale wilts and is cooked. Push the pork belly/kale mixture to the side of the pan and crack in the eggs. Season with salt and pepper and fry to your liking. Serve immediately.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 293
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 30 g
- Protein: 21 g





Roasted Bacon Wrapped Avocado

Pop these easy-to-assemble wedges into the oven and get on with your morning. You can throw them together in less than 5 minutes and they will roast nicely while you prepare for the day. Turkey bacon or pork bacon are both tasty options when wrapped around wedges of ripe avocado.

Ingredients

- 1 Hass avocado
- 3 slices bacon, cut in half lengthwise
- Keto hot sauce to taste, if desired



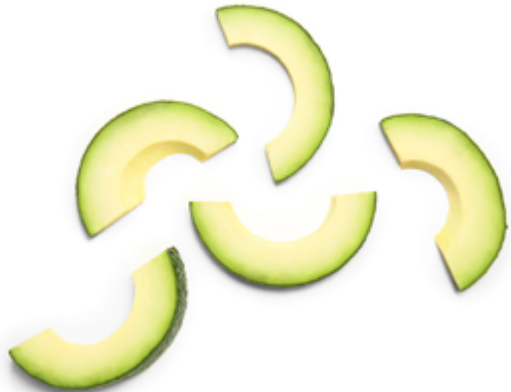
Preparation

1. Pre-heat oven to 375 F
2. Remove seed and cut avocado into 6 wedges. Wrap a strip of bacon around each wedge and place on a parchment lined baking sheet. Drizzle a few drops of sauce on top of each wedge, if desired.
3. Bake on the middle rack of the pre-heated oven for 20 minutes. Turn the broiler on for a few minutes at the end of the baking time to crisp up the bacon if necessary.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 180
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 16 g
- Protein: 5 g





Masala Egg Scramble

Ingredients

- 6 eggs
- ¼ C full fat coconut milk
- 1 T ghee
- ¼ C green onion, thinly sliced
- ¼ C roasted red peppers, jarred
- 2 tsp minced garlic, jarred
- ½ tsp turmeric
- ½ T curry paste
- 1 tsp chili paste (or dried flaked peppers)
- ½ C fresh cilantro leaves (or parsley if preferred), coarsely chopped
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Whisk eggs and coconut milk. Set aside.
2. Melt ghee in a heavy bottomed skillet over medium high heat and sauté green onion for 1 minute. Stir in the roasted pepper, garlic, turmeric, curry paste and chili paste.
3. Add the cilantro and pour in the whisked egg mixture. Scramble the eggs to your liking and divide between 3 bowls.

Yield: 3 Servings

Nutritional Information:

- Total Calories/serving: 269
- Total Carbs: 7 g
- Fiber: 1 g
- Total Fat: 21 g
- Protein: 13 g





Chicken Sisig: Speed Keto Version

Sisig is a traditional Filipino dish made with chicken meat, including the often over-looked chicken liver. Fresh lime juice and hot peppers brighten the flavor of the dish and once the ingredients are all assembled, it's ready in five. To control the heat level, choose your hot pepper with care. , jalapeño will suit folks that like a bit of heat while Serrano will add an extra kick to suit those needing some extra fire. Ground turkey or pork can easily be substituted for the ground chicken and chicken liver in this recipe.

Ingredients

- 1 T ghee
- ¼ lb chicken liver
- ½ lb ground chicken
- ¼ C onion, small dice
- 2 tsp minced garlic, from a jar
- 1 hot pepper, your choice minced
- 1 C cauliflower rice
- 1 T gluten free tamari sauce
- 2 T fresh lime juice
- ¼ C full fat mayonnaise



Preparation

1. Melt $\frac{1}{2}$ T of the ghee in a heavy bottomed skillet over medium high heat and add the chicken liver to the pan. Saute on both sides until the internal temperature reaches 165 F. Remove from heat and cut into thin slices. Set aside.
2. To steam raw cauliflower rice in the microwave, place it in a microwave safe container and add 1 T of water. Cover with microwave-safe plastic wrap leaving a small gap for steam to escape. Microwave on high until the rice is soft and cooked.
3. Return the skillet to the heat and melt remaining ghee. Saute ground chicken and onions for a few minutes before adding the garlic, pepper and steamed cauliflower rice. Continue to sauté the mixture, stirring occasionally until the ground chicken is cooked (reaches 165 F).
4. Whisk tamari sauce, fresh lime juice and mayonnaise. Pour sauce into the ground chicken mixture and toss to coat. Return to heat until the Sisig is heated through. Serve immediately. You can top the Sisig with a fried egg cooked to your preference if desired.

Yield: 3 Servings

Nutritional Information:

- Total Calories/serving: 347
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 26 g
- Protein: 21 g





Creamy Green Morning Smoothie

Nothing beats a smoothie when you are in a hurry!

Ingredients

- 1 Hass avocado, seeded and peeled
- 1 C coconut milk, canned
- ½ C baby spinach leaves
- ½ tsp pure vanilla extract
- Sweetener to taste
- 4 ice cubes

Preparation

1. Place all ingredients in blender or food processor and process until creamy and smooth. Divide into two portions and serve.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 346
- Total Carbs: 4 g
- Fiber: 0 g
- Total Fat: 31 g
- Protein: 3 g



Lunch



- Old Fashioned, 5 Minute, Chicken & Rice Soup
- Italian Sausage Soup ... Speed Keto Version
- Fish Chowder
- Coconut & Herb Shrimp Soup
- Mock "Pea" Soup (with a twist)
- 5 Minute, Speed Keto Pancake Bread
- 2 Perfect Sandwich Fillings
- 5 Minute Chicken Caesar Salad
- Chicken Breast Cutlets
- 5 Minute Thai Chicken Bowl
- Palta Reina (avocado stuffed with chicken salad)
- 5 minute Asian Turkey Skewers
- Red Curry Turkey
- Turkey and Pepper Kebab
- Turkey Meatballs
- Chorizo Meat Patty Casserole
- 5 Minute Keto Chili
- Pork Satay
- Jeyuk Bokkeum (Korean Pork BBQ)
- Cauliflower, Broccoli & Bacon Salad
- Smoked Salmon & Avocado Lunch Plate
- Salmon Zucchini Kebab
- Zucchini Fettuccini with Mussels in Tomato Sauce
- Warm Garlic, Mushroom & Shrimp Salad
- Tuna Sashimi Poke Bowl
- Cucumber & Tuna Pinwheel Roll-ups
- Roasted Red Pepper Quiche
- Green Shakshuka
- Traditional Red Shakshuka
- 5 Minute Lunch Plate



Old Fashioned, 5 Minute, Chicken & Rice Soup

By using an already cooked BBQ chicken you can make this Old Fashioned Chicken & Rice soup in 5 minutes. It's true; I've timed it!

Ingredients

- 2 C diced BBQ chicken (spit roasted)
- 1/2 onion, medium dice
- 1 T ghee
- 1 tsp thyme
- 1 package Konjac "rice" noodles
- 1 box organic chicken broth (or 1 qt. homemade broth)
- ¼ C minced fresh parsley



Preparation

1. Remove skin from BBQ chicken.
2. Remove meat from bones & cut enough chicken into small chunks to yield 2 C. Set aside. Reserve remaining chicken for another use. Freeze carcass and skin to make broth on another day.
3. Melt ghee over medium high heat in a heavy bottomed soup pot. Add diced onion and sauté until onion is soft and translucent.
4. Add broth and heat until the broth begins to simmer
5. The Konjac rice noodles come suspended in liquid, inside a plastic package. The liquid has a bit of an odor but don't worry this is normal; the noodles just need to be drained and rinsed. Drain the konjac rice noodles in a large sieve and rinse under cold running water while stirring the noodles around to make sure all the packaging liquid is rinsed away. Add the "rice" to your simmering broth.
6. Add chicken and simmer for a few more minutes. Divide into bowls and sprinkle on some minced fresh parsley

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 79
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 4 g
- Protein: 4 g





Italian Sausage Soup ... Speed Keto Version

This low carb, ketogenic version of traditional Italian Wedding Soup is high on our list of preferred comfort foods. We don't miss the tiny round pasta that's usually found in this soup and are very happy with the cauliflower "rice" we've substituted. Once the soup simmers in the pot for a while the cauliflower bits soften up as they absorb the broth and sausage flavors, providing a nice thickening element in our keto-friendly recipe. Sometimes I add shredded cabbage for an extra thick soup.

Ingredients

- ½ C onion, medium dice
- 1 T ghee or extra-virgin olive oil
- 1 C cauliflower "rice"
- 3 C organic chicken stock
- 3 Italian Sausages
- 3 C baby spinach



Preparation

1. Sauté onion over medium heat until soft and translucent.
2. Grate the cauliflower using a small food processor or box grater into rice-sized bits and add to the pot.
3. Pour in the chicken broth and raise the heat under the pot until the liquid begins to simmer. Adjust the heat so it continues to simmer.
4. Using sharp kitchen scissors snip the Italian sausages into tiny-sized meatball pieces. I get around 14 little meatballs per sausage
5. Add to the pot and continue simmering until the sausage is cooked.
6. When you are ready to serve the soup stir in the baby spinach. It will quickly wilt into the broth. Remove the pot from the heat when the spinach is cooked but still a nice bright green. This will only take one or two minutes.

Yield: serves 3 (3 lunches on Speed Keto)

Nutritional Information:

- Calories/ serving: 344
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 27 g
- Protein: 17 g





Fish Chowder

To be honest, this chowder recipe may take more like 8 minutes to complete but I think you'll find it's worth those extra minutes!

Ingredients

- 1 T ghee
- ¼ C onion, small dice
- 2 C raw cauliflower rice
- 4 C fish broth, from a carton (you can substitute chicken broth if necessary)
- 1 C full fat canned coconut milk
- 1 lb haddock fillet, cut into bite-sized chunks
- 2 strips bacon, cooked and crumbled
- Fresh parsley for garnish, if desired



Preparation

1. Melt ghee in a heavy bottomed pot. Add onion and sauté until soft. Pour in the broth and add the cauliflower rice. Bring to a boil and simmer for a few minutes until the cauliflower is soft.
2. Transfer mixture to a food processor and pulse until a smooth and creamy liquid forms. Pour liquid back into the soup pot, add the coconut milk and bring up to a simmer over medium high heat.
3. Add the fish chunks and simmer until cooked through. Serve soup garnished with crumbled bacon and parsley, if desired.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 298
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 18 g
- Protein: 28 g





Coconut & Herb Shrimp Soup

I often whip up this soup when company is coming for lunch. The bright fragrance of fresh herbs add flavor to the yellow soup base. By using already cooked shrimp this eye-pleasing soup can really be made in 5 minutes! You can select the fresh herbs of your choice when assembling the ingredients for this soup but I recommend you give watercress (which is more of a salad green than an herb) a try, if it's available.

Ingredients

- 1 T ghee
- ¼ C onion, small dice
- 1 T minced garlic, from a jar
- 1 T turmeric
- ½ tsp cumin
- ½ tsp ground coriander
- Grinding of pink Himalayan salt and black pepper
- 1 box organic fish or chicken broth
- 1 can full fat coconut milk
- 1 - 30 oz. package of cooked & frozen small-sized shrimp
- 2 C fresh herbs, your favorites chopped coarsely
- 1 cup cherry tomatoes, cut in half



Preparation

1. Melt ghee in a large, heavy bottomed pot and sauté onions until soft. Stir in the turmeric, cumin, coriander, salt and pepper.
2. Slowly pour in the broth while stirring followed by the coconut milk. Adjust heat under the pot and bring the soup up to the boiling point. Add the frozen shrimp and simmer until the shrimp is thawed and heated through.
3. Stir in the chopped herbs and cherry tomato halves and serve immediately. The hot soup will heat up the herbs and tomato as you ladle the soup into bowls.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 207
- Total Carbs: 7 g
- Fiber: 1 g
- Total Fat: 6 g
- Protein: 32 g





Mock “Pea” Soup (with a twist)

Five minutes is all it takes to get this soup simmering on the stove-top. If you don’t eat pork then here’s the twist; skip the ham and use thickly sliced smoked meat cut into small cubes. Trust me, it’s delicious!

Ingredients

- ½ lb ham steak or smoked meat, cut into small cubes
- ½ T ghee
- ½ C onion, medium dice
- ½ tsp thyme
- 1 ripe avocado, peeled and seeded
- 3 C chicken broth
- 2 C cauliflower rice



Preparation

1. Melt ghee over medium high heat and when it's hot add the onion and thyme. Sauté until the onion softens and becomes translucent.
2. Pulse chicken broth and avocado in a blender or food processor until smooth and creamy. Add to the pot and stir in the cauliflower rice. Adjust the heat under the pot to bring the soup up to the simmer. Simmer for 3 minutes then add the meat cubes.
3. Continue simmering for a few more minutes to give the cauliflower a chance to cook and absorb the flavors of the broth and meat. Divide between 2 bowls and serve.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 345
- Total Carbs: 9 g
- Fiber: 2 g
- Total Fat: 17 g
- Protein: 23 g





5 Minute, Speed Keto Pancake Bread

Variations of a keto friendly Oopsie Bread or Cloud Bread abound on the Internet with most recipes using cream cheese. I like a version that uses mayonnaise instead of cream cheese making the end result perfect for our 5 Minute Speed Keto project! I missed sandwiches until I started to make this easy bread substitute. You are going to love it!

Ingredients

- 3 large eggs, separated
- 3 T mayonnaise, full fat



Preparation

1. Pre-heat the oven to 350 F.
2. Whip egg whites until stiff
3. Beat egg yolks until light and creamy. Whisk in mayonnaise.
4. Carefully fold the egg yolk/mayonnaise mixture into the egg whites.
5. Create 6 pancake shapes by mounding the mixture on a parchment lined baking sheet. Bake on the middle rack of the pre-heated oven for 15 minutes. Cool on a wire rack.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 80
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 8 g
- Protein: 3 g





2 Perfect Sandwich Fillings

Sandwiches are back on the menu. A few suggestions for yummy sandwich fillings follow but I have no doubt that you will soon be inventing your own favorite combos when a sandwich craving hits. Our recipe for 5 Minute, Speed Keto Pancake Bread yields enough bread slices for 3 sandwiches.

Ingredients

Egg Salad Filling:

- 2 Perfectly Hard-boiled Eggs, peeled and mashed with a fork
- 1 T full-fat mayonnaise
- 1 green onion
- ¼ tsp Dijon mustard
- ¼ tsp dried dill
- 4 slices 5 Minute, Speed Keto Pancake Bread

Tuna Salad Filling:

- 1 can solid white tuna
- 1 green onion, thinly sliced
- 2 T full-fat mayonnaise
- 4 slices 5 Minute, Speed Keto Pancake Bread



Preparation

Egg Salad Filling:

1. Mix together the first 5 ingredients and spread half the mixture on one piece of bread. Top with the other half. Repeat with remaining ingredients.

Yield: 2 Servings

Tuna Salad Filling:

1. Mix all filling ingredients together. Assemble 2 sandwiches and enjoy.

Yield: 2 Servings

Nutritional Information:

Egg Salad Filling:

- Total Calories/serving: 291 (per sandwich)
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 27 g
- Protein: 12 g

Tuna Salad Filling:

- Total Calories/serving: 243
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 28 g
- Protein: 22 g





5 Minute Chicken Caesar Salad

A Caesar Salad on the side dresses up a meal nicely. Add left-over chicken and you have a perfect meal in one bowl for lunch or dinner.

Ingredients

- 2 bacon strips
- 1 ½ C romaine lettuce, torn into pieces
- ½ C arugula
- 1 clove garlic, finely minced
- ½ tsp anchovy paste (optional)
- ¼ tsp Worcestershire sauce
- 2 tsp fresh lemon juice
- ½ tsp Dijon mustard
- ¼ C mayonnaise
- 4 oz cooked chicken breast
- Salt & Pepper, to taste



Preparation

1. Fry bacon strips until crispy. Drain on paper towel and crumble into pieces. Set aside.
2. Place torn romaine leaves into salad bowl.
3. In a separate bowl whisk anchovy paste, Worcestershire sauce, lemon juice, Dijon mustard and mayonnaise. Add salt & pepper to taste. Drizzle salad dressing over the romaine and toss. Divide into 2 salad bowls and top with cooked chicken. Garnish with crumbled bacon and serve.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 355
- Total Carbs: 2 g
- Fiber: 2 g
- Total Fat: 32 g
- Protein: 15 g





Chicken Breast Cutlets

By pounding chicken breasts to flatten them slightly you can easily make a cutlet that will cook or grill in less than five minutes. Pair the cutlet with a tossed salad for an easy lunch.

Ingredients

- 2 chicken breasts, cut in half and lightly pounded
- 1 T ghee or extra-virgin olive oil
- ½ tsp dried thyme (or other herb of choice)
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Place chicken breast pieces between pieces of parchment paper and pound lightly to form ½” thick cutlets.
2. Sprinkle herbs, salt and pepper over-top each cutlet.
3. Melt ghee in grill pan (or a heavy skillet) over medium high heat. Add cutlets to hot pan and cook for about 2 minutes on each side or until the internal temperature of each cutlet reaches 165 F.
4. Serve with salad of choice on the side.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 202
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 9 g
- Protein: 29 g





5 Minute Thai Chicken Bowl

This recipe has been published before and it turned into a favorite for my online audience. I've modified it slightly to fit this "5 minute" format. Use left-over cooked chicken for this recipe or simply buy a spit roasted BBQ chicken and remove the skin. Take the meat from the bones and cut it into small pieces to use in the recipe.

Ingredients

- 2 C raw cauliflower rice
- 1 T coconut oil
- 3 eggs
- 1 jalapeño pepper, small dice
- 1 T ginger, from a jar
- 1 T minced garlic, from a jar
- 1 C coconut cream, from a can
- 2 tsp tomato paste
- Meat from a whole chicken
(or use 3-4 cooked chicken breasts), shredded
- Salt to taste
- ½ cup cilantro, chopped (for garnish)



Preparation

1. Place a wok-style pan over medium/high heat and melt 2 tsp of the coconut oil. Add the cauliflower “rice” and sauté, stirring occasionally.
2. While the cauliflower is cooking, scramble the eggs in a separate pan using the remaining 1 tsp of coconut oil. Shred the scrambled eggs into smaller bits and add to the wok with the softened cauliflower rice.
3. Add in the ginger, garlic, and the chopped jalapeños, tomato paste and coconut cream. Continue cooking.
4. When the cauliflower rice and peppers are soft, add in the shredded chicken meat. Mix well and heat through.
5. Divide into separate bowls and garnish with cilantro.

Yield: 4 servings

Nutritional Information:

- Calories: 478
- Total Carbs: 6 g
- Fiber: 1 g
- Total Fat: 30 g
- Protein: 43 g





Palta Reina (*Avocado stuffed with Chicken Salad*)

Palta Reina means “queen of the avocado”. It is a traditional Chilean dish featuring firm, ripe avocado halves stuffed with chicken salad. You could easily substitute tuna salad (see Perfect Sandwich Fillings). I make this recipe when I have leftovers from a roasted chicken dinner on hand and also use canned roasted red peppers; so throwing this meal together in 5 minutes is easily accomplished.

Ingredients

- 1 C Romaine lettuce , torn into small pieces
- 12 oz cooked chicken, cut into small chunks
- 3 T full-fat mayonnaise
- ½ C canned roasted red bell pepper , chopped finely
- ¼ C green onion, thinly sliced
- 2 large Hass avocado, ripe but still firm
- 1 T fresh lemon juice
- 2 T extra-virgin olive oil
- Liquid stevia, to taste (if desired)
- Grinding of pink Himalayan salt and black peppercorns
- 4 black olives
- 1 hard-boiled egg, cut into 4 wedges



Preparation

1. Arrange torn lettuce on each of 4 plates
2. Toss together the chicken, mayonnaise, green onion and red pepper. Set aside.
3. Peel the avocados and cut them in half, removing the seeds. Arrange the avocado halves on top of the lettuce lined plates. Fill the cavities with equal portions of the chicken salad.
4. Make a dressing by whisking the lemon juice, olive oil and stevia (if desired).
5. Garnish each Palta Reina with a black olive and egg wedge. Drizzle a bit of the dressing over-top each plate and serve immediately.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 360
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 30 g
- Protein: 19 g





5 Minute Asian Turkey Skewers

You can fire up the BBQ and grill up these turkey skewers in only 5 minutes. While the meat is on the grill simply whisk the remaining ingredients together for a quick Asian flavored sauce. I purchase already minced garlic and ginger and have the jars on hand in the fridge to make meal prep easy when time is at a premium.

Ingredients

- ½ lb skinless, boneless turkey breast, cut into 1/2 inch strips
- 2 T low sodium soy sauce
- 1 T minced ginger root
- 1 T minced garlic (from a jar - or 3 cloves minced)
- ½ T fish sauce
- 1 tsp dark sesame oil
- 1 tsp red chili flakes
- 1 ½ T fresh lime juice
- ½ C full fat mayonnaise
- Liquid stevia, to taste



Preparation

1. Thread strips of turkey onto small wooden skewers. Brush turkey with $\frac{1}{2}$ T of the soy sauce.
2. Pre-heat BBQ to medium high and grill skewers for about 2 $\frac{1}{2}$ minutes on each side or until the internal temperature of the turkey meat reaches 165 F.
3. To make the sauce whisk the remaining soy sauce, ginger root, garlic, fish sauce, sesame oil, chili flakes, lime juice, mayonnaise and stevia. Serve the grilled turkey skewers with sauce on the side.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 307
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 20 g
- Protein: 25 g





Red Curry Turkey

One of my favorite keto meals; I'll eat this meal at breakfast, lunch or dinner! The turkey can easily be substituted for chicken if that suits your pallet better.

Ingredients

- ½ T ghee
- 1 green onion, thinly sliced
- 4 oz turkey breast, cut into 1" cubes
- 1 T red Thai curry paste
- ½ tsp dried basil
- ½ tsp red pepper flakes
- 1 tsp minced garlic, from a jar
- 1 tsp minced ginger, from a jar
- ½ C fresh cilantro, coarsely chopped
- ½ C full fat coconut milk, from a can
- ½ C chicken broth
- ½ C riced cauliflower, raw



Preparation

1. Melt ghee in a wok over medium high heat. Add cubed turkey, green onions and sauté for 1 or 2 minutes until the turkey browns slightly and the onion softens.
2. Stir in the red Thai curry paste, basil, red pepper flakes, garlic, ginger and cilantro.
3. Pour in the coconut milk and chicken broth. Bring liquid up to the simmer and cook the mixture for 3 or 4 more minutes or until the internal temperature of the turkey reaches 165 F and the cauliflower rice has softened and is cooked. Serve in a bowl garnished with fresh cilantro leaves, if desired

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 398
- Total Carbs: 10 g
- Fiber: 4 g
- Total Fat: 30 g
- Protein: 23 g





Turkey and Pepper Kebab

Turkey usually comes on sale after the holidays so we stock up and freeze turkey breasts for use when making easy and quick meals. These kebabs fit the bill and are perfect for busy days when you need to eat and run.

Ingredients

- ½ C sugar-free ketchup
- 1 tsp smoked chipotle powder
- 1 tsp onion powder
- 1 T minced garlic, from a jar
- Liquid stevia, to taste
- 1 lb Turkey Breast, cut into 1 ½" cubes
- 1 red bell pepper, seeded and cut into 1 ½" pieces





Preparation

1. Make a keto BBQ sauce by whisking ketchup, chipotle powder, onion powder, minced garlic and stevia.
2. Pre-heat the BBQ to medium high.
3. Toss the turkey cubes with half of the BBQ sauce. Thread turkey cubes and red pepper pieces onto skewers. Grill for a few minutes per side as you rotate the kebabs, basting with the remaining sauce occasionally. When the turkey reaches an internal temperature of 165 F the kebabs are done. Serve immediately.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 192
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 4 g
- Protein: 34 g





Turkey Meatballs

Pair these meatballs with a side salad for an easy mid-day meal. I often triple this recipe and keep a few dinners worth in my freezer for a last minute meal when the fridge is empty and I need something quick.

Ingredients

- 1 lb ground turkey
- ¼ C minced parsley
- 1 T minced garlic, from a jar
- 1 T gluten free tamari sauce
- 2 T ground pork rinds, omit if you don't eat pork
- 2 T ghee



Preparation

1. Combine all ingredients and mix well, using your hands. Form meat mixture into meat balls.
2. Melt ghee in a large heavy bottomed skillet and fry meat balls, rolling them around occasionally until they are browned nicely. Do not over-crowd the meatballs in the pan if you want them to brown well. You may need to do them in batches. The meatballs are done when the internal temperature reaches 165 F.
3. Serve meatballs with your favorite keto hot sauce of choice on the side

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 263
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 17 g
- Protein: 24 g





Chorizo Meat Patty Casserole

Five minutes is all it takes to prep this tasty casserole. Pop it in the oven and bake for 15 minutes. Presto; lunch is served!

Ingredients

- ½ lb chorizo sausages, meat removed from casings
- ½ lb ground turkey
- ¼ C onion, small dice
- 1 T minced garlic, from a jar
- 1 T ghee
- 1 C full fat coconut milk
- 1 C chicken broth
- ½ T tomato paste
- 1 tsp turmeric



Preparation

1. Pre-heat oven to 350 F.
2. Use your hands to mix the chorizo, ground turkey, onion and garlic. Form into 6 patties. Melt ghee in a large heavy bottomed skillet that can be used in the oven. Brown the patties on both sides over medium high heat. Remove from pan and keep warm.
3. Make a sauce by whisking coconut milk, broth, tomato paste and turmeric. Pour into hot pan and deglaze the bits that are stuck to the pan. Simmer for a few minutes to reduce the sauce somewhat. Add the patties back into the pan and place pan on the middle rack of the pre-heated oven. Bake for 15 minutes or until the internal temperature of the patties reaches 165 F.

Yield: 6 Servings

Nutritional Information:

- Total Calories/serving: 376
- Total Carbs: 4 g
- Fiber: 2 g
- Total Fat: 28 g
- Protein: 26 g





5 Minute Keto Chili

Make a large batch of keto chili on the week-end ... it freezes well so you can double or triple the recipe for easy week-day lunch and dinner meals. Ground turkey can be substituted for the ground beef if that's your preference. The list of ingredients looks long but once they are all assembled the chili will be baking in the oven in only five minutes; promise!

Ingredients

- 1 T extra virgin olive oil
- ½ cooking onion, medium dice
- 1 T minced garlic, from a jar
- 1 lb ground beef
- ½ T chili powder
- ½ tsp ground cumin
- 3 tsp smoked chipotle powder
- Grinding of pink Himalayan salt and black peppercorns
- 1 ½ C organic beef broth
- 2 C riced cauliflower
- 1 medium tomato, medium dice
- 2 T tomato paste
- Liquid stevia, to taste (if desired)
- Fresh cilantro, for garnish



Preparation

1. Pre-heat oven to 325 F
2. Heat olive oil in a heavy, oven-proof pot over medium high heat. Add onion and sauté until soft.
3. Add ground beef to the skillet and sauté until the meat is almost browned. Add spices, salt and pepper and continue to sauté until the meat is nicely browned.
4. Stir in the diced tomato, beef broth and tomato paste. Add the riced cauliflower and give the ingredients a good stir to incorporate all the ingredients. Bring to a boil. Remove from heat immediately, cover pot with a tight fitting lid and place on the middle rack of the pre-heated oven.
5. Bake for 2 hours, stirring occasionally until the meat is tender and the all the flavors are well developed. Serve while hot. This recipe also freezes well.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 310
- Total Carbs: 9 g
- Fiber: 3 g
- Total Fat: 18 g
- Protein: 27 g





Pork Satay

I don't eat pork so I use either ground chicken or ground turkey for these Asian flavored kebabs. They grill up quickly and provide a satisfying meal at lunch time.

Ingredients

- 1 lb ground pork
- 1 T gluten free tamari sauce
- 1 T minced garlic, from a jar
- 1 T minced ginger, from a jar
- 1 green onion, minced
- ½ tsp dried basil
- ½ tsp Chinese five spice
- ½ T dark sesame oil



Preparation

1. Combine all ingredients (except the oil) and mix well using clean hands. Form meat around small wooden skewers as pictured above. Brush with sesame oil.
2. Pre-heat grill to medium high
3. Grill skewers for 3 minutes on one side and flip. Continue to grill for a few more minutes or until the internal temperature reaches 165 F. Serve skewers with keto friendly sauce of choice on the side.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 380
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 27 g
- Protein: 30 g





Jeyuk Bokkeum (Korean Pork BBQ)

Jeyuk Bokkeum is a staple of Korean BBQ. If you don't eat pork simply substitute turkey, chicken or beef. It will take you less than 5 minutes to throw everything together. If you have time, allow the meat and onion to marinate for an hour in the fridge. You could also throw it together in the morning then fire up the grill at noon, when it's time for lunch.

Ingredients

- 1 lb thinly sliced pork shoulder or tenderloin
- ½ C onion
- 3 green onions, cut on the diagonal into 2" pieces
- 1 T red chili paste
- 2 tsp keto hot sauce, use more if you like heat and less if you don't
- 2 T gluten free tamari sauce
- 2 T unseasoned rice vinegar
- Liquid stevia, to taste
- 2 tsp dark sesame oil
- 1 T minced garlic, from a jar
- 1 T minced ginger, from a jar



Preparation

1. Slice onion into thin rings and cut in half. Place pork, onion and green onion in bowl and set aside.
2. Whisk remaining ingredients and pour over meat and onions. Toss to coat evenly and place in fridge for up to an hour before grilling.
3. Preheat a large, ridged cast iron grill pan over medium high heat on the BBQ (or stove top). Spray lightly with oil and place the meat and onions on grill making sure there is a bit of room around each piece of meat. Allow the sauce to cling to each of the meat and onion pieces.
4. Grill for a few minutes then flip and continue grilling until the meat reaches an internal temperature of 165 F.
5. Serving suggestions:
6. Make a wrap by folding and rolling about ¼ C into flat leaf lettuce.
7. Serve over a bed of steamed cauliflower rice.
8. Eat as is, straight from the grill

Yield: 3 Servings

Nutritional Information:

- Total Calories/serving: 327
- Total Carbs: 7 g
- Fiber: 1 g
- Total Fat: 21 g
- Protein: 28 g





Cauliflower, Broccoli & Bacon Salad

Since we can now buy pre-washed salad greens and bacon that is already cooked making noon-time salads is quick and easy. You can whip this salad together when lunch time rolls around or prepare it in the morning to take to work. This salad holds up well when dressed in the morning and consumed at noon.

Ingredients

- 1 C Cauliflower florets
- 1 C broccoli florets
- 3 bacon strips, cooked and crumbled
- 2 green onions, thinly slices (about ¼ C)
- 1/3 C full fat mayonnaise
- 2 tsp fresh lemon (or lime) juice
- 1 tsp dried tarragon (or 1 T fresh leaves)
- 2 C baby spinach leaves
- Grinding of pink Himalayan salt and black peppercorns, to taste



Preparation

1. Pulse cauliflower and broccoli florets in a food processor until small chunks form. Toss with crumbled bacon and green onion.
2. To make a dressing whisk the mayonnaise, lemon juice and tarragon. Add to salad and toss.
3. Divide spinach between 3 salad plates and arrange the cauliflower/broccoli and bacon salad on top. Serve immediately.

Yield: 3 servings

Nutritional Information:

- Total Calories/serving: 266
- Total Carbs: 8 g
- Fiber: 1 g
- Total Fat: 23 g
- Protein: 4 g





Smoked Salmon & Avocado Lunch Plate

Every once in a while I treat myself to smoked salmon. It makes for an easy lunch on a busy day that is: ready in five!

Ingredients

- 3 oz smoked salmon
- ½ English cucumber slices
- ½ ripe avocado, pitted and peeled
- ½ C mixed greens
- 2 tsp lemon juice
- 1 T extra virgin olive oil
- Liquid stevia, to taste



Preparation

1. Assemble the salmon, cucumber, avocado and greens on a plate. Whisk remaining ingredients and drizzle over-top.

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 411
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 34 g
- Protein: 24 g





Salmon Zucchini Kebab

These kebabs will be ready for the grill in less than 5 minutes!

Ingredients

- 3/4 lb salmon fillet, cut into large chunks
- 1 zucchini squash, cut into 1” rounds
- 1 T extra-virgin olive oil
- Grinding of pink Himalayan salt and black peppercorns

Preparation

1. Preheat grill to medium high
2. Thread skewers by alternating salmon and zucchini chunks. Brush with olive oil. Coat lightly with a grinding of salt and pepper.
3. Grill on pre-heated grill with the lid up, rotating skewers so that the kebabs cook evenly.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 382
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 21 g
- Protein: 24 g





Zucchini Fettuccini w/ Mussels in Tomato Sauce

This light “pasta” will delight your taste buds. Purchase ready-made spiralized zucchini and this meal will be ready in minutes.

Ingredients

- 16 medium sized mussels, scrubbed
- 1 ½ C chicken broth
- 2 garlic cloves, minced or pushed through a press
- 1 T tomato paste, no sugar
- 1 tomato, cut into chunks
- ½ tsp dried basil
- Grinding of pink Himalayan salt & black peppercorns
- 1 C spiralized zucchini noodles



Preparation

1. Heat $\frac{1}{2}$ C chicken broth and garlic in a wok over medium high heat until the broth begins to boil. Add the mussels and cover with a lid. Steam for 3 or 4 minutes shaking the wok occasionally until the mussels have opened. Remove from heat and transfer mussels to a large bowl. Cover to keep warm.
2. Strain the broth and reserve the liquid. Wipe wok and return to the heat. Add the strained broth, remaining chicken broth and whisk in the tomato paste. Correct the flavor with allowed sweetener if desired. Stir in chopped tomato, basil and zucchini noodles. Correct the seasoning with salt and pepper.
3. Simmer sauce for a few minutes until the zucchini softens and return the mussels to the wok. Heat and serve.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 182
- Total Carbs: 10 g
- Fiber: 3 g
- Total Fat: 3 g
- Protein: 21 g





Warm Garlic, Mushroom & Shrimp Salad

Shrimp cooks quickly in the wok and makes an easy meal at any time of the day. Garlic and mushrooms add interest to this mid-day meal.

Ingredients

- 1 T ghee
- ½ C mushrooms, about 3 large mushrooms very thinly sliced
- 8 oz large sized shrimp, shells removed and de-veined
- 1 T minced garlic, from a jar
- 2 C mixed greens
- ¼ C fresh lemon juice
- 3 T extra-virgin olive oil
- Liquid stevia, to taste



Preparation

1. Melt ghee in a wok over medium high heat and add ½ T of the minced garlic, the mushrooms and the shrimp. Stir-fry for 3 or 4 minutes or until the mushrooms are cooked and the shrimp is curled up and pink. Remove from pan and set aside.
2. Divide the greens between 2 plates. Whisk remaining garlic with lemon juice, oil and stevia. Top the greens with a portion of the shrimp/mushroom mixture and drizzle the dressing over-top. Serve immediately

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 422
- Total Carbs: 8 g
- Fiber: 1 g
- Total Fat: 39 g
- Protein: 29 g





Tuna Sashimi Poke Bowl

You will need to purchase sashimi quality fish for this meal in a bowl. This grade of fish can be eaten raw and is used for making sushi. I know the ingredients list is a bit longer than usual but it's just a matter of whisking the sauces, microwaving the cauliflower rice and assembling the poke bowls; five minutes ought to do it!

Ingredients

For the Sriracha Mayo:

- 3 T full fat mayonnaise
- 1 tsp sriracha

For the Asian Sauce:

- 3 T gluten-free tamari sauce
- 1 tsp dark sesame oil
- 1 tsp minced ginger, from a jar
- 2 tsp minced garlic, from a jar
- Liquid stevia, to taste
- ¼ tsp wasabi paste



For the Poke Bowl:

- 2 C cauliflower rice
- 2 C mixed greens, torn into small pieces
- ¼ C green onions, thin slices
- ½ C English cucumber, thinly sliced and cut into strips
- 2 radishes, very thin slices
- 6 oz sashimi, cut into bite-sized pieces

Preparation

1. Make the mayo by whisking the ingredients. Set aside.
2. Whisk the Asian Sauce ingredients and add the sashimi to the sauce. Toss to coat evenly with the sauce. Set aside.
3. Place the cauliflower rice in a microwavable bowl and pour in 2 T water. Cover bowl with microwave safe plastic wrap, leaving a small space open for steam to escape. Microwave on high for a few minutes to cook the rice. Drain the excess water and divide the cooked rice between 2 bowls.
4. Layer the salad greens, onions, cucumber, radishes and sashimi. Drizzle the mayo mixture over-top the poke bowls and serve.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 383
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 25 g
- Protein: 27 g





Cucumber & Tuna Pinwheel Roll-ups

Keeping canned tuna on hand for a quick lunch is always a good idea. These easy-to-assemble pinwheel roll-ups are elegant and at the same time, economical and practical.

Ingredients

- 2 English cucumber
- 1 can solid white tuna
- 1 green onion, minced
- 4 T full-fat mayonnaise, divided
- ½ Hass avocado, peeled and seeded
- 1 T fresh lemon juice
- Keto hot sauce, to taste
- Liquid stevia, to taste



Preparation

1. Leave the green skin on the cucumbers. Use a vegetable peeler to make long thin cucumber slices. Make them as thin as possible so they will be flexible when it's time to roll them up.
2. Mix tuna and green onion with 2 T of the mayonnaise.
3. Whisk lemon juice, hot sauce and stevia with the remaining mayonnaise to make a dressing.
4. Spread tuna onto the full length of each cucumber slice. Place small slices of avocado at the bottom edge of the cucumber and roll the cucumber into a pin-wheel. Secure with a toothpick if necessary. Repeat until all the ingredients have been used.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 397
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 28 g
- Protein: 22 g





Roasted Red Pepper Quiche

Here's an easy to make recipe for crust-less quiche. There's no cheese allowed on Speed Keto but you can add $\frac{1}{2}$ C if you are simply following a keto plan. Left-overs re-heat nicely but if you are you like me, you won't be adverse to a cold slice, straight from the fridge.

Ingredients

- 1 T ghee or butter
- 1 C cooking onion, small dice
- $\frac{1}{2}$ C roasted red pepper, sliced into thin strips
- 1 C baby spinach leaves
- 6 eggs
- $\frac{1}{2}$ C full fat coconut milk
- $\frac{1}{2}$ tsp pink Himalayan salt flakes
- Grinding of black peppercorns



Preparation

1. Pre-heat oven to 350 F
2. Place ghee and onion in a microwavable dish and microwave on a high setting for one minute.
3. Spray a pie plate lightly with oil and arrange onion and roasted red peppers across the bottom of the pie plate.
4. Whisk eggs and coconut milk until light and foamy. Stir in spinach leaves and pour over the onion and red pepper in the pie plate. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the egg is set. Serve a wedge of the quiche with your favorite salad on the side.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 181
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 15 g
- Protein: 7 g





Green (Spinach) Shakshuka

We think eggs make a fine meal at any time of the day. This Shakshuka with spinach packs maximum flavor into a keto meal which may well become a family favorite.

Ingredients

- 2 tsp extra-virgin olive oil
- 3 green onions, thinly sliced
- 1 garlic clove, minced or pushed through a press
- 3 C baby spinach leaves (or baby kale leaves), roughly chopped
- 1 tsp dried dill
- ½ tsp dried oregano
- Pinch of nutmeg
- ½ C full-fat coconut milk
- ½ C chicken broth
- Grinding of pink Himalayan salt and black peppercorns
- 4 eggs



Preparation

1. Heat oil in a deep, heavy bottomed, medium sized skillet over medium high heat. Saute onions and garlic for 1 minute. Stir in the spinach, dill, oregano and nutmeg.
2. Once spinach wilts pour in the coconut milk and chicken broth. Allow the liquids to reach a simmering point and crack in the eggs, leaving space between each egg. Poach to your liking and serve in bowls surrounded by the greens and liquid.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 167
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 13 g
- Protein: 8 g





Traditional Red Shakshuka

Who says eggs are only for breakfast? In our house they make an appearance on the lunch and dinner table too. Enjoy this traditional red Shakshuka at any time of the day.

Ingredients

- 1 T yellow extra-virgin olive oil
- ¼ C yellow cooking onion, medium dice
- ¼ C roasted red pepper, medium dice
- 1 clove garlic, minced or pushed through a press
- ¼ tsp cumin
- ½ tsp smoked paprika
- ¼ tsp red pepper flakes
- 1 T tomato paste
- 1 C crushed tomatoes, no sugar
- ½ C chicken broth
- Sweetener, to taste if desired
- Grinding of black peppercorns, to taste
- 4 large eggs



Preparation

1. Melt ghee in a deep, heavy bottomed, medium sized skillet over medium high heat. Add onions and sauté for a few minutes before adding the garlic and red pepper. Sprinkle in the cumin, smoked paprika and pepper flakes. Stir in the tomato paste.
2. Add the crushed tomatoes and chicken broth slowly while stirring. Add sweetener, to taste, if desired. When the sauce is simmering gently crack in the eggs, leaving room around each egg. Poach eggs to your liking and serve in bowls, surrounded by the sauce.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 137
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 7 g
- Protein: 8 g





5 Minute Lunch Plate

I buy avocados in bulk because we eat so many. Sometimes quite a few are perfectly ripe at the same time but they never go to waste. I find daily uses for avocados; one of the most perfect keto foods! This lunch plate is always ready in minutes as I usually have a few hard-boiled eggs ready for consumption, on hand in the fridge.

Ingredients

- 1 C broccoli florets
- 1 Hass avocado, peeled, seeded & cut into thin slices
- 2 Perfectly Hard-boiled Eggs
- 2 T extra-virgin olive oil
- 1 T fresh lemon juice
- Basil leaves for garnish



Preparation

1. Steam broccoli over boiling water for a few minutes until cooked but still a nice bright green in color and bit crunchy in texture.
2. Arrange avocado slices, dividing equally between two plates. Cut hard-boiled eggs in half and arrange the halves on the two plates. Add the broccoli.
3. Make a dressing by whisking the olive oil and lemon juice. Drizzle over-top the plated food. Garnish with fresh basil leaves and serve.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 328
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 30 g
- Protein: 9 g



Dinner



- Halibut Skewers with Zucchini & Salad
- Garlic Seared Scallops for Two
- Grilled Mediterranean Haddock
- Tuna Steak with Avocado, Cuke & Tomato Salad
- Garlic Shrimp Salad with Vinaigrette
- Grilled Salmon Steaks with Avocado Salad
- 5 Minute Lemon/Garlic Chicken Breasts
- Easy Roast Chicken
- Crock Pot Chicken Cacciatore
- 5 Minute Tamari Chicken Thighs
- Chicken Curry with Cauliflower "Rice"
- 5 Minute Wings
- Tuscan Chicken Quarters
- 5 Minute Stir-fried Chicken
- Glazed Turkey Scaloppini
- Roasted Turkey Thighs
- Spicy Beef Noodle Stir-fry
- Perfect Steak Dinner
- Grilled Italian Sausage
- Ground Beef Wok Slaw (Wraps)
- 5 Minute Spaghetti & Meatballs
- Grilled Skirt Steak with Chimichurri Sauce
- 5 Minute Cabbage Roll Casserole
- Grilled Flank Steak with Asparagus
- Crock Pot Lamb Stew
- Grilled Lamb Chops
- Braised Lamb Shanks
- Thai Style Pork Salad Bowl (Larb Moo)
- Pork Tenderloin with "Fries"
- Pork Loin Chops with Asparagus and Salad



Halibut Skewers with Zucchini & Salad

Halibut is a denser fleshed fish which holds together well on the BBQ. These skewers can be grilled on the BBQ or on the stove-top in a heavy bottomed grill pan.

Ingredients

- 1 ½ lb halibut, cut into bite-sized chunks
- 2 small zucchini, cut into 1" rounds
- 1 T extra-virgin olive oil
- ¼ C fresh lemon juice
- ¼ C extra-virgin olive oil
- Liquid stevia, to taste if desired
- 3 C mixed greens
- 3 green onions, sliced
- 1 C cherry tomatoes, cut in half



Preparation

1. Alternate chunks of halibut with zucchini rounds on skewers. Make 8 small skewers altogether.
2. Pre-heat BBQ or grill pan with medium high heat. Brush skewers with oil and grill for 4 or 5 minutes, turning occasionally so all sides get lightly browned on the grill. Remove from grill when the internal temperature of the halibut reached 145 F.
3. Prepare the side salad while the skewers are on the grill. Make a dressing by whisking lemon juice, olive oil and stevia (if desired). Toss remaining ingredients with the dressing.
4. Serve skewers with salad on the side.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 347
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 17 g
- Protein: 38 g





Garlic Seared Scallops for Two

For beautifully browned scallops it's essential to use a pre-heated heavy bottomed pan. The fat must be hot and shimmery when the scallops go in and it's important to leave space around each scallop. Over-crowding in the pan will yield a pasty colored scallop that ends up more on the steamed side as opposed to being seared.

Ingredients

- 12 large scallops
- Grinding of pink Himalayan salt and black peppercorns
- 2 T extra-virgin olive oil
- 1 ½ T butter
- 2 garlic cloves, minced
- Lemon wedges, for garnish



Preparation

1. Pat scallops dry on both sides. Season both sides lightly with salt and pepper.
2. Heat olive oil in a large, heavy bottomed skillet. The oil should be hot enough to sizzle around the edges of each scallop as you place them in the pan.
3. Cook undisturbed for about 2 minutes until the scallops are browned nicely. Carefully flip the scallops. If any stick to the pan wait a few more seconds and try again. The scallops should release if you gently wiggle them from side to side.
4. Add the butter and tilt the pan in different directions so the melted butter can swirl around each scallop. Sprinkle minced garlic around the pan and cook for 2 minutes more.
5. Serve scallops with a veggie of your choice or a salad.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 361
- Total Carbs: 7 g
- Fiber: 0 g
- Total Fat: 23 g
- Protein:





Grilled Mediterranean Haddock

Haddock is a reasonably priced, mild tasting, white fleshed fish. In this recipe the Kalamata olives and fresh mint brighten the flavor profile and add Mediterranean flair to the evening meal.

Ingredients

For the topping:

- 3 T extra virgin olive oil
- ½ C fresh lemon juice
- ½ C pitted Kalamata olives, coarsely chopped
- ½ C fresh mint leaves, coarsely chopped

For the fish:

- 4 Haddock fillets (about 5 oz each)
- 1 T extra-virgin olive oil
- ½ tsp dried thyme leaves
- ½ tsp dried oregano
- Grinding of black peppercorns



Preparation

1. Toss chopped olives and mint. Whisk oil and lemon juice. Pour over olive/mint mixture and toss again. Set aside.
2. Brush both sides of the haddock fillets with olive oil. Sprinkle thyme, oregano and pepper over-top.
3. Pre-heat stove-top grill pan over medium high heat. Add haddock and grill for 2 minutes then flip and grill for 2-3 more minutes or until the internal temperature of the haddock reaches 145 F.
4. Plate the fish and top with the olive/mint mixture. Serve immediately.

Yield: Serve 4

Nutritional Information:

- Total Calories/serving: 244
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 17 g
- Protein: 18 g





Tuna Steak with Avocado, Cuke & Tomato Salad

This salad borrows some flavors from Mexican cuisine and pairs nicely with a lightly grilled tuna steak.

Ingredients

For the tuna:

- 2 tsp extra-virgin olive oil
- 4 tuna steaks
- Grinding of pink Himalayan salt and black peppercorns

For the salad:

- 1 medium tomato, medium dice
- ½ English Cucumber, peeled & medium dice
- 1 ripe avocado, peeled and , seeded and medium dice
- 1 jalapeño, minced
- Juice & zest from 1 lime
- 3 T extra-virgin olive oil
- 1 T fresh tarragon leaves
- 1 tsp chili powder
- Grinding of black peppercorns



Preparation

1. Brush tuna steaks with oil on both sides and season with salt and pepper.
2. Pre-heat grill over medium high heat.
3. Grill tuna on one side for 3 minutes or until the flesh sears and releases. Flip the steaks and continue to grill for 2 more minutes until the tuna is seared and cooked.
4. Toss together the diced tomato, cucumber, avocado and jalapeño. Whisk the lime juice and zest with the olive oil, tarragon and chili powder. Arrange grilled tuna on plates and top with equal portions of the salad. Drizzle the lime dressing over-top and serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 327
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 20 g
- Protein: 30 g





Garlic Shrimp Salad with Vinaigrette

Full of garlicky flavor and ready in minutes; this salad fits the bill when a last minute dinner is needed. I keep frozen tiger shrimp on hand for an evening when unexpected company arrives.

Ingredients

For the vinaigrette:

- 2 tsp Dijon mustard
- 2 T fresh lemon juice
- 2 garlic cloves, minced or pushed through a press
- Grinding of black peppercorns
- ½ C extra-virgin olive oil
- Allowed liquid sweetener to taste, if desired

For the salad:

- 2 lb tiger shrimp, peeled & deveined
- 1 T ghee
- 2 cloves garlic, minced or pushed through a press
- 6 C mixed greens
- 2 T fresh herbs of choice, coarsely chopped
- 2 small tomatoes, cut into wedges



Preparation

1. Whisk mustard, lemon juice, garlic and pepper. Continue whisking while slowly drizzling in all of the olive oil, drop by drop. Correct the seasoning with sweetener, if desired (I use a few drops of stevia).
2. Melt ghee in a wok over medium high heat. Add the shrimp and garlic. Stir-fry until the shrimp turns pink and curls up slightly. This will only take 2 or 3 minutes. Set aside
3. Toss the greens with the herbs and divide amongst 4 plates. Arrange tomato slices around the edges and top with the cooked shrimp & garlic.
4. Drizzle an equal amount of the vinaigrette over each salad and serve.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 470
- Total Carbs: 9 g
- Fiber: 2 g
- Total Fat: 34 g
- Protein: 38 g





Grilled Salmon Steak with Avocado Salad

We love this summer meal and enjoy it all year round. I just switch to grilling on the stove top when the cooler months arrive. Make sure to select salmon steaks that are at least 1 inch thick. They hold together better when it's time to flip them on the grill. When the flesh is flaky but still moist the fish is done. Avoid over-cooking. The drier the fish; the “fishier” it tastes!

Ingredients

For the fish:

- 4-6 ounce salmon steaks (at least 1” thick each)
- 1 T extra-virgin olive oil
- 2 tsp chipotle powder
- Grinding of pink Himalayan salt and black pepper corns

For the salad:

- 2 T extra-virgin olive oil
- Zest of 1 lime
- Juice from 2 limes
- ¼ tsp chipotle powder
- 2 ripe Hass avocado
- ½ C chopped cilantro leaves, for garnish



Preparation

1. Drizzle olive oil over both sides of the salmon steaks and sprinkle on the chipotle powder, salt & pepper.
2. BBQ method: Pre-heat to medium high and grill salmon steaks on one side for 3 minutes. Flip and grill for about 2 more minutes or until the fish is grilled to medium rare (internal temperature of each steak should be 145 F). Leave the lid of the BBQ up while grilling the fish.
3. Stove top method: Pre-heat grill pan over medium high heat and grill salmon steaks on one side for 3 minutes. Flip and grill for another 2 minutes or until the fish is grilled to medium-rare (internal temperature of each steak should be 145 F).
4. While the fish is grilling slice avocados into thin vertical wedges; set aside. Whisk dressing ingredients until well blended.
5. Place grilled salmon steak on plate, top with a portion of avocado wedges and drizzle dressing over-top. Repeat with each steak and serve garnished with cilantro.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 375
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 23 g
- Protein: 33 g





5 Minute Lemon/Garlic Chicken Breasts

I often buy a few family sized trays of chicken breasts and freeze several meals worth of this recipe at a time. On the days we have this chicken for dinner prep is easy and, depending on what's going on, I have a number of different ways I can cook the chicken. The flavor profile is easily changed by using different spicing each time you prepare this meal. My favorite herbs for this chicken dinner are oregano, thyme, tarragon *or* rosemary.

Ingredients

- 6 chicken breasts (about 6 oz each)
- 3 garlic cloves, minced or pushed through a press
- ¼ C extra-virgin olive oil
- Juice from one lemon
- 2 tsp dried (or 1 T fresh) oregano, thyme, tarragon or rosemary



Preparation

1. Place 6 chicken breasts in a large re-sealable plastic bag.
2. Whisk minced garlic, olive oil and lemon juice. Pour over chicken and seal bag. Smoosh the chicken around in the sealed bag until each piece is evenly coated. Freeze until ready to use.
3. Baking Method: Preheat oven to 350 F. Place thawed breasts in baking dish and bake, on the middle rack of the pre-heated oven for 40 minutes or until the internal temperature of each chicken breast reaches 165 F.
4. Stove-top Grilling Method: Spray a cast iron grill pan lightly with oil and pre-heat over medium high heat. Grill thawed chicken breasts for approximately 4 minutes per side or until the internal temperature reaches 165 F.
5. BBQ Method: Pre-heat grill to medium high. Grill thawed chicken breasts until the internal temperature reached 165 F, flipping halfway through.
6. Crock-pot Method: Place frozen chicken in crock-pot and cover. Cook for 8 hours on low setting or 6 hours on high. Make sure the internal temperature of each breast reaches 165 F.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 276
- Total Carbs: 2 g
- Fiber: 1 g
- Total Fat: 13 g
- Protein: 40 g





Easy Roast Chicken

Prep a whole chicken in 5 minutes and pop it in the oven for an easy meal. Steam your favorite veggies and serve them next to the roasted chicken on a platter. Left-over chicken makes a tasty Chicken Caesar Salad the next day; easy peasy!

Ingredients

- 1 whole chicken, (about 5-6 lbs)
- ½ cooking onion, peeled
- 2 cloves garlic
- 1 T extra-virgin olive oil
- ½ tsp dried thyme
- ½ tsp dried oregano
- Salt & pepper



Preparation

1. Pre-heat oven to 500 F
2. Rinse chicken inside & out; pat dry. Place onion and garlic inside the chicken cavity then put the chicken into a heavy cast iron pot or roasting pan.
3. Brush the outside of the chicken with the olive oil. Sprinkle on the dried thyme and oregano. Coat the chicken evenly with a grinding of salt & pepper.
4. Place on the middle rack of the pre-heated oven and immediately turn the oven heat down to 350 F.
5. Roast for about 1 ½ hrs or until the internal temperature of the chicken reaches 165 F. The breast area may reach temperature before the thigh area does. If this occurs, tent some foil over the breast area and continue roasting until all the meat reaches 165 F.
6. Serve the roasted chicken on a platter surrounded by your cooked veggies of choice.

Yield: Serves 4 (3/4 C chicken meat/ serving)

Nutritional Information:

- Total Calories/serving: 338
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 22 g
- Protein: 35 g





Crock Pot Chicken Cacciatore

Crock pots make cooking dinner a breeze on busy days. Put the evening meal together early in the day and come home to aromas that signal dinner is ready for the table. This classic chicken meal will take you less than 5 minutes to put together before you head out the door for work in the morning.

Ingredients

- 1 pound boneless skinless chicken breasts
- 2 C sugar free spaghetti sauce
- ½ C green bell pepper, medium dice
- ½ C yellow onion, medium dice
- 3 garlic cloves, minced or pushed through a press
- 1 tsp dried oregano
- 1 tsp dried basil



Preparation

1. Cut each chicken breast in half horizontally and place in crock pot.
2. Add remaining ingredients and cover. Cook on low heat for 6-8 hours (temperature of chicken should measure at least 165 F when done)

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 178
- Total Carbs: 10 g
- Fiber: 2 g
- Total Fat: 5 g
- Protein: 24 g





5 Minute Tamari Chicken Thighs

If you buy chicken thighs in bulk you can double or triple this recipe and freeze in meal-sized batches. Grilled, baked, or cooked in a crock-pot these thighs are easy to prepare and are a family favorite.

Ingredients

- 8 chicken thighs, skin on & bone in
- 1/3 C sugar free ketchup
- ¼ C gluten free tamari sauce
- ½ tsp dark sesame oil
- 1 T fresh lemon juice (or unseasoned rice vinegar)
- Cilantro for garnish, if desired



Preparation

1. Pre-heat oven to 350 F
2. Rinse chicken thighs and pat dry. Place in re-sealable plastic bag.
3. Whisk ketchup, tamari, sweetener, and sesame oil and lemon juice. Pour over chicken and seal bag. Smoosh chicken around until evenly coated.
4. Oven method: Bake on the middle rack of the pre-heated oven for 45 minutes or until the internal temperature reaches 165 F.
5. Crock pot method: Cook for 4-6 hours on low setting. Internal temperature of the thighs should reach 165 F.

Yield: Serves 4 (2 thighs/serving)

Nutritional Information:

- Total Calories/serving: 300
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 17 g
- Protein: 30 g





Chicken Curry with Cauliflower “Rice”

I purchase frozen cauliflower “rice” when making this dish. It’s just way easier and much quicker than processing raw cauliflower florets into rice sized bits! Since it only takes 5 minutes to get this chicken curry into the oven it’s become one of my go-to recipes on a busy week-day evening.

Ingredients

- 1 T curry paste
- 2 C full fat coconut milk
- 1 T tomato paste
- ½ tsp red pepper flakes
- 1 T ghee
- ½ C yellow onion, medium dice
- 3 C cauliflower “rice”
- 1 lb boneless and skinless chicken breasts, cut into large chunks
- ½ C cilantro, coarsely chopped



Preparation

1. Whisk curry paste, coconut milk, tomato paste, pepper flakes until well blended and set aside.
2. Heat ghee in a heavy bottomed deep skillet with a tight fitting lid (or use a cast iron enameled casserole with lid) over medium high heat. Saute onion for 1 minute then add cauliflower “rice” and chicken. Saute until browned lightly. Pour coconut milk mixture over-top and cover with lid.
3. Place covered casserole on the middle rack of the pre-heated oven and bake for 30 minutes.
4. Serve in a bowl garnished with cilantro.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 257
- Total Carbs: 8 g
- Fiber: 3 g
- Total Fat: 14 g
- Protein: 24 g





5 Minute Wings

My family cheers when I cook wings ... so we have them often!

Ingredients

- ½ C sugar-free ketchup
- Liquid stevia, to taste
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 T gluten-free tamari sauce
- Hot sauce, if desired
- 20 chicken wings



Preparation

1. Pre-heat oven to 400 F.
2. Whisk ketchup, stevia, garlic powder, onion powder, tamari and hot sauce (if desired) until well blended.
3. Place wings in a large bowl and toss with the ketchup mixture.
4. Line a rimmed baking sheet with parchment paper and spread wings out on the baking sheet.
5. Bake on the middle rack of the pre-heated oven for 30 minutes or until the internal temperature of the wings reaches 165 F.

Yield: Serves 4 (5 wings/serving)

Nutritional Information:

- Total Calories/serving: 344
- Total Carbs: 4 g
- Fiber: 0 g
- Total Fat: 23 g
- Protein: 28 g





Tuscan Chicken Quarters

Here's a tasty meal that you can throw together in less than 5 minutes; pop it in the oven and relax.

Ingredients

- 6 chicken leg/thigh quarters
- 14 oz can diced tomatoes, not drained
- 3 T tomato paste
- 3 C fresh baby spinach
- ½ C yellow onion, medium dice
- 1 tsp dried basil
- 1 tsp garlic powder
- ½ tsp dried oregano
- ½ tsp dried rosemary
- ½ tsp pink Himalayan salt
- Grinding of black pepper corns
- ¼ tsp crushed red pepper flakes



Preparation

1. Pre-heat oven to 350 F
2. Place chicken in a 9"x13" baking dish.
3. Mix together remaining ingredients and pour over chicken.
4. Bake on the middle rack of the pre-heated oven for 45 minutes-1 hour or until the internal temperature of the chicken reaches 165 F.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 263
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 18 g
- Protein: 20 g





5 Minute Stir-fried Chicken

Because we enjoy stir-fried meals done in the wok so often, I keep a jar of minced ginger handy in the fridge. I also keep the pantry stocked with small jars of roasted red peppers and frozen riced cauliflower is a staple in my freezer. When I have left-over cooked chicken, a stir-fried wok dish truly takes only 5 minutes!

Ingredients

- 1 T ghee
- 3 C cauliflower “rice”
- 1 C sliced cremini mushrooms
- 2 C cooked chicken
- 1 jar roasted red peppers
- 2 garlic cloves, minced or pushed through a press
- 1 tsp minced ginger
- 2 T gluten free tamari sauce
- ¼ C cilantro, chopped



Preparation

1. Melt $\frac{1}{2}$ T of the ghee in a wok over medium high heat. Add cauliflower “rice” and stir-fry until the cauliflower softens, is heated through and lightly browned. Remove from heat and keep warm.
2. Wipe out wok and heat remaining ghee over medium high heat. Stir-fry mushroom until cooked. Add cooked chicken, peppers, garlic, ginger and tamari sauce and continue to stir-fry until everything is heated through. Serve with Cauliflower “rice”. Garnish with chopped cilantro.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 268
- Total Carbs: 8 g
- Fiber: 3 g
- Total Fat: 8 g
- Protein: 38 g





Glazed Turkey Scaloppini

Turkey breast is now readily available and can be used to good advantage when a quick, healthy meal is required. Sugar free jellies are a little harder to come by but a quick online search will reveal a variety of low carb grocery stores catering to the ketogenic lifestyle.

Ingredients

- 1 lb turkey breast, 1/2" slices
- ½ tsp dried oregano leaves
- Grinding of pink Himalayan salt and black peppercorns
- 1 T ghee or extra-virgin olive oil
- 1 T apple jelly, sugar-free
- 1 tsp red pepper flakes



Preparation

1. Lightly pound the turkey slices to flatten slightly. Sprinkle oregano, salt and pepper over both sides of the turkey scaloppini.
2. Melt ghee in a heavy bottomed skillet over high heat. Add the scaloppini and adjust heat to medium high. Fry for 2 minutes, flip and fry for 2 minutes more.
3. While the scaloppini cooks microwave the apple jelly and pepper flakes until the jelly melts. Pour over cooked scaloppini and swirl the jelly sauce around the pan until the turkey is evenly coated on both sides. Serve immediately.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 185
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 4 g
- Protein: 34 g





Roasted Turkey Thighs

Turkey parts as well as whole turkey are readily available in the grocery store or butcher shop these days. This makes turkey an easy meal at any time of the year. Roasted turkey thighs can be prepared in less than five minutes then popped in the oven for roasting. In no time flat, the smell of turkey will be wafting through the house and wetting eager appetites.

Ingredients

- 2 turkey thighs, small (skin on, bone in)
- 2 tsp extra-virgin olive oil
- 1 tsp dried thyme leaves
- ½ tsp dried sage
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Pre-heat oven to 350 F
2. Rinse turkey thighs and pat dry. Place on a foil lined, rimmed baking sheet. Brush skin side of thighs with olive oil. Sprinkle thyme and sage over-top and coat lightly with salt and pepper.
3. Place baking sheet on the middle rack of the pre-heated oven and bake for 1 hour or until the internal temperature of each turkey thigh reaches 165 F.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 328
- Total Carbs: 1 g
- Fiber: 1 g
- Total Fat: 23 g
- Protein: 30 g





Spicy Beef Noodle Stir-fry

Once you have all your ingredients prepped it will take you 5 minutes to throw this dish together in your wok or deep sided frying pan. This is one of my favorite go-to meals on a busy week day evening. To make cooking this meal a quicker process you can purchase broccoli already cut into florets. Beef also comes already sliced into strips, perfect for the wok.

Ingredients

- 1 lb thinly sliced beef strips
- 2 T ghee (or extra-virgin olive oil)
- 1 small onion, thin slices
- 1 tsp red pepper flakes
- 1 C small broccoli florets
- 1 small jar roasted red pepper
- ¼ C gluten free tamari sauce
- ¼ C beef broth
- 1 tsp dark sesame oil
- ¼ tsp guar gum
- ½ C Thai basil leaves (or regular fresh basil leaves), shredded
- ¼ C fresh cilantro, roughly chopped
- 2 packages Konjac noodles, drained and rinsed
- 1 tsp toasted sesame seeds, for garnish



Preparation

1. Melt 1 T of the ghee in a wok set over high heat. When the ghee is hot add the beef strips. Adjust the heat down to medium high and stir-fry until the beef is cooked through. Remove from heat and set aside. Keep warm.
2. Melt the remaining ghee and stir fry the onions for 1 minute then add the broccoli and continue to stir-fry.
3. Whisk beef broth, tamari, sesame oil, pepper flakes and guar gum. Add to the wok and toss until the vegetables are well coated. Cover the wok with a lid for 2 more minutes.
4. Remove the lid and add the cooked beef, roasted red peppers, basil and cilantro. Stir-fry until all ingredients are heated through. Move the beef/veggies to one side of the wok and add the konjac noodles to the other side. Cover and heat until noodles are warm. Garnish with toasted sesame seeds if desired. Serve the meal directly from the wok.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving:
- Total Carbs:
- Fiber:
- Total Fat:
- Protein:





The Perfect Steak Dinner

If you can afford it, treat yourself to a nicely marbled filet mignon steak. We also like the strip loin and T-bone beef cuts. Look for nice lines of fat running through the meat and try to get steaks that are at least 1 ½” thick for best results. Also, get yourself a decent digital meat thermometer if you don’t already have one. This will ensure great results every time.

We like to keep it simple letting the taste of good beef shine through. Just a bit of salt & pepper and that’s it; you are good to go! Pair your perfect steak with a simple side salad using arugula and sliced heirloom tomatoes drizzled with olive oil and herbed vinegar

Ingredients

- 4 filet mignon steaks, each 1 ½” thick and about 6 oz.
- Himalayan salt flakes
- Freshly ground pepper
- 4 C arugula
- 2 heirloom tomatoes
- ¼ C extra-virgin olive oil
- 2 T herbed white wine vinegar



Preparation

1. Sprinkle salt flakes over each of the steaks followed by a grinding of fresh pepper. Flip the steaks and repeat.
2. BBQ Method: Pre-heat the grill to high and the sear the steaks for 2 minutes on each side with the lid open. Then lower the heat to medium, close the lid and continue grilling for 2 or 3 more minutes per side. The time will vary depending on the thickness of the steaks and your preference for “doneness”. You will want to remove the steaks from the grill when the internal temperature reaches 120 F in the center for rare or 130 F for medium-rare. Let the steaks rest for a few minutes during which time the internal temp will rise about 5 more degrees.
3. Stove-top Method: We use a cast-iron grill pan for steaks cooked on the stove top. Turn the element to high and let the pan, sprayed with cooking oil, get good and hot. Quickly sear the steaks on each side then turn the heat under the pan down to medium-high. Continue frying the steaks for 2 or 3 minutes per side. When the internal temperature reaches 120F – 130 F (as described above) remove from the pan and let rest for a few minutes before serving.

Yield: Serves 4

Nutritional Information:

- Total calories: 420
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 30 g
- Protein: 34 g





Grilled Italian Sausage

Use the larger sized sausages (about 3 oz each) for this recipe. I find one link satisfies my appetite at meal time when served with a tasty side salad. I also enjoy these sausages for lunch the next day; served cold with a bit of mustard on the side. My favorite Italian sausage is made with ground turkey.

Ingredients

- 1-3 oz Italian Sausage
- 1 T Dijon mustard (or other mustard of choice)
- Preparation
- Stove-top method: Heat a heavy ribbed skillet over medium high heat; add sausage and grill, rolling sausage over occasionally until nicely browned on all side. The sausage should reach an internal temperature of 165 F.
- BBQ method: Grill sausage over medium high heat, flipping over occasionally until browned nicely. The internal temperature should reach 165 F.

Yield: 1 serving

Nutritional Information:

- Total Calories/serving: 275
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 21 g
- Protein: 14 g





Ground Beef Wok Slaw (Wraps)

A while back the Internet was full of recipes for the low carb hit dish that keto diet folk found almost addictive; hence the name “crack” slaw. I liked it too so here’s my 5 minute version of this favored dish most people seem to love. For a slight change in the flavor profile of this dish you can substitute ground turkey or chicken for the ground beef. You can also use this recipe as a filling for several lettuce wraps or simply eat as is, once cooked.

Ingredients

- 1 lb ground beef (or ground turkey or ground chicken)
- 1 T dark sesame oil
- 3 garlic cloves, minced
- 2 tsp minced ginger-root
- 2 C finely shredded cole slaw, (pre-packaged)
- 2 tsp unseasoned rice vinegar
- ¼ C gluten free tamari sauce
- 2 tsp fish sauce
- 1 tsp sriracha sauce (add more if you like heat & less if you don’t!)
- 2 heads Boston (Bibb) lettuce (if making wraps)



Preparation

1. Heat sesame oil in wok over medium high heat and add the ground meat, ginger and garlic. Stir-fry for a few minutes then add the cole slaw, vinegar, tamari sauce, fish sauce and sriracha sauce. Continue the stir-frying process until the meat and cabbage are thoroughly cooked.
2. If making wraps separate lettuce into individual leaves. Wash leaves and pat dry. Serve next to the ground meat mixture.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 262 (*without lettuce*)
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 16 g
- Protein: 26 g
- Total Calories/serving: 273 (*with lettuce*)
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 16 g
- Protein: 27 g





5 Minute Spaghetti & Meatballs

As the ketogenic lifestyle has become more popular many items have been showing up on grocery store shelves to make our lives easier. Now spiralized zucchini “noodles” can be found in the veggie aisles and packages of zero carb Konjac noodles are often available in the health food section. Buy whatever you can to make meal prep easier!

Ingredients

- ½ lb ground beef
- ½ lb Italian Sausage
- 1 egg, lightly whisked
- ½ C cooking onion, minced
- 2 garlic cloves, minced or pushed through a press
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ C pork rinds (chicharron), crushed into crumbs (omit if you don't eat pork)
- 1 T ghee (or extra-virgin olive oil)
- 8 oz can sugar-free tomato sauce
- 4 C zucchini noodles



Preparation

1. Pre-heat oven to 350 F.
2. Mix ground beef, Italian sausage, egg, onion, garlic, crushed pork rind, oregano and basil. Form into meatballs.
3. Melt ½ T of the ghee in an enameled, cast iron casserole or large cast iron frying pan. Brown the meatballs on all sides. Pour tomato sauce over-top and place on the middle rack of the pre-heated oven. Bake for 20 – 25 minutes or until the internal temperature of the meatballs reaches 165 F.
4. Saute zucchini noodles in the remaining ½ T of melted ghee over medium high heat for a few minutes until noodles are softened and cooked through. Serve meatballs & sauce over prepared the prepared zucchini noodles.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 384
- Total Carbs: 8 g
- Fiber: 1 g
- Total Fat: 27 g
- Protein: 28 g





Grilled Skirt Steak with Chimichurri Sauce

Pair a bright Chimichurri sauce with an economical skirt steak and you have a meal the family can enjoy any day of the week!

Ingredients

For the steak:

- 2 lb skirt steak
- 1 T extra-virgin olive oil
- Grinding of pink Himalayan salt and black peppercorns

For the Chimichurri sauce:

- 1 lemon, the juice & finely grated zest
- 1 jalapeño pepper, seeded
- ¼ C fresh parsley, chopped
- ½ C cilantro, chopped
- 2 T fresh oregano, minced
- 3 garlic cloves, minced or pushed through a press
- 1/2 C olive oil
- Salt and pepper, to taste



Preparation

1. Pre-heat grill to medium high and brush olive oil onto both sides of the flank steak. Cover steak with a light grinding of salt and pepper.
2. Place on grill for 3 minutes or until the meat releases from the grill. Flip the steak and grill for about 2 more minutes. For medium rare meat the internal temperature should be 130 – 135 F. The temperature of the meat will rise slightly while it's resting for a few minutes.
3. Place all the Chimichurri sauce ingredients in the bowl of a food processor and pulse until the sauce forms but is still slightly coarse.
4. Cut the steak across the grain into slices and spoon a line of the sauce across the slices before serving.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 428
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 41 g
- Protein: 16 g





5 Minute Crock-pot Cabbage Roll Casserole

If you use packaged shredded cabbage and frozen riced cauliflower putting this meal together is easy. Yes ... it can be done in 5 minutes then the crock-pot takes over. Throw it together before you leave the house in the morning and your family dinner is ready when you come home in the evening.

Ingredients

- 1 lb ground beef or turkey
- 1 yellow cooking onion, medium dice
- 4 C pre-shredded cabbage (or medium head of cabbage finely shredded)
- 2 C cauliflower rice (plain)
- 1-8 oz can tomato sauce, no sugar added
- 1 package Konjac “rice” noodles, rinsed and drained
- 1 tsp pink Himalayan salt flakes
- Grinding of black pepper
- 1 tsp dried dill



Preparation

1. Brown ground meat and onions in a heavy bottomed skillet over medium high heat and transfer to a crock-pot.
2. Add remaining ingredients, cover and cook on low for 6-8 hours

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 193
- Total Carbs: 9 g
- Fiber: 3 g
- Total Fat: 9 g
- Protein: 18 g





Grilled Flank Steak with Asparagus

Flank steak grills up quickly and makes a hardy meal after a busy day. There's no need for fussing in the kitchen when this steak is on the evening menu.

Ingredients

- 2 lb flank steak
- 2 T extra-virgin olive oil
- Grinding of pink Himalayan salt & black peppercorns
- 1 lb asparagus spears



Preparation

1. Pre-heat grill to medium high and brush olive oil onto both sides of the flank steak. Cover steak with a light grinding of salt and pepper.
2. Place on grill for 3 minutes or until the meat releases from the grill. Flip the steak and grill for about 2 more minutes. For medium rare meat the internal temperature should be 130-135 F. The temperature of the meat will rise slightly while it's resting for a few minutes.
3. Wash and trim the asparagus. Steam the spears over boiling water while the steak is grilling until cooked through but still a nice bright green in color.
4. Slice the steak across the grain and serve on a heated platter along with the asparagus on the side.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 463
- Total Carbs: 4 g
- Fiber: 2 g
- Total Fat: 27 g
- Protein: 51 g





Crock Pot Lamb Stew

Throw this Mediterranean flavored stew together in the morning, turn on the crock pot and come home to a delicious meal after a hard day of work.

Ingredients

- 2 lb lamb shoulder, cut into large chunks
- 6 shallots, peeled
- 3 garlic cloves, minced or pushed through a press
- 1 tsp oregano
- ½ tsp basil
- ½ tsp cinnamon
- 1 C beef broth
- 1 T tomato paste



Preparation

1. Place lamb and shallots in crock pot
2. Sprinkle the garlic, oregano, basil and cinnamon evenly over-top.
3. Whisk broth and tomato paste until well mixed then pour over the ingredients in the crock pot. Cover and cook on low for 6 – 8 hours. Serve with roasted veggies.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 431
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 30 g
- Protein: 35 g





Grilled Lamb Chops

The fresh herb paste smeared onto both sides of these chops before grilling adds bright flavor to this easy to prepare entre.

Ingredients

- 1 T fresh thyme leaves
- 1 T fresh rosemary leaves
- ½ T fresh mince mint leaves
- 3 T extra virgin olive oil
- Grinding of pink Himalayan salt and black peppercorns
- 6 small lamb chops



Preparation

1. Pulse thyme, rosemary, mint, olive oil, salt and pepper in a food processor to form a paste. Rub paste on both sides of lamb chops.
2. Heat a heavy bottomed grill pan over high heat until very hot. Sear chops on one side for 3 minutes. Turn heat down to medium high and grill chops on the other side for 2 minutes more (for medium rare) or 2 ½-3 minutes (for medium).

Yield: 3 Servings

Nutritional Information:

- Total Calories/serving: 424
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 33 g
- Protein: 29 g





Braised Lamb Shanks

Braised Lamb Shanks are considered a celebratory meal in our house and are reserved for special occasions. Cooking low and slow yields flavorful meat that is falling off the bone and oh so tender!

Ingredients

- 2 T extra-virgin olive oil
- 4 lamb shanks
- ½ C yellow onion, medium dice
- 2 C chicken stock
- 1 T tomato paste
- 1 tsp dried oregano
- ½ tsp dried thyme leaves
- ½ tsp dried rosemary
- Grinding of pink Himalayan salt
- Grinding of black pepper corns



Preparation

1. Pre-heat oven to 325 F
2. Heat oil in an enamel coated cast iron casserole over medium high heat. Brown shanks on all sides. Add onion to casserole.
3. Whisk stock tomato paste and dried herbs. Pour over shanks. Add grinding of salt & pepper to the pot.
4. Cover and place on the middle rack of the pre-heated oven. Braise in the oven for 3 hours or until the meat is falling off the bone (internal temperature of shanks reaches 185-195 F). Serve with a medley of steamed or roasted veggies.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 375
- Total Carbs: 6 g
- Fiber: 1 g
- Total Fat: 17 g
- Protein: 49 g





Thai Style Pork Salad Bowl (Larb Moo)

Ingredients

- 1 lb ground pork (you can substitute ground beef, turkey or chicken if desired)
- 2 tsp ghee
- 2 tsp minced ginger
- 2 garlic cloves, minced or pushed through a press
- ½ C canned green chili pepper
- 1/3 C red onion, small dice
- 2 tsp fish sauce
- ¼ C lime juice
- ¼ C mint leaves, chopped
- ¼ C cilantro leaves, chopped
- 4 C mixed pre-washed greens



Preparation

1. Melt ghee in a heavy bottomed wok over medium high heat.
2. Add the ground meat, chili pepper, red onion, fish sauce and lime juice. Stir-fry until the meat is cooked through.
3. Toss mint, cilantro and mixed greens together and divide between 4 bowls. Top with equal portions of the cooked meat mixture and serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 395
- Total Carbs: 7g
- Fiber: 2 g
- Total Fat: 26 g
- Protein: 34 g





Pork Tenderloin with “Fries”

With a simple mustard rub this pork tenderloin roast is out of the oven and on the table very quickly; perfect for a week-day meal. I like to serve the pork slices and turnip fries with a tossed salad using a pre-prepared salad package. All you need then is a pre-made keto salad dressing and you are good to go.

Ingredients

- 2 lb Pork Tenderloin
- 2 tsp Dijon mustard
- 1 T fresh snipped rosemary (or 1 tsp dried)
- 1 T fresh snipped thyme leaves (or 1 tsp dried)
- Grinding of black pepper corns
- 1 medium turnip, peeled and cut into fries
- 1 T extra-virgin olive oil
- ½ tsp pink Himalayan salt flakes



Preparation

1. Pre-heat oven to 350 F
2. Rub tenderloin with mustard, sprinkle with thyme, oregano and a grinding of fresh pepper. Place on a foil-lined, rimmed baking sheet.
3. Bake on the middle rack of a pre-heated oven for 35-40 minutes or until the internal temperature of the tenderloin roast reaches 145 F and the fries are browned nicely. Slice pork and serve immediately with turnip “fries” on the side.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 287
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 9 g
- Protein: 46 g





Pork Loin Chops with Asparagus & Salad

Boneless pork loin chops can feed a gang with very little time spent on preparation. If the weather permits, grill these chops over medium high on the BBQ. Using the stove-top method will work just fine during the cooler months or wet weather.

Ingredients

- 4 boneless pork loin chops, each about 1” thick
- 1 T extra-virgin olive oil
- 1 T fresh snipped rosemary leaves
- Grinding of pink Himalayan salt and black peppercorns
- 1 lb asparagus spears, washed and trimmed
- 2 heirloom tomatoes, cut into wedges
- 1 ripe Hass avocado, peeled, seeded and cut into wedges



Preparation

1. Coat chops with 1/2 T of the olive oil on both sides. Sprinkle on the rosemary, salt and pepper.
2. Grill, in a pre-heated heavy grill pan, on the stove-top over medium high heat for 3 minutes. Flip and continue to grill for 2 minutes more or until the internal temperature of the chops reaches 145 F (for medium rare chops). Use the BBQ and grill the chops over medium high heat when the weather permits.
3. Steam the asparagus while the chops are on the grill. Steam until softened but still a nice bright green.
4. Arrange tomato and avocado wedges on 4 plates. Add the steamed asparagus spears and grilled chops on the plates beside the wedges and serve immediately.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 261
- Total Carbs: 10 g
- Fiber: 3 g
- Total Fat: 14 g
- Protein: 26 g



5 MINUTE *recipes*



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