

10 EASY AND INSPIRING *Keto Lunches*

FOR HOT SUMMER DAYS



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Tasty Garlic & Chili Turnip Fries

Ingredients

- 16 oz turnips.
- 5 tbsp olive oil.
- 2 tsp garlic powder.
- 2 tsp chili flakes.
- ½ tsp paprika.
- 1 tsp salt.

Instructions:

- Preheat the oven at 380 degrees.
- Wash and peel the turnips, cut into thin strips.
- In a bowl, place the turnips and add 2 tbsp of olive oil, salt, garlic powder, chili flakes and paprika.
- Add the remaining oil to an ovenproof dish and heat in the oven for 5 minutes until hot.
- Bake for 30=35 minutes until fries are crispy and browned.

Nutritional Information:

Total servings - 4

<u>Per serving:</u>	Fat	24g
	Carbohydrates	6g
	Protein	4g
	Calories	224

Spicy Ham & Cheese Succulents

Ingredients:

- 4 medium lettuce leaves.
- 4 slices ham.
- 4 slices cheddar cheese.
- 1 tomato (chopped).
- ½ red onion (finely diced).
- ½ cup mayonnaise.
- ½ tsp garlic powder.
- ½ tsp chili flakes.

Instructions:

- Place the washed lettuce leaves on a plate.
- Put the ham and cheese onto the leaves.
- In a small bowl, mix the mayonnaise with garlic powder, onion and chili flakes until well combined.
- Lay the tomato on top of the cheese and ham.
- Spoon on each sandwich the spicy mayonnaise.

Nutritional Information:

Total servings - 1

<u>Per serving:</u>	Fat	38g
	Carbohydrates	12g
	Protein	29g
	Calories	489

Chicken 'n' Cheese Strips

Ingredients:

- 2 chicken breasts (cut into thin strips).
- 1 large egg.
- 1 cup parmesan cheese (grated).
- $\frac{3}{4}$ cup coconut flour.

Instructions:

- Preheat the oven at 380 degrees.
- Mix the flour and cheese together until well combined.
- In a bowl, whisk the egg.
- Dip the chicken strips into the egg mixture and then into the flour mixture.
- Place on a wire rack and spray the chicken with cooking spray.
- Bake for 20-25 minutes until browned and cooked through.

Nutritional Information:

Total servings - 4

<u>Per serving:</u>	Fat	27g
	Carbohydrates	2g
	Protein	39g
	Calories	413

Spiced Mushroom Lunchtime Medley

Ingredients:

- 3 large mushrooms.
- 2 oz bacon (chopped).
- 2 oz cream cheese.
- 1 tbsp chives (fresh, chopped).
- ½ tsp chili flakes.
- ½ tsp onion powder.

Instructions:

- Preheat the oven at 190 degrees.
- Fry the bacon until crispy; allow to cool and then crumble.
- Chop the mushroom stalks into tiny pieces and fry in the fat left from bacon.
- Mix bacon, chives, fried mushrooms, cream cheese, chili and onion powder until well combined.
- Place mushroom cups in an ovenproof dish, lined with greaseproof paper and fill each mushroom cup with bacon mixture.
- Bake for 20-25 minutes until browned.

Nutritional Information:

Total servings - 1

<u>Per serving:</u>	Fat	48g
	Carbohydrates	4g
	Protein	10g
	Calories	483

Quick Lunch Seasoned Salmon & Asparagus Hot-Pot

Ingredients:

- 8 oz salmon (fresh & cubed).
- 8 oz asparagus spears.
- 3 oz butter.
- ½ tsp paprika.
- ¼ tsp black pepper.

Instructions:

- Heat 1 oz butter in a large frying pan; fry asparagus 3-4 minutes and add pepper and paprika.
- Add remaining 2 oz butter to the pan and fry salmon for 2-3 minutes on each side until cooked through.

Nutritional Information:

Total servings - 2

<u>Per serving:</u>	Fat	55g
	Carbohydrates	3g
	Protein	26g
	Calories	597

Meaty Spinach Lunchtime Leisure

Ingredients:

- 8 large eggs.
- 6 oz baby spinach (fresh).
- 4 oz bacon (chopped).
- 4 oz cheddar cheese (grated).
- 1 cup thick cream.
- 2 tbsp butter.

Instructions:

- Preheat the oven at 180 degrees.
- In a large frying pan, heat the butter and fry the bacon until crispy.
- Stir in the spinach, continue stirring until wilted and then remove from heat.
- In a bowl, whisk the eggs and cream together.
- Pour into a large ovenproof dish.
- Mix in the bacon and spinach then sprinkle on the cheese.
- Bake for 30-35 minutes until golden brown.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 66g

Carbohydrates: 4g

Protein: 26g

Calories: 679

Total servings - 4

<u>Per serving:</u>	Fat	66g
	Carbohydrates	4g
	Protein	26g
	Calories	679

Bacon & Mushroom One-Pan Lunchtime Delight

Ingredients:

- 6 large eggs.
- 4 slices bacon (diced).
- 4 oz baby spinach.
- 1 cup mushrooms (sliced).
- 1 cup cheddar cheese (grated).
- ¼ cup thick cream.
- 2 tbsp butter.
- ½ tsp black pepper.
- ½ tsp onion powder.

Instructions:

- Preheat the oven at 180 degrees.
- Using a cast iron frying pan, heat the butter and fry the bacon for 4-5 minutes.
- Stir in the mushrooms and fry for an additional 3-4 minutes.
- Add the spinach and allow to wilt. Remove from heat.
- Sprinkle the cheese over the bacon mixture.
- In a large bowl, whisk together cream, eggs, black pepper and onion powder until well combined.
- Pour egg mixture into the bacon pan and bake in the oven for 20-25 minutes until egg is cooked through.

Nutritional Information:

Total servings - 4

<u>Per serving:</u>	Fat	39g
	Carbohydrates	4g
	Protein	20g
	Calories	431

A Touch of Spain Avocado Gazpacho

Ingredients:

- 2 avocados (pitted & chopped).
- 2 cucumbers (peeled & chopped).
- 2 garlic cloves (chopped).
- 1 jalapeno (chopped).
- ¼ cup apple cider vinegar.
- 1 tsp black pepper.
- 1 ½ cups water.

Instructions:

- In a blender, blend together avocados, cucumbers, garlic, jalapenos, vinegar and black pepper until smooth.
- Add the water and blend until the desired consistency is achieved.

Nutritional Information:

Total servings - 6

<u>Per serving:</u>	Fat	11g
	Carbohydrates	5g
	Protein	3g
	Calories	97

Strawberry & Goats Cheese Lunchtime Favorite

Ingredients:

- 4 large strawberries.
- 1 cup baby spinach.
- ½ cup iceberg lettuce (chopped).
- 2 oz goats' cheese.
- 1 oz walnuts (chopped).
- 2 tbsp olive oil.
- 1 tbsp lime juice.
- 1 tsp balsamic vinegar.

Instructions:

- In a lidded jar, mix vinegar, olive oil and lime juice; shake until well combined.
- In a bowl, place the baby spinach and lettuce. Pour over the oil mixture and toss until leaves are well coated.
- Slice the strawberries and layer over the leaves.
- Chop the goats' cheese into bite sized chunks and place on top of strawberries.
- Sprinkle the walnuts over the cheese.

Nutritional Information:

Total servings - 2

<u>Per serving:</u>	Fat	33g
	Carbohydrates	3g
	Protein	9g
	Calories	309

Salmon & Cream Cheese Classic

Ingredients:

- 7 oz smoked salmon.
- 1 cup cream cheese.
- 1 tsp thyme (fresh & finely chopped).
- 1 tsp rosemary (fresh & finely chopped).
- 1 tsp chives (fresh & finely chopped).

Instructions:

- Take two large squares of cling film, place the cream cheese on one piece and cover with the second; roll until flattened.
- Peel off a piece of cling film and lay the salmon on top of the cream cheese and recover with cling film.
- Flip the salmon mixture over so that the salmon is on the bottom. Peel back the cling film and sprinkle over the herbs.
- Roll the salmon over the cream cheese mixture, until a sausage-like roll is formed.
- Slice and refrigerate for 20-30 minutes.

Nutritional Information:

Total servings - 2

<u>Per serving:</u>	Fat	35g
	Carbohydrates	3g
	Protein	20g
	Calories	379

Tired by the slow speed of **weight loss?**

13,508 people do it every morning.

They wake up...

Go to the bathroom...

And do THIS “Sunrise Ritual” to drop 1-2 lbs before dinner tonight.



It's easy, and works every time.

And it's something the billion dollar weight loss industry do not want you to see.

Watch this video before its taken down...

Enjoy!
Claudia Caldwell