



# GOODBYE CABB CRAVINGS Cookbook

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# Breakfast

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## Perk You Up Porridge

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### NUTRITIONAL INFORMATION:

**Total servings** - 1

**Per serving:**

**Fat:** 17.1g

**Carbohydrates:** 9.5g

**Protein:** 8g

**Calories:** 216

### Ingredients:

- 2 tbsp almond flour.
- 2 tbsp sesame seeds (ground).
- 2 tbsp flaxseed (ground).
- ½ cup almond milk (unsweetened).

### Instructions:

- Mix almond flour, sesame seeds and flax seeds together in a bowl.
- Stir in the almond milk and microwave for one minute.
- Stir again and microwave for an additional minute.

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# The Beastie Bacon Bagel

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## NUTRITIONAL INFORMATION:

**Total servings - 3**

**Per serving:**

**Fat:** 50.29g

**Carbohydrates:**

5.77g

**Protein:** 30.3g

**Calories:** 605

## Ingredients:

- 6 slices bacon (grilled).
- 1 large egg.
- 1 ½ cups mozzarella cheese (grated).
- 1 cup arugula leaves.
- ¾ cup almond flour.
- 4 tbsp soft cream cheese.
- 2 tbsp pesto.
- 1 tbsp butter (melted).
- 1 tsp xanthan gum.

## Instructions:

- Preheat oven at 390 degrees.
- Mix together the almond flour and xanthan gum. Add the egg and mix together until well combined.
- Over a medium heat, melt the mozzarella and 2 tbsp of cream cheese together.
- Add the cheese mixture to the flour mixture; knead until completely combined and resembles dough.
- Split the dough into three pieces and roll into long sausage shapes.

- Put the ends together to make three circles.
- Brush melted butter over the bagels; place on a baking tray and bake for 15 - 18 minutes or until golden brown. Allow to cool.
- Spread the bagels with the remaining cream cheese and pesto. Place on the arugula leaves and top with bacon.

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# Jolly Good Egg & Bacon Sandwich

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## NUTRITIONAL INFORMATION:

**Total servings - 1**

**Per serving:**

**Fat:** 39g

**Carbohydrates:** 6g

**Protein:** 28g

**Calories:** 490

## Ingredients:

- Cooking spray.
- 2 large eggs.
- 1 tbsp coconut flour.
- 1 tbsp butter (salted).
- ¼ tsp baking powder.
- 1 slice cheddar cheese.
- 2 slices bacon (grilled)

## Instructions:

- Place butter in microwave for 30 seconds or until melted.
- Let butter to cool slightly. Mix in 1 egg, coconut flour and baking powder; microwave for one and a half minutes.
- Allow bread to cool and slice to make two equally thin slices.
- Using the cooking spray, fry the remaining egg to your preference. Grill the bread until toasted and crunchy.
- Assemble the sandwich placing a slice of toast on the bottom, cheese, bacon and fried egg; top with remaining toast.

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# Keto-Buzz Blueberry Pancakes

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## NUTRITIONAL INFORMATION:

**Per serving:** (1 pancake).

**Fat:** 7g

**Carbohydrates:** 4g

**Protein:** 7g

**Calories:** 132

## Ingredients:

- 3 large eggs.
- ½ cup almond flour.
- ¼ cup milk.
- ¼ cup fresh blueberries.
- 2 tbsp coconut flour.
- 2 tbsp sweetener (granulated).
- 1 tsp cinnamon (ground).
- ½ tsp baking powder.

## Instructions:

- Add all ingredients (except blueberries) to a blender and mix until a thick batter is formed.
- Add the blended mixture to a bowl and stir in blueberries.
- Grease a large non-stick frying pan and allow the pan to get hot over a medium heat.
- Pour ¼ cup of the mixture into the hot pan, allow to cook for 2 - 3 minutes or until the edges start to crisp and turn lightly browned. Flip and repeat.
- Repeat the process using the remaining batter.



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# Perfect Mozzarella Pockets Of Pleasure

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## NUTRITIONAL INFORMATION:

**Total servings - 8**

**Per serving:**

**Fat:**18g

**Carbohydrates:** 6.5g

**Protein:** 16g

**Calories:** 258

## Ingredients:

- 3 eggs.
- 8 oz mozzarella (grated).
- 4 oz bacon (grilled).
- 2 oz cream cheese.
- 2/3 cup almond flour.
- ½ cup cheddar cheese (grated).
- 1/3 cup coconut flour.
- 2 tsp baking powder.
- 1 tsp salt.

## Instructions:

- Preheat oven at 350 degrees.
- Microwave the cream cheese and mozzarella for 60 seconds. Stir and microwave for an additional 60 seconds.
- Put 1 egg, almond flour, coconut flour, baking powder and salt into a blender and pour in the melted cheese mixture. Blend until a dough forms.
- Split the dough into eight pieces. Flatten each piece to form a 5 inch circle, place on a baking tray lined with baking

paper.

- Scramble the remaining two eggs and divide between each circle; do the same with bacon and cheddar cheese.
- Fold the edges in and seal the semi-circle using finger tips.
- Bake for 20 minutes or until lightly browned.

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# What A Waffle!

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## NUTRITIONAL INFORMATION:

**Total servings** - 6

**Per serving:** (half a waffle)

**Fat:** 31g

**Carbohydrates:** 8g

**Protein:** 11g

**Calories:** 345

## Ingredients:

- 2 large eggs.
- 2 cups almond flour.
- 1 ½ cups almond milk (warm).
- 1/3 cup butter (melted).
- 2 tbsp erythritol.
- 4 tsp baking powder.
- 1 tsp vanilla extract.
- 1 tsp salt.

## Instructions:

- Mix baking powder, salt and almond flour together until well combined.
- In a separate bowl; whisk the eggs until well combined.
- Take the luke warm almond milk and mix with the eggs; adding melted butter, erythritol and vanilla extract.
- Stir the egg mixture into the flour mixture until a dough is formed. Let sit for several minutes.
- Cook in a hot waffle iron for 6-8 minutes.

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# The Ultimate Continental Breakfast With Bread Roll

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## NUTRITIONAL INFORMATION:

**Total servings - bread rolls - 8**

**Total servings-**  
(complete continental breakfast with one roll).

**Per serving:** (complete continental breakfast with one roll).

**Fat:** 96.7g

**Carbohydrates:**  
11.9g

## Ingredients:

- 3 large eggs.
- 1 ½ cups mozzarella (grated).
- 1 1/3 cups almond flour.
- 2 oz cream cheese (full fat).
- 2 tbsp coconut flour.
- 1 ½ tsp baking powder.

## Ingredients:

Continental breakfast:

- 1 egg (hard boiled).
- 1 slice ham (smoked).
- 1 cup cheddar cheese (grated).
- 2 slices salami.
- 3 slices mozzarella

## Instructions:

- Preheat oven at 350 degrees.
- Mix together almond flour, coconut flour and baking powder. Set aside.
- In a separate bowl (microwave-safe) add mozzarella and cream cheese, cover and melt for 30 seconds. Stir. Repeat for an additional 30 seconds until

completely melted and a dough has formed.

- Allow dough to cool slightly (so it's still warm to the touch but not hot).
- Add dough, 2 eggs and flour mixture to a blender; blend on high speed until a sticky dough has formed.
- Place the sticky dough onto a piece of cling film and cover. Knead the dough (whilst in cling film) until it is completely uniform.
- Divide the dough into 8 equal pieces and roll them into smooth balls.
- Line a baking tray with greaseproof paper and place the balls 2 inches apart.
- Take the final egg and whisk in a bowl; brush the rolls with the glaze.
- Bake for 20-22 minutes or until golden brown.
- On a serving plate, add the slices of salami, slice of smoked ham, mozzarella, hard boiled egg and cheddar cheese. Place the hot bread roll on the side.

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# Egg & Mackerel Breakfast Kick-Start

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## NUTRITIONAL INFORMATION:

**Total servings - 1**

**Per serving:**

**Fat:** 59g

**Carbohydrates:** 4.2g

**Protein:** 35g

**Calories:** 689

## Ingredients:

- 4 large eggs.
- 8 oz can of mackerel in tomato sauce.
- ½ red onion (finely sliced).
- ¼ cup olive oil.
- 2 oz lettuce.
- 2 tbsp butter.
- Salt and pepper.

## Instructions:

- Melt butter in a frying pan and cook the eggs to your preference.
- On a serving plate, place lettuce and top with onion. Add the eggs and mackerel to the plate.
- Drizzle olive oil over the lettuce and season with salt and pepper.

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# Good Morning!

## Keto-Classic Cereal

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### NUTRITIONAL INFORMATION:

**Total servings:** 6

**Per serving:** (1 cup of cereal + 1 cup almond milk (unsweetened)).

**Fat:** 18g

**Carbohydrates:** 3g

**Protein:** 6g

**Calories:** 207

### Ingredients:

- 1 cup almond flour.
- 2 tbsp water.
- 2 tbsp sunflower seeds.
- 1 tbsp coconut oil.
- 1 tbsp flaxseed meal.
- 1 tsp vanilla extract.
- 1 tsp cinnamon (ground).
- ¼ tsp salt.

### Instructions:

- Preheat oven at 350 degrees.
- Add almond flour, sunflower seeds, flaxseed meal, cinnamon and salt to a blender and blend until sunflower seeds are finely chopped.
- Mix in the water and coconut oil and blend until a dough is formed.
- Place dough on a piece of greaseproof paper and press flat. Place another piece of greaseproof paper on top and roll the dough until it is approximately 3mm in thickness.

- Remove top paper and cut the dough into 1 inch squares.
- Place the greaseproof paper (with the cut squares) on to a baking tray.
- Bake in the oven for 10-15 minutes or until lightly browned and crisp.
- Allow to cool and then separate the squares.
- Serve with unsweetened almond milk.



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# The Magnificent Breakfast Mushroom

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## NUTRITIONAL INFORMATION:

**Total servings - 1**

**Per serving:**

**Fat:** 47g

**Carbohydrates:** 8g

**Protein:** 30g

**Calories:** 578

## Ingredients:

- 2 large deep cup mushrooms (stem removed).
- 4 slices bacon (cooked and chopped).
- 2 large eggs.
- 1/10 cup parmesan (grated).
- Cooking spray.

## Instructions:

- Preheat oven at 375 degrees.
- On a baking tray, spray the mushrooms with cooking spray and bake for 10 minutes.
- Split the bacon and parmesan between the two mushrooms and bake for an additional 5 minutes.
- Crack an egg into each mushroom and bake for an additional 10 minutes.

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# Keto Crunchy Cauliflower Hash Browns

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## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:** (1 hash  
brown)

**Fat:** 26g

**Carbohydrates:** 5g

**Protein:** 7g

**Calories:** 282

## Ingredients:

- 16 oz cauliflower (head grated).
- 3 large eggs.
- ½ onion (finely diced).
- 4 oz butter.
- 1 tsp salt.
- ¼ tsp black pepper.

## Instructions:

- Add all ingredients (except butter) to a large bowl and mix until well combined. Allow to stand for 10 minutes.
- Melt ¼ butter in a large frying pan. Add two scoops of the cauliflower mixture; flatten carefully until they are 3-4 inches in diameter.
- Fry for 4-5 minutes on each side.
- Repeat until all the mixture has gone.

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# Baked Egg Breakfast Banquet

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## NUTRITIONAL INFORMATION:

**Total servings - 1**

**Per serving:**

**Fat:** 36g

**Carbohydrates:** 2g

**Protein:** 40g

**Calories:** 498

## Ingredients:

- 2 large eggs.
- 3 oz minced beef.
- 2 oz cheddar cheese (grated).

## Instructions:

- Preheat oven at 400 degrees.
- Put the minced beef into a baking dish; make two holes in the mince and crack in the eggs.
- Sprinkle the cheese over the top.
- Bake for 10-15 minutes or until the eggs are cooked.

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# Classy Cheese & Onion Omelette

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## NUTRITIONAL INFORMATION:

**Total servings - 1**

**Per serving:**

**Fat:** 44g

**Carbohydrates:** 5g

**Protein:** 27g

**Calories:** 516

## Ingredients:

- 4 large mushrooms.
- 3 large eggs.
- ¼ onion (finely chopped).
- 1 oz cheddar cheese (grated).
- 1 oz butter.
- Salt and pepper.

## Instructions:

- Whisk the eggs until smooth; add salt and pepper.
- Over a medium heat, melt the butter in a large frying pan. Add onion and mushrooms and cook until lightly browned and softened. Pour the egg mixture over the onions and mushrooms.
- As the omelette is cooking and begins to firm; add the cheese.
- Ease around the edges of the omelette with a spatula and fold in half.
- Allow to cook until all is golden brown.

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# Perfect Breakfast Pumpkin Bread

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## NUTRITIONAL INFORMATION:

**Total servings** - 10

**Per serving:** (one  
slice)

**Fat:** 14g

**Carbohydrates:** 6g

**Protein:** 5g

**Calories:** 166

## Ingredients:

- 4 large eggs.
- 1 ½ cups almond flour.
- ¾ cup pumpkin puree (canned).
- 2/3 cup erythritol.
- ½ cup softened butter.
- ½ cup coconut flour.
- 4 tsp baking powder.
- 1 tsp vanilla extract.
- 1 tsp cinnamon (ground).
- ½ tsp nutmeg (ground).
- ½ tsp salt.
- ¼ tsp ginger (ground).

## Instructions:

- Preheat oven at 350 degrees.
- Mix the butter and erythritol together until light and creamy.
- One at a time, whisk in eggs until all ingredients are well combined.
- Mix in pumpkin puree and vanilla.
- In another bowl, mix together the almond flour, baking powder, coconut flour,

cinnamon, nutmeg, ginger and salt.

- Add the flour mixture to the egg mixture; stir until well combined.
- Line a 9 x 5 inch loaf pan with greaseproof paper and pour in the batter mixture.
- Bake for 45 -50 minutes or until a skewer inserted in the middle comes out clean.

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# Cloud Nine BLT

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## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:** (2 slices  
of bread and fillings)

**Fat:** 48g

**Carbohydrates:** 4g

**Protein:** 12g

**Calories:** 499

## Ingredients:

### Bread:

- 4 ½ oz cream cheese (softened).
- 3 large eggs.
- ½ tbsp psyllium husk powder.
- ½ tsp baking powder.
- Pinch of salt.

### Fillings:

- 5 oz cooked bacon (grilled).
- 2 oz lettuce.
- 1 tomato (sliced).
- ½ cup mayonnaise.

## Instructions:

- Preheat oven at 300 degrees.
- Crack the eggs; putting egg whites in one bowl and yolks in another.
- Add the salt to the egg whites and whisk until stiff peaks are formed.
- Add the cream cheese to the egg yolks and stir well. Add psyllium husk and baking powder; mix until well combined.
- Fold the egg white mixture into the egg yolk mixture.

- Line a baking tray with greaseproof paper.
- Make 8 dough balls and place on the tray; flatten each one.
- Bake for 25 minutes or until golden brown.
- Place a slice of bread (topside down) on a serving plate and spread with mayonnaise.
- Layer the bacon, lettuce and tomato on to the bread; add a spoon of mayonnaise and top with the final slice of bread.



# Lunch

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## Pure Perfection Pepperoni Pizza

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### NUTRITIONAL INFORMATION:

**Total servings - 2**

**Per serving:**

**Fat:** 90g

**Carbohydrates:** 5g

**Protein:** 52g

**Calories:** 1043

### Ingredients:

- 4 large eggs.
- 6 oz mozzarella (grated)

### Topping:

- 3 tbsp tomato puree.
- 5 oz mozzarella (grated).
- 1 ½ oz pepperoni (sliced).
- ½ tsp dried mixed herbs.

### Instructions:

- Preheat oven at 400 degrees.
- Mix the eggs with 6oz grated mozzarella, until well combined.
- Line a baking tray with greaseproof paper. Using a spatula, spread mixture into one large rectangular pizza.
- Bake for 15-20 minutes until lightly browned. Remove from oven.
- Adjust oven temperature to 450 degrees.

- Spread tomato puree on to the pizza and sprinkle on the herbs. Load with the remaining cheese and place pepperoni on top.
- Bake for an additional 10 minutes or until golden brown and cheese has melted.

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# Intense Cauliflower Cheese Bake

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## NUTRITIONAL INFORMATION:

**Total servings** - 6

**Per serving:** (½ cup).

**Fat:** 33g

**Carbohydrates:** 11g

**Protein:** 15g

**Calories:** 393

## Ingredients:

- 1 large cauliflower head.
- 8 oz thick cream.
- 4 oz cheddar (grated).
- 4 oz mozzarella (grated).
- 3 oz cream cheese (softened).
- 1 ½ tsp paprika.
- 1 tsp salt.
- ½ tsp black pepper.

## Instructions:

- Preheat oven at 375 degrees.
- Cut cauliflower into 1 inch pieces and steam for 5 minutes until just becoming tender.
- In a medium sized pan, combine thick cream, cheddar, mozzarella, cream cheese, salt, pepper and paprika. Over a medium heat, stirring continuously, until a smooth sauce is formed.
- Add the cauliflower to a baking dish and pour over the cheese sauce; stir to ensure all cauliflower is covered.

- Bake for 30 minutes or until the top is bubbling and golden.

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# Mouth-Watering Meatballs & Squash Spaghetti

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## NUTRITIONAL INFORMATION:

**Total servings - 4 servings.**

**Per serving:**

**Fat:** 26g

**Carbohydrates:** 12g

**Protein:** 25g

**Calories:** 382

## Ingredients:

- 1 medium squash.
- 16 oz minced beef.
- 1 tsp garlic powder.
- 1 tsp paprika.
- 1 tsp onion powder.
- ½ tsp black pepper.
- ½ tsp salt.
- 2 cups marinara sauce.
- ¼ cup parmesan (grated).
- ¼ cup parsley (finely chopped).

## Instructions:

- Preheat oven at 400 degrees.
- Pierce the squash several times with a sharp knife and microwave for 5 minutes. Turn the squash onto the other side and microwave for an additional 5 minutes.
- Allow squash to sit for 3-4 minutes; using a sharp knife, slice the squash in half, lengthways.
- Scoop out the seeds. Drag a fork back and forth across the

flesh and place spaghetti strands into a bowl.

- In a large bowl, mix together minced beef, garlic powder, paprika, onion powder, black pepper and salt. Combine well and form 24 small meatballs.
- Line a baking sheet with greaseproof paper and bake meatballs for 10-15 minutes or until juices run clear.
- In a large pan, gently heat the marinara sauce. Take the cooked meatballs and place in the simmering sauce. Simmer for 6-8 minutes.
- Place the spaghetti on a serving plate and pour over the sauce and meatballs.
- Garnish with chopped parsley and parmesan.

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# A Touch of Spain

## Cheesy-Meat Tapas

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### NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:**

**Fat:** 74g

**Carbohydrates:** 8g

**Protein:** 57g

**Calories:** 944

### Ingredients:

- 8 oz prosciutto (sliced).
- 8 oz chorizo (sliced).
- 4 oz cheddar cheese (cubed).
- 4 oz mozzarella (cubed).
- 4 oz cucumber (cubed).
- 2 oz red pepper (sliced).

### Instructions:

- Arrange all items on a plate.
- Enjoy.

---

# Keto Burger in a Big Bread Bun

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## NUTRITIONAL INFORMATION:

**Total servings -**  
burgers 4 - bread bun  
- 1.

**Per serving:** (one  
burger - one bread  
bun)

**Fat:** 139g

**Carbohydrates:** 13g

**Protein:** 62g

**Calories:** 1373

## Ingredients:

### Bun:

- 3 tbsp almond flour.
- 1 ½ tbsp olive oil.
- 1 large egg.
- ½ tsp baking powder.

### Burger:

- 24 oz minced beef.
- 7 oz cheddar cheese (grated).
- 2 oz butter.
- 2 tsp paprika.
- 2 tsp garlic powder.
- 2 tsp onion powder.

## Instructions:

### Bun:

- In a small microwave safe bowl, mix the baking powder and almond flour together until well combined and smooth.
- Crack in the egg and add oil.
- Whisk until completely combined.
- Microwave for 90 seconds on high.
- Slice the bun in half to create a top and bottom.



### Burger:

- Mix the beef, paprika, onion powder, garlic powder and half of the cheese together; blend using hands.
- Make four burgers. In a large frying pan, melt the butter and fry the burgers to your preference.
- Top with the remaining cheese; melt and place burger on the bread bun.

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# Tasty Salted Turnip Fries

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## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:**

**Fat:** 22g

**Carbohydrates:** 7g

**Protein:** 2g

**Calories:** 219

## Ingredients:

- 16 oz turnips.
- 6 tbsp olive oil.
- 2 tsp onion powder.
- ½ tsp paprika.
- 1 tsp salt.

## Instructions:

- Preheat oven at 400 degrees.
- Wash and peel the turnips; cut into ½ inch strips.
- In a large bowl, toss the turnips in 2 tbsp of olive oil, salt, onion powder and paprika..
- Add remaining oil to a baking tray and heat in the oven for 5 minutes.
- Bake for 25-30 minutes or until fries are golden brown and crispy.

---

# Tantalisingly Tasty Tomato & Herb Soup

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## NUTRITIONAL INFORMATION:

**Total servings** - 12

**Per serving:**

**Fat:** 12g

**Carbohydrates:** 3g

**Protein:** 7g

**Calories:** 149

## Ingredients:

- 8 oz cream cheese (softened).
- 2 cans tomatoes (chopped).
- 4 cups chicken broth.
- 1 cup parmesan (grated).
- ½ cup red onions (finely chopped).
- 2 tbsp coconut oil.
- 2 garlic cloves (crushed).
- 1 tbsp basil (dried).
- 1 tsp oregano (dried).
- 1 tsp salt.
- ½ tsp black pepper.

## Instructions:

- In a large pan, place the coconut oil, onions, garlic, basil and oregano; cook over a medium heat until onions are softened.
- Add in cream cheese, stirring continuously.
- Gradually add the broth, tomatoes, parmesan, salt and pepper.
- Cover and simmer for 8-10

minutes.

- Pour soup into a blender and blend until pureed.

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# Healthy Lunchtime Ham & Cheese Wrap

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## NUTRITIONAL INFORMATION:

**Total servings - 1**

**Per serving:**

**Fat:** 31g

**Carbohydrates:** 14g

**Protein:** 33g

**Calories:** 459

## Ingredients:

- 5 iceberg lettuce leaves.
- 4 slices sandwich ham.
- 4 slices cheddar cheese.
- ¼ cup guacamole.
- 1 tomato (sliced).
- ½ red onion (finely sliced).

## Instructions:

- Layer lettuce leaves onto a sheet of cling film. Ensure the leaves overlap each other.
- Layer the ham and cheese onto the leaves.
- Do the same with tomato and onion and finally top with guacamole.
- Using the clingfilm (as if you were using a sushi mat); roll the lettuce tightly to make the wrap.
- When completely rolled, cut wrap in half.

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# Crusted Pancetta & Onion Quiche

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## NUTRITIONAL INFORMATION:

**Total servings** - 6

**Per serving:**

**Fat:** 82g

**Carbohydrates:** 5g

**Protein:** 26g

**Calories:** 885

## Ingredients:

### Crust:

- 1 ½ cups almond flour.
- 2 oz butter.
- 1 large egg.
- 2 tbsp sesame seed.
- 1 tbsp psyllium husk powder.
- ½ tsp salt.

### Filling:

- 5 large eggs.
- 11 oz pancetta (chopped).
- 8 oz cheddar cheese (grated).
- 1 onion.
- 1 cup thick cream.
- 1 oz butter.
- 1 tsp thyme (dried).
- ½ tsp salt.
- ½ tsp black pepper.

## Instructions:

- Preheat oven at 350 degrees.
- Take all of the crust ingredients and put in a blender. Mix until a dough is formed.
- Using a spatula, spread the dough into a springform cake

tin. Allow to settle in the fridge.

- Melt the butter in a large frying pan, add the onion and pancetta and fry until both turn golden brown. Stir in thyme, salt and pepper.
- Pour into set crust.
- In a bowl, mix the remaining ingredients together and pour into crust.
- Bake for 45-50 minutes or until the egg mixture is solid and has turned golden brown.

---

# King of Wings

## Hot & Spicy Chicken

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### NUTRITIONAL INFORMATION:

**Total servings** - 6

**Per serving:** (3 chicken wings).

**Fat:** 23g

**Carbohydrates:** 8g

**Protein:** 17g

**Calories:** 314

### Ingredients:

- 15 chicken wings.
- ½ cup chilli paste.
- ¼ cup maple syrup (sugar free).
- 1/3 cup greek yogurt (full fat).
- ¼ cup mayonnaise.
- 2 tbsp soy sauce.
- 2 tbsp rice wine vinegar.
- 1 ½ tbsp lime juice (fresh).
- Pinch of salt.

### Instructions:

- Mix together chilli paste, maple syrup, soy sauce and vinegar.
- Add chicken wings to the sauce mixture and ensure each wing is completely coated with the sauce.
- Chill for 2-3 hours.
- Preheat oven at 400 degrees.
- Bake wings for 15 minutes, turn over and bake for an additional 15 minutes.
- On a high heated grill, brown the chicken wings for 5-6 minutes.



- Mix together greek yogurt, mayonnaise, lime juice and salt. Use as a dipping sauce for the chicken wings.

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# Cheesy Chicken Chunks

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## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:**

**Fat:** 24g

**Carbohydrates:** 2g

**Protein:** 41g

**Calories:** 398

## Ingredients:

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

## Instructions:

- Preheat oven at 400 degrees.
- Mix the parmesan and flour together.
- In a separate bowl, whisk the egg.
- Dip each strip of chicken into the egg mixture and then into the flour mixture. Place on a wire rack.
- Spray chicken with cooking spray and bake for 18-20 minutes or until browned and completely cooked.

---

# Chunky Salsa Filled Tacos

---

## NUTRITIONAL INFORMATION:

**Total servings** - 3

**Per serving:** (2 filled  
taco shells).

**Fat:** 22g

**Carbohydrates:** 3g

**Protein:** 15g

**Calories:** 306

## Ingredients:

Taco:

- 8 oz cheddar cheese (grated).

Filling:

- 2 large avocados ( cut into small chunks).
- 1 tomato (cut into chunks).
- ½ red onion (roughly chopped).
- ¼ cup fresh coriander (finely chopped).
- 1 garlic clove (finely chopped).
- 3 tbsp lime juice (fresh).
- 1 tbsp jalapeno (finely chopped).
- ½ tsp salt.
- ½ tsp black pepper.

## Instructions:

- Preheat oven at 400 degrees.
- Line a baking tray with greaseproof paper.
- Make 6 piles of cheese with a large gap between them.
- Bake for 10 minutes until cheese is melted and golden brown. Allow to slightly cool.
- Place a large wire rack over the sink. Carefully place each

melted cheese piece on the rack and allow the edges to hang down between the wire rack bars.

- Let cool completely.
- Add all of the ingredients from the filling list to a bowl and mix well until combined.
- Take each cheesy taco shell and add the filling.

---

# Zingy Garlic Chicken Kebab

---

## NUTRITIONAL INFORMATION:

**Total servings** - 6

**Per serving:** (2 skewers).

**Fat:** 14g

**Carbohydrates:** 2g

**Protein:** 33g

**Calories:** 276

## Ingredients:

- 32 oz chicken breast (cut into 1 inch cubes).
- 4 garlic cloves (crushed).
- 1 lemon (zested and juiced).
- ½ cup almond milk.
- ¼ cup olive oil.
- ¼ cup fresh parsley (finely chopped).
- ½ tsp salt.
- ¼ tsp black pepper.
- 1 tbsp mixed herbs (dried).

## Instructions:

- In a large bowl, mix together garlic, lemon, almond milk, olive oil, parsley, salt, pepper and herbs.
- Add chicken cubes to the bowl and stir well to ensure all chicken is coated.
- Chill in the fridge for 2-3 hours; stirring occasionally to ensure even coverage.
- Fry the chicken in a large frying pan until browned and cooked through.
- Using wooden skewers, fill the skewer with chicken pieces.

---

# Antipasto Meat Sticks

---

## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:** (1 stick  
+ dip)

**Fat:** 21g

**Carbohydrates:** 1g

**Protein:** 10g

**Calories:** 234

## Ingredients:

- 4 slices salami.
- 4 slices sandwich ham.
- 4 slices pepperoni.
- 4 slices cheddar cheese.
- 4 slices mozzarella.
- 1 handful lettuce (chopped)
- 2 tbsp olive oil.
- 1 tbsp apple cider vinegar.
- 1 tbsp mayonnaise.
- ½ tsp mixed herbs (dried).

## Instructions:

- In 4 separate piles, layer the meat slices from biggest to smallest.
- Spread with mayonnaise and add the cheese slices.
- Sprinkle on lettuce.
- Roll each pile into a tight sausage shape; secure with a toothpick.
- In a dish, add olive oil, vinegar and herbs to use as a dip for antipasto sticks.

---

# Spicy Tuna No-Rice Sushi Rolls

---

## NUTRITIONAL INFORMATION:

**Total servings** - 2

**Per serving;** (3 rolls)

**Fat:** 9g

**Carbohydrates:** 2g

**Protein:** 10g

**Calories:** 123

## Ingredients:

- 1 cucumber.
- ½ can tuna (in olive oil).
- ½ avocado (sliced).
- 1 tsp chilli sauce.
- ¼ tsp salt.
- ¼ tsp black pepper.
- Pinch of cayenne pepper.

## Instructions:

- Using a potato peeler, thinly slice cucumber (lengthways) until outer layer has gone. Discard outer layer and thinly slice the cucumber until you have 6 long strips.
- In a medium bowl, mix tuna, chilli sauce, salt, pepper and cayenne together until well combined.
- Take a cucumber slice and spoon the mixture over, leaving half an inch at each end.
- Place 1-2 pieces of avocado on each cucumber slice and carefully roll.
- Use a toothpick to secure.

---

# Contemporary Coconut Chicken Curry With Cauliflower Rice

---

## NUTRITIONAL INFORMATION:

**Total servings - 4**

**Per serving:**

**Fat:** 112g

**Carbohydrates:** 21g

**Protein:** 32g

**Calories:** 1190

## Ingredients:

- 27 oz coconut milk.
- 16 oz chicken thighs (boneless and skinless, cubed).
- 8 oz broccoli (cut into small florets).
- 3 oz green beans (cut in half).
- 1 onion (finely chopped).
- 1 chilli pepper (finely chopped).
- 3 tbsp coconut oil.
- 1 tbsp fresh ginger (grated).
- 1 tbsp curry paste.
- Salt and pepper.

## Cauliflower rice:

- 24 oz cauliflower head (grated).
- 3 oz coconut oil.
- ½ tsp salt.

## Instructions:

- Heat coconut oil in a frying pan. Add onion, chilli and ginger and fry until softened.
- Add chicken and curry paste; fry until chicken is cooked and lightly browned.



- Add broccoli and green beans.
- Add the solid part of coconut milk, salt and pepper. Allow to simmer for 15-20 minutes.
- In another large frying pan, add 3 oz coconut oil. When hot, add the grated cauliflower.
- Add salt and cook for 5-10 minutes until rice has softened.
- Place rice on a serving plate and top with chicken curry.

---

# Luscious Cheesy Choice Lasagne

---

## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:**

**Fat:** 44g

**Carbohydrates:** 9g

**Protein:** 48g

**Calories:** 633

## Ingredients:

Cheese dough:

- 1 ½ cups mozzarella (grated).
- 4 oz cream cheese (softened).
- 2 large eggs.
- 1 tsp mixed herbs (dried).

Filling:

- 16 oz minced beef.
- 1 red onion (finely chopped).
- 1 cup mozzarella (grated).
- 1 cup marinara sauce.
- 6 tbsp ricotta cheese.
- 1 tsp mixed herbs (dried)
- Salt and pepper.

## Instructions:

- Preheat oven at 350 degrees.
- Add all dough ingredients to a blender; blend until a thick, smooth consistency is formed.
- Line a 9 x 12 inch ovenproof dish with greaseproof paper.
- Use a spatula to spread the dough mixture evenly across the dish.
- Bake for 20-25 minutes or until mixture is firm to the touch. Set

aside and allow to cool.

- In a large frying pan add the beef, salt, pepper and onion. Cook until completely browned.
- Stir in marinara sauce and dried herbs; reduce heat and simmer for 5 minutes.
- Slice the dough evenly into 3 pieces.
- In an 8 x 4 inch ovenproof dish, add a layer of the meat mixture and place one slice of dough on top.
- On top of the dough, add another layer of meat mixture and spread 3 tbsp of ricotta cheese on top; sprinkle ¼ cup mozzarella over.
- Repeat with second dough sheet, meat mixture, ricotta and mozzarella.
- Add last dough sheet, add remaining meat mixture and top with remaining mozzarella.
- Bake for 25 minutes or until top begins to brown.

# Dinner

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## Mighty Meaty Moussaka

---

### NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:**

**Fat:** 59g

**Carbohydrates:** 12g

**Protein:** 43g

**Calories:** 742

### Ingredients:

- 20 oz minced beef.
- 1 medium aubergine (thinly sliced).
- 1 onion (finely chopped).
- 2 garlic cloves (crushed).
- ½ cup tomato puree.
- 4 tbsp olive oil.
- 1 tbsp paprika powder.
- 1 tsp salt.
- ½ tsp black pepper.
- ½ tsp cinnamon (ground).

### Cheese sauce:

- 7 oz swiss cheese (grated).
- 3 oz cream cheese.
- ½ cup thick cream.
- 1 garlic clove (crushed).
- ¼ tsp salt.

### Instructions:

- Preheat oven at 350 degrees.
- In a large frying pan, fry the aubergine slices until golden

brown and softened. Set to one side.

- In the same pan, cook the minced beef until browned. Add onion, garlic and spices; pour in tomato puree and simmer for 5 minutes.
- In a pan, mix the cheese sauce ingredients together (only using half of swiss cheese). Stirring continuously, Simmer until sauce thickens.
- Pour meat sauce into an ovenproof dish, layer the aubergines on top and pour on cheese sauce. Sprinkle the remaining swiss cheese on top.
- Bake for 20-25 minutes or until cheese turns golden brown.

---

# Creamy Keto Chicken Casserole

---

## NUTRITIONAL INFORMATION:

**Total servings** - 6

**Per serving:**

**Fat:** 64g

**Carbohydrates:** 7g

**Protein:** 40g

**Calories:** 758

## Ingredients:

- 32 oz chicken thighs (boneless and skinless).
- 16 oz cauliflower (florets).
- 7 oz cheddar cheese (grated).
- 4 oz cherry tomatoes (halved).
- 1 ½ oz butter.
- 1 leek (chopped).
- ¾ cup sour cream.
- ½ cup cream cheese (softened).
- 3 tbsp pesto.
- 3 tbsp lemon juice (fresh).
- ½ tsp black pepper.

## Instructions:

- Preheat oven at 400 degrees.
- In a large frying pan, melt the butter and fry chicken until cooked and golden brown.
- In a bowl, mix sour cream, cream cheese, lemon juice, pesto and pepper until well combined.
- Place chicken in a large ovenproof dish, pour cream cheese mixture on top.

- Add cauliflower, leek and tomatoes.
- Bake in the oven for 25 minutes, remove and sprinkle cheese on top.
- Bake for a further 10 minutes or until cheese is melted and golden brown.

---

# One Pot Creamy Chicken Chasseur

---

## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:**

**Fat:** 48g

**Carbohydrates:** 7g

**Protein:** 31g

**Calories:** 570

## Ingredients:

- 16 oz chicken breast.
- 8 oz baby mushrooms.
- 4 cloves garlic (crushed).
- ½ red onion (finely chopped).
- 1 ½ cups thick cream.
- ¼ cup parmesan (grated).
- 2 tbsp butter (unsalted).
- 1 tbsp olive oil.
- 1 tsp mixed herbs (dried).
- 1 tsp garlic powder.
- ¼ tsp salt.
- ¼ tsp black pepper.

## Instructions:

- Slice chicken breasts in half (lengthways) making them easier to cook.
- In a bowl, mix garlic powder, mixed herbs, salt and pepper. Season both sides of chicken breasts with the mixture.
- In a large frying pan, melt the butter. Fry the chicken breasts, 5 minutes on each side or until thoroughly cooked. Set cooked



chicken to one side.

- Using the same frying pan, add mushrooms and onion; fry until tender and slightly browned. Add crushed garlic and fry for an additional minute.
- Reduce heat and stir in the thick cream, parmesan and herbs; simmer until sauce begins to thicken, stirring continuously.
- Return chicken and any juices back to the pan, cook for an additional 3-4 minutes.

---

# Spicy Salmon with Salsa

---

## NUTRITIONAL INFORMATION:

**Total servings - 4**

**Per serving:**

**Fat:** 32g

**Carbohydrates:** 10g

**Protein:** 35g

**Calories:** 444

## Ingredients:

- 4 salmon fillets.
- 1 tbsp olive oil.
- 4 tsp cajun seasoning.
- 2 avocados (chopped into small chunks).
- 1 jalapeno (finely chopped).
- 1 red onion (finely chopped).
- 1 tbsp lime juice (fresh).
- 1 tbsp fresh coriander (finely chopped).

## Instructions:

- Season both sides of salmon with cajun seasoning.
- Heat the oil in a large frying pan and fry the salmon until extremely golden brown; turn and repeat for the other side.
- Mix the avocados, jalapenos, onion, coriander and lime together until well combined.
- Serve with salmon.

---

# Keto Chilli Kicker

---

## NUTRITIONAL INFORMATION:

**Total servings** - chilli  
- 4 - Salsa - 2.

**Per serving:**

**Fat:** 15g

**Carbohydrates:** 4g

**Protein:** 35g

**Calories:** 330

## Ingredients:

- 16 oz minced beef.
- 2 avocados (chopped).
- 1 tomato (finely chopped).
- 1 garlic clove (crushed).
- 3 tbsp lime juice (fresh).
- 2 tbsp red onion (finely chopped).
- 1 tbsp coriander (ground).
- 1 tbsp cumin (ground).
- ½ tsp cayenne pepper.
- ½ tsp garlic powder.
- ¼ tsp black pepper.

## Instructions:

- In a large frying pan, add minced beef, coriander, cumin, cayenne pepper and garlic powder. Fry for 6-8 minutes or until beef is completely cooked.
- In a bowl, mix avocados, tomatoes, crushed garlic, onion, lime juice and black pepper; mix until well combined.
- Put chilli into a bowl and serve avocado salsa on top.

---

# Spicy Infused Shrimp

---

## NUTRITIONAL INFORMATION:

**Total servings - 4**

**Per serving:**

**Fat:** 17g

**Carbohydrates:** 3g

**Protein:** 24g

**Calories:** 257

## Ingredients:

- 32 oz jumbo shrimp (peeled and deveined).
- 4 garlic cloves (chopped).
- 1 cup basil leaves.
- ¼ cup parmesan (grated).
- ¼ cup walnuts (chopped).
- 6 tbsp olive oil.
- ½ tsp salt.
- ¼ tsp chilli flakes.

## Instructions:

- In a blender, add olive oil, basil, garlic, chilli, salt, parmesan and walnuts. Blend until well combined.
- Set 2 tbsp of pesto aside.
- Add shrimp to the large bowl of pesto and ensure all shrimp are covered. Let marinate for 30-40 minutes.
- Using cooking spray, spray a wire rack so it is thoroughly coated.
- Place shrimp on wire rack and grill for 5 minutes on each side or until slightly charred.
- Serve the shrimp, using remaining pesto to taste.

---

# Garlic Chicken with Cauliflower Mash

---

## NUTRITIONAL INFORMATION:

**Total servings** - 4

**Per serving:**

**Fat:** 49g

**Carbohydrates:** 15g

**Protein:** 48g

**Calories:** 694

## Ingredients:

### Cauliflower mash:

- 1 large cauliflower head (chopped).
- 1 cup chicken stock.
- 3 tbsp butter (cubed).
- 1 tsp salt.
- 1 tsp fresh thyme (chopped).

### Garlic chicken:

- 32 oz chicken drumsticks.
- 6 garlic cloves (finely chopped).
- ½ cup fresh parsley (chopped).
- 2 oz butter.
- Juice of 1 lemon.
- 2 tbsp olive oil.

## Instructions:

- Preheat oven at 450 degrees.
- Place the chicken in a greased ovenproof dish.
- Drizzle olive oil and lemon juice on the chicken and top with garlic and parsley.
- Bake for 40-45 minutes or until chicken is completely cooked through and browned.

### Cauliflower mash:

- In a large pan, bring chicken stock and salt to boil.
- Add cauliflower, bring back to boil; reduce heat and simmer for 15-20 minutes or until cauliflower is tender.
- Take cauliflower from pan and add to a blender with 3 tbsp of the stock.
- Add the butter and thyme; blend until smooth and well combined.

---

# Sassy Pork Stir-fry

---

## NUTRITIONAL INFORMATION:

**Total servings - 4**

**Per serving:**

**Fat:**14g

**Carbohydrates:** 9g

**Protein:** 17g

**Calories:** 225

## Ingredients:

- 12 oz pork loin (chopped into strips).
- 12 oz broccoli (florets).
- 6 spring onions (chopped).
- 1 red pepper (sliced).
- 2 tbsp olive oil.
- 2 tbsp soy sauce.
- 1 ½ tbsp coconut sugar.
- 1 tbsp garlic (crushed).
- 1 tbsp dry sherry.
- 1 tsp sesame oil.

## Instructions:

- Mix 1 tbsp olive oil with the crushed garlic; dip each strip of pork in the mixture.
- In a large frying pan, add the remaining olive oil and fry the pork until cooked through.
- Remove pork from pan. In the same frying pan, load in the broccoli, onions and red pepper; stir and cover for 1 minute.
- In a bowl, mix together sherry, sesame oil, soy sauce and coconut sugar.
- Add pork and any juices to the

vegetables and stir well.

- Pour sherry mixture over the pork and vegetables.
- Fry until sauce thickens.



---

# Tangy & Tasty BBQ Pork Ribs

---

## NUTRITIONAL INFORMATION:

**Total servings - 4**

**Per serving:**

**Fat:** 80g

**Carbohydrates:** 6g

**Protein:** 53g

**Calories:** 999

## Ingredients:

- 48 oz pork ribs.
- ¼ cup dijon mustard.
- 4 tbsp paprika powder.
- 2 tbsp butter.
- 2 tbsp apple cider vinegar.
- 2 tbsp garlic powder.
- 1 ½ tbsp black pepper.
- 1 tbsp salt.
- 1 tbsp chilli powder.
- 2 tsp onion powder.

## Instructions:

- Preheat oven at 400 degrees.
- In a bowl, mix together mustard and vinegar.
- In a separate bowl, mix together paprika, garlic, pepper, salt, chilli and onion powder.
- Have a large sheet of foil next to both bowls. Dip each rib into the vinegar mixture (ensure both sides are covered) then dip into the spice mixture (ensure ribs are completely covered). Place ribs on the foil.
- Add the butter to the top of the ribs. Wrap the ribs in foil (use

another piece to secure).

- Place ribs on a baking tray and bake for 60 minutes.
- When ribs are ready, remove from oven and from foil.
- Grill on high heat to give additional colour.

---

# Gorgeous Garlic Gnocchi

---

## NUTRITIONAL INFORMATION:

**Total servings - 6**

**Per serving:**

**Fat:** 27g

**Carbohydrates:** 7g

**Protein:** 13g

**Calories:** 314

## Ingredients:

- 1 1/3 cup almond flour.
- 2/3 cup parmesan (grated).
- ½ cup ricotta cheese.
- 1 large egg.
- 4 garlic cloves (chopped).
- 2 tbsp coconut flour.
- 2 tbsp butter.
- 2 tbsp olive oil.
- 2 tsp xanthan gum.
- 1 tsp garlic powder.
- ¼ tsp salt.

## Instructions:

- In a bowl, mix together almond flour, coconut flour, garlic powder and xanthan gum.
- In a separate bowl, whisk the egg and add ricotta, parmesan and salt; mix until well combined.
- Add the flour mixture to the cheese mixture and mix thoroughly until the crumble becomes a sticky dough ball.
- Wrap the dough ball in cling film and let settle in the fridge for 60 minutes.

- Cut the dough into 1 inch pieces; molding them into an oval shape.
- In a large frying pan, add olive oil and butter; fry the garlic until lightly browned.
- Fry the gnocchi for 5 minutes, spooning on the garlic oil.

---

# Funky Fried Fish Cakes

---

## NUTRITIONAL INFORMATION:

**Total servings - 6**

**Per serving:**

**Fat:** 15g

**Carbohydrates:** 1g

**Protein:** 13g

**Calories:** 195

## Ingredients:

- 6 oz mackerel (smoked).
- 4 oz haddock (smoked).
- 4 oz salmon.
- 1 large egg.
- 1 garlic clove (crushed).
- 4 tbsp fresh parsley (finely chopped).
- 3 tbsp parmesan (grated).
- 1 tbsp coconut flour.
- 1 tbsp flaxseed (ground).
- 1 ½ oz butter.
- 1 tbsp coconut oil.
- 1 tsp salt.
- 1 tsp chilli flakes.

## Instructions:

- Chop all fish into small chunks and mix together.
- In a separate bowl, mix together all ingredients except olive oil, coconut oil and butter.
- Using your hands, squeeze the mixture until all is combined.
- Mold the mixture into round, flat balls.
- In a large frying pan, heat the olive oil, coconut oil and butter.

- Fry the fish cakes for 4-5 minutes on each side.

---

# Bulky Beef Pie

---

## NUTRITIONAL INFORMATION:

**Total servings** - 8

**Per serving:** (one  
slice)

**Fat:** 28g

**Carbohydrates:** 5g

**Protein:** 31g

**Calories:** 405

## Ingredients:

- 32 oz minced beef.
- 6 large eggs (whisked).
- 6 oz tomato puree.
- 1 ½ cups cheddar cheese (grated).
- 2 tbsp dijon mustard.
- 2 tsp garlic powder.
- 2 tsp onion powder.
- 1 tsp salt.
- 1 tsp olive oil.
- ½ tsp cayenne pepper.

## Instructions:

- Preheat oven at 350 degrees.
- In a bowl, mix eggs, garlic powder, onion powder, cayenne pepper and salt. Mix in dijon mustard and tomato puree.
- In a large frying pan, fry the beef until cooked through. Discard of juices.
- Allow the beef to slightly cool and then add to the egg mixture; stir well until completely combined. Stir in 1 cup of cheddar cheese.
- Lightly grease an ovenproof

dish and add the mixture. Smooth down and add the remaining cheese.

- Bake for 30 minutes.
- Cover and let pie set for 15 minutes.



---

# Garlic Steak & Cauliflower Rice

---

## NUTRITIONAL INFORMATION:

**Total servings - 2**

**Per serving:**

**Fat:** 43g

**Carbohydrates:** 3

**Protein:** 24g

**Calories:** 489

## Ingredients:

Cauliflower rice:

- 12 oz cauliflower head (grated).
- 1 ½ oz butter.
- ¼ tsp turmeric.
- ¼ tsp salt.

Steak:

- 1 large 1 inch thick steak (boneless).
- 2 garlic cloves (crushed).
- 2 tbsp butter.

## Instructions:

- In a large frying pan, melt butter. Add cauliflower, salt and turmeric.
- Fry for 8-10 minutes or until cauliflower has softened.
- Towel dry the steak and rub on salt.
- In a dry frying pan, sear the steak for 1 minute on each side.
- Add in butter and garlic. Flip every 30 seconds for 8 minutes (medium rare), spoon over garlic butter on every flip.
- Cut steak into strips.

---

# Almond & Vanilla Keto Cheesecake

---

## NUTRITIONAL INFORMATION:

**Total servings - 6**

**Per serving:**

**Fat:** 43g

**Carbohydrates:** 6g

**Protein:** 9g

**Calories:** 435

## Ingredients:

- 16 oz cream cheese.
- 2 cups almond flour.
- 1  $\frac{1}{4}$  cup erythritol.
- $\frac{3}{4}$  cup thick cream.
- $\frac{1}{2}$  cup sour cream.
- $\frac{1}{3}$  cup butter (melted).
- 2 tsp vanilla extract.

## Instructions:

- Mix together butter, flour,  $\frac{1}{4}$  cup erythritol and 1 tsp vanilla until a dough is formed.
- Press the dough into a 9 inch ovenproof dish and chill for 60 minutes.
- In a blender, mix cream cheese, 1 cup erythritol and remaining vanilla until creamy.
- Add in the sour cream and thick cream until thickened.
- Pour onto chilled crust and refrigerate for 4-5 hours.

# Dessert

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## Curiously Charming Keto Carrot Cake

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### NUTRITIONAL INFORMATION:

**Total servings - 2**

**Per serving:**

**Fat:** 40g

**Carbohydrates:** 5g

**Protein:** 14g

**Calories:** 443

### Ingredients:

- $\frac{3}{4}$  cup almond flour.
- $\frac{1}{2}$  cup carrot (grated).
- 1 large egg.
- 2 tbsp cream cheese.
- 2 tbsp walnuts (finely chopped).
- 2 tbsp butter (melted).
- 2 tbsp erythritol.
- 1 tbsp thick cream.
- 2 tsp cinnamon.
- 1 tsp mixed spice.
- 1 tsp baking powder.

### Instructions:

- In a bowl, mix together almond flour, cinnamon, baking powder, erythritol, walnuts and mixed spice.
- Mix in the egg, butter, thick cream and carrot until well combined.
- Grease 2 microwave safe

ramekins and split the mixture evenly between the two.

- Microwave on high for 5 minutes.
- Spread cream cheese on the top.

---

# Pure Indulgence

## Peanut Butter Biscuits

---

### NUTRITIONAL INFORMATION:

**Total servings - 8**

**Per serving:**

**Fat:** 16g

**Carbohydrates:** 6g

**Protein:** 7g

**Calories:** 189

### Ingredients:

- 1 cup almond flour.
- ½ cup peanut butter (unsweetened).
- 1/3 cup erythritol.
- 1 tbsp coconut oil.
- ¾ tsp baking powder.
- ½ tsp vanilla extract.

### Instructions:

- Preheat oven at 350 degrees.
- In a large bowl, mix all of the ingredients together until a dough is formed.
- Divide the dough into 8 large biscuits.
- Line a baking tray with greaseproof paper.
- Bake for 10-12 minutes or until golden brown.

---

# Chewy Coconut Chunks

---

## NUTRITIONAL INFORMATION:

**Total servings** - 16

**Per serving:** (1 chunk)

**Fat:** 10g

**Carbohydrates:** 7g

**Protein:** 2g

**Calories:** 111

## Ingredients:

- 7 oz coconut (shredded).
- 2/3 cup coconut milk (full fat).
- ¼ cup maple syrup.
- 1 tsp psyllium husk.
- ¼ tsp almond extract.
- ¼ tsp salt.

## Instructions:

- Preheat oven at 325 degrees.
- In a blender, mix coconut milk, maple syrup, psyllium husk, almond extract, salt and ¾ of the coconut flakes until smooth.
- Pour mixture into a large bowl, stir in remaining coconut flakes.
- Line a baking tray with greaseproof paper. Using a tablespoon, scoop out chunks of the mixture and place onto the tray.
- Bake for 30 minutes or until all chunks are golden brown.

---

# Craftily Creamy Chocolate Mousse

---

## NUTRITIONAL INFORMATION:

**Total servings - 2**

**Per serving:**

**Fat:** 38g

**Carbohydrates:** 6.5g

**Protein:** 7g

**Calories:** 372

## Ingredients:

- 3 oz cream cheese.
- ½ cup thick cream.
- ¼ cup powdered sweetener.
- 2 tbsp cocoa powder.
- 1 tsp vanilla extract.
- Pinch of salt.

## Instructions:

- In a blender, mix the cream cheese until soft and fluffy.
- Slowly add in the thick cream, vanilla extract, sweetener, cocoa powder and salt.
- Mix until well blended and soft and fluffy.
- Chill in fridge for 30 minutes.

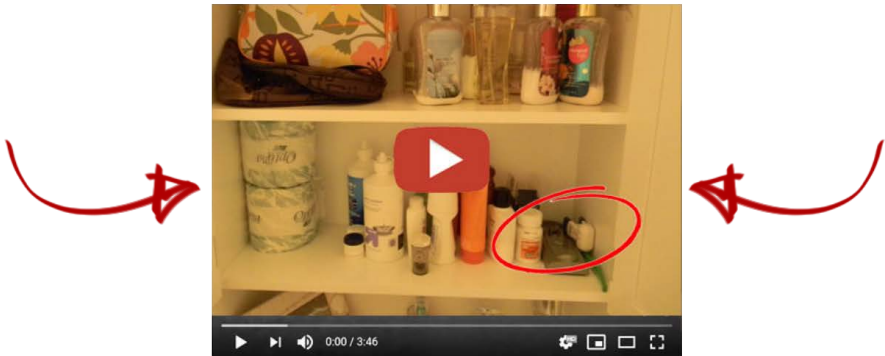
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