

## Keto egg muffins with sausage, spinach, and cheddar

### Ingredients:

- 4 large eggs
- 1/4 cup shredded cheddar cheese
- 1/2 cup cooked sausage, crumbled
- 1/4 cup chopped spinach
- Salt and pepper to taste

### Preparation Steps:

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Full-fat Greek yogurt bowl with almond butter, chia seeds, and berries**

### **Ingredients:**

- 1 cup full-fat Greek yogurt
- 1 tbsp almond butter
- 1 tsp chia seeds
- 1/4 cup mixed berries

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Avocado boats with egg, bacon, and shredded cheese**

### **Ingredients:**

- 1 avocado, halved and pitted
- 2 small eggs
- 2 slices cooked bacon, crumbled
- 2 tbsp shredded cheese

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Bulletproof coffee with MCT oil and butter + side of hard-boiled eggs**

### **Ingredients:**

- 1 cup brewed coffee
- 1 tbsp MCT oil
- 1 tbsp unsalted butter
- 2 hard-boiled eggs

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!

## Grilled chicken Caesar salad with double dressing and Parmesan

### Ingredients:

- 1 grilled chicken breast, sliced
- 2 cups romaine lettuce
- 3 tbsp Caesar dressing
- 2 tbsp grated Parmesan cheese

### Preparation Steps:

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Stuffed bell peppers with ground beef, mushrooms, and mozzarella**

### **Ingredients:**

- 2 bell peppers, halved
- 1/2 lb ground beef
- 1/4 cup chopped mushrooms
- 1/4 cup shredded mozzarella

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!

## Tuna avocado salad with olive oil and chopped boiled eggs

### Ingredients:

- 1 can tuna in olive oil
- 1/2 avocado, diced
- 1 hard-boiled egg, chopped
- Salt and pepper to taste

### Preparation Steps:

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Chicken bacon ranch lettuce wraps with creamy sauce**

### **Ingredients:**

- 1 cooked chicken breast, shredded
- 2 tbsp ranch dressing
- 2 slices cooked bacon
- 3 large lettuce leaves

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Creamy garlic salmon with roasted cauliflower mash**

### **Ingredients:**

- 1 salmon fillet
- 1 tbsp butter
- 2 cloves garlic, minced
- 1 cup cauliflower florets
- 2 tbsp cream or cream cheese

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Cheesy ground turkey zucchini boats**

### **Ingredients:**

- 2 zucchini, halved
- 1/2 lb ground turkey
- 1/4 cup marinara sauce
- 1/4 cup shredded cheese

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Beef and mushroom skillet in coconut cream sauce**

### **Ingredients:**

- 1/2 lb beef strips
- 1/2 cup sliced mushrooms
- 1/4 cup coconut cream
- 1 tbsp olive oil

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Buffalo chicken casserole with full-fat ranch and mozzarella**

### **Ingredients:**

- 1 cup cooked shredded chicken
- 2 tbsp buffalo sauce
- 2 tbsp ranch dressing
- 1/4 cup shredded mozzarella

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Beef jerky (no added sugar)**

### **Ingredients:**

- 1 pack of no sugar beef jerky (about 2 oz)

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Cheese cubes with walnuts**

### **Ingredients:**

- 1/4 cup cheese cubes
- 1/4 cup walnuts

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## **Boiled eggs with sriracha mayo**

### **Ingredients:**

- 2 boiled eggs
- 1 tbsp mayonnaise
- 1 tsp sriracha

### **Preparation Steps:**

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!

## Keto energy balls made with almond flour and coconut oil

### Ingredients:

- 1/4 cup almond flour
- 1 tbsp coconut oil
- 1 tsp cocoa powder
- Sweetener to taste

### Preparation Steps:

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!



## Garlic Butter Chicken Thighs with Mashed Cauliflower & Kale

### Ingredients:

- 4 bone-in chicken thighs (skin-on)
- 2 tbsp butter
- 3 cloves garlic, minced
- 1 small head cauliflower
- 1 tbsp cream cheese
- 2 cups kale
- 2 tbsp olive oil

### Preparation Steps:

- Prepare all your ingredients before starting.
- Follow standard cooking methods for each dish (e.g., baking, frying, blending).
- Season to taste and adjust consistency as needed.
- Serve hot and enjoy!