

# **Chinese Ketogenic Recipes**

A Ketogenic Cookbook with  
20 Paleo Chinese Recipes For Fast Weight Loss

By

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## What Is The Ketogenic Diet?

A ketogenic diet focuses on getting your body into nutritional ketosis with high fat, low carb foods. When you're in ketosis, the metabolic process of burning fat instead of carbohydrates (including sugars) for energy, your body can often function more effectively.

So, what do you get to eat on a ketogenic diet?

Most people are able to go into nutritional ketosis when eating a diet that's low in carbohydrates, high in fats, and moderate in proteins. While it is possible to eat junky foods and still go into ketosis, doing so can cause damage to your health in the long-term.

The best thing to do on a ketogenic diet is to keep eating healthy and nutritious foods such as avocados, eggs, almond butter, fish, meats that are good for you in the short-term AND long-term.

Luckily, every recipe in this book is 100% Keto and also Paleo to ensure that you're getting lots of nutrients as well as staying in ketosis. These recipes avoid foods that have inflammatory effects or cause other dangerous problems in your body. This means that they are all naturally gluten-free, grain-free, soy-free, peanut-free, legume-free, dairy-free, and sugar-free.

For a comprehensive list of ketogenic foods, [click the button below to get a comprehensive ketogenic diet food list emailed to you.](#)

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## **Can The Ketogenic Diet Help Me Lose Weight?**

Many people use a ketogenic diet to help them lose weight. While a ketogenic diet is not essential for weight loss, many people still find it helpful.

There are several ways a ketogenic diet can help with weight-loss:

1. A ketogenic diet helps many people curb cravings for sugar and for high carb foods (like cakes, sodas, chips, and pizza) that can often derail any attempt at a healthy weight-loss diet.
2. Most people on a ketogenic diet find that they are less hungry (partially due to the high fat content of the foods) and so they naturally eat less without even trying.
3. A Paleo ketogenic diet is more nutritious than many other weight-loss diets because they contain fewer empty calories. This means your body is less likely to suffer from vitamin and/or mineral deficiencies that can often leave you feeling hungry even after eating a full meal.

No one specific diet can guarantee weight loss. Some people find it easier to lose weight with a higher carbohydrate diet while others may have underlying health problems that can make it tough to lose weight despite eating a great diet. It is highly recommended that you talk to your doctors before starting a ketogenic diet, especially if you have any type of health problem.

## Just How Chinese Are These Recipes?

Chinese cuisine features many foods that would not be considered ketogenic (like rice, sugar, wheat, tapioca, corn to name just a few). So the recipes in this book have gone through a certain level of adaption.

A few common substitutions are:

- Cauliflower Rice instead of White Rice
- [Gluten-Free Tamari Soy Sauce](#) instead of regular soy sauce (which contains gluten)
- [Coconut oil](#) or [avocado oil](#) instead of vegetable oil
- Cornstarch has been omitted
- Lettuce leaves instead of pancakes

Note: creative liberties were taken in creating these recipes, so please note that some may not taste the same as any “traditional” Chinese recipes you might be used to. In fact, some recipes are completely original creations that draw influences from Chinese cuisine.

## 1. Cauliflower Fried Rice

Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 1 head of cauliflower
- 3 eggs, whisked
- Cubed carrots and peas, 1/2 lb frozen package
- 1 Tablespoon [gluten-free tamari soy sauce](#)
- [Coconut oil](#) to cook with
- [Salt](#) to taste

Directions:

1. Cut up the cauliflower into small florets so that they'll fit into a food processor.
2. Food process the cauliflower until it forms very small "rice"-like pieces.
3. Add 2 Tablespoons of coconut oil into a large pot. Add in the cauliflower and let it cook on a medium heat. Stir regularly to make sure it doesn't burn!
4. Add the package of carrots and peas to a pot of water and bring to a boil. Boil for around 5-10 minutes.
5. Add in 2 Tablespoons of coconut oil into a different skillet on medium heat and add in the 3 whisked eggs. Let the eggs cook a little bit before stirring it. Gently stir the eggs as if you're making a scramble, but make sure the eggs don't clump together too much.
6. When the eggs are pretty solid, add the eggs to the cauliflower in the pot.
7. Drain the carrots and peas and add to the cauliflower too.
8. Add in 1 Tablespoon of tamari soy sauce and salt to taste.
9. Cook for 2-3 minutes more and serve.

Net carbs – approx. 10g net carbs per serving.



## 2. Ginger and Garlic Bok Choy Stir-Fry

Servings: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 5 bok choy bunches
- 2 cloves of garlic, minced
- 1 teaspoon fresh ginger, grated
- [Salt](#) to taste
- [Coconut oil](#) to cook in

Directions:

1. Cut off the ends of the bok choy. Then chop the bok choy into 1-inch long chunks.
2. Add 1 Tablespoon of coconut oil into a saucepan (or wok) on a medium heat, and then add in the bok choy chunks. Stir frequently while the bok choy cooks.
3. After the bok choy starts to wilt, mix in the garlic, ginger, and salt to taste.
4. Cook for another 1-2 minutes and serve.

Net carbs – approx. 3 g net carbs per serving.

### 3. Meatball Soup

Servings: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- ½ lb of ground [meat of your choice](#) (can also be a mix of different ones - I used ¼ lb of pork with ¼ lb of beef)
- ¼ cup parsley, chopped
- 5 cloves of garlic, minced
- 2 Tablespoons scallions (diced spring onions)
- ½ - 1 Tablespoon of [salt](#)
- 1 teaspoon [black pepper](#)
- 1 egg, whisked
- ¼ cup cilantro, chopped
- 1 teaspoon fresh ginger, grated
- 1 quart (32 oz) [chicken broth](#) or [bone broth](#)

Directions:

1. Pour the broth into a large pot and set it on a low heat to start simmering. Add in the grated ginger.
2. Meanwhile, in a bowl, mix together the ground meat, parsley, garlic, scallions, salt, pepper, and egg.
3. Form approximately 20 meatballs (just a bit smaller than golf balls) with your hands and place into the large pot of broth.
4. Boil for 10-15 minutes (you can cut one in half to check it's done or use a meat thermometer).
5. Add in the cilantro (and salt to taste).

Net carbs – approx. 2 g net carbs per bowl.

## 4. Pork Spare Ribs

Servings: 4

Prep Time: 10 minutes

Cook Time: 1 hour 20 minutes

Ingredients:

- 4 lb pork spare ribs (or back ribs), chopped into individual ribs
- 1/2 inch chunk of fresh ginger, sliced into 2 slices
- 1/2 inch chunk of fresh ginger, finely diced
- 1/2 cup scallions
- 3 [star anise](#)
- 1 Tablespoon [Szechuan peppercorns](#)
- 3 cloves garlic, minced
- 2 Tablespoons [gluten-free tamari soy sauce](#)
- 2 Tablespoons of extra virgin [coconut oil](#), melted
- 2 Tablespoons of [salt](#) (optional)

Directions:

1. Place the ribs in a large stock pot filled with water so that the ribs are covered and heat up the pot.
2. After the water starts boiling, skim off any foam that forms on the top of the broth (for prettiness).
3. Add 2 slices of ginger, 1/4 cup of scallions, 3 star anise, 1 Tablespoon of Szechuan peppercorns, and 2 Tablespoons of salt to the pot and simmer until the meat is cooked and soft (approx. 45 minutes).
4. Remove the ribs from the pot but keep the broth (pour it through a sieve to remove all solids) - it's fantastic by itself to drink with just a bit of salt or else as the base for delicious soups.
5. In a small bowl, mix together the 2 Tablespoons of coconut oil, rest of the scallions, diced ginger, tamari soy sauce, and minced garlic.
6. Heat up a skillet (or wok if you have one) on high heat and add the ribs to it. Quickly pour the mixture over the ribs, coating them. (If your skillet is small, then you might want to do this step in batches.)
7. Stir-fry the ribs on high heat until they brown and no more liquid remains in the skillet.

Net carbs – approx. 2 g net carbs per 1 lb of ribs.

## 5. Mu Shu Pork with Lettuce Wraps

Servings: 2

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- ½ lb [pork tenderloin](#), cut into small thin 1-inch long strips
- 3 eggs, whisked
- 15 Napa cabbage leaves, chopped into thin strips
- 1/2 cup shiitake mushrooms, sliced
- 1 8oz (5oz dry weight) can of sliced bamboo shoots
- ½ teaspoon freshly grated ginger
- 1 Tablespoon [gluten-free tamari soy sauce](#)
- ½ teaspoon [apple cider vinegar](#)
- [Salt](#) to taste
- [Coconut oil](#) to cook in
- ¼ cup scallions (for garnish)
- Lettuce leaves to serve in (optional)

Directions:

1. Add 1 Tablespoon of coconut oil to a skillet on medium heat.
2. Add a little bit of salt to the whisked eggs and pour the mixture into the skillet. Let it cook undisturbed into a pancake. Flip the egg pancake once it's cooked most of the way through (so it's pretty solid when you flip it). Cook for a few more minutes, then place on a cutting board and cut into thin 1-inch long strips.
3. Cook the pork in a teaspoon of coconut oil. Stir with a spatula to make sure the strips don't clump together.
4. Once the pork is cooked, add in the strips of eggs, sliced mushrooms, sliced Napa cabbage, and bamboo shoots. Add in the ginger, gluten-free tamari soy sauce, and apple cider vinegar.
5. Cook until the cabbage and mushrooms are soft. Then add salt to taste.
6. Sprinkle the scallions on top for garnish and serve in lettuce cups or by itself.

Net carbs – approx. 9 g net carbs per serving.

## 6. Gong Bao Ji Ding Recipe (Kung Pao Chicken)

Servings: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 2 [chicken breasts](#), diced
- ½ cucumber, peeled and diced
- 1/2 carrot, peeled and diced
- Handful of [cashews](#) (optional)
- 6 [dried red chilies](#) (add more if you prefer it spicy)
- 4 cloves garlic, minced
- 2 Tablespoons [gluten-free tamari soy sauce](#)
- 1 teaspoon [white wine vinegar](#)
- [Coconut oil](#) or [avocado oil](#) to cook in

Directions:

1. Saute the diced chicken breast in coconut oil on high heat until cooked through. Remove and put on a plate.
2. Saute the diced carrot, cucumber, cashews, and chilies in coconut oil on high heat until the carrots soften a bit (5 minutes).
3. Add in the diced chicken, garlic, gluten-free tamari soy sauce, and vinegar. Saute for 5 more minutes and serve.

Net carbs – approx. 6 g net carbs per serving.

## 7. Green Beans Stir-Fry

Servings: 4

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

- 1 lb green beans
- ½ onion, thinly sliced
- 2 Tablespoons [avocado oil](#)
- ½ cup water
- 1 Tablespoon [gluten-free tamari soy sauce](#)
- [Salt](#) to taste
- 3 [star anise](#) (optional)

Directions:

1. Place the avocado oil into a large pot and sauté the onions.
2. Add the green beans, the water, gluten-free tamari soy sauce, and star anise into the pot and place a lid on the pot. Cook for 15 minutes on medium heat until the green beans are slightly tender.
3. Remove the lid (and remove the star anise) and sauté on high heat until no liquid is left.
4. Add salt to taste if necessary.

Net carbs – approx. 4 g net carbs per serving.

## 8. Ginger Scallion Steamed Whole Fish

Servings: 2

Prep Time: 15 minutes

Cook Time: 12 minutes

Ingredients:

- 1 whole fish, cleaned
- 1 teaspoon [salt](#)
- ½ cup scallions, chopped into thin strips (divide into 2 parts)
- 2 Tablespoons ginger, chopped into thin strips (divide into 2 parts)
- ½ cup [gluten-free tamari soy sauce](#) (divide into 2 parts)
- 1 Tablespoon [avocado oil](#)
- 2 red chili peppers, sliced
- 20 [Szechuan peppercorns](#)
- 1 Tablespoon [sesame oil](#)

Directions:

1. Clean the fish (remove scales and remove insides) (or ask your fishmonger to clean it for you). You can chop off the head if you want and use it to make a fish soup. Cut slits in both sides of the fish and rub the salt into it.
2. Place the fish on a plate and pour ¼ cup of the gluten-free tamari soy sauce onto the fish along with half the scallions and ginger. Place water into your steamer – place the plate into the steamer when the water starts boiling.
3. Steam for 12 minutes.
4. Pour the avocado oil into a frying pan on high heat. Add in the Szechuan peppercorns, the chili peppers, and the rest of the ginger and scallions.
5. Make the new sauce using the rest of the tamari soy sauce (1/4 cup) and the sesame oil.
6. Remove the steamed fish (throw away the sauce the fish was steamed in). Pour the new sauce on the fish, top with the sautéed chili, ginger, and scallions and serve.

Net carbs – approx. 5 g net carbs per serving.

Note – while sesame oil is a seed oil and generally considered inflammatory, small amounts of its use especially when it's not heated up (like in this dish) is not a problem (the oil won't be very oxidized as it's not heated).



## 9. Burger Stir-fry

Servings: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

For the Burger Stirfry:

- 2 burgers, diced (or use ½ lb of minced meat instead)
- 2 bell peppers, diced
- 1 Tablespoon [gluten-free tamari soy sauce](#)
- 2 teaspoons [red chili flakes](#)
- 1 teaspoon [chili powder](#)
- [Salt](#) and [pepper](#) to taste
- 1 Tablespoon [coconut oil](#)

For the Bok Choy:

- 6 small bunches of bok choy, washed
- 1 teaspoon freshly grated ginger
- [Salt](#) to taste
- 1 Tablespoon [coconut oil](#)

For the fried eggs:

- 2 eggs
- 1 Tablespoon [coconut oil](#)

Directions:

For the Burger Stirfry:

1. Heat up a pan with coconut oil in it.
2. Stirfry the diced bell peppers and burgers together until the bell peppers are cooked. Add in the gluten-free tamari soy sauce and other spices.

For the Bok Choy:

1. Chop off the ends of the bunches of bok choy and pull apart the leaves.
2. Heat up a pan with the coconut oil.
3. Stirfry the bok choy leaves until the leaves start to wilt.
4. Add the grated ginger and salt.

For the Fried Egg:

1. Fry both eggs in the coconut oil.

Plating:

1. Place the burgers stir fried with bell peppers at the bottom of the bowl.
2. Place bok choy leaves around the side of the bowl.
3. Top with a fried egg.

Net carbs – approx. 7 g net carbs per serving.

## 10. Cucumber Ginger Shrimp

Serving: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 1 large cucumber, peeled and sliced into ½-inch round slices
- 10-15 large shrimp/prawns (defrosted if frozen)
- 1 teaspoon fresh ginger, grated
- [Salt](#) and [pepper](#) to taste
- [Coconut oil](#) to cook with

Directions:

1. Place 1 Tablespoon of coconut oil into a frying pan on medium heat.
2. Add in the ginger and the cucumber and sauté for 2-3 minutes.
3. Add in the shrimp/prawns and cook until they turn pink and are no longer translucent.
4. Add salt to taste and serve (maybe with some fried rice).

Net carbs – approx. 4 g net carbs per serving.

## **11. Garlic Cucumber Salad**

Servings: 6

Prep Time: 10 minutes

Cook time: 0 minutes

Ingredients:

- 3 small cucumbers (or 2 large cucumbers), peeled
- 12 cloves garlic, minced
- 1 teaspoon [salt](#)
- 3 Tablespoons [olive oil](#)

Directions:

1. Chop the cucumbers into small pieces.
2. Mince or finely chop the garlic.
3. Mix the cucumbers, garlic, salt, and olive oil together.
4. Best served chilled.

Net carbs – approx. 2 g net carbs per serving.

## 12. Stewed Napa Cabbage

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 1 head of Napa cabbage, chop of the bottom end and then chop roughly into 1-inch chunks
- 2 large tomatoes, diced
- 1 bell pepper, diced
- 3 Tablespoons [chicken broth](#) (optional)
- [Salt](#) and [pepper](#) to taste
- [Coconut oil](#) to cook with

Directions:

1. Add 2 Tablespoons of coconut oil to a large pot (one big enough to fit the entire cabbage).
2. Add in the Napa cabbage, tomatoes, and bell pepper, and cook on a medium-high heat. The cabbage will release a lot of water and will decrease in size.
3. Add in the chicken broth after 10 minutes (optional).
4. Cook for around 20 minutes until the cabbage is very soft and most of the water has evaporated.
5. Add in salt and pepper to taste.
6. Drain and serve.

Net carbs – approx. 7 g net carbs per cup.

### 13.Egg and Leek Stir-Fry

Servings: 2

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- 3 eggs, whisked
- 1 leek, chopped
- 1 Tablespoon of [gluten-free tamari soy sauce](#)
- [Salt](#) to taste
- [Coconut oil](#) to stir-fry with

Directions:

1. Pour 2 Tablespoons of coconut oil into a pan on a medium heat.
2. Drop in the whisked eggs and cook into a scramble.
3. After the eggs are pretty solid, add in the chopped leeks.
4. Cook for 10 minutes until the leeks are tender.
5. Add the gluten-free tamari soy sauce and salt to taste.

Net carbs – approx. 6 g net carbs per serving.

## 14.Egg Drop Soup

Servings: 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 3 cups [bone broth](#) (or other broth)
- 1/2 cup scallions (chopped spring onions)
- 1 tomato, sliced
- 2 eggs, whisked
- 2 Tablespoons [gluten-free tamari soy sauce](#)
- 1 teaspoon grated ginger
- [Salt](#) and [pepper](#) to taste

Directions:

1. Heat up the bone broth (or other broth) in a saucepan.
2. Slowly drizzle in the whisked eggs while stirring slowly clockwise until the ribbons form.
3. Add the scallions, tomato slices, gluten-free tamari soy sauce, grated ginger, and salt and pepper, and let it cook for a few minutes.

Net carbs – approx. 1 g net carbs per recipe.

## **15. Chicken and Pepper Stir-fry**

Servings: 2

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients:

- 2 bell peppers, sliced
- 2 cooked and shredded chicken breasts (or equivalent amount of cooked chicken meat)
- 2 cloves garlic, minced
- 2 Tablespoons scallions (chopped spring onion) or use 1/4 yellow onion, diced
- 1 Tablespoon [gluten-free tamari soy sauce](#)
- [Salt](#) and [pepper](#) to taste
- 1 Tablespoon [coconut oil](#) for cooking in

Directions:

1. Add 1 Tablespoon coconut oil into a frying pan on a medium heat and add in the scallions and garlic.
2. Place the sliced bell peppers into the frying pan.
3. After the bell peppers soften, add in the cooked chicken meat.
4. Add in the gluten-free tamari soy sauce, salt and pepper.
5. Mix well and stir-fry for a few more minutes.

Net carbs – approx. 4 g net carbs per serving.



## 16.Seaweed (Kombu) Salad

Servings: 6

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 1 lb fresh (wet) Kombu seaweed, also known as Haida (available at many Asian supermarkets), or 4oz [dried Kombu](#)
- 4 cloves of garlic, crushed
- 2 Tablespoons of [apple cider vinegar](#)
- 2 Tablespoons [sesame oil](#) (optional)
- 2 Tablespoons [gluten-free tamari soy sauce](#)
- [Salt](#) to taste
- 2 red chilies, finely chopped (optional)

Directions:

1. Boil the Kombu seaweed in water for 30 minutes (or until very tender - the dried Kombu might need longer), then cool before cutting into thin strips (unless it's pre-cut into strips).
2. Mix well with the crushed garlic, apple cider vinegar, sesame oil, and gluten-free tamari soy sauce.
3. Add salt to taste and chopped red chilies for extra flavor and color.

Net carbs – approx. 7 g net carbs per serving.

Note – while sesame oil is a seed oil and generally considered inflammatory, small amounts of its use especially when it's not heated up (like in this dish) is not a problem (the oil won't be very oxidized as it's not heated).

## 17. Tea Eggs (Cha Dan)

Servings: 6

Prep Time: 15 minutes

Cook Time: 4 hours

Ingredients:

- 12 eggs
- 2-4 tea bags (depends how strong the tea is and how strong you want the flavor to be)
- 4 Tablespoons [sea salt](#)
- 6 [star anise](#)
- 2 Tablespoons [cinnamon](#)
- 1 Tablespoon [Szechuan peppercorns](#)
- 1 teaspoon [black pepper](#)
- 1 cup [gluten-free tamari soy sauce](#) (optional)
- 6-8 cups of water

Directions:

1. Hard boil the eggs in water.
2. After the eggs are hard boiled, cool the eggs and crack the shell so that the shell is still intact but very cracked.
3. Add the tea bags, salt, cinnamon, Szechuan pepper, star anise, black pepper, and gluten-free tamari soy sauce (optional) into a large pot.
4. Add the cracked eggs into the pot.
5. Add 6-8 cups of water to the pot (ensuring the eggs are covered).
6. Simmer on a low heat with the lid on.
7. Remove the tea bags after 30 minutes.
8. Continue simmering with the lid on for 3.5 more hours.
9. Cool the eggs and remove the shell.

Net carbs – approx. 0 g net carbs per egg.

## 18.Easy Broccoli Beef

Servings: 2

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- 8oz or 2 cups of broccoli florets
- ½ lb [beef](#), sliced thin and precooked (you can sauté it in some [coconut oil](#))
- 3 cloves garlic, crushed or use [garlic powder](#)
- 1 teaspoon freshly grated ginger or use [ginger powder](#)
- 2 Tablespoons of [gluten-free tamari soy sauce](#), or to taste
- [Coconut oil](#) to cook in

Directions:

1. Place 2 Tablespoons of coconut oil into a skillet or saucepan on medium heat. Add the broccoli florets into the skillet.
2. When the broccoli softens to the amount you want (I like it soft, but some people like it harder), add in the beef.
3. Saute for 2 minutes and then add in the garlic, ginger, and gluten-free tamari soy sauce.
4. Serve immediately.

Net carbs – approx. 5 g net carbs per bowl.

## 19.Steamed Egg Custard

Servings: 1

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients:

- 2 eggs
- Room-temperature water
- 1 Tablespoon (15 ml) [gluten-free tamari soy sauce](#)
- 1 teaspoon (5 ml) [sesame oil](#)
- 1 Tablespoon (4 g) scallions (chopped green onions)

Directions:

1. Place the 2 eggs into a small bowl. Add room-temperature water (approx. same volume as the eggs).
2. Mix well.
3. Remove the foam that forms at the top of the bowl.
4. Place into a steamer (the water in the steamer should be boiling already) for 10-12 minutes.
5. Check to make sure the middle of the custard isn't a liquid anymore. Cook for a few minutes longer if necessary.
6. Serve with tamari soy sauce, sesame oil, and scallions as toppings.

Net carbs – approx. 2 g net carbs per bowl.

Note – while sesame oil is a seed oil and generally considered inflammatory, small amounts of its use especially when it's not heated up (like in this dish) is not a problem (the oil won't be very oxidized as it's not heated).

4.

## 20.Slow Cooker Pot Roast

Servings: 4-6

Prep Time: 10 minutes

Cook Time: 8 hours

Ingredients:

- 2 lbs [beef round roast](#)
- 1 cup of [gluten-free tamari soy sauce](#)
- 1 can of beef broth
- 1-2 Tablespoons of [salt](#) (we're adding a lot of water into the slow cooker and you won't be eating much of the brine, so it's not that much salt)
- 1 Tablespoon of [onion powder](#) or minced onion
- 1 Tablespoon of [garlic powder](#)
- 1 Tablespoon fresh cilantro leaves
- 3-4 [star anise](#)
- 1 Tablespoon of [Szechuan peppercorns](#)

Directions:

1. Place all the ingredients into the [slow cooker or crockpot](#).
2. Fill the slow cooker with enough water to cover the meat (approximately 4 cups, but this will vary depending on the size of your slow cooker).
3. Cook in the slow cooker on low heat for 8 hours.
4. Take the meat out of the slow cooker without the brine and let it cool. Then place into the fridge.
5. To serve, cut the roast into thin slices and drizzle gluten-free tamari soy sauce over it. Alternatively, shred the meat and cook in stir-fries or with cauliflower rice.

Net carbs – approx. 1 g net carbs per serving.

## Comprehensive Ketogenic Diet Food List

Sometimes it can get a bit confusing as to what's keto and what isn't. So, here's an easy-to-print PDF that lists all the keto foods. Just [click the button below to get this comprehensive ketogenic diet food list emailed to you.](#)

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## Looking For More Ketogenic Recipes?

There are tons of ketogenic cookbooks on Kindle. How do you determine which one is good and which isn't?

First, look for books by established authors (check their author pages).

Second, look for books with physical print copies as generally only established authors create print cookbooks.

Third, look for cookbooks with plenty of reviews.

Lastly, look for keto cookbooks that are filled with Paleo keto recipes so that you get to enjoy recipes that are not only low carb but also low inflammatory.

This cookbook meets all these criteria: [The Essential Keto Cookbook](#) (it's available as both a Kindle version as a physical full-color print version). And it comes with a meal plan and food list.

