

Ketogenic Diet

Free Ketogenic Weight Loss Cook Book & Recipes, Paleo Recipes For Weight Loss

Zander Atlas



Smashwords Edition

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Introduction

Thank you for downloading this free book, "*Ketogenic Diet*".

This book contains many healthy and delicious Ketogenic & Paleo recipes to try as you progress on your journey to healthy living!

Thanks again for downloading this book, I hope you enjoy it!

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The Truth behind Ketogenic Diet

A ketogenic Diet is basically a diet that is low on carbohydrates. The way this diet functions is it makes your body produce ketones in your liver which is later used as energy. That is why this diet also goes by the name of LCHF which is Low Carb High Fat. This diet transforms your metabolic state to ketosis, which burns the fats as mentioned earlier instead of glucose. The stage of ketosis is good for you as you can actually survive when there is no food around. Research has shown that ketosis also treats and prevents diseases like autism, cancer, epilepsy, and Alzheimers.

Usually in normal terms glucose is converted as energy as it is the best molecule. To convert the glucose into energy, insulin gets produced into your blood-stream. Since insulin converts the glucose into energy, fats stand in a very unproductive state and by default gets stored in your body. So to use your existing fat of your body you must lower intake of carbohydrates. By lowering your carbohydrates you emerge into the state of ketosis where your body fat does all the converting and makes you lose weight.

This helps miraculously in losing your weight without compromising on your food needs. Ketogenic diet makes sure you eat as much as you need to function properly and live healthily, but it only limits you to an eating habit that is low in carbohydrates. This diet unlike most other diets does not let you starve to death. Usually diets are rather strict and make you starve. If you start a ketogenic diet you can have 3 meals a day just like any other day, and have 2 snacks too. You just have to make sure those meal follows the ketogenic diet rule.

Some people start this diet to lose weight and afterwards they remain in the diet because it does not feel like a diet, it becomes a part of their life-style because of the ease that comes with this diet. Can you imagine relishing salmon, chicken, Cod, Anchovies, Tuna, Egg, Bacon, Sausage, rabbit and many more without worrying about getting fat! Certainly you will not feel that you're on a diet when you can eat all your favorite meals with just a bit of limitations.

The nutritional cycle that the diet evolves is around 5-10% of carbohydrate, 20-25% of protein and 70-75% of calories on a regular basis. It decreases the level of your hunger, therefore invariably you would be eating less than usual.

How Fast would you Lose Weight?

The key here is to attain the ketosis metabolic system and it only depends on you alone, how badly do you want this and how much your body can actually take! It solely depends on your limitations on the carbohydrate, if you can consume 15g or lesser carbohydrate, you would enter into the ketosis state in no time! Usually the diet allows you to consume 20-30g carbohydrates, you can of course choose to go lower according to your preference, but you cannot violate the diet by going above.

This is very crucial and the most important part of this diet, you must sit with a nutritionist and do the math, that's right, you have to unleash your mathematician inside you and count your

carbs each time you eat something. To avoid any inconvenience, the best way to acquire accuracy here is to plan ahead, make a meal plan for the whole month and then follow it accordingly.

The Food List

You must learn which food you can relish and which foods are absolutely off-limits for you in this diet. To start off, Spinach, broccoli, cauliflower, cabbage, lettuce, Bok choy, collard greens, kale, green beans etc. You must avoid starchy vegetables like potatoes, beans. You cannot consume legumes as they are very high in carbohydrates.

Fruits can be relished but usually fruits are very high in carbohydrates and any low carb fruit is allowed. You must stay very far from processed wheat like pasta, breads and cereals. In this diet you can start eating veggie pasta that is made by spiralizing veggies like zucchini. This not only tastes good but also makes you enjoy pasta without compromising the diet.

The Myth

There is a popular myth regarding ketogenic diet that it does not lose weight on account that lets you consume too much calories and protein, but as it was mentioned this is only a myth spread by people who don't really understand the math behind this diet. The fear is unsubstantial and never been proven. So let's get started shall we?

Fluffy French Toast

Preparation Time: 10 Min

Cooking Time: 5 Min

Servings: 4

Ingredients

- 3 eggs
- 1 tsp almond butter
- 1/4 cup all-purpose flour
- 1 tbsp raw honey
- vanilla pods to taste
- 1 cup milk
- 1/2 tsp ground cinnamon
- 1 pinch salt
- 12 thick slices bread

Directions

1. Combine the milk with the flour.
2. Throw in the vanilla pods, cinnamon, eggs and mix well.
3. Add the sugar slowly and mix.
4. Sprinkle the salt and whisk well.
5. Make the mixture very smooth and lump free.
6. In a pan melt the butter over medium high heat.
7. Soak the bread slices lightly into the egg mixture.
8. Once the butter is hot enough, add one bread slice at a time.
9. Fry the bread golden brown from both sides.

10. Now repeat with the remaining slices.

11. Serve warm.

Apple, and Beet Salad

Preparation Time: 30 minutes

Servings: 4-6

Ingredients:

For the Salad

- 2 cups baby arugula
- 2 small potatoes, peeled, diced
- 1 apple, cored, sliced
- 2 beets, diced
- 1 onion, chopped
- 1 dill pickle, sliced
- 8 pieces pickled herring

For the Dressing

- 2 tbsp sour cream
- Ground pepper to taste
- 2 tsp lemon juice
- 1 tsp horseradish
- 2 tsp picking juice from herring

Directions:

1. In salted water boil the potatoes for about 15 minutes.
2. Once they are tender, drain. Let it cool slightly and peel off the skin.
3. Slice them into thin slices.
4. Cook the beets into the salted water for about 15 minutes or until tender.
5. Peel off the skin and slice them into thin pieces.

6. In serving plate, add the arugula.
7. Top with slices beetroot, potatoes, apples, pickles, and herring.
8. Sprinkle the onions on top.
9. Combine the dressing into a bowl and drizzle the dressing on top.
10. Coat well and serve immediately.

Low Carb Omelet Muffins

Preparation Time: 5 Min

Cooking Time: 20 Min

Servings: 6-8

Ingredients

- 8 eggs
- 3.5 cup cooked ham
- 1/8 tsp ground black pepper
- 1 cup diced onion
- 1 cup diced red bell pepper
- 1/4 tsp salt
- 2 tbsp water

Directions

1. Start by preheating the oven to 350 degrees F.
2. Spray the muffin cups using cooking spray.
3. In a bowl whisk the eggs and add the onion to it.
4. Add the ham, bell pepper, salt and pepper.
5. Add 2 tbsp of water to it and make a runny mixture.
6. Pour into the muffin cups and bake for about 20 minutes and serve warm.

Buffalo Chicken Stuffed Mushrooms (Low-Carb)

Preparation Time: 10 Min

Cooking Time: 35 Min

Servings: 8

Ingredients

- 10 large mushrooms, stems and insides removed
- 1 celery stalk, diced
- 2 cooked chicken breasts, shredded
- 1/4 cup blue cheese dressing
- 1/4 cup buffalo sauce
- 1/4 cup ranch dressing
- 1 tsp olive oil, or as needed
- 2 ounces cream cheese
- 1/2 cup shredded Cheddar cheese

Directions

1. Start with preheating your oven to 350 degrees F.
2. Place the mushroom upside down.
3. In a skillet fry the celery with oil for 4 minutes.
4. Add the dressings and toss for 2 minutes.
5. Add the buffalo wing sauce and toss for 5 minutes.
6. Finally add the chicken to it and toss for 4 minutes.
7. Take the mixture off the heat and fill the middle of the mushrooms.
8. Bake for about 20 minutes.
9. Serve warm.

Paleo Taco Salad

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 1/2 pound ground beef
- 1 tablespoon chili powder
- 1-1/2 cups cherry tomatoes, halved
- 2 tablespoons shredded Cheddar cheese
- salt and ground black pepper to taste
- 1/2 onion, diced
- 1/4 cup salsa
- 1 teaspoon garlic powder
- 2 clove garlic, minced
- 2 tablespoons sour cream
- 2 romaine hearts, shredded
- 1/2 teaspoons lime juice
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 2 tablespoons cilantro, chopped

Directions

1. Combine the cumin, chili powder, garlic powder, salt, ground black pepper and cayenne pepper into a bowl.
2. In a skillet heat the oil and fry the beef and fry until it becomes brown.

3. Add in the garlic and onion and toss for 5 minutes.
4. Add the spices and toss for 3 minutes.
5. In a bowl combine the lime juice with sour cream and salsa.
6. Add in the romaine lettuce and mix well.
7. Add the beef mixture, cheese, cilantro and tomatoes.
8. Mix well and serve immediately.

Broad Bean, Lemon & Feta salad

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- 2 x 600g packets frozen broad beans
- 20g feta, crumbled
- 1 lemon
- 1 bunch fresh mint, leaves picked, torn
- 80ml (1/3 cup) extra virgin olive oil

Direction:

1. In a large pot boil the beans and drain when they become tender.
2. Let them cool and peel the skin off.
3. Combine the mint, lemon zest, lemon juice, feta, cooked beans into a bowl.
4. Mix well and drizzle the olive oil on top.
5. Adjust the seasoning and serve.

Caesar Salad Spears

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 1/4 cup extra-virgin olive oil
- 7 Belgian endives
- 1/2 teaspoon finely grated lemon zest
- 1/4 teaspoon salt
- Pepper to taste
- 2 tablespoons fresh lemon juice

Direction:

1. Preheat the oven to 350 degrees F.
2. Season the bread with salt and pepper. Drizzle the olive oil.
3. Bake for 10 minutes.
4. Combine the lemon juice and lemon zest and olive oil.
5. Place the endives into serving plate.
6. Add the toasted bread and the dressing on top.
7. Serve immediately.

Simple yet tasty Cucumber tomato carrot salad

Preparation time: 10 minutes

Servings: 2

Ingredient:

- 1 cucumber, diced
- 1 carrot, cut into sticks
- 1 yellow tomato, diced
- 1 onion, chopped
- 1 tbsp of fat free sour cream
- A pinch of salt
- 1 chili, chopped
- A pinch of pepper

Direction:

1. In a mixing bowl, combine the cucumber, carrots, tomato, and onion.
2. Add in the chili, salt, pepper to it.
3. Pour in the sour cream and mix well.
4. Serve immediately.

Cucumber, Tomato, Lettuce Egg Salad

Preparation time: 10 minutes

Servings: 2

Ingredient:

- A handful of lettuce
- 1 cucumber, sliced
- 2 egg, boiled
- 1 red tomatoes, sliced
- A pinch of sea salt
- 1 tsp of fat free mayo
- A pinch of black pepper

Direction:

1. Combine the cucumber, tomato, and lettuce leaves into a bowl,
2. Cut the egg into thin slices.
3. Add the egg to the bowl and mix.
4. Add the salt, pepper and the mayo to it.
5. Mix well and serve cold.

Cabbage on the Grill

Preparation Time: 5 Min

Cooking Time: 40 Min

Servings: 4

Ingredients

- 1 1/2 tsp garlic powder
- 1 large head cabbage
- salt and pepper to taste

Directions

1. Preheat your grill.
2. Cut the cabbage into 8 wedges.
3. Sprinkle the salt, pepper and garlic powder on top.
4. Use aluminum foil to wrap your cabbage wedges.
5. Bake for about 40 minutes and serve warm.

Simple Lemon Herb Chicken

Preparation Time: 10 Min

Cooking Time: 20 Min

Servings: 2

Ingredients

- 2 skinless, boneless chicken breast halves
- 1 lemon juice
- salt and pepper to taste
- 1 tbsp olive oil
- 2 sprigs fresh parsley
- 1 pinch dried oregano

Directions

1. Season the chicken breasts with lemon, salt and pepper.
2. Heat the oil in a skillet.
3. Fry the chicken breasts for about 5 minutes on each side.
4. Sprinkle the oregano on top and take off the heat.
5. Serve with the parsley on top.

Paleo Tunamole

Preparation Time: 10 Min

Servings: 4

Ingredients

- 6 ounce tuna
- 1/2 lime, juiced
- 2 tbsp sliced scallion
- 1/4 cup chopped tomatoes
- 1 avocado, mashed
- 2 tsp capers
- salt and ground black pepper to taste

Directions

1. In a mixing bowl, add the tuna.
2. Stir in the chopped tomatoes and mix using a fork.
3. Add in the sliced scallion, capers and avocado.
4. Again mix with the fork and make sure the paste is smooth.
5. Pour in the lime juice and season with salt and pepper.
6. You can serve the salad cold or immediately. If you want to serve it cold, refrigerate it until served.

Paleo Salmon Burgers

Preparation Time: 10 Min

Cooking Time: 20 Min

Servings: 4

Ingredients

- 14 ounce cooked salmon flakes
- 1/2 cup chopped onions
- 1 cup gluten-free bread crumbs
- 3 tbsp paleo mayonnaise
- 2 tsp lemon juice
- 1 tbsp chopped fresh parsley
- 2 eggs
- 1/4 tsp garlic salt
- 1 tbsp olive oil

Directions

1. In a bowl, whisk the eggs and make sure they are fluffy.
2. Add in the bread crumbs and mix well.
3. Stir in the chopped parsley along with the chopped onions to it.
4. Mix well and add the mayo.
5. Finally pour in the lemon juice, olive oil and cooked salmon flakes.
6. Season using garlic salt (you can use regular salt, but garlic salt adds a lot of flavor to it).
7. Mix well and see if the mixture is firm enough to make patties. If it is too tight, add another egg, if it is too runny, add more gluten free bread-crumbs.
8. Create flat patties using your hands.

9. Heat the oil into a skillet.
10. Fry the patties golden brown.
11. Serve hot with any sauce.

Loaded Cauliflower

Preparation Time: 10 Min

Cooking Time: 50 Min

Servings: 4

Ingredients

- 1 head cauliflower
- 1/2 cup shredded Cheddar paleo cheese
- 1 tbsp almond butter
- 1/2 tsp onion powder
- 1/2 cup sour cream
- 1/2 tsp garlic powder

Directions

1. Cut the almond butter into little cubes.
2. Preheat your oven to 350F.
3. Bring some water to a boil into a steamer.
4. Add the cauliflower to the steamer and steam for 20 minutes.
5. In a bowl combine the rest of the ingredients and mix well.
6. Place the cauliflower onto a baking tray.
7. Pour the cream mix on top.
8. Bake for 30 minutes and serve warm.

Slow Cooker Cranberry Pork

Preparation Time: 10 Min

Cooking Time: 4 hours

Servings: 4

Ingredients

- 1 (3 pound) boneless pork loin roast
- 6 ounce paleo cranberry sauce
- 1/3 cup French salad dressing
- 1 onion, sliced

Directions

1. In a bowl combine the salad dressing with cranberry sauce.
2. Mix well and add in the onion slices.
3. In a crock pot place the pork loin roast.
4. Pour in the salad mix on top.
5. Cover with lid and cook for 4 hours on low flame.
6. Serve hot.

Cold Ramen Tuna Salad

Preparation Time: 15 Min

Cooking Time: 8 Min

Servings: 2

Ingredients:

- 250g Ramen
- 1 tbsp balsamic vinegar
- 250g tuna
- 1 tbsp olive oil
- Fresh coriander
- Fresh mint
- 1 pinch of salt
- 3 tbsp paleo mayo

Directions:

1. Cook your ramen in salted water for 8 minutes.
2. Once done drain well and pour cold water on top.
3. Combine the tuna, olive oil, mint, mayo, vinegar and coriander.
4. Mix well and add the cold ramen to the mixture.
5. Refrigerate for nearly 30 minutes or longer.
6. Serve cold.

Chicken Yummy Pesto Salad

Preparation Time: 15 Min

Servings: 6

Ingredients:

- 2 cups of chopped chicken breast, cooked
- 1 celery, finely chopped
- 1/8 Tsp ground black pepper
- 1/3 Cup paleo mayonnaise
- 1/3 Cup chopped onion
- 1/4 Tsp salt
- 2 Tbsp jarred pesto
- 2 Tbsp chopped fresh parsley

Directions:

1. In a mixing bowl add the chopped cooked chicken.
2. Add in the mayo, pesto, celery, parsley, onion, salt and pepper.
3. Mix well and adjust the taste.
4. Serve fresh.

Spanish omelet

Preparation time: 10 Min

Cooking time: 20 Min

Servings: 2

Ingredients

- 3 little carrots, shredded
- Salt to taste
- 4 eggs
- 1 onion, sliced
- Olive oil

Directions

1. In a nonstick pan, heat your oil and stir in the onions.
2. Toss for a minute and stir in the carrots.
3. Toss for about 5 minutes and season with salt.
4. Transfer to a paper towel.
5. Combine the eggs with salt into a bowl.
6. Add the carrots into the bowl.
7. Mix well and add some oil in a pan.
8. Pour in the egg mix and cook for 3 minutes.
9. Flit it and cook for another minute.
10. Serve hot.

Mexican spicy delight

Preparation time: 10 Min

Servings: 2

Ingredients:

- 2 cucumbers, peeled, cubed
- 2 tomatoes, sliced
- 1 tsp of cinnamon
- 1 tsp of salt
- 2 spring onions, diced
- 2 green chilies, chopped
- 2 tbsp of honey
- 2 red chilies, chopped
- Fresh parsley, chopped

Direction:

1. Take a mixing bowl and add the cubed cucumbers.
2. Add in the sliced tomatoes, chilies, onions and parley to it.
3. Mix well and add the cinnamon to it.
4. Season using the salt and coat well.
5. Finally drizzle the honey on top.
6. Mix using a wooden spoon and taste it.
7. You can refrigerate the salad for 30 minutes or you can serve it immediately.

Capsicum Egg Frittata

Preparation time: 10 Min

Cooking time: 20 Min

Servings: 4

Ingredients:

- 1 yellow capsicum, sliced
- 4 eggs
- 1 green capsicum, sliced
- 1 red capsicum, sliced
- 1 tsp of paprika
- 1 tsp of cumin
- 1 tsp of sea salt
- 1 tsp of turmeric
- 2 tbsp of olive oil

Direction:

1. Preheat the oven to 350F.
2. Whisk the eggs into a bowl.
3. Add all the spices and salt.
4. Add the capsicum and mix well.
5. Pour into muffin cups and bake for about 20 minutes.
6. Serve warm.

Brussels Sprouts in Coconut gravy

Preparation time: 5 Min

Cooking time: 20 Min

Servings: 4

Ingredients:

- 1 pound of Brussels sprout
- 2 green chilies, halved
- 2 cup of coconut milk
- 4 onions, chopped
- Salt and pepper to taste
- Fresh coriander, chopped
- 1 tbsp of olive oil

Direction:

1. In a pan add the oil.
2. Fry the onions for 3 minutes.
3. Add the Brussels sprouts.
4. Stir for nearly 5 minutes.
5. Stir in the chilies and season with salt and pepper.
6. Pour in coconut milk and stir.
7. Cover and cook for just 15 minutes or so.
8. Serve.

Egg Salad

Preparation time: 10 Min

Cooking time: 10 Min

Servings: 4

Ingredients:

- 4 dill pickle spears, chopped
- Salt and pepper
- 1/3 cup chopped celery
- 6 eggs
- 3 tbsp paleo mayo
- **To make the paleo mayo:**
- 1/8 tsp garlic powder
- 2/3 cup oil
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 egg
- Salt to taste

Direction:

1. Hard boil the eggs in boiling water for 15 minutes.
2. Drain and let them cool down.
3. Get rid of the shells and cut them into thick rounds.
4. For the mayo, combine garlic powder, oil, lemon juice, 1 egg, mustard and salt into a bowl.
5. Mix well. In another bowl combine the dill pickle spears, celery, and the rest of the eggs.
6. Season with salt and pepper.

7. Combine the paleo mayo to it and mix well.
8. Serve cold or in room temperature.

Mouth-Watering Stuffed Mushrooms

Preparation time: 10 Min

Cooking time: 20 Min

Servings: 4

Ingredients:

- 12 whole fresh mushrooms
- 1/4 tsp onion powder
- 1/2 cup shredded coconut
- 1/4 tsp black pepper
- 1 tbsp minced garlic
- 1 tbsp vegetable oil
- 1/4 tsp cayenne pepper

Direction:

1. Preheat the oven to 375 F.
2. Take the stem out of mushrooms and reserve in a plate.
3. In a pan heat the oil and fry the garlic for a minute.
4. Add the stems and fry for 5 minutes.
5. Transfer to a bowl and combine shredded coconut to it.
6. Add the spices to it.
7. Season with salt and pepper.
8. Take the mushrooms and fill the inside using the coconut mixture.
9. Place onto baking tray with the up side down.
10. Bake for 15 minutes and serve hot.

Savory salmon in honey Flavor

Preparation time: 30 Min

Cooking time: 10 Min

Servings: 2

Ingredients:

- 2 salmon, deboned
- 1 tsp of paprika
- 1 tsp of cinnamon
- Salt and pepper to taste
- 1 tbsp of olive oil
- 1 tsp of cumin
- 3 tsp of raw honey
- 1 tsp of Sesame seeds
- 1 tsp of lime juice

Direction:

1. In a mixing bowl mix the paprika with lime juice.
2. Add in the cumin, salt, pepper, cinnamon and sesame seeds.
3. Marinate the salmon into the mixture.
4. Refrigerate for 30 minutes or so.
5. In a baking dish add the marinated salmon and drizzle some honey on top.
6. Bake for about 12 minutes or so and serve immediately.

Chicken & Asparagus

Preparation time: 10 Min

Cooking time: 15 Min

Servings: 4

Ingredients:

- 2 Chicken breasts, deboned
- 250g asparagus spears
- 3 tbsp fresh chives
- 2½ tbsp olive oil
- 1 red chili, seeded, sliced
- 3 tbsp chopped parsley
- Salt and pepper to taste

Directions:

1. In a pan heat the oil and fry the chicken for 4 minutes on each side.
2. Transfer to a plate and let it cool.
3. Shred using a fork.
4. On to the same pan add some more oil and fry the asparagus with dill, chives and parsley.
5. Stir for about 3-5 minutes and return the chicken to it.
6. Season using salt and pepper.
7. Serve with your favorite sauce.

Stir-Fried Beef, Mushroom and Vegetables

Preparation time: 10 Min

Cooking time: 30 Min

Servings: 4

Ingredients:

- 1 cup mushroom of your choice
- 1/4 pound beef, cut into strips
- 2 red onions, chopped
- ½ cup of broccoli, diced
- 1 tsp of cumin
- 10 green peas, diced
- 2 bell pepper
- 1 tsp of pepper
- Salt to taste
- 2 tbsp of olive oil

Direction:

1. In a skillet heat the oil and fry the beef strips for 8 minutes or until it becomes brown.
2. Add all the veggies to it and toss for another 10 minutes.
3. Add in the mushroom and stir for 4 minutes.
4. Season with salt and pepper.
5. Add the chilies and cover.
6. Cook on low flame for 8 minutes.
7. Serve hot.

Simple Tomato Chicken Zucchini Stew

Preparation time: 10 Min

Cooking time: 25 Min

Servings: 4

Ingredients:

- 2 chicken breast cut into small pieces
- 3 cup of chicken broth
- 3 tomatoes, diced
- 3 carrots, circled
- 2 yellow zucchini, diced
- 1 tbsp of olive oil
- 1 tsp of pepper
- 2 red chilies, chopped
- 1 cup of water
- ½ cup of tomato puree
- 1 tsp of salt

Directions:

1. In a pot heat the olive oil and fry the zucchini, carrots for 5 minutes.
2. Stir in the chicken and fry them for 5 minutes.
3. Add the salt and pepper and mix.
4. Add in the chicken broth and bring the mixture to a boil.
5. Add the chilies and cover.
6. Cook on low heat for 20 minutes.
7. Serve.

Date Coconut Balls

Preparation time: 20 Min

Servings: 4

Ingredients:

- 1 cup shredded coconut
- 1 tsp cinnamon
- 2 tbsp coconut flour
- 1/3 cup almond butter, melted
- 1 cup date paste
- 2 tbsp raw honey
- 1 tbsp sesame seeds

Direction:

1. Combine the shredded coconut with the date paste.
2. Add in the coconut flour to it and mix well.
3. Add the cinnamon and honey to it.
4. Add the butter and the sesame seeds to it and mix.
5. Now create little balls using your hands.
6. Refrigerate until served.

Coffee Cake

Preparation time: 20 Min

Cooking time: 35 Min

Servings: 4

Ingredients:

- 3 eggs
- 1 cup almond flour
- ¼ cup melted grass fed butter
- 1/4 cup coconut flour
- 1/2 tsp freshly squeezed lemon juice
- A pinch of sea salt
- 3/4 tsp honey
- 1 tsp baking soda
- 1 tsp vanilla

Directions:

1. Preheat the oven to 350 F.
2. Combine the eggs, lemon juice, honey, vanilla into a bowl.
3. In another bowl combine the coconut flour, baking soda, sea salt, almond flour and butter.
4. Mix well and add in the egg mixture to it.
5. Make sure there are no lumps.
6. Pour in a baking dish and bake for 30 minutes.

Spicy Radish, Papaya, Kale Salad

Preparation time: 10 minutes

Servings: 4

Ingredient:

- 3 radishes
- 1 kale
- Half of an unripe papaya
- Fresh coriander
- Lemon zest
- 1 tbsp of olive oil
- A pinch of sea salt

Direction:

1. Peel the radishes and slice them into very thin slices.
2. Chop the kale into thin pieces.
3. Peel the papaya and deseed them.
4. Shred the papaya finely.
5. Chop the coriander and throw into a mixing bowl.
6. Add the radish, papaya and kale to it.
7. Add the lemon zest and mix well.
8. Add the season and finally drizzle the olive oil.
9. Mix to coat everything together.
10. Serve immediately.

Conclusion

I sincerely hope you enjoyed this free recipe/cook book and that it helps you achieve your fitness goals in anyway.

If you enjoyed this book, I would like to ask you to please leave an honest review. I will be really grateful and your feedback will help me out tremendously!

