

# **Ketogenic Diet: Ketogenic Recipes For Beginners Cookbook**

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*Smashwords Edition*

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## **Chapter 1 – Lose Weight with Ketogenic Diet**

Thanks for purchasing my book. As a token, I'll gift you 5 free ebooks instantly.

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I used to have a few extra pounds a few years ago. I felt I need to stay fit and then I decided to follow Ketogenic Diet. The result was exceptional. I followed it diligently and the results were tremendous. It is then I learned the importance of a diet. You can do wonders if you follow this diet sincerely.

There are tons of benefits of ketogenic diet apart from weight loss to better nervous system.

I hope you're ready to change your world and take control of it. Go ahead as the new world awaits you!!

## **Extra ordinary Keto Diet Easy Cheesy Egg Bake**

This is the king recipe out there. Go for it!! Trust me.

### **Ingredients:**

- 2-3 Tbsps. heavy cream
- 2-three Tbsps. grated parmesan cheese
- 1-2 teaspoon. butter, melted
- 2 eggs

### **Instructions:**

1. Gather all items.
2. Preheat oven to 377°F.
3. Then grease a small oven safe dish using the melted butter.
4. Now we can proceed to the following most important step.
5. Whisk together the eggs and cream in a small bowl.
6. Then whisk in the parmesan cheese and you should add salt and pepper to taste.
7. Bake for 12 minutes or till cooked thru.

## **Cool Keto Diet Strawberry-Nutty Smoothie**

I used to stand in kitchen, while my cook used to prepare this recipe. I once saw him making this recipe and I knew how he prepared it. Over the years, I tweaked it according to my style.

### **Ingredients:**

- 1/2-1 Cup frozen strawberries
- 16 walnut halves
- One Cup plain unsweetened almond milk
- Four-five oz. firm tofu, cubed

### **What to do:**

1. Assemble all the items.
2. Combine the almond milk, tofu, strawberries, walnuts and ice cubes to a blender.
3. Blend until texture is smooth.
4. Smell the aroma and serve.

# Legendary Keto Diet Veggie & Gruyère Cheese Omelet

This is one of the best things you could ask for. It will make a perfect start of your day.

## What you need:

- 2 1/2-3 1/2 oz. morel mushrooms
- Four -five Tbsps. red onion, diced
- One/two garlic clove, minced
- 1/8 -1tsp. dried thyme
- 1/2-one tbsp. unsalted butter
- One/eight-one teaspoon. Dijon mustard
- Two large eggs
- 1/8 Cup fresh chopped parsley
- 1/4 Cup shredded Gruyère cheese

## Method of preparation:

1. Gather all items.
2. In a small nonstick pan, melt the butter over medium heat; add the mushrooms, garlic onion and thyme and keep cooking for seven minutes or till tender.
3. Mix in the mustard and add salt and pepper to taste; remove from the pan and set away.
4. In a medium bowl, beat the eggs and mix in the parsley and cheese.
5. Using the same pan, melt butter above medium heat and spread the eggs evenly in the pan.
6. Cook through and combine the grated cheese and the mushroom mixture.
7. Fold the omelet and slip onto a serving plate.
8. Decorate with parsley.
9. Smell the aroma and then you can serve.



# Dashing Ultra Muffins

As a child, I used to wonder, how these cooks used to prepare such awesome recipes. Well the answer is the supreme recipes that they employ help them in preparing delicious food.

## Ingredients:

- Half cup pumpkin puree
- Two to three tbsp. coconut oil
- 1/2 to 1 tsp. salt
- 1/4 cup sugar-free caramel syrup
- 1/4 cup cocoa power
- One teaspoon vanilla extract
- 1 to 2 tsp. apple cider vinegar
- 1/4 cup slivered almonds
- One tsp. baking powder
- One large egg
- One cup golden flaxseed meal
- One to two tablespoon. cinnamon

## Directions:

1. Assemble entire items at one place.
2. Set your oven to 353F.
3. Combine all your wet items in one bowl and mix well. Do the same to your dry items in a separate bowl.
4. Now pour your wet ingredients within the dry and blend. Then pour slowly and be sure to mix well in order to prevent clumping.
5. Set 6 standard paper liners within your muffin tin, and now you should add roughly 1/4 cup of your mixture to each liner.
6. Now comes the part of garnishing and toppings.
7. Sprinkle the almond slivers above the tops of the muffins for a little garnish and crunch.
8. Bake the muffins for 12 minutes, and check. Once the muffins rise and are set then you are ready to eat.

9. Serving Size: 5 to 6 muffins.

# **Awesome Superhuman Broccoli, Sausages Breakfast**

This one is amazing super simple recipe.

## **Ingredients**

- 1 cup coconut milk
- Twelve oz breakfast sausages, pre-cooked, sliced
- Lard or may be butter
- One cup Cheddar Cheese, shredded
- Two cups broccoli florets
- One onion, diced
- Eight eggs
- One to two tsp dry mustard
- Salt and pepper to taste

## **Method of preparation**

1. Assemble all the ingredients at one place.
2. Grease or coat a 6 quart slow cooker with lard or may be butter.
3. In a bowl, beat together dry mustard, salt, the eggs, milk, and pepper to taste.
4. Put the broccoli florets in the bottom of the slow cooker, and sprinkle with the onion slices. Season with salt and pepper to taste.
5. At the sprinkle place the sausages and the shredded cheese. Pour in the egg mixture over.
6. You should have done all this before proceeding to the heating part.
7. Keep cooking on low for six to seven hours. Now serve hot.

Servings: 5 to 6

Cooking Times

Overall Time: Six to seven hours

# Speedy Sprouts and Sausage Casseroles

It is one of the rarest recipes. The awesome smell of this recipe used to fill my room as soon as used to uncover the plate. There are no words to express this recipe.

## Ingredients

- 3/4 cup cream cheese
- 2 cups Brussels sprouts
- Ghee or lard
- 1/2 cup shredded Cheddar, divide
- Eight to nine eggs
- Two to three cloves garlic, minced
- 2 links Italian sausages, sliced
- Salt and fresh ground pepper to taste

## What to do

1. Assemble entire items at one place.
2. Grease your Slow cooker with ghee or lard.
3. In a bowl, garlic, stir eggs, cream cheese, salt and pepper to taste.
4. Combine well. Now pour over layered items.
5. Now we can proceed to the following most important step.
6. Layer one 1/2 of the Brussels sprouts, 1/2 of the sausage and half of the cheese within the slow cooker. Repeat with leftover Brussels sprouts, sausage and cheese.
7. You should have done all this before proceeding to the heating part.
8. Cook on low for 4 to 5 & half hours or may be high for 2 to 3 & 1/2 hours.
9. Now serve hot.

Serve: Five to six

Total Time: Three to four hours

# MOUTH WATERING SHRIMP

## Ingredients

- Half to one teaspoon ground ginger
- 1 pound shrimp, peeled & deveined
- 2 to 3 tsps lemon juice
- 2 cloves garlic, minced
- One to two tbsp olive oil
- One to two tsp ground cumin
- 2 to 3 teaspoons paprika
- 1/8 tsp cayenne, or to savor

## Method of preparation

1. Assemble entire items at one place.
2. Coat your giant, heavy skillet with nonstick cooking spray, & put it above high heat.
3. When it's sizzling, add the olive oil, & throw within the shrimp.
4. Sauté, turning usually, till they're simply barely pink throughout.
5. Only one thing remains to be done now.
6. Whisk within the remaining ingredients, sauté for another minute or so, till the shrimp are pink.
7. Now serve.

Quantity: Three to four servings

# FANTASTIC POLLOCK DISH

## What you need

- 4 to 5 teaspoons Heinz Diminished Sugar Ketchup
- 1/2 to one teaspoon Sriracha
- 6 pollock fillets 2 to 3 tablespoons brown mustard
- Two to three tbsps ready horseradish

## Method of preparation

1. Assemble entire items at one place.
2. Preheat oven to 326°F.
3. Coat a shallow baking dish with nonstick cooking spray, & lay your fillets in it.
4. Mix at the same time the mustard, ketchup, horseradish, & Sriracha.
5. Now we can proceed to the next most important step.
6. Unfold this combination above the fish, coating the surface evenly.
7. Bake for twenty two minutes, or may be till the fish flakes simply, & serve.

Quantity: 3 to 4 servings

# STUNNING TROUT & DILL COMBO

## Ingredients

- Salt & ground black pepper, to savor
- Two to three tablespoons dry white wine
- 1 to 2 tbsp snipped fresh dill weed, or 1 teaspoon dried dill weed 12 ounces trout fillet
- One to two tablespoon lemon juice

## What to do

1. Assemble entire items at one place.
2. In a shallow, nonreactive pan with a lid, mix the wine & lemon juice. Place over medium heat, & convey to a simmer. Whisk within the dill, & lay the trout fillets pores & skin-part up within the wine–lemon juice combination.
3. Flip the warmth entire way down to low, cover the pan, & set a timer for eight minutes.
4. Now you should keep it away and proceed to the subsequent step.
5. Rigorously switch the trout fillets to 2 serving plates, turning pores & skin-edge down within the process.
6. Pour the pan liquid above them, season frivolously with salt & pepper, & then serve.

Quantity: Two to three serve

## Brilliant Berry Pudding Combo

This is one of my secret recipes. Don't tell it to anyone. Cooks all over the world will kill me if they knew I told this one to you.

### Ingredients:

- One to two tablespoon. Swerve, powdered or other healthy low-carb sweetener
- 1/2 cup water or may be almond milk
- Five to nine drops of Stevia extract
- 1/4 cup coconut milk
- 1/2 cup berries, either frozen or may be fresh
- 1/4 cup chia seeds, whole or ground
- Half tsp. cinnamon

### Directions:

1. Assemble entire ingredients at one place.
2. Blend in the stevia, swerve, or may be any low-carb sweetener, cinnamon, water, chia seeds, and coconut milk.
3. Then blend thoroughly all items until it becomes smooth. Then, sprinkle it off with berries.
4. Now you should keep it away and proceed to the succeeding step.
5. For about 10 to 15 minutes, let it settle, or may be put it in the fridge, or let it stay overnight. It will be ready for your breakfast.
6. Just in case you want it to be smoother, you may combine all the items in a blender and then blend in the berries afterwards.



# Mind Blowing Meatballs

Just wonder about a superb, awesome and delicious recipe that is just a treat for your tongue and tummy. Guess what, your wait is over.

## Ingredients:

- ½ cup almond flour
- ½-one teaspoon. salt
- 2 cloves garlic
- One-two tsp. cayenne pepper
- One-two teaspoon. ground cumin
- One-two small white onion
- One-two teaspoon. paprika
- One-two tablespoon. ghee or lard
- 1 large egg
- 1/three average Spanish chorizo sausage
- 0.9 pound. ground pork with only 20% fat (400g/1four.one0z)

## Instructions:

1. Assemble all items at one place.
2. Get the chorizo and dice it.
3. Peel and dice the garlic and onion.
4. Once you grease your pan with ghee or may be butter, cook the onion, garlic, and chorizo for six minutes
5. If the onion, chorizo, and garlic are a little crispy, turn off the heat and put them in any plate.
6. Now we can proceed to the following most important step.
7. Prepare entire other ingredients. Blend the salt, almond flour, pepper, ground cumin, ground pork, and egg. Blend them thoroughly.
8. Then combine the crisped garlic, onion, and chorizo to the bowl.
9. After thoroughly mixing entire ingredients, make small to medium meatballs.

10. Using the pan where you cooked the chorizo, garlic, onions, heat it again over medium-high heat. Start cooking the meatballs for about two minutes.

11. Turn the meatballs once browned. Then, slowly reduce the heat to medium and continue cooking for five to ten more minutes.

12. Go ahead and eat it up.

# Superb Ground Beef Keto Style

## What you need:

- Two-three leaves of kale
- 1-2 tablespoon. of cayenne pepper
- 305g ground beef
- One-two tablespoon. coconut oil
- One-two tablespoon. of Chinese 5 spices
- ½ cup broccoli
- Half medium red pepper
- 5 medium brown mushrooms
- Half medium Spanish onions

## How to prepare:

1. Assemble entire ingredients at one place.
2. Cut the kale, onions mushrooms, red peppers, and broccoli.
3. Heaten up the coconut oil on a skillet on medium-high heat.
4. After three minute, combine the onions, broccoli, mushrooms, kale, and red peppers. Cook for additional 4 minutes and then slowly reduce the heat. Keep on mixing the vegetables.
5. Now you should add 3 more minutes before putting in the ground beef with the rest of the spices.
6. One thing remains to be done now.
7. For about 12 minutes, now allow the beef to cook till it's brown. Do not forget to cover the skillet to have better results on cooking the beef.
8. Then, your dinner is ready after few minutes.

# Legendary Bacon and Spinach Dish

This recipe is not hard on your pocket. So cheers!!

## Ingredients:

- Two large eggs
- 1/2 cup berries
- One pastured bacon or ham, thick slice
- 1 cup spinach, braised
- Pink Himalayan Salt
- One/two avocado
- One to two tablespoon. ghee

## Instructions:

1. Assemble all the ingredients at one place.
2. Put all items on your favorite plate and you are ready for a hearty, healthy breakfast.
3. Smell the aroma and then you can serve.
4. Enjoy your meal with blackberries.

# **Yummy Avocado Mash**

## **Ingredients:**

- Two-three pastured eggs, hard-boiled
- Pink Himalayan salt
- Half-1 avocado
- One-two tbsp. extra virgin olive oil
- Lemon juice
- One medium spring onion (15g/.five oz.)
- 1 small head crunchy lettuce

## **Method of preparation:**

1. Assemble all the items at one place.
2. Now prepare all the ingredients and boil the eggs.
3. In a bowl, put all the items and splash a little lemon juice.
4. Now we can proceed to the next most important step.
5. Your salad is now ready to be enjoyed!

Have a perfect start of the day with this recipe. I bet that you'll love it.

# Forgotten Chia Bowl Combo

This is one of the coolest recipes out there.

## **What you need**

- 2-3 tablespoons pure maple syrup
- 2-3 teaspoons vanilla extract
- One/two cup whole Chia seeds
- Four cups unsweetened nondairy milk of your choice

## Toppings:

- Cinnamon and extra maple syrup, optional
- Fresh fruit of your choice (mangos, bananas, berries, kiwi, pineapple, etc.)
- Nuts (almonds, walnuts, etc.), optional

## **Method of preparation**

1. Assemble entire ingredients at one place.
2. Now you should keep it away and proceed to the succeeding step.
3. Blend the Chia seeds, nondairy milk, syrup, and vanilla extract in a bowl and whisk together.
4. Let stand for approximately a half hour, then stir together to prevent the seeds from clumping.
5. Transfer to an air-tight container, cover and refrigerate overnight.
6. One thing remains to be done now.

Servings: Four to five

Preparation Time: 12 minute

Cooking time: - 12 minute

# Awesome Spicy Salmon, Zucchini Noodles Combo

## What you need:

- Two garlic cloves, minced
- Three salmon fillets, approximately 6 ounces (180 g) each
- 1 inch fresh ginger, finely shredded
- Handful fresh cilantro, roughly shredded
- Four to five tbsps white wine vinegar
- Five large zucchini, spiralized (alternatively, use a julienne peeler or may be slice into thin strips)
- Two green onions, shredded
- 5 to 7 tbsps soy sauce
- 1 cup (240 ml) unsalted chicken broth

## Instructions:

1. Assemble entire ingredients at one place.
2. Use a spiralizer, julienne or may be mandolin, vegetable peeler to turn the zucchini within noodles.
3. Blend the crushed garlic, soy sauce, shredded ginger, chicken (or may be vegetable) broth, green onions and vinegar in a medium bowl.
4. Now we can proceed to the subsequent most important step.
5. Use scissors or may be a knife to cut the salmon into 1 inch strips and place them in the bowl with the mixture. Turn the strips over to ensure they are fully coated in the mixture and let marinate for 32 minutes.
6. Heatenup a large pan above a medium heat and sear the salmon for approximately six minutes on each side. Now you should add the marinade to the pan, bring to a boil and then instantly withdraw from the heat.
7. One thing remains to be done now.
8. Divide the noodles between 6 plates or bowls, place the salmon on top, and then pour the sauce over the salmon and noodles. Sprinkle the sliced cilantro on top and serve immediately.

Preparation time: 18 minutes

Cooking time: 7 minutes

Marinating time: Thirty two minutes (optional)

Serves: 5 to 6



## Interesting Couscous

You're lucky. Wanna know why? I am sharing one of my best recipes with you.

### Ingredients

- 1 garlic clove, finely crashed
- Fresh ginger (1-two tablespoon), finely chopped
- Raisins (1-2 tablespoon) golden
- Vegetable broth (2 cups)
- Ground cumin (one-2 teaspoon)
- Red bell pepper (  $\frac{1}{4}$  cup), finely sliced
- Olive oil (two-three tbsp)
- Fresh lemon juice (one-two tbsp)
- Dried cranberries (two-3 tablespoon)
- Dried apricots ( $\frac{1}{4}$  cup), sliced
- Almonds ( $\frac{1}{4}$  cup) Slivered
- Scallions sliced (  $\frac{1}{4}$  cup)
- Couscous (1 cup) whole wheat
- Salt ( one tsp)

### Direction

1. Assemble entire items at one place.
2. Heat oil in a frying pan and boil vegetable stock in it.
3. Put in couscous, cumin, raisins and salt and mix well.
4. Cover the sauce pan and then remove from the heat.
5. Let it stand for approximately five minutes till the couscous gets soft.
6. Take off the cover and mix it by using fork to make it fluffy.
7. Let it stand for about 9 minute more to cool.
8. Now we can proceed to the succeeding most important step.

9. Now heat olive oil in a saucepan and cook almonds for approximately 6 minutes in it till browned and toasted.

10. Combine scallions, cranberries, ginger, oil, mint, almond, bell pepper, lemon juice and garlic and mix well.

11. Serve and enjoy.

12. Go ahead and eat it up.

# **Ultra Epic Blueberry Almond stir**

## **Ingredients**

- 1/4 cup frozen unsweetened blueberries
- 1/2 scoop vanilla whey protein
- 2 oz heavy whipping cream
- 1 cup unsweetened almond milk
- One packet artificial sweetener

## **Method of preparation**

1. Put entire ingredients in blender and blend until smooth.
2. Combine a little water if it becomes too thick.

Serve: Two-three

Cooking Time: 6 minutes

# **Lazy Butter Pecan Combo**

## **Ingredients**

- 1 to 2 tsp orange zest, finely grated
- Pinch of sea salt
- 2 oz neufchatel cheese
- 8 pecan halves
- One to two Tbs unsalted butter, softened

## **Method of preparation**

1. Gather entire ingredients at one place.
2. Toast the pecans at 353 degrees Fahrenheit for 12 minutes, check often to prevent burning.
3. Now we can proceed to the subsequent most important step.
4. Blend the butter, neufchâtel cheese, and orange zest until smooth and creamy.
5. Spread the butter mixture between the cooled pecan halves and sandwich together.
6. Sprinkle with sea salt and enjoy!

Servings: Two to three

# **Knight Peanut Cookies Recipe**

## **What you need**

- Baking soda (1-2 teaspoon)
- Peanut butter ( 3/4 cup), chunky
- Splenda sugar substitute ( one/2 cup)
- Brown sugar twin ( 1/2 cup)
- Salt ( 1/4-one/2tsp)
- One large egg
- Baking mix ( 1/2 cup)
- Butter ( 1/2 cup), softened
- Almond flour ( 1/2 cup)
- Vital wheat gluten (two-3 tsp)
- Oat flour ( 1/2 cup)

## **Directions**

1. Assemble all items at one place.
2. Blend egg along with sweetener and butter till smooth.
3. Put in peanut butter and mix well.
4. Afterward, you should add dry items and blend well.
5. Now make balls from the mixture and press with spoon.
6. Then comes the baking part.
7. Baking in the preheated oven for approximately 12 minutes at 376 degrees Fahrenheit until browned.

# Mystical Supreme Mug Cake Fantasy

## Ingredients:

- 1/2 to one tablespoon unsalted butter
- Three large eggs
- 1 teaspoon cinnamon
- 1/2 to one teaspoon vanilla
- 1/4 cup almond flour
- 1/8 cup toasted and toasted almonds
- 1/4 cup heavy cream
- 1/8 tsp nutmeg
- 1/8 tsp salt
- 5 drops of liquid stevia
- 1/8 cup peanut butter
- One to two tbsperythritol
- 1 to 2 tbsp coconut oil

## Directions:

1. Assemble entire items at one place.
2. Mix almond flour with erythritol, nutmeg and salt and now keep it away.
3. Blend all the wet items and then blend the dry mixture to make the batter. Now you should add the roasted almonds at the end and then pour the batter in 6 small mugs.
4. Now comes the part of cooking.
5. Start cooking them in microwave oven for thirty two minutes and then allow some standing time in the oven.
6. Serve as evening snacks.

Overall time: Thirty two minutes

Serve: 5 to 7

## **Magical Egg in Pesto Awesomeness**

### **What you need:**

- 1 to two tablespoon. butter or may be ghee
- Salt
- 3 large eggs, organic or free-range
- Freshly ground black pepper
- One to two tablespoon. pesto
- Two to three tbsps. soured cream or creamed coconut milk

### **How to prepare:**

1. In a bowl, crack three large eggs, top with pepper and salt, and mix well.
2. In a pan, place in butter or ghee then pour the eggs. Turn the heat on.
3. Whisk constantly to make eggs creamier. Then, combine the pesto and continue mixing.
4. Turn off the fire and now you should add the cream. Pour onto your favorite plate and top it off with pieces of avocados.

## **Rice filled with Awesomeness**

I learned this recipe from my friend when I came second in a local competition (He came first). I asked him his winning recipe and he gladly told me.

### **Ingredients:**

- 6-8 jalapeno peppers
- Two-three tbsps. ghee, coconut oil, butter, or lard
- Five cups Cauliflower-rice
- Pinch of salt
- 4-5 tbsps. freshly shredded parsley or may be cilantro
- 2 pepperoni or may be Spanish chorizo sausages

### **Method of preparation:**

1. Assemble entire items at one place.
2. Now prepare the jalapeno by taking out the seeds or use other mildly hot peppers. Combine in sliced chorizo sausages or pepperoni.
3. Now we can proceed to the next most important step.
4. Get a skillet and grease it with cooking oil. Then, add the chorizo and peppers. Start cooking till brown.
5. Combine a little salt depending on your preference.
6. Now you should add in the parsley.

### Method of preparation for making the Super Rice:

1. Assemble all items at one place.
2. Wash the cauliflower.
3. Get your cauliflowers and then remove the center core (the hard portion), as well as the leaves. Then, cut the florets.
4. For it to look love real rice, grate the cauliflower using a food processor with a grater.
5. Now we can proceed to the next most important step.
6. There are several ways to cook.
7. Microwave: cook the rice on medium high for 9 minutes. No need to add water but combine pepper and salt depending on your preference.



8. Steam Pot: Cook the cauli-rice for approximately 8 minutes.

9. Oven: Preheat the oven to 203 c.

10. Then in the baking sheet with parchment paper, spread over entire the grated rice and cook for about 12 minutes.

11. Enjoy your keto rice.

# Insane Bacon Omelets

## What you need:

- Salt
- Pepper
- 2 slices of bacon, cooked already
- Two large eggs
- Two stalks of chives
- 1 oz. cheddar cheese
- One to two teaspoon. bacon fat

## Method of preparation:

1. Assemble entire items at one place.
2. Now prepare and shred the cheese. Cut the chives, as well.
3. Ensure to pre-cook the bacon.
4. Heaten up the pan on medium-low heat. Now pour in the bacon fat and then you should add eggs sprinkled with pepper, chives, and salt.
5. Now we can proceed to the next most important step.
6. Combine bacon at the center, once the edges of the eggs are starting to settle. For an additional 22 seconds, continue cooking the egg with the bacon at the center then turn off heat or fire.
7. Top the bacon with the shredded cheese.
8. Fold the two edges of the omelet. Wait for the cheese to melt so it will glue or may be hold the omelet folds in place.
9. Fold the other 2 edges and flip over to cook or warm it.
10. Then when it is ready, you can serve.
11. Go ahead and eat it up.

# Lost Mysterious Salad

## What you need:

- 6 large eggs, free-range or may be organic
- 1-2 tsp. black peppercorns
- Two bay leaves
- Salt and pepper
- $\frac{3}{4}$  cup mayonnaise
- Two-three tbsp. each freshly shredded parsley and chives
- Three-four tbsps. apple cider vinegar
- Half medium celeriac
- 4 pickled cucumbers
- One medium rutabaga
- 1 small white onion
- One large celery stalk, sliced
- One medium turnip
- One-two teaspoon. Dijon mustard
- One-two teaspoon. celery seeds

## Method of preparation:

1. Assemble entire items at one place.
2. Boil the eggs in a pot of water with a pinch of salt for approximately ten minutes. After this time, put the hard-boiled eggs in a bowl of cold water.
3. Peel and dice the rutabaga, celeriac, and turnip. It's best to now cut them within small pieces to cook quickly. Put the cut pieces into a pot filled with water.
4. Now you should add a tablespoon of the apple cider vinegar, the peppercorns, salt, and bay leaves. Boil all the ingredients above high heat.
5. Now we can proceed to the following most important step.
6. Once boiling, lower fire to medium heat and let it simmer for approximately 12 minutes, or until the rutabaga is tender.

7. Once the rutabaga is tender, drain the water and remove the spices. Let the remaining ingredients cool and then shift within a mixing bowl.
8. Peel and chop the onions. Then, dice the pickles.
9. Now you should add these two ingredients into the bowl with the boiled vegetables.
10. Following that peel and dice the hard-boiled eggs, and then, add these into the bowl with the other items. Mix them well.
11. Now comes the part of garnishing and toppings.
12. Now you should add in the leftover ingredients with salt and pepper to taste and enjoy!

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