

# Ketogenic Diet

The Essential Guide to the Best Low Carb Diet  
for Weight Loss

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## Introduction

We live in a world with too many choices. When it comes to things like dieting plans there are always a million to choose from. Every year a new diet is praised for its success while another is condemned as a failure. Finding a successful diet, let alone sticking to one is near impossible these days, so how is one to know which diets are winners and which are losers?

In 1921 the ketogenic diet was proposed as a high fat, low carbohydrate solution that was meant as a cure for epilepsy. The idea of the diet is simply to control your carbohydrate intake, which in turn controls how your body metabolizes energy. In a sense, this diet manipulates your body into being able to burn fat faster by changing the way it provides energy. Because of the way it works, it was found to not only be an effective treatment for epilepsy, but also a great way to lose weight.

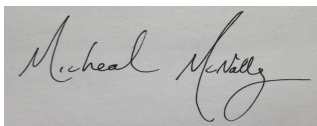
My goal for this book is to teach you everything you need to know about one of the greatest, most underrated diets out there. I will provide you with detailed explanations on how the diet works, the benefits that it gives a person, as well as the disadvantages.

Everyone knows that starting a diet can be difficult, especially to maintain over long periods of time. Because of this I have spent time adding extra tips on how to increase your motivation and ambition to start. I hope this extra chapter will help you.

Finally, I have provided many many recipes, which will make your journey towards starting this amazing diet easier and more delicious.

Dieting can be hard, and I hope this this book will be able to provide you with knowledge, motivation, and easy access to awesome recipes! With all of these tools at your disposal in one book I hope I can make your transformation easy, and that I can bring you one step closer to meeting all of your dieting and lifestyle goals.

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

A handwritten signature in black ink, reading "Michael McNally". The signature is written in a cursive, flowing style. The first name "Michael" is written in a larger, more prominent script, and the last name "McNally" is written in a slightly smaller, more compact script. The signature is set against a plain, light-colored background.

*Michael McNally*

**PART ONE:**

**Everything you need to know  
about the Ketogenic Diet**

## Ketogenic Diet Basics

Hippocrates and the Bible agreed on one thing – fasting is a treatment form for seizures. However, fasting is not something that can be done for long periods, not without causing serious and lasting damage. In 1921, Dr R M Wilder proposed that a high fat, low carbohydrate diet could be used to mimic the effects of fasting and testing was carried out. The results were a huge success on a number of patients with epilepsy.

Unfortunately, it wasn't long before the chemical companies took over and flooded the market with drugs such as phenobarbital and phenytoin, which caused interest in the diet to fade. However recently, the ketogenic diet has become a hot topic again due to around 20-30% of epileptic children becoming resistant to antiepileptic drugs. Despite the introduction of new drugs in the 1990's, nothing has changed the fact that several of those who suffer with seizures are still resistant to treatment, and therefore interest in this type of diet continues to rise. Additionally, it's been shown that the ketogenic diet is not only useful in treating seizures but it's also a great diet for weight loss. This has prompted many people to try it over the past few years in an effort to lose weight.

## **What is the Ketogenic Diet?**

Most people assume that all low carbohydrate diets are classed as ketogenic but that isn't the case. The way to determine if a diet is ketogenic is how low the carbohydrate count is. While a small reduction in the amount of carbohydrates they take in can be helpful to some people, it won't by any stretch be a ketogenic diet.

A true ketogenic diet is a complete change of lifestyle, from consuming high carb, sugary starchy foods to eating those that are low in carbs, high in good fats and with a moderate protein intake. The automatic assumption is that all low carb diets are high in protein but, again, this isn't true.

Proteins and fats are not necessarily one and the same thing although some foods can be classed as both. The trick to a ketogenic diet is finding the right balance that puts your body into ketosis, which I will talk about more a bit later.

## **How Does the Ketogenic Diet Work?**

In the same way that a vehicle needs gas or diesel, our bodies need fuel too. A “normal” western diet is made up mostly of carbohydrates. Carbs are broken down when they are digested into blood sugar, or glucose. The more carbs we consume, the more glucose is manufactured. As any diabetic will tell you, too much sugar in the blood is bad for the body.

What also happens is this – our bodies’ burn glucose as an energy form but we can only use so much of it. The rest is stored up for a time when our bodies go into survival mode and need that energy. That rarely happens these days so the glucose continues to store as fat, normally around the middle section.

By cutting down the carbohydrates and increasing our good fat intake, we are forcing our bodies to look for an alternative form of energy and that form happens to be fat. When someone says to you, you need to eat fat to burn fat, they are speaking the truth – the more fat you eat, the less carbohydrates, the more fat you will burn.

That switch to burning fat instead of sugar causes ketone bodies to be formed in the blood while at the same time reducing the level of sugar. As the glucose reduces and the ketone bodies increase in number, they become that alternative form of energy. This is known as ketosis.

## **Tell Me More About This Ketosis**

In a nutshell, ketosis is when the body has insufficient glycogen in the liver and ketones are formed instead. Glycogen is fuel made from carbohydrates; ketones are fuel made from fat. If one form of energy disappears, we look to another and that's exactly what the human body does.

When you go into ketosis, you turn into a lean fat burning machine and this is why ketogenic diets are touted as one of the world's best form of weight loss diets. Ketones are not just used as running energy for our bodies though. The brain uses ketones instead of glucose, which is why many people on a ketogenic or low carb diet report that they are thinking clearer and they have much better concentration levels.



## Benefits of the Ketogenic Diet

### **What Are the Benefits of a Ketogenic Diet?**

Aside for the weight loss, ketogenic diets actually have some pretty amazing benefits. As we already learned, the original ketogenic diet was used to treat epilepsy and still is today. Being in ketosis can have a beneficial effect on many more serious diseases as well and this is down to the anti-inflammatory and antioxidant nature of ketosis.

There are currently in depth studies going on to study ketones and ketosis as a form of treatment for a number of metabolic diseases. So far the evidence and the research points to ketogenic diets being:

- Effective in the treatment for diabetes. Some studies show that switching to a ketogenic diet plan can help to reverse both prediabetes and Type 2 diabetes.
- Useful in the fight against cancer. Certain formats of the ketogenic diet have been shown to actually push cancer into remission
- Used to treat epilepsy and reduce, if not eliminate, instances of seizures
- Useful in the fight against Alzheimer's – remember, we said that many advocates of these diets report better memory and concentration
- Helpful in reversing heart disease and in causing an improvement in the risk factor for cardiovascular disease
- Used to alleviate symptoms of autism
- Used to treat acne, particularly serious cases
- Extremely useful in providing support for neurological disorders like Parkinson's, Multiple Sclerosis and ALS

In other words, under no circumstances should a ketogenic diet ever be classed as nothing more than a fad diet. Research shows it to be one of the most effective diets in the world today.

## **Are There Any Other Benefits?**

Oh yes, the list of benefits to a ketogenic diet goes on and on. The top 10 benefits to switching to this type of diet are:

### **1. Ketogenic Diets Suppress Your Appetite**

And we mean this in a good way. If you have tried any other diet, you will know of one side effect that is the single biggest failure – hunger. Low fat diets are simply not filling enough to keep you going whereas the ketogenic diet allows you to eat as much real food as you like while naturally reducing your appetite.

Fat is what keeps you feeling fuller for longer. Low fat diets take that fat out and replace it with carbohydrates. Carbohydrates cause spikes and dips in blood sugar levels and, a couple of hours after eating your energy levels will begin to drop, leading you to reach for something else. It's a vicious cycle, one that can only be broken by changing your lifestyle. Eating a diet high in fat stops that because your energy levels, your blood sugar levels, remain constant.

### **2. Ketogenic Diets Are Responsible for More Weight Loss Than Any Other Diet**

I explained this earlier – because your body makes the change from burning glucose to burning fat, your fat reserves are used up as fuel. This results in much faster weight loss. Another reason is water loss – low carb diets remove excess water from your system because they lower your levels of insulin, which results in your kidneys getting rid of excess sodium, which is why low carbbers experience such rapid loss of weight in the first couple of weeks.

### **3. Most of the Fat Comes From the Abdomen**

And isn't that where we all want to shed the excess pounds from? Seriously, though, while you may think that fat is fat, believe you me, it isn't. Not all of the fat in your body is the same; what determines its difference is where it is stored and it determines the risk to your health.

We have two types of fat - subcutaneous, which is stored under the skin, and visceral fat. It's the visceral fat that is stored in the abdominal cavity, the fat that gathers around our internal organs. Having an excess of fat in the abdominal cavity is believed to causes inflammation, a rise in insulin levels and a leading cause of metabolic dysfunction.

The ketogenic diet removes that harmful fat from your body, which leads to less chance of diabetes and heart disease.

#### **4. Your Triglycerides will Fall**

My triglycer-whats? To put it bluntly, triglycerides are molecules of fat. Fasting triglycerides are a pointer towards our risk of heart disease, more importantly, how many of them are in our blood after a good night's sleep with no food.

Elevated triglyceride levels are caused by carbohydrates, in particular sugar fructose. Cutting carbs immediately cuts the level of triglycerides down, cutting your health risks by a huge amount.

#### **5. Your HDL Levels Rise**

HDL is good cholesterol – yes, there is such a thing! High Density Lipoprotein is responsible for moving cholesterol to your liver where it can be recycled or eliminated.

The higher your HDL levels, the lower your risks of heart disease are and one of the best methods to raise them is to eat fat. If there's one thing a ketogenic diet has in abundance its fat so it shouldn't be surprising to anyone that HDL levels rise on a low carb diet.

#### **6. Your Blood Sugar and Insulin levels Will Drop**

And that is a good thing in anyone's book because that lowers your risk of diabetes and, if you already have it, especially Type 2, you stand a high chance of reversing the effects.

How does it work? In short, carbs enter the bloodstream and raise our glucose levels. High blood sugar is poisonous to the body and the body normally responds with insulin. It is the insulin that pulls the glucose into the cells and either burns it or stores it.

For a healthy person this process is not a problem. Some people are insulin resistant though which means their bodies don't see the insulin, which makes it hard for the glucose to be brought into the cells. This is what causes Type 2 diabetes, a disease that affects more than 3 million people across the world.

Reducing carbs reduces the amount of glucose and insulin in the blood. However, a word of warning here – if you are already on medication you must speak to your physician about changing your diet in case it causes the opposite effect and brings your blood sugar levels too low. He or she may need to change your medication levels.

## **7. Your Blood Pressure will Drop**

Raised blood pressure, or hypertension, is one of the biggest risk factors in a number of diseases including kidney failure, strokes and heart disease. Ketogenic diets reduces blood pressure simply because it lowers your weight and we all know that being overweight has an effect on blood pressure.

## **8. Ketogenic Diets Are Effective Against Metabolic Syndrome**

Metabolic Syndrome is a medical condition that is directly related to diabetes and heart disease. Instead of being just one symptom though, it is several:

- High blood pressures
- Abdominal obesity
- High blood sugar levels
- High triglycerides
- Low HDL

As you now know, all of these symptoms can be dramatically reduced with a ketogenic diet. Unfortunately, most people around the world still recommend low fat diets for metabolic syndrome, despite all the evidence to the contrary.

## **9. Your Bad cholesterol Levels Drop**

High levels of Low Density Lipoprotein, or LDL, is another huge factor in heart disease. However, what is only just becoming clear is that there is more than one type of LDL and it all comes down to size. LDL, like HDL, is actually a protein and it's the size of the protein particles in your blood that count. If the LDL particles are small, they have a much higher risk of heart disease than those who have larger particles.

The ketogenic diet turns small particles of LDL into larger ones while also working to reduce the overall numbers of particles in the blood stream as well.

## **10. Ketogenic Diets are Good for the Brain**

Glucose is necessary for your brain to function as it should do. In fact, there are certain parts of the brain that can ONLY burn glucose and nothing else. This is why, when you eat a low carb diet, the liver will produce glucose out of protein.

However, there is also a big part of the brain that can burn ketones in place of glucose and these are formed when the carbohydrate is limited. This is why the

ketogenic diet is recommended for those with epilepsy and are now being studied for both Parkinson's and Alzheimer's disease.

## **What About the Disadvantages of a Ketogenic Diet?**

The biggest preconceived disadvantage to a ketogenic diet is boredom. They say that the diet is restrictive and hard to stick to. My answer to that is to say, take a look at the recipes at the end of this book. What other diet gives you such a wide range of foods, real foods, to choose from? The only way this diet is restrictive is if you eat the same foods over and over again. You don't have to have eggs for breakfast every day. Salads are only boring if you make them boring and, in all honesty, even eating out isn't a problem these days – Most eateries provide a wide range of foods and there's bound to be something to suit you.

Some people take the diet to the extreme – they cut out vegetables and fruit altogether and live on a diet of fat and protein. That is not good for you and is a disadvantage in that you are not getting the benefits of the diet. Fruit and vegetables contain a high level of minerals and vitamins that are essential to your health, not to mention all the other nutrients they contain.

Most of your carbohydrate allowance for a day must come from vegetables, salad foods and fruit. It is also wise to take a multivitamin each day when you start a ketogenic diet, just to help your body in the transition.

The only real disadvantage is bad breath. That is a given with ketosis and some people call it “meat-breath”. It doesn't last for long though and is a true indicator that your body is in ketosis so it is perhaps an advantage.

## **Can Anyone Follow a Ketogenic Diet?**

In essence, yes. However, if you have any doubts about it, consult your physician, especially if you have a pre-existing health condition. If you have a heart condition or kidney disease, you most definitely should not start the diet without seeking medical advice.

Do keep one thing in mind if you see a physician first – some of the older school doctors are unaware of the effect of foods on the human body, especially when it comes to a ketogenic diet. In those circumstances, you may get the lecture about how bad ketosis is for you.

What they are most likely doing is confusing ketosis with ketoacidosis, which is an abnormal form of ketosis. Just briefly, in ketoacidosis, higher than safe levels of ketones are produced but only when insufficient levels of insulin are produced to regulate the fatty acids and the eventual creation of the ketones.

## Motivation

### **How Do I Motivate Myself?**

A ketogenic diet is one of the best ways to lose weight quickly while eating a good, healthy and full diet without those awful carb cravings. However, while that fact alone may motivate you to start, how do you keep that motivation going on a restrictive diet?

A ketogenic diet is only restrictive in that you can't eat certain foods – think of them as bad foods. There will be times though when you find it hard to keep that motivation going so here are a few tips to help you along the way:

- **Get Some Support**

It's easier to do anything if you have the right support, people you can talk to or who are doing the diet with you. Encourage friends who want to drop a few pounds to give it a go with you. You can exercise together, work out new recipes and go through the lows and the highs with someone by your side. Or you could look on the internet for your support – there is plenty of it. There are forums where you can talk to other low carbers and share your experiences with them. Some of these people will be further ahead than you and can give you a much-needed boost of confidence to keep going.

- **Focus**

Especially on the positives. If you find yourself hankering after a slice of cake or a beer, think about how far you've come, how much weight you've lost and how much better you feel. Then think about the damage that cake could do and whether it is really worth the setback, no matter how good it looks.

- **Set Yourself Goals**

You may have an immediate figure in mind of how much you want to lose and that's good. The problem is seeing it as a whole and then being disappointed when you haven't reached that goal in a month. Set yourself realistic goals – say, so many pounds or kilos by a certain date and then treat yourself. Don't go overboard with the treat though, especially if it is food-based. Think about booking into a spa or going on a short weekend break instead. That should give you the motivation to keep going.

- **Organize Your Food Plan before You Start**



Don't wing it because you will trip up and that's the same advice for any diet plan. Sit down and work out your meals for the first week then go shopping and make sure you have all the ingredients you need. Don't leave anything to chance and forget something off your list. Make up some ketogenic snacks off the list below and have them in your fridge, handy for when you want a bite between meals.

- **Be Prepared for Setbacks**

Don't beat yourself up if you fall off the wagon and eat something you are not meant to. It isn't the end of the world, just don't make a habit of it and don't overdo it. By that, I mean if you fall to temptation and eat a slice of cake, don't follow it up with the rest of the cake, thinking it won't make a difference. It will and you'll see it on your scales. Not only that, if you go above a certain level of carbohydrates your body will fall out of ketosis and it will take a few days to go back into it.

## **How to Get Started**

The best way to start anything is to learn about it. Find out all you can about ketogenic diets and the principles of it. Don't buy into the myths about low carb eating – things like there's no fruit or veg in the diet or that it isn't healthy to eat so much fat – because that will put you off straightaway with no real good reason. Learn about the science behind carb-cutting instead.

Start by making a few easy changes. Cut out one thing at a time and replace it with something else. You might be surprised at just how quickly you get results that way.

The most important thing is to get familiar with what you can eat rather than thinking about what you can't eat. Instead of potatoes for dinner, substitute with more vegetables. Instead of a biscuit with your coffee, think about the delicious low carb muffins you can eat. Go through the list of acceptable foods – you won't like all of them – but get to know the ones you do like and what you can do with them. Above all, have some fun creating new recipes from the foods you can eat.

## What Do People Eat on Ketogenic Diet?

The ketogenic diet is made up of three main components – fat, protein and carbohydrate, in that order.

**Fat** is the most important part and this is where most of your calories are going to come from. How much you need to eat depends on you, on how much energy you expend during the day, your starting weight and height. Figure it at something along the lines of 60-80% of your calories coming from fat. That said, you will find that, on a high fat diet, you naturally eat less calories anyway so you don't need to panic about counting them too much.

What is more important is the type of fat you eat. You should steer clear of polyunsaturated omega-6 fats, as these can be a cause of inflammation. That includes eating too much mayonnaise or some salad dressings. Oils such as coconut oil are definitely encouraged because they are turned into ketones much easier. Try to eat more monounsaturated or saturated fats like butter, olive oil, cheese and avocado.

**Protein** is the next most important factor in a ketogenic diet but getting the balance right is difficult. The amount of protein you eat does have a determining factor on your weight loss and it is an essential part of any diet. Much depends, once again, on you and it is up to you to monitor what you eat and the effect it has on your progress. That way, you will know if you need to increase or cut down your level of proteins.

**Carbohydrate** is the determining factor in ketosis – or rather, how much of it you consume. You need carbohydrates in your diet but they must be the right kind. Most of your carbs will come from vegetables, salads and fruit, all good healthy foods. However, in order to fall into ketosis you shouldn't eat any more than 50 g of carbohydrate per day. Those on the Atkins diet are restricted to 20 g for the first stage, to be gradually increased over time. If you have a sedentary lifestyle, eat less; if you are highly active, eat more, it's as simple as that.

Below is a list of the foods you are allowed to eat on a ketogenic diet. I have also provided a number of recipes for you in the following categories – breakfast, lunch, dinner, dessert and snacks – along with a sample 7-day menu based on those recipes. You don't have to stick to those recipes, feel free to make your own up as you go along, as long as you stick to the ingredients on the lists below.

## **PART TWO**

# **Ketogenic Diet Recipes and Weight Loss**



## **BREAKFAST RECIPES**

### **Egg Muffin Cups:**

**Net Carbs per Serving 2 g**

#### **Ingredients for 6 Servings:**

- 6 eggs
- 6 slices of turkey ham (nitrate-free)
- 115 g sliced spinach
- 50 g red bell pepper
- Small amount of Mozzarella cheese for topping
- 30 g red onion
- Salt and pepper for seasoning
- Basil for topping

#### **Preparation Instructions:**

- Preheat the oven to 350° F
- Slice the pepper and onion
- Chop the basil finely and grate the mozzarella cheese – just enough to top 6 muffins
- Oil a muffin tin using cooking spray or olive oil
- Wrap a turkey slice around each cup
- Crack an egg into each cup

- Divide the onion, spinach, pepper and cheese between each cup
- Sprinkle with a little basil and season with salt and pepper
- Bake until the eggs are set – about 10 minutes if you want runny yolks, 15 for harder yolks
- Best served hot

## **Blueberry Lemon Muffins**

**Net Cabs per Serving 6 g**

### **Ingredients for 15 Muffins:**

- 190 g Almond flour
- 230 ml heavy cream
- 2 eggs
- 18 g melted butter
- 5 packets Splenda or Stevia
- 1/2 tsp baking soda
- 1/2 tsp dried lemon zest
- 1/2 tsp lemon flavoring or extract
- 1/4 tsp salt
- 115 g fresh blueberries

### **Preparation Instructions:**

- Preheat oven to 350° F
- Insert cupcake papers into each cup of a 15-cup muffin tin (or use two if yours isn't big enough – you need 15)
- Mix the Almond flour and cream together
- Add the eggs to the mix, one at a time, mixing in between
- Add the butter, lemon zest, lemon flavoring, baking soda, salt and sweetener, mixing well
- Add the blueberries last and fold in, ensuring they are distributed evenly throughout the mixture
- Divide the mixture between the 15 cups and bake for about 20 minutes
- Allow to cool and serve with fresh butter

## **Basic Cheese and Onion Quiche**

**Net Carbs per Serving (1/6 slice) 5 g**

### **Ingredients for 6 slices:**

- 350 g shredded strong cheese
- 1 tbsp. butter
- Half a large white onion or a whole small one, finely chopped
- 6 eggs
- 230 ml heavy cream
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 tsp dried thyme

### **Preparation Instructions:**

- Preheat the oven to 350° F
- Melt the butter in a heavy skillet and add the onion, sautéing for a few minutes until the onion is soft and translucent. Set aside to cool
- Grease a quiche or deep pie dish
- Spread the shredded cheese over the base and the cooled onion in an even layer
- Beat the eggs and add the cream and seasonings, whisking until mixed. The mixture should be frothy
- Pour the mixture over the cheese and onion
- Using a fork, gently mix the cheese and onion into the egg mixture
- Bake for about 20-25 minutes. The egg should be set and slightly puffy – test by inserting a spike or fork into the center (if it comes out clean, the quiche is cooked)
- Serve hot or cold. Leftovers will freeze for up to two weeks



## **Raspberry Protein Pancakes**

**Net Carbs per Serving 21 g**

### **Ingredients for 1 pancake:**

- 1/2 banana
- 1 scoop of protein powder
- 3 eggs, separated – use only the whites, discard the yolks or use for another recipe
- 2 tbsp. almond milk
- 90 g frozen raspberries
- 1 tbsp. cinnamon
- 2 tbsp. Greek yoghurt
- 1 tbsp. chia seeds

### **Preparation Instructions:**

- Mash the banana
- Grind chia seeds
- Place all the ingredients except for the raspberries in a bowl and mix together thoroughly
- Add the raspberries and stir well
- Grease a frying pan
- Pour the mix into the pan and cook until the edges begin to brown
- Flip the pancake and continue to cook until the middle is well-done
- Serve with Greek yoghurt

## **Chocolate Raspberry Protein Drink**

**Net Carbs per Serving 4 g**

### **Ingredients for 1 drink:**

- 475 ml unsweetened almond milk
- 110 ml heavy cream
- 2 scoops of chocolate whey Isolate powder
- 1 tbsp. raspberry syrup, sugar-free
- Ice if desired

### **Preparation Instructions:**

- Place all of the ingredients into the blender
- Blend for a couple of minutes until smooth
- If adding ice, blend for an extra few seconds

## **Choco-Chia Pudding**

**Net carbs per serving 9 g**

### **Ingredients for 1 serving:**

- 1 1/2 tbsp. chia seeds
- 120 ml unsweetened almond or soy milk
- 1/2 scoop chocolate protein powder OR cocoa powder
- 15 g fresh or frozen raspberries

### **Preparation Instructions:**

- Whisk the almond milk and protein powder together with a fork
- Add in the chia seeds and mix well
- Leave to rest for 5 minutes and then stir again
- Leave for a further 5 minutes, stir once more and then refrigerate for 30 minutes
- Decorate with raspberries and serve

## **Bacon And Eggs**

**Net Carbs per Serving 1.8 g**

### **Ingredients for 1 serving:**

- 3 eggs
- 1 tbsp. unsalted butter
- Fresh coarse salt and ground black pepper for seasoning
- 3 slices bacon

### **Preparation Instructions:**

- Fry the bacon to your taste
- Meanwhile, beat the eggs
- Heat the butter in another pan and pour the egg mixture in
- Gently cook, moving continuously, until just scrambled
- Season with salt and pepper, serve with the bacon



## **LUNCH RECIPES**

### **"Keto Cobb Salad"**

**Net Carbs per Serving 7 g**

**Ingredients for 1 serving:**

#### **Salad Dressing:**

- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp lemon juice
- 1 tsp Dijon mustard
- Pinch of garlic if desired
- Salt and pepper to season

#### **Cobb Salad:**

- Olive oil cooking spray
- 100 g ham (not processed)
- 4 cherry tomatoes
- 30 g blue cheese
- 2 eggs, hard boiled
- 75 g Romaine lettuce, shredded or chopped coarsely
- 1/2 avocado
- 2 slices turkey bacon

**Preparation Instructions:**

- Slice the ham into cubes and heat it in a pan greased with olive oil spray.  
Cook for about 3-5 minutes
- Cook the turkey bacon in the same pan
- Slice the hard boiled eggs
- Line the bottom of a bowl with lettuce
- Halve the cherry tomatoes
- Line them in the bowl with avocado slices, blue cheese, ham, eggs and bacon
- Make the dressing by mixing all of the ingredients together until thoroughly combined
- Drizzle over the salad

## **Ground Beef Keto Frittata**

**Net Carbs per Serving 5 g**

### **Ingredients for 4 Servings:**

- 1 tbsp. coconut oil
- 4 eggs
- 300 g fatty ground beef
- 1/2 green pepper
- 1/2 red pepper
- 3 kale leaves
- 4 mushrooms
- 200 g low carb goats cheese
- 1 tbsp. curry powder
- 1 tbsp. paprika
- 1 tbsp. garlic powder

### **Preparation Instructions:**

- Cut the mushrooms, kale and peppers into cubes
- Heat the coconut oil and sauté the vegetables for a few minutes until soft
- Add in the beef and brown off
- Beat the eggs and add the spices, mixing well
- Spread the beef mix evenly over the base of the pan and then pour on the eggs
- Sprinkle the cheese over the top
- Cover the pan and cook until the eggs are through and the cheese is bubbling – around 3-5 minutes
- If you prefer a crispier top, pop the pan under a hot grill for a couple of minutes

## **Coconut Shrimps And Avocados**

**Net Carbs per Serving 7 g**

### **Ingredients:**

- 325 g shrimp
- 1/2 tbsp. natural peanut butter
- 1/2 avocado
- 1 tbsp. unsweetened coconut milk
- Sriracha hot sauce to your desired taste
- 1 tsp shredded coconut

### **Preparation Instructions:**

- Spray cooking spray into a frying pan and heat
- Add the coconut milk, hot sauce and peanut butter, stirring well
- Add the shrimps and sauté until pink, about 3 or 4 minutes
- Cut the avocado into cubes
- Spoon the shrimp mixture onto a plate and top with the avocado cubes
- Sprinkle the shredded coconut over the top



## **Egg and Beef Scramble**

**Net Carbs per Serving 6 g**

**Ingredients for 2 servings**

- 454 g ground beef
- 8 eggs
- 450 g spinach
- 4 small tomatoes
- 90 g red bell pepper
- Salt and pepper to season

### **Preparation Instructions:**

- Preheat a pan on the hob – give it a light spray of olive oil cooking spray
- Add the beef to the and brown off – make sure it is in small pieces and set aside
- Beat the eggs and scramble
- Arrange over the top of the meat
- Chop the peppers, tomatoes, spinach, and sauté until soft. Add a little basil for taste if you like
- Spoon over the top of the meat and eggs
- Season with salt and pepper and serve hot

## **Piri Piri Chicken salad**

**Net Carbs per Serving 10 g**

### **Ingredients:**

- 450 g baby spinach
- 1/2 a fresh chicken breast, boned and skinless
- 1/2 an avocado (1/3 if it is a large one)
- 1 slice of turkey bacon
- 1 tbsp. Piri Piri sauce

### **Preparation Instructions:**

- Cook the bacon until crispy
- Slice the chicken breast and cook in the bacon fat, one side for 1 minute then flip and cook the other side for 4-6 minutes
- Slice the avocado
- Cut the bacon into pieces
- Mix the avocado with the spinach
- Add the chicken and bacon to the bowl and drizzle the sauce over

## **Guilt Free Portobello Bun Burgers**

**Net Carbs per Serving 8 g**

### **Ingredients:**

- 2 Portobello mushrooms, stems removed
- ½ tbsp. Virgin coconut oil
- 1 clove garlic
- 1 tsp oregano
- Pinch of salt and ground black pepper

### **Ingredients for Burgers:**

- 170 g ground beef
- 1 tbsp. Dijon mustard
- 1 tsp salt
- 1 tsp fresh ground black pepper
- 25 g grated cheddar cheese

### **Preparation Instructions:**

- Preheat your grill to high
- Mix the oil, half of the salt and pepper and the oregano together
- Clean out the mushroom caps by removing the gills
- Marinade them in the oil mix until you are ready to cook them
- Mix the beef, mustard, cheese together with the rest of the salt and pepper
- Form into a burger patty
- Place the mushrooms onto the grill pan and grill for around 8 minutes
- Add the burger to the grill and cook for about 5 minutes on each side
- Serve the burger between the two mushrooms

## **Mini Cheese and Onion Muffins**

**Net Carbs per Serving of one muffin 3 g**

### **Ingredients:**

- 100 g almond flour
- 40 g shallots, finely minced
- 30 g cheddar cheese, shredded
- ½ tsp salt
- 3 tbsp. butter, melted
- 3 tbsp. sour cream
- 1 egg

### **Preparation Instructions:**

- Preheat the oven to 350° F
- Use paper muffin cups to line the cups of a mini muffin tin
- Mix the dry ingredients together
- Add the wet ingredients and mix well
- Spoon into the cups, mounding it above the top of the cups
- Bake for 20 minutes or until golden
- Leave to cool for one hour before removing from the tin



## **DINNER RECIPES**

### **Fast & Easy Keto Ground Beef Stir Fry Recipe**

**Net Carbs per Serving 7 g**

#### **Ingredients for 3 Servings:**

- 1 tbsp. coconut oil
- 1/2 a medium onion
- 5 brown mushrooms
- 2 leaves of kale
- 90 g fresh broccoli
- 1/2 a red bell pepper
- 300 g ground beef
- 1 tbsp. Chinese Five Spices
- 1 tbsp. cayenne pepper

#### **Preparation Instructions:**

- Chop the broccoli into small pieces
- Chop the kale, onion and red pepper
- Slice the mushrooms
- Heat up the coconut oil and sauté the onions for approximately 1 minute

- Add n the pepper, kale and broccoli and cook for 2 minutes, stirring well
- Add the ground beef to the pan and mix in the spices
- Cook on high heat for 2 minutes and then reduce the heat to medium
- Cover the pan and leave to cook for a further 5-10 minutes or until the beef is brown

## **Fat Burning Ginger Beef**

**Net Carbs per Serving 3 g**

### **Ingredients:**

- 2 sirloin steaks cut in strips
- 1 tbsp. olive oil
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 small diced tomatoes
- 1 tsp ground ginger
- 4 tbsp. apple cider vinegar
- Salt and pepper

### **Preparation Instructions:**

- Heat the oil in a large pan and brown off the steaks
- Add the garlic, tomatoes and onions
- Mix the ginger, pepper, salt and vinegar together and stir into the beef mix in the pan
- Cover the pan, turn the heat down low and simmer until the liquid has completely evaporated
- Serve hot

## **Butter Paneer Chicken Curry**

**Net Carbs per Serving 4 g**

### **Ingredients:**

- 1.3 kg chicken thigh with bones
- 1 pack of Paneer – about 7 oz.
- 240 ml water
- 200 g tomatoes, crushed
- 110 ml heavy whipping cream
- 4 tbsp. butter
- 1 tbsp. olive oil
- 2 tsp coconut oil
- 1 1/2 tsp garlic paste
- 1 1/2 tsp ginger paste
- 1 tsp coriander paste
- 1 tsp Garam Masala
- 1 tsp ground black pepper
- 1 tsp salt
- 1/2 paprika
- 1/2 tsp Kashmiri Mirch
- 1/2 tsp red chili powder
- 5 sprigs cilantro

### **Preparation Instructions:**

- Preheat the oven to 375° F
- Rub the chicken thighs with olive oil, salt and pepper
- Roast for about 25 minutes
- Cut the paneer into cubes and set to one side



- Heat a pan and add coconut oil and butter
- When the butter begins browning add the ginger and garlic paste
- Sauté for approximately 2 minutes
- Add the tomato, coriander powder, marsala, paprika, chili powder and salt
- Mix in well and leave to simmer until the oil begins to appear on the top
- Mix the paneer into the sauce and pour the water in. Leave to simmer for 5 minutes
- Reduce heat to medium low and add the cream. Stir it in well
- Leave to cook until it comes to the boil
- Remove the chicken from the bone – it will not be fully cooked at this stage – leaving the skin intact
- Add the chicken into the sauce and mix in, coating the chicken
- Allow to simmer for a further 5 minutes
- Garnish with the cilantro and serve hot

## **Asian Inspired Keto Pork Chops**

**Net Carbs per Serving 6 g**

### **Ingredients for 2 or 4 servings**

- 4 pork chops, boneless
- 1 lemongrass stalk, peeled and diced
- 4 garlic cloves, halved
- 1 tbsp. fish sauce
- 1 tbsp. almond flour
- 1/2 tbsp. sugar free ketchup
- 1/2 tbsp. Sambal chili paste
- 1 1/2 tsp soy sauce
- 1 tsp sesame oil
- 1/2 tsp Chinese Five Spice
- 1/2 tsp peppercorns

### **Preparation Instructions:**

- Wrapping a rolling pin in wax paper, pound the pork chops until they are 1/2" thick
- Grind the peppercorns, add the garlic and lemongrass and pound to a puree with a pestle and mortar or in your blender
- Add the fish sauce, sesame oil, soy sauce and Five-Spice and mix well
- Marinate the pork chops in the mixture at room temperature for approximately 1 1/2 hours
- Heat a pan and coat each pork chop with almond flour
- Place the chops in the pan and sear them on both sides – about 2 minutes each side. A golden brown crust should form
- Remove the chops and cut them into strips
- Stir the Sambal paste and ketchup together and drizzle over the pork chop strips

- Serve hot

## **Keto Reuben Casserole**

**Net Carbs per Serving (1/8 of the dish) 3 g**

### **Ingredients:**

- 230 g corned beef, diced
- 1 can of sauerkraut, drained
- 240 g shredded Swiss cheese
- 110 ml or 110 g mayonnaise
- 230 g cream cheese
- 110 ml sugar free ketchup
- 2 tbsps. pickle brine (or 1 tbsps. salt, 1 tsp vinegar and pinch of garlic salt mixed together)
- 1/2 tsp caraway seeds

### **Preparation Instructions:**

- Preheat the oven to 350° F
- Melt the cream cheese ketchup and mayonnaise together in a pan on low heat
- Add the sauerkraut, diced corned beef, 170 g Swiss cheese and mix until the cheese has thoroughly melted
- Remove the sauce from the heat and mix the pickle brine or salt mix in
- Grease a pie pan and pour the mixture in
- Top off with the remains of the cheese and sprinkle caraway seeds over the top
- Bake until the cheese is melted and the whole dish is bubbling – around 20 minutes
- Serve hot

## **Low Carb Meatloaf**

**Net Carbs per Serving 4 g**

### **Ingredients for 12 small servings:**

- 1/2 cup almond flour
- 1/2 cup dry grated Parmesan cheese
- 2 tbsp. butter for sautéing
- 230 g chopped white onion
- 5 garlic cloves, minced
- 175 g chopped green pepper
- 2 large eggs
- 1 tbsp. fresh basil leaves or 1/2 tsp dried
- 1 tbsp. fresh thyme leaves or 1/2 tsp dried
- 1/4 cup minced fresh parsley leaves or 3 g dried
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 tsp Dijon mustard
- 2 tbsp. low carb BBQ sauce
- 60 g heavy cream
- 1/2 tsp unflavored gelatin
- 900 g ground beef
- 450 g Italian sausage

### **Preparation Instructions:**

- Preheat oven to 350° F
- Grease a large glass baking dish with butter and set to one side
- Whisk the almond flour and parmesan together, Set aside
- Heat the butter in a pan over a medium heat

- Add the garlic, onion, pepper and sauté for about 8 minutes
- Set aside to cool off
- Once cool, put through a blender for a few seconds
- Whisk the eggs together with the spices, herbs, mustard, cream and BBQ sauce
- Sprinkle the gelatin over the top and leave it for 5 minutes
- Add the onion, mix and leave aside
- Using either clean hands or a pastry mixer, blend the beef and sausage together thoroughly
- Do not knead for more than 5 minutes as the meat will go tough – if necessary, chop all the meat into small pieces before you begin
- Place the meat in a bowl and add the egg mixture. Blend well and add the almond flour mixture
- Mix until the mix is evenly blended and the meat is not sticky anymore
- Place in the greased baking dish, forming into a loaf. Leave around one inch of free space all around
- Flatten the top a little so it cooks evenly
- Bake for around 1 hour or until browned and cooked all the way through
- Leave to cool for at least 20 minutes
- Slice and serve

## **Herb Baked Salmon**

**Net Carbs per Serving (8 oz.) 2 g**

### **Ingredients:**

- 900 g salmon fillet
- 120 ml sesame oil
- 8 tbsp. soy sauce
- 1 tsp garlic minced
- 1/2 tsp ground ginger
- 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/4 tsp dried thyme
- 1/2 dried rosemary
- 1/4 tsp dried tarragon
- 115 g butter
- 40 g chopped mushrooms
- 25 g green onion chopped

### **Preparation Instructions:**

- Cut the salmon into pieces of around 230 g each
- Stir the soy sauce, sesame oil and herbs together
- Put the salmon into a large Ziploc bag and pour the mixture in
- Shale to cover completely and leave in the refrigerator (skin side-up) for up to 4 hours
- Preheat the oven to 350° F and line a baking tray with foil
- Our the fillets onto the tray making sure the fish are in a single layer over the tray
- Bake for 10-15 minutes

- Melt the butter and coat the mushrooms and onion in it
- Remove the salmon and pour the butter and vegetables over the top, making sure each fillet is covered evenly
- Bake for about 10 minutes and serve hot





## DESSERT RECIPES

### **Chocolate Chunk Avocado Ice Cream**

**Net Carbs per Serving 3.7 g**

#### **Ingredients for 6 Servings:**

- 2 ripe Avocados
- 240 ml unsweetened coconut milk
- 110 ml heavy cream
- 55 g cocoa powder
- 2 tsp vanilla extract
- 65 g Erythritol sweetener, powdered
- 25 drops of liquid Stevia
- 6 squares of bakers chocolate, unsweetened

#### **Preparation Instructions:**

- Cut the avocados in half and then scoop out the flesh into a bowl
- Mix in the coconut milk, heavy cream and vanilla extract and blend until smooth and creamy
- If the erythritol needs it, powder it using a spice grinder. Add it to the avocado mix, along with the stevia and cocoa powder and blend again.
- Chop up the squares of chocolate into chunks and fold into the mixture
- Leave in the refrigerator for between 6 and 12 hours to set properly

## **Lemon Poppy Seed Cake with Blackberry Buttercream**

**Net Carbs per Serving 4.7 g**

### **Ingredients for 8 Slices**

#### **Cake**

- 145 g almond flour
- 30 g powdered Erythritol
- 2 tbsp. Psyllium Husk powder
- 1/2 cup sour cream
- 75 g salted butter
- 2 eggs
- 1 1/2 tsp baking powder
- 2 tbsp. poppy seeds
- Zest from 1 lemon
- 1 tsp vanilla extract
- 1/4 tsp liquid stevia

#### **Icing**

- 2 tbsp. Lemon Juice
- 65 g powdered Erythritol
- 60 g blackberries
- 60 g heavy cream
- 6 tbsp. butter

### **Preparation Instructions - Cake**

- Start with the cake – add the butter to a pan and brown it over a medium heat
- Place all the dry ingredients in one bowl and mix together
- Place all wet ingredients in another bowl and mix
- When the butter is browned, drizzle it into the wet ingredients, stirring constantly
- Add the dry ingredients slowly, mixing until a dough is formed
- Grease a round cake tin and press the dough into it
- Bake at 350° F for 20-25 minutes
- Take out and leave to cool on a wire rack

- To make the icing, puree the blackberries and strain
- Add the lemon juice and erythritol to the blackberries and mix well
- Cream the butter and the heavy cream together and drizzle the blackberry mix in, stirring, until a thick icing forms
- Ice the cake and refrigerate to cool for about 30 minutes

## **Low Carb Chocolate Brownies**

**Net Carbs per Serving 4.5 g**

### **Ingredients for 8 Brownies:**

- 190 g almond flour
- 55 g cocoa powder
- 40 g powdered Erythritol
- 4 tbsp. coconut oil
- 4 tbsp. low carb maple syrup
- 2 eggs
- 1 tbsp. Psyllium Husk powder
- 2 tbsp. salted caramel
- 1 tsp baking powder
- 1/2 tsp salt

### **Preparation Instructions:**

- Preheat oven to 350° F.
- Mix all the wet ingredients together and beat well, use a hand mixer if you want
- Combine the dry ingredients together and pour them into the wet mix, while beating them in
- Grease a large brownie pan and pour the mixture in
- Bake for 20 minutes, remove and leave to cool before slicing

## **Pumpkin Pie Spice Scone Cookies**

**Net Carbs per Serving 1.3 g**

### **Ingredients for 24 Cookies:**

- 280 gm stained pumpkin puree
- 2 tsp cinnamon
- 2 tsp Garam Masala
- 1 tbsp. coconut cooking oil spray
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp baking powder
- 100 g almond flour
- 60 g butter
- 80 g Pumpkin pie spice

### **Preparation Instructions:**

- Preheat the oven to 400° F
- Place the puree on a greased tray and spray with the oil
- Season it with cinnamon and Garam Masala on both sides
- Bake until tender, around 30-35 minutes
- Put into a food processors with all the other ingredients and mix well
- Spread on a greased tray, reduce oven heat to 350° F and bake for 20-25 minutes. The outside should be hard, the middle soft
- Cool, cut into cookie shapes and spread your favorite low carb filling

## **Low Carb Blackberry Pudding**

**Net Carbs per Serving 5.5 g**

### **Ingredients for 2 Servings:**

- 90 g coconut flour
- ¼ tsp baking powder
- 5 egg yolks
- 2 tbsp. coconut oil
- 2 tbsp. butter
- 2 tbsp. heavy cream
- 2 tbsp. lemon juice
- 40 g blackberries
- 2 tbsp. Erythritol
- 10 drops liquid stevia
- 10 drops Liquid Stevia

### **Preparation Instructions:**

- Preheat the oven to 350° F.
- Beat the eggs until they are pale in color, add the erythritol and stevia
- Beat well to combine
- Add the cream, lemon juice, coconut oil, zest and butter and beat well
- Sprinkle the dry ingredients over the top and mix in
- Split the batter between two ramekins
- Very slightly crush the blackberries and then distribute them between the two dishes, pushing gently into the batter
- Bake for 20 minutes and allow to cool

## **Low Carb Mini Key Lime Cheesecakes**

**Net carbs per Serving 2.2 g**

**Ingredients for 12 Cheesecakes:**

### **Cheesecake Crust**

- 125 g macadamia nuts
- 50 g almond flour
- 115 g butter, cold
- 50 g granulated NOW Erythritol
- 1 egg yolk

### **Key Lime Filling**

- 230 g cream cheese
- 50 g butter
- 50 g Erythritol
- ¼ tsp liquid stevia
- Juice from 2 Key limes
- 2 eggs
- Zest from 2 limes

### **Preparation Instructions:**

- Preheat oven to 350° F
- Grind the macadamia nuts or buy already ground
- Add the flour and sweetener and grind until the mixture rises up the side of the grinder
- Add the butter and egg yolk, pulse until a dough is formed
- Split the dough between 12 cupcake molds and bake for around 5-7 minutes
- To make the filling, cream the cheese, butter sweetener and eggs together
- Add the juice and zest and mix well
- Allow the cheesecake crusts to cool and then spoon the mixture in
- Bake for 30-35 minutes, cool and chill overnight

## **Ultimate Keto Coffee Cake**

**Net Carbs per Serving 3.8 g**

### **Ingredients for 8 Slices of Cake**

#### **Base**

- 6 eggs, separated
- 170 g cream cheese
- 50 g Erythritol
- 50 g unflavored protein powder
- 2 tsp vanilla extract
- ¼ tsp cream of tartar

#### **Filling**

- 150 g almond flour
- 1 tbsp. cinnamon
- 55 g butter
- 240 ml maple syrup
- 25 g Erythritol

#### **Preparation Instructions:**

- Preheat the oven to 325° F
- To make the base, cream the sweetener with the egg yolks
- Add all ingredients apart from the cream of tartar and egg whites and mix well
- Beat the egg whites and cream of tartar to a stiff peak
- Fold the egg white mix into the egg yolk mix, half at a time. The whites need to stay airy
- To make the filling, mix all the ingredients together to a dough
- Pour the base into a dark cake pan and top of with half of the filling
- Bake for 20 minutes then add the rest of the filling
- Bake for a further 20-30 minutes – a toothpick should come out clean
- Leave to cool for 10 minutes or so and then remove from the pan





# KETOGENIC SNACK RECIPES

## Maple Pecan Fat Bombs

**Net Carbs per Serving 2 g**

### **Ingredients for 12 Servings:**

- 250 g pecan halves
- 100 g almond flour
- 80 g golden flaxseed meal
- 40 g shredded coconut, unsweetened
- 120 ml coconut oil
- 60 ml maple syrup
- ¼ tsp liquid stevia

### **Preparation Instructions:**

- Heat the oven to 350° F and toast the pecan halves for 6-8 minutes
- Crush them in a plastic bag with a rolling pin
- Mix the dry ingredients together, including the nuts
- Mix the wet ingredients together and add to the dry mix, mixing until a crumbly dough forms
- Place in a greased dish and bake for 20-25 minutes
- Allow to cool and remove from the dish. Refrigerate for 1 hour and slice



## **Cheesy Bacon Bombs**

**Net Carbs per Bomb 0.6 g**

### **Ingredients for 20 Bombs:**

- 230 g mozzarella cheese
- 4 tbsp. almond flour
- 4 tbsp. butter, melted
- 3 tsp Psyllium Husk powder
- 1 egg
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 10 slices bacon
- 240 ml oil for frying

### **Preparation Instructions:**

- Melt half of the cheese until it is gooey
- Melt the butter and beat the egg, mixing the butter in
- Mix with the cheese
- Add the husk powder, flour and spices, mix and pour onto a silpat
- Roll out the dough to a rectangle
- Spread the rest of the cheese over the dough and fold in half horizontally
- Fold again vertically and crimp the edges
- Cut 20 even squares and wrap each one in half a slice of bacon
- Use toothpicks to secure the package and heat the oil
- Deep fry the bombs until cooked all the way through and crispy on the outside about 1-3 minutes in hot oil
- Cool and serve

## **Coconut Cream Yoghurt**

**Net Carbs per Serving 4.3 g**

### **Ingredients for 2 servings:**

- 1 can of coconut milk
- 2 capsules of NOW probiotics or equivalent
- ½ tsp Xanthan gum
- 150 g heavy whipping cream
- Low carb toppings of your choice

### **Preparation Instructions:**

- Stir the coconut milk and split between 2 containers
- Add the probiotic capsules to the containers
- Place the containers in the oven, with the oven light on and leave for 24 hours – do not open the door
- Remove and place in the refrigerator to cool
- Add half of the gum to each serving and mix with a hand blender to thicken
- Whip the cream until solid and add to the yoghurt
- Blend on low until your preferred consistency is reached
- Serve with your choice of toppings

## **Maple Pecan Keto Muffins**

**Net Carbs per Serving 1.5 g**

### **Ingredients for 11 servings:**

- 100 g almond flour
- 80 g golden flaxseed
- 90 g pecan halves
- 120 ml coconut oil
- 2 eggs
- 50 g erythritol
- 2 tsp maple extract
- 1 tsp vanilla extract
- 12 tsp baking soda
- 1/2 tsp apple cider vinegar
- 1/4 tsp liquid stevia

### **Preparation Instructions:**

- Preheat the oven to 325° f
- Chop the pecans and set 1/3 aside for later
- Combine all wet ingredients in a separate bowl
- Combine all the dry ingredients together with the pecan nuts
- Blend the wet and dry ingredients together until fully mixed
- Divide the batter among 11 muffin cups or muffin liners
- Sprinkle the rest of the pecans over the dough and bake for 25-30 minutes

## **Egg and Sausage Keto Frittata**

**Net Carbs per Serving 1 g**

### **Ingredients for 20 slices**

- 230 g Chorizo
- 230 g Italian sausage
- 1.5 kg spinach
- 240 g cheddar cheese
- 12 eggs
- 8 tbsp. heavy cream
- 100 g onion
- 1 green bell pepper, seeded
- 1 tbsp. olive oil
- 1 tsp garlic powder

### **Preparation Instructions:**

- Heat the olive oil in a pan
- Add the spinach and allow it to cook down and wilt
- Crack the eggs into a bowl and add the cream and the spices. Beat together well
- Place the cooked spinach into another bowl and cook the chorizo and Italian sausage in the pan
- Preheat the oven to 350° F
- When the sausage is broken down sufficiently for your liking, add it to the cooked spinach, retaining as much of the fat as possible
- Chop the onion and pepper and add it to the pan and cook until tender
- Add to the bowl
- Add in the cheese and mix it all together lightly
- Add in the beaten eggs and mix it all well making sure the ingredients are evenly distributed
- Butter and foil an baking dish and pour the mix in
- Bake for 45 minutes
- Cool and cut into slices

## **Low Carb Chocolate Chip Cookies**

**Net Carbs per Serving 3 g**

### **Ingredients for 18 Cookies:**

- 250 g blanched almond flour
- 30 g chopped walnuts
- 115 g butter
- 2 eggs
- 50 g powdered erythritol
- 75 g dark chocolate chips
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 tbsp. vanilla extract

### **Preparation Instructions:**

- Preheat the oven to 350° F
- Combine the almond flour, baking soda, salt and sweetener together in a large bowl
- Melt the butter and mix it with the chocolate chips, vanilla, eggs and walnuts in a separate bowl
- Mix the wet ingredients gradually into the dry until a dough is formed
- Grease a baking sheet and divide the mixture into 18 pieces
- Bake for around 18 minutes or until the edges have started to turn a golden brown color
- Remove and place on a wire cooling rack

## **Spiced Bacon Deviled Eggs**

**Net Carbs per Serving 1.8 g – 1/3 of the ingredients**

### **Ingredients for 10 deviled Eggs**

- 5 hard-boiled eggs
- 55 g mayonnaise
- 2 slices of bacon
- 1 tbsp. bacon fat
- 1 tsp Dijon mustard
- 1/4 tsp of cayenne pepper
- 1/2 tsp dried rosemary

### **Preparation Instructions:**

- Slice the bacon into thin slices and cook over a medium heat
- Remove bacon from pan and retain the fat. Cool on kitchen towel to crisp up
- Cut your boiled eggs in half and scoop the yolks out. Place them in a separate bowl
- Add the mustard, mayonnaise, bacon fat, cayenne pepper and half of the rosemary. Mix together well
- Place a sliver of bacon into the egg where the yolk was
- Pipe or spoon the egg mix onto the egg whites
- Add another sliver of bacon and sprinkle with rosemary before serving



# Ketogenic Weight Loss Foods

Trying to lose weight can be a bit of a nightmare - we all know it takes longer to come off than it does to go on. No doubt, you have tried every diet going and, so far, nothing has worked. That's because you are eating all the wrong foods. Low fat diets don't work for one simple reason – you need good fats in your diet and a low fat diet cuts that out, replacing it with, believe it or not, sugar.

By now, you have already decided to give the ketogenic diet a go – you've got this far through the book, you may as well as finish it! If the above recipes don't appeal to you, fear not because, provided you use only the ingredients below, you can create your own delicious recipes that will guarantee the weight drops off you.

The list of foods below are all guaranteed ketogenic weight loss foods and I have even included the net carb count per 100 g for some ingredients as well:

## Cheese

- American 2 g
- Blue 2 g
- Cheddar 2 g
- Cottage (1% milk fat) 3 g
- Cream 4 g
- Feta 4 g
- Gouda 2 g
- Mozzarella 2 g
- Parmesan 4 g
- Provolone 2 g
- Ricotta 3 g
- Swiss 5 g

## **Dairy and Eggs**

- Unsweetened almond milk
- Coconut cream
- Unsweetened coconut milk
- Eggs – baked, fried, scrambled, boiled, omelet, however you want them
- Greek yoghurt
- Heavy cream
- Unsweetened ice cream
- Unsweetened soy milk
- Unsweetened whipped cream

## **Dressings**

- Apple cider vinegar
- Balsamic vinegar
- Blue cheese
- Creamy Caesar
- Piri piri
- Ranch

## **Fats and Oils**

- Almond butter
- Almond oil
- Avocado oil
- Butter
- Canola oil
- Cocoa butter
- Coconut oil
- Fish oil
- Flax seed oil
- Grape seed oil
- Hemp oil
- Lard
- Macadamia oil
- Mayonnaise – full fat
- Olive oil
- Peanut butter
- Peanut oil
- Safflower oil
- Sesame oil
- Soybean oil
- sunflower oil
- sunflower butter
- vegetable oil
- walnut oil

**Fish – unless otherwise indicated, 0 g of carbs**

- Anchovy
- Bass
- Burbot
- Carp
- Caviar 4 g
- Flounder
- Haddock
- Halibut
- Herring
- Mackerel
- Salmon
- Sardines
- Sole
- Tilapia
- Trout
- Tuna

**Flour/Powder**

- Acorn flour
- Almond flour
- Almond meal
- Unsweetened cocoa powder
- Flax seed meal
- Protein powder
- Psyllium husk
- Sesame seed flour
- Splenda

**Fowl**

- Chicken – leg, breast, wing, thigh
- Duck
- Goose
- Quail
- Turkey breast
- Ground turkey
- Turkey bacon

## **Fruits**

- Apple 6 g
- Avocado 2 g
- Blackberry 5 g
- Cranberry 7 g
- Lemon 6 g
- Lime 8 g
- Green olives 1 g
- Raspberry 6 g
- Rhubarb 3 g
- Strawberry 6 g
- Tomato 3 g
- Watermelon 8 g



## Meats

- Beef, corned
- Beef, ground
- Beef hot dogs 2 g
- Beef ribs
- Beef roast
- Beef pastrami
- Beef sausage 1 g
- Steak – all
- Beef tongue
- Balogna
- Lamb
- Pepperoni
- Pork – bacon 1 g
- Pork chops
- Pork ham 3 g
- Liverwurst 2 g
- Pork loin
- Prosciutto 4 g
- Pork sausage 3 g
- Veal
- Venison

### **Nuts/Legumes**

- Almonds 10 g
- Brazil nuts 4 g
- Cashews 30 g
- Coconut 6 g
- Hazelnuts 9 g
- Macadamias 5 g
- Peanuts 8 g
- Pecans 4 g
- Pistachios 18 g
- Walnuts 7 g

## **Seeds**

- Chia 6 g
- Flax 2 g
- Hemp 4 g
- Pumpkin 14 g
- Safflower 34 g
- Sesame 11 g
- Sunflower 11 g

**Note** - While some of these may seem high in net carbs, bear in mind that these figures are for 100 g, that is a lot of nuts, and seeds – not an amount you are likely to eat in one go!

**Shell Fish**

- Clams 5 g
- Crab
- Lobster 1 g
- Mussels 7 g
- Oysters 7 g
- Shrimp
- Squid 8 g

## **Low Sugar Vegetables**

• Arugula	2 g
• Asparagus	2 g
• Bok Choy	1 g
• Broccoli	4 g
• Broccoli Rabe	
• Cabbage	3 g
• Raw cauliflower	2 g
• Celery	1 g
• Chard	2 g
• Chicory greens	1 g
• Cucumber	1 g
• Egg plant	
• Endive	
• Fennel bulb	4 g
• Garlic	31 g
• Green bean	4 g
• Jalapeno	3 g
• Lettuce – green leaf	2 g
• Lettuce – romaine	1 g
• Parsley	3 g
• Radish	1 g
• Spinach	2 g
• Soy bean	4 g
• Zucchini	2 g

### **Moderate Sugar Vegetables**

- Artichoke 6 g
- Brussels sprouts 5 g
- Raw carrot 5 g
- Celeriac 7 g
- Kale 8 g
- Kohlrabi 2 g
- Mushrooms 3 g
- Okra 4 g
- Onion 7 g
- Green sweet pepper 3 g
- Red sweet pepper 4 g
- Red pepper, hot 8 g
- Yellow sweet pepper 4 g
- Pumpkin 6 g
- snow pea 5 g
- spaghetti squash 7 g
- turnips 4 g

# 7-Day Meal Plan

The following 7-day plan is based on the recipes above but it gives you an idea of how to set out your ketogenic week:

	Breakfast	Lunch	Dinner	Dessert	Snacks
<b>Monday</b>	<a href="#">Egg Muffin Cups</a>	<a href="#">Keto Cobb Salad</a>	<a href="#">Ground Beef Stir Fry</a>	<a href="#">Chocolate Avocado Ice Cream</a>	<a href="#">Maple Pecan Fat Bombs</a>
<b>Tuesday</b>	<a href="#">Blueberry Lemon Muffins</a>	<a href="#">Ground Beef Frittata</a>	<a href="#">Butter Paneer Chicken Curry</a>	<a href="#">Low Carb Blackberry Pudding</a>	<a href="#">Cheesy Bacon Bombs</a>
<b>Wednesday</b>	<a href="#">Cheese and Onion Quiche</a>	<a href="#">Coconut Shrimp and Avocado</a>	<a href="#">Fat Burning Ginger Beef</a>	<a href="#">Lemon Poppy Seed Cake</a>	<a href="#">Egg and Sausage Frittata Slice</a>
<b>Thursday</b>	<a href="#">Raspberry Protein Pancakes</a>	<a href="#">Egg and Beef Scramble</a>	<a href="#">Asian Inspired Pork</a>	<a href="#">Low Carb Chocolate Brownies</a>	<a href="#">Coconut Cream Yoghurt</a>
<b>Friday</b>	<a href="#">Choco-Chia Pudding</a>	<a href="#">Piri-Piri Chicken Salad</a>	<a href="#">Keto Reuben Casserole</a>	<a href="#">Pumpkin Pie Spice Scone Cookies</a>	<a href="#">Spiced Bacon Deviled Eggs</a>
<b>Saturday</b>	<a href="#">Chocolate Raspberry Protein Drink</a>	<a href="#">Portobello Bun Burger</a>	<a href="#">Low Carb Meatloaf</a>	<a href="#">Ultimate Keto Coffee Cake</a>	<a href="#">Low Carb Chocolate Chip Cookies</a>
<b>Sunday</b>	<a href="#">Egg and Bacon</a>	<a href="#">Cheese and Onion Muffins</a>	<a href="#">Herb Baked Salmon</a>	<a href="#">Mini Key Lime Cheesecakes</a>	<a href="#">Maple Pecan Keto Muffins</a>





# Conclusion

Thank you again for reading. I hope this book has helped you get further in your journey towards a healthier lifestyle. The next step after reading this book is to take what you've learned and apply them to your lifestyle. Make sure you understand exactly how the diet works, as well as how to motivate yourself to set goals and not quit. This diet is a great one, and if you follow it you will see the benefits in no time, stay focused and don't give up!

If you enjoyed this book please take the time to review and share your thoughts on amazon, it would be greatly appreciated!

Thank you and good luck

## **Book preview:**

### **The Secrets of Emotional Intelligence**

Ever wonder how smart you are? There are other ways to measure intelligence besides IQ. Emotional Intelligence is the measurement of how well one can read other people, control their own emotions, and inspire others. A lot of the skills demonstrated in people with high EQs is what is known as “street smarts.” Many people are clueless when it comes to school, yet they are able to be very successful individuals after finishing school. Many people who don’t do well in school have higher emotional intelligences, and because they are good with people, can still succeed in the world.

In this book I go over exactly what emotional intelligence is in greater detail, I discuss the different components that make a person emotionally intelligent, and finally I teach you exactly what you need to know to improve your own emotional intelligence. Here is the first chapter from that book which goes over some of the basic material.

<http://www.amazon.com/dp/BooJMU2ZB6>

## Chapter 1 - What is Emotional Intelligence?

Emotional intelligence is a new way to measure intelligence, and is similar to the measurement known as IQ. Instead of measuring intrinsic intelligence like IQ does it instead looks at a person's ability to socialize, in other words EQ looks at people's "social intelligence". This relatively new system of measurement for intelligence has started to gain a lot of popularity and thus has begun to spread throughout the country as a new essential form of intelligence measurement. EQ has changed the way people have begun to think about intrinsic intelligence. People now believe that having a high EQ is almost just as important as a high IQ when predicting success, perhaps even more important. These new findings have caused people to look more carefully at the factors that truly make a person intelligent.

Firstly, EQ is a lot different from IQ. Whereas IQ is a test designed to measure a person's raw intelligence through reasoning and deduction, EQ is almost the entire opposite. EQ looks instead at how you are able to interact with others, read their emotions, control your own emotions, and inspire others.

By its true definition, emotional intelligence is a person's ability to be able to control, perceive, and evaluate emotions. Emotional intelligence plays a much bigger role in everyday life since it deals with more common life situations. Like IQ, there have been suggestions that emotional intelligence can be enhanced and learned, however, there are also others who say that emotional intelligence is something that we are born with and that it can't be changed through practice. In reality, like IQ, the answer probably lies in the middle, and though increasing your EQ substantially may take a lot of practice, there are definitely many ways to improve your EQ in the short term through some simple methods that I will share with you in this book.

A boatload of benefits come to mind for a person with a high EQ. Firstly, a person with a high EQ can easily deal with his emotions, which means that the individual will be much less likely to be overwhelmed with feelings and therefore be less likely to make poor choices due to his irrational emotions. For example, someone with a high EQ should be able to control their anxiety more when it came to a stressful situation, or control their sadness more during a depressing situation. This is not to say people with EQ have no feelings, but that they have a better control of when to allow and when to not allow their emotions to surface.

Secondly, a person with a high EQ is able to anticipate the needs of others better than the average person. This again has obvious advantage, this time in forming and maintaining relationships with other people. People with higher EQ tend to have better interpersonal skills, and often times have many more friends. They

are able to relate to others better and create healthy and thriving relationships because they are able to tell what other's want out of them.

Looking deeper into EQ you can see that the term is more of a word that encompasses many other traits rather than being a singular trait of its own. There are several aspects involved in emotional intelligence and when you possess these skills and characteristics it can allow you to be many things, including a good leader, listener, and a better person in general. Here are some of the major characteristics that are part of emotional intelligence.

**Self-awareness**

Self-awareness is one factor involved in emotional intelligence where an individual must be able to deal with his or her own emotions. It is important that one knows his strengths and weaknesses and be confident with him or herself.

## **Self-regulation**

The ability to manage one's behaviors is an attribute of emotional intelligence. A person must have the ability to manage his or her emotions, impulsiveness, and deal with these feelings in a positive way. Dealing with and adapting to change falls under this attribute.

Sometimes in life, we may feel anxious and depressed. You can have a say in these things and how you deal with them. There are some techniques that you can implement whenever you feel down. Being self regulated means the following:

- You have self-control because you can manage your impulses.
- You are trustworthy.
- You take responsibility for your own actions.
- You can adapt to changes that happen around you and in your life.
- You entertain fresh ideas.

## **Empathy**

Being socially aware of what others need is another quality of being emotionally intelligent. A person must be able to catch emotional indications given off from other people. The ability to empathize is important if you want to succeed in your life, as well as in your career. By being able understand how others are feeling, you can become better at understanding them, which in return makes that person like and respect you more. A person who exhibits empathy is good at the following:

- Anticipating and meeting the needs of others.
- Knowing what others need to move forward and develop their abilities.
- Ability to create opportunities among many people.
- Being politically aware and reading a group's feelings and relationships.
- Ability to understand what others need and want.

## **Social Skills**

Managing a relationship is also an attribute of emotional intelligence. A person must be able to maintain healthy relationships, communicate well, and inspire others. Good interpersonal skills are essential for a high emotional intelligence. Specific social skills that you need for a high EQ are the following:

- Ability to influence and persuade others
- Ability to communicate clearly
- Becoming an inspiration to others
- Skills in managing disagreements and other conflicts
- Maintaining fruitful relationships
- Working with others harmoniously
- Being able to manage a team and work with them



## **Motivation**

A person who is highly motivated has a high level of emotional intelligence. They can set aside short-term goals to realize the long term ones. Challenge inspires people who are highly motivated and allows them to excel at things they do. A motivated person possesses the following characteristics:

- High Achiever
- Committed to the goals they set
- Optimistic and doesn't allow setbacks to dampen his or her mood
- Has initiative and isn't scared of starting new things

## **History of Emotional Intelligence**

During the 1930s, Edward Thorndike came up with the term “social intelligence” in order to describe a person’s ability to relate to and get along with other people. Wayne Payne later on coined the specific term emotional intelligence in his dissertation and that has now become the term we most widely used in reference to this phenomenon.

## **The Importance of Emotional Intelligence**

The smartest people are not always the ones who are the most fulfilled in life. As a matter of fact, you may know some people who are academically great, or have been over-achievers in high school, but are not very happy with what they are currently doing; maybe they're not even doing that well. While IQ can help get you through college and other aspects of schooling, IQ doesn't necessarily have a worldly application. People generally don't go around solving puzzles all-day or studying to take tests, which is why EQ has risen to prominence in terms of measuring success. EQ looks more at your personality and how you handle people, which in today's world seems to be infinitely better when it comes to succeeding in a era that demands large networking and great people skills. Your EQ will also be the one to help you cope and manage with the stress during your career and everyday life. Overall, as you can see, there are several factors that are affected by emotional intelligence, and these factors are much more "real" than what can be affected by IQ, possibly giving EQ the edge on what the everyday person would rather have if given the choice. (though of course its always nice to be smart too!)

## **Work**

As we alluded to, emotional intelligence can help dramatically in the workplace. One of the major reasons people interview you when they are hiring is, not only to hear about your achievements, but to also get to know you more as a person. Companies nowadays put a lot of emphasis on people skills, leadership, and communication abilities. Employers want you to be a good leader and someone who can motivate others. Some companies are even going as far as actually administering EQ tests before hiring because EQ is now seen as something just as important as technical knowhow.

## **Health**

If a person is unable to manage his or her emotions, then it can not only lead to a lot of stress and anxiety, but it can also lead to serious health problems such as high blood pressure, suppressed immune system, faster aging, and so on. If you want to improve your emotional intelligence, then you have to be able to learn how to manage and deal with stress properly.

Mental health is also affected by stress and anxiety, which can easily make a person prone to depression. Mood swings may also happen if a person is unable to manage his or her emotions.

## **Relationships**

Relationships obviously can be a big factor in stress. In addition to that, it takes excellent communication skills and finesse to properly maintain them. EQ plays a part in this as well. Since empathy plays a large role in EQ, having a high EQ in relationships can allow you to be more sensitive to what your partner needs as well as allow for improved communications that will ultimately help you develop a stronger bond and overall relationship. Understanding your own feelings as well as understanding your partner's can help infinitely at preserving happiness within relationship. Communication is always key, and EQ can help you both communicate your feelings as well as listen and respond to theirs.