

KETO DIET

Complete Beginner's Guide
with Over 120 Delicious Low Sugar & Carb
Recipes for Your Energy and Fine Mood

AFTER 60



Helga Williams

Keto Diet After 60

Complete Beginner's Guide with Over 120 Delicious Low Sugar & Carb Recipes for Your Energy and Fine Mood with a Useful 28-day Meal Plan

Helga Williams

Dedication

To my dear parents – thank you for showing me that change is always possible and that every season of life can be full of strength, renewal, and joy.

To every adult child reading this: your love, presence, and gentle support can ignite the strength and spirit your parents may have forgotten they had.

May everyone who holds this book feel that same hope and encouragement – and know it's never too late to choose a healthier path forward.

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Individual results may vary. The recipes and recommendations in this book are based on general principles of ketogenic nutrition. Depending on your body type, medical history, adherence, and lifestyle factors, they may yield different results.

Food Photography and Appearance

The photographs and images in this book are for illustrative purposes only. The dishes' preparation and final appearance may vary based on ingredients, equipment, and cooking experience.

Age-Specific Considerations

This book is tailored for readers over 60, but dietary needs vary significantly from person to person. Please adjust portions, ingredients, and cooking methods according to your health status and capabilities, ideally under medical guidance.

Allergy Notice

Some recipes may contain common allergens, such as nuts, dairy, or eggs. Readers are responsible for reading ingredient labels and avoiding foods that may cause adverse reactions.

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INTRODUCTION

This book, *Keto Diet After 60*, is designed to help you live a healthier, more vibrant life through the power of the ketogenic diet. It is not just a guide; it is a path to better health and vitality.

Did you know that after 60, our metabolism can slow down by as much as 30%? Or that nearly 80% of seniors deal with chronic health issues such as obesity, diabetes, or joint pain? These numbers may sound discouraging, but they also highlight just how important it is to take control of our health now – and the keto diet offers a promising path forward.

MY JOURNEY TO KETO

Let me share a bit about my personal experience. A few years ago, I was struggling with low energy, excess weight, and constant sluggishness. My health changed when I discovered the keto diet. The changes were so remarkable that I convinced my parents, both in their 60s, to try it. They were also struggling with low energy and poor health. My parents' incredible progress convinced me of the potential of keto.

Their renewed vitality was genuinely inspiring. It reinforced my belief in the keto diet's effectiveness for seniors and made me want to share this lifestyle with others. This book is the result of our shared journey – a testament to the positive impact keto can have later in life. I hope to guide and support you as you embark on your transformation.

WHY KETO AFTER 60?

You might be wondering, «Why start the keto diet at my age?» The answer is simple: the benefits are powerful. From improved energy levels and sharper memory to better weight management and reduced joint pain, keto can enhance your quality of life. Research shows that seniors on a keto diet may experience up to a 50% improvement in memory function, along with noticeable reductions in inflammation.

This book of easy-to-follow recipes, which my parents used, will help you understand and confidently implement the keto diet into your life.

WHAT YOU'LL FIND IN THIS BOOK

Inside, you'll find practical, senior-friendly information tailored to your needs. We'll begin with the basics of keto, including how the diet works and its benefits. You'll learn how to prepare your kitchen, plan meals, and discover more than 120 delicious keto recipes for every time of day.

I've included a complete 28-day meal plan to make it even easier. A detailed shopping checklist saves weekly time and helps you stick to your plan without buying unnecessary items. These lists are designed to make grocery shopping stress-free and budget-friendly.

A PERSONAL MESSAGE TO YOU

I want you to know that you're not alone on this path. Adopting a new way of eating can feel overwhelming at first, but I'll be with you every step of the way. This book is more than recipes and tips – it's your companion to a better, healthier life.

EMBRACE THE CHANGE

You are already reading this book, which means you have already taken the first step towards a healthier lifestyle. Let's embark on this journey together and discover the amazing benefits of the keto diet. No matter your age, it's never too late to feel strong, sharp, and full of life. With the right tools and guidance, your best years can begin now.



CHAPTER 1: UNDERSTANDING THE KETO DIET

WHAT IS THE KETO DIET?

You've heard about the keto diet, but what exactly is it, and why is it gaining so much attention? The ketogenic diet, commonly known as the keto diet, is a low-carb, high-fat diet that has been shown to offer numerous health benefits. Unlike many other diets that reduce fat intake, the keto diet encourages eating fat while drastically decreasing carbohydrate consumption. This unique approach helps the body enter a metabolic state called ketosis.

EXPLAINING KETOSIS

Ketosis is a natural metabolic state where your liver converts fats into ketones, which become your body's primary energy source. Ketones are more efficient and sustainable than glucose, providing steady energy without the spikes and crashes associated with high-carb diets. Imagine your body as a hybrid car that switches from using gasoline (carbs) to electricity (fats and ketones) – it runs cleaner, longer, and more efficiently.

HOW DOES THE KETO DIET WORK? DEFINITION AND BASIC PRINCIPLES

In simple terms, the keto diet revolves around the following principles:

- **Low Carbohydrate Intake:** Typically under 50 grams per day.
- This means limiting sugary treats, bread, pasta, and many fruits.
- **High Fat Consumption:** About 70–80% of daily calories should come from fats such as avocados, nuts, seeds, oils, and fatty fish.
- **Moderate Protein:** Proteins sourced from meat, eggs, and dairy should comprise about 20–25% of daily intake.

By following these principles, your body will start to burn fat for fuel instead of carbohydrates, leading to the key benefits of the keto diet.

BENEFITS OF THE KETO DIET AFTER 60

The benefits of the keto diet are particularly significant for seniors, offering support in various aspects of health and well-being:

INCREASED ENERGY LEVELS

Energy levels can naturally decline as we age, making daily tasks more exhausting. The keto diet helps by providing a steady and reliable fuel source: ketones. Many older adults report feeling more energetic and able to engage in activities they once found tiring.

BETTER WEIGHT CONTROL

Weight gain is a common concern with age due to slower metabolism and reduced physical activity. The keto diet supports natural fat loss and healthier weight levels by shifting the body to burn fat for energy. The high-fat content also promotes satiety, which helps curb unnecessary snacking.

IMPROVED COGNITIVE FUNCTION

The brain is one of the most energy-demanding organs, and ketones offer an efficient and protective fuel. Studies

suggest that a ketogenic diet may improve memory, support cognitive function, and potentially reduce the risk of neurodegenerative diseases like Alzheimer's. Many older individuals report feeling mentally sharper after adopting keto.

REDUCED INFLAMMATION

Chronic inflammation is linked to arthritis, cardiovascular disease, and diabetes. The keto diet's anti-inflammatory effect is primarily due to reduced sugar and refined carb intake paired with healthy fats. This can lead to relief from joint pain and a lower risk of chronic illness.

COMMON MYTHS ABOUT THE KETO DIET

Even though the keto diet is becoming more popular, it's still surrounded by several misconceptions. Let's take a look at some of the most common myths – and the absolute truth behind them:

MYTH #1: KETO IS JUST ANOTHER FAD DIET.

Truth: The ketogenic diet has been around for nearly a century and was initially developed to help manage epilepsy. Today, it's backed by a growing body of scientific research supporting its benefits for metabolic health, brain function, and inflammation.

MYTH #2: YOU CAN EAT UNLIMITED BACON AND CHEESE ON KETO.

Truth: While fats are encouraged, quality matters. Healthy fats from sources like avocados, olive oil, and nuts are far better than relying solely on processed meats and full-fat dairy. A balanced keto diet is focused on whole, nourishing foods.

MYTH #3: KETO WILL CLOG YOUR ARTERIES AND RAISE YOUR CHOLESTEROL.

Truth: Many people see improved cholesterol profiles on keto – with increases in «good» HDL cholesterol and reductions in triglycerides. Of course, monitoring your levels with your doctor is essential, especially after 60.

MYTH #4: IT'S TOO LATE TO START KETO AFTER 60.

Truth: It's never too late to take control of your health. Many seniors find keto helpful in managing weight, energy, and age-related conditions.

MYTH #5: THE KETO DIET IS TOO RESTRICTIVE TO ENJOY.

Truth: Keto is highly flexible and delicious when approached creatively. From creamy soups to savory meats and even low-carb desserts, there's something satisfying for everyone.

Understanding the truth about keto helps build confidence – and makes it easier to take that first step on your journey to better health.

SETTING REALISTIC EXPECTATIONS

The keto diet isn't magic, and results don't happen overnight. It's normal for the body to adjust to burning fat instead of carbs for a few days. You may experience a period called the «keto flu» – temporary symptoms such as fatigue, irritability, or headache. These usually pass within a few days and can be eased with hydration, rest, and electrolytes. Don't worry – this is part of the process, not a failure.

Think of keto as a gradual transition rather than a strict switch. Every small change you make is a step forward.

CHAPTER 2: HEALTH CONSIDERATIONS AND ADVICE

WHY YOU SHOULD TALK TO YOUR DOCTOR FIRST

Before beginning any new eating plan—especially one that changes your body’s metabolism—it’s crucial to talk to your healthcare provider. The keto diet can significantly affect how your body processes energy and interacts with medications. If you have existing health conditions such as diabetes, heart disease, or kidney issues or take prescription medications, your doctor can help you adapt keto safely to your needs.

Everyone is unique, and what works for one person may not be suitable for another.

POSSIBLE RISKS AND CONTRAINDICATIONS

Though the keto diet provides several advantages, it also comes with some risks, especially for individuals with specific medical conditions. Below are a few possible concerns.:

- **Kidney Health:** The keto diet’s higher protein intake can increase the workload on your kidneys. This could pose a risk if you have any existing kidney conditions.
- **Liver Function:** Since the liver plays a vital role in fat metabolism, the keto diet may impact existing liver disease.
- **Electrolyte Imbalance:** The initial phase of the keto diet can lead to rapid loss of water and electrolytes, which might cause dehydration or imbalances, especially in older adults.

Discussing these and other potential risks with your doctor helps ensure you’re making an informed decision and taking steps to mitigate any adverse effects.

STAYING HYDRATED AND BALANCED

Hydration is key, especially during your first week of keto. As insulin levels drop, your kidneys flush out more sodium and water. Be sure to:

- Drink at least 8 cups of water a day
- Add a pinch of salt to meals or drink bone broth
- Consider a magnesium and potassium supplement after consulting your doctor

TREATMENT OF CHRONIC DISEASES

Many seniors manage chronic health conditions such as diabetes, heart disease, and hypertension. The keto diet can have profound effects on these conditions, often leading to improvements. However, it’s essential to understand how the diet interacts with these diseases.

DIABETES

The keto diet can be particularly beneficial for managing diabetes, as it helps regulate blood sugar levels by reducing carbohydrate intake. However, if you’re on medication for diabetes, such as insulin or oral hypoglycemics, your dosage might need adjustment. The diet’s impact on blood sugar can be significant, and close monitoring by your healthcare provider is necessary to avoid hypoglycemia (low blood sugar).

HEART DISEASE

The traditional concern with high-fat diets is their potential impact on heart health. However, the keto diet emphasizes healthy fats (such as those from avocados, nuts, and olive oil) rather than unhealthy trans fats. This can improve lipid profiles, reducing bad cholesterol (LDL) and increasing good cholesterol (HDL). Still, if you have heart disease, monitoring your lipid levels regularly and ensuring you're consuming the right types of fats is crucial.

HYPERTENSION

The keto diet can lead to significant weight loss, often reducing blood pressure. For those managing hypertension, this can be a positive change. However, if you're taking medication for high blood pressure, you'll need to work closely with your doctor to adjust your dosage as necessary to avoid hypotension (low blood pressure).

EFFECTS ON MEDICATIONS

One of the most critical aspects of starting the keto diet, especially for seniors, is understanding how it may interact with your current medications. Your healthcare provider can help you navigate these potential interactions, ensuring that your transition to the keto diet is smooth and safe.

By consulting with your doctor and understanding the potential impacts of chronic diseases and medications, you're setting yourself up for success on the keto diet. With personalized medical advice and careful monitoring, you can enjoy the benefits of this transformative diet while maintaining your overall health and well-being.

The following chapters will guide you through preparing for the keto diet and provide delicious, easy-to-follow recipes to start your journey.

CHAPTER 3: PREPARING FOR KETO SUCCESS

Creating a keto-friendly environment at home is one of the best ways to set yourself up for success. Everyone is unique, and what works for one person may not be suitable for another.

CLEANING OUT YOUR PANTRY

Start by removing or donating:

Sugary cereals and granola; White bread, pasta, and rice; Chips, crackers, and baked goods; Sugary drinks and juices; Most packaged snacks and processed foods.

TIP: To stay in ketosis, stick with berries, avocados, and small portions of citrus. Avoid high-sugar tropical and dried fruits.

PANTRY ESSENTIALS

BASIC KETO STAPLES TO ALWAYS HAVE ON HAND

Maintaining a well-stocked pantry makes keto cooking simpler, faster, and more enjoyable. It also offers convenience

without compromising health. Below is a list of essential items we recommend keeping in your pantry. These ingredients are used frequently throughout the 28-day meal plan and beyond.

NUTS AND LOW-CARB FLOUR

Almonds (whole, crushed, or chopped), Walnuts, Coconut flour, Sesame seeds, Chia seeds, Pumpkin seeds, Pine nuts, Flaxseed, Whole psyllium husk, Unsweetened coconut flakes, Dark chocolate (85–90%), Almond flour (optional but great for keto-friendly baking)

SPICES AND ADD-ONS

Salt, Black pepper, Smoked paprika, Garlic powder, Ground ginger, Nutmeg, Vanilla extract, Red chili flakes, Italian seasoning, Dijon mustard, Baking powder, Erythritol or another keto-friendly sweetener, Dried paprika, thyme, oregano basil, cinnamon, rosemary, dill

OILS AND HEALTHY FATS

Olive oil (extra virgin preferred), Coconut oil (optional, suitable for high-heat cooking), Sesame oil, Mayonnaise (sugar-free), Almond butter (unsweetened, crunchy or creamy)

OTHER PANTRY MUST-HAVES

Chicken or vegetable broth (no sugar added), Tomato sauce (no sugar added), Coconut aminos or soy sauce, Apple cider vinegar, Sugar-free syrup, Low-carb or keto tortillas, Lemon juice, Keto hummus (store-bought or homemade), Xanthan gum or psyllium husk (optional for baking or thickening)

TIP: Many of these items can be stored for weeks or months, making them ideal for people who shop less frequently. I also recommend labeling your spices and using airtight containers to keep everything fresh and easy to find.

ESSENTIAL KITCHEN TOOLS FOR KETO COOKING

You don't need a professional kitchen to thrive on keto. A few reliable tools can make preparing meals faster, easier, and more enjoyable: Cutting board and sharp knives, Non-stick or cast iron skillet, Saucepan and baking sheet, Measuring cups and spoons, Blender or food processor (optional but helpful), Storage containers for meal prep and leftovers, Digital food scale for tracking ingredients.

If you enjoy experimenting, an air fryer or slow cooker can add even more variety with little effort.

MEAL PLANNING AND PREP TIPS

Planning and preparing meals in advance can save time and help you stay on track without stress. Here's how to begin:

To Plan Meals for the Week

To make things easier for you, I've put together a four-week meal plan and a grocery list for each week.

The grocery list will save you time at the store and help you avoid unnecessary or unhealthy purchases.

Below, in the chapter with the four-week plan, you'll find everything you need to get started with ease!

COOKING AND STORAGE TIPS

Batch Cooking: Make larger portions and store them in containers for easy grab-and-go meals.

Label and Date: Label containers with contents and the date of preparation to track freshness.

Freeze Extra Portions: Freeze leftovers for future use – soups, stews, and casseroles freeze exceptionally well.

Organize the Fridge: Keep ingredients and prepared meals in clear, easy-to-reach containers.

Prep Keto Snacks: Pre-cut veggies, portion nuts, or cube cheese in advance so non-keto options do not tempt you.

CREATING YOUR SUPPORT SYSTEM

Encouragement makes all the difference. Tell your family or close friends about your new lifestyle, or join a keto support group online. You're not alone—thousands of people over 60 are on the same journey.

Keep a journal to track your meals, energy, mood, and symptoms. Celebrate your wins—even small ones—they matter.

In the next chapter, we'll explore how to personalize your keto plan and begin cooking delicious meals that nourish your body and fit your lifestyle.

CHAPTER 4: PERSONALIZING YOUR KETO LIFESTYLE

ONE SIZE DOESN'T FIT ALL

The keto diet is not a rigid formula – it's a flexible tool. Everyone's nutritional needs, activity levels, calorie needs preferences, and health conditions differ, especially after 60. That's why this chapter focuses on how to adapt keto to work for you, not the other way around.

HOW TO ESTIMATE YOUR DAILY CALORIC NEEDS AFTER AGE 60

To help you feel more confident in your keto journey, here's a friendly and straightforward guide to estimating your daily calorie needs if you're over 60.

When making your calculation, keep in mind a few essential things:

- Weight (in kilograms or pounds)
- Height (in centimeters or inches)
- Age and gender
- Activity level (sedentary, moderately active, active)

These factors will help you understand your daily calorie needs, making meal planning and staying energized easier!

SIMPLE FORMULA (MIFFLIN-ST JEOR EQUATION)

Using the Mifflin-St Jeor formula, we calculate your basal metabolic rate (BMR), which is the number of calories you need per day:

FOR WOMEN:

$$\text{BMR} = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age} - 161$$

FOR MEN:

$$\text{BMR} = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age} + 5$$

Then multiply the result by your activity factor:

- Activity Level Multiplier
- Sedentary: x 1.2
- Lightly Active: x 1.375
- Moderately Active: x 1.55
- Very Active: x 1.725

EXAMPLE CALCULATION FOR A WOMAN:

Age 65, weight 68 kg, height 160 cm, moderately active:

$$\text{BMR} = 10 \times 68 + 6.25 \times 160 - 5 \times 65 - 161 = 1241.5 \text{ kcal}$$

$$1241.5 \times 1.375 = \sim 1706 \text{ kcal/day}$$

GROUP DAILY CALORIE RANGE

Women 60+; 1600–1800 kcal per day

Men 60+; 2000–2200 kcal daily.

If weight loss is the goal, reducing intake by 300–500 kcal daily from the maintenance level is generally recommended – while ensuring nutritional balance.

The recipes in this book consider average calorie intake, with a 300-calorie reduction for gradual weight loss. As you've learned, your individual needs may vary. If your calculated requirement is higher, you can easily adjust by adding dessert options or keto-friendly bread to your daily menu. The recipes have been crafted flexibly – so you can enjoy a treat and stay on track.

LISTENING TO YOUR BODY

Your body gives valuable feedback. Pay attention to how you feel:

Energy: Are you steady or sluggish?

Mood: Are you mentally clear or irritable?

Hunger: Are you satisfied or always craving?

Digestion: Are you regular or bloated?

Use these signs to adjust fat, protein, fiber, and hydration.

ADJUSTING FOR COMMON NEEDS AFTER 60

Many older adults face specific health or lifestyle considerations. Here's how to personalize keto with that in mind:

- **Reduced appetite:** Eat smaller, nutrient-dense meals more often.
- **Chewing/swallowing difficulty:** Use soft textures – soups, stews, smoothies.
- **Low activity levels:** Lower total calories and carbs slightly.
- **Digestive sensitivity:** Go slow with fiber; use cooked veggies and fermented foods.
- **Medication timing:** Coordinate meals to support consistent energy and drug absorption.

TRACKING WHAT MATTERS

You don't need to obsess over numbers – but a little tracking can help you stay in tune:

- **Food journal:** Note meals, symptoms, energy, mood.
- **Photos:** Weekly pictures show progress beyond the scale.
- **Lab work:** With your doctor, monitor glucose, lipids, and inflammation markers.

STAYING FLEXIBLE AND KIND TO YOURSELF

There's no such thing as perfect. Some days, you'll be right on track; other days, it will challenge you. That's okay.

Think of this as a long-term relationship with food and self-care. Adapt, learn, and keep going. You are doing something powerful for your health – and it's never too late to make that choice.

In the next chapter, we'll dive into the heart of this book: delicious, simple, and friendly keto recipes for every part of your day. Let's start with energetic and nutritious breakfasts that will give you energy for the whole day.



CHAPTER 5: BREAKFAST RECIPES

NOURISHING, LOW-CARB BREAKFASTS TO FUEL YOUR DAY WITH ENERGY AND FLAVOR



1 Breakfast

KETO COTTAGE CHEESE PANCAKES (SYRNIKI) WITH COCONUT FLOUR



Calories: 250 | Net Carbs: 5g | Fat: 18g | Protein: 15g

INGREDIENTS:

- 1 cup cottage cheese (225g)
- 2 eggs
- 2 tbsp coconut flour
- ½ tsp vanilla extract
- Pinch of salt
- 1 tbsp butter (for frying)
- A pinch of xanthan gum

INSTRUCTIONS:

1. Combine cottage cheese, eggs, coconut flour, xanthan gum, vanilla and salt in a bowl. Mix until smooth.
2. Heat butter in a nonstick skillet over medium heat.
3. Spoon batter into small rounds and cook for 2–3 minutes per side until golden.
4. Serve warm with a dollop of sour cream or a few fresh berries (optional).

TIPS & VARIATIONS:

Add a pinch of cinnamon or lemon zest for flavor.
Use almond flour if coconut flour is unavailable.



2 Breakfast

SPINACH & FETA OMELET



Calories: 280 | Net Carbs: 3g | Fat: 23g | Protein: 16g

INGREDIENTS:

- 2 large eggs
- ¼ cup crumbled feta cheese (34g)
- ½ cup fresh spinach, chopped (15g)
- 1 tbsp heavy cream (15ml)
- 1 tsp butter or olive oil (5g)
- Salt & pepper to taste

INSTRUCTIONS:

1. Beat eggs with heavy cream, salt, and pepper until frothy.
2. Heat butter in a nonstick pan over medium heat.
3. Add spinach and sauté for 1–2 minutes until wilted.
4. Pour in the egg mixture and cook until the edges begin to set.
5. Sprinkle feta over one side, then fold the omelet.
6. Cook another 1–2 minutes until set and slightly golden.

TIPS & VARIATIONS:

Add chopped dill or parsley for extra flavor.
Substitute feta with goat cheese or mozzarella.



3 Breakfast

AVOCADO & SMOKED SALMON KETO TOAST



5 min



5 min



1 per

Calories: 320 | Net Carbs: 4g | Fat: 26g | Protein: 15g

INGREDIENTS:

- 1 slice keto bread or low-carb bread, toasted (approx. 30g)
- ¼ avocado, mashed (50g)
- 1.5 oz smoked salmon (42g)
- 1 tsp lemon juice
- 1 tsp olive oil
- Pinch of black pepper

INSTRUCTIONS:

1. Toast the keto bread until crisp and golden.
2. Mash avocado with lemon juice and olive oil.
3. Spread mashed avocado over the toast.
4. Top with smoked salmon and a pinch of black pepper.
5. Serve immediately.

TIPS & VARIATIONS:

Add a poached egg on top for extra protein.
Garnish with fresh dill or arugula for brightness.



4 Breakfast

SCRAMBLED EGGS WITH CHERRY TOMATOES



5 min



5 min



1 per

Calories: 270 | Net Carbs: 4g | Fat: 22g | Protein: 14g

INGREDIENTS:

- 2 large eggs
- ¼ cup cherry tomatoes, halved (40g)
- 1 tbsp heavy cream (15ml)
- 1 tsp olive oil or butter (5g)
- Salt & pepper to taste

INSTRUCTIONS:

1. Beat the eggs with heavy cream, salt, and pepper.
2. Heat oil in a skillet over medium heat.
3. Add cherry tomatoes and cook for 1–2 minutes until just softened.
4. Pour in the egg mixture and stir gently with a spatula.
5. Cook for 2–3 minutes until soft curds form. Serve warm.

TIPS & VARIATIONS:

Add fresh basil or chopped green onion before serving.
Use ghee for a richer flavor.



5 Breakfast

COTTAGE CHEESE WITH BERRIES AND NUTS



5 min



0 min



1 per

Calories: 290 | Net Carbs: 6g | Fat: 20g | Protein: 18g

INGREDIENTS:

- ½ cup cottage cheese (110g)
- ¼ cup mixed fresh berries (blueberries, raspberries – 40g)
- 1 tbsp chopped walnuts or almonds (7g)
- ½ tsp chia seeds (optional)

INSTRUCTIONS:

1. Spoon cottage cheese into a small bowl.
2. Top with fresh berries and chopped nuts.
3. Sprinkle with chia seeds if using. Serve immediately.

TIPS & VARIATIONS:

Use full-fat cottage cheese for better texture.
Swap walnuts for pecans or hazelnuts.



6 Breakfast

HERB OMELET WITH CHERRY TOMATOES



5 min



5 min



1 per

Calories: 260 | Net Carbs: 3g | Fat: 21g | Protein: 14g

INGREDIENTS:

- 2 large eggs
- 1 tbsp chopped fresh herbs (parsley, chives, dill)
- ¼ cup cherry tomatoes, halved (40g)
- 1 tbsp cream (15ml)
- 1 tsp olive oil or butter (5g)
- Salt & pepper to taste

INSTRUCTIONS:

1. Beat the eggs with cream, herbs, salt, and pepper.
2. Heat oil in a nonstick skillet over medium heat.
3. Add cherry tomatoes and sauté 1–2 minutes.
4. Pour in the egg mixture and cook until almost set.
5. Fold the omelet gently and finish cooking for one more minute.

TIPS & VARIATIONS:

Use dried herbs if fresh are unavailable.
Add a sprinkle of parmesan inside before folding.



7 Breakfast

BROCCOLI FRITTERS WITH PARMESAN



Calories: 240 | Net Carbs: 5g | Fat: 18g | Protein: 14g

INGREDIENTS:

- 1 cup finely chopped steamed broccoli (150g)
- 2 large eggs
- ¼ cup grated Parmesan cheese (25g)
- 2 tbsp almond flour (15g)
- Salt & pepper to taste
- 1 tbsp olive oil or butter for frying

INSTRUCTIONS:

1. Combine chopped broccoli, eggs, parmesan, almond flour, salt, and pepper in a bowl. Mix well.
2. Heat oil in a skillet over medium heat.
3. Scoop about 2 tbsp of mixture for each fritter and place in the pan.
4. Flatten slightly and cook for 2–3 minutes per side until golden brown.
5. Serve warm with a spoon of sour cream or Greek yogurt if desired.

TIPS & VARIATIONS:

Add chopped green onion or garlic powder for more flavor.
Make smaller fritters for snack-size portions.



8 Breakfast

CREAMY KETO BREAKFAST PORRIDGE WITH COCONUT & ALMONDS



Calories: 310 | Net Carbs: 4g | Fat: 26g | Protein: 10g

INGREDIENTS:

- 2 tbsp coconut flour (16g)
- 1 tbsp almond flour (7g)
- 1 tbsp ground flaxseed (7g)
- ¾ cup unsweetened almond milk (180ml)
- 1 tbsp heavy cream (15ml)
- Pinch of cinnamon or vanilla extract (optional)
- 1 tsp erythritol or keto sweetener (optional)
- 1 tsp butter or coconut oil (optional)

INSTRUCTIONS:

1. In a small saucepan, mix all dry ingredients.
2. Add almond milk, cream, and sweetener. Stir well to combine.
3. Cook over low heat, stirring constantly, until porridge thickens (3–5 minutes).
4. Remove from heat and stir in butter or coconut oil if using.
5. Serve warm. Top with a few chopped almonds or berries if desired.

TIPS & VARIATIONS:

Add chia seeds for texture and fiber.
Use warm water instead of almond milk for a lighter version.



9 Breakfast

CHIA YOGURT PARFAIT



5 min

30 min

1 per

Calories: 280 | Net Carbs: 5g | Fat: 21g | Protein: 12g

INGREDIENTS:

- $\frac{3}{4}$ cup full-fat Greek yogurt (170g)
- 1 tbsp chia seeds (10g)
- 1 tsp erythritol or keto sweetener (optional)
- $\frac{1}{4}$ cup mixed fresh berries (blueberries, raspberries – 40g)
- 1 tbsp chopped walnuts (7g)

INSTRUCTIONS:

1. Stir chia seeds and sweetener into Greek yogurt.
2. Let sit for 5–10 minutes (or refrigerate for 30 minutes to thicken).
3. Layer the yogurt mixture with berries in a glass or bowl.
4. Top with chopped walnuts. Serve chilled or at room temperature.

TIPS & VARIATIONS:

Add a pinch of cinnamon or vanilla for flavor.
Use coconut yogurt for a dairy-free option.



10 Breakfast

BACON & VEGGIE BREAKFAST SKILLET



5 min

10 min

1 per

Calories: 350 | Net Carbs: 4g | Fat: 28g | Protein: 18g

INGREDIENTS:

- 2 slices sugar-free bacon (50g)
- $\frac{1}{4}$ zucchini, diced (50g)
- $\frac{1}{4}$ red bell pepper, chopped (30g)
- $\frac{1}{4}$ cup spinach (10g)
- 1 egg
- 1 tsp olive oil (5ml)
- Salt & pepper to taste

INSTRUCTIONS:

1. In a skillet, cook bacon over medium heat until crispy. Remove and set aside.
2. In the same pan, sauté zucchini and bell pepper in olive oil for 2–3 minutes.
3. Add spinach and cook until wilted.
4. Crack the egg in the center, cover with lid, and cook until white is set.
5. Crumble bacon on top and season with salt and pepper. Serve hot.

TIPS & VARIATIONS:

Use ghee for a richer flavor.
Add chopped parsley or chives before serving.



11 Breakfast

ZUCCHINI FRITTERS WITH SOUR CREAM



10 min 10 min 2 per

Calories: 260 | Net Carbs: 5g | Fat: 21g | Protein: 12g

INGREDIENTS:

- 1 medium zucchini, grated and squeezed dry (150g)
- 1 egg
- 2 tbsp almond flour (15g)
- 2 tbsp grated parmesan (15g)
- Salt & pepper to taste
- 1 tbsp olive oil (for frying)
- 2 tbsp sour cream for serving (30g)

INSTRUCTIONS:

1. Mix grated zucchini with egg, almond flour, parmesan, salt, and pepper in a bowl.
2. Heat oil in a skillet over medium heat.
3. Drop spoonfuls of mixture into the pan and flatten into fritters.
4. Cook for 2–3 minutes per side until golden brown.
5. Serve warm with a dollop of sour cream.

TIPS & VARIATIONS:

Add chopped dill or green onion for extra flavor.
It can be stored in the fridge and reheated.



12 Breakfast

CREAMY SCRAMBLED EGGS WITH MUSHROOMS



5 min 5 min 1 per

Calories: 290 | Net Carbs: 3g | Fat: 24g | Protein: 14g

INGREDIENTS:

- 2 large eggs
- 1 tbsp butter (15g)
- 2 tbsp heavy cream (30ml)
- ¼ cup sliced mushrooms (40g)
- Salt & pepper to taste

INSTRUCTIONS:

1. Whisk eggs with heavy cream, salt, and pepper until smooth.
2. Heat butter in a nonstick skillet over low heat.
3. Pour in the egg mixture and cook slowly, stirring frequently.
4. When the eggs are nearly cooked, gently stir in the sautéed mushrooms.
5. Continue cooking until eggs are creamy and soft.
6. Serve immediately.

TIPS & VARIATIONS:

Use ghee for a richer flavor.
Add chopped parsley or chives before serving.



13 Breakfast

KETO ALMOND FLOUR PANCAKES



Calories: 280 | Net Carbs: 5g | Fat: 21g | Protein: 12g

INGREDIENTS:

- ½ cup almond flour (56g)
- 2 eggs
- 2 tbsp heavy cream (30ml)
- 1 tbsp melted butter (14g)
- ½ tsp baking powder
- Pinch of cinnamon or vanilla extract (optional)
- Butter or coconut oil for frying

INSTRUCTIONS:

1. In a bowl, whisk together all ingredients until smooth.
2. Heat a nonstick skillet over medium heat and grease lightly.
3. Pour small rounds of batter into the pan.
4. Cook for 2–3 minutes per side until golden and set.
5. Serve warm with butter or a few fresh berries (optional).

TIPS & VARIATIONS:

Add 1 tsp erythritol to the batter for a touch of sweetness.
Use coconut flour instead (2 tbsp), but increase eggs to 3.



14 Breakfast

WARM CHIA COCONUT PORRIDGE WITH CINNAMON



Calories: 290 | Net Carbs: 3g | Fat: 24g | Protein: 10g

INGREDIENTS:

- 1 tbsp chia seeds (10g)
- 2 tbsp shredded unsweetened coconut (10g)
- ½ tbsp coconut flour (4g)
- ¾ cup unsweetened almond milk (180ml)
- 1 tbsp heavy cream (15ml)
- ½ tsp cinnamon
- 1 tsp erythritol or other keto-friendly sweetener (optional)

INSTRUCTIONS:

1. In a small saucepan, combine all ingredients.
2. Heat over low-medium heat, stirring constantly.
3. Cook for 3–5 minutes until thick and creamy.
4. Let sit for 1 minute before serving.
5. Optionally, top with a sprinkle of extra cinnamon or a few berries.

TIPS & VARIATIONS:

Add chopped walnuts or pecans for crunch.
Use warm water instead of almond milk for a lighter texture.



15 Breakfast

SPINACH & MUSHROOM EGG MUFFINS



10 min 20 min 3 per

Calories (per 2 muf): 260 | Net Carbs: 3g | Fat: 20g | Protein: 14g

INGREDIENTS:

- 4 large eggs
- ½ cup chopped spinach (15g)
- ½ cup diced mushrooms (40g)
- ¼ cup shredded cheese (28g)
- 2 tbsp heavy cream (30ml)
- Salt & pepper to taste
- 1 tbsp olive oil or butter (for sautéing)

INSTRUCTIONS:

1. Preheat oven to 350°F (175°C). Grease a 6-cup muffin tin.
2. Sauté mushrooms in olive oil for 3–4 minutes. Add spinach and cook until wilted. Let cool slightly.
3. Whisk eggs with cream, cheese, salt, and pepper in a bowl.
4. Stir in the spinach and mushroom mixture.
5. Pour mixture evenly into muffin cups.
6. Bake for 18–20 minutes or until set and lightly golden.
7. Let cool slightly before removing.

TIPS & VARIATIONS:

Store in the fridge for up to 3 days — perfect for meal prep!
Add bacon bits or diced bell pepper for variety.



16 Breakfast

KETO RICOTTA BREAKFAST BOWL WITH NUTS & CINNAMON



5 min 0 min 1 per

Calories: 310 | Net Carbs: 4g | Fat: 24g | Protein: 13g

INGREDIENTS:

- ½ cup whole milk ricotta (125g)
- 1 tbsp chopped walnuts (7g)
- 1 tsp chia seeds (optional)
- ½ tsp cinnamon
- 1 tsp erythritol or other keto-friendly sweetener (optional)
- A few fresh berries (optional)

INSTRUCTIONS:

1. In a bowl, mix ricotta with cinnamon and sweetener.
2. Top with chopped nuts, chia seeds, and optional berries.
3. Enjoy as-is or chill before serving.

TIPS & VARIATIONS:

Add 1 tsp flaxseed for extra fiber.
Use mascarpone or Greek yogurt instead of ricotta.



17 Breakfast

SAVORY EGG SCRAMBLE WITH AVOCADO & FETA



5 min



5 min



1 per

Calories: 320 | Net Carbs: 4g | Fat: 26g | Protein: 15g

INGREDIENTS:

- 2 large eggs
- ¼ avocado, diced (50g)
- 2 tbsp crumbled feta cheese (28g)
- 1 tbsp olive oil or butter (for cooking)
- Salt & pepper to taste

INSTRUCTIONS:

1. In a bowl, whisk eggs with a pinch of salt and pepper.
2. Heat oil or butter in a nonstick skillet over medium heat.
3. Pour in eggs and cook, stirring gently, until soft and scrambled.
4. Remove from heat, fold in avocado and crumbled feta.
5. Serve immediately.

TIPS & VARIATIONS:

Add fresh herbs like chives or parsley for extra aroma.
Serve with sliced cucumber or a green salad on the side.



18 Breakfast

BAKED AVOCADO EGGS WITH HERBS



5 min



15 min



1 per

Calories: 300 | Net Carbs: 3g | Fat: 26g | Protein: 13g

INGREDIENTS:

- 1 ripe avocado, halved and pitted (150g)
- 2 small eggs
- Salt & pepper to taste
- Chopped parsley or chives for garnish

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Scoop out a bit of the avocado flesh to make room for the eggs.
3. Place avocado halves in a baking dish.
4. Crack one egg into each half. Sprinkle with salt and pepper.
5. Bake for 12–15 minutes or until egg whites are set.
6. Garnish with fresh herbs and serve warm.

TIPS & VARIATIONS:

Add crumbled bacon or feta on top before baking.
Use silicone muffin tins to keep avocados upright.



19 Breakfast

KETO FRENCH TOAST WITH CINNAMON & BUTTER



5 min 10 min 1 per

Calories: 310 | Net Carbs: 4g | Fat: 25g | Protein: 13g

INGREDIENTS:

- 2 slices keto bread (60g total)
- 1 egg
- 2 tbsp heavy cream (30ml)
- ¼ tsp cinnamon
- ½ tsp vanilla extract (optional)
- 1 tsp butter or coconut oil (for frying)
- Extra butter or sugar-free syrup for topping (optional)

INSTRUCTIONS:

1. Whisk together egg, cream, cinnamon, and vanilla in a shallow bowl.
2. Dip each slice of bread into the egg mixture, coating both sides.
3. Heat butter or oil in a skillet over medium heat.
4. Fry soaked bread slices for 2–3 minutes per side until golden and crispy.
5. Serve warm with a pat of butter or your favorite keto-friendly syrup.

TIPS & VARIATIONS:

Use cinnamon-flavored keto bread for more aroma.
Top with chopped pecans or a spoon of ricotta for extra richness.



20 Breakfast

CHEESY CAULIFLOWER HASH BROWNS WITH FRIED EGG



10 min 10 min 1 per

Calories: 320 | Net Carbs: 5g | Fat: 25g | Protein: 14g

INGREDIENTS:

- 1 cup grated cauliflower (100g)
- 1 egg (for hash)
- ¼ cup shredded cheddar cheese (28g)
- 1 tbsp almond flour (8g)
- Salt & pepper to taste
- 1 egg (for topping)
- 1 tbsp olive oil or butter (for frying)

INSTRUCTIONS:

1. Mix grated cauliflower, egg, cheese, almond flour, salt, and pepper in a bowl.
2. Heat half the oil in a skillet over medium heat.
3. Spoon mixture into pan and flatten into two small patties.
4. Cook for 3–4 minutes per side until golden and crisp. Set aside.
5. Fry the remaining egg to your liking and place it on the hash browns.
6. Serve warm and season to taste.

TIPS & VARIATIONS:

Add chopped herbs or green onion to the cauliflower mix.
Use mozzarella or parmesan instead of cheddar for a different flavor.



21 Breakfast

ZUCCHINI & EGG STIR-FRY WITH PARMESAN



5 min



8 min



1 per

Calories: 280 | Net Carbs: 4g | Fat: 22g | Protein: 14g

INGREDIENTS:

- 1 small zucchini, thinly sliced (100g)
- 2 large eggs
- 2 tbsp grated Parmesan cheese (16g)
- 1 tbsp olive oil or butter (15ml)
- Salt & pepper to taste

INSTRUCTIONS:

1. Heat oil in a skillet over medium heat.
2. Add sliced zucchini and cook for 3–4 minutes, stirring occasionally.
3. Push zucchini to the side and crack in the eggs.
4. Scramble gently with zucchini until cooked through.
5. Sprinkle with parmesan and season with salt and pepper. Serve warm.

TIPS & VARIATIONS:

Add garlic or onion powder for flavor.

Use spiralized zucchini for a fun noodle-style texture.



22 Breakfast

MUSHROOM & SPINACH BREAKFAST SAUTÉ WITH EGG



5 min



10 min



1 per

Calories: 290 | Net Carbs: 4g | Fat: 23g | Protein: 14g

INGREDIENTS:

- ½ cup sliced mushrooms (40g)
- 1 cup fresh spinach (30g)
- 1 egg
- 1 tbsp olive oil or butter (15ml)
- Salt & pepper to taste

INSTRUCTIONS:

1. Heat oil in a skillet over medium heat.
2. Add mushrooms and cook 3–4 minutes until golden.
3. Add spinach and sauté until wilted.
4. Crack the egg into a bowl and stir gently until it reaches your desired consistency.
5. Season with salt and pepper and serve warm.

TIPS & VARIATIONS:

Add a sprinkle of feta or goat cheese before serving.

Serve with sliced avocado for extra creaminess.



23 Breakfast

KETO BREAKFAST WRAP WITH EGG & AVOCADO



5 min



5 min



1 per

Calories: 310 | Net Carbs: 5g | Fat: 24g | Protein: 14g

INGREDIENTS:

- 1 low-carb or keto tortilla (approx. 30g)
- 1 egg
- ¼ avocado, sliced (50g)
- 1 tbsp cream cheese or mayonnaise (15g)
- 1 tbsp olive oil or butter (for cooking)
- Salt & pepper to taste

INSTRUCTIONS:

1. Scramble or fry the egg in olive oil or butter. Season with salt and pepper.
2. Warm the tortilla slightly in the pan or microwave.
3. Spread cream cheese on the tortilla.
4. Add cooked egg and avocado slices. Wrap and serve.

TIPS & VARIATIONS:

Add spinach or arugula for extra greens.

Use a lettuce wrap instead of a tortilla for a zero-carb version.



24 Breakfast

KETO WAFFLES WITH ALMOND FLOUR & CINNAMON



5 min



5 min



2 per

Calories: 300 | Net Carbs: 4g | Fat: 25g | Protein: 12g

INGREDIENTS:

- ½ cup almond flour (56g)
- 2 eggs
- 2 tbsp heavy cream (30ml)
- 1 tbsp melted butter or coconut oil (14g)
- ½ tsp baking powder
- ½ tsp cinnamon
- 1 tsp erythritol or keto sweetener (optional)

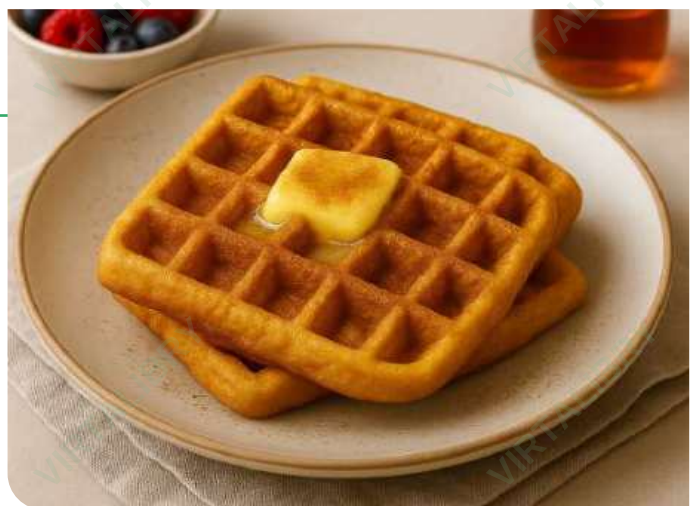
INSTRUCTIONS:

1. Preheat your waffle maker and grease it lightly.
2. In a bowl, whisk all ingredients until smooth.
3. Pour batter into the waffle iron and cook according to the manufacturer's instructions (usually 3–4 minutes).
4. Carefully remove and serve warm.

TIPS & VARIATIONS:

Top with butter, a few berries, or sugar-free syrup.

Add vanilla extract or a pinch of nutmeg for extra flavor.



25 Breakfast

BAKED EGG CUPS WITH HAM & BELL PEPPER



10 min 15 min 2 per

Calories: 160 | Net Carbs: 2g | Fat: 12g | Protein: 10g

INGREDIENTS:

- 2 slices of sugar-free ham (40g)
- 2 large eggs
- 2 tbsp diced red bell pepper (20g)
- 2 tbsp shredded cheese (cheddar or mozzarella, 14g)
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Grease a muffin tin.
2. Line 2 muffin cups with ham slices.
3. Crack one egg into each ham-lined cup.
4. Sprinkle with diced bell pepper, cheese, salt, and pepper.
5. Bake for 13–15 minutes or until eggs are set.
6. Let cool slightly before removing. Serve warm.

TIPS & VARIATIONS:

Add chopped spinach or mushrooms for extra nutrients.
Use turkey slices instead of ham for a leaner version.



26 Breakfast

KETO EGG SALAD ON LETTUCE CUPS



10 min 10 min 1 per

Calories: 290 | Net Carbs: 2g | Fat: 24g | Protein: 13g

INGREDIENTS:

- 2 hard-boiled eggs, chopped
- 1 tbsp mayonnaise (15g)
- 1 tsp Dijon mustard (optional)
- Salt & pepper to taste
- 2 large lettuce leaves (e.g., romaine or butter lettuce)
- 1 tbsp chopped chives or green onion (optional)

INSTRUCTIONS:

1. Mix chopped boiled eggs with mayonnaise, mustard, salt, and pepper in a bowl.
2. Spoon the egg salad onto lettuce leaves.
3. Garnish with chives or green onion if desired.
4. Fold into wraps or enjoy open-faced.

TIPS & VARIATIONS:

Add diced pickles or avocado for texture.
Use Greek yogurt instead of mayo for a lighter option.



27 Breakfast

CHEDDAR & GREEN ONION OMELET WITH SLICED RADISH



5 min



5 min



1 per

Calories: 310 | Net Carbs: 3g | Fat: 25g | Protein: 16g

INGREDIENTS:

- 2 large eggs
- ¼ cup shredded cheddar cheese (28g)
- 1 tbsp chopped green onion (white and light green parts)
- 1 tsp butter or olive oil (5g)
- 2–3 radishes, thinly sliced (30g)
- Salt & pepper to taste

INSTRUCTIONS:

1. Whisk the eggs with salt, pepper, and green onion.
2. Heat butter in a nonstick skillet over medium heat.
3. Pour in the eggs and cook until the bottom sets.
4. Sprinkle cheddar on one half, fold the omelet, and cook for 1–2 minutes more.
5. Serve with sliced radishes on the side.

TIPS & VARIATIONS:

Add sour cream or avocado on top.

Use mozzarella or goat cheese instead of cheddar.



28 Breakfast

COCONUT FLOUR PORRIDGE WITH BERRIES & NUTS



5 min



5 min



1 per

Calories: 300 | Net Carbs: 5g | Fat: 24g | Protein: 11g

INGREDIENTS:

- 2 tbsp coconut flour (16g)
- 1 tbsp ground flaxseed (7g)
- ¾ cup unsweetened almond milk (180ml)
- 1 tbsp heavy cream (15ml)
- 1 tsp erythritol or sweetener (optional)
- Pinch of cinnamon
- 1 tbsp chopped walnuts or pecans (7g)
- A few raspberries or blueberries (optional, ~20g)

INSTRUCTIONS:

1. Mix coconut flour, flaxseed, almond milk, cream, sweetener, and cinnamon in a small saucepan.
2. Cook over medium-low heat, stirring constantly, until porridge thickens (about 3–5 minutes).
3. Transfer to a bowl and top with chopped nuts and berries if desired.

TIPS & VARIATIONS:

Add a splash of vanilla extract for extra flavor.

Replace almond milk with water for an even lighter texture.





CHAPTER 6: LUNCH RECIPES

SATISFYING LOW-CARB LUNCHES TO KEEP YOU FULL,
FOCUSED, AND ENERGIZED



1 Lunch

GRILLED CHICKEN SALAD WITH AVOCADO & OLIVE OIL DRESSING



10 min 11 min 1 per

Calories: 390 | Net Carbs: 4g | Fat: 28g | Protein: 30g

INGREDIENTS:

- 4 oz (115g) grilled chicken breast, sliced
- ½ avocado, sliced (75g)
- 2 cups mixed salad greens (60g)
- 5 cherry tomatoes, halved (50g)
- 1 tbsp extra virgin olive oil (15ml)
- 1 tsp lemon juice (5ml)
- Salt & black pepper to taste

INSTRUCTIONS:

1. Cook the chicken breast on the grill until fully cooked and juicy. Slice thinly.
2. In a bowl, arrange salad greens, tomatoes, and avocado.
3. Top with sliced grilled chicken.
4. Drizzle olive oil and lemon juice over the salad.
5. Season with salt and pepper to taste and server

TIPS & VARIATIONS:

Add a few pumpkin seeds for crunch.
Swap lemon juice with apple cider vinegar for a tangy twist.



2 Lunch

CREAMY CHICKEN & BROCCOLI SOUP WITH MUSHROOMS



15 min 15 min 2 per

Calories: 430 | Net Carbs: 7g | Fat: 29g | Protein: 35g

INGREDIENTS:

- 200g cooked chicken breast, shredded
- 2 cups (480ml) chicken broth
- 1½ cups (180g) broccoli florets
- ¼ cup (60ml) heavy cream
- ½ cup (70g) sliced mushrooms
- 1 tbsp (15g) butter
- 1 garlic clove (5g), minced
- Salt, pepper, thyme to taste

INSTRUCTIONS:

1. Boil the chicken breast in advance.
2. In a pot, melt butter and sauté garlic for 1 minute.
3. Add broth, broccoli, and mushrooms. Simmer until soft (10–12 min).
4. Blend until smooth (optional for creaminess).
5. Stir in shredded chicken and cream.
6. Simmer for five more minutes. Season to taste.
7. Serve hot.

TIPS & VARIATIONS:

Top with grated cheese or chopped herbs.



3 Lunch

TURKEY LETTUCE WRAPS WITH CREAMY DIJON SAUCE



Calories: 340 | Net Carbs: 4g | Fat: 25g | Protein: 24g

INGREDIENTS:

- 6 large butter lettuce leaves (60g)
- 200g cooked sliced turkey breast (deli-style or homemade)
- ½ avocado (75g), sliced
- ¼ cucumber (50g), sliced
- 2 tbsp (30g) cream cheese

FOR THE SAUCE:

- 1 tbsp (15ml) Dijon mustard
- 1 tbsp (15ml) mayonnaise (sugar-free)
- ½ tsp (2.5ml) lemon juice
- Salt & pepper to taste

INSTRUCTIONS:

1. Mix all ingredients for the sauce in a small bowl until smooth.
2. Lay out the lettuce leaves on a plate or board.
3. Spread a little cream cheese onto each leaf.
4. Layer turkey, avocado, and cucumber slices.
5. Drizzle with sauce and roll or fold like a taco.
6. Serve immediately.

TIPS & VARIATIONS:

Add a sprinkle of paprika or chopped nuts for extra crunch.
Add keto bread to your meal to make it more filling.



4 Lunch

STUFFED BELL PEPPERS WITH GROUND BEEF & CAULIFLOWER RICE



Calories: 440 | Net Carbs: 7g | Fat: 28g | Protein: 32g

INGREDIENTS:

- 2 large bell peppers (300g), halved and deseeded
- 250g ground beef (80/20)
- 1½ cups (300g) cauliflower rice
- ¼ cup (60ml) tomato sauce (no sugar added)
- ¼ cup (30g) shredded mozzarella cheese
- 1 garlic clove (5g), minced
- 1 tbsp (15ml) olive oil
- Salt, pepper, paprika, and oregano to taste
- 2 tbsp (30g) sour cream for serving

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat oil and cook garlic and ground beef until browned.
3. Add cauliflower rice, tomato sauce, and spices. Simmer for 5 minutes.
4. Spoon mixture into bell pepper halves and top with mozzarella.
5. Place in a baking dish, cover with foil, and bake for 25–30 minutes.
6. Remove foil and broil for 2 minutes for a golden top.
7. Serve warm with a dollop of sour cream on the side.

TIPS & VARIATIONS:

Use red, yellow, or orange peppers for a sweeter flavor.



5 Lunch

MEATBALL SOUP WITH PAPRIKA AND VEGETABLES



15 min 25 min 2 per

Calories: 450 | Net Carbs: 7g | Fat: 30g | Protein: 32g

INGREDIENTS:

- 200g ground beef or turkey
- ¼ tsp (1g) paprika
- 1 tbsp (5g) chopped parsley
- Salt & pepper to taste
- 1 tbsp (15ml) olive oil
- 1 garlic clove (5g), minced
- ¼ onion (40g), diced
- ½ cup (75g) chopped cauliflower
- ½ cup (75g) chopped zucchini
- ½ cup (60g) sliced mushrooms
- 3 cups (720ml) chicken or vegetable broth

INSTRUCTIONS:

1. Mix ground meat with paprika, parsley, salt, and pepper in a bowl. Form into small meatballs.
2. In a pot, heat oil and sauté garlic and onion until translucent.
3. Add broth and bring to a simmer.
4. Drop in meatballs and cook for 5 minutes.
5. Add cauliflower, zucchini, and mushrooms.
6. Simmer another 15–20 minutes until vegetables and meatballs are tender.
7. Adjust seasoning and serve hot.

TIPS & VARIATIONS:

Garnish with extra parsley or a sprinkle of grated Parmesan.



6 Lunch

CREAMY VEGETABLE & CHICKEN PURÉE SOUP + CHILLED TOMATO JUICE



10 min 20 min 2 per

Calories: 420 | Net Carbs: 9g | Fat: 28g | Protein: 22g

INGREDIENTS:

- 100g cooked chicken breast, finely chopped
- 1 cup (150g) broccoli florets
- 1 cup (150g) cauliflower florets
- ½ zucchini (75g), chopped
- ½ small onion (30g), diced
- 1 garlic clove (5g), minced
- 2 cups (480ml) vegetable broth
- ¼ cup (60ml) heavy cream
- 1 tbsp (15g) butter or olive oil
- Salt, pepper, nutmeg to taste

INSTRUCTIONS:

1. Sauté onion and garlic in butter until soft.
2. Add vegetables and broth and simmer until tender (15 min).
3. Divide the cooked chicken, cauliflower, and broccoli into two parts.
4. Blend one part into a smooth purée.
5. Stir in cream and chopped chicken, cauliflower, and broccoli season to taste.

TOMATO JUICE:

1 cup (240ml) chilled tomato juice (no sugar added) seasoned with celery salt and lemon juice

TIPS & VARIATIONS:

Garnish soup with fresh parsley or roasted seeds.



7 Lunch

GRILLED SALMON WITH AVOCADO SALAD



Calories: 500 | Net Carbs: 5g | Fat: 36g | Protein: 38g

INGREDIENTS:

- 2 salmon fillets (150g each)
- 1 tbsp (15ml) olive oil
- ½ tsp lemon zest
- Salt & pepper to taste

FOR THE SALAD:

- 1 avocado (150g), diced
- ½ cucumber (100g), chopped
- 1 tbsp (15ml) lemon juice
- 1 tbsp (15ml) olive oil
- Salt, pepper, fresh dill to taste

INSTRUCTIONS:

1. Rub salmon with oil, zest, pepper, and salt.
2. Grill or pan-fry for 4–5 minutes per side until cooked through.
3. Toss salad ingredients gently in a bowl.
4. Serve grilled salmon alongside the avocado salad.

TIPS & VARIATIONS:

Top salmon with a dollop of sour cream or herbed yogurt.



8 Lunch

CHICKEN LETTUCE WRAPS WITH CRUNCHY VEGGIE SLAW



Calories: 420 | Net Carbs: 6g | Fat: 28g | Protein: 32g

INGREDIENTS:

- 200g ground chicken
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp coconut aminos or tamari
- ½ tsp grated ginger
- Salt & pepper to taste

FOR THE SLAW:

- ½ cup shredded green cabbage
- ¼ cup grated carrot
- 2 tbsp chopped scallions
- 1 tbsp mayo or keto dressing
- 1 tsp apple cider vinegar

INSTRUCTIONS:

1. Sauté chicken with oil, garlic, ginger, coconut aminos, and seasonings until fully cooked.
2. In a bowl, mix all slaw ingredients.
3. Spoon cooked chicken and slaw into individual lettuce leaves.
4. Serve like mini tacos.

TO SERVE:

- Large romaine or butter lettuce leaves (6–8)

TIPS & VARIATIONS:

Add avocado slices or sesame seeds for a twist.



9 Lunch

TUNA-STUFFED AVOCADO WITH MICROGREENS & KETO BREAD



Calories: 480 | Net Carbs: 6g | Fat: 36g | Protein: 27g

INGREDIENTS:

- 1 large ripe avocado
- 1 can (120g) tuna in water (own juice), drained
- 1 tbsp (15g) mayonnaise
- 1 tsp lemon juice
- Salt, pepper, dried dill to taste
- ½ cup (20g) microgreens or arugula
- 2 slices keto bread

INSTRUCTIONS:

1. Toast keto bread slices until golden and crisp.
2. Slice the avocado in half and remove the pit.
3. Mix tuna with mayo, lemon juice, and seasoning.
4. Fill the hollow of each avocado half with the tuna salad mixture, pressing it in gently.
5. Serve on a bed of microgreens with a slice of toasted keto bread.

TIPS & VARIATIONS:

Garnish with sliced radish or pumpkin seeds for added crunch.



10 Lunch

SHRIMP SALAD WITH AVOCADO & LIME



Calories: 390 | Net Carbs: 4g | Fat: 28g | Protein: 28g

INGREDIENTS:

- 200g shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 avocado, diced
- ½ cucumber, sliced
- 1 tbsp fresh lime juice
- 2 tbsp chopped cilantro
- Salt & pepper to taste

INSTRUCTIONS:

1. Sauté shrimp in olive oil for 2–3 minutes per side until pink and cooked.
2. Toss with avocado, cucumber, lime juice, and cilantro.
3. Season to taste and serve chilled or at room temperature.

TIPS & VARIATIONS:

Add baby spinach or arugula for more volume.



11 Lunch

MACKEREL FILLET WITH ARUGULA SALAD & LEMON DRESSING



5 min 15 min 1 per

Calories: : 420 | Net Carbs: 3g | Fat: 35g | Protein: 22g

INGREDIENTS:

- 1 mackerel fillet (150g), skin-on
- 1 tbsp olive oil
- Salt, pepper, lemon zest to taste

FOR THE SALAD:

- 1 cup arugula (30g)
- ¼ avocado, sliced
- 1 tsp lemon juice
- 1 tsp olive oil

INSTRUCTIONS:

1. Season mackerel with salt, pepper, and lemon zest.
2. Pan-sear in olive oil or bake at 375°F (190°C) for 12–15 minutes.
3. Toss salad ingredients gently in a bowl with lemon juice and olive oil.
4. Serve warm mackerel alongside fresh arugula salad.

TIPS & VARIATIONS:

Add capers or pumpkin seeds to the salad for extra crunch.



12 Lunch

AVOCADO CHICKEN SALAD WITH LIME & PUMPKIN SEEDS



10 min 0 min 2 per

Calories: 450 | Net Carbs: 4g | Fat: 35g | Protein: 28g

INGREDIENTS:

- 200g cooked chicken breast, diced or shredded
- 1 ripe avocado, cubed
- 1 tbsp pumpkin seeds
- 1 tbsp olive oil
- 1 tsp lime juice
- 1 tbsp chopped cilantro or green onion
- Salt & pepper to taste

INSTRUCTIONS:

1. Combine chicken, avocado, and pumpkin seeds in a bowl.
2. Add olive oil, lime juice, and herbs.
3. Toss gently and season to taste.

TIPS & VARIATIONS:

Serve over arugula or spinach for added greens.



13 Lunch

TUNA-STUFFED BELL PEPPERS WITH OLIVE OIL & HERBS



Calories: 400 | Net Carbs: 5g | Fat: 30g | Protein: 26g

INGREDIENTS:

- 1 can tuna in water (120g), drained
- 1 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tbsp chopped parsley
- Salt & pepper to taste
- 2 bell peppers, halved and deseeded
- 1 tbsp olive oil (for drizzling)

INSTRUCTIONS:

1. Mix tuna, mayo, mustard, and parsley in a bowl. Season to taste.
2. Fill each pepper half with the tuna mixture.
3. Drizzle with olive oil and chill or serve at room temperature.

TIPS & VARIATIONS:

Sprinkle with sunflower seeds or top with arugula for added texture.



14 Lunch

WARM CABBAGE SALAD WITH PORK & MUSTARD DRESSING



Calories: : 440 | Net Carbs: 6g | Fat: 32g | Protein: 28g

INGREDIENTS:

- 200g pork shoulder or pork loin, thinly sliced
- 200g white cabbage, shredded
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- Salt, pepper, and thyme to taste

INSTRUCTIONS:

1. Sauté pork in olive oil until golden and cooked through.
2. Add cabbage and cook for 5–7 minutes until tender.
3. In a small bowl, mix mustard, vinegar, and spices.
4. Combine with the warm pork and cabbage mixture.

TIPS & VARIATIONS:

Top with toasted sesame seeds or a spoonful of sour cream.



15 Lunch

CREAMY CHICKEN THIGH & CAULIFLOWER SOUP WITH HERBS & XANTHAN



Calories: 480 | Net Carbs: 6g | Fat: 35g | Protein: 31g

INGREDIENTS:

- 2 skinless chicken thighs (250g total)
- ¼ onion, chopped
- 1 garlic clove, minced
- 1 cup (100g) cauliflower florets, chopped
- 1 tbsp butter
- 1.5 cups (350ml) chicken broth
- 3 tbsp heavy cream (45ml)
- ¼ tsp xanthan gum
- Salt, pepper, dried thyme to taste

INSTRUCTIONS:

1. In a pot, sauté onion and garlic in butter until soft.
2. Add chicken thighs, cauliflower, and broth. Simmer for 20 minutes.
3. Remove the chicken, shred the meat, and return it to the pot.
4. Stir in heavy cream, xanthan gum, and thyme. Simmer for another 5 minutes.
5. Optionally, blend partially for a creamier texture, or leave it chunky.

TIPS & VARIATIONS:

Garnish with chopped parsley or grated cheese.



16 Lunch

BEEF STROGANOFF GOULASH WITH PUMPKIN & TOMATO



Calories: 480 | Net Carbs: 7g | Fat: 34g | Protein: 30g

INGREDIENTS:

- 300g beef (sirloin or stewing cuts), sliced into strips
- ½ onion, chopped
- ½ small carrot, grated (30g)
- 1 small tomato, chopped
- 100g pumpkin, cubed
- 2 tbsp sour cream (30g)
- 1 tbsp olive oil
- Salt & pepper to taste
- ¼ tsp smoked paprika
- ¼ tsp dried thyme
- 1 garlic clove, minced

INSTRUCTIONS:

1. Heat olive oil in a pan. Sauté onion and garlic until soft.
2. Add beef and brown for 5–7 minutes.
3. Stir in carrot, tomato, and pumpkin. Cook for 10 minutes.
4. Season with salt, pepper, paprika, and thyme.
5. Lower heat, cover, and simmer for another 10 minutes until tender.
6. Stir in sour cream just before serving.

TIPS & VARIATIONS:

Garnish with parsley and serve with sautéed greens or shirataki noodles.



17 Lunch

WARM ZUCCHINI NOODLES WITH WHITE FISH & LEMON DRESSING



Calories: 400 | Net Carbs: 5g | Fat: 30g | Protein: 25g

INGREDIENTS:

- 120g cooked white fish fillet (such as cod or haddock), whole piece
- 2 medium zucchinis, spiralized
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp chopped parsley
- Salt & pepper to taste

INSTRUCTIONS:

1. Lightly sauté spiralized zucchini in a pan over medium heat for 3–4 minutes until just tender.
2. In a bowl, plate the zucchini noodles and top with the whole white fish fillet.
3. Mix olive oil, lemon juice, pepper, salt, and parsley for dressing.
4. Toss everything together and serve warm or slightly cooled.

TIPS & VARIATIONS:

Top with pine nuts or olives for extra texture.



18 Lunch

BAKED CHICKEN PATTIES IN TOMATO SAUCE



Calories: 460 | Net Carbs: 6g | Fat: 32g | Protein: 34g

INGREDIENTS:

- 250g ground chicken
- 1 garlic clove, minced
- 1 egg
- 2 tbsp chopped parsley
- Salt & pepper to taste
- 1 tbsp olive oil (for baking dish)

FOR THE SAUCE:

- $\frac{3}{4}$ cup (180ml) tomato sauce
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp oregano
- $\frac{1}{4}$ tsp paprika
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Grease a small baking dish with olive oil.
2. Mix ground chicken, garlic, egg, parsley, salt, and pepper in a bowl.
3. Form small patties and place them in the baking dish.
4. Mix tomato sauce, olive oil, oregano, paprika, and seasoning in another bowl.
5. Pour sauce over the patties.
6. Cover with foil and bake for 20–25 minutes. Uncover the last 5 minutes for a thicker sauce.

TIPS & VARIATIONS:

Serve with steamed zucchini or cauliflower mash on the side.



19 Lunch

BAKED BEEF PATTIES WITH OVEN-ROASTED VEGETABLES



15 min 25 min 2 per

Calories: 480 | Net Carbs: 8g | Fat: 34g | Protein: 30g

INGREDIENTS:

- 250g ground beef
- 1 garlic clove, minced
- 1 egg
- Salt, pepper, herbs (thyme, oregano) to taste
- 1 zucchini, sliced
- ½ bell pepper, chopped
- ½ cup cauliflower florets
- 1 tbsp olive oil

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix beef, garlic, egg, and seasoning. Shape into patties.
3. Place patties and vegetables on a baking tray. Drizzle with olive oil.
4. Bake for 25 minutes, flipping patties halfway through.

TIPS & VARIATIONS:

Serve with a spoon of sour cream or mustard dip on the side.



20 Lunch

BAKED COD WITH CREAMY SPINACH & CHERRY TOMATOES



10 min 20 min 2 per

Calories: 450 | Net Carbs: 6g | Fat: 32g | Protein: 35g

INGREDIENTS:

- 2 cod fillets (150g each)
- 1 tbsp olive oil
- Salt, pepper, lemon zest to taste
- 2 cups fresh spinach (60g)
- ½ cup cherry tomatoes, halved (75g)
- 2 tbsp cream cheese (30g)
- 1 tbsp heavy cream (15ml)
- 1 garlic clove, minced

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Lightly oil a baking dish.
2. Season cod with salt, pepper, and lemon zest. Place in dish.
3. In a skillet, sauté garlic in olive oil. Add spinach and cook until wilted.
4. Stir in cream cheese and heavy cream, cooking until smooth.
5. Spread creamy spinach mixture over cod. Scatter cherry tomatoes on top.
6. Bake for 18–20 minutes until fish flakes easily.

TIPS & VARIATIONS:

Top with grated Parmesan before baking for extra flavor.
Serve with steamed green beans or cauliflower rice.



21 Lunch

PORK & CABBAGE STIR-FRY WITH SESAME OIL



10 min 15 min 2 per

Calories: 470 | Net Carbs: 6g | Fat: 33g | Protein: 35g

INGREDIENTS:

- 250g pork shoulder or loin, thinly sliced
- 200g white cabbage, shredded
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp soy sauce or coconut aminos
- 1 tsp apple cider vinegar
- Salt & pepper to taste
- Optional: sesame seeds, green onions for garnish

INSTRUCTIONS:

1. Heat olive oil in a large skillet or wok. Sauté garlic for 30 seconds.
2. Add pork slices and cook until browned and nearly cooked through.
3. Add cabbage and stir-fry for 5–7 minutes until tender.
4. Stir in sesame oil, soy sauce, and vinegar. Season to taste.
5. Cook another 1–2 minutes and remove from heat.
6. Garnish with sesame seeds or green onions if desired.

TIPS & VARIATIONS:

Serve with cauliflower rice or shirataki noodles for a fuller meal.



22 Lunch

CREAMY SHRIMP & ZUCCHINI BAKE WITH CHEESE CRUST



10 min 20 min 2 per

Calories: 470 | Net Carbs: 6g | Fat: 34g | Protein: 32g

INGREDIENTS:

- 200g shrimp, peeled and deveined
- 1 medium zucchini (150g), thinly sliced
- 2 tbsp cream cheese (30g)
- 2 tbsp heavy cream (30ml)
- 1 garlic clove, minced
- ¼ tsp paprika
- Salt & pepper to taste
- ¼ cup grated cheese (cheddar or mozzarella)
- 1 tbsp olive oil

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Lightly oil a small baking dish. Spread sliced zucchini on the bottom.
3. In a pan, sauté garlic in olive oil, add shrimp, and cook for 2–3 minutes.
4. Mix cream cheese, heavy cream, paprika, salt, and pepper until smooth.
5. Layer shrimp over zucchini, then pour creamy mixture over the top.
6. Sprinkle with grated cheese and bake for 15–20 minutes until golden and bubbly.

TIPS & VARIATIONS:

Add chopped spinach or herbs to the creamy mixture for variety. Serve with fresh arugula salad or steamed broccoli.



23 Lunch

VEAL CUTLETS WITH CREAMY MUSHROOM SAUCE



10 min 15 min 2 per

Calories: 490 | Net Carbs: 6g | Fat: 36g | Protein: 32g

INGREDIENTS:

- 2 veal cutlets (about 150g each)
- 1 tbsp olive oil or butter
- Salt & pepper to taste
- 1 garlic clove, minced
- ½ cup sliced mushrooms (75g)
- 2 tbsp heavy cream (30ml)
- 1 tbsp cream cheese (15g)
- ½ tsp dried thyme

INSTRUCTIONS:

1. Season veal cutlets with salt and pepper.
2. Heat oil in a skillet and cook cutlets over medium heat, 3–4 minutes per side.
3. Remove and keep warm. In the same skillet, sauté garlic and mushrooms until soft.
4. Add cream, cream cheese, and thyme. Stir until smooth.
5. Return the cutlets to the pan and simmer in the sauce for 8–12 minutes.

TIPS & VARIATIONS:

Serve with mashed cauliflower or sautéed spinach.
Use beef or turkey cutlets if veal is unavailable.



24 Lunch

TURKEY & EGGPLANT BAKE WITH RICOTTA AND HERBS



15 min 25 min 2 per

Calories: 470 | Net Carbs: 7g | Fat: 32g | Protein: 34g

INGREDIENTS:

- 250g ground turkey
- 1 small eggplant (150g), sliced into rounds
- ½ small onion, chopped
- 1 garlic clove, minced
- ½ cup ricotta cheese (125g)
- ¼ cup grated Parmesan (20g)
- 1 tbsp olive oil
- Salt, pepper, dried oregano to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Lightly grease a small baking dish.
2. In a skillet, sauté onion and garlic in olive oil. Add turkey and cook until browned.
3. Layer eggplant slices, turkey mixture, ricotta, and Parmesan in the baking dish.
4. Continue layering the ingredients, and finish with a sprinkle of Parmesan cheese on top.
5. Cover the dish with foil and bake it for 20 minutes. Remove foil and bake for five more minutes until golden.

TIPS & VARIATIONS:

Serve with a side of leafy greens or chopped cucumber salad.



25 Lunch

ZUCCHINI & CHICKEN MEATBALLS IN CREAMY DILL SAUCE



15 min 25 min 2 per

Calories: 460 | Net Carbs: 6g | Fat: 32g | Protein: 34g

INGREDIENTS:

- 250g ground chicken
- ½ zucchini (75g)
- 1 egg
- 1 garlic clove, minced
- Salt, pepper, dried dill to taste
- 1 tbsp olive oil (for baking)

FOR THE SAUCE:

- ¼ cup sour cream (60g)
- ¼ cup heavy cream (60ml)
- Use 1 tbsp of freshly chopped dill or 1 tsp of dried dill.
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a baking tray with parchment paper.
2. Mix ground chicken, grated zucchini, egg, garlic, salt, pepper, and dill in a bowl.
3. Shape into small meatballs and place on tray. Drizzle with olive oil.
4. Bake for 20–25 minutes until golden.
5. In the meantime, combine all the sauce ingredients in a small saucepan and heat them gently.
6. Pour sauce over meatballs before serving or serve on the side.

TIPS & VARIATIONS:

Pair with steamed broccoli or cucumber salad.



26 Lunch

SAUTÉED PORK WITH BELL PEPPERS & ONION



10 min 15 min 2 per

Calories: 480 | Net Carbs: 7g | Fat: 33g | Protein: 36g

INGREDIENTS:

- 250g pork (shoulder or loin), sliced into strips
- 1 red bell pepper, sliced
- 1 small onion, sliced
- 1 tbsp olive oil
- Salt & pepper to taste
- 1 tsp apple cider vinegar (add at the end)

INSTRUCTIONS:

1. Warm up olive oil in a skillet over medium heat.
2. Add pork strips and sauté until browned (about 5–6 minutes).
3. Add bell pepper and onion. Stir-fry for another 6–7 minutes until vegetables are tender.
4. Season with salt and pepper.
5. Add apple cider vinegar 5 minutes before it's ready and stir gently.
6. Let sit covered for 3 minutes before serving.

TIPS & VARIATIONS:

Garnish with chopped fresh herbs or sesame seeds.



27 Lunch

BAKED TROUT WITH LEMON BUTTER AND GREEN BEANS



10 min 20 min 2 per

Calories: 480 | Net Carbs: 6g | Fat: 34g | Protein: 36g

INGREDIENTS:

- 2 trout fillets (150g each)
- 1 tbsp butter (melted)
- 1 tsp lemon juice
- 1 garlic clove, minced
- Salt & pepper to taste
- 200g green beans, trimmed
- 1 tbsp olive oil

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Place trout fillets in a baking dish. Mix melted butter, lemon juice, garlic, salt, and pepper, and pour over the fish.
3. Bake for 15 to 20 minutes or until the fish flakes easily with a fork.
4. Meanwhile, sauté green beans in olive oil over medium heat for 5–7 minutes until tender-crisp.
5. Serve baked trout with a side of green beans.

TIPS & VARIATIONS:

Garnish with fresh dill or lemon zest.
You can substitute trout with salmon or cod.



28 Lunch

BEEF & CAULIFLOWER SKILLET WITH GARLIC AND HERBS



10 min 20 min 2 per

Calories: 470 | Net Carbs: 7g | Fat: 33g | Protein: 35g

INGREDIENTS:

- 250g ground beef
- 1½ cups (150g) cauliflower florets, chopped small
- 1 garlic clove, minced
- ½ small onion, diced
- 1 tbsp olive oil
- ½ tsp dried oregano
- Salt & pepper to taste
- Optional: fresh parsley for garnish

INSTRUCTIONS:

1. In a skillet, warm olive oil over medium heat. Sauté onion and garlic until fragrant.
2. Add the ground beef to the pan until it is browned and fully cooked.
3. Stir in the cauliflower and oregano. Cook the cauliflower for 8 to 10 minutes, stirring occasionally, until tender.
4. Season with salt and pepper. Serve hot, garnished with fresh parsley if desired.

TIPS & VARIATIONS:

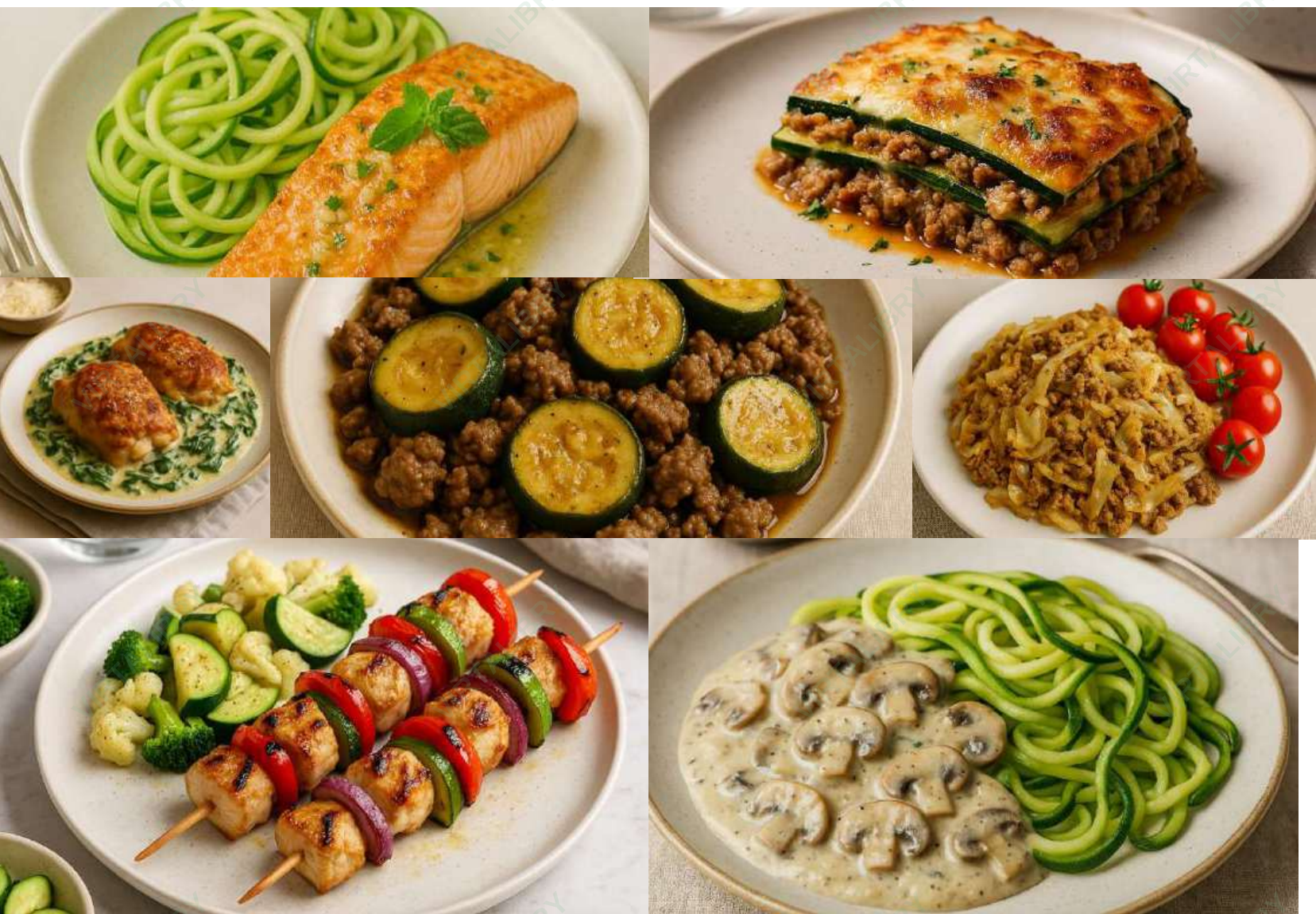
Add a spoonful of sour cream or grated cheese on top before serving.
For extra greens, toss in a handful of spinach at the end.





CHAPTER 7: DINNER RECIPES

SATISFYING AND WHOLESOME KETO DINNERS TO END
YOUR DAY WITH COMFORT AND FLAVOR



1 Dinner

BAKED SALMON WITH GARLIC BUTTER & ZUCCHINI NOODLES



10 min 20 min 2 per

Calories: 480 | Net Carbs: 4g | Fat: 36g | Protein: 35g

INGREDIENTS:

- 2 salmon fillets (140g each)
- 1 tbsp (15g) butter
- 1 garlic clove (5g), minced
- 1 tbsp (15ml) lemon juice
- 2 medium zucchinis (300g total), spiralized
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Place salmon on a foil-lined tray and season with salt & pepper.
3. Melt butter with garlic & lemon, and pour over salmon.
4. Bake 15–20 minutes until flaky.
5. Sauté zucchini noodles 2–3 minutes before serving.

TIPS & VARIATIONS:

Garnish with parsley or red pepper flakes.



2 Dinner

BEEF ZUCCHINI STIR-FRY WITH COCONUT AMINOS



10 min 15 min 2 per

Calories: 490 | Net Carbs: 7g | Fat: 35g | Protein: 32g

INGREDIENTS:

- 250g ground beef (80/20)
- 2 small zucchinis (300g), sliced
- 2 tbsp (30ml) coconut aminos (or soy sauce)
- 1 tbsp (15g) olive oil
- 1 garlic clove (5g), minced
- ¼ tsp (1g) ground ginger
- Salt & pepper to taste

INSTRUCTIONS:

1. Heat oil in a skillet over medium heat until hot.
2. Add garlic and beef, cook until browned (6–8 min).
3. Add zucchini, stir-fry 4–5 minutes until tender.
4. Stir in coconut aminos and ginger. Cook for two more minutes.
5. Season and serve hot.

TIPS & VARIATIONS:

Add sesame seeds or green onion for extra flavor.



3 Dinner

ZUCCHINI LASAGNA WITH GROUND TURKEY



Calories: 430 | Net Carbs: 6g | Fat: 30g | Protein: 33g

INGREDIENTS:

- 250g ground turkey
- 1 medium zucchini (200g), sliced lengthwise
- ¼ cup (60g) ricotta cheese
- ¼ cup (30g) shredded mozzarella
- ¼ cup (60ml) tomato sauce (no sugar added)
- 1 garlic clove (5g), minced
- 1 tbsp (15ml) olive oil
- Salt, pepper, oregano, and basil to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. First, fry the garlic in olive oil in a frying pan, then add the ground turkey. Cook until browned.
3. Season with salt, pepper, oregano, and basil.
4. Layer zucchini slices, turkey mixture, ricotta, and tomato sauce in a baking dish.
5. Repeat layers and top with mozzarella.
6. Bake for 20–25 minutes until cheese is melted and golden.

TIPS & VARIATIONS:

Let rest for 5 minutes before slicing.
Pat zucchini dry with paper towels to reduce moisture.



4 Dinner

CREAMY PAPRIKA CHICKEN WITH SPINACH & ASPARAGUS



Calories: 450 | Net Carbs: 5g | Fat: 32g | Protein: 36g

INGREDIENTS:

- 2 boneless skinless chicken thighs (300g)
- 1 tbsp (15ml) olive oil or ghee
- ½ tsp (2g) smoked paprika
- 1 garlic clove (5g), minced
- ⅓ cup (80ml) heavy cream
- 2 cups (60g) fresh spinach
- Salt & pepper to taste

INSTRUCTIONS:

1. Heat oil in a skillet over medium heat until it's hot.
2. Season the chicken with paprika, salt and pepper.
3. Cook the chicken for 5 to 6 minutes on each side or until it is golden brown and fully cooked.
4. Remove chicken and sauté garlic in the same pan.
5. Add cream, asparagus, and spinach. Simmer until spinach wilts and asparagus is tender (about 5–7 minutes).
6. Return chicken to pan, coat with sauce, and serve warm.

TIPS & VARIATIONS:

Garnish with fresh parsley or a squeeze of lemon for brightness.



5 Dinner

BAKED COD WITH GARLIC BUTTER & GREEN BEANS



10 min 20 min 2 per

Calories: 400 | Net Carbs: 5g | Fat: 28g | Protein: 32g

INGREDIENTS:

- 2 cod fillets (150g each)
- 2 tbsp (30g) butter, melted
- 1 garlic clove (5g), minced
- 1 tbsp (15ml) lemon juice
- 1 tsp (5ml) olive oil
- 200g green beans, trimmed
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Place cod in a baking dish. Mix butter, garlic, and lemon juice, and pour over fish.
3. Bake for 15 to 20 minutes or until the fish flakes easily with a fork.
4. Meanwhile, steam or sauté green beans in olive oil for 5–7 minutes.
5. Season everything with salt and pepper.
6. Serve cod alongside green beans.

TIPS & VARIATIONS:

Top cod with fresh herbs like dill or parsley before serving.



6 Dinner

CHICKEN SKEWERS WITH BELL PEPPERS & GRILLED VEGGIES



15 min 20 min 2 per

Calories: 480 | Net Carbs: 8g | Fat: 30g | Protein: 40g

INGREDIENTS:

- 300g chicken breast, cubed
- 1 red bell pepper (100g), chopped
- ½ zucchini (75g), sliced
- ½ small red onion (30g), chopped
- 2 tbsp (30ml) olive oil
- ½ tsp (2g) paprika
- Salt, pepper, and garlic powder to taste
- 1 cup (150g) grilled eggplant or green beans (for serving)

INSTRUCTIONS:

1. Marinate chicken and vegetables in oil and spices for 10 min.
2. Slide the items onto skewers.
3. Grill or bake at 400°F (200°C) for 20 minutes, turning once.
4. Serve with grilled veggies on the side.

TIPS & VARIATIONS:

Add a yogurt-garlic dip or a squeeze of lemon before serving.



7 Dinner

ZUCCHINI NOODLES WITH CREAMY MUSHROOM SAUCE



Calories: 430 | Net Carbs: 7g | Fat: 34g | Protein: 20g

INGREDIENTS:

- 2 medium zucchinis (300g), spiralized
- 1 cup (100g) mushrooms, sliced
- 1 garlic clove (5g), minced
- ¼ cup (60ml) heavy cream
- ¼ cup (30g) grated cheese (Parmesan or Gruyère)
- 1 tbsp (15ml) olive oil
- Salt and pepper to taste

INSTRUCTIONS:

1. Sauté mushrooms and garlic in olive oil until soft.
2. Add cream and cheese and simmer until thickened.
3. Lightly cook zucchini noodles in the sauce (2–3 min).
4. Serve warm, topped with extra cheese.

TIPS & VARIATIONS:

Add a handful of arugula or pine nuts for variety.



8 Dinner

BAKED EGGPLANT PARMESAN WITH ZUCCHINI RIBBONS



Calories: 480 | Net Carbs: 8g | Fat: 34g | Protein: 25g

INGREDIENTS:

- 1 medium eggplant, sliced into rounds (300g)
- ½ cup (120ml) tomato sauce (sugar-free)
- ½ cup shredded mozzarella
- ¼ cup grated Parmesan
- ½ tsp Italian seasoning
- 1 tbsp olive oil

FOR ZUCCHINI RIBBONS:

- 1–2 zucchinis, peeled into ribbons
- 1 tbsp butter
- Salt & pepper

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Brush eggplant slices with oil, season, and bake for 10 min.
3. Layer with tomato sauce, mozzarella, and Parmesan.
4. Bake for 15 more minutes until golden.
5. Sauté zucchini ribbons in butter 2–3 minutes.
6. Serve eggplant with zucchini on the side.

TIPS & VARIATIONS:

Add crushed walnuts or basil for topping.



9 Dinner

CHICKEN THIGHS IN CREAMY SPINACH SAUCE



10 min 25 min 2 per

Calories: 490 | Net Carbs: 6g | Fat: 36g | Protein: 34g

INGREDIENTS:

- 2 chicken thighs (300g, boneless/skinless)
- 1 tbsp (15ml) olive oil
- ½ small onion, finely chopped
- 1 garlic clove, minced
- 1 cup (30g) fresh spinach, chopped
- ½ cup (120ml) heavy cream
- ¼ cup (30g) grated Parmesan
- Salt, pepper, nutmeg to taste

INSTRUCTIONS:

1. Season chicken with salt and pepper.
2. Sear in olive oil until golden and cooked through. Remove and set aside.
3. In the same pan, sauté onion and garlic.
4. Add spinach and cook until wilted.
5. Stir in cream and Parmesan, simmer 3–4 min.
6. Return chicken to pan, coat with sauce, and heat for 2 min.

TIPS & VARIATIONS:

Serve with cauliflower mash or steamed broccoli.



10 Dinner

BRAISED CABBAGE WITH GROUND BEEF & CHERRY TOMATOES



10 min 25 min 2 per

Calories: 420 | Net Carbs: 6g | Fat: 30g | Protein: 28g

INGREDIENTS:

- 250g ground beef
- 300g fresh white cabbage, shredded
- ½ onion, chopped
- 1 tbsp olive oil
- ½ tsp smoked paprika
- Salt & pepper to taste
- 6–8 cherry tomatoes, halved (for garnish)

INSTRUCTIONS:

1. Heat olive oil in a skillet and sauté onion until soft.
2. Add ground beef and cook until browned.
3. Add shredded cabbage, paprika, salt, and pepper.
4. Cover and simmer for 15–20 minutes, stirring occasionally, until cabbage is tender.
5. Serve warm with fresh cherry tomatoes on the side.

TIPS & VARIATIONS:

Add a splash of apple cider vinegar or caraway seeds for extra flavor.



11 Dinner

PORK & PUMPKIN RAGÙ WITH THYME



10 min 30 min 2 per

Calories: 480 | Net Carbs: 6g | Fat: 34g | Protein: 30g

INGREDIENTS:

- 250g ground pork
- ½ small onion, diced
- 1 garlic clove, minced
- 200g fresh pumpkin or butternut squash, cubed
- ½ cup (120ml) bone broth or water
- 1 tbsp olive oil
- ¼ tsp dried thyme
- Salt & pepper to taste

INSTRUCTIONS:

1. Sauté onion and garlic in olive oil until soft.
2. Add pork and cook until browned.
3. Add pumpkin and broth, cover, and simmer 20–25 min until pumpkin is soft.
4. Mash gently into sauce and season to taste.
5. Serve hot with chopped herbs.

TIPS & VARIATIONS:

Garnish with Parmesan or crispy bacon bits.



12 Dinner

STUFFED PORTOBELLO MUSHROOMS WITH GROUND BEEF & PARMESAN



10 min 20 min 2 per

Calories: 460 | Net Carbs: 5g | Fat: 34g | Protein: 30g

INGREDIENTS:

- Clean two large portobello mushrooms and remove stems.
- 200g ground beef
- 1 tbsp olive oil
- ½ small onion, diced
- 1 garlic clove, minced
- ¼ cup (30g) grated Parmesan
- Salt, pepper, dried thyme

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Cook beef with onion, garlic, and seasonings.
3. Fill mushroom caps with meat mixture.
4. Top with Parmesan and bake for 15–20 min.

TIPS & VARIATIONS:

Serve with a side of steamed broccoli or green beans.



13 Dinner

ROASTED SALMON WITH CREAMY SPINACH & GARLIC



10 min 15 min 2 per

Calories: 480 | Net Carbs: 4g | Fat: 36g | Protein: 32g

INGREDIENTS:

- 2 salmon fillets (300g total)
- 1 tbsp olive oil
- Salt, pepper, lemon juice

FOR THE SPINACH:

- 2 cups spinach (60g)
- 1 tbsp butter
- 1 garlic clove, minced
- 2 tbsp heavy cream

INSTRUCTIONS:

1. Season salmon and roast at 375°F (190°C) for 12–15 minutes.
2. Sauté garlic in butter, add spinach, and cook until wilted.
3. Stir in cream and cook for 2–3 minutes until thickened.
4. Serve salmon over creamy spinach.

TIPS & VARIATIONS:

Garnish with lemon zest or toasted almonds.



14 Dinner

BAKED WHITE FISH WITH ROASTED ZUCCHINI & HERBS



10 min 20 min 2 per

Calories: 450 | Net Carbs: 5g | Fat: 34g | Protein: 31g

INGREDIENTS:

- Two white fish fillets (such as cod or haddock, 300g total)
- 1 zucchini, sliced into half-moons
- 1 tbsp olive oil
- ½ tsp dried rosemary or thyme
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Place fish and zucchini on a baking sheet.
3. Drizzle olive oil over the dish and season it with herbs.
4. Roast for 18–20 min until fish is flaky and zucchini is golden.

TIPS & VARIATIONS:

Serve with a wedge of lemon and a handful of fresh arugula.



15 Dinner

STUFFED EGGPLANT WITH GROUND BEEF & CHEESE



10 min 25 min 2 per

Calories: 470 | Net Carbs: 6g | Fat: 34g | Protein: 28g

INGREDIENTS:

- 1 medium eggplant
- 200g ground beef
- ¼ small onion, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- ¼ cup (30g) shredded mozzarella or cheddar
- Salt, pepper, dried basil

INSTRUCTIONS:

1. Halve the eggplant lengthwise and scoop out the center.
2. Bake the eggplant shells at 375°F (190°C) for 10 minutes.
3. Meanwhile, chop the scooped-out eggplant center and cook it with the ground beef, onion, garlic, and seasonings.
4. Fill the baked shells with the beef mixture.
5. Top with mozzarella and bake for another 15 minutes until golden.

TIPS & VARIATIONS:

Add tomato paste or olives for a flavor twist.



16 Dinner

BAKED WHITE FISH WITH HERBED CAULIFLOWER MASH



10 min 20 min 2 per

Calories: 440 | Net Carbs: 6g | Fat: 32g | Protein: 30g

INGREDIENTS:

- 2 white fish fillets (cod, haddock) ~300g
- 1 tbsp olive oil
- Lemon wedge, salt, pepper, fresh dill

FOR MASH:

- 200g cauliflower florets
- 1 tbsp butter
- 1 tbsp cream cheese
- Pinch of garlic powder

INSTRUCTIONS:

1. Bake fish with olive oil, lemon, dill, and seasoning at 375°F (190°C) for 15–20 min.
2. Steam cauliflower until soft. Blend with butter, cream cheese, and garlic powder.
3. Serve fish over cauliflower mash.

TIPS & VARIATIONS:

Add steamed spinach or sautéed zucchini on the side.



17 Dinner

PORK CHOPS WITH CREAMY GARLIC MUSHROOM SAUCE



10 min 20 min 2 per

Calories: 480 | Net Carbs: 6g | Fat: 36g | Protein: 32g

INGREDIENTS:

- 2 pork chops (300g total)
- 1 cup sliced mushrooms (100g)
- 2 garlic cloves, minced
- 2 tbsp butter
- 3 tbsp heavy cream
- Salt, pepper, thyme

INSTRUCTIONS:

1. Season pork chops with salt and pepper. Sear in 1 tbsp butter until golden, then set aside.
2. In the same pan, sauté mushrooms and garlic with the remaining butter.
3. Add cream and thyme, and cook until slightly thickened.
4. Return pork chops to pan and simmer for 5–7 minutes covered.
5. Serve with sauce spooned over top.

TIPS & VARIATIONS:

Pair with steamed broccoli or sautéed spinach for a complete meal.



18 Dinner

STIR-FRIED CHICKEN THIGHS & CABBAGE WITH SESAME



10 min 15 min 2 per

Calories: 460 | Net Carbs: 7g | Fat: 34g | Protein: 30g

INGREDIENTS:

- 2 chicken thighs (about 250g), boneless and sliced
- 200g shredded cabbage
- 1 tbsp sesame oil
- 1 tbsp soy sauce (or coconut aminos)
- 1 garlic clove, minced
- ½ tsp grated ginger
- 1 tbsp sesame seeds

INSTRUCTIONS:

1. Heat sesame oil in a wok or a large pan until it's hot.
2. Add chicken and stir-fry until browned.
3. Add garlic, ginger, and cabbage. Cook until softened.
4. Add soy sauce to the dish and sprinkle sesame seeds before serving.

TIPS & VARIATIONS:

Garnish with green onion or chili flakes for extra flavor.



19 Dinner

MEDITERRANEAN ZUCCHINI & EGGPLANT GRATIN WITH CREAMY EGG BASE



10 min 25 min 2 per

Calories: 430 | Net Carbs: 7g | Fat: 32g | Protein: 22g

INGREDIENTS:

- 1 zucchini, thinly sliced (~150g)
- ½ eggplant, thinly sliced (~150g)
- 1 small red bell pepper, sliced
- 2 tbsp olive oil
- 50g crumbled feta cheese
- 3 large eggs
- 3 tbsp (45ml) heavy cream
- ½ tsp dried oregano
- ½ tsp garlic powder
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Lightly sauté zucchini, eggplant, and bell pepper in 1 tbsp olive oil for 5–7 min until slightly softened.
3. Whisk eggs with cream, salt, pepper, garlic powder, and oregano in a bowl.
4. Layer the sautéed vegetables in a small baking dish.
5. Pour egg-cream mixture over the vegetables and top with crumbled feta.
6. Drizzle with the remaining 1 tbsp olive oil.
7. Bake for 20–25 min until set and lightly golden.

TIPS & VARIATIONS:

Drizzle with lemon juice or add olives before serving for a bold flavor.



20 Dinner

ZUCCHINI & EGGPLANT BAKE WITH TOMATO & CHEESE



10 min 25 min 2 per

Calories: 430 | Net Carbs: 7g | Fat: 32g | Protein: 20g

INGREDIENTS:

- 1 zucchini, sliced
- ½ eggplant, sliced
- 1 small tomato, sliced
- 200g ground beef or turkey
- 2 tbsp olive oil
- ½ tsp dried oregano
- 50g shredded mozzarella
- Salt & pepper

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Sauté ground meat in 1 tbsp olive oil, season with salt and pepper.
3. Toss vegetables with remaining olive oil, oregano, salt & pepper.
4. Layer vegetables and meat mixture in a baking dish.
5. Add cheese on top and bake for 25 minutes or until golden brown.

TIPS & VARIATIONS:

Add a spoonful of sour cream on top when serving.



21 Dinner

GREEN BEAN & BEEF STIR-FRY WITH GINGER GARLIC SAUCE



10 min 15 min 2 per

Calories: 470 | Net Carbs: 6g | Fat: 32g | Protein: 34g

INGREDIENTS:

- 250g ground beef or thinly sliced beef
- 200g green beans, trimmed
- 1 tbsp sesame oil
- 2 garlic cloves, minced
- ½ tsp grated fresh ginger
- 1 tbsp soy sauce or coconut aminos
- Salt & pepper to taste
- Optional: red chili flakes

INSTRUCTIONS:

1. Heat sesame oil in a large skillet or wok over medium-high heat until hot.
2. Put the beef in the skillet and cook until browned, then remove it and set aside.
3. In the same pan, sauté garlic and ginger until fragrant.
4. Add green beans, stir-fry 5–6 minutes until tender-crisp.
5. Return beef to the skillet, add soy sauce, season, and toss everything well.
6. Serve hot, sprinkled with optional chili flakes.

TIPS & VARIATIONS:

Great served with a side of cauliflower rice.



22 Dinner

CREAMY TURKEY MEATBALLS WITH SPINACH



15 min 25 min 2 per

Calories: 460 | Net Carbs: 5g | Fat: 32g | Protein: 34g

INGREDIENTS:

- 250g ground turkey
- 1 garlic clove, minced
- 1 tbsp chopped parsley
- Salt & pepper to taste
- 1 tbsp olive oil
- 2 cups spinach (60g)
- ¼ cup (60ml) heavy cream
- 1 tbsp cream cheese

INSTRUCTIONS:

1. Mix turkey with garlic, parsley, salt & pepper. Form into meatballs.
2. Sear meatballs in olive oil until browned on all sides.
3. Add spinach, cream, and cream cheese. Cover the pot and let it simmer for 15 minutes until the meatballs are fully cooked and the sauce thickens.

TIPS & VARIATIONS:

Serve with zucchini noodles or cauliflower mash.



23 Dinner

CHICKEN & MUSHROOM CASSEROLE WITH CHEESE CRUST



10 min 25 min 2 per

Calories: 470 | Net Carbs: 6g | Fat: 34g | Protein: 33g

INGREDIENTS:

- 250g cooked chicken breast, shredded or diced
- 1 cup mushrooms, sliced (100g)
- 1 garlic clove, minced
- 1 tbsp butter
- ¼ cup (60ml) heavy cream
- ½ cup shredded cheese (mozzarella or cheddar)
- Salt, pepper, thyme to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a pan, sauté mushrooms and garlic in butter until soft.
3. Add cooked chicken and cream, season with salt, pepper, and thyme.
4. Transfer to a small baking dish and top with shredded cheese.
5. Bake uncovered for 20–25 minutes until golden and bubbly.

TIPS & VARIATIONS:

Serve with steamed broccoli or a side salad.



24 Dinner

CREAMY SHRIMP WITH ZOODLES & LEMON BUTTER SAUCE



10 min 15 min 2 per

Calories: 460 | Net Carbs: 5g | Fat: 34g | Protein: 32g

INGREDIENTS:

- 200g shrimp, peeled and deveined
- 2 medium zucchinis (300g), spiralized
- 1 tbsp butter
- 1 garlic clove, minced
- 2 tbsp heavy cream
- 1 tbsp lemon juice
- Salt & pepper to taste
- Optional: fresh parsley for garnish

INSTRUCTIONS:

1. Sauté garlic in butter until fragrant.
2. Add shrimp and cook for 2–3 minutes per side until pink.
3. Stir in cream and lemon juice, simmer 2 minutes.
4. Add zucchini noodles and cook for 2–3 minutes until just tender.
5. Season and serve with parsley if using.

TIPS & VARIATIONS:

Add a sprinkle of Parmesan or red pepper flakes for a twist.



25 Dinner

CHICKEN WALNUT PATTIES WITH HERB YOGURT SAUCE



15 min 20 min 2 per

Calories: 480 | Net Carbs: 5g | Fat: 34g | Protein: 35g

INGREDIENTS:

- 250g ground chicken
- 1 egg
- 2 tbsp finely chopped walnuts (20g)
- 1 tbsp almond flour
- Salt, pepper, and garlic
- 1 tbsp olive oil

FOR SAUCE:

- 2 tbsp Greek yogurt
- 1 garlic clove, minced
- 1 tsp lemon juice
- 1 tsp chopped parsley or dill

INSTRUCTIONS:

1. Mix chicken, egg, walnuts, almond flour, and seasonings in a bowl.
2. Form into small patties. Heat olive oil in a skillet.
3. Fry patties for 4–5 minutes per side until golden and cooked through.
4. Mix yogurt, garlic, lemon juice, and herbs to make the sauce.
5. Serve patties warm with sauce on the side.

TIPS & VARIATIONS:

These patties go well with a simple cucumber salad or steamed green beans.



26 Dinner

CREAMY BROCCOLI & HAM BAKE



10 min 25 min 2 per

Calories: 450 | Net Carbs: 6g | Fat: 33g | Protein: 30g

INGREDIENTS:

- 1 ½ cups broccoli florets (150g)
- 150g cooked ham, diced
- 1 garlic clove, minced
- ¼ cup (60ml) heavy cream
- ½ cup (60g) shredded cheese (cheddar or Swiss)
- 1 tbsp butter
- Salt, pepper, nutmeg to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Steam or blanch broccoli until just tender.
3. Melt butter in a skillet and sauté garlic and ham over medium heat. Add minced garlic, diced ham, and sauté until fragrant and lightly browned.
4. Add cream and seasonings, and stir in broccoli.
5. Pour the mixture into a baking dish and sprinkle cheese on top.
6. Bake 15–20 minutes until bubbly and golden.

TIPS & VARIATIONS:

Add chopped mushrooms or cauliflower for variety.



27 Dinner

ROASTED WHITE FISH WITH VEGGIES & DIJON SAUCE



10 min 25 min 2 per

Calories: 460 | Net Carbs: 6g | Fat: 32g | Protein: 34g

INGREDIENTS:

- 2 white fish fillets (such as cod or haddock, 300g total)
- 1 bell pepper, chopped
- ½ red onion, sliced
- 1 tbsp olive oil
- Salt, pepper, thyme

FOR THE SAUCE:

- 1 tbsp Dijon mustard
- 1 tbsp mayonnaise (sugar-free)
- 1 tsp lemon juice

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. Toss chopped veggies in olive oil, salt, pepper, and thyme.
3. Preheat an oven-safe skillet or roasting pan over medium-high heat.
4. Sear the fish briefly (1–2 minutes per side), then transfer everything to the oven.
5. Roast for 15–18 minutes until fish is flaky and veggies are tender.
6. Mix sauce ingredients in a bowl.
7. Serve fish and veggies with the Dijon sauce on the side.

TIPS & VARIATIONS:

Use salmon or mackerel for a richer flavor.



28 Dinner

BAKED TURKEY THIGHS WITH CAULIFLOWER & GARLIC HERB BUTTER



10 min 30 min 2 per

Calories: 490 | Net Carbs: 6g | Fat: 35g | Protein: 36g

INGREDIENTS:

- 2 small turkey thighs (300g total)
- 1 tbsp olive oil
- 200g cauliflower florets
- 1 tbsp butter
- 1 garlic clove, minced
- 1 tsp chopped parsley
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Season turkey thighs with salt and pepper. Rub with olive oil.
3. Place on a baking tray and roast for 25–30 minutes until golden and cooked.
4. Meanwhile, steam cauliflower until tender.
5. Melt butter in a small pan, and add garlic and parsley. Pour over steamed cauliflower.
6. Serve turkey with garlic butter cauliflower on the side.

TIPS & VARIATIONS:

Add lemon zest or thyme to the butter for extra flavor.
Use salmon or mackerel for a richer flavor.





CHAPTER 8: SNACK RECIPES

QUICK, TASTY, AND LOW-CARB SNACKS TO CURB HUNGER BETWEEN MEALS



1 Snacks

CREAM CHEESE & CUCUMBER ROLL-UPS



5 min 1 per

Calories: 130 | Net Carbs: 2 g | Fat: 11 g | Protein: 5g

INGREDIENTS:

- ½ cucumber (100g), thinly sliced lengthwise
- 2 tbsp (30g) full-fat cream cheese
- Salt, pepper, dill (optional)

INSTRUCTIONS:

1. Spread cream cheese on each cucumber slice.
2. Roll gently into spirals.
3. Season with salt, pepper, and dill according to your taste preferences.

TIPS & VARIATIONS:

Add smoked salmon or turkey slices for a protein boost.



2 Snacks

ALMOND BUTTER CELERY STICKS



3 min 1 per

Calories: 180 | Net Carbs: 3g | Fat: 16g | Protein: 4g

INGREDIENTS:

- 2 celery stalks (100g), cut into sticks
- 2 tbsp (32g) crunchy almond butter (no sugar added)

INSTRUCTIONS:

1. Spread almond butter into the celery sticks.
2. Enjoy immediately.

TIPS & VARIATIONS:

Use crunchy almond butter for more texture and satisfaction.



3 Snacks

CHEESE CUBES WITH OLIVES & CHERRY TOMATOES



3 min 1 per

Calories: 190 | Net Carbohydrates: 3g | Fat: 15g | Protein: 9g

INGREDIENTS:

- 40g cheddar or gouda cheese, cut into cubes
- 6 black or green olives (30g)
- 4 cherry tomatoes (60g)
- Fresh basil or parsley (optional)

INSTRUCTIONS:

1. Arrange cheese cubes, olives, and cherry tomatoes on a small plate or thread onto skewers.
2. Garnish with fresh herbs and serve.

TIPS & VARIATIONS:

Use a toothpick or mini skewers to make this a fun finger food.



4 Snacks

BERRIES WITH ALMOND FLAKES



2 min



1 per

Calories: 110 | Net Carbs: 5g | Fat: 7g | Protein: 2g

INGREDIENTS:

- ¼ cup fresh blueberries (40g)
- ¼ cup fresh strawberries, sliced (40g)
- 1 tbsp unsweetened almond flakes

INSTRUCTIONS:

1. Gently wash and dry the berries.
2. Place in a small bowl and top with almond flakes.
3. Serve immediately.

TIPS & VARIATIONS:

Add a dash of cinnamon or a few drops of lemon juice to enhance the flavor.



5 Snacks

CUCUMBER SLICES WITH CREAM CHEESE, CHIVES & SMOKED SALMON



5 min



1 per

Calories: 180 | Net Carbs: 2g | Fat: 15g | Protein: 7g

INGREDIENTS:

- ½ cucumber (100g), sliced
- 2 tbsp (30g) full-fat cream cheese
- 1 tsp chopped chives
- 30g smoked salmon, thinly sliced
- Salt & pepper to taste

INSTRUCTIONS:

1. Spread cream cheese onto cucumber slices.
2. Sprinkle with chives, salt, and pepper.
3. Top with smoked salmon slices and serve chilled.

TIPS & VARIATIONS:

Garnish with lemon zest or capers for extra flavor.



6 Snacks

GREEK YOGURT WITH RASPBERRIES & ALMOND CRUMBLE



3 min



1 per

Calories: 170 | Net Carbs: 5g | Fat: 10g | Protein: 12g

INGREDIENTS:

- 100g full-fat Greek yogurt
- ¼ cup (40g) raspberries
- 1 tbsp (7g) crushed roasted almonds
- Dash of vanilla or cinnamon (optional)

INSTRUCTIONS:

1. Spoon yogurt into a bowl.
2. Top with raspberries and almond crumble.
3. Sprinkle with cinnamon or vanilla if desired.

TIPS & VARIATIONS:

Substitute raspberries with blueberries or a few slices of kiwi (optional).



7 Snacks

BELL PEPPER STRIPS WITH HUMMUS



5 min 1 per

Calories: 180 | Net Carbs: 6g | Fat: 13g | Protein: 5g

INGREDIENTS:

- ½ red bell pepper (50g), sliced
- ½ yellow bell pepper (50g), sliced
- 3 tbsp (45g) keto hummus

INSTRUCTIONS:

1. Slice peppers and serve with hummus.
2. Optional: sprinkle with paprika or sesame seeds.

TIPS & VARIATIONS:

Use store-bought keto hummus or make it with zucchini or cauliflower.



8 Snacks

OLIVE TAPENADE & CHEESE CRISPS



5 min 1 per

Calories: 180 | Net Carbs: 2g | Fat: 15g | Protein: 8g

INGREDIENTS:

- 3 tbsp olive tapenade
- 4–5 baked cheese crisps or slices of firm cheese

INSTRUCTIONS:

1. Place the tapenade in a small dish.
2. Serve with cheese crisps for dipping.

TIPS & VARIATIONS:

You can make cheese crisps in the oven with shredded cheese baked 6–7 min



9 Snacks

YOGURT BOWL WITH STRAWBERRIES & CHIA SEEDS



3 min 1 per

Calories: 160 | Net Carbs: 4g | Fat: 9g | Protein: 12g

INGREDIENTS:

- 100g full-fat Greek yogurt
- 3–4 fresh strawberries, sliced
- ½ tsp chia seeds

INSTRUCTIONS:

1. Spoon yogurt into a bowl.
2. Add strawberries on top and then sprinkle with chia seeds.
3. Serve chilled.

TIPS & VARIATIONS:

You can enhance the flavor by adding cinnamon or a drop of vanilla extract. Enjoy with a cup of hot tea for a soothing afternoon break.



10 Snacks

COTTAGE CHEESE WITH STRAWBERRIES & MINT



3 min



1 per

Calories: 160 | Net Carbs: 4g | Fat: 8g | Protein: 14g

INGREDIENTS:

- 100g full-fat cottage cheese
- 3–4 strawberries, sliced
- A few mint leaves (optional)

INSTRUCTIONS:

1. Spoon cottage cheese into a small bowl.
2. Top with sliced strawberries.
3. Garnish with fresh mint.

TIPS & VARIATIONS:

Add a pinch of cinnamon or a few crushed walnuts for crunch.



11 Snacks

BOILED EGG & OLIVE SKEWERS WITH CUCUMBER



5 min



1 per

Calories: 190 | Net Carbs: 2g | Fat: 15g | Protein: 9g

INGREDIENTS:

- 1 hard-boiled egg, quartered
- 6 olives (green or black)
- 4 slices of cucumber
- Skewers or toothpicks

INSTRUCTIONS:

1. Thread egg, olive, and cucumber onto skewers.
2. Chill and serve as finger food.

TIPS & VARIATIONS:

Sprinkle with smoked paprika or chopped parsley.



12 Snacks

KETO TRAIL MIX (NUTS, COCONUT, DARK CHOCOLATE BITS)



2 min



1 per

Calories: 200 | Net Carbs: 3g | Fat: 18g | Protein: 5g

INGREDIENTS:

- 10g almonds
- 10g walnuts
- 5g unsweetened coconut flakes
- 5g 85–90% dark chocolate, chopped

INSTRUCTIONS:

1. Mix all ingredients in a small bowl.
2. Store in an airtight container if making ahead.

TIPS & VARIATIONS:

Add a dash of cinnamon or a sprinkle of sea salt for added variety.



13 Snacks

CHEESE CUBES WITH WALNUTS



2 min



1 per

Calories: 220 | Net Carbs: 2g | Fat: 18g | Protein: 10g

INGREDIENTS:

- 40g hard cheese (cheddar, gouda, etc.), cubed
- 15g walnuts

INSTRUCTIONS:

1. Arrange cheese and walnuts in a small bowl or plate.
2. Serve as a quick protein-fat snack.

TIPS & VARIATIONS:

Add olives or fresh basil for variation.



14 Snacks

AVOCADO SLICES WITH SEA SALT & LEMON



2 min



1 per

Calories: 160 | Net Carbs: 2g | Fat: 15g | Protein: 2g

INGREDIENTS:

- ½ ripe avocado, sliced
- Pinch of sea salt
- 1 tsp lemon juice

INSTRUCTIONS:

1. Slice avocado and drizzle with lemon juice.
2. Sprinkle with sea salt and enjoy fresh.

TIPS & VARIATIONS:

Amp up the flavor by sprinkling in chili flakes or smoky paprika for that delicious kick.



15 Snacks

CELERY STICKS WITH CREAM CHEESE & CHIVES



3 min



1 per

Calories: 150 | Net Carbs: 2g | Fat: 13g | Protein: 5g

INGREDIENTS:

- 2 celery sticks
- 2 tbsp cream cheese
- 1 tsp chopped chives

INSTRUCTIONS:

1. Fill celery with cream cheese.
2. Top with chives and serve fresh.



16 Snacks

GREEK YOGURT WITH CRUSHED WALNUTS & CINNAMON



2 min



1 per

Calories: 180 | Net Carbs: 4g | Fat: 12g | Protein: 10g

INGREDIENTS:

- 100g full-fat Greek yogurt
- 1 tbsp crushed walnuts (10g)
- Pinch of cinnamon

INSTRUCTIONS:

1. Combine all ingredients in a small bowl and enjoy chilled.



17 Snacks

CUCUMBER SLICES WITH HERBED GOAT CHEESE



3 min



1 per

Calories: 160 | Net Carbs: 2g | Fat: 14g | Protein: 6g

INGREDIENTS:

- ½ cucumber, sliced
- 2 tbsp goat cheese (30g), softened
- Pinch of dried oregano or thyme

INSTRUCTIONS:

1. Mix herbs into goat cheese.
2. Spread on cucumber slices and serve fresh.



18 Snacks

BELL PEPPER BOATS WITH TUNA & CREAM CHEESE



5 min



1 per

Calories: 190 | Net Carbs: 4g | Fat: 14g | Protein: 12g

INGREDIENTS:

- 1 small bell pepper, halved and deseeded
- 1 tbsp cream cheese
- 1 tbsp canned tuna (in water or oil), drained

INSTRUCTIONS:

1. Mix tuna with cream cheese.
2. Fill pepper halves with the mixture and serve.



19 Snacks

DEVEILED EGGS WITH PAPRIKA & CHIVES



10 min



1 per

Calories: 160 | Net Carbs: 1g | Fat: 14g | Protein: 8g

INGREDIENTS:

- 2 hard-boiled eggs
- 1 tbsp mayonnaise
- ½ tsp Dijon mustard
- Salt & pepper to taste
- Pinch of paprika
- Chopped chives for garnish

INSTRUCTIONS:

1. Slice eggs in half and remove yolks.
2. Mash yolks with mayo, mustard, salt, and pepper.
3. Fill egg whites with the mixture.
4. Sprinkle with paprika and chives before serving.

TIPS & VARIATIONS:

Add a touch of garlic powder for extra flavor.



20 Snacks

ZUCCHINI CHIPS WITH PARMESAN



5 min



20 min



1 per

Calories: 170 | Net Carbs: 3g | Fat: 13g | Protein: 8g

INGREDIENTS:

- 1 small zucchini, thinly sliced
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese (10g)
- Salt & pepper to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Toss zucchini slices with olive oil, salt, and pepper.
3. Arrange on a parchment-lined baking sheet in a single layer.
4. Sprinkle with Parmesan and bake for 15–20 minutes until crisp.

TIPS & VARIATIONS:

Add garlic powder or smoked paprika for more flavor.



21 Snacks

OLIVES & HARD CHEESE CUBES



2 min



1 per

Calories: 200 | Net Carbs: 2g | Fat: 18g | Protein: 10g

INGREDIENTS:

- 30g hard cheese (e.g., cheddar)
- 10–12 olives (green or black)

INSTRUCTIONS:

1. Serve cheese cubes and olives on a small plate.
2. Enjoy as is.



22 Snacks

MINI CAPRESE SKEWERS



5 min



1 per

Calories: 150 | Net Carbs: 3g | Fat: 12g | Protein: 6g

INGREDIENTS:

- 6 cherry tomatoes
- 6 mini mozzarella balls (60g total)
- Fresh basil leaves
- 1 tsp olive oil
- Salt & pepper to taste

INSTRUCTIONS:

1. Thread tomato, mozzarella, and basil onto small skewers or toothpicks.
2. Drizzle with olive oil, sprinkle with pepper and salt.

TIPS & VARIATIONS:

Add a drop of balsamic vinegar (optional; watch carbs).



23 Snacks

EGG SALAD LETTUCE CUPS



10 min



1 per

Calories: 180 | Net Carbohydrates: 2 g | Fat: 15 g | Protein: 9g

INGREDIENTS:

- 2 hard-boiled eggs, chopped
- 1 tbsp mayonnaise
- ½ tsp mustard (optional)
- Salt & pepper to taste
- 2–3 butter lettuce leaves

INSTRUCTIONS:

1. Mix chopped eggs with mayonnaise, mustard, pepper, and salt.
2. Spoon the mixture into the lettuce leaves to create cups, and serve immediately.

TIPS & VARIATIONS:

Add paprika or chopped chives for extra flavor.



24 Snacks

QUAIL EGGS WITH OLIVES & CHERRY TOMATOES



5 min



1 per

Calories: 160 | Net Carbs: 2g | Fat: 13g | Protein: 9g

INGREDIENTS:

- 4 quail eggs, hard-boiled and peeled
- 6 cherry tomatoes
- 6 olives (green or black)

INSTRUCTIONS:

1. Arrange quail eggs, olives, and cherry tomatoes on a small plate or skewer them.
2. Serve chilled or at room temperature.

TIPS & VARIATIONS:

Add fresh basil or a drizzle of olive oil as a garnish for added flavor.



25 Snacks

CHOCOLATE AVOCADO MOUSSE



5 min

15 min

1 per

Calories: 210 | Net Carbs: 4g | Fat: 18g | Protein: 4g

INGREDIENTS:

- ½ ripe avocado
- 1 tbsp unsweetened cocoa powder
- 1 tbsp heavy cream (or coconut cream)
- 1–2 drops liquid stevia or erythritol (to taste)
- Pinch of vanilla extract (optional)

INSTRUCTIONS:

1. Blend all ingredients until smooth and creamy.
2. Chill for 15 minutes before serving.

TIPS & VARIATIONS:

Top with crushed nuts or a few raspberries for garnish.



26 Snacks

SMOKED SALMON LETTUCE BITES



5 min

1 per

Calories: 190 | Net Carbs: 2g | Fat: 15g | Protein: 12g

INGREDIENTS:

- 2 butter lettuce leaves
- 40g smoked salmon
- 1 tbsp cream cheese
- 1 tsp chopped dill or chives

INSTRUCTIONS:

1. Spread cream cheese on lettuce leaves.
2. Top with smoked salmon and herbs.
3. Roll gently or fold like a taco and enjoy.

TIPS & VARIATIONS:

To enhance the flavor, add a squeeze of lemon for extra brightness.



27 Snacks

COCONUT FAT BOMBS WITH VANILLA & ALMOND



5 min 20 min 1 per

Calories: 210 | Net Carbs: 2g | Fat: 20g | Protein: 2g

INGREDIENTS:

- 2 tbsp coconut oil (melted)
- 1 tbsp shredded coconut (unsweetened)
- ½ tsp vanilla extract
- 1 tbsp almond flour
- Sweetener to taste (erythritol or stevia)

INSTRUCTIONS:

1. Combine all the ingredients thoroughly in a small bowl until they are well blended.
2. Pour into silicone molds or shape into balls.
3. Place in the fridge or freezer for 20 minutes until set.

TIPS & VARIATIONS:

Keep it in an airtight container in the refrigerator for up to one week.



28 Snacks

RICOTTA MOUSSE WITH LEMON ZEST & ALMONDS



5 min 10 min 1 per

Calories: 190 | Net Carbohydrates: 3g | Fat: 15g | Protein: 9g

INGREDIENTS:

- 100g whole milk ricotta cheese
- ½ tsp lemon zest
- 1 tbsp crushed almonds
- Sweetener to taste (stevia or erythritol)

INSTRUCTIONS:

1. Mix the ricotta cheese with lemon zest and a sweetener until smooth.
2. Chill for 10 minutes if desired.
3. Before serving, top with crushed almonds.

TIPS & VARIATIONS:

Add a drop of vanilla extract or garnish with mint for extra flair.



CHAPTER 9: LOW-CARB BREAD RECIPES

A great way to add variety to your meals while maintaining a healthy diet is with low-carb and keto bread. Unlike regular bread, which is made with wheat, this bread is made with other nutritious ingredients like almond flour, flaxseed, psyllium husk, or coconut flour. By using these ingredients, we can keep the carbohydrate content of the bread low, making it an excellent choice for healthy bread lovers! You will enjoy all the benefits of bread that is rich in fiber, vitamins, and healthy fats. Although the taste and texture might slightly differ from traditional soft, fluffy white bread at first, trust me, with patience, you'll discover a whole new world of deliciousness! Enjoy the journey! Over time, you will find that this bread has become your favorite and will become your first choice.

This kind of bread can be a practical and filling addition to your meals, especially when you need extra food to feel full. It also makes a convenient on-the-go snack—something you can pack and take to stay on track with your keto diet even when you're away from home.



1 Bread

PSYLLIUM BREAD (KETO & GLUTEN-FREE)



Calories: ~120 | Net Carbs: 2g | Fat: 8g | Protein: 5g

INGREDIENTS:

- 100g almond flour
- 30g psyllium husk powder (NOT whole husks)
- 1 tbsp baking powder
- ½ tsp sea salt
- 3 egg whites
- 1 tsp apple cider vinegar
- 240 ml boiling water

INSTRUCTIONS:

1. Preheat oven to 175°C (350°F). Line a loaf pan with parchment paper.
2. Combine almond flour, psyllium husk powder, baking powder, and salt in a mixing bowl.
3. Lightly whisk the egg whites and mix with the apple cider vinegar. Add to dry mixture and stir until crumbs form.
4. Pour in the boiling water and mix quickly with a spatula. The dough will thicken fast.
5. Let the dough rest in a clean towel for 5–10 minutes before baking.
6. Mold the dough into a loaf and place it in the prepared pan. Alternatively, you can bake it without a pan—shape the dough by hand into the desired form and place it on a baking sheet.
7. Bake for 50–60 minutes until the top is firm and a toothpick comes out clean.
8. Let cool thoroughly before slicing for the best texture.

TIP: Store in the fridge for up to 5 days or slice and freeze individually.



2 Bread

SIMPLE PSYLLIUM BUNS



Calories: ~135 | Net Carbs: ~2g | Fat: ~9g | Protein: ~6g

INGREDIENTS:

- 6 eggs
- Pinch of salt
- 60g psyllium husk powder
- 4g baking soda
- 60 ml boiling water
- ½ tsp sesame seeds (optional)
- Extra sesame or pumpkin seeds for topping (optional)

INSTRUCTIONS:

1. Whisk the eggs and salt in a bowl for 3 to 5 minutes.
2. In a separate bowl, mix psyllium husk and baking soda.
3. Add the dry mixture to the eggs, then immediately pour in boiling water. Mix quickly until a uniform dough forms. Cover the bowl and let the dough rest for 15–20 minutes. Wet your hands and divide the dough into six equal portions. Shape 3 of them into buns and place them on a baking tray lined with parchment paper. Mix sesame seeds into the remaining dough, shape three more buns, and place them on the tray.
4. Top with additional sesame or pumpkin seeds if desired.
5. Bake at 220°C (430°F) for 20 minutes until golden and set.

TIP: Store in the fridge for up to 5 days. Best enjoyed toasted or sliced with butter or spread.





CHAPTER 10: KETO DESSERT RECIPES



SOME TIPS FROM OUR FAMILY KITCHEN

Sometimes, you want to treat yourself to a cup of aromatic tea, especially in the evenings. And that's okay! In this chapter, I've collected desserts we often make at home. And I'm happy to share them with you because keto desserts are healthy and delicious. They are simple, cozy, and completely keto: sugar-free, low-carb.

If you love to experiment as much as I do, you'll find our family tips on how to play with creams and biscuit bases helpful.

- Always pay attention to your oven when baking buns, cookies, or biscuits - all ovens are different. You may need to add 10-15 minutes more baking time. Don't be afraid to adjust!
- If you use cottage cheese, replace it with custard or mix the two to create a new version for cakes or buns. Add a spoonful of sugar-free berry jam to the custard for a fruity twist. Custard also works well with butter: whisk it into softened butter for a rich, smooth texture. Custard welcomes all kinds of flavors – vanilla, almond extract, or even a splash of rum or brandy for depth.
- By the way, you don't have to cook the custard in a double boiler. You can cook it right on the stove over low to medium heat. Stir constantly and vigorously to prevent the yolks from curdling.
- Need to cool it quickly? Place the bowl in ice water and stir occasionally.
- If you're making the custard ahead of time, cover it with cling film, and don't remove the film until the pie is done. This will help prevent a dry crust from forming on the custard.
- Custard with heavy cream whips up beautifully and turns out fluffy and elegant. Whip the cream and custard separately and gently fold them with a spatula. If you find the custard with cream too heavy, you can replace the cream with cream cheese.
- Do you have any custard left? Don't throw it away - put it in the freezer! Later, spread it on two biscuits and make small sweet sandwiches for tea.
- Our favorite Summer Delight cake is good with different fillings: curd cream, lemon custard, or a layer of sugar-free jam.
- As for the «potato» cakes, that's a whole story! You can make them with or without cocoa, using walnuts or nuts such as almonds, hazelnuts, and cashews. Sometimes, we add dried cranberries (pre-soaked and squeezed). Roll the «potatoes» in cocoa and sprinkle a little whipped cream or chopped nuts. Experiment, have fun, and enjoy each bite with joy and peace.
- When making a meringue roll with erythritol, use a pinch of citric acid instead of apple cider vinegar and add a pinch of xanthan gum. Xanthan gum helps stabilize and thicken the whites during baking.
- Experiment, have fun, and enjoy each bite with joy and peace.

1 Dessert

KETO «POTATO» DESSERT (NO-BAKE)



15 min 1–2 hrs 8 per

Calories: 190 | Net Carbs: 2g | Fat: 18g | Protein: 4g

INGREDIENTS:

For the base:

- 120g almond flour
- 1 tbsp unsweetened cocoa powder
- 30g butter or coconut oil (softened)
- 100g mascarpone cheese
- 3 tbsp powdered erythritol (or to taste)
- 40g chopped walnuts
- ¼ tsp vanilla or rum extract (opt)

For the coating:

- 20g shredded coconut (optional: lightly toasted)

INSTRUCTIONS:

- 1. Prepare the base:** Mix almond flour, cocoa powder, and chopped walnuts.
 - In a saucepan, gently heat mascarpone, butter, erythritol, and extract until smooth.
 - Let it cool slightly and combine with dry ingredients. Mix until a dense, pliable dough forms.
- 2. Shape:** Divide the mixture into 6-8 equal portions.
 - Shape each into oval «potato» logs by hand.
- 3. Coat:** Roll each piece in shredded coconut.
Optional: lightly toast the coconut for extra flavor.
- 4. Chill:** Place in the refrigerator for 1–2 hours until firm.



2 Dessert

KETO MERINGUE ROLL WITH CREAM AND STRAWBERRIES



Chill:



20 min 25 min 1–2 hrs 8 per

Calories: ~200 | Net Carbs: 2g | Fat: 18g | Protein: 5g

INGREDIENTS:

For the meringue base:

- 4 egg whites (about 140g)
- 80g powdered erythritol
- 1 tsp lemon juice or apple cider vinegar
- A pinch of salt
- 20g sliced almonds (optional for topping)

For the filling:

- 150g mascarpone
- 150ml heavy cream (33–38%)
- 2–3 tbsp powdered erythritol (to taste)
- 150g fresh strawberries

INSTRUCTIONS:

- 1. Make the meringue base:** Preheat oven to 160°C (320°F). Beat egg whites with a pinch of salt until foamy. Gradually add erythritol and continue beating until stiff, glossy peaks form. Add lemon juice or vinegar at the end and mix briefly. Spread the meringue onto a parchment-lined baking sheet into a rectangle (approx. 25×30 cm). Optionally, sprinkle sliced almonds on top. Bake for 25 minutes until lightly golden. Immediately flip the baked meringue onto a clean sheet of parchment and carefully peel off the old paper. Let cool.
- 2. Make the filling:** In a bowl, beat mascarpone, heavy cream, and erythritol until fluffy and smooth. Gently fold in the chopped strawberries.
- 3. Assemble the roll:** Spread the cream mixture evenly over the cooled meringue, leaving a 1–2 cm border around the edges. Gently roll up using the parchment to help. Wrap in parchment or plastic wrap and refrigerate for 1–2 hours.
- 4. Serving:** Garnish with fresh strawberries or a few piped swirls of cream, if desired.



3 Dessert

KETO MERINGUE LAYER CAKE WITH CUSTARD CREAM

  **Chill:** 
30 min 35 min 4 h 8 per

Calories: ~290 | Net Carbs: ~3g | Fat: 25g | Protein: 7g

INGREDIENTS:

FOR THE MERINGUE LAYERS:

- 6 egg whites
- 100 g powdered erythritol
- 150 g chopped nuts (hazelnuts, almonds, or a mix)
- 1 tsp apple cider vinegar
- Pinch of salt
- ¼ tsp xanthan gum (for stability)

FOR THE CUSTARD CREAM:

- 6 egg yolks
- 100 ml heavy cream (33–38%)
- 50 g powdered erythritol
- 1–2 tbsp cocoa powder (sifted)
- 110 g softened butter

Optional: 1 tbsp brandy or cognac

FOR GARNISH:

- Toasted almond flakes

INSTRUCTIONS:

1. Meringue layers:

- Coarsely chop or pulse the nuts in a blender. Toast briefly in a dry skillet. Let cool.
- Whip the egg whites with a pinch of salt until foamy. Gradually add erythritol and beat to stiff peaks.
- Add vinegar and xanthan gum; gently fold the cooled nuts in batches, keeping the mixture airy.
- Spread the meringue in a thin layer over a parchment-lined baking tray.
- Bake at 160°C (320°F) for 30–35 minutes until lightly golden. **Important:** Remove the meringue from the parchment immediately while hot to avoid sticking.
- Cool completely on a wire rack.

2. Custard cream:

- Whisk the yolks with erythritol until pale and fluffy (5–8 minutes).
- Add cream and cook gently over a double boiler, stirring constantly until thickened.
- Cool the custard base.
- Beat the softened butter until light, then mix in the custard.
- Sift in cocoa powder and, if using, a bit of brandy or cognac. Mix until smooth.

3. Assembly:

- Carefully cut the meringue into 2 to 4 even layers.
- Spread cream between each layer.
- Cover the top and sides with the remaining cream.
- Sprinkle with toasted almond flakes.

4. Chill:

- Refrigerate for at least 3–4 hours, preferably overnight, to let the flavors develop and the cake set.



SUMMER DELIGHT – KETO BERRY CREAM CAKE

  **Chill:** 
25 min 35 min 1-2 h 8 per

Calories: ~220 | Net Carbs: 3g | Fat: 20g | Protein: 6g

INGREDIENTS:

For the sponge cake:

- 4 eggs
- 100g almond flour
- 30g melted butter
- 40g powdered erythritol
- 1 tsp baking powder
- ¼ tsp xanthan gum
- 1 tsp vanilla extract
- Pinch of salt
- For the cream:
- 150g mascarpone
- 150ml heavy cream (33–38%)
- 2–3 tbsp powdered erythritol
- Vanilla extract (optional)

For topping:

- 150g fresh berries: strawberries, raspberries, blueberries

INSTRUCTIONS:

1. Make the sponge:

- Preheat the oven to 170°C (340°F).
- Beat the eggs with erythritol and a pinch of salt until fluffy (5–6 minutes).
- Add melted butter and vanilla.
- Combine almond flour, baking powder, and xanthan gum in a separate bowl.
- Gently fold the dry ingredients into the egg mixture.
- Pour into a parchment-lined baking pan (~20×20 cm).
- – Bake for 20–25 minutes until golden. Let cool completely, then cut into 2–3 layers.

2. Make the cream:

- Whip mascarpone, heavy cream, and erythritol together until fluffy and smooth.

3. Assemble the cake:

- Spread the cream between the layers.
- Decorate the top and sides with fresh berries.
- Refrigerate for at least 1–2 hours before serving.

TIPS:

You can bake the sponge a day ahead and assemble the cake later. Use seasonal berries, or add a bit of lemon zest to the cream. A perfect light and elegant keto dessert for summer gatherings!



5 Dessert

KETO ROLL WITH COTTAGE CHEESE (PSYLLIUM SPONGE)



25 min



25 min

Chill:



1-2 h

8 per

Calories: ~210 kcal | Net Carbs: 2g | Fat: 18g | Protein: 7g

INGREDIENTS:

For the sponge:

- 4 eggs
- 90g almond flour
- 1 tbsp psyllium husk powder (not whole husk)
- 30g butter (melted)
- 40g powdered erythritol
- ½ tsp baking powder
- 1 tsp vanilla extract
- Pinch of salt

For the filling:

- 250g soft cottage cheese (or blended)
- 100ml heavy cream
- 2–3 tbsp powdered erythritol (to taste)
- ½ tsp vanilla extract

Optional: lemon zest or a few fresh berries (e.g., raspberries, blueberries)

INSTRUCTIONS:

1. Make the sponge:

- Beat the eggs with erythritol and salt until thick and fluffy.
- Add melted butter and vanilla, and mix gently.
- Mix almond flour, psyllium powder, baking powder, and salt in a separate bowl.
- Combine with the egg mixture and sit for 5–7 minutes – the batter thickens.
- Spread onto a parchment-lined tray in a rectangle (approx. 30×25 cm).
- Bake at 170°C (340°F) for 20–25 minutes until golden.
- Remove from oven and immediately peel off the parchment paper. Let cool.

2. Make the filling:

- Whip the cottage cheese, heavy cream, erythritol, and vanilla until smooth.
- Add lemon zest or berries if desired.

3. Assemble the roll:

- Spread the filling evenly over the cooled sponge, leaving some space at the edges.
- Gently roll up using the parchment to help.
- Wrap in cling film and chill for at least 1–2 hours.

4. Serving:

- Slice carefully with a sharp knife.
- Garnish with berries, cream, or almond flakes if desired.



KETO EGG YOLK COOKIES

 25 min
  25 min
 Chill:  1-2 h
 8 per

Calories: ~90 kcal | Net Carbs: 1g | Fat: 8g | Protein: 2g

INGREDIENTS:

- 4 egg yolks
- 100g almond flour
- 30g coconut flour (optional for crumblier texture)
- 60g softened butter
- 50g powdered erythritol (or to taste)
- ½ tsp vanilla extract
- Pinch of salt
- ½ tsp baking powder

Optional: lemon zest, cinnamon, or shredded coconut for added flavor

INSTRUCTIONS:

1. Beat the egg yolks with erythritol and a pinch of salt until light and creamy.
2. Add softened butter and vanilla and mix until smooth.
3. Combine almond flour, coconut flour (if using), and baking powder in a separate bowl.
4. Combine wet and dry ingredients and knead into a soft dough.
5. Shape into balls or flatten slightly into cookies and place on a parchment-lined tray.
6. Bake at 170°C (340°F) for 12–15 minutes until lightly golden.
7. Let cool completely – they are delicate when hot and firm up as they cool.

TIPS:

Sprinkle with crushed nuts or poppy seeds before baking, if desired.
Store in an airtight container for 3–4 days.
Delicious on their own or paired with sugar-free jam or whipped cream.



KETO TIRAMISU WITH EGG YOLK COOKIES



Calories: : ~240 kcal | Net Carbs: 3g | Fat: 22g | Protein: 6g

INGREDIENTS:

For the base:

- 10–12 keto egg yolk cookies (can be prepared ahead)
- 100 ml strong brewed coffee (unsweetened)
- 1 tsp rum, brandy, or vanilla extract (optional)
- For the cream:
- 250g mascarpone cheese
- 150ml heavy cream (33–38%)
- 2–3 tbsp powdered erythritol (to taste)
- ½ tsp vanilla extract

For topping:

- 1 tbsp unsweetened cocoa powder

INSTRUCTIONS:

1. Make the cream:

- Whip mascarpone, heavy cream, erythritol, and vanilla until thick and fluffy.

2. Prepare the cookies:

- Dip each cooled cookie briefly in chilled coffee with rum or vanilla – don't soak too long to avoid sogginess.

3. Assemble:

- Layer soaked cookies at the bottom of a dish. Spread half the cream on top.
- Repeat with another layer of cookies and the rest of the cream. Smooth the surface.

4. Finish:

- Dust the top with cocoa powder using a fine sieve.

5. Chill:

- Cover and refrigerate to set for at least 4 hours (preferably overnight).

TIPS:

Cookies work best slightly dried out to hold their shape.

You can serve it in individual glasses or cups.

Freezes well – thaw in the fridge before serving.



KETO CUSTARDS



20 min



4-6 p



8 per

Calories: : ~240 kcal | Net Carbs: 3g | Fat: 22g | Protein: 6g

INGREDIENTS:

- 4 egg yolks
- 250 ml heavy cream (33–38%)
- 40–50 g powdered erythritol
- 1 tsp vanilla extract
- 20 g butter

INGREDIENTS:

- 3 egg yolks
- 80 ml fresh lemon juice
- 1 tsp lemon zest
- 50 g erythritol
- 40 g butter

INGREDIENTS:

- 3 egg yolks
- 200 ml heavy cream
- 30 g unsweetened cocoa powder
- 40–50 g erythritol
- 30 g butter
- A dash of vanilla or a pinch of salt

OPTION 1: CLASSIC KETO CUSTARD (CRÈME PÂTISSIÈRE)

INSTRUCTIONS:

1. Whisk the egg yolks with erythritol until the mixture is pale and fluffy.
2. Add the cream and vanilla extract.
3. Transfer to a saucepan and cook over a double boiler, stirring constantly, until thickened (7–10 minutes).
4. Remove from heat, stir in the butter until smooth.
5. Let cool, then refrigerate for 1–2 hours.

OPTION 2: LEMON KETO CUSTARD (LEMON CURD STYLE)

INSTRUCTIONS:

1. Combine the yolks, lemon juice, zest, and erythritol in a saucepan.
2. Cook over low heat or a double boiler, stirring constantly, without boiling, until thickened (about 5–7 minutes).
3. Add the butter and stir until smooth.
4. Cool and store in the refrigerator.
5.  Tip: Perfect for filling tartlets or layering in a lemon-flavored cake.

OPTION 3: CHOCOLATE KETO CUSTARD (CRÈME AU CHOCOLAT)

INSTRUCTIONS:

1. Whisk the yolks with cocoa and erythritol until well combined.
2. Add cream and cook over a double boiler until lightly thickened.
3. Stir in the butter and vanilla (or salt) until smooth.
4. Let cool completely before using.



CHAPTER 11: 28-DAY MEAL PLAN (WEEKS 1-4)

WEEK 1 KETO MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
Day 1	1. Keto Cottage Cheese Pancakes (Syrniki) with Coconut Flour	1. Grilled Chicken Salad with Avocado & Olive Oil Dressing	1. Cream Cheese & Cucumber Roll-Ups	1. Baked Salmon with Garlic Butter & Zucchini Noodles
Day 2	2. Spinach & Feta Omelet	2. Creamy Chicken & Broccoli Soup with Mushrooms	2. Almond Butter Celery Sticks	2. Beef Zucchini Stir-Fry with Coconut Aminos
Day 3	3. Avocado & Smoked Salmon Keto Toast	3. Turkey Lettuce Wraps with Creamy Dijon Sauce	3. Cheese Cubes with Olives & Cherry Tomatoes	3. Zucchini Lasagna with Ground Turkey
Day 4	4. Scrambled Eggs with Cherry Tomatoes	4. Stuffed Bell Peppers with Ground Beef & Cauliflower Rice	4. Berries with Almond Flakes	4. Creamy Paprika Chicken with Spinach & Asparagus
Day 5	5. Cottage Cheese with Berries and Nuts	5. Meatball Soup with Paprika and Vegetables	5. Cucumber Slices with Cream Cheese, Chives & Smoked Salmon	5. Baked Cod with Garlic Butter & Green Beans
Day 6	6. Herb Omelet with Cherry Tomatoes	6. Creamy Vegetable & Chicken Purée Soup + Chilled Tomato Juice	6. Greek Yogurt with Raspberries & Almond Crumble	6. Chicken Skewers with Bell Peppers & Grilled Veggies
Day 7	7. Broccoli Fritters with Parmesan	7. Grilled Salmon with Avocado Salad	7. Bell Pepper Strips with Hummus	7. Zucchini Noodles with Creamy Mushroom Sauce

GROCERY LIST FOR WEEK 1

This grocery list for Week 1 should help you easily find and purchase all the necessary ingredients.

EGGS AND DAIRY PRODUCTS

Large eggs: 1 dozen (12 eggs)
Cottage cheese: 2 containers (8 oz each or 227 g each)
Ricotta cheese (Whole Milk): 1 container (8 oz or 227 g)
Feta cheese crumbled: 1 container (4 oz or 113 g)
Cheddar or gouda cheese: 1 block (8 oz or 227 g)
Heavy cream: 1 pint (16 oz or 473 ml)
Butter: 2 sticks (8 oz or 230 g)
Full-fat Cream cheese: 1 package (8 oz or 227 g)
Shredded mozzarella cheese: 1 package (8 oz or 227 g)
Grated Parmesan cheese: 1 package (4 oz or 113 g)
Sour cream: 1 package (8 oz or 227g)
Greek yogurt: 1 container (7 oz or 200 g)

MEAT, POULTRY, AND FISH

Chicken breast: 1 package (1 lb or 450 g)
Grilled chicken breast, sliced: 1 package (6 oz or 170g)
Cooked sliced turkey breast: 1 package (9 oz or 255 g)
Cooked diced chicken breast: 1 container (9 oz or 255g)
Ground beef (80/20): 2 packages (1 lb each or 454 g each)
Ground turkey: 1 package (1 lb or 450 g)
Boneless skinless chicken thighs: 1 package (1 lb or 450 g)
Salmon fillets: 4 packages (5 oz each or 150 g each)
Cod fillets: 2 packages (5 oz each or 150 g each)
Smoked salmon: 1 package (4 oz or 113 g)

VEGETABLES AND GREENS

Fresh spinach: 1 bag (5 oz or 142 g)
Fresh herbs (parsley, chives, dill): 1 bunch (4 oz or 113 g)
Fresh basil: 0,5 oz (14 r)
Cherry tomatoes: 1 container (1 pint each or 300 g each)
Celery stalks: 1 head (about 1.5 lb / ~680g)
Mixed salad greens: 1 bag (6 oz or 170 g)
Broccoli florets: 2 bags (12 oz each or 340 g each)
Sliced mushrooms: 1 container (8 oz or 230 g)
Butter lettuce leaves: 1 head (6 oz or 170 g)
Avocado: 2 avocados (7 oz each or 200 g each)
Cucumber: 2 cucumbers (7 oz each or 200 g each)
Bell peppers: 2 bell peppers (5 oz each or 150 g each)
Red bell pepper and yellow bell pepper: (5 oz each or 150 g each)
Cauliflower rice: 2 bags (12 oz each or 340 g each)
Onion: 2 onions (4 oz each or 113 g each)
Garlic cloves: 2 bulbs (30 g each)
Zucchini: 7 zucchinis (7 oz each or 200 g each)
Green beans: 1 bag (7 oz or 200 g)

Red onion: 1 onion (4 oz or 113 g)
Eggplant: 1 eggplant (8 oz or 230 g)
Olives, black or green: 1 small pack (1.05 oz / 30 g)
Keto hummus: tubs of zucchini or cauliflower hummus (8 oz)
Lemon: 1 medium

BERRIES

Mixed fresh berries: 1 container (6 oz or 170 g)
Blueberries, Raspberries, Strawberries: 1 container (8 oz or 230 g)

PANTRY ITEMS

Below is a list of foods you should have in stock for the Week 1 meal plan. Check the products from this list in your pantry and buy the missing ones.

NUTS AND SEEDS

Chopped walnuts or almonds: 1 package (8 oz or 230 g)
Crunchy almond butter: 1 jar (12 oz or 340 g)
Unsweetened almond flakes: (8 oz or 227g)
Chia seeds: 1 package (4 oz or 113 g)
Sesame seeds: 1 package (4 oz or 113 g)
Pumpkin seeds: 1 package (4 oz or 113 g)
Pine nuts: 1 package (4 oz or 113 g)
Dark chocolate (85–90%): 1 bar (4 oz or 113 g)

OILS, BROTHS, SAUCES AND BREAD

Olive oil: 1 bottle (8 oz or 240 ml)
Chicken broth: 1 carton (32 oz or 960 ml)
Vegetable broth: 1 carton (32 oz or 960 ml)
Tomato sauce: 1 can (8 oz or 240 ml)
Dijon mustard: 1 bottle (8 oz or 240 ml)
Mayonnaise: 1 jar (12 oz or 330 g)
Coconut aminos: 1 bottle (8 oz or 240 ml)
Tomato Juice: 1 can (11.5 oz)
Lemon juice: 1 bottle (8 oz or 240 ml)
Keto bread or low-carb bread (store-bought or homemade)

SPICES: Salt, Dried thyme, Paprika, Oregano, Basil, Nutmeg, Dried dill, Black pepper (ground), Smoked Paprika, Garlic powder, Italian seasoning, Ground cinnamon, Ground ginger, Dried Lemon Zest (optional) (All spices in standard jars)

OTHER INGREDIENTS: Coconut flour, Almond flour, Psyllium husk unsweetened, Vanilla extract

WEEK 2 KETO MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
Day 1	8. Creamy Keto Breakfast Porridge with Coconut & Almonds	8. Chicken Lettuce Wraps with Crunchy Veggie Slaw	8. Olive Tapenade & Cheese Crisps	8. Baked Eggplant Parmesan with Zucchini Ribbons
Day 2	9. Chia Yogurt Parfait	9. Tuna-Stuffed Avocado with Microgreens & Keto Bread	9. Yogurt Bowl with Strawberries & Chia Seeds	9. Chicken Thighs in Creamy Spinach Sauce
Day 3	10. Bacon & Veggie Breakfast Skillet	10. Shrimp Salad with Avocado & Lime	10. Cottage Cheese with Strawberries & Mint	10. Braised Cabbage with Ground Beef & Cherry Tomatoes
Day 4	11. Zucchini Fritters with Sour Cream	11. Mackerel Fillet with Arugula Salad & Lemon Dressing	11. Boiled Egg & Olive Skewers with Cucumber	11. Pork & Pumpkin Ragù with Thyme
Day 5	12. Creamy Scrambled Eggs with Mushrooms	12. Avocado Chicken Salad with Lime & Pumpkin Seeds	12. Keto Trail Mix (Nuts, Coconut, Dark Chocolate Bits)	12. Stuffed Portobello Mushrooms with Ground Beef & Parmesan
Day 6	13. Keto Almond Flour Pancakes	13. Tuna-Stuffed Bell Peppers with Olive Oil & Herbs	13. Cheese Cubes with Walnuts	13. Roasted Salmon with Creamy Spinach & Garlic
Day 7	14. Warm Chia Coconut Porridge with Cinnamon	14. Warm Cabbage Salad with Pork & Mustard Dressing	14. Avocado Slices with Sea Salt & Lemon	14. Baked White Fish with Roasted Zucchini & Herbs

GROCERY LIST FOR WEEK 2

This grocery list for Week 2 should help you easily find and purchase all the necessary ingredients.

EGGS, DAIRY AND NON-DAIRY PRODUCTS

Large eggs: 1 dozen (12 eggs)
Butter: 1 stick (4 oz or 113 g)
Heavy cream: 1 pint (16 oz or 473 ml)
Full-fat Greek yogurt: 1 or 2 containers (17.6 oz or 500 g)
Full-fat cottage cheese: 1 container (7 oz or 200 g)
Shredded mozzarella cheese: 1 package (8 oz or 226 g)
Grated Parmesan: 1 package (4 oz or 113 g)
Unsweetened almond milk: 1 carton (32 oz or 950 ml)
Sour cream: 1 package (8 oz or 226g)
Cheese crisps or slices of firm cheese: 1 small pack (0.63 oz / 18 g)
Hard cheese (cheddar, gouda, etc.), cubed: 2 oz (57 g)

MEAT, POULTRY, AND FISH

Ground chicken: 1 package (7 oz or 200 g)
Tuna in water: 2 cans (4 oz each or 120 g each)
Shrimp, peeled: 1 package (7 oz or 200 g)
Mackerel fillet: 1 fillet (5 oz or 150 g)
Cooked chicken breast: 1 package (7 oz or 200 g)
Pork shoulder or pork loin: 1 package (7 oz or 200 g)
Bacon, sugar-free: 1 package (7 oz or 200 g)
Ground beef: 3 packages (7 oz each or 200 g each)
Ground pork: 1 lb (16 oz or 454 g)
Chicken thighs, boneless/skinless: 1 package (10 oz or 300 g)
Salmon fillets: 2 packages (5 oz each or 150 g each)
White fish fillets (such as cod or haddock): 2 fillets (5 oz each or 150 g each)

VEGETABLES AND GREENS

Carrot: 1 carrot (4 oz or 113 g)
Scallions: 1 bunch (4 oz or 113 g)
Microgreens or arugula: 1 container (4 oz or 113 g)
Cucumber: 2 cucumbers (7 oz each or 200 g each)
Cilantro: 1 bunch (4 oz or 113 g)
Arugula: 1 container (4 oz or 113 g)
Avocados: 4 avocados (7 oz each or 200 g each)
Parsley: 1 bunch (4 oz or 113 g)
Bell peppers: 2 bell peppers (5 oz each or 150 g each)
White cabbage: 1 head (16 oz or 450 g)
Mint leaves: 1 bunch (4 oz or 113 g)
Spinach: 1 bag (5 oz or 142 g)
Zucchini: 5 zucchinis (7 oz each or 200 g each)
Onions: 2 onions (4 oz each or 113 g each)
Garlic cloves: 2 bulbs (30 g each)
Cherry tomatoes: 1 container (10 oz or 283 g)

Eggplant: 1 eggplant (10 oz or 300 g)
Pumpkin or butternut squash: 1 package (8 oz or 227 g)
Portobello mushrooms: 2 large mushrooms (8 oz or 227 g each)
Lemon: 3-4 lemons
Mushrooms: 2 mushrooms
Olive tapenade: 4 oz (113 g)
Olives (green or black): 1 small pack (1.05 oz / 30 g)

BERRIES

Mixed fresh berries: 1 container (6 oz or 170 g)
Strawberries: 1 container (8 oz or 230 g)

OTHER GROCERIES: Keto bread: store-bought or prepared according to the recipe in Chapter 9 of this book

PANTRY ITEMS

Below is a list of foods you should have in stock for the Week 2 meal plan. Check the products from this list in your pantry and buy the missing ones.

NUTS AND SEEDS

Ground flaxseed: 1 package (4 oz or 113 g)
Chia seeds: 1 package (4 oz or 113 g)
Almond flour: 1 package (16 oz or 450 g)
Coconut flour: 1 package (16 oz or 450 g)
Pumpkin seeds: 1 package (8 oz or 227 g)
Almonds: 1 package (8 oz or 227 g)
Unsweetened coconut flakes: 1 package (4 oz or 113 g)
Walnuts: 1 package (8 oz or 227 g)

OILS, BROTHS, SAUCES AND BREAD

Coconut oil (cold-pressed)(8 oz or 227 g)
Olive oil: 1 bottle (8 oz or 240 ml)
Coconut aminos or tamari: 1 bottle (8 oz or 240 ml)
Mayonnaise: 1 jar (16 oz or 450 g)
Dijon mustard
Apple cider vinegar: 1 bottle (16 oz or 480 ml)
Tomato sauce (sugar-free): 1 can (8 oz or 240 ml)
Bone broth: 1 carton (8 oz or 237 ml)
Lime juice

SPICES: Salt, Pepper, Dried dill, thyme, rosemary, oregano, basil, Smoked paprika, Ground ginger, Italian seasoning, Nutmeg, Cinnamon, Erythritol or keto sweetener, Baking powder.

WEEK 3 KETO MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
Day 1	15. Spinach & Mushroom Egg Muffins	15. Creamy Chicken Thigh & Cauliflower Soup with Herbs & Xanthan	15. Celery Sticks with Cream Cheese & Chives	15. Stuffed Eggplant with Ground Beef & Cheese
Day 2	16. Keto Ricotta Breakfast Bowl with Nuts & Cinnamon	16. Beef Stroganoff Goulash with Pumpkin & Tomato	16. Greek Yogurt with Crushed Walnuts & Cinnamon	16. Baked White Fish with Herbed Cauliflower Mash
Day 3	17. Savory Egg Scramble with Avocado & Feta	17. Warm Zucchini Noodles with White Fish & Lemon Dressing	17. Cucumber Slices with Herbed Goat Cheese	17. Pork Chops with Creamy Garlic Mushroom Sauce
Day 4	18. Baked Avocado Eggs with Herbs	18. Baked Chicken Patties in Tomato Sauce	18. Bell Pepper Boats with Tuna & Cream Cheese	18. Stir-Fried Chicken Thighs & Cabbage with Sesame
Day 5	19. Keto French Toast with Cinnamon & Butter	19. Baked Beef Patties with Oven-Roasted Vegetables	19. Olives & Hard Cheese Cubes	19. Mediterranean Zucchini & Eggplant Gratin with Creamy Egg Base
Day 6	20. Cheesy Cauliflower Hash Browns with Fried Egg	20. Baked Cod with Creamy Spinach & Cherry Tomatoes	20. Zucchini Chips with Parmesan	20. Zucchini & Eggplant Bake with Tomato & Cheese
Day 7	21. Zucchini & Egg Stir-Fry with Parmesan	21. Pork & Cabbage Stir-Fry with Sesame Oil	21. Deviled Eggs with Paprika & Chives	21. Green Bean & Beef Stir-Fry with Ginger Garlic Sauce

GROCERY LIST FOR WEEK 3

This grocery list for Week 3 should help you easily find and purchase all the necessary ingredients in stores.

EGGS, DAIRY AND NON-DAIRY PRODUCTS

Large eggs: 2 dozen (24 eggs)
Heavy cream: 1 pint (16 oz or 473 ml)
Butter: 1 sticks (4 oz or 113 g)
Whole milk ricotta: 1 container (8 oz or 227g)
Full-fat Greek yogurt: 1 container (7 oz or 200 g)
Cream cheese: 1 package (8 oz or 227 g)
Grated Parmesan cheese: 1 package (4 oz or 113 g)
Shredded mozzarella or cheddar: 1 package (8 oz or 227 g)
Crumbled feta cheese: 1 package (4 oz or 113 g)
Sour cream: 1 package (8 oz or 227g)
Goat cheese: 1 package (4 oz or 113 g)

MEAT, POULTRY, AND FISH

Skinless chicken thighs: 2 packages (8 oz each or 250 g each)
Beef (sirloin or stewing cuts): 1 package (10 oz or 300 g)
Ground chicken: 1 package (8 oz or 250 g)
Ground beef: 3 packages (8 oz each or 250 g each)
Cooked white fish fillet (such as cod or haddock): 2 fillets (4 oz each or 120 g each)
Cod fillets or haddock: 4 fillets (5 oz each or 150 g each)
Pork shoulder or loin: 1 package (8 oz or 250 g)
Pork chops: 2 chops (10 oz total or 300 g)
Ground turkey or beef: 1 package (8 oz or 250 g)
White fish fillets (cod, haddock): 300g
Tuna in water: 1 can (4 oz or 120 g)

VEGETABLES AND GREENS

Fresh spinach: 1 bag (6 oz each or 170 g each)
Diced mushrooms: 1 container (8 oz or 227 g)
Zucchini: 7 zucchinis (6 oz each or 170 g each)
Avocados: 2 avocados (7 oz each or 200 g each)
Cherry tomatoes: 1 container (10 oz or 300 g)
Cabbage: 1 head (16 oz or 450 g)
Carrot: 1 carrot (4 oz or 113 g)
Onions: 2 onions (4 oz each or 113 g each)
Garlic cloves: 2 bulbs (30 g each)
Pumpkin: 1 package (8 oz or 227 g)
Parsley: 1 bunch (4 oz or 113 g)
Bell peppers: 3 bell peppers (5 oz each or 150 g each)
Cauliflower florets: 4 bags (8 oz each or 227 g each)
Eggplant: 2 eggplants (10 oz or 300 g)
Green beans: 1 bag (8 oz or 227 g)
Celery sticks: 1 bag (8 oz or 227 g)
Fresh dill: 1 bunch (4 oz or 113 g)

Lemon: 2 lemons
Tomato: (8 oz or 227 g)
Fresh ginger: 1
Green onion: 1 bunch
Olives (green or black): 1 small pack (1.05 oz / 30 g)
Cucumber: 1 onion (4 oz each or 113 g each)

BERRIES: Mixed fresh berries: 1 container (6 oz or 170 g)

OTHER GROCERIES: Keto bread, Shirataki noodles

PANTRY ITEMS

Below is a list of foods you should have in stock for the Week 3 meal plan. Check the products from this list in your pantry and buy the missing ones.

NUTS AND SEEDS

Flaxseed: 1 package (4 oz or 113 g)
Chopped walnuts: 1 package (8 oz or 227 g)
Sesame seeds: 1 package (4 oz or 113 g)
Chia seeds: 1 package (4 oz or 113 g)
Almond flour

OILS, BROTHS, SAUCES AND BREAD

Olive oil: 1 bottle (8 oz or 240 ml)
Chicken broth: 1 carton (32 oz or 960 ml)
Tomato sauce (no sugar added): 1 can (8 oz or 240 ml)
Soy sauce or coconut aminos: 1 bottle (8 oz or 240 ml)
Apple cider vinegar: 1 bottle (16 oz or 480 ml)
Mayonnaise:
Almond Milk: 1 quart (32 oz or 960 ml)
Sesame oil: 1 bottle (8 oz or 240 ml) 15,15,15,
Sugar-free syrup: 1 bottle (8 oz or 240 ml)
Dijon mustard

SPICES: Salt, Pepper, Smoked paprika, Dried thyme, Lemon juice, Vanilla extract, Xanthan gum, Garlic powder, Dried oregano, Paprika, Dried basil, Italian seasoning, Red chili flakes, Dijon mustard, Cinnamon, Erythritol or another keto-friendly sweetener

WEEK 4 KETO MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
Day 1	22. Mushroom & Spinach Breakfast Sauté with Egg	22. Creamy Shrimp & Zucchini Bake with Cheese Crust	22. Mini Caprese Skewers	22. Creamy Turkey Meatballs with Spinach
Day 2	23. Keto Breakfast Wrap with Egg & Avocado	23. Veal Cutlets with Creamy Mushroom Sauce	23. Egg Salad Lettuce Cups	23. Chicken & Mushroom Casserole with Cheese Crust
Day 3	24. Keto Waffles with Almond Flour & Cinnamon	24. Turkey & Eggplant Bake with Ricotta and Herbs	24. Quail Eggs with Olives & Cherry Tomatoes	24. Creamy Shrimp with Zoodles & Lemon Butter Sauce
Day 4	25. Baked Egg Cups with Ham & Bell Pepper	25. Zucchini & Chicken Meatballs in Creamy Dill Sauce	25. Chocolate Avocado Mousse	25. Chicken Walnut Patties with Herb Yogurt Sauce
Day 5	26. Keto Egg Salad on Lettuce Cups	26. Sautéed Pork with Bell Peppers & Onion	26. Smoked Salmon Lettuce Bites	26. Creamy Broccoli & Ham Bake
Day 6	27. Cheddar & Green Onion Omelet with Sliced Radish	27. Baked Trout with Lemon Butter and Green Beans	27. Coconut Fat Bombs with Vanilla & Almond	27. Roasted White Fish with Veggies & Dijon Sauce
Day 7	28. Coconut Flour Porridge with Berries & Nuts	28. Beef & Cauliflower Skillet with Garlic and Herbs	28. Ricotta Mousse with Lemon Zest & Almonds	28. Baked Turkey Thighs with Cauliflower & Garlic Herb Butter

GROCERY LIST FOR WEEK 4

This grocery list for Week 4 should help you easily find and purchase all the necessary ingredients in stores.

EGGS, DAIRY AND NON-DAIRY PRODUCTS

Large eggs: 1,5 dozen (18 eggs)
Quail eggs: 1 dozen (12 eggs) 4
Heavy cream: 1 pint (16 oz or 480 ml)
Butter: 2 sticks (8 oz or 227 g)
Cream cheese: 1 pack (8 oz each or 227 g each)
Parmesan, grated: 1 small tub (3 oz / 85g)
Shredded cheese (cheddar or mozzarella): 1 pack (8 oz or 227 g)
Ricotta cheese (whole milk): 1 container (8 oz / 227g)
Feta or goat cheese: 1 package (8 oz or 227 g)
Mozzarella balls (mini): 1 pack (8 oz or 227 g)
Greek yogurt: 1 container (5 oz or 140 g)
Sour cream: 1 cup (8 oz / 227g)
Almond milk unsweetened: 1 pack (32 oz or 946 ml)

MEAT, POULTRY, AND FISH

Smoked salmon: 1 package (3 oz or 80 g)
Ground turkey: 2 packages (8 oz each or 250 g each)
Ground chicken: 2 packages (8 oz each or 250 g each)
Ground beef: 1 package (8 oz or 250 g)
Veal cutlets or turkey cutlets: 2 cutlets (5 oz each or 150 g each)
Pork (shoulder or loin): 1 package (8 oz or 250 g)
Turkey thighs: 2 thighs (5 oz each or 150 g each)
Cooked chicken breast: 1 package (8 oz or 250 g)
Cooked ham diced: 1 package (8 oz/227g)
Ham, sugar-free: 1 package (5 oz or 150 g)
Trout fillets: 2 fillets (~10 oz / 300g)
Shrimp, peeled and deveined: 2 packages (8 oz each or 200 g each)
White fish fillets (such as cod or haddock): 2 fillets (5 oz each or 150 g each)

VEGETABLES AND GREENS

Fresh spinach: 2 bags (6 oz each or 170 g each)
Sliced mushrooms: 2 containers (8 oz each or 227 g each)
Zucchini: 3 medium (6 oz each or 170 g each)
Eggplant – 1 small (5 oz / 150g)
Avocados: 3 avocados (7 oz each or 200 g each)
Cherry tomatoes: 1 container (10 oz or 300 g)
Red bell peppers: 3 peppers (5 oz each or 150 g each)
Onions: 2 onions (4 oz each or 113 g each)
Red onion: 1 onion
Garlic cloves: 2 bulbs
Green beans: 1 bag (8 oz or 227 g)
Cauliflower florets: 2 bags (12 oz each or 340 g each)
Broccoli florets: 2 bags (8 oz each or 227 g each)

Cucumber: 1 cucumber (7 oz or 200 g)
Arugula, Mixed salad greens: 1 clamshell (5 oz or 142 g)
Green onion: 1 bunch (3 oz / 85g)
Romaine or butter lettuce leaves: 1 head (6 oz or 170 g)
Mini mozzarella balls: 1 package (8 oz or 227 g)
Fresh basil leaves: 1 bunch (4 oz or 113 g)
Dill and chives: 1 bunch (4 oz or 113 g)
Fresh parsley: 1 bunch (2 oz / 56 g)
Radishes: 1 small bunch (4 oz or 113 g)
Lemons: 2

BERRIES: Berries (raspberries or blueberries): 1 small box (6 oz / 170g)

PANTRY ITEMS

Below is a list of foods you should have in stock for the Week 4 meal plan. Check the products from this list in your pantry and buy the missing ones.

NUTS AND SEEDS

Chopped walnuts or pecans: 1 package (8 oz or 227 g)
Ground flaxseed: 1 package (4 oz or 113 g)
Almond flour: 1 package (16 oz or 450 g)
Coconut flour: 1 small bag (8oz / 227g)
Crushed almonds: 1 package (4 oz or 113 g)
Unsweetened cocoa powder: 1 container (10 oz / 300g)
Shredded coconut (unsweetened): 1 bag (5 oz /140g)

OILS, BROTHS, SAUCES AND BREAD

Olive oil: 1 bottle (16–25 oz) extra virgin olive oil
Coconut oil: 1 jar (16 oz or 450 g)
Chicken broth: 1 carton (32 oz or 960 ml)
Tomato sauce (no sugar added): 1 can (8 oz or 240 ml)
Dijon mustard: 1 small jar (5 oz / 140g)
Mayonnaise (sugar-free): 1 jar (8 oz / 227g)
Balsamic vinegar: 1 bottle (8 oz or 240 ml)
Apple cider vinegar: 1 bottle (16 oz or 480 ml)
Lemon juice: 1 bottle (8 oz or 240 ml)

SPICES: Salt, Pepper, Smoked paprika, Vanilla extract, Erythritol, or keto sweetener. Dried: paprika, thyme, oregano, cinnamon, dill. Garlic powder, Nutmeg, Stevia or liquid sweetener, Red pepper flakes, Olives (green or black): 1 pack (1.05 oz / 30 g) pitted olives

OTHER INGREDIENTS: Low-carb or keto tortillas, Sugar-free syrup, Baking powder

Note: *This 4-week meal plan is a flexible guide to help you start the keto diet easily. Adjust meals to suit your preferences, dietary needs, or portion sizes. The shopping lists are based on recipes that serve one to two servings. Use this plan as a base and personalize it for yourself.*

KETO CORE FOOD CALORIE TABLE

All nutritional values are per 100 grams (3.5 oz) of product.

PRODUCT	SERVING SIZE	CALORIES (kcal)	PROTEIN (g)	FAT (g)	NET CARBS (g)
Chicken breast (skinless, cooked)	100g / 3.5 oz	165	31.0	3.6	0.0
Chicken thighs (with skin, cooked)	100g / 3.5 oz	229	25.0	17.0	0.0
Ground chicken (cooked)	100g / 3.5 oz	172	25.0	8.0	0.0
Ground beef (80% lean, cooked)	100g / 3.5 oz	254	26.0	17.0	0.0
Ground turkey (cooked)	100g / 3.5 oz	169	22.0	9.0	0.0
Turkey breast (sliced, cooked)	100g / 3.5 oz	135	30.0	1.0	0.0
Veal cutlets (cooked)	100g / 3.5 oz	179	26.0	8.0	0.0
Pork loin (cooked)	100g / 3.5 oz	242	27.0	14.0	0.0
Pork shoulder (cooked)	100g / 3.5 oz	280	25.0	20.0	0.0
Pork chops (cooked)	100g / 3.5 oz	231	25.0	14.0	0.0
Salmon fillets (cooked)	100g / 3.5 oz	206	22.0	13.0	0.0
White fish fillets (cod, baked)	100g / 3.5 oz	105	23.0	0.9	0.0
Tuna (canned in water)	100g / 3.5 oz	132	28.0	1.0	0.0
Shrimp (boiled)	100g / 3.5 oz	99	24.0	0.3	0.2
Mackerel fillet (cooked)	100g / 3.5 oz	305	25.0	25.0	0.0
Trout fillet (cooked)	100g / 3.5 oz	190	23.0	11.0	0.0
Red fish (salmon, baked)	100g / 3.5 oz	208	20.0	13.0	0.0
Egg (whole, large)	100g / 3.5 oz	143	13.0	10.0	1.0
Quail egg (whole)	100g / 3.5 oz	158	13.0	11.0	1.0
Zucchini (raw)	100g / 3.5 oz	17	1.2	0.3	2.1
Cauliflower (raw)	100g / 3.5 oz	25	2.0	0.3	2.9
Broccoli (raw)	100g / 3.5 oz	34	2.8	0.4	4.0
Spinach (raw)	100g / 3.5 oz	23	2.9	0.4	1.4
Arugula (raw)	100g / 3.5 oz	25	2.6	0.7	1.5
Bell pepper (raw)	100g / 3.5 oz	31	1.0	0.3	4.6
Eggplant (raw)	100g / 3.5 oz	25	1.0	0.2	5.9
Cucumber (raw)	100g / 3.5 oz	15	0.7	0.1	1.5
Lettuce (romaine)	100g / 3.5 oz	17	1.2	0.3	1.2
Cabbage (raw)	100g / 3.5 oz	25	1.3	0.1	3.3
Brussels sprouts (raw)	100g / 3.5 oz	43	3.4	0.3	5.2
Cherry tomatoes	100g / 3.5 oz	18	0.9	0.2	3.0
Mushrooms (white, raw)	100g / 3.5 oz	22	3.1	0.3	2.3
Onions (raw)	100g / 3.5 oz	40	1.1	0.1	7.6
Garlic (raw)	100g / 3.5 oz	149	6.4	0.5	31.0
Pumpkin (raw)	100g / 3.5 oz	26	1.0	0.1	6.5
Green beans (raw)	100g / 3.5 oz	31	1.8	0.1	3.6
Carrot (raw)	100g / 3.5 oz	41	0.9	0.2	7.0
Avocado	100g / 3.5 oz	160	2.0	15.0	2.0
Lemon	100g / 3.5 oz	29	1.1	0.3	6.0
Lime	100g / 3.5 oz	30	0.7	0.2	7.0
Strawberries	100g / 3.5 oz	32	0.7	0.3	5.5
Raspberries	100g / 3.5 oz	52	1.2	0.7	5.4
Blueberries	100g / 3.5 oz	57	0.7	0.3	12.0
Almonds	100g / 3.5 oz	579	21.0	50.0	9.0
Walnuts	100g / 3.5 oz	654	15.0	65.0	7.0
Pumpkin seeds	100g / 3.5 oz	559	30.0	49.0	4.7
Sunflower seeds	100g / 3.5 oz	584	21.0	51.0	11.0
Chia seeds	100g / 3.5 oz	486	17.0	31.0	6.0
Greek yogurt (full-fat)	100g / 3.5 oz	59	10.0	0.4	3.6
Cottage cheese (full-fat)	100g / 3.5 oz	98	11.0	4.3	3.4
Ricotta cheese (whole milk)	100g / 3.5 oz	174	11.0	13.0	3.0
Mozzarella cheese (whole milk)	100g / 3.5 oz	280	28.0	17.0	3.0

PRODUCT	SERVING SIZE	CALORIES (kcal)	PROTEIN (g)	FAT (g)	NET CARBS (g)
Cheddar cheese	100g / 3.5 oz	402	25.0	33.0	1.3
Parmesan cheese	100g / 3.5 oz	431	38.0	29.0	4.0
Cream cheese	100g / 3.5 oz	342	6.0	34.0	4.0
Heavy cream	100g / 3.5 oz	340	2.0	36.0	3.0
Butter	100g / 3.5 oz	717	0.9	81.0	0.1
Sour cream (full-fat)	100g / 3.5 oz	214	2.4	20.0	3.3
Almond flour	100g / 3.5 oz	570	21.0	50.0	10.0
Coconut flour	100g / 3.5 oz	400	18.0	12.0	21.0
Shredded coconut (unsweetened)	100g / 3.5 oz	660	7.0	65.0	6.0
Coconut oil	100g / 3.5 oz	892	0.0	100.0	0.0
Olive oil (extra virgin)	100g / 3.5 oz	884	0.0	100.0	0.0
Sesame oil	100g / 3.5 oz	884	0.0	100.0	0.0

FINAL THOUGHTS

Step to a Healthier You

And so, 28 days of the keto diet are complete! Well done! You have done a great job of taking control of your health, energy, and well-being. I hope you enjoyed the recipes and tips in this book and you will use them in the future. After all, taking care of your body and mind, especially after 60, is more important than ever. You've learned that it's never too late to make healthy changes.

Over the past month, you may have noticed improvements like better energy, clearer thinking, reduced inflammation, or simply feeling more balanced. These changes prove that even small, consistent choices can yield significant results.

What comes next?

It's important to remember that keto isn't something you have to stick to forever. Consider it a powerful tool that resets your metabolism, helps build better habits, and clarifies what your body truly needs.

Over time, many people shift to a more flexible, low-carb lifestyle that fits naturally into their everyday lives, allowing more balance and variety while keeping the benefits they've gained.

Here are a few tips for moving forward:

- **Listen to your body.** Some days, it may need more flexibility, and that's okay. Adjust as you go.
- **Focus on quality foods.** Whether you follow strict keto or move toward a low-carb balance, real, wholesome foods should remain at the center of your diet.
- **Stay hydrated.** Water is your best companion—keep it close and make it refreshing with lemon or mint.
- **Keep moving.** Daily walks, light exercises, and staying active will support your health and happiness.
- **Find like-minded people.** Connecting with a community will help you stay motivated.
- **Be kind to yourself.** Progress is not about perfection — it's about building a life that feels good and sustainable.

Remember: Your health is your most incredible wealth.

Your energy, well-being, and spirit prove that age is just a number. Let your keto journey be not a limitation but an opportunity to live fully, actively, and joyfully.

You deserve to feel your best every single day. Your story is just beginning—and it's going to be a beautiful one!

«You are never too old to set another goal or to dream a new dream.»

— C.S. Lewis

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