

**ANTI-
INFLAMMATORY**

KETO RESET



Clean Eating

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What does an anti-inflammatory keto diet look like?

An anti-inflammatory keto diet combines the best of both worlds – it uses anti-inflammatory foods like healthy fats, herbs and spices while also limiting carbs. We suggest aiming for 35 to 45 grams total carbs per day, although once you see how your body responds, you can experiment with different amounts. (Some people can eat in the range of 50 to 75 grams total carbs while maintaining ketosis.)

When moving into a keto diet, you can use sweeter vegetables in the first week as a transition (think sweet potatoes, carrots and beets) and then remove them in the second week. Some people coming from a high-carb diet may find they need to transition more slowly rather than all at once.

FOODS TO AVOID

- All grains (rice, pasta, breads, oatmeal, quinoa etc.)
- High-starch vegetables (potatoes, corn, sweet potatoes, beets, carrots)
- High-sugar fruit (bananas, mangos, pineapples, oranges)
- Beans and legumes
- Soy products
- Cane sugar, coconut sugar, honey, pure maple syrup
- Refined oils such as vegetable, corn or soy oil
- Most alcoholic beverages including beer and wines (particularly high-sugar wines), cocktails with added sugar or juices, mixed drinks

NOTE: Carrots, sweet potatoes and beets can be eaten in the first week.

FOODS TO EMBRACE

- Organic, pasture-raised meats
- Wild-caught seafood
- Organic eggs
- Healthy fats (olive oil, coconut oil, avocado oil, organic butter and ghee)
- Fatty fruit (avocado, coconut and avocado)
- Low-starch vegetables (leafy greens, onions, garlic, zucchini, cauliflower)
- Low-sugar berries
- Dark chocolate (look at sugar content)
- Nuts, seeds and unsweetened nut milks
- Organic, grass-fed full-fat dairy (if you can tolerate)
- Spices and herbs (ginger, turmeric, fresh herbs)
- Fermented foods
- Bone broth
- Coffee and tea
- Stevia, monk fruit extract
- Pure spirits such as tequila, vodka, whiskey or gin (in small quantities; avoid mixes with added sweeteners)



Breakfasts



Carrot Cake Pancakes

MAKES 12 PANCAKES. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 45 MINUTES.

¾ cup almond flour
3 tbsp coconut flour
2 tbsp arrowroot
1 tbsp ground cinnamon
1½ tsp ground ginger
¾ tsp baking powder
¼ tsp each baking soda and sea salt
⅛ tsp ground nutmeg
1 cup BPA-free canned full-fat coconut milk
3 large eggs
3 tbsp coconut oil + additional for cooking

1½ tsp pure vanilla extract
1 cup shredded carrot
⅓ cup finely chopped toasted pecans
3 tbsp unsweetened raisins, optional
 coconut butter or butter, for serving

1. Preheat oven to 200°F. In a large bowl, whisk together almond flour, coconut flour, arrowroot, cinnamon, ginger, baking powder, baking soda, salt and nutmeg. In a medium bowl, whisk coconut milk, eggs, coconut oil and vanilla; pour into bowl with flour mixture and stir to combine. Fold in carrots, pecans and raisins (if using). (**NOTE:** Batter will be thick.)

2. Warm a griddle or large nonstick skillet on medium-low. Brush with coconut oil. Scoop batter onto griddle, using about 3 tbsp batter for each, and spread into 3½-inch circles. Cook until golden on underside and beginning to firm up, 2 to 3 minutes. Carefully flip and cook on other side until cooked through and golden, 1 to 2 minutes longer. Keep pancakes warm in oven while you repeat to make 12 pancakes total. Serve with coconut butter.

NOTE: If following our Meal Plan, freeze leftovers between layers of parchment. Reheat in a toaster oven when called for.

PER SERVING (⅓ of recipe): Calories: 341, Total Fat: 30 g, Sat. Fat: 16 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 4 g, Carbs: 12 g, Fiber: 5 g, Sugars: 2 g, Protein: 8 g, Sodium: 256 mg, Cholesterol: 93 mg



A Better Avocado Toast

SERVES **6**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **1 HOUR, 25 MINUTES**.

BREAD

- 3 tbsp** coconut flour
- 2 tbsp** ground flaxseeds
+ 1 tbsp whole flaxseeds
- ½ tsp** baking soda
- ½ tsp** sea salt
- ½ cup** almond butter
- ½ cup** cashew butter
- 4 large** eggs, room temperature,
separated
- ¼ cup** plain unsweetened
almond milk
- 1 tbsp** apple cider vinegar

TOPPING

- ripe avocados, as needed
- fresh lemon juice,
as needed
- sea salt, to taste
- everything bagel spice
mix or hot sauce, optional

1. Prepare bread: Place racks in center and lower third of oven and preheat to 300°F. Fill a baking dish with water and place on the lower rack. Mist an 8 x 4-inch loaf pan with cooking spray, line with parchment and mist again.

2. In a small bowl, whisk together coconut flour, ground flaxseeds, baking soda and ½ tsp salt, breaking up any lumps. In a large bowl, using an electric mixer, beat almond butter, cashew butter and egg yolks until well combined, 1 minute. Beat in almond milk and vinegar. Stir in coconut flour mixture. In a separate bowl, using clean, dry beaters, beat egg whites until stiff peaks form. Fold one-quarter of whites into almond butter mixture to lighten, then fold in remaining whites until incorporated.

3. Transfer batter to loaf pan, spread evenly and sprinkle with whole flaxseeds; bake for 45 to 50 minutes, until golden. Let cool in pan for 15 minutes, then turn out bread; let cool completely. Cut into 12 slices.

4. To prepare 2 servings: Toast 4 slices bread. Mash 1 avocado with lemon juice and salt, to taste. Spread avocado carefully over bread and top with bagel spice or hot sauce (if using). Wrap remaining bread well and refrigerate up to 3 days.

PER SERVING (⅓ of recipe): Calories: 487, Total Fat: 41 g, Sat. Fat: 7 g, Monounsaturated Fat: 24 g, Polyunsaturated Fat: 8 g, Carbs: 22 g, Fiber: 11 g, Sugars: 2 g, Protein: 15 g, Sodium: 457 mg, Cholesterol: 124 mg



Keto Sheet-Pan Breakfast Hash

SERVES **4**. HANDS-ON-TIME: **10 MINUTES**. TOTAL TIME: **30 MINUTES**.

- 1 12-oz** bag broccoli or cauliflower slaw
- 1** zucchini, diced
- 1 tbsp** olive oil
- ¼ tsp** salt and pepper
- 1 clove** garlic, minced
- 1 tsp** paprika
- 5 slices** nitrate-free bacon, cut into 2-inch pieces
- 4** eggs
- 2 tsp** hot sauce, no sugar added

- 1.** Preheat oven to 400°F.
- 2.** On a parchment-lined baking sheet, toss slaw, zucchini, olive oil, salt and pepper, garlic and paprika. Sprinkle bacon over top. Roast for 12 to 14 minutes, stirring once halfway.
- 3.** Using a spatula, create 4 small wells within the hash. Carefully crack open each egg into each well. Return to oven and cook until egg whites are cooked throughout, about 6 more minutes. Let cool slightly before serving. Drizzle with hot sauce if desired.

NOTE: If following our Meal Plan, you can make the hash ahead and reheat in a skillet on the stove top, making eggs fresh each time.

PER SERVING (¼ of recipe): Calories: 183, Total Fat: 12 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 8 g, Fiber: 4 g, Sugars: 3 g, Protein: 13 g, Sodium: 509 mg, Cholesterol: 192 mg

Cauliflower Hash Browns

SERVES 6.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 20 MINUTES.

- 1 tbsp olive oil
- 14 oz riced cauliflower
- ½ small onion, minced
- ⅓ cup almond flour
- ½ tsp garlic powder
- 1 large egg
- ½ tsp salt

KETCHUP

- ⅓ cup tomato paste
- 1 tbsp apple cider vinegar
- 1 tbsp water
- ½ tsp garlic powder
- 1 tsp monk fruit sweetener
- ¼ tsp salt

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. In a medium saucepan on medium, heat oil. Add cauliflower rice and onion. Cover and cook, stirring occasionally, for 5 minutes. Remove from heat.

2. When riced cauliflower is cool enough to handle, wrap in a cheesecloth or towel. Squeeze tightly over the sink to drain as much moisture as possible.

3. Place cauliflower in a medium bowl; add remaining ingredients and mix well. Scoop ⅓ cup onto prepared sheet; using a spatula, shape into a 2 x 3-inch oblong patty. Repeat with remaining cauliflower rice mixture.

Spray with cooking spray and bake for 12 to 14 minutes, until patties are firm to the touch and lightly golden brown all over.

4. To a small saucepan over medium-high, add all ketchup ingredients. Bring to a simmer, whisking well. Cook for 2 minutes. Serve with hash browns.

MAKE AHEAD: Freeze hash browns between layers of parchment paper. To reheate, place in a preheated 375°F oven for 12 minutes.

PER SERVING (% of recipe): Calories: 106, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 8 g, Fiber: 3 g, Sugars: 4 g, Protein: 5 g, Sodium: 262 mg, Cholesterol: 31 mg





Keto Breakfast Pizza

SERVES **4 TO 6**. HANDS ON TIME: **20 MINUTES**. TOTAL TIME: **30 MINUTES**.

CRUST

- 2 cups** almond flour
- 2 tbsp** arrowroot flour
- ½ tsp** baking soda
- ¾ cup** shredded mozzarella
- 3** eggs, beaten
- ¼ tsp** salt

TOPPINGS

- ¾ cup** ricotta
- ½ cup** mozzarella
- ¼ cup** basil, chopped
- ¼ tsp** salt and pepper
- 1 tsp** olive oil

- ½ bunch** asparagus, trimmed
- ½ cup** sliced cremini mushrooms
- 4 large** eggs
- 4 slices** prosciutto
- fresh basil, for garnish

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. In a medium bowl, combine all crust ingredients. Form into a ball and transfer to prepared sheet. Press out into a 12-inch circle. Bake for 6 minutes, until dough looks set but does not have any browning yet.

2. In a small bowl, combine ricotta, mozzarella, chopped basil, salt and pepper. Spread cheese mixture onto crust, leaving a ½-inch rim.

3. In a medium saucepan on medium, heat olive oil. Add mushrooms and asparagus and sauté for 2 minutes. Arrange veggies over cheese mixture; top with prosciutto. Crack 4 eggs onto surface of pizza. Bake for 6 to 8 minutes, until eggs are set and dough is browning on the edges. Garnish with basil and cracked pepper, if desired.

NOTE: If following our Meal Plan, refrigerate 3 leftover slices. Reheat in a toaster oven. For maximum freshness, add egg before reheating.

PER SERVING (¼ of recipe): Calories: 705, Total Fat: 54 g, Sat. Fat: 14 g, Monounsaturated Fat: 27 g, Polyunsaturated Fat: 10 g, Carbs: 18 g, Fiber: 6 g, Sugars: 4 g, Protein: 40 g, Sodium: 1,125 mg, Cholesterol: 389 mg



Soft-Cooked Egg with Grilled Asparagus & Citrus Emulsion

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 20 MINUTES.

- 2 large** eggs + 2 egg yolks, divided (**NOTE:** Look for pastured eggs for best quality.)
- 2** lemons (preferably Meyer lemons), zested and juiced, divided
- 1 tsp** Dijon mustard
- 1 clove** garlic, grated on a Microplane
- ½ cup** extra-virgin olive oil
sea salt and ground black pepper, to taste
- 1 bunch** asparagus, blanched in boiling salted water then shocked in an ice bath
- ½ oz** ricotta salata, grated on a Microplane
tarragon, chives and basil to garnish

1. In a small saucepan, bring water to a boil. Reduce heat to a gentle boil then add 2 eggs. Cook, covered, for 6½ minutes; remove from pan and shock in an ice bath. Peel eggs when cool enough to handle.

2. Prepare emulsion: In a large mixing bowl, combine 2 egg yolks, lemon zest, mustard and garlic and whisk together. While whisking, drizzle in oil, a few drops at a time; once it starts to thicken, add remaining oil in a slow, steady stream until thick and creamy. Season with salt and pepper. Whisk in lemon juice, to taste.

3. Preheat and grease a grill. Add asparagus and grill until lightly charred. Transfer to bowl with emulsion.

4. Toss asparagus with lemon emulsion, season with salt and pepper and divide among plates. Top each plate with a soft-cooked egg cut in half, grated ricotta salata, basil, chives and tarragon.

NOTE: If following our Meal Plan, refrigerate leftover components separately (for maximum freshness, make citrus emulsion fresh before eating). Slice egg and top with herbs just before serving.

PER SERVING (½ of recipe): Calories: 698, Total Fat: 68 g, Sat. Fat: 12 g, Monounsaturated Fat: 48 g, Polyunsaturated Fat: 7 g, Carbs: 11 g, Fiber: 3 g, Sugars: 3 g, Protein: 14 g, Sodium: 508 mg, Cholesterol: 378 mg

Lunches & Dinners



Roasted Brussels Sprouts with Bacon & Kimchi

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 25 MINUTES.

- 2 cups** Brussels sprouts, shaved on a mandoline (**NOTE:** Mandoline blades are sharp. Use the food guard if yours comes with one; if not, work slowly and carefully.)
- 2 tbsp** extra-virgin olive oil
- 1 tbsp** white balsamic vinegar
- 2 cloves** garlic, sliced
- sea salt and ground black pepper, to taste
- 1 cup** diced bacon, rendered until crispy
- 1 cup** kimchi, chopped (**TRY:** Mother in Law's White Kimchi)

- 2** green onions (aka scallions), whites and greens, sliced
- 2 tbsp** black, white or mixed sesame seeds
- fresh cilantro leaves, for garnish

- 1.** Preheat oven to 400°F. Line a large baking sheet with parchment paper.
- 2.** In a large mixing bowl, combine Brussels sprouts, oil, vinegar and garlic; season with salt and pepper.
- 3.** Spread Brussels sprouts on baking sheet and roast until tender, slightly browned and beginning to crisp, 10 to 15 minutes, stirring every 5 minutes or so.

- 4.** Toss with crispy bacon, kimchi and green onions. Garnish with sesame seeds and cilantro.

NOTE: If following our Meal Plan, refrigerate leftovers. Top with seeds and cilantro just before serving.

PER SERVING (½ of recipe): Calories: 381, Total Fat: 29 g, Sat. Fat: 6 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 4 g, Carbs: 19 g, Fiber: 6 g, Sugars: 2 g, Protein: 16 g, Sodium: 952 mg, Cholesterol: 26 mg



Turmeric Black Cod with Dill Yogurt Sauce

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

FISH & VEG

- 2 4-oz** black cod fillets
- 2 tbsp** extra-virgin olive oil, divided
- 1 tsp** ground turmeric
- sea salt and ground black pepper, to taste
- 6 spears** asparagus, cut into 2-inch pieces
- ½ cup** shiitake mushroom caps, thinly sliced
- 1 cup** dandelion greens, coarsely chopped
- 1 clove** garlic, thinly sliced

YOGURT SAUCE

- 1 cup** labne cheese or Greek yogurt
- ¼ cup** chopped fresh dill
- 1** lemon, zested and juiced
- 1 clove** garlic, grated
- sea salt and ground black pepper, to taste

1. Preheat oven to 350°F. Brush cod with 1 tbsp oil then season with turmeric, salt and pepper. Place on a parchment-lined baking sheet and roast until cooked through, about 8 minutes.

2. Meanwhile, in a skillet on medium-high, heat 1 tbsp oil. Add asparagus, mushrooms, dandelion greens, garlic, salt and pepper and sauté until cooked through, about 5 minutes.

3. In a medium bowl, combine yogurt, dill, lemon zest and juice, garlic, salt and pepper.

4. Divide vegetables among bowls; top each with a piece of fish and finish with a dollop of yogurt.

NOTE: If following our Meal Plan, store leftovers in the refrigerator. Reheat in a skillet on the stove when called for; top with yogurt sauce.

PER SERVING (½ of recipe): Calories: 631, Total Fat: 56 g, Sat. Fat: 28 g, Monounsaturated Fat: 26 g, Polyunsaturated Fat: 5 g, Carbs: 14 g, Fiber: 3 g, Sugars: 6 g, Protein: 22 g, Sodium: 635 mg, Cholesterol: 156 mg



Fish Tacos in Collards with Cabbage Slaw

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

2 4-oz halibut fillets, each cut lengthwise into 2 rectangular pieces

2 tbsp extra-virgin olive oil, divided
sea salt and pepper, to taste

1 cup shaved red cabbage

1 tbsp chipotle mayo (**TRY:** Primal Kitchen Chipotle Mayo)

1 tsp coriander seeds

1 ripe avocado, mashed

¼ cup cilantro, coarsely chopped

2 tbsp raw pepitas

1 lime, juiced

2 green onions (aka scallions), thinly sliced

sea salt, to taste

4 collard green leaves
(**NOTE:** Before using, quickly steam, then set aside to cool. Pat dry to remove any excess water.)

4 radishes, thinly sliced

1. Preheat griddle to high.

2. Drizzle halibut with 1 tbsp oil and season with salt and pepper. Sear until golden brown on both sides and cooked through, about 6 minutes.

3. In a medium bowl, combine cabbage, mayo and whole coriander seeds; fold together and lightly season with salt and pepper.

4. In a second bowl or a molcajete, combine mashed avocado with cilantro, pepitas, lime juice, green onions and remaining 1 tbsp oil. Season with salt.

5. Place 1 piece of halibut in each collard leaf, top with slaw, mashed avocado and radishes; roll up and cut each “taco” in half with a sharp knife.

NOTE: If following our Meal Plan, refrigerate leftover components separately. Assemble in collard leaves when called for.

PER SERVING (½ of recipe): Calories: 530, Total Fat: 40 g, Sat. Fat: 6 g, Monounsaturated Fat: 27 g, Polyunsaturated Fat: 6 g, Carbs: 20 g, Fiber: 12 g, Sugars: 3 g, Protein: 28 g, Sodium: 525 mg, Cholesterol: 61 mg



Grilled Lamb Lettuce Cups with Salsa Verde & Labneh

SERVES 2. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

LAMB

- 12 oz** lamb top round or loin, cut into 1-inch cubes
- 2 tbsp** extra-virgin olive oil
- 1 tbsp** harissa paste (**TRY:** Villa Jerada Harissa)
- 1 tsp** each ground cumin and ground coriander
- sea salt and ground black pepper, to taste

SALSA VERDE

- ¼ cup** each chopped fresh mint, parsley and basil
- 2** green onions (aka scallions), minced
- ½ cup** extra-virgin olive oil
- 1** lemon, zested and juiced
- ½ tsp** red pepper flakes
- sea salt and ground black pepper, to taste

LABNEH

- ½ cup** labneh (or Greek yogurt)
- 2 tbsp** extra-virgin olive oil
- 1 tsp** sumac
- ½** lemon, zested and juiced

TOPPINGS

- 4 large** (or 8 small) Bibb lettuce leaves
- ½ cup** Sungold tomatoes
- ½ cup** castelvetro olives, pitted and cut in half

EQUIPMENT:

- 4** metal or wooden skewers (soaked if using wooden)

- 1.** Preheat a grill or griddle to high.
- 2.** In a large bowl, combine all lamb ingredients and toss thoroughly to evenly coat the meat. (**MAKE AHEAD:** Marinate lamb up to 24 hours ahead.) Thread lamb onto 4 skewers, then grill until browned and cooked through to medium-rare, about 4 minutes per side.

3. Meanwhile, in a small mixing bowl, combine all ingredients for the salsa verde and set aside.

4. Combine all ingredients for the labne and set aside.

5. Place meat from 1 skewer in each lettuce leaf. Top with a dollop of labne and a generous amount of salsa verde. Finish with tomatoes and olives. Wrap leaves and eat by hand.

NOTE: If following our Meal Plan, refrigerate leftover lamb, salsa verde, labne and toppings separately. Assemble lettuce cups when called for.

PER SERVING (½ of recipe): Calories: 1,364, Total Fat: 131 g, Sat. Fat: 32 g, Monounsaturated Fat: 79 g, Polyunsaturated Fat: 11 g, Carbs: 13 g, Fiber: 6 g, Sugars: 4 g, Protein: 34 g, Sodium: 722 mg, Cholesterol: 167 mg



Ginger Chicken in Bone Broth

SERVES **2**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **30 MINUTES**.

- 6 cups** chicken bone broth
- 2** chicken breasts (**TIP:** Opt for pastured for highest quality.)
- sea salt and ground black pepper, to taste
- 1 cup** asparagus, cut into 1-inch pieces
- 1 cup** shiitake mushrooms, cut into strips
- 2** pieces of baby bok choy, cut into ½-inch-thick pieces
- 2 tbsp** peeled and julienned ginger

- 1 clove** garlic, grated on a microplane
- ¼ cup** roughly chopped cilantro
- 1** lime, halved

1. In a large pot, bring broth to a low simmer. Season chicken breast with salt and pepper and lower into broth to poach. Cook gently until cooked through, about 10 minutes. Using a slotted spoon, remove chicken from broth and set aside on a cutting board.

2. To broth, add asparagus, mushrooms, bok choy, ginger and garlic and simmer for 3 to 5 minutes.

3. Using a very sharp knife, slice chicken into small pieces and place 1 sliced breast at the bottom of each bowl. Ladle broth with vegetables over chicken breast, garnish with chopped cilantro and finish with a squeeze of fresh lime.

NOTE: If following our Meal Plan, refrigerate leftovers. Reheat on the stove and garnish with cilantro and lime juice when called for.

PER SERVING (½ of recipe): Calories: 334, Total Fat: 5 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 16 g, Fiber: 5 g, Sugars: 3 g, Protein: 57 g, Sodium: 640 mg, Cholesterol: 101 mg



Low-Carb Chicken Parmesan

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

- 2 8-oz** boneless, skinless chicken breasts
- 1 large** egg, beaten
- 1 cup** grated Parmesan cheese
- 1 tbsp** Italian seasoning
- 3 tbsp** extra-virgin olive oil, divided
- 1 cup** marinara sauce
- 4 oz** mozzarella cheese, sliced or shredded
- 2 tbsp** fresh chopped basil

1. Lay chicken breasts on a cutting board. Place one hand flat on top of one breast and use a sharp knife to slice into one side of breast, starting at thicker end and ending at thin end, cutting breast in half. Repeat with remaining chicken breast.

2. To a shallow bowl, add egg. In another shallow bowl, combine Parmesan and Italian seasoning. Dip each chicken piece into beaten egg, shake off excess and dip into Parmesan mixture, pressing slightly, to coat both sides. Shake off excess and transfer to a plate.

3. Preheat oven to 400°F. In a large nonstick skillet on medium-high, heat two-thirds of oil. Working in 2 batches, sear chicken for 3 to

5 minutes on the first side, flip and continue to cook for another 2 to 3 minutes, until no longer pink inside.

4. Return all chicken to skillet and top breasts with marinara sauce and mozzarella, dividing evenly. Drizzle remaining one-third of oil over cheese. Bake for 8 to 10 minutes, until cheese is melted and bubbly. Garnish with basil.

NOTE: If following our Meal Plan, refrigerate leftovers. Reheat in a skillet on the stove and garnish with basil when called for.

PER SERVING (¼ of recipe): Calories: 420, Total Fat: 27 g, Sat. Fat: 10 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 6 g, Fiber: 1.5 g, Sugars: 1 g, Protein: 37 g, Sodium: 628 mg, Cholesterol: 143 mg



Coconut Shrimp with Sriracha Mayo

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

SAUCE

- ¼ cup** avocado oil mayonnaise
- 2 tsp** sriracha
- 2 tsp** coconut aminos
- 1 tsp** fresh lemon juice

SHRIMP

- ¾ cup** unsweetened finely shredded coconut (**TRY:** If using a brand that is not finely shredded, pulse in a food processor to chop)
- 6 tbsp** almond flour
- 1¼ tsp** sea salt, divided
- ½ tsp** garlic powder
- ¼ tsp** ground black pepper

- 2 large** eggs
- 1½ lb** large shrimp, peeled and deveined
- avocado oil, for frying

1. Make sauce: In a small bowl, combine all ingredients. Cover and refrigerate. (**MAKE AHEAD:** You can make sauce up to 2 days ahead. Keep covered and refrigerated.)

2. Make shrimp: Preheat oven to 200°F; line a large baking sheet with a metal rack. In a shallow bowl, combine coconut, almond flour, 1 tsp salt, garlic powder and black pepper; whisk to mix well. In a separate bowl, whisk eggs until well blended. Pat shrimp dry thoroughly and season with remaining ¼ tsp salt. Dip shrimp in egg mixture, then dredge in coconut mixture.

3. Heat ½ inch avocado oil in a medium skillet on medium. Working in batches, add shrimp to skillet and cook until golden on underside, 2 to 3 minutes. Carefully turn with tongs and cook on other side until cooked through and golden, about 2 minutes longer. Place shrimp on lined baking sheet and keep warm in oven while you cook remaining shrimp. Use a slotted spoon to remove coconut from skillet between batches as needed to prevent burning, and add more oil if needed. Serve shrimp with sauce on the side.

Serve with our Coconut Curry Broccoli Rice (p. 33).

PER SERVING (1% of recipe): Calories: 334, Total Fat: 26 g, Sat. Fat: 8 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 3 g, Carbs: 5 g, Fiber: 3 g, Sugars: 2 g, Protein: 22 g, Sodium: 627 mg, Cholesterol: 207 mg



Buttery Sole with Spring Vegetables

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

¼ cup organic unsalted butter, divided
3 tbsp extra-virgin olive oil, divided
1½ lb wild sole, patted dry
½ tsp sea salt + additional to taste
¼ tsp ground black pepper + additional to taste
1 sweet onion, chopped
8 oz carrots, cut into ½-inch pieces on a diagonal (1¾ cups)
3 oz snap peas, trimmed, halved on a diagonal (1 cup)

1 red bell pepper, cut into 1-inch cubes
2 cloves garlic, minced
2 tbsp fresh lemon juice
1 tbsp chopped fresh flat-leaf parsley + additional for garnish

1. Preheat oven to 200°F; line a large baking sheet with parchment. In a large skillet on medium-high, melt 2 tbsp butter with 2 tbsp oil. Season fish with ⅛ tsp each salt and pepper. Add to skillet and cook until golden, basting with butter mixture occasionally, 2 to 3 minutes per side. Transfer to baking sheet; cover and keep warm in oven.

2. To skillet, melt 1 tbsp butter with remaining 1 tbsp oil. Add onion, season with ⅛ tsp salt and cook, stirring occasionally, until just tender, about 3 minutes. Add carrots; sauté 1 minute. Add peas, bell pepper and garlic, season with ¼ tsp salt and ⅛ tsp pepper and continue to sauté until vegetables are crisp-tender, about 5 minutes more. Stir in lemon juice and parsley; sauté 1 minute. Stir in remaining 1 tbsp butter and cook, stirring, until butter melts and sauce thickens slightly. Season with additional salt and pepper. Sprinkle with additional parsley before serving.

PER SERVING (¼ of recipe): Calories: 386, Total Fat: 26 g, Sat. Fat: 9 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 2 g, Carbs: 16 g, Fiber: 4 g, Sugars: 9 g, Protein: 23 g, Sodium: 426 mg, Cholesterol: 107 mg

Keto Falafel Bowl

SERVES **4**. HANDS-ON TIME: **45 MINUTES**. TOTAL TIME: **1 HOUR, 5 MINUTES**.

DRESSING

¼ cup	extra-virgin olive oil	½ cup	almond flour
2 cloves	garlic, minced	1 large	egg
⅓ cup	tahini	2 tsp	each ground cumin and coriander
3 tbsp	chopped fresh flat-leaf parsley	1 tsp	grated lemon zest
⅓ cup	fresh lemon juice	½ tsp	sea salt
¼ tsp	each sea salt and ground black pepper	¼ tsp	ground black pepper

SALAD

FALAFEL

1 tbsp	extra-virgin olive oil	2	romaine hearts, torn (about 6 cups)
1	shallot, minced	1 small	English cucumber, halved lengthwise, sliced (about 1⅓ cups)
3 cloves	garlic, minced	¼ cup	roughly chopped pitted Kalamata olives
3 cups	frozen cauliflower rice, thawed (1 12-oz pkg)		
½ cup	chopped fresh flat-leaf parsley		

1. Make dressing: In a small, unheated skillet, combine oil and garlic. Heat on low until mixture sizzles; cook for 1 minute, then transfer to a blender or small food processor. Add tahini, parsley and lemon juice; process until well mixed. Add warm water, 1 tbsp at a time, and process until desired consistency, adding 7 to 8 tbsp water in total. Season with salt and pepper.

2. Make falafel: In a medium skillet on medium, heat oil. Add shallot and cook, stirring occasionally, until tender, about 3 minutes. Add garlic; sauté 1 minute. Transfer to a large bowl to cool. Place cauliflower in a clean kitchen towel and squeeze out excess liquid. Add to bowl with onion mixture and add remaining falafel ingredients.

3. Cook falafel: Preheat oven to 400°F; line a baking sheet with parchment. Using an ice cream scoop, portion mixture into balls (about 2 tbsp each); press into 2½-inch-wide patties. Place on sheet; mist with cooking spray. Bake 15 minutes. Flip, mist other side and bake until cooked through and golden, 10 minutes longer. (Or use a waffle iron: Portion mixture into balls, then, following manufacturer's instructions, place 1 ball in center of each waffle iron section. Cook until golden.)

4. In a large bowl, combine salad ingredients. Add ¼ cup dressing, or to taste, and toss. Divide among bowls and top with falafel. Serve remaining dressing on the side.

PER SERVING (¼ of recipe): Calories: 469, Total Fat: 40 g, Sat. Fat: 5 g, Monounsaturated Fat: 25 g, Polyunsaturated Fat: 9 g, Carbs: 21 g, Fiber: 8 g, Sugars: 6 g, Protein: 13 g, Sodium: 518 mg, Cholesterol: 47 mg





The Never-Hungry Tuna Bowl

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

- ½ cup** olive or avocado oil
mayonnaise
- 2 tsp** hot sauce, no
sugar added
- 2 6-oz** BPA-free cans wild tuna
- ½ tsp** sea salt
- ⅛ tsp** ground black pepper
- 2** avocados, peeled and
cut into ½-inch cubes
- 2 tsp** fresh lime or lemon juice
- ½ cup** chopped red cabbage
- ½ cup** sliced cucumbers

- ½ cup** sliced radishes, optional
- black sesame seeds,
for garnish, optional

1. In a medium bowl, combine mayonnaise and hot sauce. Transfer ¼ cup mixture to a small bowl; set aside.

2. Into medium bowl with remaining mayonnaise mixture, gently fold in tuna, salt and pepper.

3. Toss avocado with lime juice. Divide among 4 bowls. Into bowls, divide cabbage, tuna mixture, cucumber and radish (if using).

4. Drizzle reserved mayonnaise mixture over bowls. Garnish with seeds (if using).

NOTE: If following our Meal Plan, refrigerate 3 leftover servings and extra dressing separately. Drizzle with reserved dressing and top with optional garnishes when called for.

PER SERVING (¼ of recipe): Calories: 529, Total Fat: 44 g, Sat. Fat: 6 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 18 g, Carbs: 10 g, Fiber: 7 g, Sugars: 1 g, Protein: 27 g, Sodium: 643 mg, Cholesterol: 33 mg

Pizza Supreme

SERVES 4.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **40 MINUTES.**

CRUST

- 1¾ cups** shredded mozzarella cheese
- 2 tbsp** organic unsalted butter
- 1 large** egg, beaten
- ¾ cup** blanched almond flour
- ⅛ tsp** sea salt

TOPPINGS

- 4 oz** ground beef
- ¼ tsp** sea salt
- 1 cup** all-natural pizza sauce
- ½ cup** shredded mozzarella cheese
- ½ cup** sliced button mushrooms
- ¼ cup** sliced black olives
- ¼ cup** each chopped green and red bell pepper
- ¼ cup** sliced prosciutto, optional
- 1** ⅛-inch-thick slice red onion, rings separated
- ½ tsp** Italian seasoning, optional
- arugula for garnish, optional

- 1.** Place a pizza stone in oven then heat oven to 425°F. (You can also use a baking sheet, but a stone will yield better results.)
- 2.** Prepare crust: In a small saucepan on medium-low, add cheese and butter and heat, stirring, until cheese is entirely melted. Stir well and remove from heat. Transfer to a bowl, add egg and combine well using a hand mixer. Add almond flour and salt and combine well with mixer. Using your hands, knead dough for about 3 minutes.

- 3.** Place dough on a greased piece of parchment paper and pat it out with your hands to form a 10-inch circle. Slide sheet of parchment with dough circle onto an unrimmed baking sheet (or the back of a rimmed sheet). Set aside.

- 4.** Prepare topping: Heat a cast iron skillet on medium. Add beef, season with salt and cook, stirring to break up the clumps, until meat is browned and crumbly, about 5 minutes. Set aside.

- 5.** Spread pizza sauce over crust. Sprinkle cheese over sauce and

top with beef, mushrooms, olives, bell peppers, prosciutto (if using) and onion. Sprinkle with Italian seasoning (if using).

- 6.** Transfer pizza to hot pizza stone in oven by sliding parchment and pizza off the baking sheet onto the stone. Bake until cheese is melted, about 10 minutes. Sprinkle with arugula (if using).

PER SERVING (¼ of pizza): Calories: 481, Total Fat: 37 g, Sat. Fat: 15 g, Monounsaturated Fat: 15.5 g, Polyunsaturated Fat: 4 g, Carbs: 13 g, Fiber: 4 g, Sugars: 5 g, Protein: 27 g, Sodium: 896 mg, Cholesterol: 128 mg



The What-Came-First Bowl

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

5 tbsp olive or avocado oil
mayonnaise, divided

1 tsp hot sauce, no
sugar added

2 large hard-boiled eggs, diced
sea salt and ground
black pepper, to taste

1 cup chopped romaine lettuce

1 cup guacamole

1 cup diced cooked
chicken breast

½ cup chopped tomatoes
chopped green onions
or chives, for garnish

1. In a small bowl, combine 2 tbsp
mayonnaise and hot sauce. Set aside.

2. In a medium bowl, combine
eggs, remaining 3 tbsp mayonnaise,
salt and pepper.

3. Divide lettuce among 4 bowls.

Divide guacamole, chicken, tomatoes
and egg salad mixture over top. Serve
with a drizzle of mayonnaise mixture
and green onions.

PER SERVING (¼ of recipe): Calories: 312,
Total Fat: 24.5 g, Sat. Fat: 4 g, Monounsaturated
Fat: 5 g, Polyunsaturated Fat: 8 g, Carbs: 5 g,
Fiber: 4 g, Sugars: 0.5 g, Protein: 16 g,
Sodium: 411 mg, Cholesterol: 129 mg



The Cobb-Made-Keto Bowl

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

BOWL

- 8 ¾-oz** slices bacon, no added nitrites or nitrates, chopped
- 5 oz** boneless skinless turkey or chicken breast, sliced
- 3 tbsp** olive or avocado oil mayonnaise, divided
- sea salt and ground black pepper, to taste
- 2** hard-boiled eggs
- 1 cup** finely chopped romaine lettuce
- 1** avocado, peeled, pitted and sliced
- ½ cup** halved cherry tomatoes
- ¼ cup** diced green onions
- ¼ cup** blue cheese crumbles, optional

DAIRY-FREE RANCH DRESSING

- 3 tbsp** olive or avocado oil mayonnaise
- 2 tbsp** chicken bone broth
- 1 tbsp** apple cider vinegar
- 1 tsp** dried chives
- ¼ tsp** each dried dill, garlic powder and onion powder
- ⅛ tsp** each sea salt and ground black pepper

1. Prepare bowl: In a cast iron skillet on medium-high, add bacon and cook until crisp, 5 to 6 minutes. Using a slotted spoon, transfer to a bowl, reserving drippings in pan. Add turkey to pan; cook until no longer pink, turning once, about 6 minutes. Transfer to a bowl.

2. To bowl with turkey, stir in 2 tbsp mayonnaise; season with salt and pepper. In a separate bowl, mash eggs with remaining 1 tbsp mayonnaise; season with salt and pepper.

3. Place lettuce at the bottom of 4 bowls. Divide avocado, turkey mixture and egg mixture among bowls. Top each bowl with bacon, tomato and green onions.

4. Prepare Ranch Dressing: In a small bowl, combine all dressing ingredients and mix well to combine. Drizzle each bowl with 2 tbsp dressing. Garnish with blue cheese (if using).

NOTE: If following our Meal Plan, refrigerate leftover salad and dressing separately. Drizzle with dressing before serving when called for.

PER SERVING (¼ of recipe): Calories: 557, Total Fat: 48.5 g, Sat. Fat: 12 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 13 g, Carbs: 7 g, Fiber: 4.5 g, Sugars: 2 g, Protein: 21 g, Sodium: 852 mg, Cholesterol: 158 mg



Sides



Loaded Cauliflower Mash

SERVES **6**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **30 MINUTES**.

- 3 slices** bacon (no added nitrates or nitrites)
- 1 large** head cauliflower, cored and broken into florets
- 2 tbsp** heavy cream
- 1 tbsp** organic unsalted butter
- sea salt**, to taste
- ⅔ cup** shredded cheddar cheese
- 1 tbsp** chopped fresh chives

1. Preheat oven to 425°F. Place bacon slices on a baking sheet lined with foil. Bake for 15 minutes, until crisp. Transfer bacon to a paper towel-lined plate. Reserve bacon fat and set aside.

2. Turn the oven to broil on high.

3. Meanwhile, bring a large pot of water to a boil. Add cauliflower and cook for 12 to 15 minutes, until fork-tender. Drain, let sit for a few minutes, then pat dry to get most of the liquid out.

4. Transfer cauliflower to a food processor along with cream and butter. Pulse mixture until medium-smooth, the consistency of mashed potatoes. Season with salt.

5. Transfer cauliflower mixture to a small casserole dish, an 8-inch skillet or ramekins. Sprinkle cheese on top and drizzle with reserved bacon fat. Broil for 5 minutes or until cheese is melted and bubbly. Crumble bacon on top and garnish with chives.

PER SERVING (% of recipe): Calories: 178, Total Fat: 14 g, Sat. Fat: 7 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 8 g, Fiber: 3 g, Sugars: 3 g, Protein: 7.5 g, Sodium: 258 mg, Cholesterol: 32 mg



Coconut Curry Broccoli Rice

SERVES 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

- 1 tbsp** coconut oil
- 2 tbsp** peeled and minced fresh ginger
- 2 cloves** garlic, minced
- 2 tsp** curry powder
- ¼ tsp** ground black pepper
- 4 cups** broccoli rice
- ½ tsp** sea salt
+ additional to taste
- 1 cup** BPA-free canned full-fat coconut milk

1. In a large skillet on medium, heat oil. Add ginger and garlic; sauté 1 minute. Add curry and black pepper; sauté 30 seconds. Add broccoli rice and salt; sauté 2 minutes, until bright green.

2. Stir in milk, cover, reduce heat to low and cook, stirring once or twice, 8 to 10 minutes. Increase heat to medium; cook, stirring, until most of liquid has cooked off and rice is very tender, about 2 minutes. Season with additional salt.

PER SERVING (⅙ of recipe): Calories: 128, Total Fat: 11 g, Sat. Fat: 9 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 8 g, Fiber: 3 g, Sugars: 2 g, Protein: 3 g, Sodium: 193 mg, Cholesterol: 0 mg

Cheddar “Tostadas”

with Greens & Lime Jalapeño Vinaigrette

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

DRESSING

- ⅓ cup** avocado oil
- 1 small** jalapeño chile pepper, seeded and minced
- 1 clove** garlic, minced
- 3 tbsp** chopped fresh cilantro
- 1 tsp** grated lime zest + 3 tbsp fresh lime juice
- ½ tsp** raw honey
- ½ tsp** sea salt
- ⅛ tsp** ground black pepper

TOSTADAS

- 2 cups** shredded sharp cheddar cheese

SALAD

- 4 cups** mixed mesclun greens
- 6** radishes, trimmed and thinly sliced
- 2** avocados pitted, peeled and chopped
- 2 tbsp** roasted, salted pumpkin seeds

1. Make dressing: In a small, unheated skillet, combine oil, jalapeño and garlic. Heat on low until mixture sizzles. Cook for 1 minute, then transfer to a blender or small food processor. Add remaining dressing ingredients and blend well. Set aside.

2. Make tostadas: Preheat oven to 350°F; line 2 large baking sheets with parchment. Draw 8 4-inch circles on parchment, leaving at least 1 inch between them; turn parchment over (you should still be able to see circles). Spread cheese in circles, using ¼ cup for each. Bake until golden and crisp, about 13 to 15 minutes, watching closely to prevent burning. Let cool slightly.

3. Divide tostadas among 4 plates. In a large bowl, combine greens, radishes and avocado. Add ¼ cup dressing; toss, adding remaining dressing and toss again. Divide mixture among tostadas, sprinkle with pumpkin seeds.

PER SERVING (¼ of recipe): Calories: 597, Total Fat: 54 g, Sat. Fat: 16 g, Monounsaturated Fat: 28 g, Polyunsaturated Fat: 6 g, Carbs: 13 g, Fiber: 7 g, Sugars: 2 g, Protein: 17 g, Sodium: 625 mg, Cholesterol: 56 mg





Wedge Salad

with Shiitake Bacon & Blue Cheese Dressing

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **45 MINUTES**.

DRESSING

- ½ cup** full-fat sour cream
- ¼ cup** extra-virgin olive oil
- 2 oz** blue cheese, crumbled
- 2 tbsp** white wine vinegar
- 2 tbsp** avocado oil mayonnaise
- 1 tsp** coconut aminos
- ¼ tsp** each garlic powder and ground black pepper
- ⅛ tsp** sea salt

BACON

- 8 oz** shiitake mushroom caps, thinly sliced
- 3 tbsp** avocado oil
- ¼ tsp** sea salt

SALAD

- 1 head** iceberg lettuce, quartered
- 1 cup** halved cherry or grape tomatoes

1. Make dressing: In a small bowl, whisk together all ingredients. Cover and refrigerate until serving.

2. Make bacon: Preheat oven to 400°F; line 2 large baking sheets with parchment. In a large bowl, toss mushrooms, oil and salt. Spread on baking sheets in a single layer and roast until browned, stirring once or twice, switching baking sheets top to bottom, and removing pieces as they brown, 20 to 25 minutes.

3. Make salad: Place an iceberg quarter on each of 4 plates. Top with tomatoes, dressing and shiitake bacon.

PER SERVING (¼ of recipe): Calories: 411, Total Fat: 39 g, Sat. Fat: 9 g, Monounsaturated Fat: 24 g, Polyunsaturated Fat: 4 g, Carbs: 11 g, Fiber: 3 g, Sugars: 5 g, Protein: 7 g, Sodium: 437 mg, Cholesterol: 32 mg

Snacks & Desserts



Cauliflower Tots with Herbed Mayo

SERVES **6**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **50 MINUTES**.

TOTS

- 2 tbsp** avocado oil
- 1 head** cauliflower, cut into florets then shredded on the large holes of a box grater (or in a food processor with shredding attachment; 5½ cups total)
- ¾ tsp** sea salt, divided
- 1 cup** shredded mozzarella cheese
- 1 tsp** each garlic powder and paprika
- ½ tsp** onion powder
- ¼ tsp** ground black pepper
- 1 large** egg

HERBED MAYO

- ¼ cup** avocado oil mayonnaise
- 2 tbsp** grainy Dijon mustard
- 2 tbsp** finely chopped fresh basil
- 1 small** clove garlic, minced

1. Prepare bites: Preheat oven to 400°F. Place a metal rack on a large baking sheet. Top rack with parchment.

2. In a large skillet on medium-high, heat oil. Add cauliflower and ¼ tsp salt and cook, stirring, until tender and just beginning to brown, about 5 minutes. Transfer cauliflower to a large bowl; add cheese, garlic powder, paprika, onion powder, pepper and remaining ½ tsp salt. Stir until cheese begins to melt and mixture is well combined. Stir in egg.

3. Using 1 rounded tbsp per ball, place even-sized cauliflower balls onto parchment-lined rack. Form into small cylinders; flatten slightly. If liquid collects in bowl, stir mixture to reincorporate.

4. Mist bites with cooking spray and bake for 15 minutes. Turn over and mist bites with additional cooking spray and bake about 15 minutes longer, or until deep golden.

5. Meanwhile, in a small bowl, stir together Herbed Mayo ingredients. Serve alongside bites.

PER SERVING (⅓ of recipe): Calories: 215, Total Fat: 18 g, Sat. Fat: 5 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 7 g, Fiber: 2 g, Sugars: 2 g, Protein: 8 g, Sodium: 579 mg, Cholesterol: 56 mg



Herbed Parmesan Chips

SERVES **15**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **20 MINUTES**.

- 1 cup** finely grated Parmesan cheese
- 1½ tsp** Italian seasoning
- ¼ tsp** ground black pepper

- 1.** Preheat oven to 400°F. Line a large baking sheet with parchment paper.
- 2.** In a medium bowl, combine cheese, Italian seasoning and pepper. Spoon 1 tbsp of mixture onto prepared sheet, then spread into a 3-inch circle. Repeat, spacing Parmesan rounds about ½ inch apart. Bake until crisp and golden, 5 to 7 minutes.

Transfer rounds to a cooling rack. Keep in an airtight container at room temperature for up to 2 days.

PER SERVING (3 chips): Calories: 23, Total Fat: 2 g, Carbs: 1 g, Fiber: 0 g, Sugars: 0 g, Protein: 2 g, Sodium: 96 mg, Cholesterol: 5 mg



Za'atar Olive Keto Bread

SERVES **10**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **55 MINUTES**.

- 3 tbsp** extra-virgin olive oil
+ additional for greasing pan
- 2 cloves** garlic, smashed
- 1¼ cups** blanched almond flour
- 1 tbsp** coconut flour
- 2 tsp** lemon zest
- 2 tsp** baking powder
- 2 tsp** za'atar, divided
- ¼ tsp** sea salt
- 1 tbsp** apple cider vinegar
- 3 large** egg whites
- ½ cup** shredded mozzarella cheese
- ¼ cup** chopped pitted Kalamata olives
- ½ cup** grated Parmesan cheese

- 1.** Preheat oven to 400°F. Grease a 9-inch loaf pan. In a small skillet on low, add oil and garlic; cook for 4 minutes. Remove skillet from heat; let cool. Remove garlic and reserve for another use. Reserve oil.
- 2.** In a large bowl, combine almond flour, coconut flour, lemon zest, baking powder, 1 tsp za'atar and salt; mix well. In a small bowl or mug, mix 3 tbsp warm water and vinegar. In a separate bowl, whip egg whites until stiff peaks form. Set aside.
- 3.** Stir vinegar mixture and 2 tbsp reserved oil into dry ingredients. Fold in egg whites until almost completely incorporated, then fold in mozzarella and olives.

- 4.** Combine Parmesan and remaining 1 tsp za'atar in a medium bowl. Using an ice-cream scoop, form dough into balls and roll into Parmesan mixture. Place dough balls next to each other in the center of the loaf pan. (**NOTE:** Don't worry if pan isn't filled.) Drizzle dough with remaining reserved oil. Bake for 25 to 30 minutes, until golden. Let cool 5 to 10 minutes before cutting into 10 slices. Cover and refrigerate leftovers for up to 3 days.

NOTE: If following our Meal Plan, refrigerate 2 leftover slices. (This recipe makes more than you'll need for the plan; freeze 7 remaining slices for future use.)

PER SERVING (1 slice): Calories: 178, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 5 g, Fiber: 2 g, Sugars: 1 g, Protein: 7 g, Sodium: 346 mg, Cholesterol: 8 mg



Keto Peanut Butter Cups

SERVES **12**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **1 HOUR, 35 MINUTES**.

6 oz no-sugar-added 100% dark chocolate, chopped into chunks

3 tbsp organic unsalted butter, divided

3 tbsp coconut oil, divided

½ tsp pure vanilla extract

½ cup unsweetened peanut butter

¼ cup powdered monk fruit sweetener

1. Line a 12-cup muffin pan with muffin cup liners and set aside.

2. Fill a small saucepan one-third of the way with water and bring to a simmer. Place a heat-proof bowl over simmering water and add chocolate, two-thirds of butter and two-thirds of coconut oil. Add vanilla to chocolate mixture and stir until completely smooth.

3. Pour one-half of chocolate mixture into muffin liners, just enough to completely cover the bottom; set remaining chocolate aside. Transfer muffin pan to freezer and freeze for 15 minutes.

4. Meanwhile, in a second heat-proof bowl, combine peanut butter, monk fruit sweetener and remaining butter and coconut oil. Place over pot of simmering water; stir for 2 to 3 minutes, until melted.

5. Pour peanut butter mixture into each muffin liner, on top of chocolate. Freeze for 10 minutes.

6. Pour remaining chocolate mixture over peanut butter, completely covering peanut butter layer. Return pan to freezer and freeze for 1 hour. Remove from muffin liners and store covered in the refrigerator until ready to serve.

TIP: If you don't have powdered monk fruit sweetener but do have the granulated version, simply place in a blender or grinder and blend or grind until powdered.

PER SERVING (1 piece): Calories: 187, Total Fat: 16 g, Sat. Fat: 8 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1.5 g, Carbs: 15 g, Fiber: 5 g, Sugars: 1 g, Protein: 3 g, Sodium: 0 mg, Cholesterol: 8 mg

Flourless Chocolate Fudge Cake

with Whipped Cream

SERVES 8.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **1 HOUR, 15 MINUTES.**

- 1 cup** pitted dates
- 1 cup** hot brewed coffee
- 4 oz** unsweetened chocolate, chopped
- ½ cup** organic unsalted butter, cut into pieces + additional for greasing pan
- 1 tsp** pure vanilla extract
- 3 large** eggs, at room temperature, separated
- ½ cup** almond flour
- ¼ cup** unsweetened cacao powder, sifted
- ¼ tsp** sea salt
- ¾ cup** cold whipping cream or heavy coconut cream
- ¼ cup** fresh or chopped freeze-dried raspberries, optional
- fresh mint leaves, optional

- 1.** In a small bowl, add dates and cover with coffee. Let stand until dates are very soft, about 30 minutes. Drain, reserving 2 tbsp coffee.
- 2.** In a heat-proof bowl, combine chocolate and butter; set over a pot of simmering water, ensuring bowl and water don't touch. Let stand, stirring occasionally, until chocolate and butter have melted. Transfer bowl to a heat-proof surface.
- 3.** Preheat oven to 375°F. Grease an 8-inch springform pan with butter. Line bottom of pan with parchment then grease parchment layer with extra butter.

4. To a food processor, add softened dates, 2 tbsp reserved coffee and vanilla; process until smooth. Add egg yolks and process, scraping down sides of bowl as needed. Add chocolate mixture, almond flour, cacao and salt; process until smooth. Transfer mixture to a mixing bowl.

5. Using a hand blender, beat egg whites in a separate bowl until soft peaks form. Add one-third of egg whites to cake batter and mix until combined. Gently fold in remaining egg whites. Pour into prepared springform pan, spreading evenly. Bake 15 to 18 minutes, until edges are set and center is still slightly soft. Transfer to a rack; let cool.

6. Just before serving, make whipped cream: In a medium bowl, using an electric hand mixer on medium, whip cream until soft peaks form. Run a paring knife under hot water until warm, then run it around inside edge of springform pan; release sides. Cut cake into slices, running knife under hot water and wiping clean between slices. Sprinkle each slice with berries and mint (if using), and top with whipped cream. Cover and refrigerate leftover cake for up to 3 days. (**NOTE:** Let leftover cake come back to room temperature before serving.)






















PER SERVING (⅛ of cake without berries):
 Calories: 414, Total Fat: 34 g, Sat. Fat: 19 g,
 Monounsaturated Fat: 11 g, Polyunsaturated
 Fat: 2 g, Carbs: 21 g, Fiber: 6 g, Sugars: 13 g,
 Protein: 8 g, Sodium: 99 mg, Cholesterol: 128 mg



Meal Plans

Keto Meal Plan #1

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>1 serving Carrot Cake Pancakes (p. 5; save leftovers)</p>	 <p>1 serving Fish Tacos in Collards with Cabbage Slaw (p. 14; save leftovers)</p>	 <p>1 serving The Cobb-Made-Keto Bowl (p. 24; save leftovers) & 1 serving Za'atar Olive Keto Bread (p. 33; save leftovers)</p>	<p>Calories: 1,607, Fat: 134 g, Sat. Fat: 37 g, Carbs: 44 g, Fiber: 24 g, Sugars: 8 g, Protein: 64 g, Sodium: 1,979 mg, Cholesterol: 320 mg</p>
TUESDAY	 <p>1 serving Carrot Cake Pancakes (leftovers, p. 5)</p>	 <p>1 serving The Cobb-Made-Keto Bowl (leftovers, p. 24)</p>	 <p>1 serving Roasted Brussels Sprouts with Bacon & Kimchi (p. 12; save leftovers) & 1 serving Za'atar Olive Keto Bread (leftovers, p. 33)</p>	<p>Calories: 1,457, Fat: 123 g, Sat. Fat: 37 g, Carbs: 43 g, Fiber: 18 g, Sugars: 7 g, Protein: 52 g, Sodium: 2,406 mg, Cholesterol: 285 mg</p>
WEDNESDAY	 <p>1 serving Keto Sheet-Pan Breakfast Hash (p. 7; save leftovers)</p>	 <p>1 serving The Cobb-Made-Keto Bowl (leftovers, p. 24)</p>	 <p>1 serving Grilled Lamb Lettuce Cups with Salsa Verde & Labne (p. 15; save leftovers)</p>	<p>Calories: 2,104, Fat: 192 g, Sat. Fat: 47 g, Carbs: 28 g, Fiber: 15 g, Sugars: 9 g, Protein: 68 g, Sodium: 2,083 mg, Cholesterol: 517 mg</p>
THURSDAY	 <p>1 serving Keto Sheet-Pan Breakfast Hash (leftovers, p. 7) & 1 serving Za'atar Olive Keto Bread (leftovers, p. 33)</p>	 <p>1 serving Fish Tacos in Collards with Cabbage Slaw (leftovers, p. 14)</p>	 <p>1 serving The Cobb-Made-Keto Bowl (leftovers, p. 24)</p>	<p>Calories: 1,448, Fat: 116 g, Sat. Fat: 24 g, Carbs: 40 g, Fiber: 23 g, Sugars: 9 g, Protein: 69 g, Sodium: 2,232 mg, Cholesterol: 419 mg</p>
FRIDAY	 <p>1 serving Keto Sheet-Pan Breakfast Hash (leftovers, p. 7)</p>	 <p>1 serving Roasted Brussels Sprouts with Bacon & Kimchi (leftovers, p. 12)</p>	 <p>1 serving Grilled Lamb Lettuce Cups with Salsa Verde & Labne (leftovers, p. 15)</p>	<p>Calories: 1,928, Fat: 172 g, Sat. Fat: 41 g, Carbs: 40 g, Fiber: 16 g, Sugars: 9 g, Protein: 63 g, Sodium: 2,183 mg, Cholesterol: 385 mg</p>
SATURDAY	 <p>1 serving Keto Sheet-Pan Breakfast Hash (leftovers, p. 7)</p>	 <p>1 serving Fish Tacos in Collards with Cabbage Slaw (p. 14; save leftovers)</p>	 <p>1 serving Grilled Lamb Lettuce Cups with Salsa Verde & Labne (p. 15; save leftovers)</p>	<p>Calories: 2,077, Fat: 183 g, Sat. Fat: 41 g, Carbs: 41 g, Fiber: 22 g, Sugars: 10 g, Protein: 75 g, Sodium: 1,756 mg, Cholesterol: 420 mg</p>
SUNDAY	 <p>1 serving Carrot Cake Pancakes (leftovers, p. 5)</p>	 <p>1 serving Fish Tacos in Collards with Cabbage Slaw (leftovers, p. 14)</p>	 <p>1 serving Grilled Lamb Lettuce Cups with Salsa Verde & Labne (leftovers, p. 15)</p>	<p>Calories: 2,235, Fat: 201 g, Sat. Fat: 54 g, Carbs: 45 g, Fiber: 23 g, Sugars: 9 g, Protein: 70 g, Sodium: 1,503 mg, Cholesterol: 321 mg</p>

Grocery List

PROTEINS & DAIRY

- ☐ 2 pkgs nitrate-free bacon
- ☐ 4 4-oz halibut fillets
- ☐ 24 oz lamb top round
- ☐ 5 oz boneless, skinless turkey or chicken breast
- ☐ 9 oz labne cheese (or Greek yogurt)
- ☐ ¼ cup blue cheese
- ☐ ½ cup mozzarella cheese
- ☐ ½ cup parmesan cheese
- ☐ 2 BPA-free cans full-fat coconut milk (3 cups)
- ☐ 18 large eggs
- ☐ 2 tbsp bone broth

VEGGIES & FRUITS

- ☐ 7 oz Brussels sprouts
- ☐ 1 small head red cabbage
- ☐ 1 bag broccoli or cabbage slaw
- ☐ 1 head Bibb lettuce
- ☐ 1 head romaine lettuce
- ☐ 10 oz collard greens
- ☐ 1 zucchini
- ☐ 1 head garlic
- ☐ 2 bunches green onions (aka scallions)
- ☐ 1 bunch fresh cilantro
- ☐ 1 bunch mint
- ☐ 1 bunch parsley
- ☐ 3 avocados
- ☐ 3 carrots

- ☐ 2 limes
- ☐ 4 lemons
- ☐ 8 medium radishes
- ☐ 5 oz castelvetro olives
- ☐ 2 oz pitted Kalamata olives
- ☐ 8 oz yellow cherry tomatoes
- ☐ 1 bag raisins, optional

NUTS, SEEDS & OILS

- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bottle coconut oil
- ☐ 1 bag sesame seeds
- ☐ 1 bag pumpkin seeds
- ☐ 1 bag pecans
- ☐ 1 bag almond flour
- ☐ 1 bag coconut flour

PANTRY STAPLES






















- ☐ 1 bottle kimchi
- ☐ 1 bottle balsamic vinegar
- ☐ 1 bottle apple cider vinegar
- ☐ 1 bottle chipotle mayo
- ☐ 1 bottle olive or avocado oil mayo
- ☐ 1 container arrowroot powder
- ☐ 1 container baking soda
- ☐ 1 bottle vanilla extract
- ☐ 1 bottle hot sauce, no sugar added, optional

SPICES

- ☐ 1 bottle harissa paste
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle coriander seeds
- ☐ 1 bottle cumin seeds
- ☐ 1 bottle red pepper flakes
- ☐ 1 bottle dried chives
- ☐ 1 bottle dried dill
- ☐ 1 bottle garlic powder
- ☐ 1 bottle onion powder
- ☐ 1 bottle sumac
- ☐ 1 bottle za'atar
- ☐ 1 bottle paprika
- ☐ 1 bottle cinnamon
- ☐ 1 bottle ground ginger
- ☐ 1 bottle nutmeg

Keto Meal Plan #2

BY JESSE LANE LEE

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>1 serving Soft-Cooked Egg with Grilled Asparagus & Citrus Emulsion (p. 10; save leftovers)</p>	 <p>1 serving The Never-Hungry Tuna Bowl (p. 21; save leftovers)</p>	 <p>1 serving Turmeric Black Cod with Dill Yogurt Sauce (p. 13; save leftovers)</p>	<p>Calories: 1,858, Fat: 168 g, Sat. Fat: 46 g, Carbs: 35 g, Fiber: 13 g, Sugars: 10 g, Protein: 63 g, Sodium: 1,786 mg, Cholesterol: 567 mg</p>
TUESDAY	 <p>1 serving Soft-Cooked Egg with Grilled Asparagus & Citrus Emulsion (leftovers, p. 10)</p>	 <p>1 serving Ginger Chicken in Bone Broth (p. 16; save leftovers)</p>	 <p>1 serving The Never-Hungry Tuna Bowl (leftovers, p. 21)</p>	<p>Calories: 1,561, Fat: 117 g, Sat. Fat: 19 g, Carbs: 37 g, Fiber: 15 g, Sugars: 7 g, Protein: 98 g, Sodium: 1,791 mg, Cholesterol: 512 mg</p>
WEDNESDAY	 <p>1 serving Keto Breakfast Pizza (p. 9; save leftovers)</p>	 <p>1 serving The Never-Hungry Tuna Bowl (leftovers, p. 21)</p>	 <p>1 serving Turmeric Black Cod with Dill Yogurt Sauce (leftovers, p. 13)</p>	<p>Calories: 1,865, Fat: 154 g, Sat. Fat: 48 g, Carbs: 42 g, Fiber: 16 g, Sugars: 11 g, Protein: 89 g, Sodium: 2,403 mg, Cholesterol: 578 mg</p>
THURSDAY	 <p>1 serving Keto Breakfast Pizza (leftovers, p. 9)</p>	 <p>1 serving Low-Carb Chicken Parmesan (p. 17; save leftovers)</p>	 <p>1 serving The Never-Hungry Tuna Bowl (leftovers, p. 21)</p>	<p>Calories: 1,654, Fat: 125 g, Sat. Fat: 30 g, Carbs: 34 g, Fiber: 15 g, Sugars: 6 g, Protein: 104 g, Sodium: 2,396 mg, Cholesterol: 565 mg</p>
FRIDAY	 <p>1 serving Keto Breakfast Pizza (leftovers, p. 9)</p>	 <p>1 serving Ginger Chicken in Bone Broth (leftovers, p. 16)</p>	 <p>1 serving Low-Carb Chicken Parmesan (leftovers, p. 17)</p>	<p>Calories: 1,459, Fat: 86 g, Sat. Fat: 25 g, Carbs: 40 g, Fiber: 13 g, Sugars: 8 g, Protein: 134 g, Sodium: 2,393 mg, Cholesterol: 633 mg</p>
SATURDAY	 <p>1 serving Keto Breakfast Pizza (leftovers, p. 9)</p>	 <p>1 serving Low-Carb Chicken Parmesan (leftovers, p. 17)</p>	 <p>1 serving Turmeric Black Cod with Dill Yogurt Sauce (p. 13; save leftovers)</p>	<p>Calories: 1,756, Fat: 137 g, Sat. Fat: 52 g, Carbs: 38 g, Fiber: 11 g, Sugars: 11 g, Protein: 99 g, Sodium: 2,388 mg, Cholesterol: 688 mg</p>
SUNDAY	 <p>1 serving Soft-Cooked Egg with Grilled Asparagus & Citrus Emulsion (p. 10; save leftovers)</p>	 <p>1 serving Turmeric Black Cod with Dill Yogurt Sauce (leftovers, p. 13)</p>	 <p>1 serving Low-Carb Chicken Parmesan (leftovers, p. 17)</p>	<p>Calories: 1,749, Fat: 151 g, Sat. Fat: 50 g, Carbs: 31 g, Fiber: 8 g, Sugars: 10 g, Protein: 73 g, Sodium: 1,771 mg, Cholesterol: 677 mg</p>

Grocery List

PROTEINS & DAIRY

- ☐ 4 4-oz black cod fillets
- ☐ 2 6-oz BPA-free cans tuna
- ☐ 4 8-oz boneless, skinless chicken breasts
- ☐ 4 slices prosciutto
- ☐ 18 oz labne cheese (or Greek yogurt)
- ☐ 1.5 oz ricotta salata
- ☐ 4 oz Parmesan cheese
- ☐ 7 oz mozzarella cheese
- ☐ 1.5 qt bone broth
- ☐ 16 large eggs

VEGGIES & FRUITS

- ☐ 4 bunches asparagus
- ☐ 1 bunch dandelion greens
- ☐ 6 oz bok choy
- ☐ 1 small head red cabbage
- ☐ 1 bunch dill
- ☐ 1 bunch cilantro
- ☐ 1 bunch tarragon
- ☐ 1 bunch chives
- ☐ 1 bunch basil
- ☐ 6 oz shiitake mushrooms
- ☐ 2 oz cremini mushrooms
- ☐ 1 head garlic
- ☐ 1 2-inch piece ginger
- ☐ 6 lemons
- ☐ 2 limes
- ☐ 2 avocados
- ☐ 1 cucumber
- ☐ 4 radishes

NUTS, SEEDS & OILS

- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bag almond flour

PANTRY STAPLES

- ☐ 1 bottle Dijon mustard
- ☐ 1 box baking soda
- ☐ 1 bag arrowroot flour
- ☐ 1 bottle olive or avocado oil mayo
- ☐ 1 bottle hot sauce, no sugar added
- ☐ 1 bottle marinara sauce

SPICES

- ☐ 1 bottle ground turmeric
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle Italian seasoning
- ☐ 1 bottle black sesame seeds, optional