

# 50 - Delicious Keto Recipes



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# Keto Cheddar & Chive Egg Muffins



## Ingredients:

(Makes 12 muffins):

- 8 large eggs
- 1/2 cup heavy cream
- 1 cup shredded cheddar cheese
- 1/4 cup chopped fresh chives
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Cooking spray or butter (for greasing)

## Instructions:

1. Preheat oven to 375°F (190°C).
2. Grease a 12-cup muffin tin with cooking spray or butter.
3. In a large bowl, whisk together eggs, heavy cream, garlic powder, salt, and pepper.
4. Stir in shredded cheese and chives.
5. Pour the mixture evenly into the muffin tin.
6. Bake for 18-20 minutes or until set and golden.
7. Let cool slightly before removing. Store in fridge up to 5 days or freeze for later.

Macros (per muffin):

Protein: 6.2g

Fat: 9.5g

Net Carbs: 1.2g



# Keto Bacon-Wrapped Asparagus



## Ingredients:

- 12 asparagus spears
- 6 slices of bacon, halved
- 1 tbsp olive oil
- Salt & Pepper
- Optional: garlic powder, lemon zest

## Instructions:

- Preheat oven to 400°F (200°C).
- Wrap each asparagus spear with a half slice of bacon.
- Lay on a parchment-lined baking sheet.
- Drizzle with olive oil and season.
- Bake for 20-25 min, flipping once halfway.

Macros (per 2 bacon-wrapped spears):

Protein: 5g

Fat: 8g

Net Carbs: 1g



# Keto Cauliflower Mac & Cheese



## Ingredients:

(Serves 4):

- 1 medium head cauliflower, cut into florets
- 1 cup heavy cream
- 1 ½ cups shredded sharp cheddar cheese
- 2 tbsp cream cheese
- 1 tsp Dijon mustard
- Salt and pepper to taste
- 1/4 tsp paprika (optional)

## Instructions:

- Steam or boil cauliflower florets until tender but not mushy (about 6-8 minutes).
- In a saucepan, heat heavy cream over medium heat until it starts to simmer.
- Stir in cream cheese, cheddar, and mustard. Whisk until smooth.
- Add cooked cauliflower into the cheese sauce, mix well to coat.
- Optionally, sprinkle paprika before serving.

Macros (per serving):

Protein: 10g

Fat: 25g

Net Carbs: 5g



# Keto Avocado Tuna Salad Boats



## Ingredients:

(Makes 2 servings):

- 1 ripe avocado, halved and pitted
- 1 can (5 oz) tuna in olive oil, drained
- 1 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tbsp chopped celery
- 1 tsp lemon juice
- Salt & Pepper to taste

## Instructions:

- In a bowl, mix tuna, mayo, mustard, celery, lemon juice, salt and pepper.
- Spoon the tuna salad into the avocado halves.
- Serve immediately or chill for 10 minutes.

Macros (per avocado half with filling):

Protein: 13g

Fat: 21g

Net Carbs: 2g





# Keto Peanut Butter Fat Bombs

## Ingredients:

(Makes 12 fat bombs):

- 1/2 cup natural Peanut butter (no sugar)
- 1/4 cup coconut oil
- 1/4 cup almond flour
- 1 tbsp Powdered erythritol (optional)
- 1/2 tsp vanilla extract
- Pinch of salt

## Instructions:

- In a small saucepan, melt coconut oil and Peanut butter over low heat.
- Remove from heat and stir in almond flour, sweetener, vanilla, and salt.
- Pour into silicone mold or mini muffin tin.
- Freeze for 1 hour or until set.

Macros (per fat bomb):

Protein: 2.5g

Fat: 9g

Net Carbs: 1g





# Keto Buffalo Chicken Dip

## Ingredients:

(Serves 6):

- 2 cups shredded cooked chicken (rotisserie works great)
- 8 oz cream cheese, softened
- 1/2 cup buffalo sauce
- 1/2 cup ranch dressing
- 1 cup shredded mozzarella or cheddar
- Optional: chopped green onions for topping

## Instructions:

- Preheat oven to 375°F (190°C).
- In a bowl, mix all ingredients until combined.
- Transfer to baking dish and bake for 20 minutes until bubbly.
- Top with green onions and serve warm with celery or keto chips.

Macros (per serving):

Protein: 14g

Fat: 20g

Net Carbs: 2g





# Keto Zucchini Pizza Bites

## Ingredients:

(Serves 4):

- 2 medium zucchinis, sliced into 1/4-inch rounds
- 1/2 cup sugar-free marinara sauce
- 3/4 cup shredded mozzarella cheese
- 1/4 cup mini pepperoni slices or diced pepperoni
- Olive oil, salt, pepper

## Instructions:

- Preheat oven to 400°F (200°C).
- Lay zucchini slices on a baking sheet. Brush lightly with olive oil.
- Bake 5 minutes, flip, then add sauce, cheese, and pepperoni on top.
- Return to oven for another 7-10 minutes until cheese is melted.

Macros (per 6 bites):

Protein: 7g

Fat: 9g

Net Carbs: 3g



# Keto Almond Flour Bread (Sandwich Loaf)



## Ingredients:

(Makes 12 slices):

- 2 cups almond flour
- 6 large eggs
- 1/4 cup melted butter or coconut oil
- 1 tbsp baking powder
- 1/4 tsp salt
- 1 tsp apple cider vinegar

## Instructions:

- Preheat oven to 350°F (175°C). Line a loaf pan with parchment.
- In a bowl, whisk eggs, then add melted butter, vinegar, and dry ingredients.
- Mix well and pour into loaf pan.
- Bake 35-40 minutes or until a toothpick comes out clean.

Macros (per slice):

Protein: 6g

Fat: 11g

Net Carbs: 1.5g





# Keto Cinnamon Donuts (Baked)

## Ingredients:

(Makes 6 donuts):

- 1 cup almond flour
- 1/4 cup erythritol
- 1/4 tsp baking soda
- 1/4 cup unsweetened almond milk
- 2 eggs
- 2 tbsp melted butter
- 1 tsp cinnamon
- 1/2 tsp vanilla extract

## Instructions:

- Preheat oven to 350°F (175°C).
- Mix all ingredients in a bowl.
- Pour into greased donut Pan.
- Bake 18-20 minutes until golden.
- Optional: Dust with extra cinnamon and sweetener mix.

Macros (per donut):

Protein: 5g

Fat: 11g

Net Carbs: 2g





# Keto Chocolate Chip Cookies

## Ingredients:

(Makes 12 cookies):

- 1 1/2 cups almond flour
- 1/4 cup butter, softened
- 1/3 cup erythritol
- 1 egg
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1/3 cup sugar-free chocolate chips

## Instructions:

- Preheat oven to 350°F (175°C).
- Mix butter and erythritol, add egg and vanilla.
- Stir in almond flour, baking powder, and chocolate chips.
- Scoop dough onto baking sheet. Flatten slightly.
- Bake 12-14 minutes until golden edges.

Macros (per cookie):

Protein: 3g

Fat: 9g

Net Carbs: 2g



# Keto Cheeseburger Lettuce Wraps



## Ingredients:

(Serves 4):

- 1 lb (450g) ground beef
- 1 tbsp olive oil
- 1 tsp onion Powder
- 1 tsp garlic Powder
- Salt & Pepper
- 4 large lettuce leaves (like romaine or iceberg)
- 1/2 cup shredded cheddar cheese
- 1/4 cup sugar-free Pickles
- 2 tbsp mustard or mayo

## Instructions:

- In a skillet, heat olive oil and cook ground beef with spices.
- Drain excess fat if needed.
- Assemble wraps: Place beef, cheese, Pickles, and sauce into lettuce.
- Wrap and enjoy.

Macros (per wrap):

Protein: 20g

Fat: 23g

Net Carbs: 2g





# Keto Garlic Butter Shrimp

## Ingredients:

(Serves 2):

- 1/2 lb (225g) raw shrimp, peeled and deveined
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tbsp chopped parsley
- Salt and pepper

## Instructions:

- Heat butter in a skillet. Add garlic and cook 1 min.
- Add shrimp, cook 2-3 mins per side until pink.
- Stir in lemon juice and parsley, serve hot.

Macros (per serving):

Protein: 24g

Fat: 15g

Net Carbs: 1g



# Keto Deviled Eggs with Avocado



## Ingredients:

(Makes 6 halves):

- 3 large eggs
- 1/2 ripe avocado
- 1 tsp Dijon mustard
- 1 tbsp mayo
- Salt, pepper, paprika (for garnish)

## Instructions:

- Boil eggs for 10 minutes. Cool, peel, and cut in half.
- Scoop yolks into a bowl, mash with avocado, mustard, mayo, and seasonings.
- Spoon or pipe filling into egg whites. Garnish with paprika.

Macros (per half):

Protein: 3g

Fat: 6g

Net Carbs: 0.5g





# Keto Chicken Taco Bowls

## Ingredients:

(Serves 2):

- 1 cup cooked, shredded chicken
- 1/2 avocado, sliced
- 1/2 cup shredded lettuce
- 1/4 cup shredded cheddar
- 2 tbsp sour cream
- 2 tbsp salsa (no sugar added)
- 1 tsp taco seasoning

## Instructions:

- Mix chicken with taco seasoning and warm it.
- Layer all ingredients in a bowl. Top with sour cream and salsa.

Macros (per bowl):

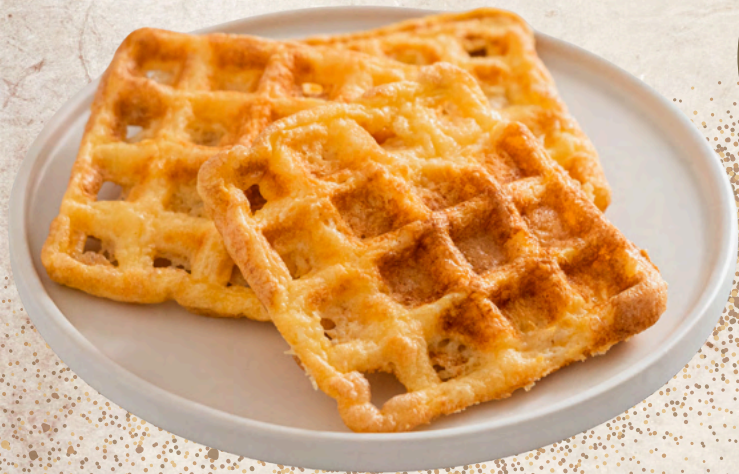
Protein: 22g

Fat: 23g

Net Carbs: 4g



# Keto Chaffles (Cheese Waffles)



## Ingredients:

(Makes 2 mini chaffles):

- 1 egg
- 1/2 cup shredded mozzarella
- 1 tbsp almond flour
- Pinch of baking powder (optional)

## Instructions:

- Preheat mini waffle maker.
- Mix all ingredients. Pour half into the waffle maker.
- Cook 3-4 minutes per chaffle.

Macros (per chaffle):

Protein: 7g

Fat: 9g

Net Carbs: 1g



# Keto Cucumber Feta Bites



## Ingredients:

(Makes 10 bites):

- 1/2 cucumber, sliced
- 1/4 cup crumbled feta
- 1 tbsp cream cheese
- 1 tsp olive oil
- Dash of oregano and pepper

## Instructions:

- Mix feta, cream cheese, olive oil, and herbs.
- Top each cucumber slice with a spoonful of mixture.

Macros (per 2 bites):

Protein: 2g

Fat: 4g

Net Carbs: 1g



# Keto Sausage Egg Breakfast Sandwiches



## Ingredients:

(Makes 2 sandwiches):

- 4 sausage Patties
- 2 eggs
- 1 slice cheddar cheese
- Butter or spray for cooking

## Instructions:

- Cook sausage Patties until browned.
- Fry eggs in rings or circular mold.
- Layer: sausage, egg, cheese, sausage.

Macros (per sandwich):

Protein: 21g

Fat: 24g

Net Carbs: 1.5g





# Keto Coconut Cream Pudding

## Ingredients:

(Serves 3):

- 1 can (13.5 oz) full-fat coconut milk
- 1/4 cup powdered erythritol
- 1/2 tsp vanilla extract
- 1 tbsp chia seeds (optional for thickness)

## Instructions:

- Whisk all ingredients together in a bowl.
- Chill for at least 2 hours before serving.

Macros (per serving):

Protein: 2g

Fat: 21g

Net Carbs: 2g





# Keto Broccoli & Bacon Salad

## Ingredients: (Serves 4):

- 2 cups chopped raw broccoli
- 1/4 cup cooked crumbled bacon
- 2 tbsp mayonnaise
- 1 tbsp apple cider vinegar
- 1 tbsp sunflower seeds
- Salt and Pepper

## Instructions:

- Mix all ingredients in a large bowl.
- Chill for 15 minutes for flavors to develop.

## Macros (per serving):

Protein: 6g

Fat: 13g

Net Carbs: 3g





# Keto Lemon Mug Cake

## Ingredients:

(Makes 1 mug cake):

- 1/4 cup almond flour
- 1 tbsp melted butter
- 1 egg
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tbsp erythritol
- 1/4 tsp baking powder

## Instructions:

- Mix all ingredients in a mug.
- Microwave for 90 seconds. Let cool slightly.

Macros (per cake):

Protein: 7g

Fat: 18g

Net Carbs: 2g





# Keto Creamy Garlic Mushroom Chicken

## Ingredients:

(Serves 4):

- 4 boneless skinless chicken thighs
- 2 tbsp olive oil
- 1 cup sliced mushrooms
- 3 cloves garlic, minced
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan
- Salt, Pepper, fresh Parsley (optional)

## Instructions:

- Sear chicken thighs in olive oil until golden and cooked through. Remove.
- In same Pan, sauté garlic and mushrooms.
- Add heavy cream and Parmesan, simmer until thickened.
- Return chicken, simmer 5 minutes, serve topped with Parsley.

Macros (per serving):

Protein: 26g

Fat: 24g

Net Carbs: 3g



# Keto French Onion Soup (No Bread)



## Ingredients: (Serves 2):

- 2 medium onions, thinly sliced
- 2 tbsp butter
- 2 cups beef broth
- 1/4 tsp thyme
- 1/2 cup shredded gruyere or mozzarella cheese
- Salt & Pepper

## Instructions:

- Cook onions in butter over low heat until caramelized (25-30 min).
- Add broth, thyme, salt & pepper. Simmer 10 mins.
- Pour into oven-safe bowls, top with cheese. Broil until bubbly.

## Macros (per serving):

Protein: 8g

Fat: 14g

Net Carbs: 6g



# Keto Bacon & Egg Breakfast Cups



## Ingredients:

(Makes 6 cups):

- 6 slices bacon
- 6 eggs
- Salt, pepper, optional: shredded cheese

## Instructions:

- Preheat oven to 375°F (190°C).
- Press bacon into muffin tin to form cups.
- Crack 1 egg into each. Add cheese if using.
- Bake 15-18 mins for soft yolks, longer for firm.

Macros (per cup):

Protein: 8g

Fat: 10g

Net Carbs: 0.5g



# Keto Jalapeño Cheese Crisps



## Ingredients: (Makes 12 crisps):

- 1 cup shredded cheddar cheese
- 1 jalapeño, thinly sliced

## Instructions:

- Preheat oven to 375°F (190°C).
- On parchment-lined baking sheet, place 1 tbsp cheese in mounds.
- Top each with a jalapeño slice.
- Bake 7-9 minutes until golden and crisp.

## Macros (per crisp):

Protein: 2g

Fat: 4g

Net Carbs: 0.2g



# Keto Beef & Cauliflower Skillet



## Ingredients:

(Serves 3):

- 1 lb ground beef
- 2 cups cauliflower rice
- 1/4 cup chopped onion
- 1/2 cup shredded cheddar
- 1/4 cup heavy cream
- Salt, Pepper, Paprika

## Instructions:

- Brown beef with onions in skillet. Drain excess fat.
- Add cauliflower rice, cook 5 mins.
- Stir in cream, cheese, and seasonings. Simmer until creamy.

Macros (per serving):

Protein: 22g

Fat: 24g

Net Carbs: 4g





# Keto Cabbage Stir Fry with Ground Turkey

## Ingredients:

(Serves 2):

- 1/2 lb ground turkey
- 2 cups shredded cabbage
- 1 tbsp sesame oil
- 1 tbsp soy sauce (or coconut aminos)
- 1 tsp ginger (grated)
- 1 clove garlic

## Instructions:

- Cook turkey in sesame oil. Add garlic and ginger.
- Stir in cabbage, cook until wilted.
- Add soy sauce and toss. Serve hot.

Macros (per serving):

Protein: 21g

Fat: 12g

Net Carbs: 3g



# Keto Stuffed Portobello Mushrooms



## Ingredients:

(Makes 4 mushrooms):

- 4 large Portobello caps
- 1/2 cup cream cheese
- 1/2 cup cooked bacon bits
- 1/2 cup shredded mozzarella
- 1/2 tsp garlic powder
- Salt & Pepper

## Instructions:

- Preheat oven to 375°F (190°C).
- Mix filling ingredients.
- Fill mushrooms and bake 15-18 minutes.

Macros (per mushroom):

Protein: 8g

Fat: 13g

Net Carbs: 2.5g





# Keto Blueberry Mug Muffin

## Ingredients:

(Makes 1 muffin):

- 1/4 cup almond flour
- 1 egg
- 1 tbsp butter (melted)
- 1 tbsp blueberries
- 1 tbsp erythritol
- 1/4 tsp baking powder
- Dash of vanilla

## Instructions:

- Mix all ingredients in mug.
- Microwave for 90 seconds.
- Let cool and enjoy.

Macros (per muffin):

Protein: 6g

Fat: 15g

Net Carbs: 3g



# Keto Garlic Parmesan Roasted Broccoli



## Ingredients:

(Serves 2):

- 2 cups broccoli florets
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 cup grated Parmesan
- Salt & Pepper

## Instructions:

- Toss broccoli with oil, garlic, salt, pepper.
- Roast at 400°F (200°C) for 20-25 mins.
- Sprinkle with Parmesan before serving.

Macros (per serving):

Protein: 5g

Fat: 14g

Net Carbs: 3g



# Keto Chocolate Avocado Mousse



## Ingredients: (Serves 2):

- 1 ripe avocado
- 2 tbsp unsweetened cocoa powder
- 2 tbsp almond milk
- 1.5 tbsp powdered erythritol
- 1/2 tsp vanilla extract
- Pinch of salt

## Instructions:

- Blend all ingredients until smooth and creamy.
- Chill for 30 mins before serving.

Macros (per serving):

Protein: 3g

Fat: 14g

Net Carbs: 3g





# Keto Butter Chicken

## Ingredients:

(Serves 3):

- 1 lb (450g) chicken breast, cubed
- 2 tbsp butter
- 1/4 cup heavy cream
- 1/4 cup tomato Puree (no sugar)
- 1 tsp garam masala
- 1/2 tsp turmeric
- 1/2 tsp garlic Powder
- Salt & Pepper

## Instructions:

- Sauté chicken in butter until browned.
- Add spices, tomato Puree, and cream.
- Simmer on low for 10-15 mins until thick.

Macros (per serving):

Protein: 28g

Fat: 18g

Net Carbs: 4g



# Keto Spinach & Feta Omelette



## Ingredients:

(Serves 1):

- 2 eggs
- 1/4 cup fresh spinach, chopped
- 2 tbsp crumbled feta
- 1 tsp olive oil
- Salt & Pepper

## Instructions:

- Heat oil in Pan, sauté spinach briefly.
- Whisk eggs, Pour in. Cook gently.
- Add feta, fold omelette and serve.

Macros (per serving):

Protein: 12g

Fat: 16g

Net Carbs: 2g



# Keto Ham & Cheese Roll-ups



## Ingredients:

(Makes 4 roll-ups):

- 4 slices deli ham
- 4 slices cheddar cheese
- 2 tbsp cream cheese

## Instructions:

- Spread cream cheese on each ham slice.
- Add cheese, roll tightly.
- Chill or serve immediately.

Macros (per roll-up):

Protein: 9g

Fat: 10g

Net Carbs: 1g



# Keto Tuna Salad Cucumber Boats



## Ingredients:

(Makes 4 boats):

- 1 can tuna (in water), drained
- 2 tbsp mayo
- 1/2 tsp Dijon mustard
- 1/2 cucumber, halved and hollowed
- Salt, Pepper, Paprika

## Instructions:

- Mix tuna, mayo, mustard, and seasoning.
- Fill cucumber halves. Garnish with Paprika.

Macros (per boat):

Protein: 8g

Fat: 7g

Net Carbs: 1g





# Keto Philly Cheesesteak Skillet

## Ingredients:

(Serves 2):

- 1/2 lb beef steak (ribeye or sirloin), sliced
- 1/2 bell pepper, sliced
- 1/2 small onion
- 1/2 cup Provolone or mozzarella
- 1 tbsp olive oil
- Salt, pepper

## Instructions:

- Sauté steak strips in oil.
- Add peppers, onion, cook until soft.
- Top with cheese, cover and melt. Serve warm.

Macros (per serving):

Protein: 27g

Fat: 20g

Net Carbs: 4g



# Keto Caesar Salad with Chicken



## Ingredients:

(Serves 2):

- 2 cups chopped romaine
- 1/2 cup cooked chicken breast
- 2 tbsp Caesar dressing (keto-friendly)
- 2 tbsp grated Parmesan
- Optional: anchovy or bacon bits

## Instructions:

- Toss all ingredients in a large bowl.
- Chill and serve.

Macros (per serving):

Protein: 20g

Fat: 17g

Net Carbs: 2g





# Keto BBQ Chicken Drumsticks

## Ingredients:

(Serves 3):

- 6 chicken drumsticks
- 2 tbsp olive oil
- 1/4 cup sugar-free BBQ sauce
- Salt, Pepper, Paprika

## Instructions:

- Toss drumsticks with oil and seasonings.
- Bake at 400°F (200°C) for 35-40 mins.
- Brush with BBQ sauce in last 10 mins.

Macros (per 2 drumsticks):

Protein: 20g

Fat: 14g

Net Carbs: 3g



# Keto Cinnamon Mug Cake



## Ingredients:

(Makes 1 mug cake):

- 1/4 cup almond flour
- 1 egg
- 1 tbsp melted butter
- 1 tbsp erythritol
- 1/2 tsp cinnamon
- 1/4 tsp baking powder
- Dash vanilla

## Instructions:

- Mix all ingredients in a mug.
- Microwave 90 seconds. Let cool.

Macros (per cake):

Protein: 7g

Fat: 18g

Net Carbs: 2g





# Keto Breakfast Skillet

## Ingredients:

(Serves 2):

- 3 eggs
- 1/2 avocado, diced
- 2 strips bacon, chopped
- 1/4 cup shredded cheese
- Salt, Pepper

## Instructions:

- Cook bacon, set aside.
- Eggs in same Pan, add cheese.
- Top with avocado and bacon. Serve warm.

Macros (per serving):

Protein: 14g

Fat: 20g

Net Carbs: 2g





# Keto Avocado Egg Salad

## Ingredients: (Serves 2):

- 2 hard-boiled eggs, chopped
- 1 ripe avocado
- 1 tbsp mayo
- 1 tsp Dijon mustard
- Salt, pepper, lemon juice

## Instructions:

- Mash avocado in a bowl.
- Add chopped eggs, mayo, mustard, seasoning.
- Mix and serve chilled or in lettuce wraps.

## Macros (per serving):

Protein: 7g

Fat: 18g

Net Carbs: 2g



# Keto Breakfast Egg Muffins



## Ingredients:

(Makes 6 muffins):

- 4 eggs
- 1/4 cup chopped spinach
- 1/4 cup shredded cheese
- 1/4 cup diced bell pepper
- Salt & Pepper

## Instructions:

- Whisk eggs and mix in veggies & cheese.
- Pour into muffin tin.
- Bake at 375°F (190°C) for 20 mins.

Macros (per muffin):

Protein: 5g

Fat: 6g

Net Carbs: 1g



# Keto Buffalo Chicken Lettuce Wraps



## Ingredients:

(Serves 2):

- 1 cup shredded rotisserie chicken
- 2 tbsp buffalo sauce (no sugar)
- 2 tbsp ranch or blue cheese dressing
- 4 large romaine or iceberg leaves

## Instructions:

- Mix chicken with buffalo sauce.
- Spoon into lettuce leaves.
- Drizzle with dressing and serve.

Macros (per serving):

Protein: 20g

Fat: 15g

Net Carbs: 2g



# Keto Chia Pudding with Berries



## Ingredients: (Serves 2):

- 1 cup unsweetened almond milk
- 3 tbsp chia seeds
- 1 tbsp erythritol
- 1/4 tsp vanilla
- 1 tbsp fresh blueberries

## Instructions:

- Mix all ingredients except berries.
- Let sit overnight in fridge.
- Top with blueberries before serving.

## Macros (per serving):

Protein: 3g

Fat: 8g

Net Carbs: 3g



# Keto Salmon Patties



## Ingredients:

(Makes 4 Patties):

- 1 can salmon, drained
- 1 egg
- 2 tbsp almond flour
- 1 tbsp mayo
- Salt, pepper, dill

## Instructions:

- Mix all ingredients. Form Patties.
- Fry in skillet until golden on both sides.

Macros (per Patty):

Protein: 11g

Fat: 9g

Net Carbs: 1g



# Keto Meatloaf Minis



## Ingredients:

(Makes 6 mini loaves):

- 1 lb ground beef
- 1 egg
- 1/4 cup grated Parmesan
- 1 tbsp tomato paste
- 1 tsp onion powder
- Salt, pepper

## Instructions:

- Mix all ingredients, form into mini loaves.
- Bake at 375°F (190°C) for 25 mins.

Macros (per loaf):

Protein: 14g

Fat: 13g

Net Carbs: 1.5g





# Keto Broccoli Cheese Soup

## Ingredients: (Serves 2):

- 1 cup broccoli florets
- 1/2 cup shredded cheddar
- 1 cup chicken broth
- 1/4 cup heavy cream
- Salt, garlic, black pepper

## Instructions:

- Simmer broccoli in broth.
- Add cream and cheese. Blend slightly if Preferred.
- Season and serve hot.

## Macros (per serving):

Protein: 8g

Fat: 16g

Net Carbs: 3g



# Keto Greek Chicken Salad Bowl



## Ingredients:

(Serves 2):

- 1 cup cooked chicken breast, chopped
- 1 cup chopped romaine lettuce
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced cucumbers
- 1/4 cup crumbled feta cheese
- 6 kalamata olives
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1/2 tsp dried oregano
- Salt & Pepper to taste

## Instructions:

- In a large bowl, add lettuce, chicken, tomatoes, cucumbers, feta, and olives.
- In a small bowl, whisk together olive oil, vinegar, oregano, salt, and pepper.
- Pour dressing over salad and toss to combine.
- Serve immediately or chill for 10 minutes.

Macros (Per Serving):

Protein: 28g

Fat: 25g

Net Carbs: 4g





# Keto Garlic Butter Steak Bites

## Ingredients:

(Serves 2):

- 1 lb sirloin steak, cut into bite-sized cubes
- 2 tbsp butter
- 3 cloves garlic, minced
- 1 tbsp fresh Parsley, chopped
- Salt & Pepper to taste

## Instructions:

- Season steak cubes with salt and pepper.
- Heat a skillet over high heat, add 1 tbsp butter and sear steak bites until browned (about 2-3 min per side).
- Reduce heat to medium, add remaining butter and garlic. Cook for 1 more minute.
- Garnish with Parsley and serve warm.

Macros (Per Serving):

Protein: 35g

Fat: 27g

Net Carbs: 1g





# Keto Baked Avocado Eggs

## Ingredients:

(Serves 2):

- 1 ripe avocado
- 2 medium eggs
- Salt & Pepper to taste
- Optional: red pepper flakes or chopped chives

## Instructions:

- Preheat oven to 400°F (200°C).
- Cut avocado in half and remove pit. Scoop out a bit more flesh to make room for the egg.
- Crack one egg into each avocado half.
- Bake for 12-15 minutes until whites are set.
- Season and sprinkle with toppings if desired.

Macros (Per Serving):

Protein: 9g

Fat: 21g

Net Carbs: 2g





# Keto Chicken Cheese Bombs

## Ingredients:

(Serves 3):

- 1 cup shredded cooked chicken
- 1/2 cup shredded mozzarella
- 2 oz cream cheese
- 1 egg
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- Salt & pepper to taste

## Instructions:

- Preheat oven to 375°F (190°C).
- Mix all ingredients in a bowl until well combined.
- Shape into small balls and place on a baking sheet.
- Bake for 15-18 minutes until golden brown.

Macros (Per Serving):

Protein: 22g

Fat: 18g

Net Carbs: 2g