

Keto Lunch Recipes



Dr. Harlan Kilstein

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Disclaimer

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Blue Cheese, Bacon and Avocado Salad

The classic combo of bacon and blue cheese flavors shine through in this easy-to-make salad. Romaine, spinach and kale add nutritional value and ripe avocado slices bump up the keto sanctioned fat content. Healthy, filling and ready quickly, this lunch-time salad meal could easily become a regular on your weekly menu plan.

Ingredients

- 6 T sour cream
- 1/3 C full fat mayonnaise
- ¼ lb blue cheese, crumbled
- 1 small head romaine lettuce, cleaned and torn into bite-sized pieces
- 2 C baby spinach leaves, pre-washed
- 1 C baby kale leaves, pre-washed
- ¼ C red onion, cut into paper thin slices
- 24 grape tomatoes, washed & cut in half
- 2 medium-sized ripe avocados, peeled and sliced
- 12 slices bacon, cooked and crumbled

Preparation

1. Whisk sour cream and mayonnaise in a small bowl. Stir in half of the crumbled blue cheese. Refrigerate while preparing the salad.
2. Place the greens, red onion, tomatoes, avocado and half of the bacon crumbles into a large salad bowl. Add the dressing and toss.
3. Divide into 4 smaller salad bowls and garnish with the remaining blue cheese and bacon crumbles. Serve immediately.

Serves 4



Creamy Roasted Pepper Soup

This soup is elegant enough to start your next dinner party or can simply make a satisfying lunch served with keto crackers and a chunk of your favorite cheese on the side. Roasting the peppers quickly under the broiler deepens their flavor and the chili pepper flakes add a bit of subtle heat to the soup.

Ingredients

- 8 red peppers
- 2 T ghee (or extra virgin olive oil)
- ½ C yellow onion, fine dice
- 2 garlic cloves, minced or pushed through a press
- 2 tsp chili pepper flakes
- 1 C chicken broth
- 2 ½ C heavy cream
- Salt and pepper to taste
- 8 T Parmesan cheese

Preparation

1. Core and seed the red peppers and cut them into 3 or 4 sections. Lay the pepper pieces out flat on a foil lined baking sheet. Place on a rack in the upper oven and broil until the skins are blackened. Wrap the peppers up in the foil from the pan when you remove them from the oven and let rest for five minutes. This will cause the roasted peppers to sweat and when you open the foil packet the blackened skins will slip off easily. Set roasted pepper chunks aside.
2. Melt ghee in a heavy bottomed pot over medium high heat and sauté onions until they turn a nice golden color. Adjust the heat under the pot so the onions don't scorch during this process. When almost done add in the minced garlic and pepper flakes. Continue to sauté for a few more minutes. Puree in a blender along with the roasted red pepper and chicken broth.



3. Return the puree to the soup pot and heat over medium heat until the puree reaches the simmering point. Whisk in the heavy cream and bring back up to the simmer while stirring constantly. Allow the soup to reduce slightly and thicken while continuing to simmer and stir.
4. Remove from heat and serve immediately garnished with Parmesan cheese.

Serves 4

Keto Salmon Roll-ups

The outer leaves on a head of Boston lettuce are large, soft and already slightly curled into a cup-like shape, making them ideal for keto-friendly roll-ups. They can be easily rolled without splitting and tearing and will handle a good amount of filling. Today we are using economical canned salmon but tuna or canned ham flakes would be excellent choices for a change in flavor profile. Roll-ups are a great way to keep bagged lunches interesting.

Ingredients

- 4 large Boston lettuce leaves
- ½ C full fat mayonnaise
- 2 tsp fresh lemon juice
- 2 fresh basil leaves, finely chopped
- 1/2 tsp garlic powder
- 1/8 C red onion, minced
- 2 cans pink salmon, drained & bones removed
- 1 medium-sized ripe avocado, peeled & cubed
- 4 T Parmesan cheese, shaved





Preparation

1. Clean lettuce leaves under running water and pat dry.
2. Combine mayonnaise, lemon juice, basil, garlic powder and minced red onion. Use freshly squeezed lemon juice instead of the kind that comes in a bottle. It tastes better and has no additives! Mix well and set aside.
3. Using a fork flake the drained and de-boned canned salmon. Divide the salmon into 4 portions and fill the bottom of each lettuce cup. Next divide the avocado cubes into 4 equal portions and place on top of the salmon. Place a dollop (about 2 T per cup) of the mayo/basil mixture on top and garnish with the parmesan cheese.
4. Roll the filled lettuce cups into a tidy bundle, tucking in the side edges as you roll. Serve and enjoy!

Serves 2



Keto-Style Chicken Pesto Pasta

This recipe may seem complicated at first glance but really is quite simple. You can throw the pesto together in the blender and make your zucchini “noodles” while the chicken is baking. Make it even easier by substituting Shirataki noodles for the zucchini noodles and dinner will be on the table in even less time.

Ingredients

For the chicken:

- 4 medium-sized chicken breasts
- 5 tsp extra virgin olive oil
- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp dried oregano
- 15 cherry tomatoes
- Grinding of pink Himalayan salt and black pepper

For the “noodles:”

- 4 medium zucchinis
- 1 T extra virgin olive oil
- 2 garlic cloves, minced or pushed through a press

For the pesto:

- 2 C fresh basil leaves
- ½ C walnuts
- 2 cloves garlic, minced or pushed through a press
- 1 lemon, zest and juice
- ½ C grated Parmesan
- ½ C olive oil
- 1 teaspoon Pink Himalayan salt flakes



Preparation

1. Preheat oven to 400 F.
2. Place the chicken breasts on a rimmed baking sheet, lined with parchment paper or foil. Brush with 4 tsp of the extra virgin olive oil and sprinkle on the dried spices. Season with a grinding of pink Himalayan salt and black pepper.
3. Bake on the middle rack of the pre-heated oven for 15 minutes.
4. After 15 minutes take the baking sheet out of the oven. Toss the cherry tomatoes with the remaining oil and place them on the pan with the chicken. Return the pan to the oven and bake for 10 – 15 more minutes or until the internal temperature reaches 165 F. The tomatoes should also be nicely roasted by now. Set aside and keep warm.
5. Make a pesto while chicken is baking by blending together all the listed ingredients except the olive oil. When a smooth paste has formed slowly add the oil in a steady stream. Set aside when all the oil has been incorporated into the pesto.
6. Next, make zucchini noodles using a spiralizer or, alternatively use a vegetable peeler to make flat zucchini noodle ribbons.
7. Heat olive oil in a heavy bottomed skillet and sauté the zucchini noodles and garlic until soft but not mushy. This will take about 3 minutes.
8. Toss hot noodles with the pesto and portion on to four plates.
9. Slice the baked chicken breasts and serve on top of the noodles with the roasted cherry tomatoes. Garnish with a few fresh basil leaves if desired. Serve immediately.

Serves 4



Chinese Eggplant “Canoes”

Chinese eggplants are a lovely dark violet color and are longer and thinner than the North American varieties we are used to. This type of eggplant cooks up quickly, making meal prep faster. Eggplant has been a hard-sell in my household but these stuffed canoes have changed that and are now a common request and lunchtime favorite.

Ingredients

- 4 whole Chinese eggplants
- 4 large eggs
- 1 ½ lb ground beef
- 3 T coconut oil, divided
- ¼ C yellow onion, small dice
- 3 garlic cloves, minced or pushed through a press
- 2 tsp dried oregano
- ½ tsp cumin
- 1 tsp ground coriander
- 2 tsp paprika
- 4 tsp pink Himalayan salt
- 1 ½ lb ground beef
- ½ C fresh cilantro, chopped
- 4 tsp crushed pork rinds



Preparation

1. Broil or grill the whole eggplants on high, turning a few times during the broiling (or grilling) process. When the skin is soft to the touch and nicely browned remove the eggplants and set aside to cool for a bit.
2. Whisk eggs and set aside.
3. Melt 1 T of the coconut oil over medium high heat in a heavy bottomed, non-stick skillet. Sauté onions until translucent and add the garlic. Sauté for one more minute.
4. Add oregano, cumin, coriander, paprika, and salt stirring continuously until the oil is fragrant and the combined oil and spices form a paste that coats the onion/garlic mixture.
5. Add ground beef, break up the chunks and stir-fry until the meat is just browned, do not cook all the way through. Remove the ground beef from skillet and set aside.
6. Cut through the top the cooled eggplants, running a sharp knife along their length, being careful to just cut through the top skin and not all the way through. Gently push the eggplant apart to form a canoe shaped boat with the cavity of the eggplant exposed.
7. Using a fork, flatten the interior and widen the sides of each "canoe."
8. Spoon a third of the beef mixture each of the eggplant canoes. Now spoon 1/3 of the whisked egg over-top the ground beef mixture in each canoe.
9. Melt the remaining coconut oil in the skillet and place the three canoes in the skillet and sprinkle some of chopped cilantro on top of each canoe. You may have to cook the eggplant canoes one at a time, depending on the size of your skillet.
10. Cover the skillet with a tight fitting lid (or foil) and adjust the heat to medium. Allow the eggs to set for a few minutes. Remove the lid when the egg has set and the filling is firm. Re-adjust the heat under the skillet back up to medium high.

11. Being careful, flip the eggplant canoes making sure to keep the egg/beef mixture intact and in place. Continue cooking for one minute.
12. When the eggs are cooked and golden, return to an upright position then transfer the canoes to a platter and keep warm. Repeat with the remaining eggplants if necessary.
13. Garnish with ground pork rinds and chopped cilantro. Serve immediately.

Serves 4

Vegetarian Keto Zucchini Boats

These cheesy zucchini boats make a nice side-dish at dinnertime or you can pair them with a salad of your choice for lunch. Experiment with different herb and spice combos for variety. Cooked and crumbled bacon bits make a nice addition!

Ingredients

- 6 whole zucchini cut in half
- 3 tsp Himalayan salt
- 3 T extra virgin olive oil
- 2 T Keto Worcestershire sauce
- 1 T Smoked Paprika
- 2 tsp dried oregano
- 1 lb mushrooms, cleaned and chopped
- ½ C pepper jack cheese, shredded
- ½ C cheddar cheese, shredded
- 6 T full fat sour cream
- 4 T chopped chives (or green onion sliced thinly)





Preparation

1. Pre-heat oven to 375 F.
2. Scrape seeds out of the central area of each zucchini half. Discard seeds. Sprinkle the cavities with 2 tsp of the salt and set aside for 5 minutes. Using a clean paper towel wipe the excess moisture and salt from the surface of each zucchini boat.
3. Place the boats on a no-stick baking sheet. Mix 1 ½ T of the oil with the keto Worcestershire sauce. Brush on the zucchini boats and sprinkle the smoked paprika and dried oregano over-top. Place on the middle rack of the pre-heated oven and bake for 10 minutes.
4. Heat remaining oil in a heavy bottomed skillet over medium high heat. Add the chopped mushrooms and stir fry until the mushrooms are cooked all the way through. Remove from heat.
5. Remove the zucchini boats from the oven and divide the cooked mushrooms between the boats evenly. Top with the shredded cheeses and return to the oven for 8 – 10 more minutes or until the cheese has melted and the zucchini is cooked through. The cheese should be bubbly and lightly browned on top.
6. Top each boat with a dollop of sour cream and sprinkle on the chive garnish. Serve immediately.

Serves 6



Rustic Tomato & Asiago Soup

When the days get shorter and the leaves begin to turn it's time to get out the soup pot. The tomato paste used in this cream soup has an intense flavor that stands up to the Asiago cheese. When tempered with mellow cream the end result makes a hearty lunch-time meal in one flavor-filled bowl.

Ingredients

- 2 tsp ghee (or extra virgin olive oil)
- ¼ C yellow onion, minced
- 2 garlic cloves minced, or pushed through a press
- 2 cans tomato paste
- 2 C heavy cream
- 2 C Asiago cheese, shredded
- ¼ tsp concentrated stevia powder (or equivalent sweetener of your choice)
- ½ C chicken stock
- 2 tsp dried oregano or dried basil
- 2 garlic cloves minced, or pushed through a press
- Grinding of pink Himalayan salt & pepper to taste



Preparation

1. Melt ghee over medium high heat, add onion and sauté for 2 minutes until onion is soft and becoming translucent. Add garlic and sauté for one more minute.
2. Adjust the heat under the pot to medium. Whisk in the tomato paste then slowly pour in the chicken stock and heavy cream in a steady stream while whisking the mixture. Make sure to pour the liquids in very slowly so the tomato paste mixture incorporates and doesn't clump.
3. Bring up to the simmering point while whisking. Once it begins to bubble add the Asiago cheese a bit at a time. The soup should be thickening already and will do so even more as you slowly add the cheese. Do not let the soup return to a boil.
4. Correct the seasoning with salt and pepper once the cheese is incorporated and the soup is creamy and smooth. Ladle into bowls and serve immediately.

Serves 2 or 3

Italian-Style Zucchini Boats

Italian sausage and Asiago cheese add the flavor profiles we associate with Italy in this new recipe for zucchini boats.

Ingredients

- 4 medium zucchini squash, cut in half lengthwise
- 2 lb ground Italian spiced sausage, your choice of mild or hot
- 2 C Asiago cheese, shredded
- 1 medium yellow onion, small dice
- 4 garlic cloves, minced or pushed through a press
- 1 C chicken broth



Preparation

1. Pre-heat oven to 350 F.
2. Scrape seeds out of the central area of each zucchini half. Discard seeds. Sprinkle the cavities with 2 tsp of the salt and set aside for 5 minutes. Using a clean paper towel wipe the excess moisture and salt from the surface of each zucchini boat.
3. Chop up the zucchini that you just scooped out of the skins. Melt ghee in a heavy bottomed skillet over medium high heat and sauté the zucchini, onions and garlic until soft, translucent and golden in color.
4. Add the ground Italian flavored sausage and stir constantly, breaking up the chunks of meat until the sausage is cooked through.
5. Mix in 1 cup of the shredded Asiago cheese and let it melt into the sausage.
6. Divide the cheese and sausage mixture equally among the zucchini shells.
7. Top with the remaining cheese and place the zucchini boats into a pan or casserole dish large enough to hold them all in a single layer.
8. Pour the chicken broth into the bottom of the dish and bake on the middle rack of the pre-heated oven for 30 minutes.

Serves 4 or 5



Mozza/Basil/Pesto Galette

A bit fussy but worth the effort; this galette will be enjoyed by your guests and family. Served up with a refreshing green side salad, our savory mozza/basil/pesto galette will please your vegetarian friends too.

Ingredients

- 1 C almond flour
- 1 tsp garlic powder
- 3 T liquid from fresh mozzarella ball container
- 1 large egg, lightly beaten
- 1 C Parmesan cheese, shredded
- 3 T pesto
- 4 fresh basil leaves
- 1 container of fresh Mozzarella balls
- 5 cherry tomatoes

Preparation

1. Pre-heat oven to 375 F.
2. Line a round pizza pan with parchment paper cut in a circle to fit the pan. Spray lightly with oil.
3. Mix together almond flour, garlic powder, mozzarella liquid, beaten egg and parmesan cheese. A ball will form. Place ball in the center of the parchment lined pizza pan. Using the flat palm of your hand and fingers carefully press the dough outwards towards the edge of the pan keeping a uniform thickness as you work. When done you should have a flat dough circle that is approximately ½" thick.





4. Cut mozzarella balls into slices that are ½” thick and layer over-top the pesto leaving some space around the slices as the mozzarella cheese will spread as it melts. Fresh mozzarella comes in tiny balls called bocconcini as well as in a larger sized single ball. You can use either. If you have the smaller bocconcini just spread these little balls evenly around the surface of your keto-friendly galette dough.
5. Place basil leaves evenly around on top of the cheese layer. Fold the 2” of dough around the outside edge in over the filling by lifting the outside edge of the parchment paper. Do this as you move around the rim of the pan allowing the dough to pleat as you fold it inwards.
6. Bake on the middle rack of the pre-heated oven for 20 to 25 minutes or until crust browns and mozzarella cheese slices have melted. Let sit for a few minutes before slicing and serving accompanied by a green side-salad.

Serves 4



Ketogenic Club Salad

I always have a few hard-boiled eggs ready in the fridge for a quick snack or to use in a Club Salad lunch when I am having a busy day. All I have to do is add some romaine, veggies and cheese along with a simple dressing and I'm ready to eat and run; while keeping it light and keto!

Ingredients

- 3 T full fat sour cream
- 3 T mayonnaise
- 1 T Dijon mustard
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 tsp dried parsley
- 2 T heavy cream (if needed)
- 2 eggs, hard boiled & sliced
- 1/3 C cheddar cheese, cut into small cubes
- 4 C romaine lettuce, torn into pieces
- 1 C cherry tomatoes cut in half
- 1 C English cucumber, small dice

Preparation

1. Prepare the dressing by whisking the sour cream, mayonnaise, Dijon mustard, garlic powder, onion powder and parsley in a small bowl. Thin with cream if necessary
2. Combine the remaining ingredients and serve with the dressing on the side

Serves 2



Greek Feta and Tzatziki Wraps

Mediterranean flavors delight the taste buds when these wraps are served for lunch. The saltiness of feta combined with a cool minty tzatziki sauce create a vegetarian bundle of goodness that is hard to resist.

Ingredients

For the tzatziki sauce:

- ½ English cucumber, minced or grated
- 2 C full-fat plain Greek yogurt
- 2 garlic cloves, minced or pushed through a press
- 1 T fresh lemon juice
- 4 T extra virgin olive oil
- 2 T fresh dill, minced
- 2 T fresh mint leaves, minced

For the wraps:

- 8 large collard green leaves (or Boston lettuce leaves), washed & patted dry
- 1 ½ English cucumbers, julienned
- 1 red bell pepper, seeded & julienned
- 1 C purple onion, fine dice
- 16 pitted kalamata olives cut in half
- 1 block of feta cheese, cut into 4 (1-inch thick) strips
- 8 cherry tomatoes cut in half
- Salt and pepper to taste





Preparation

1. After grating or mincing the cucumber squeeze out the excess moisture before assembling the tzatziki.
2. Mix all of the ingredients for the tzatziki sauce together and set aside.
3. Prepare collard green wraps by washing leaves well and trimming the fibrous stem from each leaf. If using Boston lettuce wash and pat the leaves dry.
4. Spread 2 T of tzatziki on the center area of each wrap and spread it out using the back of a spoon.
5. Layer the cucumber, pepper, onion, olives, feta and tomatoes on top of the tzatziki. Fold in the outside edge of the leaves as you roll up the wraps.
6. Serve with any leftover tzatziki on the side.

Serves 4



Hearty Hot Pepper & Cheddar Soup

Here's a hearty soup that will heat you up, inside and out, on a cold and rainy (or snowy) winter day. Poblano peppers are roasted to deepen their flavor and lend sweet heat to the pot. Double the recipe and freeze the puree for later use.

Ingredients

- 3 medium poblano peppers
- ½ medium-sized head of cauliflower, cut into flowerets
- 3 C chicken broth (or vegetable broth)
- 2 T ghee (or butter)
- ½ onion, small dice
- 4 garlic cloves, minced or pushed through a press
- ½ tsp cumin
- 1 T smoked paprika
- ½ C full fat sour cream
- 1 C + 2 T cheddar cheese, shredded

Preparation

1. Set the broiler to high and arrange the poblano peppers on a foil lined baking sheet.
2. Char the peppers under the broiler turning occasionally to ensure all surfaces of the peppers are exposed to the direct heat. When the skins have blackened remove and warp the foil up around the peppers and let them rest for five minutes. When cooled enough to handle remove the skins, which should slip off easily and seed the cooked peppers.
3. Steam cauliflower flowerets for 7-10 minutes until the cauliflower is soft and cooked through.



4. Using a high-speed blender or food processor, puree the steamed cauliflower with one cup of the stock. Slowly add the remaining stock in a steady stream and continue to puree until a completely smooth consistency is achieved.
5. Melt the ghee (or the butter) in a heavy bottomed soup pot over medium high heat. Sauté the onion until soft and translucent. Turn the heat under the pot to medium and add the garlic. Continue to sauté for one more minute.
6. Add the cumin and smoked paprika to the onion and garlic mixture and sauté until the spices are fragrant and incorporated (about 2 more minutes).
7. Stir in the half of the cauliflower puree, sour cream, and cheese and keep stirring until the cheese melts. Reduce to low heat.
8. Remove the skin and seeds from the cooled poblano peppers and dice. Reserve 1 T of diced pepper for garnish. Add remaining cauliflower puree and diced peppers into the soup pot. Return heat to medium and simmer the soup for 5 more minutes.
9. Serve the soup garnished with the reserved peppers and remaining shredded cheese.

Serves 2 or 3



Keto Onigiri

Onigiri can be found in market stalls, corner stores and food carts throughout Japan. It's a lunchtime tradition. Triangular shaped rice balls are stuffed with various ingredients and wrapped in nori. We've created a keto version by substituting cauliflower rice mixed with cream cheese for the sticky Japanese rice that's usually used. Today we're using a salmon filling but you can be creative and use whatever you have on hand.

Ingredients

- 6 C cauliflower flowerets
- 1 ½ T soy sauce
- 2 tsp unseasoned rice vinegar
- 8 ounces cream cheese, softened
- 1 can salmon, skin and bones removed
- 1 T mayonnaise
- 2 sheets nori

Preparation

1. Process cauliflower flowerets until broken down into rice sized bits. Do this in small batches. You will have 3 – 3 ½ C cauliflower rice when done.
2. In a wok or large heavy bottomed skillet, stir fry the cauliflower rice over medium-high heat until softened. The water content of the cauliflower rice will evaporate during the stir-fry process. When lightly browned mix in soy sauce and vinegar. Remove from heat, transfer to a bowl and cool on the counter for a few minutes. Combine with the softened cream cheese and chill in the fridge for about half an hour.
3. Flake the salmon with a fork and mix with mayonnaise. Set aside.
4. Divide the rice mixture into six sections.



5. Line a small bowl with a piece of plastic wrap. Place 1/3 C of the rice in the plastic lined bowl. Make well in the top of the rice and place 1 T of the salmon mixture inside the well. Cover the top of the well with a bit more of the rice. Gather the corners of the plastic wrap and twist together making a rice ball inside the wrap. The salmon filling should be completely enclosed in the cauliflower rice now. Create a triangle shape by pressing on the outside of the plastic ball with the palm of your hand and fingers. Leave the triangle shaped rice ball inside the plastic wrap and set aside. Repeat process until you have made 6 triangles.
6. Cut each sheet of nori into three long strips.
7. Unwrap a rice triangle, adjusting the shape if necessary. Center the triangle leaving the top point slightly off the edge of the nori. Wrap the nori up and around each side of the triangle and tuck it in around the bottom of the triangle. The nori will appear like a jacket around the triangle. One white cauliflower rice tip will be poking out the top of the jacket when the triangle is standing upright. Repeat with the remaining triangles and strips of nori. Wrap the completed onigiri and refrigerate until ready to serve.

Serves 3 (two onigiri for each serving)

Toasted Walnuts & Crispy Pork with Greens

We try to get some form of salad onto our daily menu so have to get creative in order to keep it interesting. This combo of toasty nuts, crispy pork and mixed greens has become a lunchtime favorite.

Ingredients

- 1 tsp ghee
- 4 slices pork belly, cut into 1 “square pieces
- 1 ½ oz blue cheese, crumbled
- ½ medium pear, core removed
- ½ C whole walnuts, toasted
- ½ tsp Dijon mustard
- ½ tsp wholegrain mustard
- 3 T white wine vinegar
- 3 T extra virgin olive oil
- 4 C mixed greens

Preparation

1. Season the pork with a grinding of salt and black pepper.
2. Melt ghee in a heavy bottomed skillet over medium high heat. Add the pork belly pieces and stir-fry until the pork is well browned and crispy. Set aside and keep warm.
3. Make a dressing by whisking the mustards, vinegar, sweetener and olive oil.
4. Cut the pear into bite-sized pieces and toss with the mixed greens
5. Top the salad with the toasted walnuts and crispy pork. Drizzle on the dressing. Toss at the table and serve in separate salad bowls.

Serves 2



Seed Coated Goat Cheese Rounds with Arugula

This warm salad fits the bill when the weather begins to cool and autumn sets in. Charred red peppers and pungent balsamic laced mushrooms add intensity and interest to the flavor profile. Serve with keto crackers or bread on the side for a filling lunchtime meal.

Ingredients

- 3 T poppy seeds
- 3 T toasted sesame seeds
- 2 tsp onion flakes
- 2 tsp garlic flakes
- 6 oz chevre, cut into 1" thick rounds
- 2 medium red bell peppers
- 1 T ghee
- 2 large Portobello mushrooms caps, cleaned and cut into medium dice
- 1 T balsamic vinegar
- 6 C baby arugula leaves, divided between two bowls
- 1T avocado oil
- 2 tsp fresh lemon juice



Preparation

1. Combine poppy seeds, toasted sesame seeds, onion and garlic flakes in a flat bottomed dish.
2. Coat each round of goat cheese in the seed mixture. Chill in the refrigerator until ready for use.
3. Core and seed the red peppers. Cut each pepper into 3 or 4 sections. Lay the pepper pieces out flat on a foil lined baking sheet. Place on a rack in the upper oven and broil until the skins are blackened. Wrap the peppers up in the foil from the pan when you remove them from the oven and let rest for five minutes. This will cause the roasted peppers to sweat and when you open the foil packet the blackened skins will slip off easily. Cut roasted pepper into thin strips when cool enough to handle and layer on top of the arugula in each of the bowls.
4. Melt ghee in a heavy bottomed skillet over medium high heat. Add the diced mushroom and stir fry for 3 minutes until the mushroom chunks soften but are not yet completely cooked. Drizzle the balsamic vinegar over-top and continue to stir and fry until the mushrooms are cooked all the way through. The vinegar will be absorbed into the mushrooms as they finish cooking. Remove mushrooms and divide them evenly between the two salads. Wipe out the pan with clean paper towel.
5. Return the pan to the stove top and re-heat over medium high. When the pan is hot add the chilled goat cheese rounds and fry for 30 seconds on each side. This cheese should be warmed but not melted so keep a close eye on the rounds while in the hot skillet.
6. Place cheese rounds on top of the salads. Whisk lemon juice with the avocado oil and drizzle over-top the salads. Serve immediately while still warm.

Serves 3



Eggplant “Monkey” Bread

Eggplant replaces bread in these keto- style mini monkey breads. Now we know you are probably rolling your eyes at this thought, but please keep an open mind and give our version of monkey bread a try. The spongy texture of eggplant works to soak up the herbed butter and the melted mozzarella cheese that surrounds the eggplant cubes disguises them nicely. If you don’t own the mini version of bundt pans use a single larger one. You will need to extend the baking time a bit if you choose this option.

Ingredients

- 4 baby eggplants, ends removed & cut into cubes
- 1 ½ C mozzarella cheese, shredded
- 1 ½ tsp garlic powder
- ½ tsp dried basil
- ½ tsp dried oregano
- 4 T butter, melted
- 2 T chopped fresh basil
- 4 mini Bundt pans
- ½ C marinara sauce, sugar-free





Preparation

1. Pre-heat oven to 375 F.
2. Combine garlic powder, dried basil, dried oregano and melted butter.
3. Divide half of the eggplant cubes amongst the mini bundt pans.
4. Sprinkle half of the mozzarella cheese over the eggplant cubes in the pans and drizzle a tsp of the butter mixture over-top.
5. Repeat with the remaining eggplant and top with remaining cheese. Divide the remaining butter mixture equally between the bundt pans.
6. Bake the monkey breads for 20 minutes on the middle rack of the pre-heated oven. The cheese should be nicely browned on top when it's time for the pans to come out of the oven.
7. Cool the pans on a wire rack for 5 minutes before removing the monkey breads.
8. Heat marinara sauce and drizzle over monkey bread before serving.

Serves 4 - 6



Vegetarian Keto Grits

Savory cheesy grits are a common comfort food that many remember from childhood. Swapping cauliflower for traditional grits makes our version keto. We like to add a well-aged cheddar to the creamy sauce and the surprising addition of toasted nuts add even more flavor plus crunch.

Ingredients

- ½ lb brown cremini (baby Portobello) mushrooms cut into chunks
- 2 T fresh rosemary leaves, minced
- 1C chopped walnuts
- 2 T smoked paprika
- ¼ C extra virgin olive oil
- 1 medium sized head of cauliflower, cleaned and cut into flowerets
- 2 T water
- 1 T ghee (or butter)
- 5 garlic cloves, minced
- 1 ½ C heavy cream plus ½ C water
- 2 C old cheddar cheese, shredded
- 4 T butter
- Salt to taste



Preparation

1. Pre-heat oven to 400 F.
2. Combine the sliced mushrooms, garlic cloves, rosemary, walnuts, and smoked paprika in a small dish and drizzle with olive oil. Toss to coat and season with Himalayan salt.
3. Spread the mixture out, evenly, on the foil lined cookie sheet. Roast on the middle rack of the pre-heated oven about 15 minutes, or until the nuts are nicely toasted. Watch closely as the nuts can go from toasted to burned quickly.
4. Process cauliflower florets into tiny, grit sized chunks. Do this in small batches.
5. Place the cauliflower grits and 2 T of water in a microwave safe glass bowl. Cover tightly with plastic wrap, leaving a small opening for steam to escape. Microwave on high for 2 – 4 minutes until the grits begin to get soft but not mushy. The length of time will depend on how power level of your microwave. We have a commercial microwave so we use the shorter time. You want the grits to be al dente in texture. Remove excess moisture from the semi-cooked cauliflower grits by pressing down on the top with folded paper towels.
6. Heat ghee in a heavy bottomed saucepan over medium high heat and add the minced garlic. Saute for 2 minutes.
7. Add grits to the saucepan and pour in the heavy cream and half cup of water. Adjust heat under the pot to medium. Simmer for 5 minutes while stirring constantly.
8. Add the cheddar and butter and continue to stir while the cheese and butter melt into the hot grits.
9. Stir in the roasted nut, mushroom and spice mixture reserving a small portion for garnish. Correct the seasoning with salt and pepper.
10. Serve the cauliflower grits hot, topped with the remaining walnut/mushroom mixture and a dollop of extra butter if desired!

Serves 4





Easy Caprese-Style Salad

Enjoy some of the flavors of Tuscany in this easy, Caprese-style salad. Tiny, pearl-sized Bocconcini (little mozzarella balls) are tossed into the spinach and basil leaf salad along with roasted garlic and roasted cherry tomatoes. The garlic and tomatoes are added straight from the oven; warming the salad and softening the cheese.

Ingredients

- 6 cloves garlic, peeled
- 4 C grape tomatoes or cherry tomato of your choice
- 2 ½ T avocado oil
- 6 C baby spinach leaves
- 15 smallest-sized mozzarella balls (also known as bocconcini)
- 1 ½ T pesto
- 1 ½ T brine reserved from cheese
- 1 C fresh basil leaves



Preparation

1. Pre-heat oven to 400 F.
2. Peel garlic cloves. Place garlic and tomatoes on a foil (or parchment) lined rimmed baking sheet.
3. Drizzle avocado oil over-top and mix to coat.
4. Bake, on the middle rack of the pre-heated oven for 25 minutes.
5. Mix brine with the pesto.
6. Place the spinach leaves in a large serving bowl and toss with $\frac{1}{2}$ C of the basil leaves. Add the mozzarella and toss again.
7. Top the salad with the roasted grape tomatoes and garlic cloves.
8. Drizzle the pesto/brine dressing over-top and garnish with the remaining basil leaves.

Serves 3



Bacon-wrapped Hot Dogs

We make a keto bun for this bacon-wrapped hot dog so you can pile on your favorite toppings and hold the dog in your hands like in the old days, before going keto!

Ingredients

- 1 C almond flour
- 3 C full fat mozzarella cheese, shredded
- 8 jumbo all-beef hot dogs
- 8 slices bacon
- Your favorite toppings

Preparation

1. Pre-heat oven to 350 F.
2. Using a non-stick pan, melt the mozzarella cheese over medium heat. Mix the melted cheese with the almond flour until the mixture forms a uniform ball of dough. Place the dough between two pieces of parchment paper and roll out until the dough is about 1/3 inch thick.
3. Make the buns by cutting out eight, 6 inch circles. You can use a small plate or metal pot lid to help trace the circles before cutting them out of the dough. You will likely have to gather the dough scraps, reform them into a ball and re-roll to make all eight buns. Place the circle-shaped buns on parchment lined baking sheets and bake on the middle rack of the pre-heated oven for 10 minutes. Set aside.
4. Wrap a strip of bacon around each hot dog and place them all on a non-stick baking sheet and bake for 15 – 20 minutes until the bacon has browned and crispy . The internal temperature of the dogs when done should be 165 F.
5. Fold the circle shaped buns in half and place a bacon-wrapped hot dog in the centre of each bun. Serve along with a variety of toppings.

Serves 8



Quick Philly Mug Melt

Have you ever enjoyed a Philly steak sandwich? Well this mug melt includes the flavors of this classic without the added carbs from a giant hoagie bun. Simply layer up the ingredients in a mug and pop in the microwave for a few minutes. That's it; you're done!

Ingredients

- 3 oz deli roast beef, shaved
- ½ T full fat sour cream
- ½ T full fat mayonnaise
- ½ T diced green chili peppers
- 2 T Swiss cheese, shredded

Preparation

1. Place 1 oz of the shaved beef in the bottom of a large microwavable mug.
2. Mix sour cream and mayonnaise together. Blob ½ tablespoon of sour cream on top of the beef.
3. Next layer on half of the chopped green chili followed by one slice of the Swiss cheese.
4. Starting with the remaining shaved beef repeat all of the layers ending with cheese.
5. Microwave for 1-2 minutes. The amount of time will depend on the strength of the microwave. You want the cheese to be just melted. If the mug stays in the microwave for too long the cheese will get oily and rubbery.
6. Let everything cool for a bit before digging in with a spoon!

Serves 1



Braided Italian Loaf

While most keto doughs are typically made using mozzarella cheese and almond flour, we've created this recipe using Monterey jack cheese, coconut flour, and flax seed meal; the benefit being less calories and fewer net carbs.

Ingredients

- 5 T coconut flour
- 4 T ground flax seed meal
- 1 ½ tsp Italian seasoning mix
- 1 ½ C shredded Monterey jack cheese
- 1 large egg, beaten
- 5 thin slices dry Italian salami
- 5 thin slices provolone cheese
- ½ C fresh baby spinach leaves
- ½ C pickled deli pepper rings, mild or hot
- 1 tsp extra virgin olive oil
- 1 large egg yolk

Preparation

1. Pre-heat oven to 400 F.
2. Combine the coconut flour, flax meal, and Italian seasoning mix. Set aside.
3. Melt the Monterey jack cheese in the microwave or on the stove-top. Let cool for a few minutes before adding the beaten egg. You don't want the egg to scramble when you add it to the melted cheese! Add the dry mixture stir until blended.



4. Spread out a sheet of parchment paper on the counter top and mound the cheese dough out on top.
5. Cover with a second sheet of parchment and, using a rolling pin spread the dough into a rectangular shape about 1/3" thick.
6. Make an overlapping layer of spinach leaves down the centre of the dough rectangle leaving a 4" border around the outside edge. Layer the salami, provolone and pepper rings on top of the spinach. Drizzle the olive oil over-top the filling.
7. Use a knife or pizza cutter to cut diagonal 1" strips along the 4" border on either side of the filling leaving the ends in a single section. Fold the end dough sections up on top of the filling. Starting at one end, lift one pair of the side strips (one on each side of the filling). Cross this pair of strips over each other on top of the filling. Do this, one pair at a time, all along the top of the dough. You should have an oblong, oval shaped loaf with what looks like a braid along the top when you are done.
8. Whisk the egg yolk then brush it over the top of the loaf.
9. Bake, on the middle rack of the pre-heated oven for 15-20 minutes or until the braid is a nice golden brown.
10. Let cool on the counter for a few minutes before slicing into individual portions. Serve with a tossed green salad on the side.

Serves 2



Spicy Chicken Crust Pizza

No flour in this high protein, keto pizza crust; just ground chicken, shredded cheese and egg! We've topped the crust with spicy cream sauce, caramelized onions and celery plus some pungent blue cheese. Serve each slice with a dollop of sour cream. The taste is unique and wonderful ... you won't be disappointed!

Ingredients

- 1 lb ground chicken (or turkey)
- 1 ½ C full fat mozzarella cheese, shredded
- 2 eggs, beaten
- 1 tsp dried oregano
- ½ tsp black pepper
- ½ tsp pink Himalayan salt flakes
- 3 T butter
- 1 medium yellow onions, thin slices
- 1 long stalk of celery, thinly sliced
- 2 T sour cream
- 3 T Franks Red Hot Original Sauce
- ½ C mozzarella cheese
- 1 ½ oz of blue cheese crumbles

Preparation

1. Pre-heat oven to 400 F.
2. Mix the beaten egg with the oregano, pepper, and salt lakes. Add the ground chicken and ½ C of the mozzarella cheese.
3. Cut a piece of parchment to fit a round pizza pan. And mound the crust mixture onto the centre of the pan.



4. Using the back of a large spoon spread the chicken dough out over the pan evenly. The crust should be about ¼” thick when you are done this process.
5. Bake on the middle rack of the pre-heated oven for 25 minutes or until the crust is cooked and is browned nicely on top.
6. Melt the butter in a heavy bottomed skillet over medium high heat. Add the sliced onions and celery. Turn the heat down to medium and sauté until the onion and celery have caramelized. This will take about 5 minutes.
7. Make a sauce by whisking the sour cream with Franks Red Hot Original sauce.
8. Spread the sauce over the baked crust and top with the caramelized onion/celery mixture. Sprinkle the remaining mozzarella and blue cheese crumbles over-top.
9. Place the pizza back in the oven and continue baking for 10 more minutes or until the cheese is melted and is starting to brown.
10. Let the pizza cool on the counter for a few minutes before slicing. Serve with a small bowl of extra sour cream on the side.

Serves 4

Keto Mug Lasagna

Lasagna in a mug! We're not kidding and the zucchini "noodles" keep it keto friendly.

Ingredients

- ½ C zucchini, very thinly sliced
- 2 T keto marinara sauce
- 3 T full fat ricotta cheese
- ½ C full fat mozzarella cheese, shredded
- ½ T parmesan cheese, finely grated





Preparation

1. Put 1 T of the marinara sauce in the bottom of a large microwavable mug.
2. Place half of the zucchini on top of the sauce then layer on 1 ½ T of the ricotta followed by a ¼ C shredded mozzarella. Repeat the layers starting with the marinara sauce and ending with the remaining mozzarella cheese. Sprinkle the Parmesan cheese on top.
3. Microwave for about 2-4 minutes. The amount of time will depend on the power level of your microwave.
4. Let the mug cool for a minute or two before digging in with a spoon!

Serves 1



Sesame Encrusted Tofu with Eggplant Noodles

Keto, vegan and just plain yummy; this dish will satisfy the heartiest of appetites!

Ingredients

- 1 lb block of firm tofu
- 1 whole eggplant
- 1 ½ C fresh cilantro, chopped
- 3 T unseasoned rice vinegar
- 2 T toasted sesame oil
- 3 garlic cloves, minced or pushed through a press
- 2 tsp red pepper flakes
- 2 tsp Swerve confectioners' sugar
- ¼ C sesame seeds
- ¼ C soy sauce
- 1 T extra virgin olive oil
- Salt and pepper, to taste





Preparation

1. Pre-heat oven to 200 F.
2. Remove the tofu block from its packaging and press out the excess liquid. Do this by placing the tofu block into a wide bottomed bowl and covering it with a small plate. Place a heavy object on top of the plate and refrigerate the tofu for an hour. Discard the accumulated water in the bottom of the bowl when ready use the tofu.
3. In a large bowl mix $\frac{1}{4}$ C of the cilantro with the vinegar, 2 tsp of the sesame oil, minced garlic, red pepper flakes, and Swerve.
4. Peel and julienne the eggplant. Toss noodles with the marinade until evenly coated.
5. Add olive oil to a heavy bottomed non-stick skillet and place over medium heat. When the oil is hot add the eggplant to the pan and sauté until it softens and is cooked but not mushy. If necessary add extra olive oil to the pan as you sauté the noodles.
6. Stir the remaining cilantro into the eggplant then transfer to an oven-proof casserole. Cover with a lid or foil, and place in the oven to keep the noodles warm.
7. Wipe out the skillet and return to the stovetop.
8. Pat the drained tofu dry and cut into 8 slices. Brush each slice with more of the sesame oil.
9. Spread the sesame seeds out evenly on a large flat plate. Press each tofu slice into the seeds making sure there's an even layer of seeds coating all sides of the tofu.



10. Add the remaining sesame oil to the skillet and heat over medium high heat. When good and hot fry the tofu slices for 5 minutes on each side. Make sure not to crowd the pan. Towards the end of the frying period drizzle in the soy sauce. This will add more flavor to the tofu and will help to brown the seeds and outside of the tofu. You may have to fry the tofu in batches to ensure a crispy coating when done.
11. Remove the noodles from the oven and plate, topped with the sesame seed crusted tofu slices. Serve immediately.

Serves 2

Salmon Patties with Fresh Herbs

We keep extra cans of salmon in the pantry so this meal can be quickly thrown together on a busy evening. Served with homemade tartar sauce and a crisp green salad on the side, this meal can be on the table within less than an hour.

Ingredients

- 4 cans pink salmon, drained with skin and bones removed
- 1/3 C full fat cream cheese, softened at room temperature
- 4 T fresh chives, chopped
- 1/2 C fresh dill, chopped
- 1/2 C Parmesan cheese, grated
- 8 oz pork rinds, crushed
- 2 large eggs, beaten
- 2 tsp lemon zest
- 1 C almond flour
- 4 T extra virgin olive oil
- Pink Himalayan Salt and ground pepper, to taste



Preparation

1. Place salmon in a large mixing bowl and flake using a fork.
2. Mix in the cream cheese chives, dill, Parmesan cheese, crushed pork rinds, beaten eggs and lemon zest. Correct the seasoning with salt and pepper.
3. Create 10 equal-sized balls from the salmon mixture. Flatten each of the balls slightly to make a patty shape.
4. Spread the almond flour out on a large flat plate. Press each salmon patty into the flour coating all sides evenly.
5. Pre-heat a skillet over medium high heat with two tablespoons of the olive oil.
6. Fry the five of the patties for a few minutes on each side until cooked and nicely browned. Remove to a plate and keep warm. Repeat with the remaining oil and patties.
7. Serve immediately.

Serves 4



Braided Cheeseburger Loaf

Enjoy the flavors of a traditional cheeseburger in this unusual loaf. Cheese, mustard and onions; they're all included in the gooey interior of this loaf. Add in any other toppings that tickle your fancy like dill pickles, hot peppers, or crumbled crispy bacon before you enclose the filling by braiding the top. Go ahead and satisfy that craving!

Ingredients

- 5 T coconut flour
- 4 T ground flax seed meal
- 2 tsp garlic powder
- 1 ½ C shredded Monterey jack cheese
- 1 large egg, beaten
- 1 lb ground beef
- 1 medium onion, fine dice
- 2 garlic cloves, minced
- 1 tsp keto Worcestershire Sauce
- 1 tsp Himalayan salt flakes
- 1 tsp fresh ground pepper
- ½ C mozzarella cheese, shredded
- ½ red onion, small dice
- 1 T Dijon mustard
- 2 T ketchup, no sugar
- 1 egg yolk





Preparation

1. Pre-heat oven to 400 F.
2. Heat a large heavy bottomed skillet over medium high heat. Add the ground beef to the hot pan and fry while breaking up the chunks of beef up as the meat browns. In the last few minutes add the minced garlic and Worcestershire sauce, Continue to cook while stirring until most of the sauce has been absorbed by the ground meat. Remove from and adjust seasoning with salt and pepper. Set aside.
3. Combine the coconut flour, flax meal, and garlic powder. Set aside.
4. Melt the Monterey jack cheese in the microwave or on the stove-top. Let cool for a few minutes before adding the beaten egg. You don't want the egg to scramble when you add it to the melted cheese! Add the dry mixture and stir until blended.
5. Spread out a sheet of parchment paper on the counter top and mound the cheese dough on top of the paper.
6. Cover with a second sheet of parchment and, using a rolling pin spread the dough out into 14" x 12" rectangular shape that is about 1/3" thick.
7. Spread the ground beef mixture along the middle third of the dough lengthwise, being careful to leave a 4" area of dough uncovered around the outer edges.
8. Whisk the mustard and ketchup and spoon along the centre of the filling. Sprinkle the chopped onion and ½ C of mozzarella evenly over the top.



9. Use a knife or pizza cutter to cut diagonal 1” strips along the 4” border on either side of the filling leaving the ends in a single section. Fold the end dough sections up on top of the filling. Starting at one end, lift one pair of the side strips (one on each side of the filling). Cross this pair of strips over each other on top of the filling. Do this, one pair at a time, all along the top of the dough. You should have an oblong, oval shaped loaf with what looks like a braid along the top when you are done.
10. Whisk the egg yolk then brush it over the top of the loaf.
11. Bake, on the middle rack of the pre-heated oven for 15-20 minutes or until the braid is a nice golden brown.
12. Cool for a few minutes before slicing and serving.

Serves 2

Savory Japanese Pancakes

In Japan they call this traditional dish, okonomiyaki which means “as you like it”. Today we are preparing a bacon and cabbage filling for our pancakes but feel free to change it up and make this recipe your own!

Ingredients

- 4 T almond flour
- 2 T flax meal
- 1 tsp baking powder
- ½ tsp pink Himalayan salt flakes
- 2 T butter, softened
- 2 T cream cheese, softened
- 2 large eggs, beaten
- 2 tsp unseasoned rice vinegar



- $\frac{3}{4}$ C green cabbage, finely shredded
- 4 bacon slices, naturally smoke and no sugar
- $\frac{1}{2}$ C full fat mayonnaise
- $\frac{1}{4}$ C sugar-free BBQ Sauce
- 1 T seaweed flakes
- 2 T bonito flakes

Preparation

1. Whisk almond flour, flax meal, baking powder, and Himalayan salt until well blended. Set aside.
2. In a separate bowl cream together the soft butter and cream cheese. Add the rice vinegar and beaten egg. Mix well.
3. Add the wet ingredients to the dry ingredients and mix to form a smooth pancake batter. Stir in the finely shredded cabbage.
4. Heat a large, on stick heavy bottomed skillet over medium high heat.
5. Cut the bacon slices horizontally into square pieces and add to the preheated skillet. Stir-fry while flipping the bacon pieces around in the pan until they are brown and crispy.
6. Push the cooked bacon towards the center of the skillet to form a tight circle in the center of the pan.
7. Spoon the pancake batter around the outside of the bacon circle and then over the top forming a large round pancake. Turn the heat under the pan down to medium and cover the pancake with a pot lid. Cook for 6 minutes. Loosen the pancake around its edges and flip it, using two spatulas if necessary.
8. Cover and cook for an additional 4 or 5 minutes. Transfer the pancake to a plate.
9. Heat the BBQ sauce in the microwave and spread evenly around the top of the pancake.



10. Daub the mayo around the top and sprinkle on the seaweed and bonito flakes.
Serve hot, cut into 4 slices.

Serves 2

Flatbread with Ham & Apple Topping

Apples and pork are a common pairing and are the stars of this keto flatbread. Sweet apples and savory chunks of ham will delight your taste-buds. When you are looking for a change from your regular lunch time meals give this recipe a try.

Ingredients

- 4 cups shredded part-skim mozzarella cheese
- 4 tablespoons cream cheese
- 2 cups almond flour
- ¼ teaspoon dried thyme
- 1 tsp pink Himalayan salt flakes
- 2 Cups grated Mexican blend cheese
- 1 small red onion, cut into thin slices
- 1 medium apple, peeled, cored and thinly sliced ½ lb Ham steak, cut into chunks
- ¼ tsp dried thyme
- Salt and pepper, to taste



Preparation

1. Pre-heat oven to 425 F.
2. Cut two round pieces of parchment paper about 2 inches bigger than a 12-inch pizza pan. Place one of the parchment pieces on the countertop.
3. Melt mozzarella cheese in the microwave or on the stove-top. If using the microwave do this in 30 second increments so the cheese does not become overly heated. Allow to cool for a few minutes before adding the softened cream cheese, almond flour, thyme and salt. Stir until the mixture forms a uniform dough ball.
4. Turn the dough out onto the center of the circular parchment paper and knead a few times.
5. Use your hands and fingers to form the dough into a flattened disc. Cover with a separate piece of parchment and, using a rolling pin, roll the dough out into a circular shape about 3/4" thick.
6. Using the prongs of a fork, poke holes over the surface of the flatbread without piercing the dough all the way through.
7. Place on the middle rack of the pre-heated oven and bake for about 8 minutes, or until the flatbread is a nice golden brown
8. Turn the oven temperature down to 350 F.
9. Sprinkle half of the Mexican blend cheese over the flatbread.
10. Arrange onion slices, apple slices and ham chunks evenly around the flatbread surface. And cover with the remaining cheese.
11. Sprinkle with the thyme, salt, and ground pepper.
12. Bake on the middle rack of the oven for 7 minutes or until the cheese is melted and golden brown. Slide off the pizza pan onto a wire rack. Cool for 2 or 3 minutes before transferring to a cutting board. Slice into 8 pieces and serve immediately.

Serves 4



Chicken Broccoli Zucchini Boats

Got stuffed potato cravings? Try this zucchini boat recipe and you'll forget about those starchy carb cravings in no time!

What's great about zucchini boats is that the texture of roasted zucchini is so crunchy and perfect for the cheesy gooey filling you've stuffed inside. For this particular recipe, the filling is made with a chicken vegetable medley with cheese and sour cream holding everything together. If you are looking for extra macros to add, bacon is a great addition to this dish! The filling on the inside is just perfect and really comes together with all of the flavors. Aside from adding extra sour cream, you could do a light drizzle of ranch on top just to make the flavors pop out a little bit more.

It's the perfect lunch if you want to eat something cheesy and hearty, and the best part is you don't need to turn the entire kitchen into a mess when you're doing it.

Ingredients

- 4 medium-sized zucchini, cut in half lengthwise
- 4 T butter
- 2/3 C medium or old cheddar cheese, shredded
- 2 C small broccoli flowerets
- 2 C shredded rotisserie chicken
- 4 T sour cream
- 2 green onions, sliced thinly
- Salt and pepper, to taste



Preparation

1. Pre-heat the oven to 400 F.
2. Using a spoon, scoop out the zucchini creating a boat with sides that are about 1/3" thick. Place on a foiled-lined rimmed sheet.
3. Pour 1 t. of melted butter into the cavity of each zucchini boat. Season with salt and pepper and place pan on the middle rack of the pre-heated oven. Bake 20 minutes.
4. While zucchini is cooking, steam the broccoli flowerets until they are al dente and still a nice bright green. Remove from the heat and place in a bowl. Add the shredded chicken sour cream and 1/3 C of the shredded cheddar. Season with salt and pepper.
5. Stuff the baked zucchini boats and sprinkle the remaining cheddar on top. Return to the oven for 15 more minutes or until the cheese is melted, lightly browned and bubbly.
6. Garnish with the sliced green onion and serve with sour cream on the side.

Serves 4





Cheese and Ham Stromboli

Simple family fare or an appetizer at your next party: cheese and ham Stromboli always pleases. Serve with veggies and salad for an easy meal any day of the week.

Ingredients

- 2 ½ C mozzarella cheese, shredded
- ½ C almond flour
- 6 T coconut flour
- 2 large eggs
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp ground rosemary
- ¾ diced ham
- ¼ C red onion, small dice
- ¾ C cheddar cheese, shredded
- Salt and pepper, to taste



Preparation

1. Pre-heat oven to 400 F.
2. Use a microwave on high to melt the mozzarella cheese. Do this in 20 second intervals so you can remove the cheese as soon as it melts.
3. Whisk almond flour, coconut flour, basil, oregano and rosemary until blended well. Combine with the melted cheese and when the mixture has had a chance to cool add the beaten egg while stirring the dough.
4. Place a piece of parchment on your counter and mound the dough in the centre. Cover with a second sheet of parchment paper. Using a rolling pin flatten and roll the dough out into a square that is 1/3" thick.
5. Place the ham in the centre of the square. Sprinkle on the diced red onion and top with the grated cheddar. Lift opposite edges of the dough and fold up and over the filling. Do the same with the other two edges and pinch the dough together along the center seam.
6. Bake in the pre-heated oven for 20 minutes or until a nice golden brown in color. Cool for a few minutes then serve on a wooden board. Slice into individual portions at the table.

Serves 3

The background of the cover is a solid red color. It is decorated with a repeating pattern of white line-art illustrations of various keto-friendly food items. These include vegetables like broccoli, cauliflower, bell peppers, and mushrooms; fruits like lemons and limes; and other items like a cucumber, a tomato, and a piece of cheese. The text "Keto Lunch Recipes" is centered in a large, white, sans-serif font.

Keto Lunch Recipes