

# Diet Plan

14-Day Vegetarian, Primal & Keto

<http://KetoDietEbooks.com/>

**KetoDiet**

Real food & healthy living





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## KETODIET IN A NUTSHELL

This diet plan follows the ketogenic and primal diet guidelines. Additionally it's vegetarian and the vast majority of recipes are sweetener-free (sweeteners are optional). As always, I made this diet plan easy to follow and included nutrition facts for each meal and day. By following this plan, you won't have to track your carb intake or other macronutrients. Apart from the diet plan itself, you will find useful tips and basic ketogenic diet guidelines.

Before I get to the diet plan I will outline the basic principles of the ketogenic diet. As long as you follow my plan you shouldn't worry about your macronutrient intake. I've designed it with slow to moderate fat loss in mind so daily calories are about 1,500 - 1,700 kcal. If you suffer from any health conditions make sure you consult any dietary changes with a health professional.

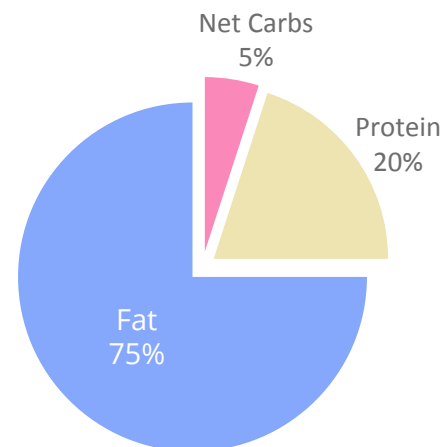
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Found this diet plan useful? Share it with your friends!



# BASIC KETOGENIC PRINCIPLES

- A ketogenic diet is a type of low carbohydrate diet that is high in fat, moderate in protein and low in carbs. Typically, the macronutrient ratio in terms of calories sits within the following ranges:
  - 60-75% of calories from **FAT** (or even more)
  - 15-30% of calories from **PROTEIN**
  - 5-10% of calories from **NET CARBS**
- Get your daily **net carbs** (total carbs minus fiber) down to less than 50 grams, preferably 20-30 g. Increase slowly to find the optimal carb intake that allows you to stay in ketosis.
- Keep your **protein** intake moderate. Your body fat percentage determines the optimal protein intake (0.6 to 1 grams per pound / 1.3 to 2.2 grams per kg of lean body mass). Use [KetoDiet Buddy](#), our online keto calculator, to find the protein intake that is right for you.
- Increase the proportion of calories that come from healthy **fats** (monounsaturated, omega 3s, saturated). Limit your consumption of fruits to coconut, avocado and a small amount of berries. Also, avoid eating low-carb treats if they trigger cravings.



- Eat when you are hungry, even if it's a meal a day. Don't let others dictate what you eat or how often you eat. You don't have to limit quantities of food deliberately, but you should stop eating when you feel full, even if the plate is not empty - keep it for later.
- Don't count calories - listen to your body needs. Ketogenic and low-carb diets have a natural appetite control effect and you will eat less.
- Keep an eye on your calorie intake only if you reach a weight loss plateau - use [KetoDiet Buddy](#) to find your ideal macros.
- Increase the quantity of water you drink - at least 2-3 litres a day.

# STOCK YOUR PANTRY WITH HEALTHY FOODS

- Learn to eat real food, like eggs, raw full-fat dairy and non-starchy vegetables. Contrary to what we have been told for decades, these are good for you!
- If you need to snack, opt for healthy foods high in fat (foods containing coconut oil, macadamia nuts, avocados, etc.)
- Include healthy staples like fermented foods and offal in your diet.
- Don't be afraid of saturated fat and use it for cooking (coconut oil, ghee<sup>77</sup>, lard, tallow, palm oil - organic from sustainable agriculture).
- Use unsaturated fats for salads (olive oil, nut oils, sesame oil, flaxseed oil, avocado oil - organic, extra virgin). Some can be used for light cooking.
- Make sure you avoid all processed vegetable oils, margarine, hydrogenated oils, partially hydrogenated oils, trans fats, soybean oil, corn oil, grapeseed oil, and canola oil.
- If you eat nuts, consider [soaking and dehydrating them](#).



- Check out my [favorite products](#) to get ingredients and foods I use!

# INCREASE YOUR ELECTROLYTE INTAKE

## SODIUM, MAGNESIUM AND POTASSIUM

Your [fat](#), [protein](#) & [carb](#) intake is not the only aspect you should focus on when following any diet. Micronutrients (vitamins and minerals) are equally important. In fact, food quality plays a major role in weight management and in your overall wellbeing. Always opt for healthy fats and foods rich in micronutrients.

When you start following the ketogenic diet, you may experience what is known as “[keto-flu](#)”. This is a transitional phase where your body gets adjusted to the lack of carbohydrates. A sufficient intake of electrolytes will help you overcome or avoid the symptoms like headaches, muscle cramps or fatigue.

### POTASSIUM:

Eat avocados, mushrooms, fatty fish such as salmon and add potassium chloride to your regular salt (or mix ½ teaspoon in 1 liter of water and drink throughout the day). Be very careful with potassium supplements, never exceed the recommended daily intake! The Adequate Intake (AI) for potassium is 4,700 mg and the Estimated Minimum Requirement (EMR) is 2,000 mg.



### SODIUM:

Don't be afraid to use salt (pink Himalayan rock salt is one of the best choices).

### MAGNESIUM:

Very low-carb diets (below 30 grams of net carbs) are often deficient in magnesium. I recommend you take [magnesium supplements](#) or add snacks high in magnesium such as nuts.

# ...YOU WILL NEED TO PLAN YOUR DIET...



Unless you follow a diet plan like this one, you will need to plan and track your diet. This will save you time and money, especially if you are new to it. Here are a few tips before you get started:

1. Get rid of anything that is not allowed on the diet to avoid temptation. Trust me, if it's in your house, you will likely crave it. This way you will avoid unnecessary "fridge accidents" that may ruin your efforts.
2. If you have sugar cravings, have a glass of water (still or sparkling) with fresh juice from 1/2 lime or lemon and 3-5 drops of stevia. Drink tea (green, herbal, black) and coffee with coconut milk.

3. Make sure you always have keto-friendly foods on hand (eggs, avocado, non-starchy vegetables, nuts). Foods high in fat and protein will help you stay fuller for longer and will keep hunger at bay.

4. Always have hard-boiled eggs in your fridge ready to be used to make quick meals.

5. Always make a list of your weekly shopping for meals you are planning to cook. This diet plan already includes a 2-week shopping list,<sup>97</sup> so you don't have to create one yourself.



# DON'T TRUST PRODUCTS LABELED "LOW-CARB"

Focus on foods naturally low in carbs. Always opt for real food and avoid prepared meals full of additives that use deceptive labeling. These products are often higher in carbs than they claim to be and tend to contain unnecessary additives.

Avoid artificial sweeteners. It's no secret that aspartame, which is an artificial sweetener found in diet soda, has shown to have many adverse effects on our health and cause cravings. Instead, use natural sweeteners that have minimum effect on blood sugar such as stevia and erythritol.



## GET MY APP TO GET STARTED & TRACK YOUR PROGRESS



Planning and tracking your diet is highly recommended, especially if you are new to the diet. It's very easy to go over your carb limit or to miss your protein targets. You can get my [iPad app](#) which has been designed specifically for low-carb, ketogenic & paleo diets.

Not only you will find hundreds of keto & paleo friendly recipes but you will also be able to easily plan and track your diet.

Note: the planning feature is currently iPad only but will be soon available on the iPhone, too. An Android App will be available in early 2016.

# STAY MOTIVATED, YOU ARE NOT ALONE!



Join the [KetoDiet support group on Facebook](#) and share your experiences! I created this group for sharing everything about low-carb, keto & paleo living including your favorite recipes, interesting articles and success stories. Feel free to post your recipe creations, progress updates and any questions you may have about the ketogenic diet.

Get the [KetoDiet Newsletter](#) and join thousands of others who receive weekly updates on recipes, diet and motivation tips. With every newsletter, you'll get a chance to win a copy of the [KetoDiet App](#)!

A few last words...

Be strong during the first few days. It will take some time for your body to adapt to the diet. Once that happens you will feel great and full of energy!

If there is any reason you cannot avoid eating more carbs than you should, remember to do some physical activity to “burn” them. It is recommended you do some exercise no later than an hour after you eat extra carbs. If you're at a party, dance! And don't get in the habit of eating more carbs than you should. If you disrupt your diet, don't get discouraged; just go back to your plan the day after!

Finally, DON'T let anyone make you think that you cannot lose weight! And don't believe it's just genetics. People may think you eat the wrong food - ignore them; it's your life and your health!

# FOLLOWING THIS DIET PLAN

1. If you only cook for yourself, freeze or refrigerate the remaining servings or halve the recipes if needed.
2. Feel free to swap lunch for dinner, breakfast for lunch, etc. in the same day. You can also swap whole days if you like.
3. Prepare the [keto buns](#)<sup>70</sup> in advance (you can make the full recipe of 10). Freeze to keep fresh and defrost at room temperature the night before or in the oven just before serving.
4. Have some hard-boiled eggs in the fridge ready to be used in recipes or for snacking. You shouldn't need any snacks between the meals but if you do, make sure you have some keto-friendly snacks at hand (eggs, cheese, nuts, etc). Here is a [list of snacks](#)<sup>10</sup> you can try and here is a complete [keto diet food list](#).
5. Very low-carb diets (below 30 grams of net carbs) are often deficient in magnesium. I recommend you take magnesium supplements or add snacks high in magnesium such as nuts. Also, if you get any symptoms of "[keto-flu](#)", make sure you eat additional sodium and potassium<sup>4</sup>.
6. This diet plan may not be suitable for everyone. You'll have to make small adjustments. If you need to have less protein, reduce the portions of dairy and eggs. Don't worry about small excess of protein, it will not kick you out of ketosis. In fact, protein will keep hunger at bay. If you need to add more fat (or less), focus on added oils and fatty foods when making your adjustments. You can find your ideal macros using [KetoDiet Buddy](#)!
7. Some recipes are higher in total carbs & fiber. If you fear that fiber will impair your weight loss, have a look at my post here: [Total Carbs or Net Carbs: What Really Counts?](#) Fiber can, in fact, help you lose weight.
8. If you don't feel hungry, don't eat, even if it means you will skip a meal.

# RECIPE SUBSTITUTIONS



If you don't like certain ingredients or are intolerant to some foods, here are options you can try:

- All If you don't eat dairy, you can use coconut milk instead of cream or more eggs instead of cheese.
- Instead of Ultimate Keto Buns<sup>70</sup> you can try Nut-free Keto Buns<sup>74</sup>
- All the following can be substituted with one another (small nutritional differences): Chocolate Keto Smoothie<sup>35</sup> or Vanilla Keto Smoothie<sup>33</sup> or Pumpkin Smoothie<sup>37</sup>
- You can try other breakfast options like Strawberry Milkshake<sup>39</sup> or Pumpkin Spiced Granola<sup>45</sup> but I've tried to keep the sweet meals to a minimum and include only quick breakfast meals, especially for the week days.

Using these alternatives won't significantly change the nutrition facts. However, keep in mind that the shopping list is created without using any substitutions.



# HEALTHY LOW-CARB SNACKS AND EXTRAS

- If the portion size of some of the meals is too small, add a bowl of Big Green Salad<sup>56</sup>
- 1 piece of fat bombs like Keto Coconut Fat Bombs<sup>89</sup> or Mediterranean Fat Bombs<sup>91</sup>
- Coffee with cream, coconut milk or almond milk or Low-Carb Cappuccino<sup>95</sup>
- ½ avocado with a pinch of salt
- 1 hard-boiled egg with a pinch of salt (always have some ready in the fridge!)
- 1 cup vegetable stock, best home-made
- Veggie, egg & cheese roll-ups
- 2-3 celery sticks with 2 tbsp Home-made Almond & Cashew Butter<sup>85</sup> or any other nut butter (avoid peanut butter)
- Fermented foods: Sauerkraut<sup>87</sup>, kimchi (add to your breakfast), small amounts of kombucha
- Nuts and seeds, handful, raw or roasted with sea salt (net carbs per serving (1 oz): almonds - 2.7 g, pecans - 1.2 g, walnuts - 2 g, macadamias - 1.5 g, hazelnuts - 2 g, brazil nuts - 1.4 g, pine nuts - 2.7 g, sunflower seeds - 3.2 g, pumpkin seeds - 1.3 g) - soaked & dehydrated nuts (aka activated nuts) are highly recommended
- Berries, fresh or frozen (net carbs per serving: ½ cup blackberries - 3.1 g, ½ cup raspberries - 3.3 g, ½ cup strawberries - 4.1 g or ¼ cup blueberries - 4.5 g)
- Coconut oil (pour a tablespoon of coconut oil into silicon ice trays and keep in the fridge for a quick fat-burning snack)

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## 14 DAY DIET PLAN

This section will guide you through the 14-day diet plan. Each daily overview includes nutrition facts and meals. I created this diet plan so you can enjoy some of the best keto-friendly meals without spending too much time in the kitchen.

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DAY	BREAKFAST	LUNCH	DINNER
1	Chocolate Keto Smoothie	Egg Stuffed Avocado	3 Pesto Egg Muffins
2	Perfect Spinach & Feta Omelet	2 Pesto Egg Muffins	Classic Tricolore Salad
3	Vanilla Keto Smoothie	Classic Tricolore Salad	3 Pesto Egg Muffins
4	Perfect Spinach & Feta Omelet	2 Pesto Egg Muffins	2 servings Authentic Greek Salad
5	Chocolate Keto Smoothie	Easy Avocado & Egg Salad	Vegetarian Keto Lasagna
6	Quick Frittata with Tomatoes and Cheese	Vegetarian Keto Lasagna	Vegetarian Keto Burger
7	Quick Frittata with Tomatoes and Cheese	Vegetarian Keto Burger	Vegetarian Keto Lasagna

WEEK 1

# WEEK 2

DAY	BREAKFAST	LUNCH	DINNER
8	Vanilla Keto Smoothie	Egg Stuffed Avocado	Cheesy Low-carb "Risotto"
9	All-Day Vegetarian Keto Breakfast	Quick Keto McMuffin	Cheesy Low-carb "Risotto"
10	Perfect Spinach & Feta Omelet	Cheesy Low-carb "Risotto"	All-Day Vegetarian Keto Breakfast
11	Chocolate Keto Smoothie	Authentic Greek Salad	Cheesy Low-carb "Risotto"
12	All-Day Vegetarian Keto Breakfast	Vegetarian Keto Lasagna	Quick Keto McMuffin
13	Quick Frittata with Tomatoes and Cheese	Vegetarian Keto Lasagna	Easy Avocado & Egg Salad
14	Quick Frittata with Tomatoes and Cheese	Quick Keto McMuffin	Vegetarian Keto Lasagna



## BREAKFAST



Chocolate Keto Smoothie

Page: 35

## LUNCH



Egg Stuffed Avocado

Page: 50

## DINNER



3 Pesto Egg Muffins

Page: 27

### TOTAL DAILY VALUES

TOTAL CARBS: 27.1 g

FIBER: 15.4 g

NET CARBS: 12.6 g

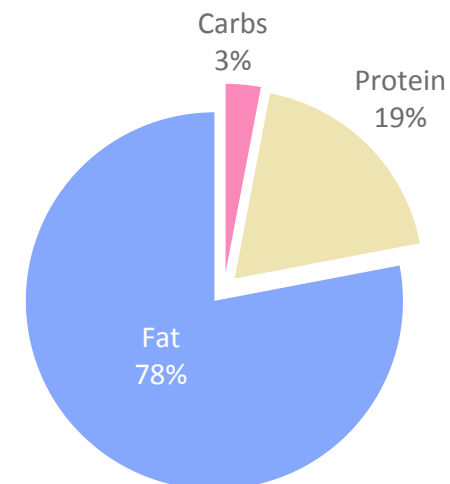
PROTEIN: 71.5 g

FAT: 133 g

CALORIES: 1563 kcal

MAGNESIUM 164 mg (41% RDA)

POTASSIUM: 1938 mg (97% EMR)



## BREAKFAST



Perfect Spinach  
& Feta Omelet

Page: 25

## LUNCH



3 Pesto Egg Muffins  
with Big Green Salad

Page: 27 + 56

## DINNER



Classic Tricolore Salad

Page: 52

### TOTAL DAILY VALUES

TOTAL CARBS: 35.5 g

FIBER: 14.6 g

NET CARBS: 20.9 g

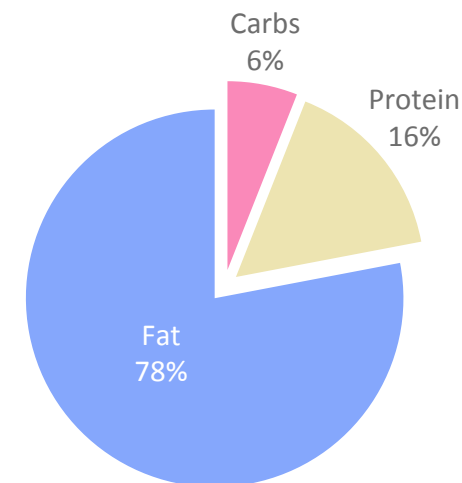
PROTEIN: 65.5 g

FAT: 140 g

CALORIES: 1631 kcal

MAGNESIUM: 232 mg (58% RDA)

POTASSIUM: 2534 mg (126% EMR)



## BREAKFAST



Vanilla Keto Smoothie

Page: 33

## LUNCH



Classic Tricolore Salad

Page: 52

## DINNER



3 Pesto Egg Muffins

Page: 27

DAY 3

### TOTAL DAILY VALUES

TOTAL CARBS: 28.3 g

FIBER: 11.1 g

NET CARBS: 17.2 g

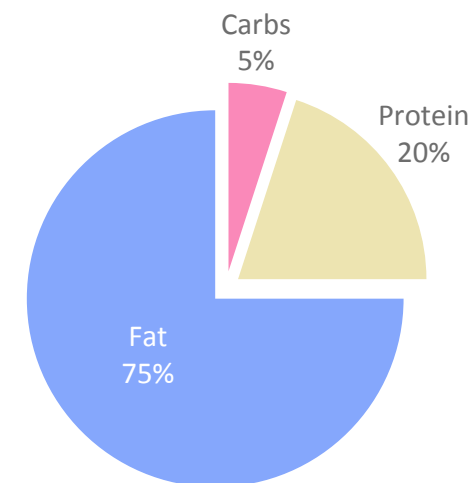
PROTEIN: 74.4 g

FAT: 126 g

CALORIES: 1523 kcal

MAGNESIUM 152 mg (38% RDA)

POTASSIUM: 1959 mg (98% EMR)



## BREAKFAST



Perfect Spinach  
& Feta Omelet

Page: 25

## LUNCH



3 Pesto Egg Muffins

Page: 27

## DINNER



2 servings  
Authentic Greek Salad

Page: 54

### TOTAL DAILY VALUES

TOTAL CARBS: 35.9 g

FIBER: 10.8 g

NET CARBS: 25.2 g

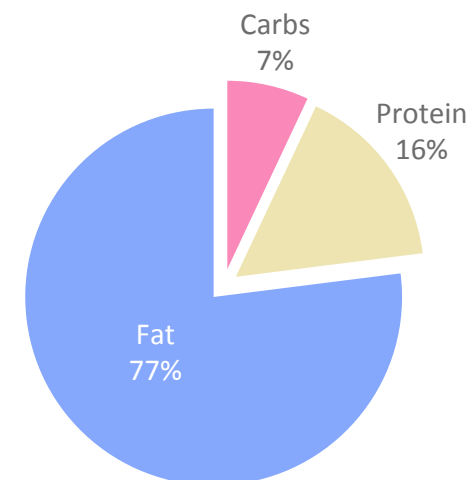
PROTEIN: 63.3 g

FAT: 131 g

CALORIES: 1557 kcal

MAGNESIUM: 219 mg (55% RDA)

POTASSIUM: 2184 mg (109% EMR)





## BREAKFAST



Chocolate Keto Smoothie

Page: 35

## LUNCH



Easy Avocado & Egg Salad

Page: 48

## DINNER



Vegetarian Keto Lasagna  
with Big Green Salad

Page: 58 + 56

DAY 5

### TOTAL DAILY VALUES

TOTAL CARBS: 38.3 g

FIBER: 16.2 g

NET CARBS: 22.1 g

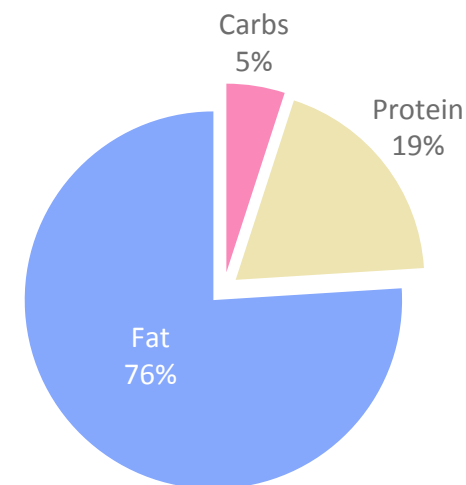
PROTEIN: 73.9 g

FAT: 134 g

CALORIES: 1621 kcal

MAGNESIUM: 203 mg (51% RDA)

POTASSIUM: 2505 mg (125% EMR)



## BREAKFAST



Quick Frittata with  
Tomatoes and Cheese

Page: 29

## LUNCH



Vegetarian Keto Lasagna

Page: 58

## DINNER



Vegetarian Keto Burger

Page: 61

DAY 6

### TOTAL DAILY VALUES

TOTAL CARBS: 40.3 g

FIBER: 16.7 g

NET CARBS: 23.6 g

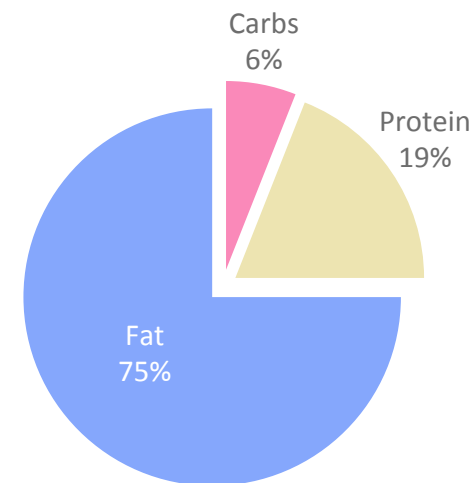
PROTEIN: 71.2 g

FAT: 125 g

CALORIES: 1547 kcal

MAGNESIUM: 229 mg (57% RDA)

POTASSIUM: 2040 mg (102% EMR)



## BREAKFAST



Quick Frittata with  
Tomatoes and Cheese

Page: 29

## LUNCH



Vegetarian Keto Burger

Page: 61

## DINNER



Vegetarian Keto Lasagna

Page: 58

### TOTAL DAILY VALUES

TOTAL CARBS: 40.3 g

FIBER: 16.7 g

NET CARBS: 23.6 g

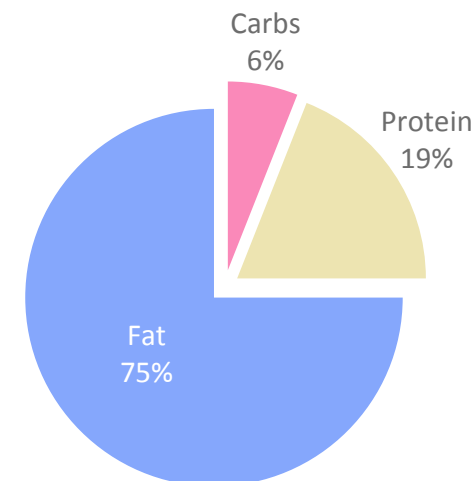
PROTEIN: 71.2 g

FAT: 125 g

CALORIES: 1547 kcal

MAGNESIUM: 229 mg (57% RDA)

POTASSIUM: 2040 mg (102% EMR)



## BREAKFAST



Vanilla Keto Smoothie

Page: 33

## LUNCH



Egg Stuffed Avocado

Page: 50

## DINNER



Cheesy Low-carb "Risotto"

Page: 63

# DAY 8

### TOTAL DAILY VALUES

TOTAL CARBS: 32 g

FIBER: 14.6 g

NET CARBS: 17.4 g

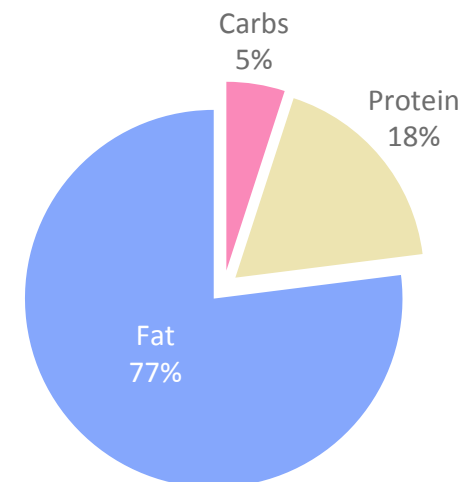
PROTEIN: 68.5 g

FAT: 130 g

CALORIES: 1550 kcal

MAGNESIUM: 136 mg (34% RDA)

POTASSIUM: 2240 mg (112% EMR)





## BREAKFAST



All-Day Vegetarian  
Keto Breakfast

Page: 31

## LUNCH



Quick Keto McMuffin

Page: 65

## DINNER



Cheesy Low-carb "Risotto"

Page: 63

### TOTAL DAILY VALUES

TOTAL CARBS: 36.7 g

FIBER: 19.5 g

NET CARBS: 17.2 g

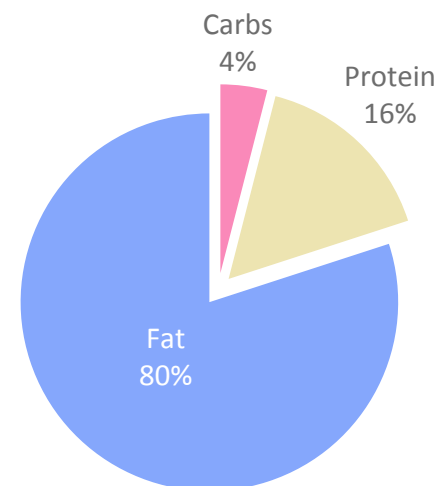
PROTEIN: 63.6 g

FAT: 138 g

CALORIES: 1616 kcal

MAGNESIUM: 306 mg (77% RDA)

POTASSIUM: 2393 mg (119% EMR)



## BREAKFAST



Perfect Spinach  
& Feta Omelet

Page: 25

## LUNCH



Cheesy Low-carb "Risotto"

Page: 63

## DINNER



All-Day Vegetarian  
Keto Breakfast

Page: 31

### TOTAL DAILY VALUES

TOTAL CARBS: 37 g

FIBER: 15.8 g

NET CARBS: 21.2 g

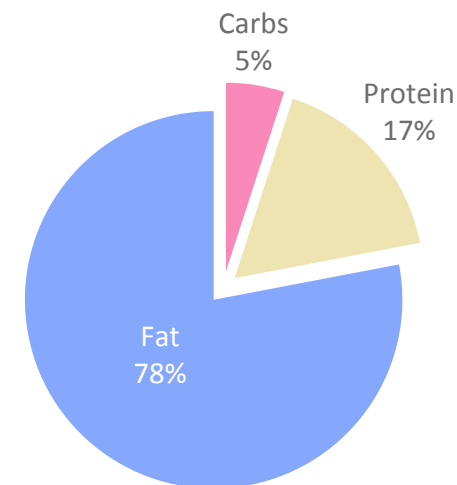
PROTEIN: 68 g

FAT: 139 g

CALORIES: 1649 kcal

MAGNESIUM: 282 mg (71% RDA)

POTASSIUM: 2985 mg (149% EMR)



## BREAKFAST



Chocolate Keto Smoothie

Page: 35

## LUNCH



Authentic Greek Salad  
with 1 Ultimate Keto Bun

Page: 54 + 70

## DINNER



Cheesy Low-carb "Risotto"  
with Big Green Salad

Page: 63 + 56

### TOTAL DAILY VALUES

TOTAL CARBS: 45.8 g

FIBER: 18.7 g

NET CARBS: 27.2 g

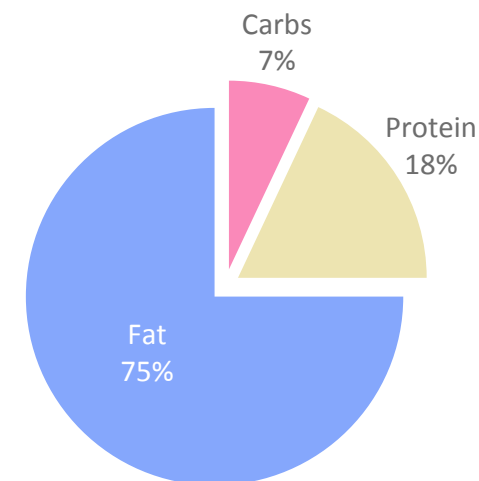
PROTEIN: 73 g

FAT: 131 g

CALORIES: 1609 kcal

MAGNESIUM: 242 mg (61% RDA)

POTASSIUM: 2402 mg (120% EMR)



## BREAKFAST



All-Day Vegetarian  
Keto Breakfast

Page: 31

## LUNCH



Vegetarian Keto Lasagna  
with Big Green Salad

Page: 58 + 56

## DINNER



Quick Keto McMuffin

Page: 65

### TOTAL DAILY VALUES

TOTAL CARBS: 47.8 g

FIBER: 23.4 g

NET CARBS: 24.3 g

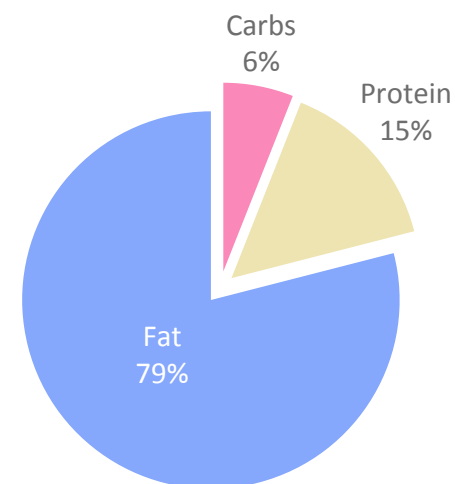
PROTEIN: 59.2 g

FAT: 143 g

CALORIES: 1674 kcal

MAGNESIUM: 286 mg (72% RDA)

POTASSIUM: 3249 mg (162% EMR)





## BREAKFAST



Quick Frittata with  
Tomatoes and Cheese

Page: 29

## LUNCH



Vegetarian Keto Lasagna

Page: 58

## DINNER



Easy Avocado & Egg Salad

Page: 48

### TOTAL DAILY VALUES

TOTAL CARBS: 30.9 g

FIBER: 13.1 g

NET CARBS: 17.8 g

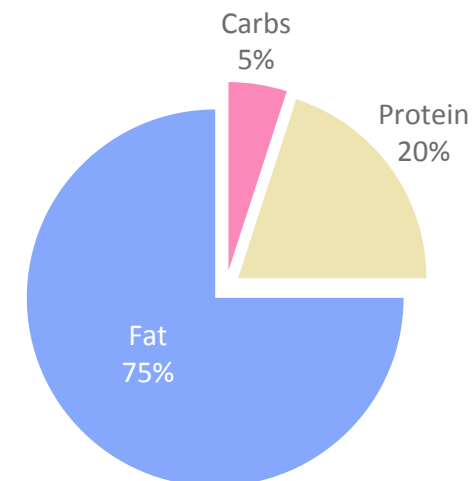
PROTEIN: 74 g

FAT: 125 g

CALORIES: 1536 kcal

MAGNESIUM: 243 mg (61% RDA)

POTASSIUM: 1571 mg (79% EMR)



## BREAKFAST



Quick Frittata with  
Tomatoes and Cheese

Page: 29

## LUNCH



Quick Keto McMuffin

Page: 65

## DINNER



Vegetarian Keto Lasagna  
with Big Green Salad

Page: 58 + 56

DAY 14

### TOTAL DAILY VALUES

TOTAL CARBS: 35.2 g

FIBER: 14.5 g

NET CARBS: 20.7 g

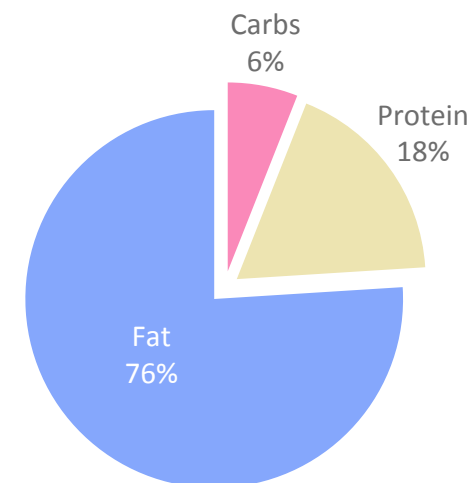
PROTEIN: 75.6 g

FAT: 139 g

CALORIES: 1676 kcal

MAGNESIUM: 261 mg (65% RDA)

POTASSIUM: 1887 mg (94% EMR)





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## RECIPES

This section includes recipes for the 14-day diet plan. Additionally, there are extra recipes included in case you wish to substitute some of the meals in the plan.

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# PERFECT SPINACH & FETA OMELET



## NUTRITION FACTS

(per serving)

TOTAL CARBS: 9.7 g

FIBER: 2.8 g

NET CARBS: 6.9 g

PROTEIN: 30.9 g

FAT: 55.5 g

CALORIES: 659 kcal

MACRONUTRIENT RATIO:

CARBS (4%)

PROTEIN (19%)

FAT (77%)

MAGNESIUM: 107 mg (27% RDA)

POTASSIUM: 997 mg (50% EMR)

## PREPARATION TIME

Overall 15 minutes

## INGREDIENTS (1 SERVING)

- 3 large eggs, free-range or organic
- 1 clove garlic
- 1 cup white mushrooms, sliced (70 g / 2.5 oz)
- 3 cups spinach, fresh (90 g / 3.2 oz) or 2/3 cup frozen and thawed (100 g / 3.5 oz)
- 1/3 cup feta cheese, crumbled (50 g / 1.8 oz)
- 2 tbsp ghee<sup>77</sup> (30 g / 1.1 oz)
- salt and pepper to taste

## INSTRUCTIONS

1. First, prepare the filling. Peel and finely dice the garlic and place on a pan greased with a tablespoon of ghee. Season with salt and cook over a medium-high heat for just a minute until fragrant. Add the sliced mushrooms and cook for 5 minutes until lightly browned stirring occasionally.
2. Add the spinach and cook until wilted for just a minute or two (squeeze out the water if using frozen and thawed spinach). Take off the heat and place in a bowl. Discard the excess liquids before using the pan for cooking the omelet.
3. Crack the eggs into a bowl and mix using a fork. Season with salt and pepper to taste.
4. Pour the eggs evenly in a hot pan greased with a tablespoon of ghee. Use a spatula to bring in the egg from the sides towards to center for the first 30 seconds. Tilt the pan as needed to cover it with the eggs. Lower the heat and cook for another minute. Don't rush it and don't try to cook it fast or the omelet will end up being too crispy and dry. The desired texture should be soft and fluffy.
5. When the top is almost cooked, add the spinach and mushroom topping and crumbled feta. Fold the omelet in half, cook for another minute just to warm up the topping and slide on a serving plate.

# PESTO EGG MUFFINS



## NUTRITION FACTS

(per muffin)

TOTAL CARBS: 1.9 g

FIBER: 0.7 g

NET CARBS: 1.2 g

PROTEIN: 6.9 g

FAT: 10.2 g

CALORIES: 125 kcal

MACRONUTRIENT RATIO:

CARBS (4%)

PROTEIN (21%)

FAT (75%)

MAGNESIUM: 19 mg (5% RDA)

POTASSIUM: 139 mg (7% EMR)

## PREPARATION TIME

Hands-on 5 minutes  
Overall 30 minutes

## INGREDIENTS (10 MUFFINS)

- 2/3 cup frozen spinach, thawed and excess water removed (100 g / 3.5 oz)
- 3 tbsp pesto (45 g / 1.6 oz)
- ½ Kalamata or other olives, pitted (50 g / 1.8 oz)
- ¼ cup sun-dried tomatoes, chopped (28 g / 1 oz)
- 125 g soft goat cheese (e.g. feta) or other soft type of cheese (4.4 oz)
- 6 large eggs, free-range or organic
- salt and pepper to taste

## INSTRUCTIONS

1. Preheat the oven to 350 F / 175 C. Squeeze out the excess water from the spinach, deseed and slice the olives and chop the sun-dried tomatoes. Crack the eggs into a bowl, add the pesto and season with salt and pepper to taste. Mix until well combined.
2. Divide the spinach, crumbled goat cheese, sun-dried tomatoes and olives evenly into the muffin pan (I used a silicon muffin pan). Pour in the egg & pesto mixture and transfer into the oven. Bake for 20-25 minutes or until browned on top and cooked inside.
3. When done, remove from the oven and set aside to cool down. Store in the fridge for up to 5 days. Enjoy!



# QUICK FRITTATA WITH TOMATOES AND CHEESE



## BREAKFAST

### NUTRITION FACTS

(per serving)

TOTAL CARBS: 7.4 g

FIBER: 1.2 g

NET CARBS: 6.2 g

PROTEIN: 26.7 g

FAT: 32.6 g

CALORIES: 435 kcal

MACRONUTRIENT RATIO:

CARBS (6%)

PROTEIN (25%)

FAT (69%)

MAGNESIUM: 32 mg (8% RDA)

POTASSIUM: 414 mg (21% EMR)



## PREPARATION TIME

Hands-on 10 minutes  
Overall 15 minutes

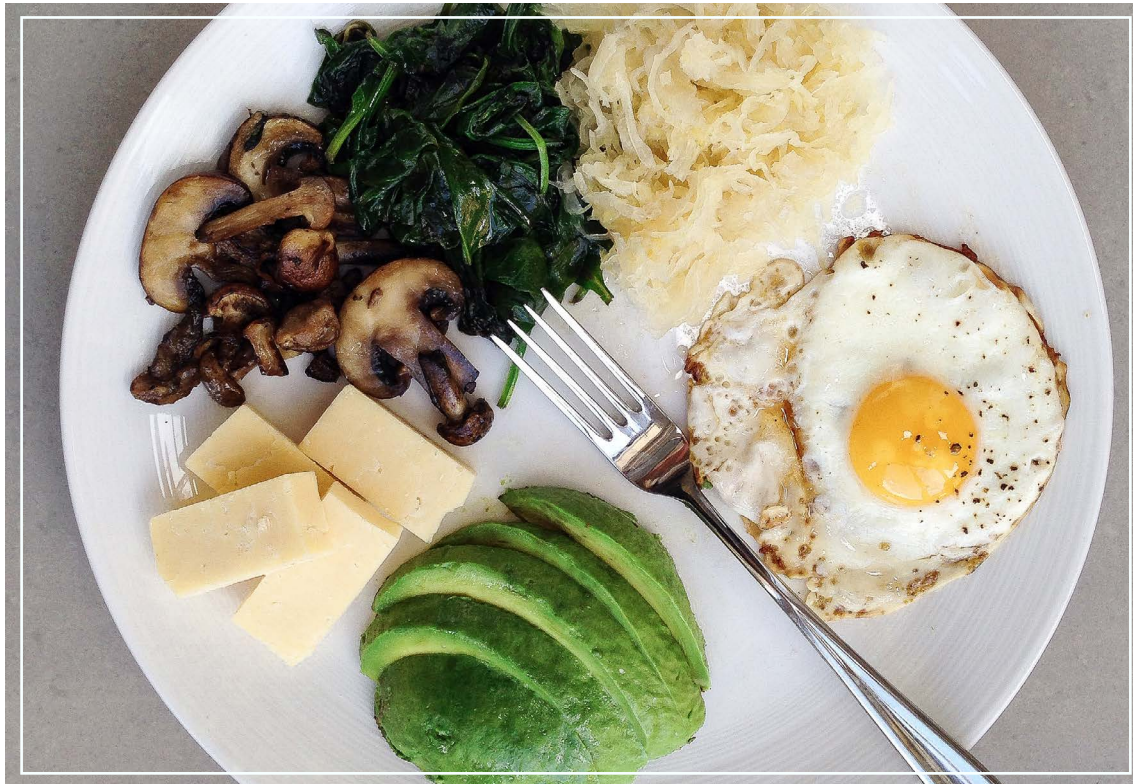
## INGREDIENTS (2 SERVINGS)

- 6 large eggs, free-range or organic
- ½ medium white onion (55 g / 1.9 oz)
- 2/3 cup soft cheese like feta, crumbled (100 g / 3.5 oz)
- 2/3 cup cherry tomatoes, halved (100 g / 3.5 oz)
- 1 tbsp ghee<sup>77</sup>
- 2 tbsp freshly chopped herbs such as chives or basil
- salt to taste
- freshly ground black pepper

## INSTRUCTIONS

1. Preheat the oven (or ideally broiler if you have it) to 200 C / 400 F. Peel and slice the onion. Place on a hot pan greased with ghee and cook until lightly browned.
2. Crack the eggs into a bowl and season with salt and pepper. Add finely chopped herbs (I used chives) and whisk well.
3. When the onion is browned, pour in the eggs and cook until you see the edges turning opaque.
4. Top with the crumbled cheese and halved cherry tomatoes. Place under the broiler and cook for 5-7 minutes or until the top is cooked. Remove from the oven and set aside to cool down. Serve immediately or store in the fridge for up to 5 days.

# ALL-DAY VEGETARIAN KETO BREAKFAST



## BREAKFAST

### NUTRITION FACTS

(per serving)

TOTAL CARBS: 15.7 g

FIBER: 9 g

NET CARBS: 6.7 g

PROTEIN: 19.8 g

FAT: 55.5 g

CALORIES: 623 kcal

MACRONUTRIENT RATIO:

CARBS (4%)

PROTEIN (13%)

FAT (83%)

MAGNESIUM: 128 mg (32 % RDA)

POTASSIUM: 1305 mg (65% EMR)

## PREPARATION TIME

Overall 15 minutes

## INGREDIENTS (1 SERVING)

- 1 large fried egg ½ medium avocado (75 g / 2.6 oz)
- 1 oz / 30 g cheddar cheese
- 1 cup white or brown mushrooms (70 g / 2.5 oz)
- ½ cup cooked spinach (90 g / 3.2 oz)
- 1/2 cup sauerkraut<sup>87</sup> (50 g / 1.7 oz)
- 2 tbsp ghee<sup>77</sup>
- salt and pepper to taste

## INSTRUCTIONS

1. To prepare the meal, I simply cook the spinach and mushrooms in 1 tbsp ghee and the egg in the remaining ghee.
2. Season with salt and pepper to taste and serve with sliced cheese, avocado and drained sauerkraut. That's it - it cannot be any easier!

# VANILLA KETO SMOOTHIE



## NUTRITION FACTS

(per serving)

TOTAL CARBS: 5.1 g

FIBER: 0 g

NET CARBS: 5.1 g

PROTEIN: 34.6 g

FAT: 45.2 g

CALORIES: 566 kcal

MACRONUTRIENT RATIO:

CARBS (4%)

PROTEIN (24%)

FAT (72%)

MAGNESIUM: 26 mg (6% RDA)

POTASSIUM: 598 mg (30% EMR)

## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (1 SERVING)

- 2 large eggs or 2 tbsp chia seeds or 2 tbsp coconut butter
- ½ cup coconut milk (120 ml/ 4 fl oz)
- ¼ cup whey protein or egg white protein powder (25 g/ 0.9 oz) or hydrolyzed gelatin powder
- 1 tbsp MCT oil or extra virgin coconut oil
- 1 vanilla bean or 1 tsp vanilla extract
- 3-5 drops Stevia extract (optional)
- ¼ cup water + few ice cubes

## INSTRUCTIONS

Place the coconut milk, eggs, whey or egg white protein powder, water, vanilla, stevia and ice into a blender. Pulse until smooth and serve immediately!

### TIP:

You can use vanilla beans or sugar-free vanilla extract. If using vanilla beans, cut them lengthwise and scrape the tiny seeds out to be used in this recipe. Discard the vanilla bean.

### RAW EGGS – ARE THEY SAFE TO USE?

If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 140 F / 60 C. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.



# CHOCOLATE KETO SMOOTHIE



## NUTRITION FACTS

(per serving)

TOTAL CARBS: 6.2 g

FIBER: 1.8 g

NET CARBS: 4.4 g

PROTEIN: 34.5 g

FAT: 46 g

CALORIES: 570 kcal

MACRONUTRIENT RATIO:

CARBS (3%)

PROTEIN (24%)

FAT (73%)

MAGNESIUM: 45 mg (11% RDA)

POTASSIUM: 560 mg (28% EMR)

## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (1 SERVING)

- 2 large eggs or 2 tbsp chia seeds or 2 tbsp coconut butter
- ¼ cup coconut milk (60 ml/ 2 fl oz)
- ¼ cup whey protein or egg white protein powder (25 g/ 0.9 oz) or 1 tbsp hydrolyzed gelatin powder
- 1 tbsp MCT oil or extra virgin coconut oil
- 1 tbsp cacao powder, unsweetened
- 3-5 drops Stevia extract (optional)
- ¼ cup water + few ice cubes

### OPTIONAL:

- ½ tsp cinnamon or vanilla extract, sugar-free (or other such as cherry, almond and orange)

## INSTRUCTIONS

Place the eggs in a blender. Add coconut milk, water, cacao, stevia and ice. Use clear or chocolate flavored stevia extract. Add the MCT oil or coconut oil and whey or egg white protein powder. Pulse until smooth and serve immediately!

### NOTE:

Both MCT and coconut oil will boost fat burn and work great in this recipe. MCT oil is more suitable for cold drinks, as it doesn't solidify like coconut oil does. If you use coconut oil, make sure you blend it well!

### RAW EGGS – ARE THEY SAFE TO USE?

If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 140 F / 60 C. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.

# PUMPKIN SMOOTHIE



## BREAKFAST

### NUTRITION FACTS

(per serving)

TOTAL CARBS: 10.3 g

FIBER: 3.6 g

NET CARBS: 6.7 g

PROTEIN: 21.8 g

FAT: 32.6 g

CALORIES: 399 kcal

MACRONUTRIENT RATIO:

CARBS (7%)

PROTEIN (21%)

FAT (72%)

MAGNESIUM: 40 mg (10 % RDA)

POTASSIUM: 315 mg (16% EMR)

## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (1 SERVING)

- 1/4 cup pumpkin purée, unsweetened (50 g/ 1.8 oz)
- 1/4 cup almond milk, unsweetened or water (60 ml/ 2 fl oz)
- 1/2 tsp pumpkin pie spice mix
- 1 scoop whey protein powder (vanilla or plain) or egg white powder (25 g/ 0.9 oz)
- 1/4 cup crème fraîche or sour cream or plain full fat yogurt or coconut milk (60 g/ 2.1 oz)
- 1 tsp Erythritol or 2-3 drops liquid stevia
- 1 tbsp MCT oil or extra virgin coconut oil
- 1/4 cup whipped cream or coconut cream on top

## INSTRUCTIONS

Place all the ingredients into a blender and pulse until smooth. Top with whipped cream or coconut cream and sprinkle with cinnamon. That's it!

# STRAWBERRY KETO MILKSHAKE



### NUTRITION FACTS

(per serving)

TOTAL CARBS: 8.4 g

FIBER: 2 g

NET CARBS: 6.4 g

PROTEIN: 2.5 g

FAT: 27.4 g

CALORIES: 275 kcal

MACRONUTRIENT RATIO:

CARBS (9%)

PROTEIN (4%)

FAT (87%)

MAGNESIUM: 35 mg (9% RDA)

POTASSIUM: 234 mg (12% EMR)



## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (1 SERVING)

- ¼ cup coconut milk (60 ml / 2 fl oz)
- ¾ cup almond milk or water (180 ml / 6 fl oz)
- ½ cup strawberries, fresh or frozen (72 g / 2.5 oz)
- 1 tbsp MCT oil or extra virgin coconut oil (MCT oil is better as it doesn't solidify)
- ½ tsp sugar-free vanilla extract

### OPTIONAL:

- 3-5 drops Stevia extract (clear or berry)
- 1 tbsp chia seeds for a thicker consistency + 0.4 g net carbs per serving
- coconut milk on top

## INSTRUCTIONS

Place the coconut milk, almond milk, strawberries, MCT oil and stevia (optional) into a blender. Pulse until smooth and serve immediately!

### OPTIONAL:

Add a tablespoon of chia seeds for a thicker smoothie consistency and pulse until smooth.

### NOTE:

Both MCT and coconut oil will boost fat burn and work great in this recipe. MCT oil is more suitable for cold drinks, as it doesn't solidify like coconut oil does. If you use coconut oil, make sure you blend it well!

# BASIC KETO PANCAKES



## NUTRITION FACTS

(per serving, 2 medium or 4 small pancakes)

TOTAL CARBS: 4.5 g

FIBER: 1.9 g

NET CARBS: 2.6 g

PROTEIN: 10.3 g

FAT: 28.2 g

CALORIES: 304 kcal

MACRONUTRIENT RATIO:

CARBS (3%)

PROTEIN (14%)

FAT (83%)

MAGNESIUM: 56 mg (14% RDA)

POTASSIUM: 235 mg (12% EMR)

## PREPARATION TIME

Overall 10-15 minutes

## INGREDIENTS (4 SERVINGS)

- 4 large eggs, free-range or organic
- $\frac{3}{4}$  cup almond flour (75 g / 2.6 oz) or see tips for almond flour
- $\frac{1}{4}$  cup coconut oil or ghee<sup>77</sup>, melted (55 g / 2 oz)
- 1 vanilla bean or 1-2 tsp vanilla extract
- 15-20 drops Stevia extract
- 2 tbsp Erythritol or Swerve (20 g / 0.7 oz)
- $\frac{1}{2}$  tsp baking soda
- 1 tsp cream of tartar

### TIP FOR NUT-FREE VERSION:

- use about  $\frac{1}{2}$  cup + 1 heaping tbsp coconut flour (72 g / 2.5 oz) instead of almond flour

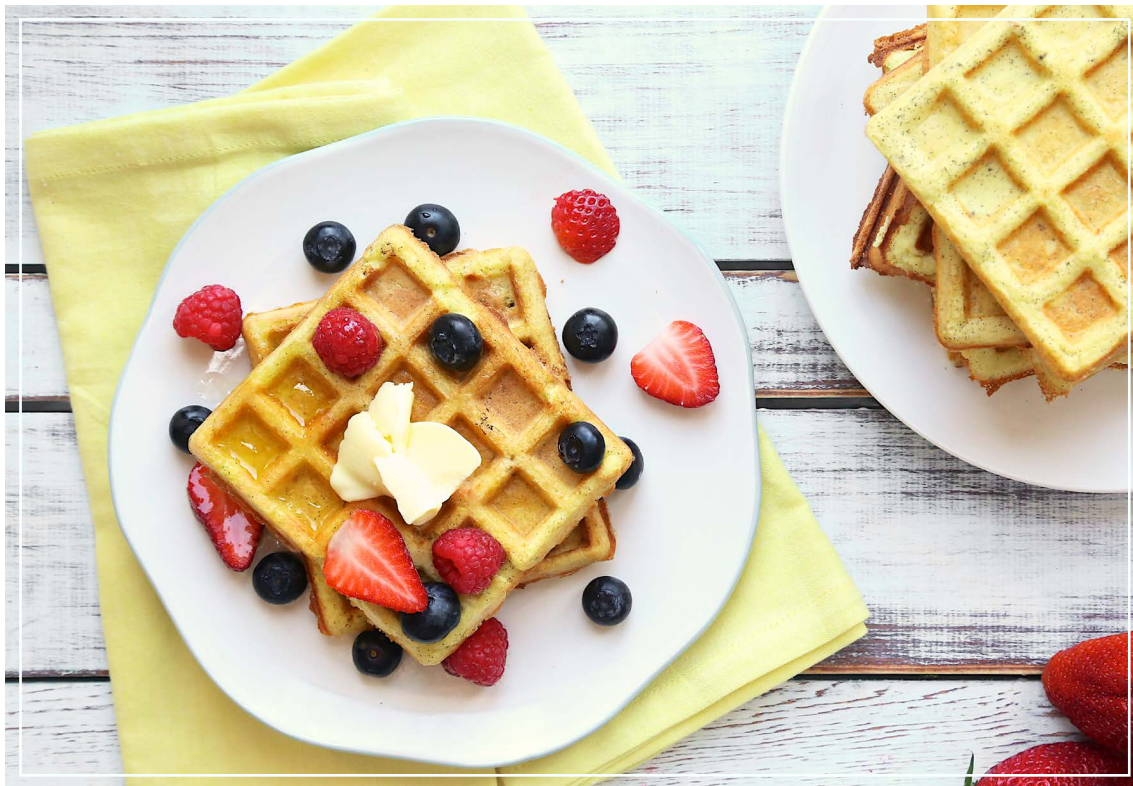
## INSTRUCTIONS

1. Crack the eggs into a bowl and beat using a hand whisk. Mix all the dry ingredients: coconut flour or almond flour, Erythritol, baking soda and cream of tartar.
2. Cut the vanilla pod and use the tip of a knife to scrape the tiny seeds from inside the bean pod. Add the vanilla seeds, melted coconut oil and stevia. Keep some coconut oil for greasing the pan.
3. Add the dry ingredients - the coconut flour mixture or the almond flour mixture. Mix until well combined. If you're using coconut flour, add a splash of water if too thick.
4. Grease the pan with the remaining coconut oil and using a spoon or ladle, create four-five small pancakes for every serving.
5. Cook on low heat for about 5 minutes until the top of the pancake starts to firm up. Then, flip on the other side and cook for another minute.

### NOTE:

Cream of tartar and baking soda act as leavening agents. This is how it works: To get 2 teaspoons of gluten-free baking powder, you need  $\frac{1}{2}$  a teaspoon of baking soda and 1 teaspoon of cream of tartar. Instead of this mixture, you can also use gluten and aluminum free baking powder.

# BASIC KETO WAFFLES



## NUTRITION FACTS

(per serving, 2 waffles)

TOTAL CARBS: 6.3 g

FIBER: 2.9 g

NET CARBS: 3.4 g

PROTEIN: 19 g

FAT: 21.3 g

CALORIES: 299 kcal

MACRONUTRIENT RATIO:

CARBS (5%)

PROTEIN (27%)

FAT (68%)

MAGNESIUM: 16 mg (4% RDA)

POTASSIUM: 317 mg (16% EMR)

## PREPARATION TIME

Overall 10-15 minutes

## INGREDIENTS (2 SERVINGS)

- ¼ cup coconut flour (30 g / 1.1 oz)
- ¼ cup vanilla or plain whey protein or egg white protein powder (25 g / 0.9 oz)
- 2 large eggs, free-range or organic
- ½ cup almond milk (120 ml / 4 fl oz)
- 2 tbsp coconut oil or ghee<sup>77</sup>, melted (26 g / 0.9 oz)
- 1 vanilla bean or 1-2 tsp vanilla extract or ½ tsp cinnamon
- 10-15 drops Stevia extract
- 2 tbsp Erythritol or Swerve (20 g / 0.7 oz)
- ¼ tsp baking soda
- ½ tsp cream of tartar

### TIP FOR COCONUT-FREE VERSION:

- You can use almond flour instead of coconut flour. You'll need to use about twice the amount and/ or reduce the amount of liquids (almond milk) to achieve similar consistency.

## INSTRUCTIONS

1. Place all the dry ingredients in a bowl and mix well: coconut flour, whey or egg white protein powder, Erythritol, baking soda and cream of tartar. Sift the coconut flour (or almond flour) if needed.
2. Cut the vanilla pod and use the tip of a knife to scrape the tiny seeds from inside the bean pod. Crack the eggs into another bowl, add almond milk, melted coconut oil, vanilla and stevia and whisk well.
3. Add the dry ingredients into the bowl with the egg mixture and combine well. Mix until well combined. If you are using coconut flour, the batter will be less runny than the almond flour version.
4. Pour the batter in the waffle maker and cook for a minute or two. The exact time depends on the waffle maker.
5. When done, place on a serving plate. Store any leftover waffles in an airtight container in the fridge for up to 5 days or freeze for longer.

### NOTE:

Cream of tartar and baking soda act as leavening agents. This is how it works: To get 2 teaspoons of gluten-free baking powder, you need ½ a teaspoon of baking soda and 1 teaspoon of cream of tartar. Instead of this mixture, you can also use gluten and aluminum free baking powder.



# PUMPKIN SPICED GRANOLA



BREAKFAST

## NUTRITION FACTS

(per serving / ~ ½ cup)

TOTAL CARBS: 14.6 g

FIBER: 9 g

NET CARBS: 5.6 g

PROTEIN: 16 g

FAT: 37.2 g

CALORIES: 434 kcal

MACRONUTRIENT RATIO:

CARBS (5%)

PROTEIN (15%)

FAT (80%)

MAGNESIUM: 126 mg (32% RDA)

POTASSIUM: 441 mg (22% EMR)

## PREPARATION TIME

Hands-on 10 minutes  
Overall 40-50 minutes

## INGREDIENTS (8 SERVINGS)

### DRY INGREDIENTS:

- 1 cup almonds, whole (140 g / 4.9 oz)
- ½ cup macadamia nuts (65 g / 2.3 oz)
- ½ cup pecan nuts (50 g / 1.8 oz)
- 1 cup shredded dried coconut (75 g / 2.6 oz)
- 1 cup flaked dried coconut (60 g / 2.1 oz)
- ½ cup pumpkin seeds (60 g / 2.1 oz)
- ¼ cup chia seeds (30 g / 1.1 oz)
- ½ cup whey protein or egg white protein powder (50 g / 1.8 oz) or ¼ cup powdered egg whites
- ¼ cup Erythritol or Swerve (40 g / 1.4 oz)
- 1 tbsp + 1 tsp pumpkin pie spice mix
- ¼ tsp salt

### WET INGREDIENTS:

- ½ cup pumpkin puree (100 g / 3.5 oz)
- 1 large egg white, free-range or organic
- ¼ cup extra virgin coconut oil, melted (55 g / 1.9 oz)
- 10-15 drops liquid Stevia extract

## INSTRUCTIONS

1. Preheat the oven to 150 C / 300 F. Roughly chop the almonds, macadamia nuts and pecans and place them in a mixing bowl.
2. Add the shredded and flaked coconut, chia seeds, pumpkin seeds, protein powder (or powdered egg whites) and Erythritol.
3. Add the pumpkin spice mix and salt. Pour in the egg white, melted coconut oil and add stevia. Mix until well combined.
4. Add the pumpkin puree and mix well. If using canned pumpkin puree, make sure you opt for BPA-free product like this one.
5. Place the granola mixture on a baking tray and spread evenly over the surface.
6. Place in the oven and bake for 30-40 minutes until crispy. The longer you bake it, the crispier it will get.
7. Once done, remove from the oven and set aside on a cooling rack. Once chilled, transfer into a jar or airtight container and keep at room temperature. Serve with cream, yogurt, almond milk or coconut milk and enjoy!

# EASY AVOCADO & EGG SALAD



MAIN DISH

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 13.7 g

FIBER: 7.6 g

NET CARBS: 6.1 g

PROTEIN: 17 g

FAT: 36.3 g

CALORIES: 436 kcal

MACRONUTRIENT RATIO:

CARBS (6%)

PROTEIN (16%)

FAT (78%)

MAGNESIUM: 60 mg (15% RDA)

POTASSIUM: 875 mg (44% EMR)

## PREPARATION TIME

Hands-on 5 minutes  
Overall 15 minutes

## INGREDIENTS (2 SERVINGS)

- 4 large eggs
- 1 large avocado (200 g/ 7.1 oz)
- 4 cups mixed lettuce such as lamb lettuce, arugula, etc. (120 g/ 4.2 oz)
- ¼ cup mayonnaise<sup>81</sup> (58 g/ 2 oz)
- 2 cloves garlic, crushed
- 2 tsp Dijon mustard
- salt and pepper to taste

### OPTIONAL:

- chives, fresh herbs and extra virgin olive oil for garnish
- try it with the Basil & Macadamia pesto<sup>79</sup>

## INSTRUCTIONS

1. Start by cooking the eggs. To get the eggs hard-boiled, you need round 10 minutes. When done, remove from the heat and place in a bowl filled with cold water. When the eggs are chilled, peel off the shells.
2. Make the dressing by mixing the mayo, crushed garlic and Dijon mustard and season with salt and pepper.
3. Wash and drain the greens in a salad spinner or just by pat drying using a paper towel. Place the greens in a serving bowl and mix with the dressing. Halve, deseed, peel and slice the avocado and place on top of the greens.
4. Add the quartered eggs and season with more salt and pepper to taste. Enjoy!



# EGG STUFFED AVOCADO



## MAIN DISH

### NUTRITION FACTS

(per serving)

TOTAL CARBS: 15.4 g

FIBER: 10.6 g

NET CARBS: 4.8 g

PROTEIN: 16.5 g

FAT: 56.8 g

CALORIES: 616 kcal

MACRONUTRIENT RATIO:

CARBS (3%)

PROTEIN (11%)

FAT (86%)

MAGNESIUM: 63 mg (16% RDA)

POTASSIUM: 959 mg (48% EMR)

## PREPARATION TIME

Hands-on 5 minutes  
Overall 15 minutes

## INGREDIENTS (2 SERVINGS)

- 1 extra large or 2 medium avocados (300 g / 10.6 oz)
- 4 large eggs, free-range or organic
- ¼ cup mayonnaise<sup>81</sup> (58 g / 2 oz)
- 2 tbsp sour cream or cream cheese or more mayo for dairy-free (24 g / 0.8 oz)
- 1 tsp Dijon mustard
- 2 medium spring onions (30 g / 1.1 oz)
- ¼ tsp salt or more to taste
- freshly ground black pepper to taste

## INSTRUCTIONS

1. Start by cooking the eggs. Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water - be careful not to get burnt. This will prevent the egg from cracking as the temperature change won't be so dramatic. To get the eggs hard-boiled, you need round 10 minutes. This timing works for large eggs. When done, remove from the heat and place in a bowl filled with cold water.
2. Dice the eggs and finely slice the spring onion.
3. In a bowl, mix the diced eggs, mayo, sour cream, Dijon mustard and spring onion - leave some spring onion for garnish. Season with salt and pepper to taste.
4. Scoop the middle of the avocado out leaving ½ - 1 inch of the avocado flesh. Cut the scooped avocado into small pieces.
5. Place the chopped avocado into the bowl with eggs and mix until well combined.
6. Fill each avocado halve with the egg & avocado mixture and top with more spring onion.

# CLASSIC SALAD TRICOLORE



MAIN DISH

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 17.6 g

FIBER: 9 g

NET CARBS: 8.6 g

PROTEIN: 19.2 g

FAT: 50.7 g

CALORIES: 581 kcal

MACRONUTRIENT RATIO:

CARBS (6%)

PROTEIN (14%)

FAT (80%)

MAGNESIUM: 70 mg (18% RDA)

POTASSIUM: 942 mg (47% EMR)

## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (2 SERVINGS)

- 3-4 medium tomatoes (300 g/ 10.6 oz)
- 1 large avocado (200 g/ 7.1 oz)
- 6-8 olives, kalamata or any other type (18 g/ 0.6 oz)
- 125 g mozzarella di bufala or “regular” mozzarella for salads (4.4 oz)
- 2 tbsp pesto<sup>79</sup> (30 g/ 1.1 oz)
- 2 tbsp extra virgin olive oil

### OPTIONAL:

- salt, pepper, fresh basil for garnish

## INSTRUCTIONS

1. Wash and slice the tomatoes. Halve, deseed, peel and slice the avocado.
2. Halve and deseed the olives. Place everything in serving bowl.
3. Add pieces of mozzarella, pesto and olive oil. Optionally, season with salt, black pepper and basil to taste. That's it - enjoy!



# AUTHENTIC GREEK SALAD



MAIN DISH

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 11.3 g

FIBER: 3.3 g

NET CARBS: 8 g

PROTEIN: 9.3 g

FAT: 27.8 g

CALORIES: 323 kcal

MACRONUTRIENT RATIO:

CARBS (10%)

PROTEIN (12%)

FAT (78%)

MAGNESIUM: 37 mg (9% RDA)

POTASSIUM: 454 mg (23% EMR)



## PREPARATION TIME

Overall 10 minutes

## INGREDIENTS (4 SERVINGS)

- 4-5 medium tomatoes (400 g / 14.1 oz)
- 1 large cucumber (300 g / 10.6 oz)
- 1 medium green pepper (120 g / 4.2 oz)
- 1 small red onion (60 g / 2.1 oz)
- 16 olives, ideally kalamata (48 g / oz)
- 4 tbsp capers or more olives (35 g / 1.2 oz)
- 1 cup feta cheese (200 g / 7.1 oz)
- 1 tsp oregano, dried
- 4 tbsp extra virgin olive oil  
(¼ cup / 54 g / 1.9 oz)

### OPTIONAL:

- salt, pepper, fresh oregano for garnish

## INSTRUCTIONS

1. Wash and slice the tomatoes.
2. Peel and slice the cucumber.
3. Halve, deseed and slice the green pepper. Peel and slice the red onion.
4. Place everything into a bowl and add the capers, olives, oregano, feta and drizzle with extra virgin olive oil.
5. Serve immediately and enjoy!

# BIG GREEN SALAD



## MAIN DISH

### NUTRITION FACTS

(per serving)

TOTAL CARBS: 4.4 g

FIBER: 1.4 g

NET CARBS: 3 g

PROTEIN: 1.7 g

FAT: 13.8 g

CALORIES: 140 kcal

MACRONUTRIENT RATIO:

CARBS (22%)

PROTEIN (9%)

FAT (69%)

MAGNESIUM: 18 mg (5% RDA)

POTASSIUM: 316 mg (16% EMR)

## PREPARATION TIME

Overall 10 minutes

## INGREDIENTS (1 SERVING )

- 3-4 cups greens of choice (lettuce, watercress, kale, chard, spinach, etc.) (120 g/ 4.2 oz)
- 1 tbsp extra virgin olive oil or mayo<sup>81</sup>
- 1-2 tbsp lemon juice
- salt and pepper to taste

## INSTRUCTIONS

1. Wash and slice the greens.
2. Place everything into a bowl and add the extra virgin olive oil or mayonnaise and drizzle with lemon juice.
3. Serve immediately and enjoy!

# VEGETARIAN KETO LASAGNA



MAIN DISH

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 14.1 g

FIBER: 5.4 g

NET CARBS: 8.7 g

PROTEIN: 20.8 g

FAT: 38 g

CALORIES: 474 kcal

MACRONUTRIENT RATIO:

CARBS (7%)

PROTEIN (18%)

FAT (75%)

MAGNESIUM: 81 mg (20% RDA)

POTASSIUM: 752 mg (38% EMR)

## PREPARATION TIME

Hands-on 20-25 minutes  
Overall 1 hour

## INGREDIENTS (6 SERVINGS)

- 2 medium eggplants / aubergines (750 g / 26.5 oz / 1.6 lb)
- 1 cup Marinara sauce<sup>83</sup> (240 g / 8.5 oz)
- 300 g fresh spinach (10.6 oz) or frozen spinach (330 g / 11.6 oz)
- 1 1/3 cup feta cheese (200 g / 7.1 oz)
- 1 cup mozzarella cheese, grated (110 g / 4 oz)
- 1/2 cup Parmesan cheese, grated (30 g / 1.1 oz)
- 6 large eggs, free-range or organic
- 1/4 cup + 2 tbsp ghee<sup>77</sup> (85 g / 3 oz)
- 1/2 tsp salt or more to taste

### OPTIONAL:

- fresh herbs such as basil and oregano for garnish

## INSTRUCTIONS

1. Preheat the oven to 200 C / 400 F. Slice the eggplant into 1/2 inch (~ 1 cm) slices and place on a baking tray. Grease with 1/4 of melted ghee, season with a pinch of salt and place in the oven. Cook for about 20 minutes.
2. If you're using frozen spinach, let it defrost at room temperature for a couple of hours (or microwave). If you're using fresh spinach, you'll need to blanch it. Bring a pot of water to a boil over high heat. Fill a bowl with ice and water or simply with cold water. Place the spinach leaves into the boiling water and cook for 30-60 seconds. Transfer the leaves immediately into the iced water using tongs or a strainer. Once it cools down, remove from the cold water. Drain the excess water by placing the spinach in a strainer and squeezing the excess fluids out.
3. Meanwhile, prepare the Marinara sauce.
4. When the eggplant is done, remove from the oven and set aside. Reduce the temperature to 180 C / 360 F. Prepare the omelets. Crack one egg at a time in a bowl, season with a pinch of salt and mix well.



## INSTRUCTIONS

5. Pour on in a hot pan greased with ghee (use the remaining 2 tablespoons of ghee for greasing the pan as needed) and swirl around to create a very thin omelet. Cook for just about a minute or two, until the top is firm. Place on a plate and repeat for the remaining eggs. Make a total of 6 omelets. Start assembling the lasagna by placing a layer of 2 omelettes on the bottom of a baking dish (I used a 9 x 12 inch / 23 x 30 cm baking dish).

### TIP:

You can create less layers if you like - it's totally up to you. Just make sure you top the lasagna with some mozzarella and Parmesan.

6. Spread a third of the Marinara sauce on top of the omelets. Add a third of the eggplant slices, a third of the grated mozzarella cheese, half of the spinach and half of the crumbled feta cheese. Top with 2 more omelets.

7. Repeat layering the lasagna: Spread a third of the Marinara sauce on top, add a third of the eggplant slices and a third of grated mozzarella. Add the remaining spinach and feta cheese. For the last layer, add the remaining omelets, marinara sauce, eggplant slices and mozzarella cheese. Top with all of the grated Parmesan cheese and place in the oven. Bake for 25-30 minutes. When done, the top gets crispy and golden brown. Remove from the oven and set aside to cool down. Cut into 6 pieces / servings.

### NOTE:

Eat immediately or let it cool down and store in the fridge for up to 5 days. The lasagna can be served either warm or cold.

# VEGETARIAN KETO BURGERS



MAIN DISH

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 18.8 g

FIBER: 10.1 g

NET CARBS: 8.7 g

PROTEIN: 23.7 g

FAT: 55.1 g

CALORIES: 637 kcal

MACRONUTRIENT RATIO:

CARBS (6%)

PROTEIN (15%)

FAT (79%)

MAGNESIUM: 116 mg (29% RDA)

POTASSIUM: 874 mg (44% EMR)

## PREPARATION TIME

Hands-on 10 minutes  
Overall 20 minutes

## INGREDIENTS (2 SERVINGS)

### MARINATED & GRILLED MUSHROOMS:

- 2 medium large flat mushrooms such as Portobello (150 g / 5.3 oz)
- 1 tbsp ghee<sup>77</sup> or coconut oil
- 1-2 tbsp freshly chopped basil or 1 tsp dried
- 1 tbsp fresh oregano or ½ tsp dried
- 1 clove garlic, crushed
- ¼ tsp salt or more to taste
- freshly ground black pepper

### SERVE WITH:

- 2 keto buns<sup>70</sup>
- 2 tbsp mayonnaise<sup>81</sup>
- 2 large eggs, free-range or organic
- 2 slices hard cheese such as cheddar or Gouda (40 g / 1.4 oz)
- 1 cup mixed lettuce

## INSTRUCTIONS

1. Make the Ultimate Keto Buns. Prepare the mushrooms for marinating. Season with salt and pepper, add crushed garlic and freshly chopped herbs and ghee, preferably melted. Keep some of the ghee for frying the eggs. Keep the mushrooms at room temperature and marinate for up to an hour. Although marinating is highly recommended, you can skip it if you don't have time.
2. Place the mushrooms top side up on a hot griddle pan) or a regular pan. Cook over a medium-high heat for about 5 minutes. Then, flip on the other side and cook for 5 more minutes.
3. Take off the heat. Flip back on the top side and top each of the mushrooms with cheese slices. Just before serving, place under a broiler for a few minutes until the cheese has melted.
4. Meanwhile, fry the eggs on the remaining ghee. I used these molds to create perfect shapes for the burgers. Cook the eggs until the egg white is opaque and the yolks still runny. Then, take off the heat.
5. Cut the buns in half and place each halve, cut side down on a hot griddle pan and cook for 2-3 minutes until crispy.
6. Start assembling the burgers by adding a tablespoon of mayo on each of the keto bun halves. Top with portobello mushrooms, fried eggs a slices of tomato and lettuce.

# CHEESY LOW-CARB "RISOTTO"



MAIN DISH

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 11.6 g

FIBER: 4 g

NET CARBS: 7.6 g

PROTEIN: 17.4 g

FAT: 28.8 g

CALORIES: 366 kcal

MACRONUTRIENT RATIO:

CARBS (9%)

PROTEIN (19%)

FAT (72%)

MAGNESIUM: 48 mg (12% RDA)

POTASSIUM: 682 mg (34% EMR)

## PREPARATION TIME

Hands-on 15 minutes  
Overall 20 minutes

## INGREDIENTS (4 SERVINGS)

- 6 cups Cauli-rice<sup>68</sup> - about 1 medium cauliflower (720 g / 1.6 lb / 25.4 oz)
- ¼ cup ghee<sup>77</sup> or butter (55 g / 1.9 oz)
- 1 small white onion, finely chopped (70 g / 1.9 oz)
- 1 cup vegetable stock (240 ml / 8 fl oz)
- 1 tsp Dijon mustard
- 1 cup cheddar cheese, shredded (110 g / 4 oz)
- 1 cup Parmesan cheese, grated (60 g / 2.1 oz)
- 2-4 tbsp freshly chopped chives, parsley or spring onion
- salt to taste

## INSTRUCTIONS

1. Make the cauliflower rice. Do not cook the cauli-rice. For best results, use a grating blade on your food processor to create rice-like shapes.
2. Grease a large pan with ghee or butter. Once hot, add the finely chopped onion and cook over a medium heat until lightly browned.
3. Add the cauli-rice and mix well.
4. Cook for just a few minutes and pour in the chicken stock (or vegetable stock). Cook for another 5 minutes or until the cauli-rice is crisp-tender. Meanwhile, grate the cheddar and Parmesan cheese.
5. Add the mustard, stir and take off the heat.
6. Add the grated cheese and mix well. Keep some Parmesan cheese for garnish. Add the freshly chopped chives and also keep some for garnish. Season with salt to taste if needed.
7. Place the “risotto” into serving bowls and top with the remaining Parmesan cheese and chives. Enjoy hot!



# QUICK KETO MCMUFFINS



MAIN DISH

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 9.4 g

FIBER: 6.5 g

NET CARBS: 2.9 g

PROTEIN: 26.5 g

FAT: 54.6 g

CALORIES: 626 kcal

MACRONUTRIENT RATIO:

CARBS (2%)

PROTEIN (17%)

FAT (81%)

MAGNESIUM: 130 mg (33% RDA)

POTASSIUM: 405 mg (20% EMR)

## PREPARATION TIME

Overall 10 minutes

## INGREDIENTS (2 SERVINGS)

### MUFFINS:

- ¼ cup almond flour (25 g / 0.9 oz)
- ¼ cup flaxmeal (38 g / 1.3 oz)
- ¼ tsp baking soda
- 1 large egg, free-range or organic
- 2 tbsp heavy whipping cream or coconut milk
- 2 tbsp water
- ¼ cup grated cheddar cheese (28 g / 1 oz)
- pinch salt

### FILLING:

- 2 large eggs, free range or organic
- 1 tbsp ghee<sup>77</sup>
- 1 tbsp butter or 2 tbsp cream cheese for spreading
- 2 slices cheddar cheese or other hard type cheese (56 g / 2 oz)
- 1 tsp Dijon mustard or 2 tsp sugar-free ketchup
- salt and pepper to taste

### OPTIONS:

- 2 cups greens (lettuce, kale, chard, spinach, watercress, etc.) + less than 1 g net carbs per serving

## INSTRUCTIONS

1. Place all the dry ingredients in a small bowl and combine well.
2. Add the egg, cream, water and mix well using a fork.
3. Grate the cheese and add it to the mixture. Combine well and place in single-serving ramekins.
4. Microwave on high for 60-90 seconds.
5. Meanwhile, fry the eggs on ghee. I used these molds to create perfect shapes for the muffin. Cook the eggs until the egg white is opaque and the yolks still runny. Season with salt and pepper and take off the heat.
6. Cut the muffins in half and spread some butter on the inside of each of the halves.
7. Top each with slices of cheese, egg and mustard. Optionally, serve with greens (lettuce, spinach, watercress, chard, etc.).

### TIP:

If you don't have a microwave, I suggest you make 4-8 servings at once. Preheat the oven to 175 C / 350 F and cook for about 20 minutes or until crispy on top and firm inside.

### NOTE:

The muffins (without the filling) can be stored in an airtight container for up to 3 days.

# CAULI-RICE



## BASIC

### NUTRITION FACTS

(per serving, 1 1/2 cups)

TOTAL CARBS: 6 g

FIBER: 2.4 g

NET CARBS: 3.6 g

PROTEIN: 2.3 g

FAT: 0.3 g

CALORIES: 30 kcal

MACRONUTRIENT RATIO:

CARBS (54%)

PROTEIN (35%)

FAT (11%)

MAGNESIUM: 18 mg (5% RDA)

POTASSIUM: 358 mg (18% EMR)

## PREPARATION TIME

Overall 5-10 minutes

## INGREDIENTS (MAKES 6 CUPS)

- 1 head cauliflower (720 g/ 1.6 lb)

## INSTRUCTIONS

1. Remove the leaves and the hard center core of the cauliflower and cut into florets.
2. Wash the cauliflower thoroughly and drain well.
3. Once dry, grate with a hand grater or in a food processor with a grating (or regular) blade. Pulse until it looks like rice. A grating blade will make it look closer to real rice. Don't overdo it - it only takes a few more seconds to make purée out of it.
4. Cook the cauli-rice using the following tips or place in an airtight container and store up to 4 days. Done!

## COOKING TIPS

- Steaming:

Place in a steam pot and cook for 5-7 minutes. Otherwise, place in an airtight container and store up to 4 days.

- Microwaving:

Place the processed cauliflower in a microwave safe bowl and cook on medium-high for 5-7 minutes. You won't need any water when cooking in the microwave. Season with salt and pepper (if desired).

- Pan roasting:

You can briefly cook the "rice" on a pan greased with butter or ghee or add directly to the pot with meat or sauce you plan to serve it with.

- Oven cooking:

Preheat the oven to 200 C / 400 F. Spread the grated cauli-rice over a baking sheet lined with parchment paper and cook for 12-15 minutes flipping 2-3 times.



# ULTIMATE KETO BUNS



BASIC

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 12.3 g

FIBER: 8.1 g

NET CARBS: 4.2 g

PROTEIN: 10.1 g

FAT: 15.2 g

CALORIES: 208 kcal

MACRONUTRIENT RATIO:

CARBS (9%)

PROTEIN (21%)

FAT (70%)

MAGNESIUM: 95 mg (24% RDA)

POTASSIUM: 389 mg (20% EMR)

## PREPARATION TIME

Hands-on 10-15 minutes  
Overall 55-60 minutes

## INGREDIENTS (10 BUNS)

### DRY INGREDIENTS:

- 1 ½ cup almond flour (150 g/ 5.3 oz)
- 1/3 cup psyllium husk powder (40 g/ 1.4 oz)
- ½ cup coconut flour (60 g/ 2.1 oz)
- ½ cup flaxmeal (75 g/ 2.6 oz)
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp cream of tartar
- 1 tsp baking soda
- 1 tsp salt
- 5 tbsp sesame or 1-2 tbsp caraway seeds

### WET INGREDIENTS:

- 6 large egg whites
- 2 large eggs
- 2 cups boiling water

## INSTRUCTIONS

Make sure you use a kitchen scale for measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and tablespoons may vary depending on the product/ brand or if you make you own ingredients (like flaxmeal from flaxseeds). Psyllium absorbs lots of water. When baking with psyllium, you must remember to drink enough water throughout the day to prevent constipation!

1. Preheat the oven to 350 F / 175 C. Use scales to measure all the ingredients carefully.
  - Do not use whole psyllium husks - if you cannot find psyllium husk powder, use a blender or coffee grinder and process until fine.
2. Mix all the dry ingredients apart from the sesame seeds in a bowl (almond flour, coconut flour, ground flaxseed, psyllium powder, garlic and onion powder, Erythritol, baking soda, cream of tartar and salt).
  - You can use 2 teaspoons of gluten-free baking powder instead of baking soda and cream of tartar.

## INSTRUCTIONS

3. Add the egg whites and eggs and process well using a mixer until the dough is thick. Add boiling water and mix until well combined.

- The reason you shouldn't use only whole eggs is that the buns wouldn't rise with so many egg yolks in. Don't waste them - use them for making Mayo<sup>81</sup>.

4. Using a spoon, make the buns and place them on a non-stick baking tray or a parchment paper. They will grow in size, so make sure to leave some space between them. You can even use small tart trays. Top each of the buns with sesame seeds (or any other seeds) and press them into the dough, so they don't fall out. Place in the oven for 45-50 minutes.

5. Remove from the oven, let the tray cool down and place the buns on a rack to cool down to room temperature. Store them at room temperature if you plan to use them in the next couple of days or store in the freezer for future use.

6. Top with butter or cream cheese, burger meat or any topping you like. Enjoy!

### TIP:

To save time, mix all the dry ingredients ahead and store in a zip-lock bag and add a label with the number of servings. When ready to be baked, just add the wet ingredients!

## SUGGESTIONS

If for any reason you can't get this recipe to work, here are some tips that might help.

1. Make sure you weigh all the ingredients using scales. Even small differences can affect the final result of this recipe.
2. If your buns appear to have large hollow bubbles inside, it may be due to the psyllium. Make sure you use powder, not whole husks. Otherwise, use a coffee grinder or blender and pulse until fine and powdery.
3. For a slightly (but not significantly) better result, incorporate the eggs separately. First, whisk the egg whites until they create soft peaks and add cream of tartar used in this recipe. In another bowl, mix the egg yolks and gently fold them into the egg whites. In a separate bowl, mix the dry ingredients and pour in the hot water. Process well using an electric mixer (hand whisk is not as good in this recipe). Add the foamy egg white mixture into the batter and process well. Try not to deflate the batter completely. Form the buns and place in the oven.
4. If your buns don't rise properly, use only egg whites and omit the egg yolks. I never had to use this adjustment.
5. If the final result is too moist, do not reduce the water used in this recipe or the psyllium will clump. Instead, dry the buns in the oven on low, up to 210 F / 100 C for 30-60 minutes. If needed, cut them in half and place in a toaster.
6. Do not leave the batter outside the oven for too long. Place in the oven as soon as you form the buns.
7. If your buns change color to slight purple, it's due to the brand of psyllium husk powder. It's perfectly safe but may look unappetizing. In that case, try another brand.



# NUT-FREE KETO BUNS



BASIC

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 12.7 g

FIBER: 9.2 g

NET CARBS: 3.5 g

PROTEIN: 12.3 g

FAT: 10.6 g

CALORIES: 179 kcal

MACRONUTRIENT RATIO:

CARBS (9%)

PROTEIN (31%)

FAT (60%)

MAGNESIUM: 102 mg (26% RDA)

POTASSIUM: 300 mg (15% EMR)



## PREPARATION TIME

Hands-on 10-15 minutes  
Overall 1 hour 15 minutes

## INGREDIENTS (10 BUNS)

### DRY INGREDIENTS:

- 1 ¼ cup sesame seed flour (100 g/ 3.5 oz)
- 2/3 cup flaxmeal (100 g/ 3.5 oz)
- 2/3 cup coconut flour (80 g/ 2.8 oz)
- 1/3 cup psyllium husk powder (40 g/ 1.4 oz)
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp cream of tartar
- 1 tsp baking soda
- 1 tsp salt
- 5 tbsp sesame seeds (or sunflower, poppy, flax, caraway seeds) for topping

### WET INGREDIENTS:

- 6 large egg whites
- 2 large eggs
- 2 ¼ cups water, boiling (540 ml/ 18 fl oz)

## INSTRUCTIONS

1. Preheat the oven to 350 F / 175 C. Use scales to measure all the ingredients carefully. I used defatted sesame seed flour but you can try sesame seed meal instead and use less water. To make sesame seed meal, I just blend the seeds until powdered (just like I do with flax seeds to make flax meal). I use [defatted sesame seed flour](#).
2. Mix all the dry ingredients apart from the seeds for the topping in a bowl: sesame flour, coconut flour, flaxmeal, psyllium powder, baking soda, cream of tartar, garlic powder, onion powder and salt.
  - Do not use whole psyllium husks - if you cannot find psyllium husk powder, use a blender or coffee grinder and process until fine. If you get already prepared psyllium husk powder, remember to weigh it before adding to the recipe. I used whole psyllium husks which I grinded myself. Do not use just measure cups - different products have different weights per cup!

## INSTRUCTIONS

- You can use 2 teaspoons of gluten-free baking powder instead of baking soda and cream of tartar.
3. Add the egg whites and eggs and process well using a mixer until the dough is thick.
  - The reason you shouldn't use only whole eggs is that the buns wouldn't rise with so many egg yolks in. Don't waste them - use them for making Home-made Mayo<sup>81</sup>.
  4. Add boiling water and mix it all until well combined.
  5. Using a spoon or hands, form the buns and place them on a non-stick baking tray or a parchment paper. They will grow in size as they bake, so make sure to leave some space between them. Top each of the buns with sesame seeds (or any other seeds) and press them into the dough, so they don't fall out.
  6. Place in the oven and cook for 55-60 minutes. Remove from the oven, let the tray cool down and place the buns on a rack to cool down to room temperature. Store them at room temperature if you plan to use them in the next couple of days or in the freezer for future use.
  7. Top with butter or cream cheese, burger meat and meat-free toppings. Enjoy!

### TIP:

To save time, mix all the dry ingredients ahead and store in a zip-lock bag and add a label with the number of servings. When ready to be baked, just add the wet ingredients!

# GHEE



## BASIC

### NUTRITION FACTS

(per 1 tbsp/ 15 g/ 0.5 oz)

TOTAL CARBS: 0 g

FIBER: 0 g

NET CARBS: 0 g

PROTEIN: 0 g

FAT: 15 g

CALORIES: 136 kcal

MACRONUTRIENT RATIO:

CARBS (0%)

PROTEIN (0%)

FAT (100%)

MAGNESIUM: TRACE

POTASSIUM: TRACE

## PREPARATION TIME

Overall 15 minutes

## INGREDIENTS (1 CUP)

- 1 package unsalted butter (250 g/ 8.8 oz)
- 1 head garlic or 1 onion or any fresh herbs of choice (rosemary, basil, sage, thyme, mint, etc.)

## EQUIPMENT

- small pouring pan
- small Pyrex glass jar
- cheesecloth for filtering the liquid
- sieve with smallest holes possible
- small glass container (~ 200 ml/ 7 fl oz)

## INSTRUCTIONS

1. Peel and slice the garlic. Place the butter into a pan and start warming up on low heat. Slowly let it melt.
2. Add the sliced garlic and let it simmer. As the butter melts, pure fat will separate from the milk solids and water. Keep shimmering on low heat. The water will start to evaporate as soon as you see bubbles on the surface. As you see less and less bubbles, a white foam will appear on the surface.
3. About 10 minutes after the butter melts, the milk solids (mostly lactose) will eventually get stuck on the sides and bottom of the pan and will get slightly brown.
4. Take the pan from heat. Put a sieve on the top of the heat-resistant jug. Place the cheesecloth in a double layer onto the sieve and pour the ghee carefully through the cheesecloth. Discard the milk solids trapped in the cheesecloth and anything left in the pan.
5. You should end up with something like 75-80% of the volume of the butter. Pour the ghee in a glass jar. After it cools down, you can either keep it refrigerated or at a room temperature.

# BASIL & MACADAMIA PESTO



BASIC

## NUTRITION FACTS

(per 2 tbsp/ 30 g/ 1 oz)

TOTAL CARBS: 1.8 g

FIBER: 0.7 g

NET CARBS: 1.1 g

PROTEIN: 1 g

FAT: 19.8 g

CALORIES: 183 kcal

MACRONUTRIENT RATIO:

CARBS (2%)

PROTEIN (2%)

FAT (96%)

MAGNESIUM: TRACE

POTASSIUM: TRACE



## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (1 CUP)

- 2 cups fresh basil (30 g/ 1.1 oz)
- 1/3 cup macadamia nuts (45 g / 1.6 oz)
- 2 tbsp pine nuts or more macadamia nuts (15 g/ 0.5 oz)
- 4 cloves garlic
- 1 tsp fresh lemon zest
- 1 tbsp fresh lemon juice
- ½ cup extra virgin olive oil (120 ml/ 4 fl oz)
- freshly ground black pepper

### OPTIONAL:

- 1/3 cup grated Parmesan cheese (30 g / 1.1 oz)

## INSTRUCTIONS

1. Wash the basil, peel and mash the garlic, juice and zest the lemon.
2. Place the oil, basil, garlic, lemon, macadamia and pine nuts, salt and pepper into a food processor and pulse until smooth. Optionally, add grated Parmesan cheese and pulse for a few more seconds.
3. When done, use immediately or spoon the mixture in a glass jar, top with a bit of olive oil and seal properly with a lid.

### TIPS FOR STORING:

You can keep your pesto in the fridge for up to a week or two if it's stored properly. It helps to pour a thin layer of olive oil on the top, as it keeps it fresh for longer. If you want to preserve home-made pesto for longer, freeze it in manageable portion sizes by putting it in an ice-cube tray and keep in a plastic bag in the freezer for up to 6 months. Whenever you need to use it, just keep the required portion at room temperature until it melts.

# MAYONNAISE



BASIC

## NUTRITION FACTS

(per 1 tbsp/ 15 g/ 0.5 oz)

TOTAL CARBS: 0.1 g

FIBER: 0 g

NET CARBS: 0.1 g

PROTEIN: 0.17 g

FAT: 12.5 g

CALORIES: 111 kcal

MACRONUTRIENT RATIO:

CARBS (0%)

PROTEIN (1%)

FAT (99%)

MAGNESIUM: TRACE

POTASSIUM: TRACE

## PREPARATION TIME

Overall 10 minutes

## INGREDIENTS (1 CUP)

- $\frac{3}{4}$  cup macadamia or avocado oil or light-tasting olive oil / nut oils
- 1 large egg yolk
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- juice from  $\frac{1}{4}$  lemon (~ 1 tbsp)
- $\frac{1}{4}$  tsp salt

### OPTIONAL:

- 1-2 tablespoons of whey

Whey the liquid on top raw milk yogurt and will keep the mayo fresh for several months. If you don't use whey, the mayo can be kept in the fridge for up to a week.

## INSTRUCTIONS

1. Make sure all the ingredients have reached room temperature. Separate the egg white from the egg yolk. Place the egg yolk and the Dijon mustard into a bowl secured with a piece of cloth or kitchen towel and mix until well combined.
2. Use a food processor (or a hand whisk). Turn it on and very slowly start to drizzle in the oil.
3. Using extra virgin olive oil may make the taste of your mayonnaise too strong. Try mild olive oil, avocado, macadamia, sesame, almond or walnut oil.
4. Keep pouring the oil until the mixture starts to look more like mayonnaise. Then, a slow steady stream of oil can be added. Keep blending until it gets to a desired thickness. If the mayonnaise is not thick enough, add a bit more oil.
5. After you pour all the oil in, add lemon juice, vinegar and season with salt. Add a few drops of stevia and mix well. If it's too thick, add a few drops of water. Adding the lemon and vinegar will turn the color to a light yellow. When the mayonnaise is done, put it in a glass container and seal well. You can store it in the fridge for up to a week.

# LOW-CARB MARINARA SAUCE



BASIC

## NUTRITION FACTS

(per 1/4 cup / 60 g / 2.1 oz)

TOTAL CARBS: 3.5 g

FIBER: 0.84 g

NET CARBS: 2.6 g

PROTEIN: 0.66 g

FAT: 9.8 g

CALORIES: 101 kcal

MACRONUTRIENT RATIO:

CARBS (3%)

PROTEIN (10%)

FAT (87%)

MAGNESIUM: TRACE

POTASSIUM: TRACE

## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (300 G / 10.5 OZ)

- 1 cup cherry tomatoes or regular tomatoes, chopped (150 g / 5.3 oz)
- ½ - 1 cup fresh basil
- 2 cloves garlic
- 1 shallot or small white onion (30 g / 1.1 oz)
- 4 tbsp / ¼ cup tomato puree, unsweetened (60 g / 2.1 oz)
- 4 tbsp / ¼ cup extra virgin olive oil (60 ml / 2 fl oz)
- ¼ tsp salt or more to taste
- freshly ground black pepper

## INSTRUCTIONS

1. Wash and drain the tomatoes and fresh basil. Peel the onion and garlic.
2. Place most of the ingredients in a food processor and blend until smooth. You may need to dice the onion and mash the garlic before to make sure there are no large pieces left.
3. If you prefer a chunky texture, leave some tomatoes and basil aside, dice and add to the smooth sauce. When done, place in an airtight container and store in the fridge for up to a week. To keep it fresh for longer, pour a thin layer of extra virgin olive oil on top and store for up to 2 weeks.



# ALMOND & CASHEW BUTTER



EXTRA

## NUTRITION FACTS

(per 2 tbsp/ 32 g/ 1.1 oz)

TOTAL CARBS: 5.5 g

FIBER: 2.1 g

NET CARBS: 3.4 g

PROTEIN: 5.2 g

FAT: 19.4 g

CALORIES: 205 kcal

MACRONUTRIENT RATIO:

CARBS (6%)

PROTEIN (10%)

FAT (84%)

MAGNESIUM: 70 mg (17% RDA)

POTASSIUM: 167 mg (8% EMR)

## PREPARATION TIME

Overall 10 minutes

## INGREDIENTS (250 G/ 8.8 OZ)

- 1 cup almonds - blanched or whole (150g / 5.3 oz)
- 1/3 cup cashew nuts (50g / 1.8 oz)
- 4 tbsp almond or macadamia nut oil or coconut oil

### OPTIONAL:

- optionally: pinch of salt, seeds from 1 vanilla bean or ½ tsp cinnamon

## INSTRUCTIONS

1. I used blanched almonds but you can use whole almonds. Both the almonds and cashew nuts should be unsalted.
2. Preheat the oven to 350 F / 175 C. Spread the almonds and cashews over a baking sheet and place in the oven for 12-15 minutes. Keep an eye on the nuts. If they get burnt, they will have an unpleasant bitter taste.
3. When done, remove from the oven and set aside to cool down. Place the nuts into a food processor and using a grating blade pulse until smooth - this may take some time, so be patient. You can reserve some chopped nuts for later to create a chunky texture.
4. At first, the mixture will be dry. Scrape down the sides of your processor several times with a rubber spatula if the mixture gets stuck on it.
5. Add the oil and keep blending until you reach the desired consistency. This could take 5-15 minutes depending on which food processor you are using. You don't need to use the oil but I prefer to add some to create a smoother texture.
6. Spoon the butter in a glass container and keep refrigerated or at room temperature.

# SAUERKRAUT



EXTRA

## NUTRITION FACTS

(per 1/2 cup/ 70 g/ 2.5 oz)

TOTAL CARBS: 3 g

FIBER: 2 g

NET CARBS: 1 g

PROTEIN: 0.65 g

FAT: 0.1 g

CALORIES: 13.5 kcal

MACRONUTRIENT RATIO:

CARBS (53%)

PROTEIN (35%)

FAT (12%)

SODIUM: 469 mg (20% RDA)

MAGNESIUM: 9 mg (2% RDA)

POTASSIUM: 120 mg (6% EMR)

## PREPARATION TIME

Hands-on 20-30 minutes  
Overall 3-5 weeks

## INGREDIENTS (1 LARGE JAR)

- 1 large or 2 small head cabbage (1 kg/ 2.2 lb/ 35.2 oz)
- 1 tbsp salt

### OPTIONAL:

- 10 juniper berries,
- 1 tbsp caraway seeds
- 1 tsp mustard seeds
- water if needed

## INSTRUCTIONS

1. Cut the cabbage in quarters and remove the hard cores. Slice the cabbage and transfer into a large bowl.
2. Sprinkle with salt and optionally with caraway, juniper berries and mustard seeds. I like my sauerkraut with caraway seeds and juniper berries. Mix well and let it sit for about 2 hours.
3. After 1-2 hours, the sauerkraut will start releasing its juices and reduce in volume. Press the sweated cabbage to release as much of the juices as you can.
4. Simply place the sweated cabbage in a Fido jar, leave a small gap and close it. Don't worry about the jar exploding, the fermentation gases will escape through the rubber lid while no oxygen will get in, thus there will be no risk of failure. Oxygen is what causes mold, so do not open the jar during fermentation.
5. Keep the jar from direct sunlight and ferment at room temperature (60-75 F / 15-24 C) for 3-5 weeks. Refrigerate and store up to 6 months or preserve for longer.

# KETO COCONUT FAT BOMBS



SNACK

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 2.6 g

FIBER: 1.9 g

NET CARBS: 0.7 g

PROTEIN: 1.9 g

FAT: 9.6 g

CALORIES: 104 kcal

MACRONUTRIENT RATIO:

CARBS (3%)

PROTEIN (8%)

FAT (89%)

MAGNESIUM: 6 mg (2% RDA)

POTASSIUM: 39 mg (2% EMR)



## PREPARATION TIME

Hands-on 10-15 minutes  
Overall 45-60 minutes

## INGREDIENTS (12 SERVINGS)

- 1 ½ cup desiccated, shredded coconut or flaked coconut, unsweetened (112 g/ 4 oz)
- ¼ cup extra virgin coconut oil (55 g/ 2 oz)
- ¼ cup ghee<sup>77</sup> or more coconut oil (55 g/ 2 oz)
- ¼ tsp cinnamon or vanilla bean powder
- pinch salt

### OPTIONAL:

- 15-25 drops Stevia extract or 2-3 tbsp powdered Erythritol

## INSTRUCTIONS

1. Preheat the oven to 175 C / 350 F. Spread the shredded (or flaked) coconut on a baking sheet. Place in the oven and toast for 5-8 minutes until light golden. Mix once or twice to prevent burning.
2. Transfer into a blender and pulse until smooth. You will get a smooth and runny consistency.
3. Add the softened ghee and softened coconut oil (room temperature).
4. Add cinnamon or vanilla, stevia (if used), salt and mix well.
5. Pour into mini muffin forms or an ice cube tray. You should be able to fill each one with 2 tablespoons of the mixture to get 12 servings. Place in the fridge for at least 30 minutes and let it solidify.
6. When done, keep refrigerated. Coconut oil and ghee get very soft at room temperature. Enjoy!

# SAVORY MEDITERRANEAN FAT BOMBS



SNACK

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 2 g

FIBER: 0.3 g

NET CARBS: 1.7 g

PROTEIN: 3.7 g

FAT: 17.1 g

CALORIES: 164 kcal

MACRONUTRIENT RATIO:

CARBS (4%)

PROTEIN (8%)

FAT (88%)

MAGNESIUM: TRACE

POTASSIUM: TRACE

## PREPARATION TIME

Hands-on 10 minutes  
Overall 45 minutes

## INGREDIENTS (5 SERVINGS)

- ½ cup cream cheese, full-fat (100 g / 3.5 oz)
- ¼ cup butter or ghee<sup>77</sup>, softened at room temperature (55 g / 2 oz)
- 2-3 tbsp freshly chopped herbs (basil, thyme and oregano) or 2 tsp dried herbs
- 4 pieces sun-dried tomatoes, drained (12 g / 0.4 oz)
- 4 olives, pitted, kalamata or other type (12 g / 0.4 oz)
- 2 cloves garlic, crushed
- freshly ground black pepper
- ¼ tsp salt or more to taste
- 5 tbsp Parmesan cheese, grated (25 g / 0.9 oz)

## INSTRUCTIONS

1. Cut the butter into small pieces and place in a bowl with the cream cheese. Leave it on a kitchen counter for 20-30 minutes to soften. Mash with a fork and mix until well combined.
2. Add the chopped sun-dried tomatoes and chopped kalamata olives.
3. Add freshly chopped herbs (or dried), crushed garlic and season with salt and pepper. Mix well and place in the fridge for 20-30 minutes to solidify.
4. Remove the cheese mixture from the fridge and start creating 5 balls. You can use a spoon or an ice-cream scoop. Roll each ball in the grated Parmesan cheese and place on a plate. Eat immediately or store in the fridge in an airtight container for up to a week.

# ULTIMATE KETO COFFEE



BREAKFAST

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 4.4 g

FIBER: 1.3 g

NET CARBS: 3.1 g

PROTEIN: 15.2 g

FAT: 45.6 g

CALORIES: 474 kcal

MACRONUTRIENT RATIO:

CARBS (3%)

PROTEIN (12%)

FAT (85%)

MAGNESIUM: 211 mg (53% RDA)

POTASSIUM: 407 mg (20% EMR)

## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (1 SERVING)

- 1 cup brewed coffee
- 1 tbsp extra virgin coconut oil or MCT oil
- 1 tbsp unsalted grass-fed ghee<sup>77</sup> (15 g/ 0.5 oz)
- 3 egg yolks
- 1 tbsp of gelatin, hydrolyzed which does not cause liquids to gel
- ¼ - ½ tsp cinnamon
- 3-5 drops of stevia or a teaspoon of Erythritol or Swerve
- 2 tbsp coconut milk

## INSTRUCTIONS

Place everything into a blender: hot coffee, coconut oil, ghee, gelatin (collagen), cinnamon, stevia, coconut milk and egg yolks (don't worry, they won't cook). Pulse until smooth. That's it - done!

### NOTE:

If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 140 F / 60 C. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs cool down and store in the fridge for 6-8 weeks.



# LOW-CARB CAPPUCCINO



EXTRA

## NUTRITION FACTS

(per serving)

TOTAL CARBS: 2.4 g

FIBER: 0.7 g

NET CARBS: 1.7 g

PROTEIN: 1.3 g

FAT: 12.2 g

CALORIES: 113 kcal

MACRONUTRIENT RATIO:

CARBS (6%)

PROTEIN (4%)

FAT (90%)

MAGNESIUM: 29 mg (7 % RDA)

POTASSIUM: 169 mg (9% EMR)

## PREPARATION TIME

Overall 5 minutes

## INGREDIENTS (1 SERVING)

- 1/3 cup espresso (80 ml/ 2.7 fl oz)
- ¼ cup Aroy-D coconut milk (2 fl oz/ 60 ml)
- pinch cinnamon or raw cocoa powder (unsweetened)

### OPTIONAL:

- 3-6 drops liquid Stevia extract or other healthy low-carb sweetener

## INSTRUCTIONS

1. The basic make-up of a cappuccino is roughly 1/3 coffee, 1/3 hot milk and 1/3 frothed / foamed milk. Before you open the box with coconut milk, shake it well for about 30 seconds.
2. How to froth the milk:
  - you can prepare the coconut milk in a milk frother
  - slowly heat it up until you create foam on the top
3. Prepare the required amount of espresso (I just fill 1/3 of a cup).
4. Pour some hot coconut milk into the espresso using a knife/spatula to hold back the foam. When the cup is filled up to 2/3, spoon the froth on the top.
5. Sprinkle some cocoa powder or cinnamon and enjoy!

# SHOPPING LIST - WEEK 1

## EGGS & DAIRY

eggs, free-range or organic	4 dozen
mayonnaise	1 jar
cream, heavy whipping, 1/2 cup	120 ml / 4 fl oz
sour cream, 1 cup	240 g / 8 oz
feta cheese or other soft cheese	650 g / 1.4 lb
mozzarella cheese for salads	125 g / 4.4 oz
mozzarella cheese for pizza	120 g / 4.2 oz
Parmesan cheese	30 g / 1.1 oz
cheddar cheese	40 g / 1.4 oz

## VEGETABLES & FRUITS

avocados, 1 medium + 2 large	500 g / 1.1 lb
spinach	600 g / 1.3 lb, fresh or frozen
lettuce and salad greens (iceberg lettuce, chard, spinach, rocket, etc.)	350 g / 0.7 oz
tomatoes	700 g / 1.5 lb
eggplant, 2 medium	750 g / 1.6 lb
Portobello or large flat mushrooms	2 pieces, 150 g / 5.3 oz
mushrooms, white	150 g / 5.3 oz
garlic	1 head
onion	2 pieces, red & white, medium
cucumber, 1 medium	150 g / 4.2 oz
green pepper, 1 medium	120 g / 4.2 oz
spring onion	1 medium
lemons	1-2 pieces

## OILS & FATS

Ghee  
Extra virgin olive oil  
Coconut oil, extra virgin and MCT oil  
Other healthy options  
(lard, tallow, avocado oil, macadamia oil)

## HERBS & SPICES

fresh and dried herbs of choice (chives, basil, parsley, tarragon, oregano, mint, rosemary, thyme)  
garlic and onion powder  
Dijon mustard  
pesto sauce  
vanilla, cinnamon, etc.  
salt and pepper

## OTHER INGREDIENTS

(SHOULD BE ENOUGH FOR WEEK 2)

almond flour  
coconut flour  
flax meal  
psyllium husk powder  
baking soda and cream of tartar  
coconut milk  
cacao powder, unsweetened  
Stevia drops and / or Erythritol  
whey or egg white protein powder, vanilla, chocolate or unflavored (tips: Jay Robb, Pulsin or Reflex Natural)  
olives, capers and sun-fried tomatoes, 1 jar each  
marinara sauce

## SNACKING TIPS (EXTRAS)

Fermented foods (sauerkraut, kimchi, kombucha)  
Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)  
Non-starchy vegetables  
(cucumber, green pepper, etc.)  
Avocados  
Celery stalks & nut or seed butter  
Eggs and cheese

# SHOPPING LIST - WEEK 2

## MEAT, EGGS & DAIRY

eggs	2 dozen
feta or other soft cheese	200 g / 7.1 oz
cheddar cheese	300 g / 10.5 oz
cream, heavy whipping, 1/2 cup	120 ml / 4 fl oz
sour cream	200 g / 7.1 oz
butter	block
Parmesan cheese	60 g / 2.1 oz

## VEGETABLES & FRUITS

avocados, 2-3 medium + 1 large	500 g / 1.1 lb
cauliflower, 1 large	800 g / 1.7 lb
spinach, fresh or frozen	400 g / 14.1 oz
onion	2 pieces, red & white, medium
garlic	1 head
tomatoes	200 g / 7.1 oz
lettuce and salad greens (iceberg lettuce, chard, spinach, rocket, etc.)	400 g / 14.1 oz
mushrooms, white	300 g / 10.5 oz
cucumber, 1 small	100 g / 3.5 oz
green pepper, 1 small	100 g / 3.5 oz
spring onion, 1 medium	30 g / 1.1 oz
sauerkraut	1 jar
lemons	2-3 pieces

## NOTE

You won't need to buy most ingredients in "Herbs & Spices", "Oils & Fats" an "Other Ingredients" if you already got them for week 1.

## SNACKING TIPS (EXTRA)

Avocados  
Celery stalks & nut or seed butter  
Coconut, almond milk, cream  
Eggs and cheese  
Fermented foods (sauerkraut, kimchi, kombucha)  
Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.)  
Non-starchy vegetables  
(cucumber, green pepper, etc.)  
vegetable stock

# ABOUT US

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My name is Martina Slajerova and I live in the UK. I love food, science, photography and creating new recipes and I am a firm believer of low-carb living and regular exercise.

As a science geek, I base my views on valid research and I have first-hand experience of what it is to be on a low-carb diet. Both are reflected on my blog, in my apps and book which I have created together with my partner Nikos.

I started eating low-carb in 2011, shortly after I was diagnosed with Hashimoto's hypothyroidism. One of the symptoms of this disease is weight gain and I started finding it hard to maintain a healthy weight. Following a low-carb, paleo-friendly diet plan helps me maintain a healthy weight while eating real food. I believe that true paleo is great, however if your goal is to lose weight, paleo is often not enough.

KetoDiet is for people who follow a healthy low-carb lifestyle. My mission is to help you reach your goals, whether it's your dream weight or simply eating healthy food.



# WHAT IS THE KETODIET APP AND BOOK?

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KetoDiet is an on-going project I started with my partner in 2012 and includes KetoDiet for the iPad, KetoDiet Basic for the iPhone and The KetoDiet Cookbook which is [now available to preorder!](#)

When creating recipes for KetoDiet, I don't focus just on the carbs content: you won't find any processed foods, unhealthy vegetable oils or artificial sweeteners. My recipes are all sugar-free, grain-free and gluten-free. Most of my recipes are paleo-friendly or include paleo-friendly alternatives (e.g. some recipes contain raw dairy which is considered paleo / primal). It doesn't matter what type of a low-carb diet you follow, KetoDiet is suitable for paleo / primal diet, Whole30 any many other!

# WHAT DO THE KETODIET APPS OFFER?

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The KetoDiet App comes in two variants:

- KetoDiet Basic for iPhone and iPad is designed for people interested in healthy low-carb recipes and complete diet guidelines.
- KetoDiet for iPad only is for people that additionally want to plan, track and monitor their progress.

Both Apps offer:

- Hundreds of exclusive low-carb, paleo/ primal recipes plus a wealth of new recipes that are added to our integrated blog.
- The most complete guide to the ketogenic diet. You'll learn everything you need to know about the diet to help you make the right choices.
- Print-friendly shopping list.

Awesome diet planner allowing you to use meals from the App, blog, and even your own custom meals.

- Accurate restaurant meal database that we update frequently to help you choose the right meals when eating out.
- ...and more! Learn more about our plans (Android app, universal iOS app, etc) in this post: [KetoDiet App FAQ](#)

For more information on keto-friendly recipes, diet tips, challenges, our books and apps, go to:

<http://ketodietapp.com> and <http://ketodietapp.com/blog>

Also, follow us at:

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Recommendations outlined herein should not be adopted without a full review of the scientific references given and consultation with a health care professional. If you need guidance, I suggest you consult this diet plan with a health professional experienced in low carbohydrate / ketogenic diets (see <http://ketodietapp.com/Blog/page/low-carb-experts> for more information).