

Keto Diet Instant Pot Cookbook: 550 Easy and Delicious Ketogenic Instant Pot Recipes for Fast and Healthy Meals - That Saves Your Precious Time

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550 Easy and Delicious Ketogenic Instant Pot Recipes for Fast and Healthy Meals - That Saves Your Precious Time

Dr. Melanie Zimmerman

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Introduction

Do you ever feel like no matter how healthy you try to eat or how much you work out; you still struggle to meet your health goals? Whether you want to build muscle or lose fat, or - more likely - a combination of both, it can seem like you're fighting an impossible battle. The ketogenic diet could be the ultimate weapon.

The ketogenic diet is named from the process of "ketosis," which is when the body begins to burn fat in the form of ketones instead of carbs for energy. Fat is a much more efficient source of fuel than carbs - especially the refined carbs that most of our diets rely on - and allows for faster weight loss. This book explores the brief introduction of the ketogenic diet, and all the benefits, including improved mental clarity, relief from chronic inflammation, and, of course, weight loss.

The ketogenic diet eliminates all grains and processed foods, so you'll be eating a lot of grass-fed or pasture-raised meats, vegetables, and full-fat dairy. You'll find a full list in this book, along with helpful shopping advice. Reading labels is a big part of this process, and learning what ingredients to avoid. Once you know what you can and cannot eat, it's time to actually start the diet, which involves the transition into ketosis.

The largest part of the book is, naturally, the 550 recipes. Having really good, easy recipes is crucial to sticking to a diet, and the pressure cooker is the perfect way to eat healthy, ketosis-promoting meals. Whether you're new to the ketogenic diet, the Instant pot, or both, I hope you find this book valuable!

The Ketogenic Diet

The ideas behind the ketogenic diet are not new. This diet plan was actually created many years ago as a cure for epilepsy in younger children. There are even a few popular diets that are modeled after the ketogenic diet, such as the Paleo diet, the South Beach diet and the Atkins diet. While these diet plans are not exactly the same as the ketogenic diet, they use some of the same basic ideas to help their followers to lose weight

The ketogenic diet is one of the most effective ways for you to lose weight. It allows you to eat foods that will fill you up, without having to worry about gaining weight. You will eat fewer calories, but the foods that you are choosing will help to speed up fat loss, rather than stop it

Let's start from the beginning. A ketogenic diet is going to be a diet that will force the body into ketosis. In ketosis, the body is going to learn how to burn fats, rather than carbs, as energy

In a typical American diet, as well as in other diet plans that don't often work, your body is used to working with carbs for energy. The body likes to use carbs because they are easy to convert into energy, but they are not very efficient

We take in a lot of carbs in a traditional diet. Between eating pastas, breads, pizzas, and even fruits and vegetables, there are carbs around us all the time. These provide us with a nice source of energy through the day, but it is often a high followed by a big crash

When we eat the carbs, we feel good for a little bit. The body has a new source of energy and is ready to go. But the carbs are going to be converted into sugars in the body, which can be extra bad if you are also eating a lot of bad sugars

The insulin will come and take care of the carbs and use them in the cells. But these carbs are usually burnt up before we have used anywhere near the amount of calories that came with them.

The result is that we start to feel tired and sluggish. This usually happens within a few hours. And our bodies start to crave more carbs in the hopes of increasing our energy some more and helping us to get through the day. This is a vicious cycle; the more carbs we eat, the more we need to help keep us energized and we gain weight and belly fat in the process

The ketogenic diet is going to try and change this. Instead of following a diet that either leads you to feeling deprived or leads you to failing, it is going to provide you with the foods and tools that you need to get out of this vicious cycle and start seeing some weight loss results

When you go on the ketogenic diet, you will go through the process of ketosis. In ketosis, you are going to make the body start using fats, instead of carbs, for the energy that it needs. To make this happen, you will limit your carb intake to below fifty grams each day (some individuals who really

want to enter ketosis quickly will stick with twenty grams or fewer of carbs each day)

Most of your diet is going to focus on healthy fats so that you provide the body with the energy that it needs.

Fats are much more efficient forms of energy than carbs. You will find that foods that are full of good fats will fill you up for a much longer time and can naturally lead you to eating fewer calories

During the first few days of the ketogenic diet, you may feel a little bit lethargic and tired because the body is low on energy and hasn't converted over to ketosis yet. But once that happens, which usually takes between two to seven days, you are going to have more energy than you could ever imagine

It is important for you to figure out which macronutrients you are eating on this diet plan. It is not enough to just eat more fats in your diet and call it good. If you are taking in too many carbs, even with the fat intake going up, you are going to end up losing out on this diet. You will never enter into ketosis and will just add more fat and weight to your body

In addition, if you take in the right amount of carbs and protein, but your fat consumption is not high enough, you will have a hard time keeping your levels of energy up. It is hard to consume more fats, especially since we have been hearing about how bad fats are for the body, but on the ketogenic diet, fats are going to be the body's main source of energy. If you are not taking in enough fats, you will not have enough energy to make it through the day

The reason that these macronutrients are so important is because they will help you to enter ketosis and lose weight. How do you know that you are entering ketosis? Some people take a look at how much weight and fat loss they experience, and others want to know for sure. If you are stalled out on weight loss or you are having trouble figuring out if you are staying within the right carb content, you can choose to use ketostix

Ketostix are able to determine how many ketones are being released into the urine. Ketones are only going to be present when you are in ketosis. They are a good way to monitor whether you are eating the right macronutrients or not

Working with the ketogenic diet can be a great way for you to lose weight and to get rid of some of that excess fat that is hanging around the body. It can be hard to stick with for some people because it does have some restrictions and sticking with the macronutrients. But as you get into the ketogenic diet cookbook, you will be able to find some fantastic recipes that will help you to stick with the diet and feel like you are getting to eat the best meals in the world

The Benefits of Ketogenic Diet

There are a lot of benefits that come with the ketogenic diet. In fact, it is one of the most efficient diet plans on the market for helping you not only lose weight, but to also help you to improve your overall health. Some of the benefits that you will be able to get with ketogenic diet include;

1. Controls blood sugar:

Since most carbs are transformed into sugars in the body, eating a lot of them can mess with your blood sugars. And since the ketogenic diet cuts out a lot of the carbs that you are eating, you are

able to better control your blood sugar levels

If you are suffering from diabetes or worried that it will become an issue in the future, the ketogenic diet can help to get those levels back on track

2. Fills you up:

You will be surprised at how much the foods on the ketogenic diet are able to fill you up. If you have gone on other diet plans in the past, you may be ready to go on this one and always feel hungry. But the high fat, moderate protein, and low carb diet is just the thing you need to keep your hunger at bay

3. Helps you lose weight:

If you are looking to lose weight, then you can't go wrong when it comes to the ketogenic diet. This diet plan is fun and simple to use and will melt off that fat and the weight in no time

4. Helps with your heart health:

Some people are worried about how all the fat content in this diet plan is going to affect the health of their hearts

In fact, it has been shown that the ketogenic diet can help to strengthen your heart, lower your blood pressure, and even lower your high cholesterol levels. This is because carbs, more than fats, are the culprits to these bad diseases. In addition, you will focus your attention on eating the good fats, not the bad ones that can give you trouble

5. Clears the mind:

When you get rid of some of that junk you are used to eating, you can actually clear out the mind and make it easier to think clearly. If you are someone who has had a lot of trouble concentrating or remembering where things are, then this diet plan is the right one for you

The ketogenic diet is one of the best diet plans that you can choose to go on, no matter who you are. Take a look through this chapter to learn more about this great diet plan and then see some of the great recipes that follow. You are sure to fall in love with this diet plan in no time, and the results are unbeatable

6. Gives you more energy:

Once your body has entered the process of ketosis, you will notice a dramatic increase in the amount of energy that you have each day. You will have plenty of energy to make it through the day and still have some fun at night

The keto diet urges you to eat. However, you cannot just eat anything you want. In a keto regimen, you should simply eat foods that are low in carbs, moderate in protein, and high in fats

Foods You Can Eat on Ketogenic Diet

Vegetables:

Eat greens like turnips collards, spinach, and kale. You can also eat non-leafy vegetables, such as broccoli, squash, cauliflower, and zucchini.

High-fat dairy:

High-fat nourishments are a standard part of a ketone weight reduction diet. Fat, furthermore, makes you feel full for a longer period. Some such foods are high fat cream, margarine, butter, and amazing cheeses.

Sweeteners:

Use sweeteners that have the most negligible amount of sugars such as Splenda, Stevia, Sweet'n Low, etc.

Avocado and berries:

You can satisfy your sweet tooth with delicious strawberries, kiwi, blackberries, and raspberries, and other low glycemic index berries

Cauliflower:

Generally known as the star of dishes, cauliflower is a versatile item that majority add to different kinds of dinners. It can be used for pizzas, wraps, suppers, and with or instead of pureed potatoes. With only 2g net of sugar for each glass, it is not surprising that cauliflower is a champion among the most consistently used ingredients in some low-starch diets

Nuts and seeds:

Nuts and seeds are crammed with supplements that can empower your body to stay thin and sound. Examples are macadamias, almonds, walnuts and sunflower seeds.

Meats:

Stick to meats that have an ideal measure of protein and low carbohydrates; for instance, ground sirloin, salmon, eggs, etc. Eat wild-caught point and avoid farm-raised fish.

Essential fats:

Another incredible source of fats that will fit in your ketogenic high-fat diet is servings of blended salad dressings, coconut oil, etc. Keep in mind that the keto diet is deficient in starches, moderated in protein, and high in fat. A typical ketogenic regimen may have a ratio like this

Fats – 70%; Protein – 25%; Carbohydrates – 5%

The keto diet proposes that between 20-30g net of carbs taken consistently is necessary for the

low-calorie. However, if you want to hit ketosis quickly, you may eat fewer carbs and keep your glucose levels low

If fitness is your reason for doing a low-calorie keto diet, then we definitely recommend that you watch your total sugars and net starches.

When you participate in a ketone dietary routine and become hungry, you can quench your yearning by eating nuts, nutty spreads, cheddar, and seeds. Do whatever it takes not to confuse your desire to eat with the need to eat

Mushrooms:

Mushrooms have exceptional healing properties. A study has shown that the people with metabolic disorders have seen fundamental improvement within four months.

Spinach:

It is high in healthy fat and a fabulous side dish. Spinach contains vitamins and minerals, and is heart healthy. It reduces the perils of some common eye afflictions.as well

Asparagus:

Asparagus is loaded with vitamins C, A, and K. Furthermore, people think that asparagus can help reduce stress and improve personality stability.

Broccoli:

Broccoli is a regular food on a ketone weight-reduction diet. It is loaded with vitamins C and K, and what is more, one cup of broccoli contains only 4g net carbs. Critical examination similarly has shown that the people who have type two diabetes can benefit from eating broccoli since it lowers insulin resistance. It also gives the bonus in the form of protective substances that may shield you from disease. Everyone thought of it, as is a staple component of a ketogenic low-calorie diet and, to a significant extent that is correct.

Avocado:

Avocados are actually not a vegetable, but a fruit. However, they can be eaten along with vegetables. Avocado is high in fat, which makes it a major supplier of fat in a keto diet. The half of average avocado has just 3g net sugars.

Avocado is the wonderful source of mono-saturated fats, which are important for cutting down terrible cholesterol and triglycerides. It is also a recommended essential food when you have electrolyte issues since it is rich in vitamin C and potassium

Squash:

Most types of squash have high sugar content, so make sure that you pick the right squash for your eating regimen. The best and most routinely used squash as a part of a ketogenic low-calorie diet is the Summer squash. Summer squash is frequently used as a noodle substitute in dishes; Zoodles, for instance

Kale and lettuce:

Used as a component of blended greens far and wide, kale and lettuce are good low-sugar choices. They are, moreover, a beautiful source of vitamins A and C, and can help cut down the threat of heart problems. Regardless of the fact that kale is more nutritious than lettuce, it has more carbs per serving. Consequently, be wary of how much kale you eat in view of the way that sugars are rapidly absorbed.

Green beans:

Part of the vegetable family, green beans has fewer carbs than many conventional items. Some call them string beans. A cup of green beans contains just 6g net carbs, which makes them a splendid accompaniment to a meal

Foods to Avoid On Ketogenic Diet

Fruits:

Maintain your distance from and try to avoid such items as bananas, apples, melons, etc.

Sugars:

Reduce sugar intake to as minimum as possible. Keep away from eating sweets, nectar, maple syrup, even unrefined sugar

Tubers:

Do whatever it takes not to eat yams, potatoes, etc.

Grains:

Swear off eating grains like rice, wheat, and oats.

Are You in Ketosis?

How Do You Know You Are in Ketosis? By measuring Ketones. To accomplish ketosis; you need serum ketones in the vicinity of 0.5 to 3.0 mm. The following methods are very easy to utilize. All but one use home packs to measure your ketone levels

1. Urine ketone strips:

Ketosis and other urine ketone recognition strips may not be as accurate because they just demonstrate the overabundance of ketone bodies being discharged from the body through the urine. Be that as it may; they are very easy to utilize and moderate in price

2. Breathalyzer:

As specified before; when on a slim-down ketogenic diet, your breath has a particular scent. A breathalyser is a handy way to quantify the concentration of beta-hydroxybutyrate. Remember however that breath ketones can be different from blood ketones

3. Perception:

You can likewise tune into your body and decide whether you are in ketosis. For example; when in ketosis, your breath, urine, and sweat announce the presence of ketone bodies, which have a "fruity" odor

If you notice this odor, then, at that point, you are, in all probability, in ketosis. With this comprehension of what happens to your body with ketosis, the next move is to begin on the eating routine

4. Blood Ketone Meter:

This is the most exact device to quantify Beta-Hydroxybutyrate. Blood ketone meters can measure with accuracy the level of ketones in the blood, but they are expensive. The meter costs around \$40.00, and each test strip costs \$5.00. It means that if on the off chance you need to gauge your ketone levels daily; you could part with \$150.00

Ketogenic diet Tips

Following the Ketogenic Diet is as easy as counting to three. As long as you have good self-discipline and self-control, you can successfully abide by the Ketogenic Diet. Read the following to know the tips and tricks of following this diet.

How easy is it to follow the Ketogenic Diet?

There is really now profound secret to following a diet except to have self-discipline, self-control, and a vision. These three main traits are what will keep you on the right track towards achieving your goals – whether to lose weight, burn fat, or maintain a healthy lifestyle. However, it is also true that humans lose track of their goals once in awhile because life happens.

Either you focus on your job and you don't have time to fix your meals or you start your own family and your own goals take a back seat. All of these happen and all constitute and contribute to the failure of keeping track of one's diet. Taking in consideration the happenings of daily life, here are some tips that will keep you on track with regard to following your Ketogenic Diet:

1. Be Patient - It takes time to lose weight:

Patience is the key to staying loyal to your Ketogenic Diet. The results of your diet plan cannot be achieved or be seen overnight. It takes time to lose weight, especially since this diet plan is not a crash-type of diet. Give it a month or so before you see some changes in your body frame, weight, and disposition.

One way to achieve patience is by being honest and true to yourself. Think of it this way - You didn't attain your current weight overnight, right? So, what makes you think that you can lose it overnight? Gaining may come easy for a lot of people, but losing weight takes longer. Keep that in mind. Give it some time.

2. Get Enough Sleep:

If you think diet alone is enough to help you shed pounds and build muscle, then you're wrong. Getting enough hours of sleep is crucial to help you achieve the body that you want to achieve. Diet and sleep are two activities that need to be practiced in order to lose weight. A lot of internal changes in the body happen during sleep, so even if you follow your Ketogenic Diet to the key but

do not get at least 7 hours of sleep every night (yes at night!), then your hard work will just go to waste.

3. Clean Your Kitchen Cupboards:

Once you decide to follow the Ketogenic Diet, you must also commit yourself to cleaning and freeing your kitchen of foods that will tempt you off your path to a healthier life. Remove items that are high in carbohydrates as well as items with empty calories. Yes, the Ketogenic Diet may have a high fat content, but these are not coming from saturated fat present in junk food. You also need to remove items high in sugar and high in sodium.

4. Hydrate Well - drink lots of water:

You need to drink lots of water to aid in cleansing your body. Your diet in itself is cleansing your body of excess toxins, but in order to wash these toxins out of your body, you need to drink water. Take in at least three litres of water a day to keep your excretory system active.

5. Look for a Partner:

There is no other better way to stay loyal to a diet than committing to it with a partner. It is even better if your diet partner is someone who lives with you like a spouse, sibling, or best friend. This way you can check each other's meal plans, help each other during difficult days, and encourage each other to stick with the diet plan.

6. Weigh Yourself Every Other Week:

You decided to follow the Ketogenic Diet. Yes, you want to see results as soon as you can, but please do not obsess over seeing the results a few days after your first day in. You can weigh yourself but do this every other week only. It is more encouraging for you to schedule a day and time every other week for your weighing duties. Weighing every other week gives you a more positive result than checking every day.

Ketogenic Diet Mistakes

To drop weight quickly and keep away from weight reduction complications, here are some common food errors to avoid;

1. Consumption of Too Many Carbs.

With a recommended body weight of 150 pounds, preferably the largest amount of carbs that you should consume is 30 grams a day. Not until the starches are sufficiently low will the body have the capacity to change from utilizing carbs to maintain your body to using fats for control

2. Comparing Yourself with Others.

Each of us is unique even though; our bodies perform similarly. None-the-less, we have individual differences. We ought not to compare our results and outcomes with that of others

3. Too Little Intake of Fat.

The human body gets the most number of calories from the intake of substances rich in sugars. If this source of calories is taken away, the body will be famished for nourishment to make energy from. In many cases people imagine that since having fewer starches would be great, so should it be to have less fats, too. This isn't so

4. Not Committed the routine.

No one says that the ketogenic calorie-counting diet is simple. The best sustenance programs on the planet don't come without hardships and difficulties. To make a significant change, you need to suffer a little

Most weight watchers who are not completely committed to this eating routine neglect to achieve ketosis and more often than not abandon it after a few days. Try hard not to be like them. When you begin a ketogenic diet, make sure that you put your heart into it

5. Eating Processed Food.

The Ketogenic Diet is a comprehensive; entire, and healthy eating routine. Avoid prepared Quest and Atkins bars, and concentrate on eating meals produced using the freshest ingredients. It doesn't mean that you can't eat any prepared or processed foods; just, make certain to keep them to a minimum. Prepared foods additionally tend to have heaps of hidden sugars, so be watchful

6. Vitamins and Minerals Can Become Noticeably Deficient.

In spite of the fact that the ketogenic diet consumes fewer calories; and it is completely different from fasting, many individuals still confuse the two. Moreover, your ketogenic diet routine ought to be able to maintain your body's health for the long haul

7. Not Eating Enough.

Numerous calorie counters neglect to follow the Ketogenic Diet routine, causing excessive craving. Managing hunger is difficult. It is unpleasant and cannot be without much effort, overcome control. Sadly, many individuals who are on a slim-down ketogenic diet don't eat enough, and, more particularly, insufficient fats. Keep in mind that the Ketogenic diet is an eating routine that is high in fat

8. Being Impatient.

Do not go for ketogenic weight loss on the unlikely chance that you will see a dramatic weight reduction within a couple of days. A faultless ketogenic diet is a difference in life style. If you only want to see immediate results, then fasting or starving yourself may be the better (yet unfortunate) decision

9. Consuming the Wrong Fats.

Even if the ketogenic dieter eats few carbs; and it is a high-fat regimen, it doesn't imply that you can simply eat any greasy substances out there. Just pick those that have healthy fats, for example, olive oil, nuts, avocados, coconut oil, and others

When considering starting a highly specific diet, it is normal to have some questions. And any diet worth its salt should provide clear, sensible answers to those questions. So, to help you out, here is a list of Ketogenic diet FAQs, with their most concise answers

1. Can I go for ketogenic diet if I am diabetic?

Ketogenic diets are in fact often prescribed to diabetics as a way of controlling blood sugar levels. However, you can't prescribe yourself one. Talk with your doctor about what is best for you

2. Can I go for ketogenic diet if I am vegan?

It is definitely possible to go keto on a vegetarian or pescetarian diet, as any animal fats will provide the right balance to keep you healthy through ketosis. When vegan it is possible, but a little harder work. You would do well to investigate various tasty fat sources and focus on making rich vegan dressings for full leafy salads

3. How is ketogenic diet different from any other low carb diet?

All diets encourage slight ketosis for weight loss, and all low carb diets dissuade us from eating carb sources. A ketogenic diet is different because it doesn't focus on what you put on your plate, but what you get out of it.

You aren't measuring calories or carb levels, but the physical state of your body. This is a much more intuitive, reliable way of dieting than just paying attention to what goes in our mouths

4. Will I miss eating carbs?

Of course you will. Whether it's a craving, or you just pass your favourite cake shop, or your friend is eating some pizza, you will want carbs sometimes. That is why we apply the 80/20 principle; so you can enjoy carbs from time to time without compromising all your hard work

5. Will I need supplements?

In an ideal world, no. But if you find that you are having a hard time eating enough fat, protein, vitamins, or fibre, and, for whatever reason, you can't eat the foods you need to replenish them, you might need supplements

6. Will I need to change my lifestyle?

NO, you don't have to, but it will help. You can lose weight by just staying in a calorie deficit in ketosis, and reduce inflammation by eating fewer sugars. But if you exercise, avoid drugs, drink moderately, and make sure you breathe fresh air and take time to relax, the benefits of this diet will be multiplied

Breakfast Recipes Keto Chicken Soup

(Prep + Cooking Time: 40 Minutes | Serves: 4)

Ingredients:

For soup: 1-pound boneless and skinless chicken breast; chopped. into bite-sized pieces
3 tablespoon olive oil 1 teaspoon lemon juice; freshly squeezed 2 tablespoon almond
flour 1 onion; finely chopped 1/2 red bell pepper; finely chopped. 1 cup cauliflower;
chopped into florets 2 egg yolks 1 teaspoon salt 1 teaspoon cayenne pepper

Directions: Rinse the meat under cold running water and pat dry with some kitchen paper. Place on a large cutting board. Using a sharp cutting knife, cut each breast into bite-sized pieces. Optionally, sprinkle with some garlic powder and set aside. Plug in the instant pot and press the *Sauté* button. Add finely chopped onions and stir-fry until translucent. Now add bell peppers and generously sprinkle with salt and cayenne pepper. Continue to cook for 3 more minutes. Finally, add the remaining ingredients and pour in 3 cups of water or chicken stock. Seal the lid and set the steam release handle to the *Sealing* position. Press the button When you hear the end signal, release the pressure naturally and open the lid. Serve hot and enjoy!

Nutrition Info: Calories: 316; Total Fats: 16.8g; Net Carbs: 4.1g; Protein: 35.4g; Fiber: 1.5g

Chicken & Greens Frittata

(Prep + Cooking Time: 45 Minutes | Serves: 4)

Ingredients: 1 cup kale; chopped 1 cup spinach; chopped 2 tablespoon butter
3 cups chicken stock 1 cup collard greens; chopped 1 cup Swiss chard; chopped 1/4
cup fresh parsley leaves; chopped 4 tablespoon olive oil 2 cups cauliflower; chopped
7-ounce boneless and skinless chicken breast; chopped into bite-sized pieces 1/4
teaspoon black pepper; freshly ground. 1 teaspoon sea salt

Directions: Rinse the greens thoroughly under cold running water and drain in a large colander. Using a sharp knife, chop the vegetables and set aside. Plug in the instant pot and place the cauliflower at the bottom of the stainless steel insert. Pour in enough water to cover and seal the lid. Set the steam release handle and press the *Manual* button. Set the timer for 9 minutes on high pressure When done; perform a quick release and open the lid. Drain the cauliflower and chill for a while. Transfer to a food processor and process until smooth, Set aside. Now; press the *Sauté* button and grease the inner pot with olive oil. Add chicken breast and sprinkle with some salt and pepper. Briefly brown, for 4-5 minutes, stirring constantly. Pour in the stock and add vegetables. Seal the lid again and set the steam release handle to the 'Sealing' position. Press the *Manual* button and set the timer for 8 minutes on high pressure. When done, perform a quick release and open the lid. Chill for a while. Meanwhile, preheat the oven to 400 degrees. Grease a 7-inch round pan with butter and set aside Remove the meat and greens from the pot and transfer to a food processor. Process until smooth. Stir in the cauliflower and transfer to the prepared pan. Bake for 15 minutes, or until lightly golden and crispy on top. Serve hot and enjoy!

Nutrition Info: Calories: 282; Total Fats: 21.9g; Net Carbs: 4.1g; Protein: 17.2g; Fiber: 2.3g

Chicken Mushroom Soup

(Prep + Cooking Time: 25 Minutes | Serves: 4)

Ingredients: 1-pound chicken breast; boneless, skinless, cut into large chunks 1 onion; sliced. 2 cups mushrooms. chopped. 1 yellow squash chopped 2 ½ cups chicken stock
3 cloves garlic; minced Salt; pepper, to taste 1 teaspoon Italian seasoning or poultry seasoning
1/2 cup heavy whipping cream; optional

Directions: Put all ingredients into the inner liner of the Instant Pot. Cover the Instant Pot with a lid and set it to cook at high pressure for 5 minutes. Let natural pressure release for 10 minutes, then release all remaining pressure. Take out chicken pieces and let chill. Purée the vegetables and liquid in a blender, then return to Instant Pot. Shred the chicken and add to liquid. Stir in heavy whipping cream if using. Mix well. Serve hot

Nutrition Info: Calories: 289 ; Total Carbs: 9 g; Net Carbs: 3.2 g; Fat: 15 g; Protein: 30 g

Eggs with Spinach

(Prep + Cooking Time: 25 Minutes | Serves: 2)

Ingredients: 1-pound spinach; chopped 3 tablespoon olive oil 1 tablespoon olives
1/2 teaspoon chili flakes 1 tablespoon butter 4 large eggs 1/2
teaspoon sea salt 1 tablespoon mustard seeds 1 tablespoon raw almonds

Directions: Rinse the spinach thoroughly under cold running water and drain in a large colander, Set aside. Plug in the instant pot and pour in three cups of water in the stainless steel insert. Add eggs and close the lid. Adjust the steam release handle and press the *Manual* button. Set the timer for 4 minutes and cook on high pressure. When done, press the *Cancel* button and perform a quick pressure release by moving the pressure valve to the *Venting* position. Carefully, open the lid and transfer the eggs into ice cold water. Clean and pat dry the insert with a kitchen towel and place in the pot. Grease with some olive oil and press the *Sauté* button. Add spinach and cook for 2-3 minutes, stirring occasionally. Now; stir in one tablespoon of butter and season with salt and chili flakes. Mix well and cook for one minute. Turn off the pot and sprinkle with nuts. Gently peel and slice each egg in half, lengthwise. Transfer to a serving plate and add olives. Optionally, serve with sliced avocado and drizzle with some more olive oil.

Nutrition Info: Calories: 414; Total Fats: 36.8g; Net Carbs: 4.1g; Protein: 17.7g; Fiber: 5.1g

Avocado Lemon Soup

(Prep + Cooking Time: 35 Minutes | Serves: 4)

Ingredients:

For soup: 2 -pounds chicken breast; chopped into bite-sized pieces 1 large ripe avocado; cut into chunks 1 tablespoon oil 1 small tomato; chopped 2 tablespoon freshly squeezed lemon juice 1 cup unsweetened almond milk 5 cups chicken stock 2 garlic cloves; crushed 1 small leek; chopped. 1/4 teaspoon chili powder 1/2 teaspoon freshly ground white pepper 1 teaspoon salt

Directions: Rinse the meat under running water and pat dry with a kitchen towel. Cut into

bite sized pieces and set aside Peel the avocado and mash the flesh with a fork. Place in a small bowl and sprinkle with lemon juice, Set aside Plug in the instant pot and press the *Sauté* button. Grease the inner pot with oil and add garlic and leeks. Cook for 3-4 minutes or until leeks have softened. Now add chopped chicken and continue to cook for 5-6 minutes. Finally, add tomatoes and mashed avocado. Give it a good stir and season with salt, pepper, and chili powder. Pour in the chicken stock and stir well. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Manual* button and set the timer for 20 minutes on high pressure When done; press the *Cancel* button and release the pressure naturally. Open the lid and pour in the milk. Optionally, sprinkle with fresh celery leaves and serve immediately.

Nutrition Info: Calories: 435; Total Fats: 20.6g; Net Carbs: 6g; Protein: 50.8g; Fiber: 4.4g

Eggs with Cranberries

(Prep + Cooking Time: 15 Minutes | Serves: 2)

Ingredients: 2 tablespoon cranberries 4 large eggs; beaten 2 tablespoon butter
1 tablespoon milk 1/2 teaspoon cranberry extract, sugar-free 1/4 teaspoon stevia
powder 1/4 teaspoon salt

Directions: In a medium-sized bowl, whisk together eggs, stevia, cranberry extract, salt, and milk. Plug in the instant pot and add butter to the stainless steel insert. Press the *Sauté* button and allow it to melt Pour the egg mixture and gently pull the eggs across the pot with a wooden spatula. Don't stir constantly Cook for about 2 minutes or until thickened ad no visible egg liquid remains When done, turn off the pot by pressing the *Cancel* button and transfer the mixture to a serving plate. Top with fresh cranberries and optionally garnish with some mint. Serve warm

Nutrition Info: Calories: 252; Total Fats: 21.6g; Net Carbs: 1.5g; Protein: 13g; Fiber: 0.3g

Italian Omelet

(Prep + Cooking Time: 20 Minutes | Serves: 2)

Ingredients:

For omelet: 3 large eggs 2 tablespoon olive oil 1/2 medium-sized tomato;
chopped. 2 garlic cloves; crushed 1 teaspoon Italian seasoning mix 1/2 teaspoon
sea salt

Directions: Grease the inner pot with two tablespoons of olive oil and press the *Sauté* button. Heat up and add tomatoes. Cook for 2-3 minutes, stirring constantly Now add garlic and season with Italian seasoning mix. Continue to cook for another 1-2 minute. Remove from the pot and transfer to a bowl, Set aside. Meanwhile, in a small bowl, whisk the eggs together. Pour the mixture in the pot and continue to cook for 2-3 minutes or until set Press the *Cancel* button and gently remove the inner pot. Using a wooden spatula, loosen the edges and remove the eggs. Add tomatoes and fold over. Serve and enjoy.

Nutrition Info: Calories: 235; Total Fats: 21.5g; Net Carbs: 1.9g; Protein: 9.8g; Fiber: 0.3g

Salted Thyme Biscuits

(Prep + Cooking Time: 25 Minutes | Serves: 4)

Ingredients: 1/2 cup almond flour 4 tablespoon butter 2 garlic cloves; crushed
2 large eggs 1/2 teaspoon baking soda 1 teaspoon apple cider vinegar 1 small onion;
finely chopped. 1/2 teaspoon dried thyme; ground. 1/4 teaspoon black pepper;
ground. 1/4 teaspoon dried rosemary; ground. 1/2 teaspoon salt

Directions: In a large mixing bowl, combine almond flour, butter, garlic, eggs, onions, thyme, rosemary, salt, and pepper. Mix until well combined. In a separate bowl, combine apple cider vinegar and baking soda. Stir until soda dissolves in vinegar and pour into the bowl with previously mixed ingredients. Mix until all well incorporated, Set aside. Line a fitting springform pan with some parchment paper and grease the sides with some cooking spray. Drop a spoonful of the batter onto the pan and make circle-shaped biscuits, Set aside. Plug in your instant pot and pour 1 cup of water in the stainless steel insert. Position a trivet on the bottom and place the pan on top. Close the lid and adjust the steam release handle. Press the *Manual* button and cook for 30 minutes. Cook on *High* pressure. When done; perform a quick release of the pressure by turning the valve to the *Venting* position. Open the pot and transfer the pan to a wire rack using oven mitts. Let it cool completely before serving.

Nutrition Info: Calories: 232; Total Fats: 20.7g; Net Carbs: 3.6g; Protein: 6.6g; Fiber: 2g

Beef Chili with Onions

(Prep + Cooking Time: 50 Minutes | Serves: 6)

Ingredients:

For chili: 2 -pounds beef fillet or another tender cut; chopped. 3 jalapeno peppers;
chopped 3 onions; finely chopped. 1 chili pepper; finely chopped 1 cup cherry
tomatoes; sliced 4 tablespoon butter; melted 2 tablespoon oil 4 cups beef broth
1 teaspoon dried parsley 1 teaspoon chili powder 1/2 freshly ground black pepper
1 teaspoon salt

Directions: Rinse the meat under cold running water and pat dry with a kitchen paper. Cut into bite-sized pieces and set aside. Plug in your instant pot and grease the bottom of the inner pot with some oil. Two tablespoons will be enough. Make the first layer with chopped meat. Add onions, chopped peppers, and tomatoes. Drizzle with melted butter and sprinkle with salt, pepper, parsley, and chili powder. Pour in the broth and seal the lid. Set the steam release handle to the *Sealing* position and press the *Meat* button. Cook for 25 minutes. Press the *Cancel* button to turn off the pot. Perform a quick pressure release and open the lid. Serve warm

Nutrition Info: Calories: 445; Total Fats: 22.8g; Net Carbs: 5.6g; Protein: 50.2g; Fiber: 1.9g

Smoked Salmon

(Prep + Cooking Time: 15 Minutes | Serves: 2)

Ingredients: 2-ounce smoked salmon; cut into bite-sized pieces 1/4 teaspoon dried

thyme 1 teaspoon olive oil 2 large eggs; beaten

For the creamy sauce: 1/2 teaspoon black pepper; ground. 1/4 cup walnuts; chopped.
1 tablespoon lemon juice; freshly squeezed 1/2 cup almond milk; unsweetened 1/2 cup
spinach; chopped 1 teaspoon sea salt

Directions: Combine almond milk, walnuts, and spinach in food processor. Blend until well combined and add salt, pepper, and lemon juice. Blend again for 1 minute and set aside. Plug in your instant pot and grease the stainless steel insert with some olive oil. Add salmon pieces and eggs. Sprinkle with thyme and cook for 3 minutes. Using a large spatula, remove the omelet from the pot. Set aside covered. Now; add the previously blended sauce mixture to the pot. Close the lid and adjust the steam release handle. Press the *Manual* button and set the timer for 3 minutes. When done, perform a quick release of the pressure and open the pot Transfer the omelet to a serving plate and drizzle with hot sauce. Serve and enjoy.

Nutrition Info: Calories: 365; Total Fats: 32.2g; Net Carbs: 3.3g; Protein: 16.9g; Fiber: 2.8g

Keto Breakfast Frittata

(Prep + Cooking Time: 30 Minutes | Serves: 3)

Ingredients: 5 large eggs 10-ounce spinach, chopped 1 cup chopped cauliflower
5 tablespoon butter 1/2 cup cottage cheese 1/2 cup feta cheese 1/4 cup red bell
pepper 2 cherry tomatoes 1/2 cup fresh celery leaves 1/2 teaspoon salt 1/4
teaspoon freshly ground black pepper 1/4 teaspoon dried oregano

Directions: Plug in the instant pot and grease the stainless steel insert with butter. Press the *Sauté* button and heat up. Add spinach and give it a good stir. Cook for 5 minutes, stirring occasionally. Now, add tomatoes, bell peppers, and cauliflower. Continue to cook for 3-4 minutes In a small bowl, whisk together two eggs, cottage cheese, and feta cheese. Add the mixture to the pot and cook for 2 more minutes Finally, crack the remaining three eggs. Cook for another 5 minutes. When done, turn off the pot. Transfer the frittata to a serving plate and sprinkle with freshly chopped celery leaves

Nutrition Info: Calories: 422; Total Fats: 33.1g; Net Carbs: 8.1g; Protein: 22.3g; Fiber: 4g

Kale Cheddar Cheese Omelet

(Prep + Cooking Time: 10 Minutes | Serves: 2)

Ingredients:

For omelet: 1/2 cup cheddar cheese; crumbled 6 large eggs 2 tablespoon heavy
cream 1 small onion; finely chopped 1/2 teaspoon black pepper; freshly ground.
1/2 teaspoon Italian seasoning 1 teaspoon sea salt

Directions: In a large mixing bowl, combine eggs, salt, pepper, and heavy cream. Whisk together until well combined and then add all the remaining ingredients. Whisk again and set aside. Plug in the instant pot and grease the stainless steel insert with some cooking spray or

olive oil. Pour in the egg mixture and press the *Manual* button. Set the steam release handle to the *Sealing* position and set the timer for 5 minutes on high pressure. When done, perform a quick pressure release by moving the pressure valve to the *Venting* position. Carefully open the lid and serve immediately.

Nutrition Info: Calories: 394; Total Fats: 29.9g; Net Carbs: 4.4g; Protein: 26.6g; Fiber: 0.8g

Avocado with Eggs

(Prep + Cooking Time: 30 Minutes | Serves: 2)

Ingredients: 1 avocado; sliced in half 2 eggs; whole 3 tablespoon butter
1/2 teaspoon pink Himalayan salt 1 teaspoon dried oregano

Directions: Slice the avocado in half and generously brush with butter. Set aside. Plug in the instant pot and set the steamer insert. Add avocados and gently crack eggs in each avocado and sprinkle with salt and oregano. Pour in about one cup of water in the inner pot and seal the lid. Set the steam release handle to the *Sealing* position and press the *Steam* button. Set the timer for 20 minutes on low pressure. When done, press the *Cancel* button and turn off the pot. Perform a quick pressure release by moving the pressure valve to the *Venting* position. Open the lid and chill for a while. Transfer avocado to serving plates and serve immediately.

Nutrition Info: Calories: 421; Total Fats: 41.3g; Net Carbs: 2.3g; Protein: 7.6g; Fiber: 6.7g

Cauliflower Mash

(Prep + Cooking Time: 35 Minutes | Serves: 3)

Ingredients: 1-pound cauliflower, chopped into florets 2 garlic cloves, crushed 1/4 cup olive oil 2 cups broccoli, chopped 1 teaspoon dried rosemary 1 teaspoon salt

Directions: Place vegetables in a large colander and rinse well under cold running water. Drain and place in the instant pot. Pour in enough water to cover and seal the lid. Set the steam release handle to the *Sealing* position. Press the *Manual* button and set the timer for 12 minutes. When done, release the pressure naturally and open the lid. Drain vegetables and put back in the pot. Press the *Sauté* button and pour in the olive oil. Add garlic, salt, and rosemary. Stir well and cook for 10 minutes, stirring occasionally. Press the *Cancel* button and chill the mixture for a while. Mash with a potato masher and optionally season with some more salt, pepper, or dried rosemary. Serve warm or cold.

Nutrition Info: Calories: 205; Total Fats: 17.2g; Net Carbs: 7.3g; Protein: 4.8g; Fiber: 5.4g

Chicken Stew with Greens

(Prep + Cooking Time: 50 Minutes | Serves: 4)

Ingredients:

For stew: 1-pound boneless and skinless chicken breast; cut into bite-sized pieces 2

cups Swiss chard; chopped. 2 tablespoon olive oil 2 cups spinach; chopped 3
tablespoon butter 1 cup collard greens 4 cups chicken stock 1/2 teaspoon garlic
powder 1/4 teaspoon white pepper; freshly ground. 1 teaspoon salt

Directions: Nutrition Facts: Calories: 327; Total Fats: 19.8g; Thoroughly rinse the meat and pat-dry with some kitchen paper. Using a sharp cutting knife, cut into bite-sized pieces and set aside. Plug in the instant pot and press the *Sauté* button. Heat the olive oil and add chopped meat. Sprinkle with salt, pepper, and garlic powder. Cook for 7-8 minutes, stirring constantly. If necessary, add about two tablespoons of chicken stock. Now add greens and give it a good stir. Cook until wilted and press the *Cancel* button. Pour in the stock and give it a good stir. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Meat* button. When you hear the end signal, press the *Cancel* button and move the pressure valve to the *Venting* position to release the pressure. Carefully, open the lid and stir in the butter. Serve and enjoy.

Beef Shiitake Bowl

(Prep + Cooking Time: 20 Minutes | Serves: 4)

Ingredients: 8-ounce ground beef 1 cup Shiitake mushrooms; sliced 1 tablespoon
extra virgin olive oil 4 large eggs; beaten 1/2 medium-sized avocado; sliced 1/4 cup
olives; pitted 1 small onion; chopped. 1 teaspoon smoked paprika; ground. 1
teaspoon black pepper 1 teaspoon salt

Directions: Plug in your instant pot and grease the stainless steel insert with olive oil. Press the *Saute* button and add onions and beef. Cook for 5 minutes, stirring occasionally. Add mushrooms and avocado. Sprinkle with smoked paprika, salt, and pepper. Stir well and add 1/2 cup of water. Close the lid and adjust the steam release handle. Press the *Manual* button and set the timer for 5 minutes. Cook on *High* pressure. When done; perform a quick release of the pressure by turning the valve to the *Venting* position. Open the lid and stir in the eggs and olives. Press the *Saute* button and cook for 2-3 minutes more. Turn off the pot and transfer all to serving bowls. Serve it immediately

Nutrition Info: Calories: 297; Total Fats: 18g; Net Carbs: 7g; Protein: 24.9g; Fiber: 3.4g

Bacon Cheese Rolls

(Prep + Cooking Time: 10 Minutes | Serves: 3)

Ingredients: 6 large eggs 1/2 cup cheddar cheese 6 bacon slices 2 tablespoon
green onions; finely chopped 1/2 teaspoon dried oregano; ground. 1/2 teaspoon
black pepper; ground. 1 teaspoon salt

Directions: In a large mixing bowl, combine eggs, cheddar cheese, green onions, salt, pepper, and oregano. Whisk until well combined and foamy, Set aside. Grease 6 silicone muffin molds with some cooking spray. Line the walls of each cup with bacon and pour in the previously prepared mixture, Set aside. Plug in your instant pot and pour 1 cup of water in the stainless steel insert. Position a trivet on the bottom and place molds on top. Securely lock the lid and adjust the steam release handle. Press the *Manual* button and set the timer for 3

minutes. Cook on *High* pressure When you hear the cooker's end signal, perform a quick release of the pressure. Open the pot and transfer molds to wire rack using oven mitts. Let it cool completely before serving

Nutrition Info: Calories: 427; Total Fats: 32.1g; Net Carbs: 0.9g; Protein: 31.5g; Fiber: 0.3g

Spinach Stew

(Prep + Cooking Time: 50 Minutes | Serves: 4)

Ingredients:

For stew: 1-pound beef shoulder; cut into bite-sized pieces 2 cups Swiss chard; chopped 1 small onion; chopped. 3 cups fresh spinach; chopped. 3 tablespoon butter 2 tablespoon olive oil 2 large eggs; beaten 5 cups vegetable broth 1/2 teaspoon garlic powder 1/2 teaspoon smoked paprika 1 teaspoon salt

Directions: Rinse the meat under cold running water and pat dry with a kitchen paper. Place on a large cutting board and cut into bite sized pieces, Set aside Plug in the instant pot and press the *Sauté* button. Grease the inner pot with oil and heat up. Add chopped meat along with onions and briefly brown for 4-5 minutes, stirring constantly. Stir in the butter and add greens. Sprinkle with salt, smoked paprika, and garlic powder. Continue to cook for another 2-3 minutes Finally, pour in the broth and seal the lid. Set the steam release handle to the *Sealing* position and press the *Manual* button. Set the timer for 20 minutes on high pressure. When done; release the pressure naturally and open the lid. Stir in beaten eggs and let it sit for a couple of minutes before serving. Optionally, season with some more salt or pepper

Nutrition Info: Calories: 446; Total Fats: 27.1g; Net Carbs: 3.3g; Protein: 44.9g; Fiber: 1.2g

Pumpkin Hemp Spread

(Prep + Cooking Time: 15 Minutes | Serves: 2)

Ingredients: 1 cup pumpkin puree 1 tablespoon butter 1/4 cup chia seeds 1/4 cup swerve 1 teaspoon pumpkin pie spice 1 teaspoon cinnamon 1/4 teaspoon salt

Directions: Plug in the instant pot and press the *Sauté* button. Grease the inner pot with butter and add chia seeds and swerve Cook for 3 minutes, stirring constantly. Now add pumpkin puree and sprinkle with cinnamon, pumpkin pie spice, and salt. Give it a good stir and pour in 1 cup of water. Seal the lid and set the steam release handle to the 'Sealing' position. Press the *Manual* button and set the timer for 6 minutes on high pressure When done; perform a quick release and open the lid Transfer to serving bowls and chill for a while. Refrigerate for at least one hour before serving.

Nutrition Info: Calories: 100; Total Fats: 6.7g; Net Carbs: 6.5g; Protein: 1.8g; Fiber: 4.2g

Chicken Enchilada Soup

(Prep + Cooking Time: 30 Minutes | Serves: 4)

Ingredients: 1 tablespoon extra-virgin olive oil 1 large yellow onion; diced. 1 large red bell pepper; diced. 1 large jalapeño; minced 1 cup sugar-free tomato sauce 3 cloves garlic; minced 1 tablespoon chili powder 1 tablespoon chipotle pepper in adobo sauce 1 teaspoon white wine vinegar 2 teaspoon ground cumin 1 teaspoon sea salt 1/2 teaspoon oregano 3 cups chicken broth 1 teaspoon garlic powder 1 teaspoon onion powder 1-pound chicken breasts

Directions: Add the olive oil to the Instant Pot and set to *Sauté.* Stir in the next four ingredients. Cook for 4-5 minutes, until soft. In a small bowl, combine the vinegar, chipotle chili, tomato sauce, and spices. Add the mixture to the pot. Stir in the broth and chicken. Put the lid on and reset to Manual high pressure for 20 minutes. At the end of 20 minutes, release the vent valve. Remove the chicken and shred. Add it back to the pot and stir. Serve or let it chill and store covered in the refrigerator for up to 4 days

Nutrition Info: Calories: 268 ; Total Carbs: 12.9 g; Net Carbs: 8.9 g; Fat: 10.7 g; Protein: 29.9 g

Broccoli Soup

(Prep + Cooking Time: 35 Minutes | Serves: 4)

Ingredients:

For soup: 7-ounce broccoli; chopped 2 tablespoon olive oil 2 cups vegetable broth 1/2 cup almond meal 1/2 cup cauliflower; chopped. 1/4 cup cottage cheese 1 small onion; finely chopped 2 garlic cloves; crushed 1 cup unsweetened almond milk 1/4 teaspoon freshly ground black pepper 1 teaspoon pink Himalayan salt

Directions: Plug in the instant pot and press the *Sauté* button. Add olive oil and heat up. Add chopped onions and crushed garlic. Cook for 3-4 minutes or until translucent. Now add broccoli and cauliflower. Season with salt and freshly ground black pepper and pour in the vegetable broth. Optionally, add one cup of water and seal the lid. Set the steam release handle to the *Sealing* position and press the *Manual* mode. Set the timer for 5 minutes on high pressure. When you hear the end signal, perform the quick pressure release and open the lid. Chill for a while and transfer to a blender or a food processor. Pour in the unsweetened almond milk and add cottage cheese and almond meal. Process until completely smooth and pour back to the pot. Press the *Sauté* button again and heat up. Optionally, sprinkle with some dried herbs or red pepper flakes. Serve it immediately.

Nutrition Info: Calories: 200; Total Fats: 15g; Net Carbs: 6.3g; Protein: 9.1g; Fiber: 3.8g

Steamed Eggs with Scallions

(Prep + Cooking Time: 15 Minutes | Serves: 1)

Ingredients: 2 large eggs 1 tablespoon sesame seeds 2 tablespoon scallions;

chopped 1/2 cup cold water 1/2 teaspoon white pepper; freshly ground. 1/2
teaspoon garlic powder 1 teaspoon sea salt

Directions: Pour 1 cup of water in your Instant pot and set the steamer insert. In a small bowl, combine together eggs and water. Transfer to a small sieve and drain the excess liquid into an oven-safe bowl. Stir in chopped scallions and season with salt, pepper, and garlic powder. Sprinkle the mixture with some sesame seeds and mix well. Place the bowl on the steamer insert and securely close the lid. Set the steam release handle to the *Sealing* position. Press the *Manual* button and set the timer to 5 minutes on *High* pressure. When you hear the end signal, move the steam valve to the *Venting* position and gently open the lid. Using oven mitts remove the bowl from the Instant Pot and serve immediately.

Nutrition Info: Calories: 198; Total Fats: 14.4g; Net Carbs: 2.4g; Protein: 14.4g; Fiber: 1.4g

Low Carb Vegetable Soup

(Prep + Cooking Time: 35 Minutes | Serves: 12)

Ingredients: 1-pound green beans 64 -ounce chicken broth 1 small onion;
chopped. 1 large turnip; cubed 6 stalks celery; chopped 1 medium carrot; chopped.
15 -ounce pumpkin puree 2 cups water 1 tablespoon fresh basil; chopped 1/4
teaspoon thyme leaves 1/8 teaspoon rubbed sage Salt; to taste 1-pound spinach
leaves; chopped.

Directions: Place all ingredients except spinach into the pot. Cover and set for 10 minutes at high pressure. When time is up, allow a 10-minute natural pressure release. Open the lid and mix in spinach. Cover for 5 minutes to wilt spinach leaves.

Nutrition Info: Calories: 51 ; Total Carbs: 10 g; Net Carbs: 5 g; Fat: 0 g; Protein: 3g

Classic Jalapeno Chili

(Prep + Cooking Time: 60 Minutes | Serves: 4)

Ingredients:

For chili: 1-pound ground beef 3 jalapeno peppers 3 tablespoon oil 3
tablespoon butter 1 large onion; chopped. 2 garlic cloves; crushed 3 cups beef broth
1 teaspoon ground cumin 1/2 teaspoon chili powder 1/2 teaspoon salt

Directions: Take a sharp knife and slice each pepper down the middle. Make sure you cut them in two equal halves so the seeds and the stems can be removed easily. Place them in a small saucepan along with salt, cumin, and chili powder. Drizzle with oil and heat up. Cook for 2-3 minutes and then add onions. Continue to cook for another 2-3 minutes. Remove from the heat and transfer to the pot. Add the meat and garlic. Pour in the broth and stir well. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Meat* button. When done; release the pressure naturally for 10-15 minutes and then move the pressure valve to the *Venting* position to release the remaining pressure. Carefully open the lid and stir in the butter. Chill for a while and serve. Optionally, sprinkle with grated Parmesan cheese before

serving

Nutrition Info: Calories: 428; Total Fats: 27.2g; Net Carbs: 4.4g; Protein: 38.8g; Fiber: 1.3g

Leek Stir Fry

(Prep + Cooking Time: 15 Minutes | Serves: 2)

Ingredients: 1 cup leeks; chopped into bite-sized pieces 2 tablespoon olive oil 3 eggs 1/4 teaspoon chili flakes 1 tablespoon butter 1/4 teaspoon salt 1 teaspoon mustard seeds 1 tablespoon dried rosemary

Directions: Rinse leeks under cold running water. Drain in a large colander and place on a clean work surface. Using a sharp knife, cut into one-inch long pieces, Set aside. Plug in the instant pot and grease the stainless steel insert with olive oil. Press the *Sauté* button and add mustard seeds. Stir-fry for 2-3 minutes Now add leeks and butter. Cook for 5 minutes, stirring constantly. Gently crack three eggs and season with dried rosemary, chili flakes, and salt. Cook until set, for approximately 4 minutes. Turn off the pot. Serve it immediately.

Nutrition Info: Calories: 292; Total Fats: 26.5g; Net Carbs: 6g; Protein: 9g; Fiber: 0.8g

Beef with Steamed Cauliflower

(Prep + Cooking Time: 35 Minutes | Serves: 2)

Ingredients: 8-ounce ground beef 2 medium-sized bell pepper; chopped 1 tablespoon chives; finely chopped. 1 cup cauliflower; chopped 2 tablespoon heavy cream 1 tablespoon butter 1/2 teaspoon dried thyme; ground. 1/4 teaspoon black pepper; ground. 1/4 teaspoon smoked paprika; ground. 1/4 teaspoon red chili flakes 1/2 teaspoon sea salt

Directions: Plug in your instant pot and add the butter in the stainless steel insert. Press the *Saute* button and add ground beef. Sprinkle with some salt, pepper, and smoked paprika. Cook for 5 minutes, or until golden brown. Stir occasionally. Add bell peppers and heavy cream. Give it a good stir and cook for 2 more minutes. Press the *Cancel* button and stir in the chives immediately. Let it stand for 5 minutes and then transfer to a serving dish Now; clean the stainless steel insert and fill with 1 cup of water. Position a trivet on the bottom. Place the cauliflower in the steam basket and set the basket on the top of a trivet. Seal the lid and adjust the steam release handle. Press the *Steam* button and set the timer for 10 minutes. Cook on *High* pressure. When done; perform a quick release and open the lid. Sprinkle with chili flakes and optionally, with some olive oil for better taste Serve steamed cauliflower with previously prepared ground beef

Nutrition Facts: 366; Total Fats: 18.8g; Net Carbs: 9.4g; Protein: 20.1g; Fiber: 3.1g

Keto Pork Soup

(Prep + Cooking Time: 55 Minutes | Serves: 6)

Ingredients:

For soup: 2 -pounds pork ribs 3 tablespoon oil 1 large leek; chopped 1/4 cup fresh parsley; chopped 5 cups beef broth 1 small onion; finely chopped 1 cup celery; chopped 2 bay leaves 2 tablespoon fresh basil; finely chopped. 1 teaspoon salt 1/4 teaspoon chili flakes

Directions: Grease the bottom of the inner pot with oil and press the *Sauté* mode. Heat up and add pork ribs in batches. Brown on all sides for 5-6 minutes. When done; remove the meat from the pot and place in a deep bowl, Set aside Now add onions and chopped leeks. Season with salt and chili flakes. Stir-fry for 4-5 minutes and add the meat along with the remaining ingredients. Pour in the beef broth and press the *Cancel'* button. Securely seal the lid and set the steam release handle to the *Sealing* position. Press the *Meat* button and cook for 30 minutes on high pressure When you hear the end signal, release the pressure naturally and carefully open the lid. Remove the bay leaves and serve immediately.

Nutrition Info: Calories: 522; Total Fats: 34.8g; Net Carbs: 3.7g; Protein: 44.6g; Fiber: 0.9g

Chicken Wings & Green Peppers Stew

(Prep + Cooking Time: 30 Minutes | Serves: 3)

Ingredients:

For stew: 1-pound chicken wings 2 green bell peppers, chopped 2 cups cauliflower, chopped into florets 1 tablespoon cayenne pepper 1 large tomato; chopped 1/4 cup fresh parsley, finely chopped 1 teaspoon chili pepper 3 tablespoon olive oil 1 teaspoon salt

Directions: Rub the wings with salt and chili pepper, Set aside. Plug in the instant pot and press the *Sauté* button. Heat up the oil and add bell peppers and chopped cauliflower. Stir well and cook for 3 minutes Add tomato and continue to cook until the liquid evaporates. Finally add the chicken wings and season with cayenne pepper. Give it a good stir and press the *Cancel'* button Seal the lid and set the steam release handle to the *Sealing* position. Press the *Meat* button and cook for 13 minutes. When done, press the *Cancel'* button and release the steam naturally. Carefully open the lid and optionally season with some more salt or pepper. Serve it immediately

Nutrition Info: Calories: 283; Total Fats: 5g; Net Carbs: 8.6g; Protein: 46.6g; Fiber: 3.6g

Blueberry Cinnamon Scones

(Prep + Cooking Time: 25 Minutes | Serves: 7)

Ingredients:

For dough: 1 cup almond flour 4 tablespoon butter; melted 1-egg 1/2

teaspoon baking powder 1/2 cup heavy cream 1 teaspoon vanilla extract 1 teaspoon
lemon zest; freshly grated 1/4 teaspoon salt 1 teaspoon powdered stevia 1 teaspoon
cinnamon; ground.

For icing: 1 teaspoon liquid stevia 1 teaspoon blueberry extract 4 tablespoon
coconut butter; melted

Directions: In a large mixing bowl, combine almond flour, baking powder, stevia, cinnamon, and salt. Stir until well combined. Add heavy cream, butter, egg, vanilla extract, and lemon zest. Stir until well incorporated, Set aside Line a fitting springform pan with some parchment paper and grease the sides with some cooking spray, Set aside. Dust a clean work surface with some flour and transfer the dough. Form the dough into balls of desired size and transfer to the pan. Gently press with your palm to form scone-shaped cookies Plug in your instant pot and pour one cup of water in the stainless steel insert. Position a trivet on the bottom and place the pan on top. Securely lock the lid and adjust the steam release handle. Press the *Manual* button and set the timer for 15 minutes. Cook on *High* pressure. Meanwhile, prepare the icing. Combine all ingredients in a large mixing bowl and beat until smooth and creamy When done, release the pressure naturally. Open the lid and transfer to wire rack. Let it cool completely Using a piping bag, top with icing and refrigerate for 10 minutes before serving

Nutrition Info: Calories: 259; Total Fats: 24g; Net Carbs: 3g; Protein: 5.1g; Fiber: 3.6g

Instant Pot Cauliflower Soup

(Prep + Cooking Time: 45 Minutes | Serves: 4)

Ingredients: 32 -ounce chicken stock 6 slices turkey bacon; cooked, diced. 1 head cauliflower; coarsely chopped. 1 green bell pepper; chopped 1 large yellow onion; diced.
2 cloves garlic; minced 1 tablespoon onion powder 1 tablespoon olive oil Salt;
ground black pepper, to taste 2 cups cheddar cheese; shredded. 1 cup half and half 1
tablespoon Dijon mustard 4 dashes hot pepper sauce

Directions: Turn on Instant Pot and press *Sauté* button. Add olive oil, onion, and garlic. Cook for about 3 minutes to brown Stir in cauliflower, green bell pepper, onion powder, salt, and pepper Pour in chicken stock, then close and lock the lid. Select *Soup* function and adjust the time to 35 minutes Let the pressure release naturally for 10 minutes and then release any remaining pressure. Unlock and remove the lid Stir in the remaining ingredients. Reselect *Sauté* function, and cook for about 5 minutes until bubbly. Serve hot

Nutrition Info: Calories: 404 ; Total Carbs: 3 g; Net Carbs: 1.4 g; Fat: 21 g; Protein: 47 g

Beef Bourguignon Recipe

(Prep + Cooking Time: 55 Minutes | Serves: 5)

Ingredients:

For bourguignon: 2-pounds beef sirloin; cut into-bite sized pieces 1 cup pearl onions;

chopped 2 cups button mushrooms 3 cups beef broth 2 tablespoon arrowroot 4
bacon slices; chopped 1/4 cup balsamic vinegar 3 tablespoon butter 2 sage
sprigs 2 thyme sprigs 1 teaspoon salt 1 teaspoon black pepper

Directions: Rinse the meat under cold running water and pat dry with a kitchen paper. Cut into bite-sized pieces and season with some salt and pepper, Set aside. Plug in the instant pot and press the *Sauté* button. Add butter to the inner pot and heat up. When melted, add mushrooms and onions. Cook for 10-12 minutes, stirring constantly. When done, transfer the mushrooms and onions to a large bowl. Cover with a lid and set aside. With the *Sauté* mode on, add bacon. Cook for 2-3 minutes or until crisp. Transfer the bacon to the bowl with mushrooms. Now pour in the balsamic vinegar and broth. Stir in the arrowroot and add meat. Add the sage and thyme and seal the lid. Set the steam release handle to the *Sealing* position and press the *Manual* button. Set the timer for 30 minutes on high pressure. When you hear the end signal, press the *Cancel* button and release the pressure naturally. Carefully open the lid and stir in the mushroom mixture. Serve it immediately.

Nutrition Info: Calories: 523; Total Fats: 25.5g; Net Carbs: 3.6g; Protein: 64.9g; Fiber: 0.8g

Cinnamon Bars

(Prep + Cooking Time: 25 Minutes | Serves: 2)

Ingredients: 2 tablespoon coconut oil 1 cup unsweetened almond milk 1/3 cup
pumpkin puree 2 tablespoon sesame seeds 1 tablespoon almonds; chopped 2 large
eggs 1/3 cup hemp seeds 2 tablespoon swerve

Directions: Line a small baking dish with some parchment paper, Set aside. Place coconut oil and swerve in a microwave-safe bowl and microwave for 1 minute. Whisk together and transfer to a deep bowl along with the remaining ingredients. Stir well and transfer to the prepared dish. Loosely cover with aluminum foil and set aside. Plug in the instant pot and pour in 1 cup of water in the inner pot. Position the trivet and place the baking dish on top. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Manual* button and set the timer for 15 minutes on high pressure. When done, perform a quick pressure release by moving the pressure valve to the *Venting* position. Carefully open the lid and remove the dish. Chill for a while and cut into 4 bars. Serve it immediately.

Nutrition Info: Calories: 417; Total Fats: 36.7g; Net Carbs: 5g; Protein: 17g; Fiber: 3.9g

Beef Chuck Shoulder Roast Stew

(Prep + Cooking Time: 50 Minutes | Serves: 6)

Ingredients:

For stew: 2 -pounds beef chuck shoulder roast; chopped 2 -pounds cauliflower;
chopped into florets 2 tablespoon butter 5 cups beef broth 2 large onions; finely
chopped. 3 tablespoon olive oil 1 cup cherry tomatoes 1 teaspoon smoked
paprika 1/2 teaspoon garlic powder 1 teaspoon sea salt

Directions: Plug in the instant pot and press the *Sauté* button. Grease the stainless steel insert with olive oil and heat up. Add onions and stir-fry until translucent. Season the meat with salt and add to the pot. Briefly brown, stirring constantly. Now add tomatoes and pour in the beef broth. Stir well and seal the lid. Set the steam release handle and press the *Manual* button. Set the timer for 30 minutes on high pressure. When done; move the pressure valve to the *Venting* position to release the pressure. Carefully, open the lid and add the remaining spices. Stir in the butter and add the chopped cauliflower. Seal the lid again and cook for another 4 minutes on the *Manual* mode. When done; release the pressure naturally and open the lid. Optionally, stir in one tablespoon of Greek yogurt and serve immediately.

Nutrition Info: Calories: 470; Total Fats: 21.7g; Net Carbs: 9.4g; Protein: 53.8g; Fiber: 5.2g

Turkey Soup

(Prep + Cooking Time: 50 Minutes | Serves: 3)

Ingredients:

For soup: 7-ounce turkey breast; chopped into bite-sized pieces 4 cups chicken broth
1 cup fresh celery leaves; chopped. 1/2 cup red bell peppers; finely chopped 1/4
teaspoon freshly ground white pepper 1 teaspoon salt

Directions: Rinse the meat under cold running water and pat dry with some kitchen paper. Place on a clean work surface and cut into bite-sized pieces. Transfer to the pot along with red bell peppers. Sprinkle with salt and freshly ground white pepper. Securely lock the lid. Set the steam release handle to the *Sealing* position and press the *Manual* button. Set the timer for 35 minutes on high pressure. When done; release the pressure naturally and open the lid. Stir in the fresh celery and seal the lid again. Let it sit for 10 minutes. Serve it immediately.

Nutrition Info: Calories: 132; Total Fats: 3g; Net Carbs: 5.4g; Protein: 18.2g; Fiber: 1.1g

Keto Vanilla Chia Seeds

(Prep + Cooking Time: 15 Minutes | Serves: 2)

Ingredients: 3 tablespoon chia seeds 2 tablespoon coconut oil 2 tablespoon Greek yogurt
2/3 cup unsweetened almond milk 1 teaspoon vanilla extract 1 teaspoon swerve
1/4 teaspoon salt

Directions: Plug in the instant pot and press the *Sauté* button. Pour in the milk and add chia seeds. Cook for 5 minutes, stirring constantly. Now add coconut oil and sprinkle with swerve, vanilla extract, and salt. Give it a good stir and pour in about 1/4 cup of water. Continue to cook for another 3-4 minutes. When done, press the *Cancel* button and stir in Greek yogurt. Optionally, top with some fresh strawberries or seeds. Transfer to serving bowls and chill well before serving.

Nutrition Info: Calories: 227; Total Fats: 22.5g; Net Carbs: 2.4g; Protein: 6.1g; Fiber: 7.8g

Mushroom Chicken with Eggs

(Prep + Cooking Time: 40 Minutes | Serves: 2)

Ingredients: 7-ounce boneless and skinless chicken breast; cut into bite-size pieces 1
cup button mushrooms; sliced 2 cups chicken stock 3 eggs 3 tablespoon olive oil
2 garlic cloves; crushed 2 tablespoon almond flour 1 teaspoon cayenne pepper 1
teaspoon salt 1/4 teaspoon black pepper

Directions: Rinse the meat under cold running water and pat dry with a kitchen paper. Cut into bite-sized pieces and set aside Plug in the instant pot and grease the inner pot with some oil. Add garlic and meat. Season with salt and cook for 3 minutes. Now add mushrooms and continue to cook for 5 minutes. Pour in the chicken stock and give it a good stir. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Manual* button and set the timer for 9 minutes on high pressure When done, perform a quick pressure release and open the lid. Press the *Sauté* button and cook until half of the liquid evaporates. Now stir in the almond flour and sprinkle with cayenne pepper and black pepper. Cook for 5 minutes, stirring constantly Finally, crack the eggs and cook until completely set. Serve it immediately.

Nutrition Info: Calories: 456g; Total Fats: 32.1g; Net Carbs: 3.2g; Protein: 39.4g; Fiber: 0.6g

Beef Kale Patties

(Prep + Cooking Time: 25 Minutes | Serves: 4)

Ingredients: 1-pound ground beef 1 tablespoon olive oil 1 large egg; beaten 1
cup fresh kale; finely chopped. 1 tablespoon almond flour 1/2 teaspoon dried
rosemary; ground. 1/2 teaspoon black pepper; ground. 1/2 teaspoon dried oregano;
ground. 1 teaspoon sea salt

Directions: Rinse well the kale under cold running water using a large colander. Drain and finely chop, Set aside. In a large mixing bowl, combine ground beef, kale, egg, and flour. Mix with your hands until well incorporated. Add flour and all spices. Mix again until smooth mixture. Shape about 8 patties, approximately 2-inch in diameter Grease a fitting springform pan with some olive oil. Add the patties and set aside. Plug in your instant pot and pour 1 cup of water in the stainless steel insert. Position a trivet on the bottom and place the pan on top. Securely lock the lid and adjust the steam release handle. Press the *Manual* button and set the timer for 15 minutes. Cook on *High* pressure When done; perform a quick release of the pressure and open the pot. Remove the pan from the pot using oven mitts. Place on a wire rack and cool completely. Optionally, brown the patties on *Saute* mode for 1 minute on both sides.

Nutrition Info: Calories: 279; Total Fats: 12.7g; Net Carbs: 1.9g; Protein: 36.9g; Fiber: 0.7g

Pork with Mushrooms

(Prep + Cooking Time: 20 Minutes | Serves: 2)

Ingredients: 10-ounce pork; minced 1 tablespoon Dijon mustard 1 tablespoon
olive oil 1 small zucchini; chopped 6-ounce button mushrooms; sliced 1 small onion;
finely chopped 1/4 teaspoon dried basil; ground. 1/2 teaspoon black pepper;
ground. 1/4 teaspoon garlic powder 1/2 teaspoon salt

Directions: Plug in your instant pot and add the olive oil in the stainless steel insert. Press

the *Saute* button and add onions. Stir-fry for 2-3 minutes and add minced pork. Sprinkle with garlic powder, salt, and pepper. Give it a good stir and cook for 3-4 minutes, or until browned. Add zucchini and mushrooms. Pour 1 cup of water and close the lid. Adjust the steam release handle and press the *Manual* button. Set the timer for 6 minutes and cook on *High* pressure.

When you hear the cooker's end signal, perform a quick release of the pressure by turning the valve to the *Venting* position. Open the pot and press the *Saute* button. Stir in the Dijon mustard and sprinkle with dried thyme. Transfer to a serving plate

Nutrition Info: Calories: 312; Total Fats: 12.7g; Net Carbs: 6.4g; Protein: 41.3g; Fiber: 2.7g

Chicken with Spinach

(Prep + Cooking Time: 50 Minutes | Serves: 3)

Ingredients: 7 ounce boneless and skinless chicken breast; chopped into bite-sized pieces
1 garlic clove; crushed 1 cup fresh spinach; chopped 1 large leek; finely chopped 1 cup cottage cheese
3 tablespoon butter 1 cup avocado chunks 1 small onion, finely chopped
1/2 teaspoon dried rosemary 1 teaspoon salt

Directions: Plug in the instant pot and press the *Sauté* button. Grease the inner pot with butter and heat up. Add chicken and sprinkle with salt. Cook for 12-15 minutes, stirring occasionally. Now add avocado and continue to cook for 5 minutes. If necessary, add more olive oil. Finally, add onions, garlic, and chopped leeks. Give it a good stir and cook until completely soft. Add spinach and sprinkle with rosemary. Press the *Cancel* button and cover with the lid. Let it sit for 10 minutes. Remove from the pot and transfer to a deep bowl. Stir in the cottage cheese and serve immediately

Nutrition Info: Calories: 382g; Total Fats: 24.5g; Net Carbs: 5.8g; Protein: 31.2g; Fiber: 4g

Coconut Cherry Pancakes

(Prep + Cooking Time: 20 Minutes | Serves: 3)

Ingredients: 1 tablespoon coconut butter; melted 1/2 cup cream cheese; softened
1 teaspoon baking powder 2 tablespoon coconut milk 1 cup almond flour 3 large eggs; beaten
1/4 teaspoon nutmeg; ground. 1 teaspoon powdered stevia 1 teaspoon cherry extract

Directions: In a large mixing bowl, combine coconut flour, baking powder, stevia, and nutmeg. Stir well using a kitchen spatula. Now; add eggs, cream cheese, coconut milk, nutmeg and cherry extract. With a whisking attachment on, beat until smooth and creamy. Plug in your instant pot and grease the stainless steel insert with coconut butter. Pour about 1/3 of the mixture and securely lock the lid. Adjust the steam release handle and press the *Manual* button. Set the timer for 5 minutes and cook on *High* pressure. When you hear the cooker's end signal, perform a quick release of the pressure by moving the valve to the *Venting* position. Open the pot and repeat the process with the remaining batter. Top with some plain yogurt and sprinkle with some shredded coconut. Serve it immediately.

Nutrition Info: Calories: 350; Total Fats: 31.3g; Net Carbs: 4.2g; Protein: 12.1g; Fiber: 3g

Eggs with Mushrooms

(Prep + Cooking Time: 25 Minutes | Serves: 1)

Ingredients: 1/2 cup button mushrooms; sliced 2-ounce fresh arugula 1-egg 2
tablespoon olive oil 1/4 teaspoon chili flakes 1 tablespoon dried thyme

Directions: Place mushrooms in a large sieve and rinse under cold running water. Pat dry with a kitchen towel making sure to wipe away any extra debris. Using a sharp paring knife, slice each mushroom in half, lengthwise, but keep the stems on, Set aside Plug in the instant pot and add butter to the stainless steel insert. Press the *Sauté* button and melt it. Add mushrooms and cook for 4-5 minutes, or until the liquid evaporates Now; add arugula and give it a good stir. Optionally, add one tablespoon of olive oil for some extra taste. Cook for one minute Finally, crack the eggs and cook until set – for 2 minutes. Season with dried thyme and sprinkle with chili flakes Turn off the pot and carefully transfer the mixture to a serving plate using a large kitchen spatula. Serve it immediately

Nutrition Info: Calories: 325; Total Fats: 32.8g; Net Carbs: 2.3g; Protein: 8.1g; Fiber: 1.3g

Beef Chili

(Prep + Cooking Time: 45 Minutes | Serves: 3)

Ingredients:

For chili: 1-pound beef stew meat 2 garlic cloves; crushed 1 cup fire-roasted tomatoes; chopped 2 small red chilies; finely chopped. 2 tablespoon olive oil 2 tablespoon butter 1/2 green bell pepper; chopped 1/2 teaspoon freshly ground black pepper 1/4 teaspoon stevia powder 1 teaspoon salt

Directions: Plug in the instant pot and grease the inner pot with olive oil. Press the *Sauté* button and heat up. Add onions, garlic, and chopped chili. Sauté for 3-4 minutes stirring constantly. Now add the remaining ingredients and seal the lid. Set the steam release handle to the *Sealing* position and press the *Manual* button. Set the timer for 25 minutes on high pressure When done; press the *Cancel* button and release the pressure naturally. Let it sit, covered, for 10-15 minutes before serving For a better taste, briefly brown the meat before cooking. Optionally, sprinkle with some finely chopped parsley before serving

Nutrition Info: Calories: 450; Total Fats: 26.6g; Net Carbs: 3.6g; Protein: 46.8g; Fiber: 1.1g

Pork Tenderloin Stew

(Prep + Cooking Time: 50 Minutes | Serves: 3)

Ingredients:

For stew: 1-pound pork tenderloin; chopped. 1 small onion; chopped. 4 cup beef broth 1 cup tomatoes; chopped 1/4 cup apple cider vinegar 3 tablespoon oil 2 tablespoon butter 1/4 teaspoon black pepper; freshly ground. 1/4 teaspoon garlic

powder 2 bay leaves 1/2 salt 1 teaspoon dried marjoram

Directions: Grease the bottom of the inner pot with oil and press the *Sauté* button. Heat up the oil and add butter. Allow it to melt and then add onions. Cook for 3-4 minutes. Now add chopped meat and season with salt, marjoram, black pepper, and garlic powder. Give it a good stir and continue to cook for 5-6 minutes stirring constantly. Pour in the broth and apple cider. Add bay leaves and tomatoes. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Manual* button and set the timer for 35 minutes on high pressure. When you hear the end signal, perform a quick pressure release by moving the pressure valve to the *Venting* position. Carefully open the lid and remove the bay leaves. Optionally, sprinkle with some Parmesan cheese and serve immediately.

Nutrition Info: Calories: 480; Total Fats: 28.6g; Net Carbs: 4.7g; Protein: 46.9g; Fiber: 1.2g

Lamb Stew

(Prep + Cooking Time: 45 Minutes | Serves: 3)

Ingredients:

For stew: 1-pound lamb leg; chopped into bite-sized pieces 6 garlic cloves; crushed
4 cups vegetable stock 2 tablespoon butter; for serving 2 cups cabbage; shredded
1 thyme sprig 1 bay leaf 1 rosemary sprig 1 teaspoon sea salt

Directions: Combine the ingredients in the pot and pour in the stock. Stir well and optionally season with some more salt or pepper. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Meat* button and set the timer for 35 minutes. When you hear the end signal, press the *Cancel* button and release the pressure naturally. Using oven mitts, move the pressure valve to the *Venting* position to release any remaining pressure. Carefully open the lid and stir in butter. Let it sit for 2-3 minutes and serve immediately.

Nutrition Info: Calories: 378; Total Fats: 19g; Net Carbs: 3.9g; Protein: 44.1g; Fiber: 2g

Deviled Eggs

(Prep + Cooking Time: 30 Minutes | Serves: 4)

Ingredients: 12 eggs 1/4 cup sour cream 2 tablespoon butter 1 tablespoon
Dijon mustard 2 teaspoon lemon juice 2 tablespoon parsley; finely chopped. 1
teaspoon sea salt

Directions: Plug in your Instant Pot and pour in 1 cup of water. Set the steaming insert and gently place egg in it. Securely close the lid and set the steam release handle to *Sealing* position. Press the *Manual* button and set the timer to 7 minutes. Now prepare the deviled eggs stuffing. In a medium-sized bowl, combine sour cream, butter, cilantro, Dijon, and lime juice. Season with salt and mix well using a hand mixer. You want to get a nice and creamy mixture. When you hear the end signal, set the steam valve to *Venting* position to perform a quick pressure release. Open the lid and gently remove the eggs. Chill for a while. Meanwhile, prepare the ice bath. Take a large bowl and pour in 4 cups of ice cold water. Optionally, add 2 cups

of ice cubes to speed up the cooling process. Place eggs in it and cool them completely. This will stop the cooking process and prevent the eggs of being overcooked Gently peel the eggs and slice them in half, lengthwise. Remove the yolks and place them in the cream mixture. Stir well to combine avoiding any large pieces Place the cream mixture in a large piping pastry bag with a star tip. Pipe about 1 tablespoon of the mixture at the center of each egg and transfer to a serving plate.

Nutrition Info: Calories: 274; Total Fats: 22.1g; Net Carbs: 1.8g; Protein: 17.4g; Fiber: 0.2g

Beef Black Pepper Stew

(Prep + Cooking Time: 45 Minutes | Serves: 6)

Ingredients:

For stew: 2 -pounds beef stew meat 3 large onions, chopped 1 cup cherry tomatoes 5 garlic cloves, crushed 3 tablespoon oil 4 cups beef broth 1 teaspoon peppercorn 1 teaspoon cayenne pepper 1 teaspoon salt 1/2 teaspoon black pepper, freshly ground.

Directions: Grease the inner pot with oil and press the *Sauté* button. Add onions and garlic. Cook for 3-4 minutes, stirring constantly. Now add the meat, salt, pepper, peppercorn, cayenne pepper, and tomatoes. Stir in the meat and pour in the broth. Give it a good stir and seal the lid. Set the steam release handle and press the *Manual* mode. Cook for 20 minutes on high pressure When done, release the pressure naturally and open the lid. Serve hot and enjoy!

Nutrition Info: Calories: 406; Total Fats: 17.3g; Net Carbs: 7.6g; Protein: 50.4g; Fiber: 2g

Beef Stew with Eggplants

(Prep + Cooking Time: 60 Minutes | Serves: 6)

Ingredients:

For stew: 2 -pounds beef stew meat 1 cup eggplant; cut into chunks 6 bacon slices 4 cups beef broth 1 cup cherry tomatoes; chopped 1 large onion; finely chopped. 4 tablespoon butter 3 garlic cloves; crushed 1 bay leaf 1 teaspoon dried thyme 1/2 teaspoon salt

Directions: Place eggplant in a large sieve and generously sprinkle with salt. Toss well and let it sit for 10-15 minutes. Grease the bottom of your pot with butter. Add onions and garlic. Cook for 3-4 minutes or until translucent. Add cherry tomatoes and continue to cook until all the liquid has evaporated. Now add the meat and briefly brown stirring constantly Finally, pour in the beef broth and season with salt and thyme. Add bay leaves and give it a good stir Seal the lid and set the steam release handle to the *Sealing* position. Press the *Meat* button When you hear the end signal, perform a quick pressure release and open the lid. Serve and enjoy.

Nutrition Info: Calories: 498; Total Fats: 26.1g; Net Carbs: 4.3g; Protein: 57g; Fiber: 1.4g

Cinnamon Pancakes

(Prep + Cooking Time: 20 Minutes | Serves: 3)

Ingredients: 1 cup almond flour 1 tablespoon coconut butter; melted 2 tablespoon milk 2 large eggs 1/2 teaspoon baking powder 1/2 teaspoon vanilla extract 1 teaspoon cinnamon; ground. 1/2 teaspoon powdered stevia

Directions: In a large mixing bowl, combine almond flour, baking powder, cinnamon, and stevia. Using a kitchen spatula, mix until combined. Now; add eggs, vanilla extract, and milk. With a whisking attachment on, beat until smooth batter. Plug in your instant pot and grease the stainless steel insert with coconut butter. Pour about 1/3 of the mixture into the pot and securely lock the lid. Adjust the steam release handle and press the *Manual* button. Set the timer for 5 minutes and cook on *High* pressure. When done; perform a quick release of the pressure and open the pot. Carefully remove the pancake to a serving plate. Repeat the process with the remaining batter. Serve pancakes with some fresh raspberries

Nutrition Info: Calories: 312; Total Fats: 24.3g; Net Carbs: 5.7g; Protein: 12.9g; Fiber: 5.3g

Chicken Veal Stew

(Prep + Cooking Time: 60 Minutes | Serves: 4)

Ingredients:

For stew: 1-pound veal cuts; chopped into bite-sized pieces. 1-pound chicken boneless and skinless chicken breast; chopped into bite sized pieces. 3 tablespoon butter 2 tablespoon olive oil 5 cups beef broth 2 cups button mushrooms; sliced 1 cup cauliflower; chopped 1 cup cherry tomatoes; sliced 1 teaspoon salt 1 teaspoon smoked paprika 2 rosemary sprigs 1/2 black pepper; freshly ground. 1 tablespoon cayenne pepper

Directions: Rinse well the meat and chop into bite-sized pieces. Generously sprinkle with salt and pepper. Place in two separate bowls and set aside. Plug in the instant pot and grease the inner pot with olive oil. Press the *Sauté* button and add chopped veal. Cook for 4-5 minutes stirring constantly. Now add the chicken breast and continue to cook for another 3-4 minutes. Add mushrooms, cauliflower, and tomatoes. Sprinkle with cayenne pepper and smoked paprika. Continue to cook for 10 minutes. Finally, pour in the broth. Add rosemary sprigs and optionally season with some more salt and pepper to taste. Stir well and seal the lid. Set the steam release handle to the *Sealing* position and press the *Manual* button. Set the timer for 13 minutes on high pressure. When done, release the pressure naturally and carefully open the lid. Remove the rosemary sprigs and stir in the butter. Serve hot and enjoy.

Nutrition Info: Calories: 572; Total Fats: 29.5g; Net Carbs: 3.9g; Protein: 68.6g; Fiber: 1.5g

Eggs with Scallions

(Prep + Cooking Time: 10 Minutes | Serves: 1)

Ingredients: 1/4 cup scallions; finely chopped. 3 tablespoon butter 1/4
teaspoon garlic powder 2 eggs 1/4 teaspoon black pepper 1/2 teaspoon
sea salt

Directions: Plug in the instant pot and pour in 1 cup of water. Set the steam basket in the inner pot and set aside. In a small, heat-proof bowl, crack eggs and season generously with salt, pepper, and garlic powder. Sprinkle with chopped scallions and place in the steam basket. Seal the lid and set the steam release handle to the *Sealing* position. Press the *Manual* button and set the timer for 5 minutes. When you hear the end signal, perform a quick pressure release and open the lid. Using oven mitts remove the bowl and chill for a while before serving.

Nutrition Info: Calories: 439; Total Fats: 43.4g; Net Carbs: 1.9g; Protein: 11.9g; Fiber: 0.7g

Raspberry Mug Cake

(Prep + Cooking Time: 10 Minutes | Serves: 3)

Ingredients: 4 large eggs 1/4 cup fresh raspberries 1/2 cup cream cheese 1/2
teaspoon baking powder 1/2 cup heavy whipping cream 1/2 cup almond flour
1/4 teaspoon vanilla extract 1/4 teaspoon powdered stevia

Directions: In a large mixing bowl, combine eggs, cream cheese, almond flour, and baking powder. With a whisking attachment on, beat until well combined and smooth. Pour the mixture into oven-safe mugs and set aside. Plug in your instant pot and pour 1 cup of water in the stainless steel insert. Position a trivet and place mugs on top. Securely lock the lid and adjust the steam release handle. Press the *Manual* button and set the timer for 3 minutes. Cook on *High* pressure. Meanwhile, combine heavy whipping cream with powdered stevia and vanilla extract. Beat until combined and set aside. When you hear the cooker's end signal, perform a quick release of the pressure by moving the valve to the *Venting* position. Open the pot and transfer the mugs to a wire rack using oven mitts. Top each mug with raspberry cream and serve immediately.

Nutrition Info: Calories: 418; Total Fats: 36.5g; Net Carbs: 5.1g; Protein: 15.8g; Fiber: 2.7g

Almond Porridge

(Prep + Cooking Time: 10 Minutes | Serves: 2)

Ingredients: 1 cup unsweetened almond milk 2 tablespoon chia seeds 3
tablespoon coconut oil 1 teaspoon vanilla extract 1 teaspoon swerve 3 tablespoon
hemp seeds 1/4 teaspoon salt Fresh raspberries; optional for topping

Directions: Plug in the instant pot and grease the inner pot with coconut oil. Add hemp seeds and chia seeds. Pour in 1/2 cup of water and press the *Sauté* button. Cook for 5

minutes, stirring constantly. Now pour in the almond milk and sprinkle with salt, vanilla extract, and swerve. Optionally, add a few drops of stevia extract. Stir well and cook for another 5 minutes. When done, press the *Cancel* button and transfer the porridge to a serving bowl. Optionally, top with a couple of fresh raspberries and serve.

Nutrition Info: Calories: 380; Total Fats: 37.4g; Net Carbs: 2.3g; Protein: 11g; Fiber: 6.2g

Bacon Brussels Sprouts

(Prep + Cooking Time: 15 Minutes | Serves: 3)

Ingredients: 1 cup Brussels sprouts; chopped. 3-ounce bacon; cut into bite-sized pieces
1 tablespoon balsamic vinegar 4 large eggs; beaten 1 tablespoon olive oil 1
tablespoon green onions; finely chopped 1/2 teaspoon smoked paprika; ground. 1
teaspoon garlic powder 1 teaspoon sea salt

Directions: Plug in your instant pot and grease the stainless steel insert with olive oil. Press the *Saute* button and add Brussels sprouts. Sprinkle with garlic powder, paprika and salt. Stir well and cook for 5 minutes. Now; add beaten eggs, onions, and balsamic vinegar. Give it a good stir and cook for 2-3 more minutes. Turn off the pot and stir in the bacon immediately. Let it stand for 10 minutes before serving

Nutrition Info: Calories: 307; Total Fats: 23.3g; Net Carbs: 3.3g; Protein: 20.1g; Fiber: 1.4g

Poached Eggs with Garlic Spinach

(Prep + Cooking Time: 15 Minutes | Serves: 1)

Ingredients: 7-ounce spinach; chopped. 3 tablespoon olive oil 1/2 teaspoon sea
salt 1/2 teaspoon garlic powder 2 eggs 1/4 teaspoon dried oregano 1/4
teaspoon dried rosemary *

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