



QUICK START GUIDE TO KETO

# GOING KETO RECIPES

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KETO DIET RECIPE GUIDE

# RECIPE GUIDE

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A photograph of a tall glass filled with a vibrant green smoothie. A green and white striped straw is inserted into the drink. In the background, there is a wooden bowl containing fresh green leafy vegetables. The entire scene is set on a rustic wooden surface.

**“CHEW YOUR DRINK  
AND DRINK YOUR FOOD” - GANDHI**

# SMOOTHIES

## STRAWBERRIES & CREAM

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice

2 handfuls leafy greens

½ cup strawberries

2 tablespoons shredded coconut

Optional: Keto-friendly sweetener to taste

Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil

Optional: Keto-friendly protein powder

## BLUEBERRY NUT MUFFIN

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice

¼ cup blueberries

2 tablespoons walnuts

½ teaspoon cinnamon

¼ teaspoon nutmeg

pinch sea salt

Optional: Keto-friendly sweetener to taste

Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil

Optional: Keto-friendly protein powder

## RASPBERRY ALMOND

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice

2 handfuls leafy greens

1/4 cup frozen raspberries

1 tablespoon almond butter

Optional: Keto-friendly sweetener to taste

Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil

Optional: Keto-friendly protein powder

## PUMPKIN PIE SPICE

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice  
1 tablespoon pecans  
1 tablespoon freshly ground flaxseed  
¼ avocado  
2 teaspoons unsweetened pumpkin pie spice  
pinch sea salt  
Optional: Keto-friendly sweetener to taste  
Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil  
Optional: Keto-friendly protein powder

## CHOCOLATE AVOCADO

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice  
2 handfuls leafy greens  
1 avocado  
2 tablespoons unsweetened raw cacao  
Optional: Keto-friendly sweetener to taste  
Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil  
Optional: Keto-friendly protein powder

## GREEN & CREAMY

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice  
2 handfuls leafy greens  
1 avocado  
Optional: Keto-friendly sweetener to taste  
Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil  
Optional: Keto-friendly protein powder

## GINGER SPICE

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice  
2 handfuls leafy greens  
1 avocado  
3 Brazil nuts  
½ teaspoon cinnamon  
¼ teaspoon ground ginger  
¼ teaspoon nutmeg  
Optional: Keto-friendly sweetener to taste  
Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil  
Optional: Keto-friendly protein powder

## ALMOND BUTTER & JELLY

1 cup unsweetened almond milk + ½ cup crushed ice  
½ cup frozen raspberries  
1 tablespoon almond butter  
2 handfuls leafy greens  
Optional: Keto-friendly sweetener to taste  
Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil  
Optional: Keto-friendly protein powder

## BERRY BLISS

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice  
2 handfuls leafy greens  
1 green-tipped banana  
½ cup frozen strawberries  
½ cup frozen blueberries  
2 tablespoons shredded coconut  
2 cups fresh spinach  
Optional: Keto-friendly sweetener to taste  
Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil  
Optional: Keto-friendly protein powder

## CHOCOLATE COCONUT CRUNCH

½ cup full-fat coconut milk + ¼ cup water + ½ cup crushed ice

2 handfuls leafy greens

1 tablespoon freshly ground flaxseed

Optional: Keto-friendly sweetener to taste

Optional: Keto-friendly protein powder

Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil

*Add in after blending the above ingredients:*

2 tablespoons unsweetened shredded coconut

1 tablespoon raw cacao nibs

*Pulse twice to partially grind the cacao and coconut, then serve for a crunchy texture.*

## ALMOND DREAM

1 cup unsweetened almond milk + ½ cup crushed ice

2 handfuls leafy greens

1 avocado

2 tablespoons almond butter

1 teaspoon cinnamon

Optional: Keto-friendly sweetener to taste

Optional: Keto-friendly protein powder

Optional: 1 teaspoon MCT Oil or 2 teaspoons coconut oil



**“TO INSURE GOOD HEALTH: EAT LIGHTLY, BREATH DEEPLY, LIVE MODERATELY, CULTIVATE CHEERFULNESS, AND MAINTAIN AN INTEREST IN LIFE” – WILLIAM LONDEN**

# NUT MILKS

## MAKING YOUR OWN NUT MILK

Most nut milks are made using the following tools and guidelines:

### *Tools*

Nut milk bag or cheesecloth

Blender or food processor

Measuring cup

Mason jar for milk storage

Fine mesh strainer

### *Procedure*

- 1) Pre-soak the nuts or seeds you are using according to the individual recipe instructions below to optimize the nutrient value of the milk. This step also makes the milk extra creamy!
- 2) Drain the soaking water and rinse under running water (using a fine mesh strainer or your nut milk bag/cheesecloth)
- 3) Blend with fresh purified water until completely smooth (recommended nut/water ratios are listed below with each recipe. Use more or less water to make a thicker or thinner milk). Using a blender yields smoother, more consistent milk, while a food processor makes thicker milk with a little grit and nuttier flavor.
- 4) Strain, using your nut milk bag or cheesecloth, into a mason jar, squeezing the bag/cheesecloth before tossing the pulp to capture all of the liquid. You can use the nut milk bag/cheesecloth alone, or drape it over the fine mesh strainer for easier handling.
- 5) Optional: sweeten or flavor to taste (see below recipes for flavoring suggestions)
- 6) Drink the milk within 2-3 days, as homemade nut milk has no preservatives.
- 7) Optional: use the pulp as the base for a variety of dehydrated snacks.

## ALMOND MILK

### *Ingredients*

1 cup almonds, soaked overnight  
2 cups purified water

### *Method*

Soak 1 cup raw almonds overnight (8-12 hours), then drain soaking water and rinse. Blend with 2 cups purified water, then drain into Mason jar using cheesecloth or nut milk bag.

Optional flavor mix-ins: pinch sea salt, keto-friendly sweetener to taste,  $\frac{1}{4}$  teaspoon organic vanilla extract and 1 teaspoon cinnamon

Add an anti-inflammatory boost with an additional  $\frac{1}{2}$  teaspoon powdered turmeric

## COCONUT MILK

### *Ingredients*

1 cup unsweetened shredded coconut  
2 cups heated purified water

### *Method*

Heat the 2 cups purified water until hot, not boiling, and pour into a bowl. Stir in 1 cup unsweetened shredded coconut and let soak for 20 minutes. This method of heated soaking will extract more of the oil from the shredded coconut and create richer, more nourishing milk. Without rinsing the coconut, blend the soaking water and shredded coconut together, then strain into Mason jar using cheesecloth or nut milk bag.

Optional flavor mix-ins: pinch sea salt, keto-friendly sweetener to taste,  $\frac{1}{4}$  teaspoon organic vanilla extract, and 1 teaspoon cinnamon

## HEMP MILK

### *Ingredients*

1/2 cup raw hemp seeds, not soaked  
2 cups purified water

### *Method*

Combine purified water and hemp seeds into blender and blend until smooth, then strain into Mason jar using cheesecloth or nut milk bag. Hemp seeds tend to blend very easily, so not much straining will be required.

Optional flavor mix-ins: pinch sea salt, keto-friendly sweetener to taste, ¼ teaspoon organic vanilla extract and 1 teaspoon cinnamon

Create a spicy fall flavor with an additional ¼ teaspoon nutmeg and ¼ teaspoon ground ginger

## PUMPKIN SEED MILK

### *Ingredients*

1/2 cup raw shelled pumpkin seeds (aka *pepitas*), soaked about 8 hours  
2 cups purified water

### *Method*

Soak ½ cup raw pepitas overnight (about 8 hours), then drain soaking water and rinse. Blend with 2 cups purified water, then strain into Mason jar using cheesecloth or nut milk bag.

Optional flavor mix-ins: pinch sea salt, keto-friendly sweetener to taste, ¼ teaspoon organic vanilla extract and 1 teaspoon cinnamon

Create a spicy fall flavor with an additional ¼ teaspoon nutmeg and ¼ teaspoon ground ginger



“LET THY FOOD BE THY MEDICINE AND  
THY MEDICINE BE THY FOOD” - HIPPOCRATES

# JUICES

## BELLY-FRIENDLY CABBAGE JUICE

Juice the following:

- 1 cup cabbage
- ½ cucumber
- 1" ginger root

## DETOX ROOTS

Juice the following:

- 1" ginger root
- 1" turmeric root
- 1 handful spinach
- 1 cucumber

## INVIGORATE

Juice the following:

- 4 stalks celery
- 1/2 cup radishes (green tops included if available)
- 1/2 bunch cilantro
- 1/2 bunch parsley

Add small squeeze lime juice after juicing the above

## SPICY VITALITY

Juice the following:

- 6 stalks celery
- 4 large kale leaves
- ½ small white potato (skin on) (cold potato = resistant starch)
- 1/2 cup radishes (green tops included if available)



**“YOU DON’T HAVE TO COOK FANCY OR COMPLICATED  
MASTERPIECES – JUST GOOD FOOD FROM FRESH INGREDIENTS” –  
JULIA CHILDS**

# MAIN COURSES

## ***BREAKFAST***

### **COCONUT FLOUR PANCAKES**

*(Serves 2)*

*Ingredients:*

4 eggs

3 tablespoons coconut flour

¼ teaspoon cinnamon

Coconut oil for cooking

*Method:*

In large mixing bowl, whisk eggs until well blended. Mix in coconut flour and stir until smooth. Heat coconut oil in large frying pan and drop spoonful of the batter onto the pan. Once they begin to firm, flip and cook the other side. Once both sides are golden, remove and enjoy.

### **BREAKFAST SAUSAGE**

*(Serves 2)*

*Ingredients:*

½ pound ground turkey

½ teaspoon garlic

½ teaspoon fennel

½ teaspoon paprika

¼ teaspoon black pepper

¼ teaspoon salt

¼ teaspoon sage

1/8 teaspoon cayenne pepper

1 tablespoon

Coconut oil for cooking

*Method:*

Combine turkey and all of the spices into a medium-sized mixing bowl, mixing until well blended. Form the mixture into individual patties. Heat large pan with coconut oil over medium heat. Cook patties for about 5 minutes per side or until cooked through.

## BEEF & GREENS BREAKFAST BOWL

### *Ingredients:*

4 ounces ground beef  
1 cup shredded Brussels sprouts  
Handful spinach  
2 tablespoons chopped onion  
1 egg, cooked over medium  
Garlic salt to taste  
1 tablespoon coconut oil for cooking

### *Method:*

Heat coconut oil in large pan over medium heat. Add onion and cook for about 10 minutes or until onion is translucent. Add beef and cover, cooking for about 10 more minutes or until beef is cooked through, stirring occasionally. Add Brussels sprouts and spinach and cook for an additional 5 minutes, stirring frequently. Season with garlic salt, top with egg and serve. Optional: serve with avocado.

## VEGGIE SCRAMBLE

### *Ingredients:*

2 eggs  
Large handful spinach  
½ cup asparagus, chopped  
½ cup mushrooms, chopped  
¼ cup green bell peppers, chopped (*green variety has lowest carb of bell peppers*)  
1/2 tablespoon coconut oil for cooking  
Salt and pepper to taste

### *Method:*

Heat coconut oil in large pan over medium heat. Add all veggies and cook for about 10 minutes or until soft. Add spinach and cook for a few minutes until wilted. Crack in both eggs and mix in gently, cooking until desired level of firmness is achieved. Season with salt and pepper to taste.

## FLAX & CHIA BREAKFAST CEREAL OR PUDDING

### *Ingredients:*

1 cup unsweetened almond or coconut milk  
2 tablespoons chia seeds  
2 tablespoons ground flax

Additions: dash of cinnamon, nutmeg and ground ginger, pinch of salt, chopped pecans or Brazil nuts, few drops of stevia

### *Method:*

Mix all ingredients into bowl and enjoy immediately for a cold cereal-type breakfast. Or, leave in refrigerator for 20 minutes to enjoy as a thicker pudding.

## ***LUNCH & DINNER***

### **SIMPLE TURKEY BURGERS**

*(Serves two)*

#### *Ingredients*

½ pound organic ground turkey\*

Sea salt and freshly ground black pepper to taste

½ yellow onion

½ cup chopped mushrooms (cremini, portabello or white button)

½ tbsp. coconut oil

\*Allow the ground turkey to stand at room temperature for about 15 minutes prior to cooking. This will allow the meat to cook more evenly throughout.

#### *Method*

Heat coconut oil in a large pan over medium heat. Add diced onion and cook until barely translucent (about 5 minutes), then add chopped mushrooms and sprinkle with a pinch of sea salt to help mushrooms release their moisture. Cook for 3-5 minutes or until mushrooms begin to darken and soften, stirring frequently, then add diced garlic and allow to cook for an additional 3 minutes, stirring occasionally. Reserve pan for cooking the burgers.

Pour the cooked vegetables in a large mixing bowl and allow to cool. Add the raw turkey meat to the vegetables and gently mix with your hands until well combined. Overworking the meat will make the burgers tough, so mix only until combined.

Form the meat into two patties and, using your fingers or a spoon, form a slight indentation in the middle of the patties. Because the meat will contract during cooking, it is common for a bulge to form in the center. Thinning the middle will result in a more evenly shaped cooked patty. Add more coconut oil to the pan as needed, then cook burgers in over medium heat, covered, for about 8 minutes on each side or until cooked through.

## CHICKEN THIGHS WITH BACON BRUSSELS SPROUTS

*(Serves Two)*

### *Ingredients*

2 chicken thighs (with skin)

2 cups Brussels sprouts

4 strips bacon

1 tablespoon coconut oil

Sea salt and freshly ground black pepper to taste

### *Method*

Preheat oven to 475 degrees.

Heat a cast-iron skillet (or other oven-safe pan) on medium heat and grease with coconut oil.

While oven is preheating and skillet is heating, pat chicken thighs dry with paper towel, then season with salt and pepper.

Transfer chicken thighs to skillet, skin-side down, and cook for 12 minutes (use splatter guard while cooking as needed to avoid hot oil splashing).

While chicken is cooking in skillet, add four strips bacon to a separate pan and cook on medium heat until crispy. Meanwhile, cut Brussels sprouts lengthwise.

Once bacon is cooked, transfer to a paper towel-lined plate and let cool. Leaving the bacon fat in the skillet, add the Brussels sprouts and cook over medium heat until Brussels sprouts are tender enough to be pierced with a fork, stirring frequently (splatter guard recommended). Crumble the bacon over the Brussels sprouts, stir, and add a pinch of salt and pepper.

When chicken thighs have cooked for 12 minutes, transfer the oven-safe skillet to the preheated 475-degree oven and allow to roast for 15 minutes (use caution to avoid splashing hot grease on yourself).

Remove chicken from oven and onto a stovetop set to medium heat and flip (use spatula to aid in separating the skin from the pan), then cook in skillet for an additional five minutes.

Add any additional salt and pepper as needed to taste and serve.

## TACO-LESS SALAD (8 g net carbs)

### *Ingredients*

2 cups romaine lettuce

½ cup riced cauliflower

¼ cup ground beef, cooked

½ ripe avocado, thinly sliced

¼ cup fresh cilantro, minced

Sea salt

Freshly ground black pepper

1 tablespoon olive oil

Juice from ¼ freshly squeezed lemon

### *Method*

Chop and plate romaine lettuce. In a medium bowl, combine ground beef, riced cauliflower, cilantro and sea salt. Spoon mixture over lettuce. Top with avocado slices. Drizzle with olive oil and lemon juice. Add another pinch of sea salt and freshly ground black pepper to taste.

*Note: The riced cauliflower in this recipe can be cooked or raw, depending on your preference, and seasoned with salt and pepper*

## VEGETABLE CURRY

### *Ingredients*

1 tablespoon coconut oil	1 ½ cups coconut milk (or one 14 oz can coconut milk)
1 onion, chopped	2 tablespoons curry powder
3 cloves garlic, minced	Sea salt and freshly ground black pepper to taste
1 tablespoon freshly grated ginger root (or 1 teaspoon ground ginger)	Optional: pinch cayenne powder for heat
1 cup broccoli florets, chopped	
1 cup cauliflower florets, chopped	
1 cup shredded cabbage	

### *Method*

Heat coconut oil in large pan over medium heat, then add onion, garlic, ginger, vegetables and curry powder. Cook until onion is translucent and vegetables have softened (about 10 minutes), stirring occasionally. Stir in coconut milk, bring to a simmer, then cover and reduce heat to a low simmer. Let cook for 10 minutes, then stir in snow peas. Cover once more and cook for an additional 5 minutes.

## GRASS-FED MEATBALLS OVER CAULIFLOWER RICE

(Serves 4)

### **Ingredients: Cauliflower Rice**

½ head of cauliflower

5 tablespoons butter

Sea salt to taste

### **Method: Cauliflower Rice**

Roughly cut the cauliflower into medium-sized chunks and add to food processor. Pulse the food processor until cauliflower resembles rice.

Heat a skillet over medium heat, then add butter and allow to melt. Add cauliflower rice and cook for about five minutes or until the cauliflower reaches your preferred tenderness, stirring frequently.

Remove from heat and season with salt and pepper.

### **Ingredients: Grass-Fed Meatballs**

1 pound organic grass-fed ground beef

½ onion, diced

4 cloves garlic, diced

1 egg

1 teaspoon dried or 1 tablespoon fresh parsley, minced

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

### **Method: Grass-Fed Meatballs**

Preheat oven to 400 degrees. In a medium mixing bowl, stir together egg, onion, garlic, salt, pepper and parsley. Add raw ground beef and gently knead with hands until mixed, taking care not to overwork the meat as this will toughen it.

Form meat into balls, place on a baking sheet lined with parchment paper and bake for 20-25 minutes or until lightly browned and cooked through.

*Note: This recipe will make multiple servings, so you can either reduce the amount or freeze the leftovers for a quick and easy future meal.*

## SESAME GINGER SALMON

### *Ingredients*

1 6-oz wild-caught salmon fillet	1 teaspoon garlic, minced
2 tablespoons soy sauce	1 teaspoon ginger, minced
1 tablespoon sesame oil	Sea salt to taste
1 tablespoon green onion, finely chopped	

### *Method*

In a small mixing bowl, whisk together soy sauce, sesame oil, green onion, garlic and ginger, creating a marinade for the fish.

Place the salmon in a small baking dish or glass storage container and pour the marinade over it, turning the fish to coat. Place in refrigerator for at least 30 minutes.

Heat grill to medium. Remove fish from marinade and sprinkle with salt and pepper. Placing the salmon first skin-side down, cover and grill for about 5 minutes on each side, or until cooked throughout.

## NIÇOISE SALAD

### *Ingredients: Salad*

5 oz fresh wild-caught tuna (skipjack recommended)  
6 large leaves Bibb or butter lettuce (about 2 cups chopped)  
¼ cup chopped green beans or French green beans (haricots verts)

1 hardboiled egg, sliced in half lengthwise  
5 pitted Kalamata olives, sliced lengthwise  
¼ cup thinly sliced red onion  
Sea salt and freshly ground black pepper

### *Ingredients: Dressing*

Olive oil  
½ lemon

### *Method*

Heat coconut oil in skillet over medium-high heat. Slice tuna in thin strips across the grain and sprinkle each strip with salt and pepper. Add to tuna pan and cook for a few minutes on each side or until desired degree of doneness is achieved. Set aside.

Fill a small pot halfway with water and bring to a boil. Add green beans and cook for 2-3 minutes or until tender while still crisp. Drain and immerse beans in ice water for 2 minutes to stop their cooking. Drain and set aside.

Chop and plate Bibb lettuce. Arrange the egg, olives, onion and tuna on top. Sprinkle with a pinch of sea salt and freshly ground black pepper to taste.

Drizzle with olive oil and fresh lemon.

## COCONUT LEMON BAKED COD

### *Ingredients*

- 1 6-oz wild Alaskan cod fillet
- 2 tablespoons coconut oil, melted
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup unsweetened shredded coconut
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

### *Method*

Preheat oven to 350 degrees.

In a small mixing bowl, whisk together coconut oil and lemon juice.

In a separate bowl, mix together shredded coconut, salt and pepper.

Dip the fish into the lemon oil mixture, then coat with shredded coconut mixture.

Place cod in a small glass baking dish. Pour remaining lemon oil mixture over fish and sprinkle with remaining coconut mixture. Cook for 25 to 30 minutes at 350 degrees or until cod is cooked through.

## MARINATED LAMB CHOPS

### *Ingredients*

5 ounces organic lamb chops  
¼ cup organic olive oil  
2 sprigs fresh rosemary  
1 lemon, sliced in rounds ¼" thick  
2 cloves garlic, peeled and sliced lengthwise  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
  
2 tablespoons coconut oil for cooking

### *Method*

Rub the lamb with salt and pepper and place in small glass storage container with several rounds of lemon, 2 cloves garlic and 1 rosemary sprig lining the bottom. Drizzle with olive oil and place remaining rosemary sprig, garlic and lemon rounds on top. Cover and refrigerate for several hours or overnight.

After lamb has marinated:

Heat coconut oil in large skillet over medium-high heat. Place lamb chops in skillet and cook for about 4 minutes per side or until cooked through.

## SIMPLE SESAME CABBAGE

*(Serves 2)*

### *Ingredients*

1/2 head green cabbage, chopped

1 tablespoon toasted sesame oil

Bragg's Liquid Aminos to taste

6 oz shredded rotisserie chicken

### *Method*

Chop cabbage and steam until just soft (approx. 10 mins). Place in serving bowl and drizzle toasted sesame oil and Bragg's Liquid Aminos. Toss.

Mix in shredded chicken if desired.

# ZUCCHINI NOODLES WITH AVOCADO & SNOW PEAS

## *Equipment*

Spiralizer, julienne peeler or box grater

Mixing bowl

## *Ingredients*

2 zucchini squash	1 tablespoon tamari sauce
1" fresh ginger root, peeled and diced	1 tablespoon sesame seeds
Dash of keto-friendly sweetener	1 stalk green onion, thinly sliced
1 tablespoon lime juice	¼ cup snow peas, thinly sliced
1 tablespoon tahini sauce	1 ripe avocado, thinly sliced

## *Method*

### *If using a spiralizer:*

Chop each end off the zucchini, then cut in half horizontally. Using the "c blade" of your spiralizer, spiralize both halves into a bowl.

### *If using a julienne peeler:*

Using firm strokes, peel the zucchini lengthwise with the julienne peeler, continuing to peel the side you've started with until you begin to reach the seeds. Rotate and peel the next side until the zucchini has been fully julienned.

### *If using a box grater:*

Position the box grater on its side, flat against the counter. Using firm, long strokes, move the zucchini lengthwise across the grater to create long noodles.

## *Next*

Bring a pot of water to a boil, then add the zucchini noodles, boiling them for one minute. Drain and immerse noodles in ice water for 2 minutes to stop their cooking. Drain and add to large mixing bowl.

In a small mixing bowl, combine ginger, tamari, tahini and lime juice until smooth liquid is formed. Add a dash of your preferred keto-friendly sweetener until desired flavor is achieved.

Pour liquid over noodles and gently toss in sliced avocado, green onion and snow peas. Sprinkle with sesame seeds.

## GINGER SALMON SALAD

### *Ingredients*

1 4-oz salmon fillet, cooked and cooled  
3 cups spinach  
Sea salt & freshly ground black pepper to taste  
Creamy Ginger Dressing (see dressing recipes)

### *Method*

In a medium serving bowl, toss together spinach and creamy ginger dressing. Top with salmon and add a pinch of salt and freshly ground black pepper to taste.

## AVOCADO CHICKEN SALAD

### *Ingredients*

5 ounces chicken, cooked and shredded  
 $\frac{1}{2}$  avocado  
2 tablespoons raw yellow onion, diced  
1 tablespoon fresh lime juice  
1 tablespoon cilantro, finely chopped  
2 cups spinach  
1 cup arugula  
Sea salt & freshly ground black pepper to taste  
Optional: Digestion-Boosting Vinaigrette (see dressing recipes)

### *Method*

In a medium dinner bowl, toss together spinach and arugula. In a separate medium mixing bowl, combine shredded chicken, avocado, onion, cilantro and lime. Using a fork, mix until well combined and avocado becomes creamy and evenly distributed. Arrange chicken salad mixture over leafy greens and drizzle with lemon vinaigrette if desired. Add sea salt & freshly ground black pepper to taste.

## STEAK PEPPERCORN SALAD

### *Ingredients*

5 ounces steak (New York or flank), grilled, chilled and thinly sliced  
2 cups romaine, chopped  
1 cup spinach  
¼ cup red onion, diced  
½ cup cherry tomatoes, halved  
2 tablespoons pepitas  
½ teaspoon freshly ground black peppercorn and sea salt to taste  
Digestion-Boosting Vinaigrette (see dressing recipes)

### *Method*

In a medium bowl, toss romaine, spinach, red onion and peppercorn. Arrange the cherry tomatoes and steak on top. Sprinkle with pepitas and drizzle with digestion-boosting vinaigrette. Add sea salt to taste.

## GREEK LAMB SALAD

### *Ingredients*

5 ounces lamb, grilled, chilled and cut into 1" cubes  
3 cups romaine  
1 medium cucumber, sliced into rounds and quartered  
1 small heirloom tomato  
¼ cup red onion, diced  
2 tablespoons mint leaves, finely chopped  
Sea salt & freshly ground black pepper to taste

Digestion-Boosting Vinaigrette (see dressing recipes)

### *Method*

In a dinner bowl, toss romaine, cucumber, tomato, mint and red onion. Arrange the lamb on top. Drizzle with vinaigrette. Add sea salt & freshly ground black pepper to taste.

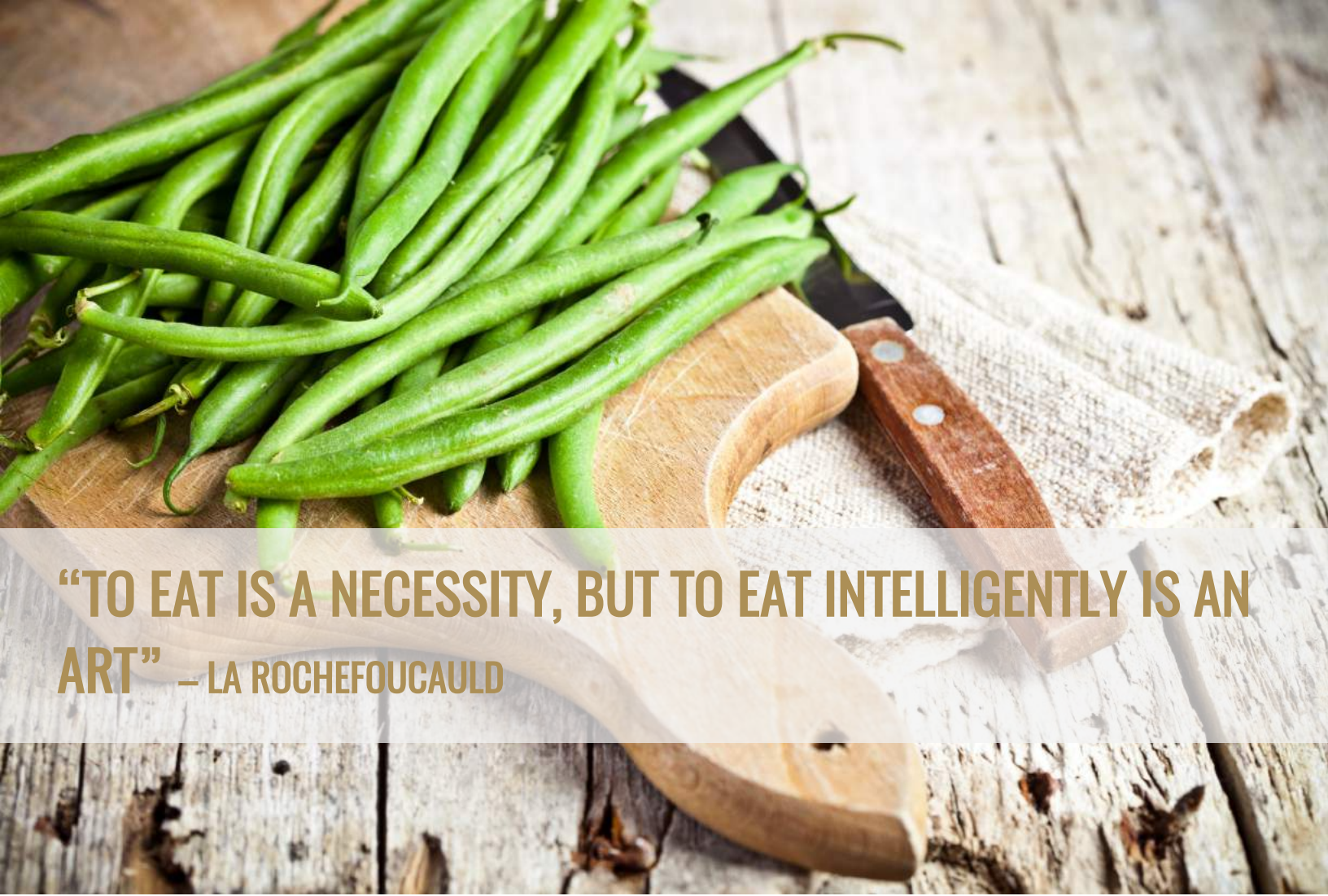
## SOUTHWESTERN CHICKEN KALE SALAD

### *Ingredients*

4 ounces chicken, cooked and shredded  
½ cup riced cauliflower (cooked or raw per your preference)  
2 cups kale, chopped into bite-sized pieces  
1 tablespoon freshly squeezed lemon juice  
¼ cup cilantro, finely chopped  
1 small heirloom tomato, diced  
Sea salt & freshly ground black pepper to taste  
Creamy Cilantro Lime Dressing (see dressing recipes)

### *Method*

In a dinner bowl, combine kale and lemon juice. Using firm pressure, manually massage lemon juice into kale until kale becomes a deep, dark green and begins to reduce in size. Add cilantro, tomato and riced cauliflower and toss. Arrange the chicken on top. Drizzle with creamy cilantro lime dressing. Add sea salt & freshly ground black pepper to taste.



**“TO EAT IS A NECESSITY, BUT TO EAT INTELLIGENTLY IS AN ART” – LA ROCHEFOUCAULD**

# SIDES

## CHEESY BROCCOLI

*(Serves 3)*

### *Ingredients*

½ pound broccoli, cut into bite-sized pieces  
1 tablespoon butter  
½ cup pecorino (or your preferred cheese)  
¼ cup heavy whipping cream  
½ teaspoon sea salt

### *Method*

Rinse broccoli and chop into bite-size piece, stem included (you can remove the tougher top layer of the stem if you'd like with a peeler or a knife but this isn't necessary). Using a small pot and a steamer basket, steam until vibrant green and just tender (about 5 minutes).

Meanwhile, heat butter in pan over medium heat. Once melted, add cheese and cream until cheese is fully melted, stirring frequently to blend. Transfer broccoli to a medium serving bowl and gently toss with the cheese sauce.

## LIVER/GALLBLADDER SLAW

### *Ingredients*

¾ cup raw beets, grated  
¾ cup raw carrots, grated  
¾ cup raw green apple, grated  
Juice from one lemon  
Sea salt to taste  
Optional: 1" fresh ginger, grated

### *Method*

In a medium mixing bowl, combine grated beets, carrots and apple. Squeeze juice of one lemon over mixture, add a hearty pinch of sea salt and mix gently. Serve as a condiment with your meals (about 1 tablespoon of the salad per serving, which is only about half a gram of carb). You can also drizzle a little extra virgin olive oil over a single serving at the time of eating to provide additional fat and improve bile flow. Keep in an airtight container in the refrigerator for up to one week.

*Note: This L/GB slaw recipe is courtesy of functional nutritionist Cathy Eason*

# MUSHROOM SOUP

## *Ingredients*

- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups chopped mushrooms (cremini or portabello)
- 2 cups organic vegetable broth
- ½ cup heavy cream
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme or 1 tablespoon fresh chopped thyme
- 2 tablespoons coconut oil

## *Method*

Heat coconut oil in large pan over medium heat. Add chopped onion and cook until barely translucent (about 5 minutes), then add chopped mushrooms and sprinkle with a pinch of sea salt to help mushrooms release their moisture. Cook for 5-8 minutes or until mushrooms darken and soften, stirring frequently, then add diced garlic and allow to cook for an additional 3 minutes, stirring occasionally.

## *If you have an immersion blender:*

Transfer sautéed vegetables to medium pot and stir in remaining ingredients. Using an immersion blender, pulse until a desired consistency is achieved.

## *If you have a countertop blender:*

Transfer sautéed vegetables and remaining ingredients into countertop blender. Pulse until a desired consistency is achieved.

Serve with a sprinkle of fresh thyme.

# CREAMY CURRIED CAULIFLOWER SOUP

## *Ingredients*

1 yellow onion, chopped	1 tablespoon curry powder (or more to taste)
2 cloves garlic, minced	2 teaspoons sea salt
3 cups cauliflower, chopped	1 teaspoon freshly ground black pepper
1 cup coconut milk (can be substituted with 2 cups vegetable broth)	2 tablespoons coconut oil
1 cup coconut milk	

## *Method*

Heat coconut oil in large pan over medium heat. Add chopped onion and cook until translucent (about 10-12 minutes), then add diced garlic and cook for an additional 3 minutes, stirring occasionally.

Meanwhile, steam cauliflower in medium pot until tender. Drain water and set aside.

### *If you have an immersion blender:*

Transfer cooked onions and garlic to the medium pot and stir in steamed cauliflower and remaining ingredients. Using an immersion blender, pulse until a desired consistency is achieved.

### *If you have a countertop blender:*

Transfer cooked onions and garlic to the medium pot and stir in steamed cauliflower and remaining ingredients. remaining ingredients into countertop blender. Pulse until a desired consistency is achieved.

Garnish with a sprinkling of roasted sunflower seeds or chopped chives.

# BEEF BONE BROTH

## *Ingredients*

4 quarts filtered water

1.5-2 lbs mixture of beef bones (knuckle bones, marrow bones, rib bone, oxtail)

2 tablespoons apple cider vinegar

1 teaspoon unrefined sea salt

Optional seasonings: cloves from 1 whole head of fresh garlic, peeled and smashed; 1 onion, quartered; 1 bay leaf, 2 medium carrots, roughly chopped

## *Method*

If you'd like to enhance the flavor of the broth, you may brown or roast the bones first in a separate pan for 20 minutes at 450 F, but this step is optional.

Place all ingredients in a 6-quart crockpot and set the heat to high. Bring the stock to a boil, then reduce the heat setting on the crockpot to low. You may need to cook with the lid slightly ajar so that the broth is gently simmering but not boiling.

Allow the stock to cook for a minimum of 12 hours and up to 48 hours (add more water if needed to ensure the bones and vegetables are submerged). If you are using a pot on a stovetop rather than a crockpot, don't leave the open flame unattended. Simply cool and reheat/continue cooking the next day.

Turn off the crockpot and allow the stock to cool. Skim foam off the top.

Strain the stock through a fine mesh strainer and discard the used bones and cooked vegetables. Place the cooled broth into glass mason jars or other storage containers and store in the refrigerator or in a freezer-safe container in the freezer (if using glass jars to store in the freezer, take care to leave enough room in the jar for expansion, otherwise the broth will expand when freezing and crack the jar).

Note: if you'd like a less fatty broth, transfer to the refrigerator and wait for fat to collect at the top, then scoop off and use this as a cooking fat for your vegetables, eggs, etc.



**“IF IT CAME FROM A PLANT, EAT IT. IF IT WAS MADE IN A  
PLANT, DON’T”** – MICHAEL POLLAN

# SALADS

## BASIC GREENS

### *Ingredients*

4 cups mixed greens

1+ cups chopped mixed vegetables (asparagus, zucchini, broccoli, etc)

1 avocado

¼ cup nuts (almonds, walnuts, pecans, Brazil nuts)

Olive oil + apple cider vinegar (or your preferred keto-friendly dressing)

### *Method*

Chop lettuce and veggies into bite-sized pieces. Toss all ingredients in a salad bowl. Drizzle with olive oil and apple cider vinegar or keto-friendly dressing of your choice.

## MICRO GREENS

### *Ingredients*

1 cup micro greens from a variety of plants (arugula, lettuces, radishes, etc.)

2 cups lettuce (romaine, butter or red leaf)

2 tbsp. pepitas (pumpkin seeds)

1 tbsp. Olive oil + apple cider vinegar (or your preferred keto-friendly dressing)

### *Method*

Chop lettuce into bite-sized pieces. In a medium salad bowl, toss lettuce and microgreens, then sprinkle with pepitas. Drizzle with olive oil and apple cider vinegar or keto-friendly dressing of your choice.

## FAVORITE KALE SALAD

### *Ingredients: Salad*

½ bunch curly kale

¼ cup berries

¼ cup pine nuts

### *Ingredients: Dressing*

1 tablespoon olive oil

Juice from ½ lemon

Pinch of salt

### *Method*

Chop kale into bite-sized pieces. In small mixing bowl, whisk together olive oil, lemon and salt and pour over kale. Massage dressing into kale until kale becomes a deeper green and it begins to soften. Sprinkle with berries and pine nuts and toss.

## RED LEAF LETTUCE SALAD WITH PISTACHIOS

*(Serves 2)*

### *Ingredients*

½ head of red leaf lettuce

¼ cup fresh pistachios

Olive oil + apple cider vinegar (or your preferred keto-friendly dressing)

### *Method*

Chop lettuce into bite-sized pieces and sprinkle with fresh pistachios. Drizzle with olive oil and apple cider vinegar or keto-friendly dressing of your choice.

## HERB SALAD

### *Ingredients*

1 cup arugula

1 cup fresh basil

1 cup fresh flat-leaf parsley (stems removed)

½ cup fresh tarragon (stems removed)

¼ cup walnuts

Olive oil + apple cider vinegar (or your preferred keto-friendly dressing)

### *Method*

Chop lettuce and herbs into bite-sized pieces and sprinkle with walnuts. Drizzle with olive oil and apple cider vinegar or keto-friendly dressing of your choice.

## NASTURTIUM SALAD

### *Ingredients*

½ cup nasturtiums (edible flowers)

1 cup romaine lettuce

1 cup arugula

1 cup baby spinach

½ avocado, sliced

Olive oil + apple cider vinegar (or your preferred keto-friendly dressing)

### *Method*

Chop romaine into bite-sized pieces and toss with arugula, baby spinach and avocado. Drizzle with olive oil and apple cider vinegar or keto-friendly dressing of your choice.

## CUCUMBER MINT SALAD

### *Ingredients*

2 medium cucumbers  
1 handful fresh mint  
1 or 2 pinches of sea salt  
Juice of  $\frac{1}{4}$  lemon

### *Method*

Using a potato peeler, peel vertical stripes into cucumbers. Thinly slice the cucumber and sprinkle with a pinch of salt. Finely chop the mint and gently mix with cucumbers. Drizzle with lemon juice and serve.

## MEDITERRANEAN SALAD

### *Ingredients*

3 cups mixed greens  
2 sardines  
 $\frac{1}{4}$  cup walnuts  
 $\frac{1}{2}$  cup olives  
Olive oil + apple cider vinegar (or your preferred keto-friendly dressing)

### *Method*

Toss mixed greens, walnuts and olives in medium salad bowl. Top with sardines and drizzle with olive oil and apple cider vinegar or keto-friendly dressing of your choice.



**“THE MORE YOU EAT, THE LESS FLAVOR; THE LESS YOU EAT,  
THE MORE FLAVOR.”** – CHINESE PROVERB

# MAKE YOUR OWN DRESSING

## DIGESTION-BOOSTING VINAIGRETTE

### *Ingredients*

¼ cup olive oil  
3 tablespoons apple cider vinegar  
Pinch sea salt  
Optional: 1 clove garlic, finely chopped

### *Method*

In a small bowl, whisk together all ingredients until well blended.

## OMEGA-3 VINAIGRETTE

### *Ingredients*

¼ cup flaxseed oil  
Juice of 1 freshly squeezed lemon  
Pinch sea salt

### *Method*

In a small bowl, whisk together all ingredients until well blended.

## CREAMY GINGER DRESSING

### *Ingredients*

¼ cup toasted sesame oil  
2 tablespoons tahini  
2" fresh ginger root, peeled and grated  
1 clove garlic  
1 tablespoon apple cider vinegar  
¼ cup toasted sesame seeds and sea salt to taste

### *Method*

Whisk all ingredients together in a small mixing bowl until smooth.

## CREAMY CILANTRO LIME

### *Ingredients*

¼ cup olive oil

Juice of 1 freshly squeezed lime

1 clove garlic, minced

¼ cup fresh cilantro, chopped

½ avocado

### *Method*

Add all ingredients into blender and blend until smooth.



**“WHEN WALKING, WALK. WHEN EATING, EAT.”** – ZEN  
PROVERB

# SNACKS

## SALTY/CRUNCHY

### CRISPY ROASTED CAULIFLOWER

#### *Ingredients*

½ head cauliflower (*broken into florets*)  
1 tablespoon coconut oil  
Sea salt to flavor

#### *Method*

Preheat oven to 425 degrees. Drizzle cauliflower florets with 1 tablespoon coconut oil. Roast, flipping occasionally, until golden brown and just tender, about 20 minutes. Sprinkle with sea salt.

### AVOCADO SALSA & CUCUMBER SLICES

#### *Ingredients*

1 cup fresh salsa (see page 71)  
½ avocado, diced  
1 large cucumber

#### *Method*

Add all ingredients into blender and blend until smooth.

### CELERY & CINNAMON ALMOND BUTTER

#### *Ingredients*

2 stalks celery  
1 tablespoon almond butter  
½ tablespoon cinnamon

#### *Method*

In a small mixing bowl, stir together almond butter and cinnamon. Wash celery and slice into 3" long segments and use for dipping into the cinnamon almond butter.

## KALE CHIPS

### *Ingredients*

1 bunch curly kale (*washed, large stems removed, torn into bite-sized pieces*)

2 tablespoons olive oil

1 tablespoon sea salt

Optional: dash of red pepper flakes

### *Method*

Preheat oven to 350 degrees.

Remove and discard stems from rinsed and dried kale. Tear kale into bite-sized pieces.

Add kale pieces into large mixing bowl and toss with olive oil.

Spread coated kale onto parchment-lined baking sheet (2 baking sheets if needed, as it's best not to overcrowd the kale) and bake for about 10 minutes or until crispy (overcooking the kale will result in bitter kale chips).

Sprinkle kale chips with sea salt and, optionally, red pepper flakes or any other keto-friendly seasonings of your choice.

## NUT PULP CRACKERS

### *Ingredients*

1 cup nut pulp (i.e. the leftovers from making any nut milk)  
2 tablespoons coconut or olive oil  
½ teaspoon sea salt

### *Variations:*

*Garlic Thyme Crackers: Add 2 teaspoons fresh thyme, minced and 1 clove fresh garlic, finely minced. Use olive oil instead of coconut oil.*

*Rosemary Fig Crackers: Add 2 teaspoons fresh rosemary, minced and 3 dried figs, chopped. Use coconut oil instead of olive oil.*

### *Method*

Combine all ingredients in a medium mixing bowl and stir until mixed. Roll mixture into small balls and press into ¼"-thick crackers. Transfer crackers to teflex sheets and dehydrate at 105 degrees for 24 hours. Slide crackers off teflex sheets and onto mesh panels. Continue dehydrating for an additional 24 hours or until crackers are thoroughly dry.

If no dehydrator available, preheat oven to 350 degrees. Roll dough into a large ball and place on a parchment-lined cookie sheet (no edge). Press the dough down a bit so that a flat top is formed. Place another piece of parchment paper of the same size over the dough. Using a rolling pin, flatten the dough until it is about 1/8" - ¼" thick. Peel back the parchment paper and lay a knife into the dough horizontally and vertically, forming squares to the size of your liking (2" squares suggested). Bake for 20-25 minutes or until crispy. Allow crackers to come to room temperature on baking sheet, then remove and store in air-tight container.

## SAVORY

### CURRIED VEGETABLE DIP

#### *Ingredients*

½ cup raw cashews (soaked for 4 hours)  
½ tablespoon curry powder  
½ teaspoon sea salt  
Juice from ½ lemon

#### *Method*

Blend all ingredients in food processor or blender until smooth. Use cucumbers, celery, green beans, zucchini or red pepper sticks to dip.

### OLIVE TAPENADE

#### *Ingredients*

1 cup Kalamata olives, pitted  
1 cup green olives, pitted  
3 tablespoons chopped fresh parsley  
1 clove garlic, minced  
2 tablespoons olive oil  
1 tablespoon freshly squeezed lemon juice  
1 tablespoon capers  
Optional: ¼ cup sundried tomatoes

#### *Method*

Rinse the olives in cool water and place in food processor along with remaining ingredients. Blend until mixture becomes a course paste. Transfer to serving bowl and serve with Garlic Thyme Nut Pulp Crackers (see page 70).

## MOM'S PESTO

### *Ingredients*

1 cup raw cashews (soaked for 4 hours)  
1 tablespoon tahini  
Juice from 1 medium lemon  
2 tablespoons olive oil  
1 clove garlic, minced  
Sea salt to taste  
Optional: ¼ cup sundried tomatoes

### *Method*

Blend all ingredients in food processor or blender until smooth. Pour into serving bowl, drizzle with olive oil and sprinkle with paprika.

## SWEET

## GRAIN-FREE GRANOLA

### *Ingredients*

1 cup unsweetened coconut flakes  
½ cup almonds, ½ cup sunflower seeds, ½ cup pepitas , ½ cup pecans  
Dash of keto-friendly sweetener of your choice (monk fruit works well here)  
1 teaspoon sea salt  
1 teaspoon cinnamon  
¼ cup coconut oil, melted  
1 egg white

### *Method*

Preheat oven to 350 degrees. In a large mixing bowl, combine all dry ingredients and mix. In a small mixing bowl, mix melted coconut oil, vanilla extract and egg white (taking care that the coconut oil is room temperature or only very slightly warm so as not to cook the egg white). Pour the liquid mixture over the dry mixture and toss to lightly coat all ingredients. Spread granola on a parchment-lined baking sheet and bake for 15-20 minutes or until light golden brown.

## ALMOND BUTTER FAT BOMB

### *Ingredients*

½ cup coconut oil  
½ cup almond butter  
½ cup coconut butter  
1 teaspoon ground cinnamon  
Hearty pinch sea salt  
Optional: keto-friendly sweetener to taste

### *Method*

Melt the coconut oil in small saucepan over low heat. Add the coconut butter, almond butter and cinnamon and stir until well mixed. Pour into a silicon mold or ice cube tray and put in freezer for 30 mins. Remove from mold, individually wrap in squares of parchment paper and store in airtight container in the freezer or refrigerator until ready to eat.

## CINNAMON SPICE FAT BOMB

### *Ingredients*

2 cups pecans, chopped  
½ cup coconut oil, melted  
½ cup coconut butter  
1 tablespoons ground cinnamon  
½ teaspoon vanilla extract  
½ teaspoon ground ginger  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
Hearty pinch sea salt  
Optional: keto-friendly sweetener to taste

### *Method*

Add all ingredients to a food processor and process until smooth. Form into bite-sized balls, roll balls in shredded coconut to coat and refrigerate until ready to eat.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## BLUEBERRY MUFFIN FAT BOMB

### *Ingredients*

½ cup macadamia nuts, chopped  
½ cup coconut oil, melted  
½ cup coconut butter  
¼ cup blueberries  
1 tablespoon fresh lemon juice  
Hearty pinch sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into bite-sized balls and freeze until ready to eat.

*Note: A mini processor will work best for this. If you only have a larger food processor, double the amount of ingredients for easier blending.*

## MOCHA CHOCOLATE MACADAMIA FAT BOMB

### *Ingredients*

½ cup macadamia nuts, chopped  
1/3 cup coconut oil, melted  
1/3 cup coconut butter  
¼ cup raw unsweetened cacao  
1 tablespoon instant coffee granules (I recommend organic Mount Hagan brand)  
Hearty pinch sea salt  
Optional: keto-friendly sweetener to taste

### *Method*

Melt the coconut oil in small saucepan over low heat and stir in the coffee granules until well mixed.. Add the coconut butter, macadamia nuts, cacao and salt and stir until well mixed. Pour into a silicon mold or ice cube tray and put in freezer for 30 mins. Remove from mold, individually wrap in squares of parchment paper and store in airtight container in the freezer or refrigerator until ready to eat.



**“THE ROAD TO HEALTH IS PAVED WITH GOOD  
INTESTINES!”** – SHERRY ROGERS

# CULTURED & FERMENTED FOODS

# COCONUT MILK YOGURT

## *Ingredients*

2 cups coconut milk\* (homemade or canned)

Yogurt starter ½ teaspoon probiotic (contents of 4-6 probiotic capsules)

1-16 ounce mason jar, sterilized by dipping in boiling water.

1 square of wax paper

Optional additions for thickening:

*(recommended if using homemade coconut milk)*

1 teaspoons grass-fed gelatin or 1 teaspoon arrowroot powder

\*If using canned, purchase an unsweetened organic variety in a BPA-free can with no additives. Boxed coconut milk drinks will not work. Canned will provide the richest and creamiest results.

## *Method*

Pour coconut milk into mason jar. Open the probiotic capsules and mix until well combined. Lay the square of wax paper over the mouth of the jar and close with lid. The wax paper prevents the yogurt from touching the metal, which is not desired. Shake to mix.

Leave in a shady spot on your counter for 1 to 3 days (depending on how tart you like it), shaking the jar in the morning and evening each day.

Transfer to the refrigerator to allow the yogurt to complete thickening.

# PICKLES WITH DILL & ONION

## *Ingredients*

3 medium cucumbers (or 5 Persian cucumbers)

1 small onion

¼ cup fresh dill, chopped

3 tablespoons sea salt

One cabbage leaf

Starter culture or probiotic capsule if desired

1-24 ounce mason jar, sterilized by dipping in boiling water.

## *Method*

Using a food processor (or a knife), thinly slice cucumber and onion. Transfer to large mixing bowl and add chopped dill. Stir in salt. If desired, sprinkle in ¼ teaspoon starter culture or the contents of 1 capsule probiotic and continue mixing. Mix and squeeze the vegetables until an ample amount of liquid has come out of the mixture.

Pack mixture into sterilized Mason jar, using your fist, a wooden dowel or a wooden spoon. It is important you pack the mixture in tightly, so alternate adding a few inches of mixture to the jar and packing each section down. Pour the liquid over the vegetables.

Once there is only 1-2 inches of space remaining at the top of the jar, fold the cabbage leaf and press it down to fill the space of the jar and to submerge the mixture in the liquid.

Close the jar and leave on the counter for 7-10 days, then move to the refrigerator. Eat within a few weeks of opening. Unopened, the jar will keep for several months.

# SESAME GINGER SAUERKRAUT

## *Ingredients*

1 medium head green cabbage, removing and setting aside four outer leaves  
2 cups water  
4 inches ginger root  
1 tablespoon unpasteurized miso paste  
2 tablespoons sesame seeds  
Starter culture or probiotic capsule if desired

4-24 ounce mason jar, sterilized by dipping in boiling water.

## *Method*

Using a food processor (or a knife), finely shred the cabbage. Transfer to large mixing bowl.

Add the water, ginger and miso to a blender and blend until smooth.

Pour the liquid mixture over the cabbage and add sesame seeds. Using your hands, mix the cabbage and liquid, squeezing the cabbage while mixing to encourage more liquid. Sprinkle in starter culture or probiotic if using. Pack mixture into sterilized Mason jars, using your fist, a wooden dowel or a wooden spoon. It is important you pack the mixture in tightly, so alternate adding a few inches of mixture to the jar and packing each section down. Pour the liquid over the cabbage.

Once there is only 1-2 inches of space remaining at the top of each jar, fold one cabbage leaf per jar. Press the cabbage leaf down to fill the space of the jar and to submerge the mixture in the liquid.

Close the jar and leave on the counter for 7-10 days, then move to the refrigerator. Eat within a few weeks of opening. Unopened, the jar will keep for several months.



**“HEALTH AND CHEERFULNESS NATURALLY BEGET EACH OTHER.”** – JOSEPH ADDISON

# DESSERTS

## DARK CHOCOLATE AVOCADO MOUSSE

### *Ingredients*

2 large ripe avocados  
½ cup unsweetened cacao powder  
3 tablespoons xylitol  
½ teaspoon vanilla extract  
5 tablespoons heavy whipping cream  
Pinch sea salt

### *Method*

Add all ingredients into a food processor and process until creamy and smooth.

In a separate bowl, whisk 1 cup heavy whipping cream with manual or electric whisk.

Put a few dollops of mousse into a stemless wine glass and top with a few dollops of heavy whipping cream. Optional: top with grated dark chocolate and fresh raspberries or blackberries.

## STRAWBERRY MINT “ICE CREAM”

### *Ingredients*

1 cup full-fat organic coconut milk  
1 cup heavy whipping cream  
½ cup strawberries  
1/3 cup xylitol  
1 tablespoon chopped mint leaves

### *Method*

Blend all ingredients in food processor until smooth. Pour into shallow baking glass and freeze until firm but still soft enough to scoop, about 2 ½ - 3 ½ hours.

## FROZEN CHOCOLATE MACADAMIA COCONUT COOKIES

### *Ingredients*

¾ cup macadamia nut butter  
1/3 cup shredded unsweetened coconut  
1 tablespoon raw cacao  
½ tablespoon raw cacao nibs  
1/8 teaspoon pure vanilla extract  
Pinch sea salt  
Optional: keto-friendly sweetener to taste

### *Method*

Combine all ingredients into small mixing bowl and stir together until well blended. Form into small balls, then press into bite-sized cookies. Transfer onto parchment-lined baking sheet and freeze for 10-15 minutes.

## PEANUT BUTTER COOKIES

### *Ingredients*

1 cup peanut butter  
1 large egg  
½ cup xylitol  
¼ teaspoon vanilla extract  
Hearty pinch sea salt

### *Method*

Preheat oven to 350 degrees.

Add all ingredients to a medium sized mixing bowl and mix until well combined (I find that using my hands is the easiest way to mix everything until smooth).

Roll into small balls (around 1”), then place onto parchment-lined baking sheet. Using a fork, press down into the center of the cookie, then again in the opposite direction to create a crisscross pattern. Bake for 10-15 minutes or until golden brown.

## NO-BAKE SPICED WALNUT COOKIES

### *Ingredients*

2 cups walnuts

½ cup xylitol (may be adjusted to reach your desired level of sweetness)

½ cup shredded unsweetened coconut

2 tablespoons ground cinnamon

1 teaspoon vanilla extract

½ teaspoon ground ginger

½ teaspoon cinnamon

½ teaspoon nutmeg

¼ teaspoon sea salt

### *Method*

Add all ingredients to a food processor and process until smooth. Roll into small balls, then press flat into bite-sized cookies and refrigerate.