

KETO 30 DAY MEAL PLAN + RECIPE BOOK

Eat Delicious Nutritious Meals Every day



30-Day Ketosis Meal Plan + Recipe Book

Lose weight, gain energy and boost your health through
the power of Ketosis

Gareth Churchill
Erudite Lifestyle Magazine

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**Follow the meal plans in this book
and you can look forward to:**

- **Weight loss of 20 pounds in 30 days**
- **Fewer food cravings, other benefits of a diet high in healthy fats include:**
- **Re-balanced hormones**
- **Less bloating and constipation**
- **Fewer hunger cravings from eating nutrient dense foods**
- **Fewer blood sugar spikes**
- **Higher HDL and lower LDL cholesterol**
- **Longer periods of sustained energy, instead of mid-morning crashes from sugar**
- **Clearer focus and concentration#**
- **Improved digestion**

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Keto Eating Tips

- Start your diet with a food diary, record everything you eat, what you were doing at the time, and how you felt. That tells you about yourself, your temptation, the emotional states that encourage you to snack and may help you lose once you see how much you eat. There are quite a few good carb counting apps to choose from, or a simple pad and paper works just as well, but you must keep detailed records, in order to guarantee your success.
- Instead of eating the forbidden piece of candy, brush your teeth. If you're about to cheat, allow yourself a treat, but make sure it's a low carb treat. More and more grocers are begrudgingly carrying low carb foods, as the low carb diet's popularity steadily increases.
- When hunger hits, wait 10 minutes before eating and see if it passes.
- Set attainable goals. Don't say, "I want to lose 50 pounds." Say, "I want to lose 5 pounds a month."
- Get enough sleep but not too much.
- Try to avoid sugar at all costs. Highly sweetened foods tend to make you crave more.
- Drink six to eight glasses of water a day. Water itself helps cut down on water retention because it acts as a natural diuretic. Taken before meals, it dulls the appetite by giving you that "full feeling."
- Diet with a buddy. Support groups are important, and caring people can help one another succeed. Start your own, even with just one other person.

- Substitute activity for eating. When the cravings hit, go to the "Y" or health club if possible; or dust, or walk around the block. This is especially helpful if you eat out of anger. A good and obvious course of action, would be to begin a workout routine.
- If the pie on the counter is just too great a temptation and you don't want to throw it away, freeze it.
- If you're a late-night eater, have a low carb snack, such as some pork rinds or a few cheese curds, before bedtime to cut down on cravings.
- Keep a glass of water by your bed to quiet the hunger pangs that wake you up in the middle of the night.
- If you use food as a reward, establish a new reward system.
- Buy yourself a non- edible reward.
- Weigh yourself once a week at the same time. Your weight fluctuates constantly and you can weigh more at night than you did in the morning, a downer if you stuck to your diet all day.
- Make dining an event. Eat from your own special plate, on your own special place mat, and borrow the Japanese art of food arranging to make your meal, no matter how normal, look lovely. This is a trick that helps chronic over-eaters and bingers pay attention to their food instead of consuming it unconsciously.
- Don't shop when you're hungry. You'll only buy more high carb impulse food.
- Avoid consuming large quantities of coffee & diet sodas, which are so easy to overdo. And this includes alcoholic beverages.
- Keep plenty of crunchy foods like raw radishes, cauliflower & broccoli on hand. They're low in carbs, and are very satisfying and

- Leave something on your plate, even if you are a charter member of the Clean The Plate Club. It's a good sign that you can stop eating when you want to, not just when your plate is empty.
- Lose weight for yourself, not to please your husband, your parents or your friends.
- Make the kitchen off-limits at any time other than mealtime. Always eat at the table, never in front of the TV set or with the radio on.
- Concentrate on eating every mouthful slowly and savoring each morsel. Chew everything from 10 to 20 times and count!
- Never skip meals. This is perhaps the most important low carb diet tip at all. If you skip a meal, it signals to your body that it may need to store fat in case the next meal does not come soon.
- You can actually lose more weight by eating each low carb meal in the day rather than skipping one, believe it or not.
- If you are just beginning the low carb diet, limit your carb intake to the suggested rate of 20 grams a day or less over the first two weeks. After only a few days of doing this, your appetite will decrease dramatically.
- Write down everything you eat - - everything - including what you taste when you cook. If you monitor what you eat, you can't go off your diet.

I think the most important tip of all is to treat Keto as a lifestyle. Along with helping you lose weight, eating nutrient dense healthy fats will give you more energy in your daily life. So use Keto as a springboard to get more out of life and to stay committed to your healthier eating habits.



Just when I thought
I had it all...
I forgot where I put it

30 Day Meal Plan

Day 1

Breakfast

Phony Macaroni and Cheese

Lunch

Bacon Cheeseburger

Dinner

Low Carb Deep Dish Quiche Pizza

Total Net Carbs = 10.6 grams

Day 2

Breakfast

Strawberry Crepes

Lunch

Ham-Asparagus Brunch Cake

Dinner

Lemon Marinated Sirloin

Total Net Carbs = 10.6 grams

Day 3

Breakfast

Orange Nut Muffins

Lunch

German Cucumber Salad

Dinner

Turkey Broccoli Casserole

Total Net Carbs = 19.3 grams



Day 4

Breakfast

Fried Eggs with Red Wine Vinegar

Lunch

Salami Roll Ups

Dinner

Mexican Veal Sausages

Total Net Carbs = 7.4 grams

Day 5

Breakfast
Sausage and Egg Muffins

Lunch
Ham and Cheese Roll

Dinner
Golden Mushroom Chicken Thighs

Total Net Carbs = 14.3 grams

Day 6

Breakfast
Strawberry Crepes

Lunch
Spicy Sausage and Ground Beef Meatballs

Dinner
Southwestern Skillet

Total Net Carbs = 15.6 grams



Day 7

Breakfast
Zucchini Muffins

Lunch
Tuna and Avocado Salad

Dinner
Dill Trout

Total Net Carbs = 13.5 grams

Day 8

Breakfast
Baked Eggs and Bacon

Lunch
Shrimp and Nori Rolls

Dinner
Pinwheel Shepherds Pie

Total Net Carbs = 10.94 grams



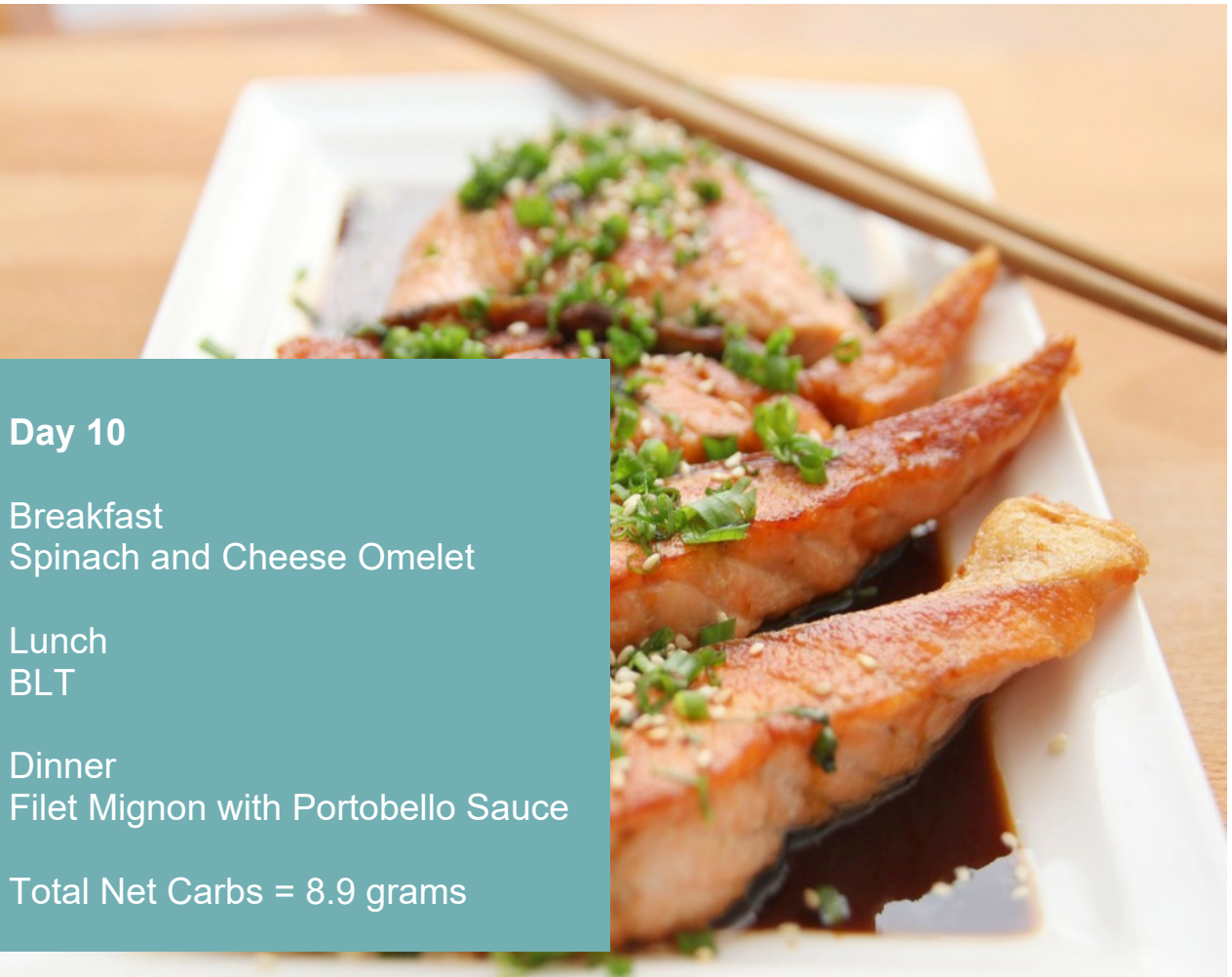
Day 9

Breakfast
Breakfast Burrito

Lunch
Garlic Mashed Turnips

Dinner
Crustless Spinach Quiche

Total Net Carbs = 17 grams



Day 10

Breakfast
Spinach and Cheese Omelet

Lunch
BLT

Dinner
Filet Mignon with Portobello Sauce

Total Net Carbs = 8.9 grams

Day 11

Breakfast

Buttery Waffles with Strawberries

Lunch

Cream Cheese and Turkey Roll Ups w/ Pork Rinds

Dinner

Mustard-Glazed Halibut Steak

Total Net Carbs = 8.16 grams

Day 12

Breakfast

Spinach and Cheese Omelet

Lunch

Spicy Sausage and Ground Beef Meatballs

Dinner

Southwestern Skillet

Total Net Carbs = 14.3 grams

Day 13

Breakfast

Alternative French Toast

Lunch

Chicken Breast Stir Fry

Dinner

Ground Beef and Cabbage Casserole

Total Net Carbs = 12 grams

Day 14

Breakfast

Shrimp and Cheese Omelet

Lunch

Shrimp and Cheese Omelet

Dinner

Easy Meatloaf

Total Net Carbs = 12.02 grams

Day 15

Breakfast

Phony Macaroni and Cheese

Lunch

Bacon Cheeseburger

Dinner

Low Carb Deep Dish Quiche Pizza

Total Net Carbs = 10.6 grams

Day 16

Breakfast

Burger Breakfast Scramble

Lunch

Spinach Salad with Hot Bacon Dressing

Dinner

Drunken Chicken

Total Net Carbs = 8.11 grams

Day 17

Breakfast

Low Carb Cauliflower Hash Browns

Lunch

Tandoori Chicken Wings

Dinner

Beef Goulash

Total Net Carbs = 17.5 grams

Day 18

Breakfast

Upside-down Breakfast Soufflé

Lunch

Low Carb Chili

Dinner

Grilled Shrimp and Chicken



Day 19

Breakfast

Fried Eggs with Red Wine Vinegar

Lunch

Salami Roll Ups

Dinner

Mexican Veal Sausages

Total Net Carbs = 7.4 grams

Day 20

Breakfast

Ham and Cheese Breakfast Muffins

Lunch

Cucumber Tuna Boats

Dinner

Pork Medallions Dijon

Total Net Carbs = 10 grams

Day 21

Breakfast

Strawberry Crepes

Lunch

Ham-Asparagus Brunch Cake

Dinner

Lemon Marinated Sirloin

Total Net Carbs = 10.6 grams

Day 22

Breakfast
Pizza in a Skillet

Lunch
Canadian Cheddar Soup

Dinner
Herb and Garlic Fish

Total Net Carbs = 11 grams



Day 23

Breakfast
Sweet Breakfast Rolls

Lunch
Garlic Aioli Chicken Wrap

Dinner
Sesame Beef

Total Net Carbs = 11.3 grams

Day 24

Breakfast

Egg, Tomato and Parmesan Bake

Lunch

Egg Drop Chicken Soup

Dinner

Country Herbed Meatloaf

Total Net Carbs = 13 grams

Day 25

Breakfast

Zucchini Muffins

Lunch

Tuna and Avocado Salad

Dinner

Dill Trout

Total Net Carbs = 13.5 grams

Day 26

Breakfast

Salmon Omelet

Lunch

Egg Salad over Lettuce

Dinner

Diet Tuna Casserole

Total Net Carbs = 15.19 grams

Day 27

Breakfast

Sausage and Egg Muffins

Lunch

Ham and Cheese Roll

Dinner

Golden Mushroom Chicken Thighs

Total Net Carbs = 14.3 grams

Day 28

Breakfast

Mexican Breakfast

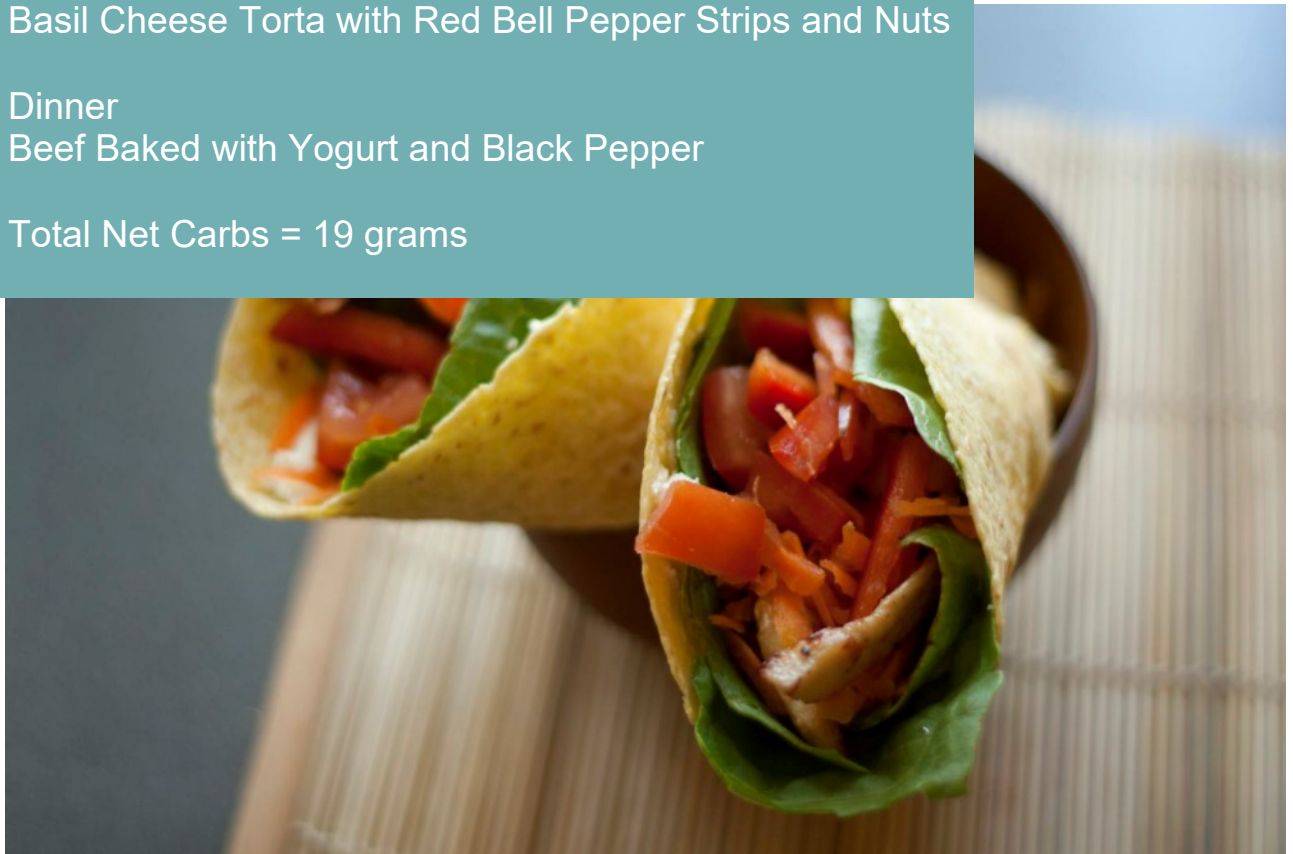
Lunch

Basil Cheese Torta with Red Bell Pepper Strips and Nuts

Dinner

Beef Baked with Yogurt and Black Pepper

Total Net Carbs = 19 grams



Day 29

Breakfast
Orange Nut Muffins

Lunch
German Cucumber Salad

Dinner
Turkey Broccoli Casserole

Total Net Carbs = 19.3 grams

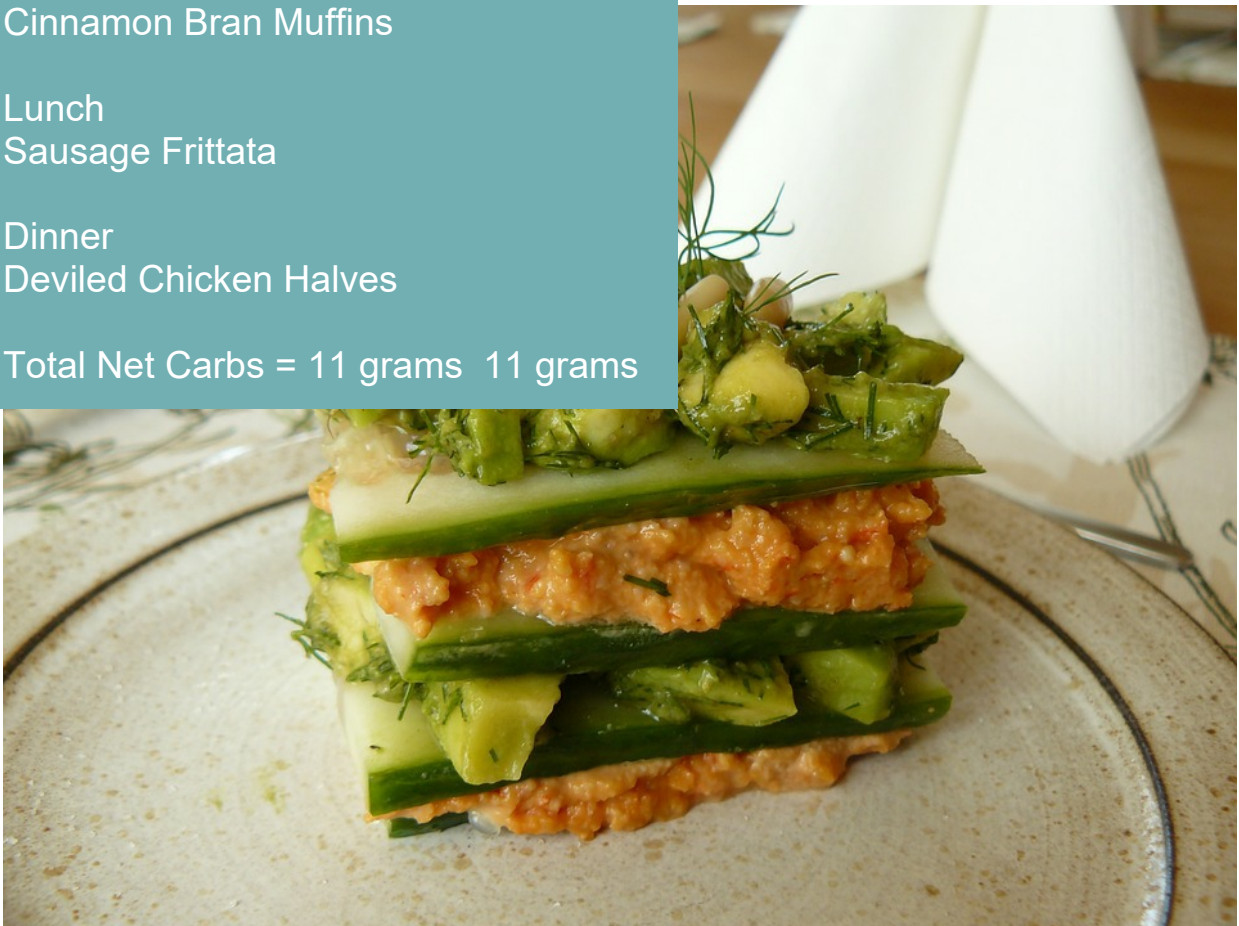
Day 30

Breakfast
Cinnamon Bran Muffins

Lunch
Sausage Frittata

Dinner
Deviled Chicken Halves

Total Net Carbs = 11 grams 11 grams





Phony Macaroni and Cheese

- 1 lb. tofu, firm - well-drained *
- 2 cups cheddar cheese
- 2 eggs
- 1/4 cup heavy cream salt and pepper - to taste
- onion and garlic - to taste
- nutmeg - to taste
- dry mustard - to taste
- cayenne - to taste

*Make sure you use the firmest tofu available for this recipe. You may also want to be generous with the spices and use some extra sharp cheese to liven up the normally bland flavor of tofu.

1. Drain tofu well, making sure to squeeze out all extra moisture, and slice into small pieces (use a French fry cutter or equivalent for consistent sizes).
2. In a separate bowl, mix together eggs, cream and cheese.
3. Stir tofu pieces into mixture and add seasonings as desired.
4. Transfer mixture to a casserole dish or greased pie plate and bake at 375 for 30 – 45 minutes or until golden brown.

Yields 4 servings

Total Net carbs: 2.6 grams per serving



Strawberry Crepes

- Butter (enough to fry crepes)
- 3 large eggs
- 2/3 cup heavy cream
- 3 tablespoons Dr. Atkins Bake Mix
- 4 tablespoons sugar substitute
- 1/8 teaspoon almond extract
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon orange zest grated
- Strawberry filling:
 - 2 cups strawberries, washed, hulled and sliced
 - 6 tablespoons Sugar
 - Twin sugar substitute

Yields 6 servings

Total Net carbs: 6.6 grams per serving

- . Prepare a heavy, 8 inch skillet or crepe pan with heated butter.
1. Whisk all crepe ingredients together in mixing bowl.
2. Once the butter stops foaming, pour 1/6 crepe mixture into skillet, making sure to cover the bottom evenly.
3. Cook until bottom is browned and top is set.
4. Use a spatula to flip the crepe and brown the other side.
5. Once done, transfer to a paper towel.
6. Repeat this procedure with remaining batter and butter.
7. Next, make your filling by combining strawberries with sugar substitute and spoon about 1/4 of mixture on each crepe. Add light whipped cream to taste and garnish with remaining strawberries.



Sausage and Egg Bake

- 6 oz Ital. sausage
 - 6 eggs
 - 1/8 cup heavy cream
 - 3 oz cheese
1. Preheat oven to 350.
 2. Spray pan with cooking spray.
 3. Cut sausage links and place them 2 to a tin.
 4. Mix eggs with cream, salt and pepper.
 5. Pour into tins over sausage.
 6. Sprinkle with ½ cheese, layer on remaining egg mixture and top off with cheese again.
 7. Bake for approximately 20 minutes or until eggs are done.

Yields 3 servings

Total Net carbs: 2.3 grams per serving



Fried Eggs with Red Wine

- Vinegar
 - 1 Tablespoon butter
 - 4 eggs
 - ½ Teaspoon salt
 - 1/8 Teaspoon pepper
 - 1/8 Teaspoon marjoram
 - 2 Teaspoons red wine vinegar
 - ½ Teaspoon parsley
1. Break eggs into skillet over ½ Tablespoon melted butter.
 2. Add spices and cook until whites are solid.
 3. Place eggs onto serving plates.
 4. Melt remaining ½ Tablespoon of butter and heat for two minutes. Stir in red wine vinegar and allow mixture to cook for another minute.
 5. Pour over eggs.
 6. Garnish with parsley

Yields 2 servings

Total Net carbs: 1 gram per serving



Orange Nut Muffins

- 6 eggs, separated
 - 1/4 Teaspoon cream of tartar
 - 8 Splenda packets
 - 1/4 cup soy flour
 - 1/4 cup walnuts, ground
 - 1 Teaspoon orange extract, divided
 - 1 Tablespoon Brown Sugar Twin
 - 4 ounces cream cheese
 - 1/4 cup heavy cream
- Yields 12 servings
Total Net carbs: 2.3 grams per serving

1. Combine egg whites with cream of tartar and 4 Splenda packets and beat until whites are stiff.
2. Sprinkle on ½ Teaspoon orange extract.
3. In a separate bowl, beat egg yolks together with 4 Splenda packets, and 1 Tablespoon Brown Sugar Twin. Add ½ Teaspoon orange extract.
4. Add a spoonful of egg whites mixture to yolk mixture, stir well, then pour entire yolk mixture into egg whites.
5. Fold in ¼ cup soy flour and walnuts.
6. Place mixture into 12 greased muffin cups and bake at 350 for 15 minutes.



Mexican Breakfast

- 4 eggs, poached
 - 1/4 cup chunky salsa
 - 1/3 cup cheddar cheese, shredded
 - 1/3 cup avocado, cut into chunks
 - 2 Tbs. sour cream
 - 2 Tbs. olives, sliced
 - 2 Tbs. fresh cilantro, finely chopped
1. Cook eggs by poaching method.
 2. Heat salsa in microwave or on stove over medium high heat.
 3. Place poached eggs on serving plate and top with salsa, sour cream, olives, cheese, avocado and parsley.

Yields 2 servings

Total Net carbs: 7 grams per serving



Sweet Breakfast Rolls

- 5 eggs
 - 2 Tablespoons Atkins pancake mix
 - 2 Tablespoons heavy cream
 - 1 package sugar substitute
 - ½ Teaspoon cinnamon
 - ½ Teaspoon vanilla extract
1. To make the filling, soften cream cheese in microwave and mix with sugar substitute and cinnamon.
 2. Beat eggs with cream and slowly stir in pancake mix, sugar substitute, vanilla extract and cinnamon.
 3. Bring a buttered, nonstick skillet to medium high heat and pour in ¼ pancake mixture.
 4. Cook until done on both sides.
 5. Repeat process to make 4 thin pancakes.
 6. 2 pancakes will equal 1 serving .
 7. Spread filling on one side of pancake and roll up to eat.

Yields 2 servings

Total Net carbs: 4.3 grams per serving



Breakfast Burrito

- 1/4 cup mushrooms
 - 1/4 cup zucchini
 - 1/3 cup tomato
 - 1 clove garlic
 - 2 eggs dash cayenne pepper dash chili powder
 - 2 Tbsp salsa
 - 2 low carb tortilla shells Mexican cheese blend
1. Finely chop the garlic and dice the tomato, zucchini and mushrooms.
 2. Pour mixture into eggs and add the pepper and chili powder.
 3. Stir until blended.
 4. Add mixture to skillet and scramble until done.
 5. Place a serving in one low carb tortilla shell, sprinkle with cheese and salsa.

Yields 2 servings

Total Net carbs: 6 gram per serving



Pizza in a Skillet

- 1 egg
- 2 Tablespoons spaghetti sauce
- 2 slices Canadian bacon or preferred meat
- ¼ cup sliced black olives
- 2 oz shredded mozzarella cheese
- 1 Tablespoon oil

1. Heat oil in a nonstick skillet.
2. Beat eggs and pour into skillet, coating bottom evenly.
3. Flip halfway through cooking when bottom is set.
4. Add spaghetti sauce, meat, olives and cheese.
5. Cook until cheese is melted.

Yields 1 serving

Total Net carbs: 8 grams per serving



Ham and Cheese Breakfast Muffins

- 6 large eggs, separated
 - 1 teaspoon cream of tartar 1/2 cup cottage cheese 1/4 cup Dr. Atkins Bake Mix
 - 1 teaspoon salt
 - 2 tablespoons green onion, minced
 - 2 tablespoons butter, melted
 - 1 teaspoon Sugar Twin sugar substitute
 - 2 cups ham
1. 1 cup cheddar cheese, cubed 1/2 cup cream
 2. Place separated egg whites into a mixing bowl along with the cream of tartar and set aside.
 3. Place egg yolks in another bowl and add remaining ingredients one by one, making sure to stir after each addition.
 4. Whip eggs whites and cream of tartar until still, then fold into egg yolk mixture.
 5. Pour mixture evenly into nonstick, buttered muffin pans and bake at 350 degrees for 30 – 35 minutes.

Yields 16 servings

Total Net carbs: 1 gram per serving



Baked Eggs and Bacon

- 6 slices of bacon
 - 6 eggs
 - 1 non stick muffin pan
1. For each muffin cup, take one slice of bacon and wrap around 4 fingers to shape it into a circle. Place in muffin cup.
 2. Crack egg into the center.
 3. Repeat for each serving.
 4. Place muffin pan in oven and bake at 350 for about 40 minutes.

Yields 6 servings

Total Net Carbs: 1 gram per serving

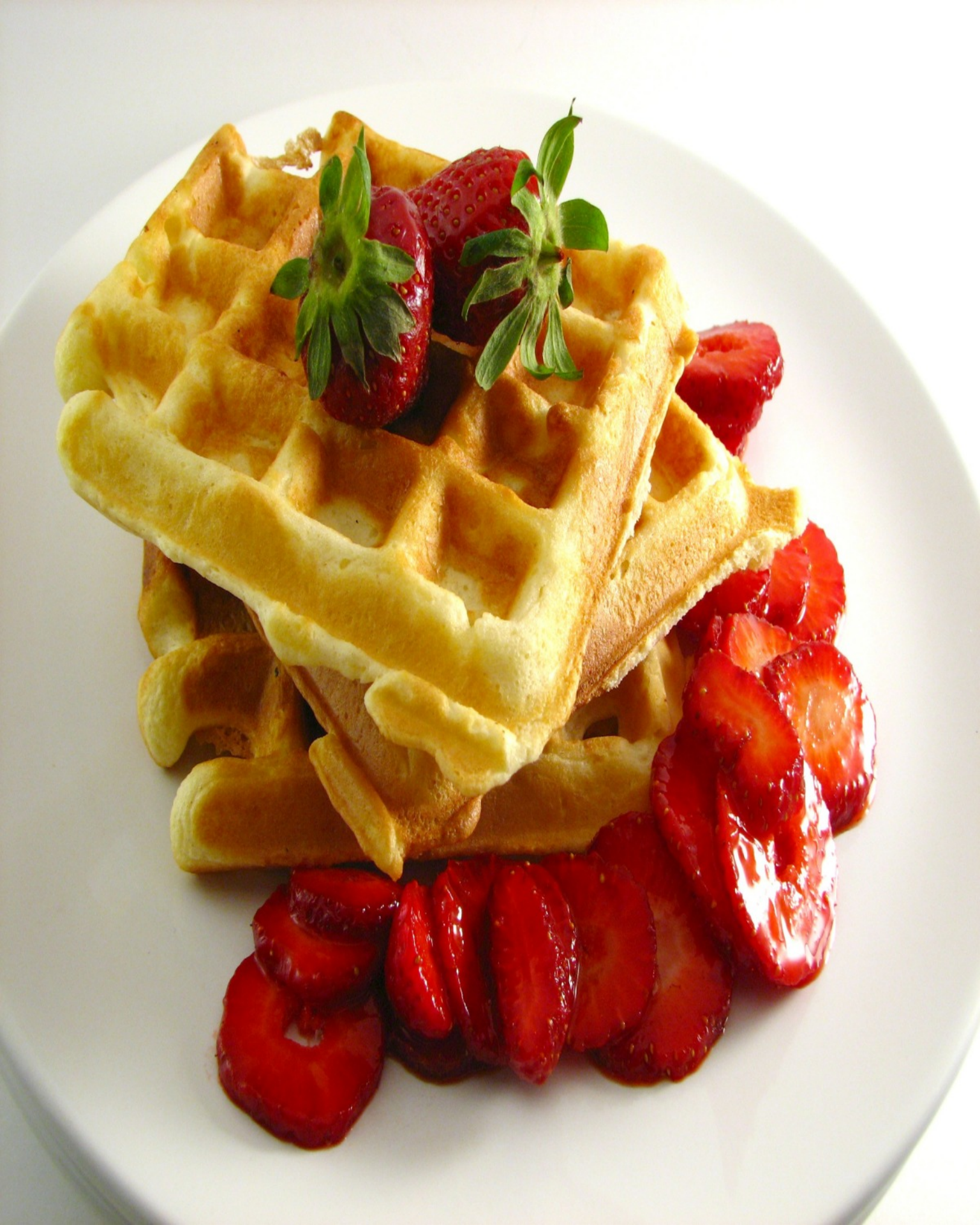


Buttery Waffles with Strawberries

- 4 eggs, separated
 - 1 Tablespoon “Just Whites” (egg white powder or substitute)
 - 1 cup cottage cheese
 - 1 Tablespoon gluten flour
 - 2 Tablespoons butter
 - 2 Tablespoons oat bran
 - ½ Teaspoon vanilla extract
 - ¼ Teaspoon cream of tartar
 - ¼ cup sliced strawberries
1. Mix egg whites from separated eggs with cream of tartar and beat until stiff peaks form.
 2. Blend egg yolks, “Just Whites”, cottage cheese, gluten flour, butter, oat bran and vanilla separately in a blender until smooth. Fold blended mixture gently into egg whites.
 3. Cook with a standard waffle iron coated with a nonstick cooking spray.

Yields about 8 servings

Total Net carbs: 5.56 grams per serving *single waffle contains 2.25 grams and ¼ strawberries adds 2.91 grams



Strawberry Crepes

- Butter (enough to fry crepes)
- 3 large eggs
- 2/3 cup heavy cream
- 3 tablespoons
- Dr. Atkins Bake Mix
- 4 tablespoons sugar substitute
- 1/8 teaspoon almond extract
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon orange zest grated

Strawberry filling:

- 2 cups strawberries, washed, hulled and sliced
- 6 tablespoons Sugar Twin sugar substitute

Yields 6 servings

Total Net carbs: 6.6 grams per serving

1. Prepare a heavy, 8 inch skillet or crepe pan with heated butter.
2. Whisk all crepe ingredients together in mixing bowl.
3. Once the butter stops foaming, pour 1/6 crepe mixture into skillet, making sure to cover the bottom evenly.
4. Cook until bottom is browned and top is set.
5. Use a spatula to flip the crepe and brown the other side.
6. Once done, transfer to a paper towel.
7. Repeat this procedure with remaining batter and butter.
8. Next, make your filling by combining strawberries with sugar substitute and spoon about 1/4 of mixture on each crepe.
9. Add light whipped cream to taste and garnish with remaining strawberries.



Salmon Omelet

- 3 eggs
- 1 smoked salmon
- 3 links pork sausage
- ¼ onions
- ¼ cup provolone cheese

1. Beat eggs and place into skillet.
2. Follow standard omelet method, adding onions, salmon and cheese before turning omelet over.
3. Sprinkle finished omelet with extra cheese and serve sausage links on the side.

Yields 1 serving

Total Net carbs: 5.65 grams per serving



Cinnamon Bran Muffins

- 3 eggs, separated
- 2 Tbs butter, melted
- 2 Tbs coconut oil, melted
- 1/2 cup Designer®
- Protein (French vanilla)
- 2 Tbs soy flour
- 2 Tbs wheat bran, toasted
- 1/4 cup walnuts, toasted
- 1/4 tsp ground cinnamon
- 1/8 tsp stevia (a non-caloric, natural herbal sweetener, found in health food stores)
- 2 tsp baking powder

Yields 8 servings

Total Net carbs: 3 grams per serving

1. Separate eggs and beat egg whites until they form stiff peaks.
2. In a medium bowl, beat egg yolks with butter and coconut oil.
3. In a separate bowl, mix whey protein, soy flour, wheat bran, walnuts, cinnamon, stevia and baking powder.
4. Beat dry mixture into egg yolk combination.
5. Gently fold egg whites into batter and pour into a buttered nonstick muffin pan.
6. Bake in a preheated oven at 350 for 30 minutes, or until inserted toothpick comes out clean.



Egg, Tomato and Parmesan Bake

- 5 eggs
 - 3 Tablespoons chunky tomato sauce
 - 2 Tablespoons heavy cream
 - 2 Tablespoons grated parmesan cheese
1. Preheat oven to 350.
 2. Combine eggs and cream in mixing bowl.
 3. Stir in tomato sauce and add the cheese.
 4. Pour into a glass baking dish and bake for 25 -35 minutes.
 5. Check cooking progress every 5 minutes after the first 25 minutes have passed to make sure the mixture doesn't burn.
 6. The bake is done when a toothpick inserted in the middle comes out clean.
 7. Top off with extra cheese and allow to melt.

Yields 1 serving

Total Net carbs: 7 grams per serving



Low Carb Cauliflower Hash Browns

- 12 oz grated fresh cauliflower (about ½ medium head)
 - 4 slices bacon – chopped
 - 3 oz. chopped onion
 - 1 Tablespoon butter, softened salt, pepper
1. Saute bacon and onion in skillet just until brown. Add in cauliflower and stir until tender and browned all over, adding butter throughout cooking.
 2. Season to taste with salt and pepper.

Yields 2 servings

Total Net carbs: about 8 grams per serving



Burger Breakfast Scramble

- ½ lb ground beef
 - 2 Tablespoons minced onion
 - 3 oz cream cheese
 - 3 large eggs
 - 1 Tablespoon water salt, pepper
1. Brown ground beef and onions together in a skillet.
 2. Add cream cheese and cook over low heat until melted.
 3. Beat together the eggs, water, salt and pepper and pour into skillet.
 4. Scramble until done.

Yields 2 servings

Total Net carbs: 2.11 grams per serving



Zucchini Muffins

- 1 cup Atkins Bake Mix
 - 1 cup finely ground almonds
 - 1-1/2 cups granular sugar substitute
 - 2 Teaspoons cinnamon
 - 1 Teaspoon salt
 - 1 Teaspoon baking soda
 - ½ Teaspoon baking powder
 - ½ cup canola oil
 - 4 eggs
 - 1 medium zucchini, coarsely grated 1 Teaspoon vanilla extract
- Yields about 12 servings
Total Net carbs: 3.5 grams per serving

1. Preheat oven to 350.
2. Whisk together all dry ingredients in a large bowl.
3. Mix wet ingredients, including zucchini together in a medium bowl.
4. Stir wet ingredients into dry mix slowly, blending well.
5. Pour mixture into a greased 8 x 4 loaf pan or greased muffin tins, depending on your preference.
6. Bake for approximately one hour until golden brown and toothpick comes out clean.



Upside-down Breakfast Soufflé

- 1/2 cup egg whites
 - 3 Tablespoons unsalted butter
 - 1/2 cup thinly sliced mushrooms
 - 1/2 medium tomato, thinly sliced salt and pepper to taste
 - 1/2 cup crumbled fresh goat cheese, or cheese of your choice
1. Preheat oven to 400 degrees.
 2. Add salt and pepper to egg whites and whip into soft peaks.
 3. In a heavy, oven safe frying pan or cast iron skillet, heat the butter over high heat and sauté mushrooms until soft.
 4. Place tomato slices over mushroom.
 5. Quickly fold cheese into egg white mixture and pour on top of mushroom/tomato mixture.
 6. Place pan in oven and bake for approximately 8 minutes. Remove from oven and flip soufflé over onto serving plate.

Yields 1 serving

Total Net carbs: 6 grams per serving



Bacon Cheeseburger

- 1 lb ground beef
 - 1 egg
 - 4 oz. cheddar cheese
 - 4 oz. mozzarella cheese
 - 4 slices bacon
 - garlic powder, salt and pepper
1. Preheat oven to 350
 2. Precook bacon in conventional oven or microwave.
 3. When cooked, crumble bacon and set aside as toppings.
 4. In a large skillet, brown ground beef and drain remaining fat.
 5. Mix in egg, cheddar, garlic powder, salt and pepper to taste.
 6. Transfer to a glass casserole dish and top with mozzarella.
 7. Bake for 30-35 minutes.
 8. Top with bacon crumbles.

Yields 3 servings

Total net carbs : 2 grams per serving



Spicy Sausage and Ground Beef Meatballs

- 2 lbs sausage
- 1 lb ground beef
- 3 eggs
- 2 tbs minced onion
- 1/2 lb shredded cheddar cheese
- black pepper to taste

This recipe makes about 50 meatballs, so you'll want to make it in advance and freeze the remainder to use later for quick meals and snacks.

1. Preheat oven to 350 degrees
2. Combine all ingredients in a bowl and mix well
3. Roll into 1-1/2" balls and place on a cookie sheet
4. Bake 20-25 minutes

Yields 50 services

Total Net carbs: less than 1 gram per serving



Ham-Asparagus Brunch Cake

- 2 Tablespoons butter
 - 3 Tablespoons sliced green onion
 - About 1/2 pound fresh asparagus, cut (about 1 1/2 cups)
 - 6 eggs 1/3 cup heavy cream
 - 1 Teaspoon dried mustard
 - 1/4 Teaspoon salt
 - 1/4 Teaspoon pepper
 - 2 cups cooked ham, chopped
 - 6 ounces Cheddar cheese, shredded
1. Preheat oven to 350.
 2. In a large, heavy skillet, melt butter over medium high heat and cook onions and asparagus for 3 minutes.
 3. In a large mixing bowl, stir together eggs, cream and seasonings.
 4. Place cooked onions, asparagus and ham into a baking dish and pour egg mixture on top.
 5. Bake for 10 -15 minutes and sprinkle cheese on top to taste.

Yields 10 servings

Total Net carbs: 2 grams per serving



Ham and Cheese Roll

- 8 ounces cream cheese, softened
 - 2 cup Cheddar cheese, shredded
 - 1 Teaspoon grated onions
 - 1 Teaspoon dry mustard
 - 1/2 Teaspoon paprika
 - 2 1/4 ounces deviled ham
 - 1 Tablespoon parsley flakes
 - 1/2 cup pecans, chopped
 - Parsley sprigs
1. Combine all ingredients except parsley and pecans.
 2. Mix well and chill for at least one hour.
 3. Shape mixture into 8 inch rolls and coat with pecans.
 4. Garnish with parsley and serve with crackers.

Yields 8 servings

Total Net carbs: 2 grams per serving



Spinach Salad with Hot Bacon Dressing

- 1 bag fresh baby spinach 1/4 c chopped onion
 - 4 slices bacon
 - 2 hard boiled eggs, chopped 1/4 cup vinegar
 - 1 pkg Splenda salt, pepper
1. Cook bacon and allow to drain on paper towel, but keep bacon grease in pan.
 2. Add vinegar, pepper and Splenda to bacon grease.
 3. Stir and heat slowly until boiling.
 4. Tear spinach into salad sized pieces and toss with toss egg, onion and crumbled bacon.
 5. Immediately pour on hot dressing and toss lightly.

Yields 2 servings

Total Net carbs: 5 grams per serving



Salami Roll Ups

- 5 large slices hard salami
- 1 Tablespoon cream cheese
- 2 celery stalks

Soften cream cheese in microwave and spread on salami, roll up. Enjoy celery on the side.

Yields 1 serving

Total Net carbs: 5.9 grams per serving



Cream Cheese and Turkey Roll Ups w/ Pork Rinds

- 4 slices turkey breast deli meat
 - 4 Tablespoons cream cheese
 - 1 serving pork rinds
1. Put 1 Tablespoon cream cheese onto turkey breasts and roll up.
 2. Place in microwave for about 20 seconds until cream cheese melts. Enjoy pork rinds on the side.

Total Net carbs: approximately 1.6 grams



German Cucumber Salad

- 2 cucumbers, thinly sliced
- 4 green onions, thinly sliced
- 3 small tomatoes
- 2 Tablespoons snipped parsley
- 1/4 cup sour cream
- 1/4 Teaspoon mustard
- 2 Tablespoons minced dill
- 1 Tablespoon vinegar
- 1 Tablespoon heavy cream
- 1/2 Teaspoon salt
- 1/2 Teaspoon pepper Dice and combine cucumbers, onions, tomatoes and parsley.

Combine dressing ingredients separately then pour over salad and toss lightly. Chill at least 1 hour before serving.

Yields 6 servings

Total Net carbs: 9 grams per serving



Tuna and Avocado Salad

- 2 large hard boiled eggs
- 2 Teaspoons hot sauce
- 1 cup avocado, mashed 1/2 cup onion, chopped
- 1 can tuna
- 2 Tablespoons mayonnaise
- 2 Tablespoons pickle relish Fresh lemon juice Salt, to taste Peel eggs and mince with dinner fork.

1. Peel avocado and squeeze on 1/2 lemon juice to prevent discoloration.
2. Mash avocado in with egg.
3. Drain tuna and mix into egg/avocado, adding onions, mayonnaise, relish, salt and hot sauce.
4. Stir well and serve over a bed of fresh lettuce.

Yields 4 servings

Total Net carbs: 9 grams per serving



Shrimp and Nori Rolls

- 1 cup shrimp
 - 1 Tablespoon Mayonnaise
 - 1 thinly sliced green onion
 - 2 sheets Nori
 - ¼ cucumber diced and seeded
 - 1 Tablespoon toasted Sesame seeds Drain and rinse shrimp.
1. Combine with Mayonnaise and green onions.
 2. Lay Nori on flat surface and spoon on the shrimp and green onion mixture.
 3. Sprinkle with cucumber and sesame seeds.
 4. Roll tightly and cut into bite size pieces.

Yields 4 servings

Total Net Carbs: 0.94 grams per serving



Pinwheel Shepherds Pie

- 1lb. lean ground beef
 - 2 tablespoons onion or garlic salt 8 ounces low carb mushroom soup or sauce mix
 - ¼ cup ketchup
 - 1lb. package of frozen, mixed vegetables
 - 1lb Atkin's low carb bake mix or equivalent
1. Pre-heat oven to 375.
 2. Mix low carb bake mix into dough per package instructions and roll flat into a circle roughly the same diameter as your skillet.
 3. Cut dough into equal sized triangles and roll each triangle once from base to tip.
 4. Set aside. In a non stick skillet, stir in ground beef and onion salt and cook thoroughly until browned. Stir in mushroom soup/sauce, ketchup and mixed vegetables. Bring mixture to a boil, then reduce heat to medium and cover and simmer 8 – 10 minutes or until vegetables are tender.
 5. Remove skillet from heat and arrange dough triangles on top of mixture with the tips pointing to the center.
 6. Place skillet in oven and bake at 375 for approximately 20 minutes or until dough turns golden brown.

Yields about 8 servings

Total Net Carbs: 9 grams per serving



Garlic Mashed Turnips

- 3 cups diced turnip
 - 2 cloves garlic, minced
 - 1/4 cup heavy cream
 - 3 T melted butter salt, pepper Boil turnips until tender.
- Yields 4 servings
Total Net carbs: 5 grams per
1. Drain and mash turnips as you would for mashed potatoes.
 2. Stir in heavy cream, butter, salt, pepper and garlic.
 3. Use food processor if you prefer to blend until smooth.



BLT

- 4 slices bacon
- 1 lg. Leaf lettuce
- 1/2 sliced tomato
- Mayo

Yields 1 serving

Total Net Carbs: 4.9 grams per serving

1. In place of bread, you'll be using the lettuce to roll this up.
2. Spread desired amount of Mayonnaise on lettuce, add bacon slices, roll up and enjoy!



Spinach and Cheese Omelet

- Non stick cooking spray
 - 4 Eggs
 - Salt
 - Cayenne Pepper
 - ¼ shredded sharp cheddar cheese
 - 1 Tablespoon fresh chives, flat-leaf parsley or chervil
 - 2/3 cup red pepper relish (see recipe)
1. Light coat an eight inch nonstick skillet with cooking spray and heat over medium high heat.
 2. In a mixing bowl, beat together the eggs, one dash of salt and one dash of cayenne pepper until mixture is frothy.
 3. Pour into skillet.
 4. Allow the egg to set, making sure to lift the edges frequently and allow uncooked portion to run under the cooked portion.
 5. Continue until egg appears glossy and cooked, but still moist.
 6. Add ¾ of the cup of spinach and 2 tablespoons of red pepper relish, topping with cheese and chives. Use spatula to lift up the edges of the omelet and fold in half. Sprinkle with remaining spinach and red pepper relish.
 7. Add additional cheese and chives to taste.

Red Pepper Relish Recipe:

- 2/3 cup sweet red pepper
- 2 Tablespoons chopped onion
- 1 Tablespoon cider vinegar
- ¼ Teaspoon black pepper

1. Combine all ingredients in a bowl and set aside while preparing omelet.
2. This should make about 2/3 cup of red pepper relish.

Yields 1 serving

Total Net Carbs : 1 gram per serving



Alternative French Toast

- 2 Eggs
 - ¼ cup of heavy whipping cream
 - 2 packages of sugar substitute Cinnamon to taste
 - ½ of a 3 oz. bag of unflavored Pork rinds
1. Crush the pork rinds as finely as you can without turning them into a powder.
 2. Mix together the eggs, cream, sweetener and cinnamon and pour into bowl with pork rinds.
 3. Stir and allow mixture to soak until you have a thick, goopy batter.
 4. Pour in batter and fry pancake style in butter, browning both sides until done.
 5. Serve with your favorite low carb syrup.

Yields about 2 servings

Total Net carbs: less than 2 grams per serving



Pumpkin and Macadamia Soup

- 1 tablespoon macadamia or olive oil 1/2 cup roughly chopped macadamias
 - 1 small onion, chopped
 - 1 teaspoon grated ginger
 - 3 cups diced or canned pumpkin
 - 1 small tart apple, chopped
 - 3 cups chicken stock sour cream for topping
 - Whole or halved macadamias, roasted for garnish
1. Heat oil in a heavy stock pot and sauté macadamias, onions and ginger for 2 – 3 minutes.
 2. Stir in apple and pumpkin slices and sauté for 2 – 3 minutes (if substituting canned pumpkin puree, add only the apple in the step above and use pumpkin puree when you add chicken stock).
 3. Pour in chicken stock.
 4. Bring to a boil then cover and simmer for 20 minutes or until apples/pumpkin become soft.
 5. Transfer to blender and blend until smooth.

Yields 6 servings

Total Net carbs: 7.5 grams per serving



Tandoori Chicken Wings

- 2-1/2 lbs chicken wings, trimmed and separated
 - 1 cup Homemade Yogurt*
 - 2 Tablespoons ginger
 - 6 cloves garlic, minced 1-1/2 Teaspoons curry powder 1/4 Teaspoon turmeric
 - 1/2 Teaspoon cumin
 - 1/2 Teaspoon dry mustard
 - 2 Teaspoons red pepper flakes
 - 1 lemon, juiced
1. 3 Tablespoons vegetable oil salt, pepper
 2. Mix all ingredients in a a bowl.
 3. Marinade for at least two hours at room temperature. Saving marinade, put wings on broiling rack and broil until browned and cooked through, (about 20 minutes) basting wings with marinade about every 10 minutes.
 4. Transfer to platter and serve.

*Homemade Yogurt:

- 1 quart milk
- 1 cup heavy cream
- 1 Tablespoon plain yogurt

1. Mix milk and cream together and boil in a saucepan. Remove from heat and allow to cool to room temperature.
2. Stir in yogurt. Cover and keep in a warm place for approximately 20-30 hours.

Yields 4 servings

Total Net carbs: 4 g rams per serving



Grilled Shrimp and Chicken

- 1/4 teaspoon poultry seasoning
- 1/8 to 1/4 teaspoon cayenne pepper
- 1/8 teaspoon white pepper
- 1/8 teaspoon onion powder
- 1 tablespoon garlic powder
- 2 tablespoons butter
- 1/2 pint heavy cream
- 1/2 cup chicken broth
- 1 tablespoon olive oil
- 1/2 cup white wine
- 4 skinless, boneless chicken breasts
- 8 ounces shrimp
- Grated Romano cheese for garnish

Yields 4 servings

Total Net carbs: 3 grams per serving

1. Combine the poultry seasoning, cayenne pepper, white pepper, onion powder and garlic powder in a small bowl, then divide in half.
2. Melt butter in skillet over low heat and add cream, broth and ½ spice mixture.
3. Stir well and allow to thicken into sauce.
4. Set aside.
5. Preheat grill to high heat.
6. Heat cooking oil over medium high heat in a large skillet.
7. Add chicken breasts and sauté with remaining ½ of spice mixture until chicken is cooked through. Remove from heat and set aside.
8. Lightly oil grill grates.
9. Place shrimp on hot grill and cook for 3 to 4 minutes or until cooked through.
10. Serve each chicken breast topped with grilled shrimp and covered with cream sauce.
11. Garnish with Romano cheese.



Low Carb Chili

- 2 cloves minced garlic
 - 1 cup chopped onions
 - 3 Tablespoons olive oil
 - 2 lbs lean beef, chopped
 - 4 cups canned tomatoes, drained or 4 cups beef both
 - 2 Teaspoons salt (omit if using broth)
 - 2 bay leaves
 - 1 Teaspoon oregano
 - ¼ Teaspoon crushed cumin
 - 2-3 Tablespoons chili powder
 - 2 cans Eden Black soybeans, drained
- Yields 12 servings
Total Net carbs: 8.5 grams per serving

1. Place all ingredients in a large stock pot or slow cooker.
2. Bring to a boil.
3. Reduce heat, cover and simmer for 1- 2 hours.
4. The longer this mix simmers, the more the flavors will set in.

For extra carb reduction: substitute beef broth or stock in place of tomatoes (broth version reduces carbs to 3.2 grams per serving).



Ham-Asparagus Brunch Cake

- 2 Tablespoons butter
 - 3 Tablespoons sliced green onion
 - About 1/2 pound fresh asparagus, cut (about 1 1/2 cups)
 - 6 eggs
 - 1/3 cup heavy cream
 - 1 Teaspoon dried mustard
 - 1/4 Teaspoon salt
 - 1/4 Teaspoon pepper
 - 2 cups cooked ham, chopped
 - 6 ounces Cheddar cheese, shredded
- Yields 10 servings
Total Net carbs: 2 grams per serving

1. Preheat oven to 350.
2. In a large, heavy skillet, melt butter over medium high heat and cook onions and asparagus for 3 minutes.
3. In a large mixing bowl, stir together eggs, cream and seasonings.
4. Place cooked onions, asparagus and ham into a baking dish and pour egg mixture on top.
5. Bake for 10-15 minutes and sprinkle cheese on top to taste.



Canadian Cheddar Soup

- 2 Tablespoons butter
- 1/4 cup onion, chopped
- 1/4 cup chopped celery
- 2 Tablespoons soy flour
- 1/4 Teaspoon dry mustard
- 1 pinch nutmeg
- 1 pinch pepper
- 3 cups chicken stock
- 1 1/2 cups heavy cream
- 1 cup water
- 1 1/2 cups Cheddar cheese, shredded
- 1 dash Worcestershire sauce#

Yields 6 servings

Total Net carbs: 6 grams per serving

1. Melt butter in a heavy sauce pan.
2. Cook onions and celery until tender.
3. Add flour, mustard, nutmeg and pepper and stir, cooking for 2 – 3 minutes.
4. Add chicken stock and simmer for about 20 minutes, stirring occasionally.
5. You may want to use a hand blender to puree the mixture when done.
6. Return soup to stove, adding cream and water and bring close to boiling.
7. Immediately stir in cheese and allow to melt.



Garlic Aioli Chicken Wrap

- 3 oz canned or vacuum packed chicken, drained
 - 1 Mission Low Carb Tortilla Garlic aioli spread*
1. Prepare aioli recipe (below) and use as a spread on your low carb tortillia with chicken.
 2. This recipe makes 10 servings of aioli, so you may want save some for dipping.

Yields 1 serving

Total Net carbs: 5 grams per serving

Garlic Aioli

- 6 garlic cloves, peeled and halved
 - 1 egg yolk
 - 1 cup extra virgin olive oil
 - 2 Tablespoons lemon juice
1. Mash garlic with a mortar and pestle or use a garlic press.
 2. Stir in salt and egg yolk and beat mixture until egg turn a light color.
 3. Slowly drizzle in the olive oil, followed by the lemon juice.
 4. Stir well and season to taste.



Egg Salad over Lettuce

- 3 eggs
 - 2 Tablespoons mayonnaise 1/8 cup oil roasted sunflower seeds
 - 1 cup shredded lettuce
1. Hard boil eggs and mash together with mayonnaise and sunflower seeds.
 2. Spread over shredded lettuce

Yields 1 serving

Total Net carbs: 5.54 grams per serving



Egg Drop Chicken Soup

- 5 cups chicken stock
 - 2 tablespoons soy sauce
 - 2 eggs, well beaten
 - 1 garnish, see below
- Yields 4 servings
Total Net carbs: 2 grams per serving
1. Bring soy sauce and chicken stock to a boil.
 2. Beat eggs and pour into boiling soup slowly, from a height of at least 10 inches, stirring quickly with other hand.
 3. Once the last of the egg is stirred in, allow to cook for 30 seconds and then remove from heat immediately.



Sausage Frittata

- 8 ounces sausage
 - 1/2 onion, chopped
 - 2 garlic clove, minced
 - 1/2 cup ricotta
 - 1/2 cup heavy cream
 - 4 eggs
 - 1/4 Teaspoon cayenne
 - 1/4 cup salsa
 - 1 cup Cheddar cheese, shredded
 - Salt to taste
- Yields 4 servings
Total Net carbs: 6 grams per serving

1. Preheat oven to 350.
2. Sauté onion and garlic in skillet, then add sausage and brown, mincing as it cooks.
3. In a mixing bowl, beat eggs, cream and seasoning in a bowl.
4. Add salsa.
5. Pour mixture over sausage.
6. Place skillet in oven and bake until eggs are set. Top with cheese and heat under broiler until melted.



Lemon Marinated Sirloin

- 1 pound steak, your choice of cuts
 - 1 Teaspoon finely shredded lemon peel
 - 1/2 cup lemon juice
 - 1/3 cup cooking oil
 - 2 Tablespoons sliced green onion
 - 4 Teaspoons Splenda
 - 1 1/2 Teaspoons salt
 - 1 Teaspoon Worcestershire sauce
 - 1 Teaspoon prepared mustard
 - 1/8 Teaspoon pepper
- Yields 6 servings
- Total Net carbs: 2 grams per serving

1. If steak has fat around edges, be sure to score them first with a knife.
2. Place the steak into a shallow baking dish.
3. Combine all ingredients to make the lemon marinade and pour over steak.
4. Allow to sit in the refrigerator for at least 4 hours so the marinade has a chance to soak in.
5. Grill steak to your preference on an outdoor grill, adding leftover over marinade during cooking to maintain tenderness.



Easy Meatloaf

- 1-1/2 lbs ground beef
 - 1 cup pork rind crumbs
 - 1 egg
 - 1/3 cup tomato sauce
 - 2 Tablespoons parsley
 - 1/2 cup grated parmesan
 - 1/4 cup chopped onion salt and pepper to taste
1. Mix all ingredients together in a bowl, making sure to distribute pork rind crumbs evenly.
 2. Shape mixture into a loaf and place in a shallow nonstick baking pan.
 3. Bake in a preheated oven at 350 degrees for 1 hour.

Yields 6 servings

Total Net carbs: 1.8 grams per serving



Pork Medallions Dijon

- 2 lbs pork tenderloins cut into ½ inch thick rounds
 - 2 Tablespoons butter or olive oil
 - ¼ cup sliced shallots
 - 4 Tablespoons heavy cream 1/3 cup chicken broth
 - 3 Tablespoons capers, drained
 - 2 Tablespoons coarse Dijon mustard
1. Flatten pork rounds to ½ inch thickness and season with salt and pepper to taste.
 2. Heat butter or olive oil in skillet and sauté tender loin rounds approximately 2 minutes per side or until browned.
 3. Transfer to plate.
 4. Add in shallots and sauté for 1 minute.
 5. Add sauce and heavy cream and proceed to boil until sauce thickens enough to coat a spoon.
 6. Mix in capers and mustard, and return tenderloins to sauce in skillet to heat through.

Yields 4 servings

Total Net carbs: 4 grams per serving



Herb and Garlic Fish

- 1/2 cup mayonnaise
 - 1/2 Teaspoon dried marjoram leaves
 - 1/2 Teaspoon dried thyme leaves 1/2 Teaspoon garlic powder
 - 1/4 Teaspoon ground celery seed
 - 1 pound fish fillets
1. Mix dressing and seasonings together and brush ½ of mixture on one side of fish.
 2. Place fish in a broiler pan on rack in oven 2-4 inches from heat.
 3. Broil 5-8 minutes.
 4. Turn fish over and coat with remaining mixture and broil for another 5-8 minutes.

Yields 4 servings

Total Net carbs: 1 gram per serving



Southwestern Skillet

- 2 Tablespoons sliced almonds
- 1 yellow sweet pepper, cut into bite sized strips
- 1 fresh jalapeno, seeded and chopped
- 1 Tablespoon olive oil or cooking oil
- 4 medium tomatoes, peeled and chopped
- 1 -1-1/2 Teaspoons chili powder
- ½ Teaspoon ground cumin
- ¼ Teaspoon salt
- 4 eggs
- 1 medium ripe avocado, seeded and peeled (optional)

Yields 4 servings

Total Net carbs: 8 grams per serving

1. Toast almonds over medium high heat 4-5 minutes in large skillet and set aside.
2. Return skillet to heat and add cooking oil.
3. When oil is hot, add sweet pepper and jalapeno and cook until tender.
4. Stir in chili powder, cumin, tomatoes and salt.
5. Bring to a boil
6. Reduce heat, cover and simmer for 5 minutes.
7. Break 1 egg into a measuring cup and carefully slide it into the tomato mixture.
8. Repeat for each remaining egg. Cover and allow eggs to cook for approximately 5 minutes or until whites are set.
9. Spoon egg and tomato mixture to serving plate and sprinkle with salt and pepper to taste.
10. Add toasted almonds and garnish with avocado slices.



Sesame Beef

- 1 pound sirloin steak, cut into 1/8-inch strips
 - 2 Splenda packets
 - 3 Tablespoons cooking oil, divided
 - 2 Tablespoons soy sauce 1/4 Teaspoon pepper
 - 3 green onions, thinly sliced
 - 2 garlic cloves, minced
 - 1 Tablespoon sesame seeds
1. Place beef in a glass bowl.
 2. Mix sugar, oil, soy sauce, seasonings and sesame seeds.
 3. Pour mixture over beef and toss to coat.
 4. Allow to marinate for 15 minutes.
 5. Stir fry marinated beef in skillet or wok over high heat.

Yields 4 servings

Total Net carbs: 2 grams per serving



Drunken Chicken

- 4 boneless skinless chicken breasts OR 4 split fryer breasts - skinned.
- 1 Tablespoons Butter 1/2 small onion, minced
- 1 clove garlic, crushed
- 1 Tablespoon parsley
- 1 Tablespoon Brown Sugar Twin
- 1 Tablespoon mustard 1/2 cup chicken stock 1/4 cup red wine
- 4 Tablespoons Gin

1. Preheat oven to 350 degrees.
2. In a large skillet, sauté the butter and chicken until chicken is browned.
3. Remove chicken and set aside.
4. Add onion to skillet and sauté until soft.
5. Puree remaining ingredients in a blender then add to skillet and heat through.
6. Place chicken in a baking dish and pour mixture on top.
7. Bake 15 -20 minutes for boneless breasts. Bake 30-40 minutes for bone in split breasts.

Yields 4 servings

Total Net carbs: less than 1 gram per serving



Mexican Veal Sausages

- 1 1/2 pounds ground veal
 - 2 green onions, finely chopped (1/3 cup)
 - 2 tablespoons fresh cilantro, chopped
 - 2 tablespoons green or red salsa
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper
 - 2 tablespoons olive oil
 - 1/4 cup green or red salsa for garnish
 - 1/4 cup sour cream for garnish
 - 1 lime, cut into slices or wedges, for garnish
1. Combine veal, onion and all spices in mixing bowl and blend together (mash together with bare hands for best results!).
 2. Shape mixture into 4 sausage links. Heat oil in a nonstick skillet on high heat and brown sausage 8-10 minutes, turning frequently.

Yields 4 servings

Total Net carbs: 0.5 grams per serving



Crustless Spinach Quiche

- 1 cup chopped onion
 - 1 cup sliced fresh mushrooms
 - 1 Tbsp. vegetable oil
 - 1 pkg (10 oz) frozen chopped spinach, thawed
 - 2/3 cup finely chopped ham
 - 5 eggs
 - 3 cups Monterey Jack or Cheddar cheese, shredded
 - 1/8 tsp. pepper
1. Pour 1 Tbsp vegetable oil in a large skillet and sauté the onion and mushrooms until tender.
 2. Add in the spinach and ham. Continue to cook and stir mixture until the excess moisture evaporates.
 3. Allow to cool slightly.
 4. Beat in the eggs and then add cheese, spinach and pepper, making sure to blend well.
 5. Spread mixture evenly into a greased 9 inch pie plate or quiche dish and bake at 350 degrees 40-45 minutes or until a knife inserted near the center comes out clean.

Yields about 4 servings

Total Net Carbs: 6 grams per serving



Filet Mignon with Portobello Sauce

- 4 beef tenderloin steaks
- 1 Teaspoon olive oil ¼ Teaspoon black pepper
- 2 large Portobello mushrooms (halved and sliced)
- 8 green onions cut into
- 1 inch pieces
- 1 Tablespoon butter
- 1/3 cup reduced sodium beef broth 2 Tablespoons Madeira or Port wine

1. Mix oil with pepper and use to baste both sides of steaks.
2. Prepare sauce in a large skillet as follows: heat butter over medium high heat and sauté mushrooms and onions until tender. Add broth and wine and bring to a boil.
3. Remove from heat.

Yields 4 servings

Total Net Carbs: 3 grams per serving

Charcoal grill method for steaks:

1. Grill steaks uncovered over medium hot coals to desired doneness. Turn steaks once halfway through grilling.
2. When done, slice thin and smother with mushroom and onion sauté.



Mustard-Glazed Halibut Steak

- 16 ounce fresh or frozen halibut steak
 - 1 Tablespoon butter
 - 1 Tablespoon lemon juice ½ Tablespoon Dijon mustard
 - 1 Teaspoon fresh basil
1. Fish should be thawed before beginning.
 2. Heat butter, basil, lemon juice and mustard in a small saucepan until butter is melted. Brush both sides of halibut steak with mixture.
 3. Grill fish over medium hot coals on an outdoor barbecue grill for 8-12 minutes or until fish begins to flake.

Yields 1 serving

Total Net carbs; 1 gram per serving



Ground Beef and Cabbage Casserole

- ½ lb ground beef
 - ½ cup chopped onion
 - ½ bag cole slaw mix
 - 1-1/2 cups tomato sauce
 - 2 Tablespoons lemon juice
1. Brown ground beef first and set aside.
 2. Add onion and cabbage to skillet and sauté until soft.
 3. Add ground beef back in along with tomato sauce and lemon juice.
 4. Bring mixture to a boil, then cover and simmer for 30 minutes.

Yields 3 servings

Total Net carbs: 8 grams per serving



Dill Trout

- 2 pounds pan-dressed trout (or other small fish), fresh or frozen
 - 1/2 Teaspoons salt
 - 1/4 Teaspoon pepper
 - 1/2 cup butter or margarine
 - 2 Tablespoons dill weed
 - 3 Tablespoons lemon juice
1. Cut fish lengthwise and spread open to season with salt and pepper.
 2. Prepare a fry pan with melted butter and dill weed.
 3. Place fish flesh side down and fry 2-3 minutes per side.
 4. Once done, remove fish and add lemon juice to butter and dill to create sauce for garnishing.

Yields 6 servings

Total Net carbs: 1 gram per serving



Golden Mushroom Chicken Thighs

- 6 chicken thighs
 - 1 can golden mushroom soup
1. Remove all skin from thighs and rinse chicken under cold water. Place thighs into a crock pot or slow cooker and pour in mushroom soup.
 2. Cook on high for 3-4 hours until meat is tender and fall off the bone.

Yields 6 servings

Total Net carbs: 4 grams per serving



Turkey Broccoli Casserole

- 2 (10 ounces) packages frozen broccoli
- 2 cups cooked and diced turkey
- 1 (10 ounce) can cream of mushroom soup
- 1/2 cup heavy cream
- 1/2 cup Cheddar cheese, grated

Preheat oven to 375. Cook broccoli according to package directions. Layer broccoli in a baking dish and spread turkey on top. Combine soup with cream and pour on top of turkey. Sprinkle on grated cheese. Place in oven and bake for 30 minutes.

Yields 8 servings

Total Net carbs: 7 grams per serving



Low Carb Deep Dish Quiche Pizza

- 4 ounces cream cheese
 - Three eggs
 - 1/4 cup parmesan cheese
 - 1/3 cup heavy cream
 - 1/2 teaspoon oregano
 - 2 cups shredded Italian cheese (mozzarella, romano, parm mix - or your choice)
 - 1/4 teaspoon garlic powder
 - 1/4 cup tomato sauce
 - 1 cup shredded mozzarella
 - 20 slices pepperoni
- Yields 4 servings
- Total Net carbs: 6 grams per serving

1. Preheat oven to 375 degrees.
2. In mixing bowl, beat together the eggs and cream cheese until smooth.
3. Stir in heavy cream, parmesan and spices.
4. Pour 2 cups cheese into a nonstick, 13x9 inch baking pan or equivalent.
5. Add egg mixture on top of cheese and blend together so that cheese is suspended in the mixture and not concentrated at the bottom of the pan. Bake in oven approximately 30 minutes and then briefly remove pan to add on layers of mozzarella and pepperoni.
6. Return to oven for 10 more minutes or until dish is bubbly and brown.



Country Herbed Meatloaf

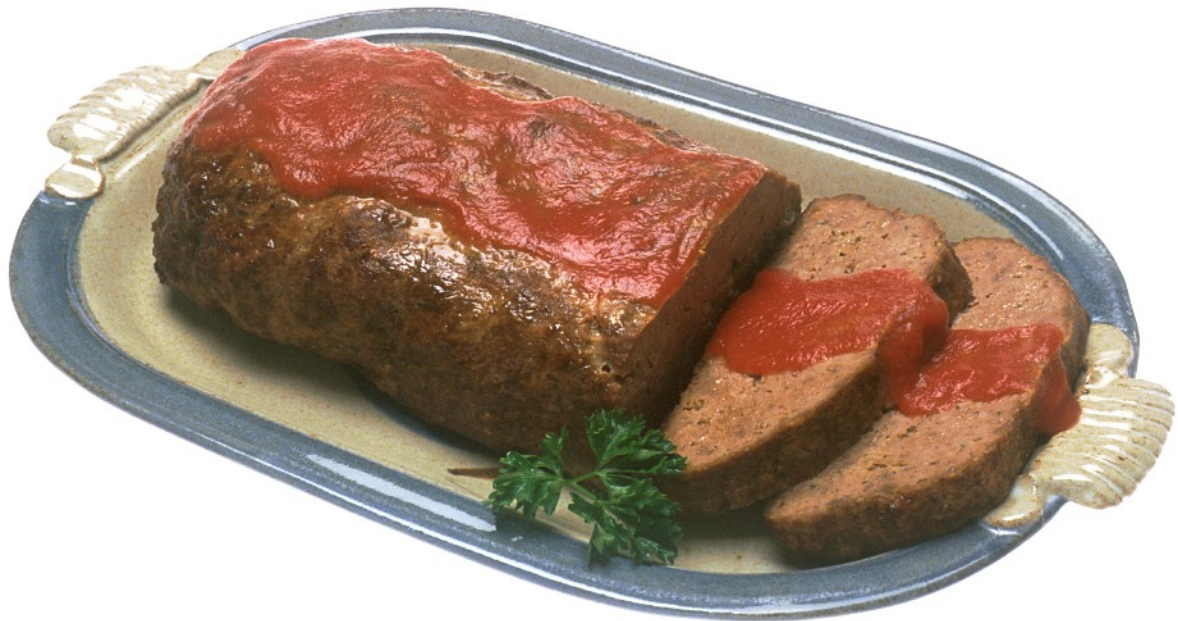
Herb Sauce

- 1/4 cup olive oil
- 8 ounces fresh mushrooms, chopped
- 1 large onion, finely chopped
- 1 garlic clove, minced
- 1 (28 ounce) can crushed tomatoes
- 1 (6 ounce) can tomato paste
- 1 teaspoon salt 1/8 teaspoon pepper
- 2 Splenda packets
- 1 cup water
- 1 bay leaf
- 2 tablespoons fresh basil (or 2 teaspoons dried, chopped)

Yields 8 to 10 servings

Total Net carbs: 4 grams per serving

1. Heat oil in skillet on high and sauté mushrooms, onions and garlic.
2. Stir in tomatoes, tomato paste, salt, pepper and Splenda. Remove and set aside 1-1/2 cups of sauce mixture.
3. Add in water, bay leaf and basil. Bring to a boil, reduce heat, cover and simmer for 45 minutes.
4. Combine meat, eggs and pork rinds with reserved herb sauce. Press into loaf or roasting pan and bake at 350 for 45 minutes.
5. Remove loaf from oven, drain and spread ½ cup simmered herb sauce over loaf and return to oven for another 15 minutes.
6. Be sure discard bay leaf before serving.
7. Use remaining her sauce to top off.



Beef Goulash

- 2 lbs beef cubed, in 1-1/2 inch cubes
 - 3 Tablespoons cooking oil
 - 1 Tablespoon chili salsa
 - 3 oz onions, chopped
 - 1 sweet bell pepper, cubed
 - 1 lb tomatoes, cubed
 - 1 cup red wine watersalt, pepper
1. Fry cubed beef in a large pot or skillet in cooking oil.
 2. Once beef browns, add chili salsa and fry for 1 minute.
 3. Add onions and cubed vegetables and continue frying for 10 minutes.
 4. Add wine as well as extra water if needed. Cover and simmer for 30 minutes.
 5. Add salt and pepper to taste.

Yields 4 servings

Total Net carbs: 5.5 grams per serving



Beef Baked with Yogurt and Black Pepper

- 6 Tablespoons vegetable oil
- 2 pounds beef stew meat
- 3 onions, minced
- 6 garlic cloves
- 1/2 Teaspoon ginger
- 1/2 Teaspoon cayenne
- 1 Tablespoon paprika
- 2 Teaspoons salt
- 1/2 Tablespoon pepper
- 1 1/4 cups plain yogurt, beaten lightly

Yields 4 to 6 servings

Total Net carbs: 10 grams per serving

1. Preheat oven to 350.
2. Heat oil in a large stockpot over medium high heat. Add beef and brown thoroughly.
3. Remove beef when browed and place in a bowl to accumulate juices (juice will be used in recipe).
4. Add onions and garlic to pot and sauté until brown. Return browned meat and juices to pot.
5. Stir in ginger, cayenne, paprika, salt and pepper. Add in yogurt and bring mixture to a simmer.
6. Cover pot with aluminum foil and lid.
7. Place in oven and bake 1-1/2 hours.
8. Add water as needed before baking to ensure meat remains tender.



Deviled Chicken Halves

- 1 chicken
 - 1/4 cup butter
 - 2 Tablespoons lemon juice
 - 2 Tablespoons vegetable oil
 - 1 Teaspoon mustard
 - 1/4 Teaspoon cayenne
 - 1/4 cup minced green onion
 - 1 Teaspoon minced garlic
- Yields 4 servings
Total Net carbs: 2 grams per serving

1. Preheat broiler.
2. Wash chicken and split down the middle into halves. Combine butter, oil, mustard, cayenne and lemon juice in a small mixing bowl.
3. Brush chicken with 1/2 mixture.
4. Next, add onions, garlic and salt into remaining mixture.
5. Place chicken in a broiler pan, skin side down.
6. Broil for 20 minutes, then turn and broil other side for 10 minutes.
7. Baste with remaining butter mixture and broil another 10 minutes until chicken is tender.
8. Serve with lemon wedges.



Closing Thoughts

I hope you have found this book in good health, and I wish you continued success on your Keto diet. Whenever you find yourself retreating back to the old unhealthy lifestyle, please refer back to this book, it will get you back on the path to success.

This is my small contribution to the worldwide phenomenon known as the Keto Diet, and my hope is only to be able to help out one person at least. Should I meet that goal, and you feel you have benefited from reading and using these principles, please feel free to drop me an email and let me know. I will be eternally grateful.

After you have completed the 30 day cycle, your work is not complete. Always remember, 'weight is managed, not cured'.

After you have been on a Keto diet for any time, you will begin to notice the approximate place you should be at in your daily 'net carbs' to easily be able to maintain your weight loss for life.

Happy Eating!

Gareth Churchill

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