

Bonus Recipes

Keto Cereal

Thank you for the recipe, Makinze Gore

Ingredients

- Cooking spray
- 1 cup almonds
- 1 cup walnuts
- 1 cup unsweetened coconut flakes
- ¼ cup sesame seeds
- 2 tbsp flax seeds
- 2 tbsp chia seeds
- ½ tsp ground clove
- 1 ½ pure vanilla extract
- ½ tsp kosher salt
- 1 large egg white
- ¼ cup melted coconut oil

Instructions

1. Preheat oven to 350 and grease a baking sheet with cooking spray. In a large bowl, mix together almonds, walnut, coconut flakes, sesame seeds, flax seeds and chia seeds. Stir in cloves, cinnamon, vanilla and salt.
2. Beat egg white until foamy then stir into granola. Add coconut oil and stir until everything is well coated. Pour onto prepared baking sheet and spread into an even layer. Bake for 20-25 minutes, or until golden, gently stirring halfway through. Let cool completely.

Keto Cloud Bread

Thank you for the recipe, Andrea Lynn

Ingredients

- 3 large eggs, at room temperature
- ¼ tsp cream of tartar
- Pinch of kosher salt
- 2 oz cream cheese, softened

Instructions

1. Preheat oven to 300 and line a large baking sheet with parchment paper.
2. Separate egg whites from yolk into two medium glass bowls. Add cream of tartar and salt to egg white, then using a hand mixer, mix yolks and cream cheese until combined. Gently fold egg yolk mixture into egg whites.
3. Divide mixture into 8 mounds on prepared baking sheet, spacing them about 4 inches apart. Bake until golden brown, 25-30 minutes.
4. Immediately sprinkle each piece of bread with cheese and bake until melty, 2-3 minutes more. Let cool slightly.

Pizza Cloud Bread

Thank you for the recipe, Andrea Lynn

Ingredients

- 1 tbsp Italian seasoning
- 2 tbs shredded mozzarella or grated parmesan
- 2 tbsp tomato paste

Instructions

1. Into the egg yolk mixture above, add 1 tbsp Italian seasoning, 2 tbsp shredded mozzarella or grated parmesan and 2 tsp tomato paste

Cauliflower Pizza Crust

Thank you for the recipe, Lindsay Funston

Ingredients

- 1 large head cauliflower, roughly chopped
- 1 large egg
- 2 cups shredded mozzarella, divided
- ½ cup freshly grated parmesan, divided
- Kosher salt
- ¼ cup marinara or pizza sauce
- 2 garlic cloves, minced
- 1 cup grape or cherry tomatoes, halved
- Fresh basil, torn for serving
- Balsamic glaze, for drizzle

Instructions

1. Preheat oven to 425. In a large skillet, bring about ½ inch of water to a boil. Season with salt. Add cauliflower in one even layer and cook until crisp-tender, 3 to 4 minutes. Transfer to a clean dish towel and squeeze to drain water.

2. Add drained cauliflower to food processor and pulse until grated. Drain excess water in paper towels.
3. Transfer drained cauliflower to a large bowl and add egg, 1 cup mozzarella and ¼ cup parmesan, then season with salt.
4. Transfer dough to a baking sheet lined with cooking spray and pat into crust. Bake until golden and dried out, about 20 minutes.
5. Top crust with marinara, remaining mozzarella and parm, garlic and tomatoes and bake until cheese is melted and crust is crispy, about 10 minutes.
6. Garnish with basil and drizzle with balsamic glaze.

Keto Beef Stew

Thank you for the recipe, Makinze Gore

Ingredients

- 2 LB. beef chuck roast, cut into 1-inch pieces
- Kosher salt
- Pepper
- 2 tbsp extra virgin olive oil
- 8 oz Bella mushrooms, sliced
- 1 small onion, chopped
- 1 celery stalk, sliced
- 3 garlic cloves, minced
- 1 tbsp tomato paste
- 6 cups low sodium beef broth
- 1 tsp fresh thyme leaves
- 1 tsp freshly chopped rosemary

Instructions

1. Pat beef dry with paper towels and season well with salt and pepper. In a large pot over medium heat, heat oil. Working in batches, add beef and sear on all sides until golden brown, about 3 minutes per side. Remove from pot and repeat with remaining beef, adding more oil if necessary.
2. To same pot, add mushrooms and cook until golden and crispy, about 5 minutes. Add onion and celery and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add tomato paste and stir to coat vegetables.
3. Add broth, thyme, rosemary and beef to pot and season with ½ teaspoon salt and pepper. Bring to a boil and reduce heat to a simmer. Simmer until beef is tender, about 50 minutes to an hour.

Keto Chicken Parmesan

Thank you for the recipe, Kat Boytsova

Ingredients

- 4 skinless, boneless chicken breasts
- Kosher salt
- Pepper
- 1 cup almond flour
- 3 large eggs
- 6 oz parmesan, finely grated, plus more for serving
- 2 tsp dried oregano
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/3 cup avocado oil
- ¾ cup low carb sugar free tomato sauce
- 1 ½ cups mozzarella, shredded
- Fresh basil leaves, for topping

Instructions

1. Arrange a rack in center of oven: preheat to 400. Using a sharp knife, cut one chicken breast in half through thickest side parallel to cutting board to create 2 thin cutlets: season both sides with salt; and pepper. Repeat with remaining chicken for a total of 8 cutlets.
2. Into a shallow bowl, add flour. In another shallow bowl, beat eggs to blend. In a third shallow bowl, mix parmesan, oregano, garlic powder and onion powder; season with salt and pepper.
3. Working one at a time, dip chicken into flour, then eggs, then parmesan mixture, pressing to adhere.
4. In a large skillet over medium heat, heat 1/3 cup avocado oil. Working in batches and adding more oil if needed, cook chicken, turning half way through, until golden brown and cooked through, about 2-3 minutes per side.
5. Arrange half of chicken cutlets in a 13x9 baking dish. Spread half of tomato sauce over and top with remaining chicken cutlets. Spread remaining sauce over and top with mozzarella.
6. Bake until cheese is melted, 10 to 12 minutes.
7. Turn on broiler, if desired, Broil, watching closely, until cheese is golden brown in spots, about 3 minutes.
8. Top with basil and parmesan.

Greek Salmon

Thank you for the recipe, Lena Abraham

Ingredients

- 1/4 cup extra-virgin olive-oil
- 2 lemons, juiced
- 1 garlic glove, minced
- 1 tsp dried oregano
- ½ tsp crushed red pepper flakes
- Pepper
- 1 cup cubed feta
- 2 small red onions, 1 thinly sliced, 1 finely chopped
- 4 salmon filets, patted dry
- 1 lemon, thinly sliced
- Kosher salt
- 1 cup finely chopped Persian cucumbers, peeled and de-seeded
- ¼ cup sliced pitted kalamata olives
- 2 tbsp finely chopped fresh dill

Instructions

1. Arrange a rack in center of oven; preheat to 375. In a large bowl, whisk oil, lemon juice, garlic, oregano and red pepper. Add feta, tossing to coat. Cover and refrigerate until ready to use.
2. Scatter lemon and onion slices in the bottom of a large baking dish. Add salmon skin side down; season with salt and black pepper.
3. Bake salmon until opaque and flaky, 18 to 20 minutes.
4. Meanwhile, into a bowl with feta mixture, add tomato, cucumbers, olives, dill and chopped onion. Gently fold to combine.
5. Divide salmon, lemon and onion slices among plates. Top with feta mixture.

Tuscan Butter Shrimp

Thank you for the recipe, Lena Abraham

Ingredients

- 2 tbsp extra virgin olive oil
- 1 lb. shrimp, peeled, deveined and tails removed
- Kosher salt
- Black pepper
- 3 tbs butter
- 3 garlic cloves, minced
- 1 ½ cup halved cherry tomatoes
- 3 cups baby spinach
- ½ cup heavy cream
- ¼ cup freshly grated parmesan
- ¼ cup basil, thinly sliced
- Lemon wedges for serving

Instructions

1. In a large skillet over medium-high heat, heat oil. Season shrimp all over with salt and pepper. When oil is shimmering but not smoking, add shrimp and sear until underside is golden, about 2 minutes, then flip until opaque, remove from skillet and set aside.
2. Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
3. Stir in heavy cream, parmesan and basil and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.

Sheet-Pan Garlicky Shrimp and Veggies

Thank you for the recipe, Judy Kim

Ingredients

- ¼ cup extra-virgin olive oil, plus more for drizzling
- 3 garlic cloves, grated
- 1 tsp crushed red pepper flakes
- Kosher salt
- Pepper
- 1 lb. shrimp, peeled and deveined
- 2 yellow onions, peeled and cut into wedges
- 1 head of broccoli, cut into florets
- 2 red bell peppers, seeds and ribs removed, thinly sliced.

Instructions

1. Preheat oven to 400. In a small bowl, combine olive oil, garlic, red pepper flakes, salt and pepper. Toss shrimp and set aside to marinate.
2. Meanwhile, on a rimmed half sheet pan, toss onions, broccoli and red bell pepper with a drizzle of olive oil and season with salt and pepper. Spread out in a single layer and roast for 20 minutes.
3. Por shrimp and marinade over roasted vegetables and toss together. Spread out in a single layer and roast again until shrimp is pink and lightly toasted, 5 minutes. Serve immediately.

Pizza Frittata

Thank you for the recipe, Lindsay Funston

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 cups baby spinach
- Kosher salt
- 8 large eggs
- 2 tsp, skim milk
- Pepper
- 1 ½ cups marinara
- cup shredded mozerella
- ¼ cup sliced pepperoni

Instructions

1. Preheat oven to 425. In a medium oven-proof skillet over medium heat, heat oil. Add onions and garlic and cook until tender, 5 minutes, then add spinach. Cook until wilted, about 2 to 3 minutes and season with salt.
2. In a large bowl, whisk together eggs, oregano, milk and marinara and season with salt and pepper. Pour eggs over vegetables in skillet and cook until edges are cooked, about 4 to 5 minutes.
3. Top with cheese and pepperoni and transfer to the oven to bake until edges are cooked through, about 5 to 6 minutes.

The Original Marry Me Chicken

Thank you for the recipe, Lindsay Funston

Ingredients

- 3 tbsp extra-virgin olive oil, divided
- 4 boneless skinless chicken breasts
- Kosher salt
- Pepper
- 2 garlic cloves, finely chopped
- 1 tbsp fresh thyme leaves
- 1 tsp crushed red pepper flakes
- $\frac{3}{4}$ cup low sodium chicken broth
- $\frac{1}{2}$ cup finely chopped sun-dried tomatoes
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ cup finely grated parmesan
- Torn fresh basil, for serving

Instructions

1. Arrange rack in center of oven; preheat 375. In a large ovenproof skillet over medium-high heat, heat 1 tbsp oil. Generously season chicken with salt and pepper and cook, turning halfway through, until golden brown, about 5 minutes per side, transfer chicken to a plate.
2. In same skillet over medium heat, heat remaining oil. Stir in garlic, thyme and red pepper flakes. Cook, stirring until fragrant, about 1 minute. Stir in broth, tomatoes, cream and parmesan; season with salt. Bring to a simmer, then return chicken and any accumulated juices to skillet.
3. Transfer skillet to oven. Bake chicken until cooked through and an instant-read thermometer inserted into thickest parts registers 165, about 10 to 12 minutes.