

Busy Mom's

KETO KIT

7 Days of Quick & Easy Keto
Breakfasts, Lunches & Dinners



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Chasing a busy toddler around the playground, driving all over town to pick up and deliver kids to lessons and practices, muscling through the bottomless pile of laundry, assisting with homework and handling bedtime struggles.... Mommin' isn't easy! You are exhausted and hungry and lucky if you have time to grab a protein bar or leftover slice of pizza from the fridge throughout the day. Then it is dinner time and you've got to figure out how to put something on the table for you and your family that they will eat and you can enjoy too.

We hope the dinner table can be a place we can unwind and refuel and connect with our families but sometimes for Moms it can also be a place where health goals are sabotaged. Chicken nuggets, pasta, potatoes prepared many ways--the kids are happy, but you may be left feeling heavy, bloated and disappointed that you are not fueling yourself in a healthier way or sticking to your Keto diet.

Whether you are new to Keto or have been doing it for a while but are struggling to find quick and easy recipes that both you and your family will enjoy, The Busy Mom's Keto Kit is your answer to figuring out what to eat on Keto with 7 days of nutritious, delicious and easy to prepare recipes to assist you with your weight loss journey!

For additional delicious and easy to prepare recipes that will make your taste buds take notice come to my Keto Recipes and Support Group on Facebook:

<http://KetoRecipesGroupForBeginners.com>

Buttermilk Chaffles

YIELD: 2 Servings

I'm sure you are asking, "What the heck is a chaffle?" A chaffle is a waffle made mostly of egg and cheese and may just become one of your favorite foods while eating a ketogenic diet as they are super versatile. This is a basic buttermilk version but chaffles can be made sweet, savory, used in place of bread to make a sandwich...the possibilities are limitless!

PREP TIME
5 minutes

COOK TIME
12 minutes

TOTAL TIME
15 minutes

INGREDIENTS

- non-stick cooking spray
- 1c whole milk mozzarella cheese, shredded
- 2 large eggs
- 4Tbsp almond flour
- 2Tbsp buttermilk
- 1/2tsp baking powder
- 1/8tsp salt
- 4Tbsp sugar free maple syrup



INSTRUCTIONS

1. Preheat your waffle iron according to its manual instructions.
2. While the waffle iron is preheating, combine the cheese, egg, almond flour, buttermilk, baking powder and salt in a small bowl.
3. Spray both plates of the waffle iron with cooking spray.
4. Pour 1/4 of the batter into the waffle iron and close the lid. Cook until there is no longer steam coming out of the waffle iron (approximately 2-3 minutes)
5. Remove chaffle from the waffle iron and top with 1Tbsp of sugar free maple syrup.

NUTRITIONAL INFORMATION

Yield 4 chaffles Serving Size 2 chaffles

Amount Per Serving: Calories 363 Total Fat 27g Saturated Fat 11g Cholesterol 239mg Sodium 800mg Carbohydrates 12g Net Carbohydrates 4g Fiber 2g Sugar 3g Protein 22g

Blueberry Almond Overnight Chia Pudding

YIELD: 2 Servings

This breakfast pudding is a perfect option for the keto dieter who may be missing their usual sugary blended yogurt for breakfast. The chia seeds give this pudding its velvety, custard-like texture.

PREP TIME
5 minutes

COOK TIME
0 minutes

TOTAL TIME
5 minutes

INGREDIENTS

- 6Tbsp chia seeds
- 1c unsweetened vanilla almond milk
- 1/2c blueberries, lightly smashed
- 2Tbsp almonds, slivered



INSTRUCTIONS

- 1.The night before you plan to have this for breakfast, combine all ingredients in a medium bowl.
- 2.Divide the mixture between 2 pint sized mason jars or small bowls. Cover with lid or plastic wrap.
- 3.Put jars or bowls in refrigerator and leave overnight. In the morning the pudding will be ready to eat.

NUTRITIONAL INFORMATION

Yield 2 jars Serving Size 1 jar

Amount Per Serving: Calories 225 Total Fat 14g Saturated Fat 2g Cholesterol 0mg Sodium 90mg Carbohydrates 20g Net Carbohydrates 8g Fiber 13g Sugar 4g Protein 7g

Chocolate Peanut Butter Smoothie

YIELD: 2 Servings

Smoothies are perfect for busy mornings when there is not a lot of time to be preparing food. Toss some simple ingredients into a blender, pour into a travel cup and take it to go. This one uses the favorite flavor combination of chocolate and peanut butter. This morning treat will fill you up and give you great energy for your morning.

PREP TIME
5 minutes

COOK TIME
0 minutes

TOTAL TIME
5 minutes

INGREDIENTS

- 2c unsweetened vanilla almond milk
- 4Tbsp natural peanut butter (look for a kind containing only peanuts and salt)
- 2Tbsp unsweetened cocoa powder
- 1/2 large ripe avocado
- 2Tbsp chia seeds



INSTRUCTIONS

1. Combine all ingredients in a blender. Blend until smooth. Pour evenly between 2 glasses.

NUTRITIONAL INFORMATION

Yield 2 smoothies Size 1/2 recipe

Amount Per Serving: Calories 217 Total Fat 18g Saturated Fat 3g Cholesterol 0mg Sodium 225mg Carbohydrates 13g Net Carbohydrates 5g Fiber 8g Sugar 1g Protein 8g

Bacon Egg & Cheese on a Biscuit Breakfast Sandwich

YIELD: 2 Servings

Using leftover biscuits from the Hearty Beef Vegetable Soup with Country Biscuits recipe in this guide, this recipe could not be easier! You can even make a few of these up and freeze them. When you are ready to have one, just pop in the microwave for 30-45 seconds for an instant breakfast.

PREP TIME
10 minutes

COOK TIME
3 minutes

TOTAL TIME
13 minutes

INGREDIENTS

- 2 country biscuits (see Hearty Beef Vegetable Soup with Country Biscuits recipe under the dinner section)
- 4 slices precooked, ready-to-use bacon
- 2 eggs, beaten
- 1Tbsp butter
- 4Tbsp cheddar cheese, finely shredded
- salt and pepper



INSTRUCTIONS

1. In a small skillet, melt half the butter.
2. Slice each biscuit in half and place each half in heated skillet. Toast for 1-2 minutes until just browned. Transfer to small plate.
3. Place bacon on a paper towel and heat in microwave according to package instructions.
4. In the same small skillet you toasted the biscuits in, melt the remaining butter over medium high heat.
5. Add half the eggs and tilt the pan to create a thin layer of egg in the bottom of the pan.
6. Reduce the heat to low and sprinkle the center of egg with the cheese and season with salt and pepper.
7. Use a very thin spatula to fold the sides of the egg over the melting cheese, creating a small square.
8. Repeat with second egg.
9. Using the spatula, transfer the egg to the bottom half of a biscuit. Top with slice of cheese, 2 slices cooked bacon and top of biscuit.

NUTRITIONAL INFORMATION

Yield 2 sandwiches Size 1 sandwich

Amount Per Serving: Calories 420 Total Fat 37g Saturated Fat 16g Cholesterol 261mg Sodium 741mg Carbohydrates 5g Net Carbohydrates 3g Fiber 2g Sugar 2g Protein 18g

Mason Jar Jalapeño Popper Omelets

YIELD: 2 Servings

Jalapeño poppers for breakfast? Yes please! This twist on an omelet and the favorite happy hour appetizer is a delicious and super quick and easy breakfast for on the go.

PREP TIME
5 minutes

COOK TIME
4 minutes

TOTAL TIME
9 minutes

INGREDIENTS

- 4 large eggs
- 2/3c pepper jack cheese, shredded
- 1 small jalapeño, seeds removed, ends trimmed and diced
- 1/8c sour cream
- salt and pepper
- non-stick cooking spray



INSTRUCTIONS

- 1.Spray the inside of two 16oz mason jars with nonstick cooking spray.
- 2.Crack two eggs into each jar.
- 3.Add half of cheese, jalapeño and sour cream to each jar.
- 4.Season with salt and pepper.
- 5.Place lids on jars and shake each until all ingredients are combined.
- 6.Remove lids and place in the microwave. Microwave on low for 4 minutes, checking every 30 seconds until cooked through.

NUTRITIONAL INFORMATION

Yield 2 jars Size 1 jar

Amount Per Serving: Calories 373 Total Fat 29g Saturated Fat 15g Cholesterol 428mg Sodium 427mg Carbohydrates 3g Net Carbohydrates 3g Fiber 0g Sugar 3g Protein 24g

Pumpkin Pecan Granola

YIELD: 4 Servings

If you are missing cereal, this one is for you! This one makes a small batch with 4 servings but the recipe can be scaled up to make a larger batch so you have some on hand. Just store in an airtight container in a cool, dry place. Once this is prepared, it becomes the FASTEST breakfast you'll have on hand. The best part? It is so delicious and filling too!

PREP TIME
10 minutes

COOK TIME
20 minutes

TOTAL TIME
30 minutes

INGREDIENTS

- 1/2c raw almonds, chopped
- 1/2c cup raw pecans, chopped
- 1/2c unsweetened coconut flakes
- 1/4c pumpkin seeds
- 2Tbsp chia seeds
- 1/4c golden monkfruit or Swerve brown sugar
- 2tsp pumpkin pie spice
- 1/4tsp salt
- 1/2c pumpkin puree
- 1/4c coconut oil, melted

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Line a baking sheet with parchment paper.
3. In a medium bowl, add almonds, pecans, coconut flakes, pumpkin seeds, chia seeds, sweetener, pumpkin pie spice and salt and toss with a fork to combine.
4. In a small bowl, combine the pumpkin puree and coconut oil.
5. Pour wet ingredients into dry and stir with fork until just combined.
6. Scatter the mixture onto the baking sheet in an even layer.
7. Bake for 20-30 minutes or until crispy.
8. Remove from oven and allow to cool completely before storing in an airtight container.
9. Serve plain or with 1/2c almond milk poured on top like cereal. The almond milk adds no additional net carbs.

NUTRITIONAL INFORMATION

Yield 2 servings Serving Size 1/2 recipe

Amount Per Serving: Calories 490 Total Fat 40g Saturated Fat 19g Cholesterol 504mg Sodium 1683mg Carbohydrates 6g Net Carbohydrates 5g Fiber 2g Sugar 5g Protein 37g



Red Flannel Hash and Eggs

YIELD: 2 Servings

Radishes replace their more carb heavy cousins (beets and potatoes) in this weekend breakfast favorite.

PREP TIME
10 minutes

COOK TIME
10 minutes

TOTAL TIME
20 minutes

INGREDIENTS

- 3Tbsp unsalted butter
- 2Tbsp onion, chopped
- 1-1/2 cups radishes, washed, ends trimmed and chopped
- 1/2lb cooked corned beef, chopped
- 1/2tsp Worcestershire sauce
- 4 eggs, fried
- salt & pepper



INSTRUCTIONS

- 1.Melt 2 tablespoons of the butter in a sauté pan or small cast iron skillet over medium heat.
- 2.Add onion and radishes and cook until onions start to become translucent and radishes begin to soften.
- 3.Add chopped corned beef and Worcestershire sauce and cook until corned beef and radishes become crispy. This is a personal preference moment. I love extra crispy hash but you might like yours just slightly crispy.
- 4.In a separate sauté pan or skillet, melt the last tablespoon of butter over medium high heat. When the pan is hot, add the eggs and cook to desired doneness. Personally, I like an over easy egg or sunny side up egg so the yolk dribbles into the hash.
- 5.Portion the hash equally onto two plates and top each portion with two eggs. Season the eggs with salt and pepper (keeping in mind the corned beef is salty so be mindful to not over salt.)

NUTRITIONAL INFORMATION

Yield 2 servings Serving Size 1/2 recipe

Amount Per Serving: Calories 490 Total Fat 40g Saturated Fat 19g Cholesterol 504mg Sodium 1683mg Carbohydrates 6g Net Carbohydrates 5g Fiber 2g Sugar 5g Protein 37g

Avocado Lime Chicken Salad in Lettuce Wraps

YIELD: 2 Servings

This chopped chicken salad tastes like fresh guacamole made table side in your favorite Mexican restaurant with the added benefit of 72 grams of filling protein per serving to carry you through the last half of your workday.

PREP TIME
10 minutes

COOK TIME
0 minutes

TOTAL TIME
10 minutes

INGREDIENTS

- 1lb cooked chicken breast (leftover from Sheet Pan Garlic and Lemon Chicken & Broccoli recipe), cubed
- 1 ripe avocado, cubed
- 1Tbsp fresh lime juice
- 2Tbsp red onion, diced
- 2Tbsp fresh cilantro, minced
- salt
- 1 tsp sriracha (optional)
- 4 large Boston or butter lettuce leaves, washed



INSTRUCTIONS

1. In a medium bowl, combine the chicken, avocado, lime juice, red onion and cilantro.
2. Salt mixture to taste and add sriracha if desired for a little kick.
3. Spoon chicken salad evenly between 4 lettuce leaves.

NUTRITIONAL INFORMATION

Yield 4 wraps Serving Size 2 wraps

Amount Per Serving: Calories 547 Total Fat 23g Saturated Fat 5g Cholesterol 193mg Sodium 253mg Carbohydrates 10g Net Carbohydrates 4g Fiber 6g Sugar 2g Protein 72g

CAULIFLOWER CHEESE SOUP WITH PANCETTA

YIELD: 2 Servings

This take on the classic potato and cheese soup will leave you not missing potatoes at all! We top ours with some smoky, salty fried pancetta for an extra layer of delicious flavor.

PREP TIME
10 minutes

COOK TIME
15 minutes

TOTAL TIME
25 minutes

INGREDIENTS

- 1/3c water
- 1c cauliflower, broken down into mini florets
- 1 rib of celery, chopped
- 2Tbsp butter
- 1tsp xanthan gum
- 1c unsweetened almond milk
- 1/2c heavy cream
- 1/2tsp onion powder
- 2/3c mild cheddar, shredded
- salt and pepper
- 2oz pancetta, diced



INSTRUCTIONS

1. In a large saucepan, combine water, cauliflower and celery. Bring to a boil. Boil until tender (approximately 5-10 minutes). Set aside.
2. In a medium sauté pan, melt the butter over medium heat. When the butter is melted, add the xanthan gum and continuously whisk for approximately 1 minute to create a roux. Roux will thicken as it cools so its ok if it is a little thin. Gradually stir in the almond milk and heavy cream. Stir in the onion powder. Return to medium heat, and cook until thickened. Stir in vegetables with cooking liquid. Season with salt and pepper. Stir in cheese until just melted. Remove from heat.
3. In a small sauté, cook the pancetta until fat is rendered off.
4. Portion the soup into two bowls. Top each bowl with half of the pancetta.

NUTRITIONAL INFORMATION

Yield 2 bowls Serving Size 1 bowl

Amount Per Serving: Calories 476 Total Fat 45g Saturated Fat 27g Cholesterol 130mg Sodium 642mg Carbohydrates 8g Net Carbohydrates 5g Fiber 3g Sugar 3g Protein 11g

Charcuterie Box

YIELD: 2 Servings

Variations on this recipe might just become your favorite grab-n-go lunch--especially if you like to pick at things slowly over a working lunch. It's like a mini party at your desk! We've listed some favorite components of the box, but this can be made with an endless variety of meats, cheeses, olives, nuts (look for lowest carb versions and watch portion sizes), seeds, berries, vegetables and more.

PREP TIME
10 minutes

COOK TIME
0 minutes

TOTAL TIME
10 minutes

INGREDIENTS

- 2oz hard salami, sliced
- 2oz prosciutto, sliced
- 2oz mortadella, sliced
- 2oz sharp cheddar, sliced
- 2oz manchego, sliced
- 2oz herbed chèvre
- 8 fresh blackberries
- 10 fresh raspberries
- 2 dill gherkins
- 6 jumbo black olives
- 4 brazil nuts
- 1Tbsp stone ground mustard



INSTRUCTIONS

1. Divide all the ingredients into two portions. Neatly assemble the ingredients in a small, rectangular to-go container. That's it! So simple but SO satisfying!

NUTRITIONAL INFORMATION

Yield 2 charcuterie boxes Serving Size 1 charcuterie box

Amount Per Serving: Calories 646 Total Fat 52g Saturated Fat 24g Cholesterol 130mg Sodium 2665mg Carbohydrates 12g Net Carbohydrates 9g Fiber 3g Sugar 4g Protein 35g

Tofu and Mushroom Ramen Bowls

YIELD: 2 Servings

Tuck into this soup's deep, delicious Asian flavors. Shirataki noodles can be the keto dieter's best friend as there are so many different ways they can be used to replace regular pasta in your favorite recipes. This one would make a great lunch or dinner.

PREP TIME
10 minutes

COOK TIME
31 minutes

TOTAL TIME
41 minutes

INGREDIENTS

- 2tsp olive oil
- 1 clove garlic, chopped
- 2-inch piece of ginger, peeled and grated
- 1/4c yellow onion, chopped
- 3c mushroom broth
- 1Tbsp tamari
- 1/4oz. dried shiitake mushrooms
- 2tsp miso paste
- 1tsp sesame oil
- 1 7oz package of shirataki noodles, drained and thoroughly rinsed
- 1 head of baby bok choy, chopped
- 5oz extra-firm tofu, cut into cubes (can use raw or flash fried)
- 1/2c mushrooms (either enoki mushrooms or sliced sliced white mushrooms work well)
- 1 egg, soft boiled, peeled and cut in half lengthwise



INSTRUCTIONS

1. In a large stockpot, heat the oil over medium-high heat.
2. Add the onion and cook until translucent and the edges begin to brown (about 4 minutes) then add the garlic and ginger and cook for an additional 2 minutes.
3. Add 1c of the stock to deglaze the pan using a wooden spoon to scrape up any bits that may have stuck to the bottom.
4. Add the remaining 2c of stock, tamari and dehydrated mushrooms. Reduce heat to low and let simmer for 20 minutes (or longer if you have it up to an hour. The longer the stock simmers, the deeper the flavor will be.)
5. Add the miso paste and sesame oil.
6. Add the shirataki noodles and bok choy. Cook an additional 5 minutes.
7. Divide soup between two bowls. Top each bowl with half the tofu, enoki/white mushrooms and egg.

NUTRITIONAL INFORMATION

Yield 2 servings Serving Size 1/2 recipe

Amount Per Serving: Calories 253 Total Fat 16g Saturated Fat 3g Cholesterol 93mg Sodium 1446mg Carbohydrates 14g Net Carbohydrates 9g Fiber 5g Sugar 3g Protein 20g

Prosciutto and Olive Chaffle Pizza

YIELD: 2 Servings

One fun way you can use chaffles is as a pizza crust! This recipe tops chaffles with prosciutto and olives but you could use any of your favorite (keto friendly) pizza toppings.

PREP TIME
7 minutes

COOK TIME
10 minutes

TOTAL TIME
17 minutes

INGREDIENTS

- non-stick cooking spray
- 1c whole milk mozzarella cheese, shredded
- 1 large egg
- 2Tbsp almond flour
- 1/4tsp baking powder
- 1/8tsp salt
- 4Tbsp pizza sauce (Look for one lower in carbs. For this recipe we used Raos brand pizza sauce.)
- 2 slices prosciutto
- 4 green olives, sliced



INSTRUCTIONS

1. Preheat your waffle iron according to its manual instructions.
2. While the waffle iron is preheating, combine 1/2c of the cheese, egg, almond flour, baking powder and salt in a small bowl.
3. Spray both plates of the waffle iron with cooking spray.
4. Pour 1/4 of the batter into the waffle iron and close the lid. Cook until there is no longer steam coming out of the waffle iron (approximately 2-3 minutes.)
5. Remove chaffle from the waffle iron and let cool for about 3 minutes.
6. Turn on oven broiler.
7. Place the chaffles on a baking sheet lined with parchment paper. Top each chaffle with 2Tbsp of pizza sauce, 1 slice of prosciutto and half the olive slices. Top with the remaining 1/2c cheese.
8. Put baking sheet in the oven. Broil until cheese is melted. Depending on your oven this takes approximately 1-2 minutes. Be sure to check frequently so the cheese does not burn.

NUTRITIONAL INFORMATION

Yield 2 pizzas Serving Size 1 pizza

Amount Per Serving: Calories 343 Total Fat 26g Saturated Fat 11g Cholesterol 160mg Sodium 1241mg Carbohydrates 4g Net Carbohydrates 3g Fiber 2g Sugar 2g Protein 24g

Cold Sesame Cucumber Noodles with Salmon

YIELD: 2 Servings

This delicious Asian inspired dish is fresh and filling. Using cucumber in place of more traditional Asian noodles is a great alternative.

PREP TIME
20 minutes

COOK TIME
0 minutes

TOTAL TIME
20 minutes

INGREDIENTS

- 1lb leftover cooked salmon from the Chili Soy Salmon with Wilted Baby Bok Choy dinner
- 1 large cucumber
- 1Tbsp sesame oil
- 1Tbsp rice vinegar
- 1Tbsp toasted sesame seeds
- 1tsp salt



INSTRUCTIONS

1. With a vegetable peeler, peel long strips of cucumber to make 'noodles'. If you have a spiralizer, that tool can also be used to make the noodles. Lay the noodles out on a cutting board covered with a layer of paper towel. Sprinkle salt on the noodles and let sit for 15 minutes. Pat dry. Transfer noodles to a medium sized bowl.
2. In a small bowl, combine the sesame oil and rice vinegar. Drizzle dressing over noodles and gently toss with tongs.
3. Divide the noodles into two equal portions and sprinkle 1/2Tbsp sesame seeds onto each portion.
4. Top each portion with 1/2 of the leftover salmon filets.

NUTRITIONAL INFORMATION

Yield 2 servings Serving Size 1/2 recipe

Amount Per Serving: Calories 629 Total Fat 43g Saturated Fat 7g Cholesterol 143mg Sodium 2149mg Carbohydrates 8g Net Carbohydrates 5g Fiber 3g Sugar 3g Protein 53g

Greek Souvlaki Chopped Salad

YIELD: 2 Servings

If you love Greek salad you are really going to love the Mediterranean flavors in this one. This recipe takes a little longer to prepare than others but can be quicker to prepare at lunchtime if you start marinating the chicken the night before you plan to make the salad.

PREP TIME
40 minutes

COOK TIME
8-10minutes

TOTAL TIME
50 minutes

INGREDIENTS

- 2Tbsp olive oil
- 2Tbsp lemon juice
- 1/2tsp garlic powder
- 1/2tsp dried oregano
- 1lb skinless and boneless chicken breast, cut into chunks
- 3c spring mix greens
- 2 large pepperoncini peppers, sliced
- 10 kalamata olives, pits removed
- 10 grape tomatoes
- 1/2 cucumber, chopped
- 2Tbsp mayonnaise (choose one that is lowest in carbs)
- 2Tbsp sour cream
- 1 teaspoon apple cider vinegar
- 1 tsp Dijon mustard
- 2oz feta cheese, crumbled
- salt & pepper
- 2 skewers (wood or metal)



INSTRUCTIONS

1. Add the olive oil, lemon juice, garlic powder, dried oregano and some salt and pepper to a Ziploc bag. Seal the bag and shake around to coat the chicken chunks with the dressing. Put the bag of chicken in the refrigerator and let marinate for 30 minutes. (This can be done the night before if you want the chicken to marinate overnight.)
2. Remove the chicken chunks from the bag and discard the remaining marinade. Slide the chicken chunks onto a wooden skewer.
3. Preheat a grill or grill pan over medium-high heat. Lay the chicken skewers onto the grill or grill pan and cook 4 minutes on each side or until chicken is cooked through.
4. Divide the spring mix between two salad bowls. Top each with half of the pepperoncini slices, olives, grape tomatoes and chopped cucumber. Lay one of the grilled chicken skewers on top of each salad.
5. In a small bowl, add the mayonnaise, sour cream, apple cider vinegar, Dijon mustard and a little salt and pepper. Whisk to combine and then stir in the feta cheese.
6. Pour half of the dressing over each salad.

NUTRITIONAL INFORMATION

Yield 2 salads Serving Size 1 salad

Amount Per Serving: Calories 793 Total Fat 48g Saturated Fat 13g Cholesterol 232mg Sodium 1040mg Carbohydrates 12g Net Carbohydrates 7g Fiber 4g Sugar 5g Protein 77g

Spaghetti Squash Lasagna

YIELD: 4 Servings

This spin on the Italian favorite uses spaghetti squash instead of pasta but we think you won't even miss it! All the flavors you love in lasagna are here. A layer of melted cheese tops this dish, just like in the classic version.

PREP TIME

20 minutes

COOK TIME

1 hour

TOTAL TIME

1 hour & 20 minutes

INGREDIENTS

- 1 medium spaghetti squash
- 1Tbsp olive oil
- 1 clove garlic, minced
- 2c fresh spinach
- 3/4 cup whole milk ricotta cheese
- 2tsp Italian seasoning
- 1/4tsp red pepper flakes
- 1 cup shredded mozzarella cheese
- 1lb. ground turkey
- salt & pepper
- 1c marinara sauce (look for one lowest in carbs. Raos brand is a great choice and that is the brand used to calculate the nutritional info for this recipe.)
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Cut the spaghetti squash in half lengthwise. Using a metal spoon, scrape out seeds. Add 1" of water in the bottom of a 9x13 glass baking dish. Place the squash halves cut side down into the dishes. Place in the oven and bake for 40 minutes.
3. Remove squash from the oven. Using oven gloves or mitts, remove the squash halves from the baking dishes and place on a heat safe surface (such as a cutting board), cut side up.
4. Using a fork, scoop the spaghetti squash strands away from the sides and separate the squash into strands.
5. Heat oil in a large skillet over medium-high heat. Add garlic and cook for 30 seconds. Add spinach and stir to combine. Cook until spinach is wilted (about 3 minutes.) Remove from heat.
6. Return skillet to medium-high heat. Add the ground turkey. Cook until browned using a wooden spoon to break the turkey into crumbles. Season with salt and pepper. Remove from heat. Add marinara sauce and stir to combine.
7. In a medium bowl, combine spinach, Italian seasoning, red pepper flakes, ricotta cheese and half of mozzarella cheese.
8. Add 1/2 of the ground turkey mixture to the insides of each of the spaghetti squash halves. Top with 1/2 of the spinach ricotta mixture. Finally, top with the remaining mozzarella and parmesan cheese.
9. Transfer filled spaghetti squash halves to a baking sheet (toppings side up.) Bake in oven for 15-20 minutes or until the cheese is melted.
10. Slice each half in half again.

NUTRITIONAL INFORMATION

Yield 4 servings Serving Size 1/2 filled spaghetti squash half

Amount Per Serving: Calories 602 Total Fat 43g Saturated Fat 16g Cholesterol 174mg Sodium 589mg Carbohydrates 10g Net Carbohydrates 8g Fiber 2g Sugar 5g Protein 44g



Slow Cooker Corned Beef & Cabbage Bowls

YIELD: 4 Servings (plus a 1/2 pound of extra corned beef to use in Red Flannel Hash in the morning)

This hearty meal is the perfect comfort food for nights when you feel like something warm and full of flavor. Toss the ingredients in your slow cooker in the morning and come home to only a couple quick steps to finish it up.

PREP TIME
15 minutes

COOK TIME
6-8 hours

TOTAL TIME
6hrs 15min - 8hrs 15min

INGREDIENTS

- 2.5lb corned beef brisket
- 1/2tsp dry mustard powder
- 2 cups water
- 1/2 small yellow onion, chopped
- 1 small head of green cabbage, quartered
- 4Tbsp butter
- 1 clove garlic, chopped
- salt & pepper
- 4tsp grainy mustard

INSTRUCTIONS

1. Place the brisket in the slow cooker fat side up.
2. Sprinkle brisket with dry mustard powder.
3. Add the water.
4. Add the onion.
5. Place the cover on the slow cooker and cook for 6-8 hours on low.
6. Add the cabbage wedges during the last 30 minutes of cook time.
7. In a small glass bowl, melt the butter.
8. Add the chopped garlic to the melted butter and stir to combine.
9. Transfer the brisket from the slow cooker to a cutting board and slice 1/2" slices against the grain.
10. Reserve 1/2lb of the cooked brisket for Red Flannel Hash breakfast.
11. Using a slotted spoon, portion cabbage into 4 bowls.
12. Drizzle 1Tbsp garlic butter over each portion of cabbage.
13. Top cabbage with corned beef slices.
14. Top each serving of corned beef with 1tsp grainy mustard.
15. Season with salt & pepper if desired (corned beef is pretty salty so taste before you season.)

NUTRITIONAL INFORMATION

Yield 4 servings Serving Size 1 bowl

Amount Per Serving: Calories 728 Total Fat 55g Saturated Fat 22g Cholesterol 253mg Sodium 2351mg Carbohydrates 14g Net Carbohydrates 10g Fiber 4g Sugar 6g Protein 44g



Sheet Pan Garlic and Lemon Chicken with Broccoli

YIELD: 4 Servings

This one is super easy to throw together after a long day. The lemon adds some brightness that you might be missing in some of the heavier keto recipes out there and the broccoli adds a nice crunch. The best part? You'll make a little extra chicken that you can use for lunch the next day in our Avocado Lime Chicken Salad.

PREP TIME
15 minutes

COOK TIME
25 minutes

TOTAL TIME
40 minutes

INGREDIENTS

- 3lbs skinless, boneless chicken breast (2lbs for this meal and reserving 1lb for Avocado Lime Chicken Salad)
- 1Tbsp butter, melted
- 1tsp garlic powder
- 1/2tsp paprika
- 1 lemon, sliced in thin rounds
- 2 small crowns of broccoli, cut into florets
- 2Tbsp olive oil
- juice from 1/2 a lemon
- 1 clove of garlic, minced



INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Line a sheet pan with parchment paper.
3. With a sharp knife, quarter each chicken breast.
4. Place the chicken breasts pieces between two sheets of parchment paper and pound flat with a rolling pin.
5. Place chicken breasts in a single layer on one half of the sheet pan.
6. Brush chicken breasts butter, season each side of the chicken with garlic powder, paprika, salt & pepper top with lemon slices.
7. In a medium bowl, toss broccoli florets with olive oil, lemon juice and garlic.
8. Place broccoli in a single layer on the other half of the sheet pan.
9. Bake until the chicken is cooked through to 165 degrees F, about 20 to 25 minutes.
10. Reserve 1/3 of the chicken for the Avocado Lime Chicken Salad lunch recipe.

NUTRITIONAL INFORMATION

Yield 4 servings Serving Size 4 portions

Amount Per Serving: Calories 513 Total Fat 20g Saturated Fat 6g Cholesterol 200mg Sodium 222mg Carbohydrates 8g Net Carbohydrates 5g Fiber 3g Sugar 2g Protein 73g

Portobello Mushroom Cheesesteaks

YIELD: 4 Servings

Trust me, you will not miss the bread in this version of a classic Philly cheesesteak. Shaved steak and provolone top portobello mushroom caps and are cooked to melted perfection.

PREP TIME
10 minutes

COOK TIME
20 minutes

TOTAL TIME
30 minutes

INGREDIENTS

- 4 large portobello mushroom caps, brushed clean and stems removed
- 2Tbsp + 1 Tbsp olive oil
- 1 clove garlic, minced
- 8oz shaved sirloin steak
- salt and pepper
- 1/4c yellow onion, sliced
- 1 medium green pepper, sliced
- 4 slices provolone cheese



INSTRUCTIONS

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.
2. In a small bowl, combine the olive oil and garlic. Using a pastry brush, brush both sides of mushroom caps with the olive oil and garlic mixture.
3. Place the mushroom caps top side up onto the baking sheet. Bake for 10 minutes. Turn the mushroom caps over and bake for an additional 10 minutes. Remove from oven.
4. While the mushrooms are in the oven, heat the last Tbsp of olive oil in a large skillet over medium-high heat.
5. Season the steak with salt and pepper and cook for 1-2 minutes on each side until browned. Add the onion and pepper and cook for an additional 2 minutes.
6. Flip the mushroom caps back over (top side down) and spoon 1/4 of the steak, onion and pepper mixture onto each cap. Its ok to pile it on high!
7. Top each mushroom cap with a slice of the provolone cheese.
8. Put the mushrooms back in the oven and turn the oven to broil. Broil until the cheese is melted and starts to show some crispy brown spots. Remove from oven and serve.

NUTRITIONAL INFORMATION

Yield 4 cheesesteaks Serving Size 1 cheesesteak

Amount Per Serving: Calories 296 Total Fat 22g Saturated Fat 7g Cholesterol 50mg Sodium 231mg Carbohydrates 6g Net Carbohydrates 5g Fiber 1g Sugar 1g Protein 20g

Hearty Beef Vegetable Soup with Country Biscuits

YIELD: 4 servings plus 4 extra biscuits

Who doesn't love a hot and hearty soup with a biscuit to dip in the broth? These basic biscuits are a great bread alternative that can be used in a variety of ways. You can also add other ingredients to them like cinnamon and Swerve to make them sweet or cheddar and herbs for a savory biscuit. The possibilities are many which is fabulous for the person following keto who is REALLY missing bread.

PREP TIME
20 minutes

COOK TIME
40 minutes

TOTAL TIME
1 hour

BISCUIT INGREDIENTS

- 1-1/3c almond flour
- 1-1/4tsp baking powder
- 1/2tsp salt
- 1 large or extra-large egg, beaten
- 1/4c coconut oil, melted

SOUP INGREDIENTS

- 2Tbsp olive oil
- 1lb beef chuck roast, cut into small cubes
- 5 cups beef stock
- 1/4c onion, diced
- 1/2c carrots, diced
- 1/2c red bell pepper, diced
- 1c zucchini, diced
- 1c celery, diced
- 2tsp garlic, minced
- 2Tbsp tomato paste
- 1 bay leaf
- salt & pepper

BISCUIT INSTRUCTIONS

- 1.Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
- 2.Combine dry ingredients in a medium sized mixing bowl.
- 3.Stir in wet ingredients. Mix until all ingredients are just combined.
- 4.Using a cookie scoop, drop scoops of the dough onto the lined baking sheet. Press each biscuit down slightly using the back of a spoon.
- 5.Bake until firm and golden brown (approximately 15 minutes.)
- 6.Cool on baking sheet. Once cool, transfer biscuits you will be storing for later to an airtight container or plastic bag. Store in a cool, dry place.

SOUP INSTRUCTIONS

- 1.In a Dutch oven or soup pot, heat 1Tbsp olive oil over medium heat.
- 2.Season the beef with salt and pepper.
- 3.Add the beef and cook, stirring occasionally, until browned (approximately 6-8 minutes)
- 4.Transfer the beef to a bowl and set aside.
- 5.Add the remaining 1Tbsp olive oil and diced vegetables and cook until softened (approximately 4-5 minutes.)
- 6.Add the garlic and cook for an additional minute.
- 7.Add the beef broth, tomato paste and bay leaf. Bring to a boil.
- 8.Reduce to a simmer and cook for simmer for 15 minutes over medium low heat.
- 9.Remove bay leaf and serve with a country biscuit on the side.

NUTRITIONAL INFORMATION

Yield 2 bowls of soup and 8 biscuits Serving Size 1 bowl with 1 biscuit

Amount Per Serving: Calories 675 Total Fat 53g Saturated Fat 20g Cholesterol 124mg Sodium 941mg Carbohydrates 12g Net Carbohydrates 8g Fiber 4g Sugar 6g Protein 39g



Chili Soy Salmon with Wilted Baby Bok Choy

YIELD: 4 Servings

The keto diet tends to be high in omega-6 fatty acids and it's important to balance these with healthy sources of omega-3 fatty acids. Salmon is an excellent source of omega-3s. This recipe has delicious sweet and spicy Thai inspired flavors. You'll make a little extra salmon to use for an upcoming lunch and a second chance to get in some omega-3s!

PREP TIME
15 minutes

COOK TIME
11 minutes

TOTAL TIME
26 minutes

INGREDIENTS

- 3 lbs salmon filets (1lb will be for Salmon with Cold Sesame Cucumber Noodles lunch recipe)
- 1Tbsp keto friendly brown sugar (Lakanto Golden, Swerve Brown Sugar or other)
- 2Tbsp chili garlic sauce
- 3Tbsp soy sauce
- 3Tbsp olive oil
- 3 heads baby bok choy, sliced



INSTRUCTIONS

1. Bring the salmon to room temperature 10 minutes before cooking.
2. Combine brown sugar, chili garlic sauce and soy sauce together in a small bowl.
3. Brush both sides of the fish with the sauce.
4. Add 2Tbsp olive oil to a large skillet over medium high heat.
5. When oil is hot, add salmon filets skin side up.
6. Cook for approximately 4 minutes or until the fish is golden brown on one side.
7. Turn the fish over and cook until filets feel firm to the touch and the skin is crisp if desired (approximately 3 more minutes.)
8. Let rest for 5 minutes before serving.
9. While the salmon is resting, add remaining olive oil back to the skillet and heat over medium high heat.
10. Add the bok choy and cook for 4 minutes, stirring occasionally.
11. Reserve 1lb of the salmon for the Salmon with Cold Sesame Cucumber Noodles lunch recipe.
12. Divide remaining salmon into 4 portions and serve each portion with a scoop of bok choy.

NUTRITIONAL INFORMATION

Yield 4 servings Serving Size 1/4 recipe

Amount Per Serving: Calories 556 Total Fat 36g Saturated Fat 7g Cholesterol 143mg Sodium 716mg Carbohydrates 3g Net Carbohydrates 2g Fiber 1g Sugar 1g Protein 52g

Chicken and Zucchini Enchiladas

YIELD: 8 enchiladas

These enchiladas use deli chicken slices in place of tortillas -- brilliant (and delicious!) This filling Mexican style meal has a little bit of heat to spice up your dinner routine.

PREP TIME
5 minutes

COOK TIME
25 minutes

TOTAL TIME
30 minutes

INGREDIENTS

- 8 slices deli chicken, thick sliced
- 1/2 medium onion, diced
- 1 4oz can green chilies
- 2 zucchinis, chopped
- 1Tbsp olive oil
- 8oz shredded Monterey jack cheese
- 1c enchilada sauce
- 4Tbsp sour cream
- 1 jalapeño, thinly sliced
- 1 handful cilantro, chopped



INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Add the oil to a skillet and preheat over medium high heat.
3. Add the onions and cook until for 2 minutes stirring occasionally. Add the zucchini and cook for an additional 3 minutes stirring occasionally. Add the green chilis and cook for an additional 2 minutes continuing to stir. Remove skillet from heat and allow to cool for 5 minutes.
4. Spoon 1/4c of the enchilada sauce into the bottom of a glass 9x13 pan. This will help prevent the enchiladas from sticking.
5. Spoon some of the zucchini mixture into the center of one of the pieces of deli chicken and roll lengthwise. Lay the enchilada in the 9x13 pan seam side down. Repeat this with the other 7 slices of chicken. Add any excess zucchini mixture to the top of the enchiladas.
6. Spoon the remainder of the enchilada sauce over the enchiladas and top with the shredded cheese.
7. Bake for approximately 15 minutes or until the cheese is melted.
8. Served topped with jalapeño slices and chopped cilantro.

NUTRITIONAL INFORMATION

Yield 4 Serving Size 2 enchiladas

Amount Per Serving: Calories 396 Total Fat 29g Saturated Fat 14g Cholesterol 81mg Sodium 1509mg Carbohydrates 11g Net Carbohydrates 9g Fiber 2g Sugar 6g Protein 23g