

KETO MEAL IDEAS

1-30

- ▶ 1. Alfredo Prawn Noodles
- ▶ 2. Raspberry & Almond Cloud Bread
- ▶ 3. Asparagus & Goat Cheese Frittata
- ▶ 4. Bacon & Jalapeno Frittata
- ▶ 5. Bacon & Cheese ball salad
- ▶ 6. Bacon wrapped chicken & asparagus
- ▶ 7. Balsamic Vinegar
- ▶ 8. BBQ Pork Omelette
- ▶ 9. Egg & Avo Smash
- ▶ 10. Chicken balls & cauliflower rice
- ▶ 11. Bulletproof coffee
- ▶ 12. Cheese & Cauliflower Soup
- ▶ 13. Chilli & Lime Avo Smash
- ▶ 14. Cauliflower loaded Mash
- ▶ 15. Chocolate & Chia Pudding
- ▶ 16. Pulled Pork
- ▶ 17. Chicken Salad
- ▶ 18. Salmon & Avo on Cauliflower
- ▶ 19. Coconut & Almond chips
- ▶ 20. Cucumber & Turkey boats
- ▶ 21. Egg filled avocado
- ▶ 22. Egg Salad lettuce wraps
- ▶ 23. Egg & Zucchini noodles
- ▶ 24. Enchilada Bowl
- ▶ 25. Greek Zucchini Salad
- ▶ 26. Turkey & Bok Choy
- ▶ 27. Guacamole & Haloumi chips
- ▶ 28. Italian sambo on cloud bread
- ▶ 29. Cloud bread
- ▶ 30. Lettuce wrapped burger

Alfredo Prawn Zoodles

Ingredients (Serves: 1)

- ▶ 120g Prawns (Raw)
- ▶ ¼ tsp. Chili Flakes
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ 2 Tbsp. Butter
- ▶ 1 Medium Zucchini
- ▶ 1 Tbsp. Olive Oil
- ▶ 60g Cream Cheese
- ▶ ¼ Cup Whipped Cream
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ ½ tsp. Minced Garlic
- ▶ ¼ Cup Parmesan Cheese

Method

- ▶ 1. Detail prawns, wash and pat dry. Season with salt, pepper, and chili flakes. Heat 1 Tbsp. butter in medium non-stick pan over medium-medium high heat. Add prawns and cook until prawns are pink in colour and begin to crisp on the outside.
- ▶ 2. Set prawns aside on plate and add 1 Tbsp. of butter to the same pan to cook the prawns. Over medium heat add garlic and sauté until fragrant (about 30 seconds to 1 minute). Add cream cheese and let melt. Whisk whipping cream into cream cheese, and add salt and pepper to taste.
- ▶ 3. Let sauce simmer for 3-5 minutes, then sprinkle in grated Parmesan cheese and whisk together. Let simmer again for 5-10 minutes over low heat.
- ▶ 5. Use a vegetable peeler. Apply light pressure with a vegetable peeler along the sides of the zucchini.
- ▶ 4. In a separate non-stick pan, heat olive oil over medium high heat, add spiralled zucchini zoodles to pan and sauté 3-5 minutes until zoodles are tender. (Make sure not to overcook or else the zoodles will become soft and mushy).
- ▶ 5. Plate zoodles, top with prawns and alfredo sauce.
- ▶ Serve warm.

1

Raspberry & Almond Cloud Bread

2

Ingredients (Serves: 1)

- ▶ 30g Natural Almond Butter
- ▶ 30g Fresh Almonds (Chopped)
- ▶ 60g. Fresh Raspberries
- ▶ ½ Tbsp. Chia Seeds
- ▶ 2 Pieces of Cloud Bread

- ▶ Cloud Bread (makes 12)
- ▶
- ▶ 4 Eggs Separated
- ▶ ¼ tsp. Cream of Tartar
- ▶ (Whisk egg whites with cream of tartar until eggs are stiff)
- ▶ 50g Softened Cream Cheese
- ▶ 30g Grated Parmesan Cheese

Method

- ▶ 1. Spread all the almond butter evenly between the 2 pieces of cloud bread.
- ▶ 2. Top almond butter with fresh raspberries, chopped almonds, and sprinkle chia seeds.
- ▶ 3. Two pieces of cloud bread toast per serving.

Cloud Bread (makes 12)

- ▶ 1. Heat oven to 160c Degrees.
- ▶ 2. Whisk egg whites and cream of tartar in bowl with beater until egg whites are stiff.
- ▶ 3. In separate bowl mix egg yolks, cream cheese, and parmesan cheese until smooth.
- ▶ 4. Fold 1/3 of egg whites into egg yolk mix, and continue to fold remaining egg whites by

1/3rds until all folded together and smooth.

- ▶ 5. Cover half sheet pan with parchment paper, scoop mixture onto pan with a ¼ cup.
- ▶ 6. Bake for 30 minutes or until golden brown on top.

Asparagus & Goat Cheese Frittata

3

Ingredients (Serves: 2)

- ▶ 2 Eggs
- ▶ ½ Cup Heavy Whipping Cream
- ▶ 120g Goat Cheese
- ▶ 160g Asparagus
- ▶ ½ Tbsp. Butter
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Pepper
- ▶ ¼ Cup Green Onions (Chopped)

Method

- ▶ 1. Preheat oven to 350 degrees.
- ▶ 2. While oven is heating, in a mixing bowl whisk eggs, heavy whipping cream, green onions, and salt and pepper to taste.
- ▶ 3. Cut bottom ends off of asparagus, and cut into fourths. Add to the egg mixture.
- ▶ 4. Use butter to grease a 8x4 baking pan, then pour egg mixture into pan, sprinkle goat cheese crumbles all over egg mixture, swirl with spoon or spatula to spread throughout mixture.
- ▶ 5. Bake for 20-25 minutes until eggs have set, and is golden brown on top.
- ▶ 6. Serve warm.

Bacon & Jalapeno Frittata

4

Ingredients (Serves: 3)

- ▶ 3 Eggs
- ▶ 2 Tbsp Whole Milk
- ▶ 2 Tbsp. Heavy Whipping Cream
- ▶ ¼ tsp. Salt
- ▶ 1/8 tsp. Pepper
- ▶ ½ Cup Cheddar Cheese
- ▶ 90g Cream Cheese
- ▶ 3 Slices Bacon (Cooked and Chopped)
- ▶ 2 Tbsp. Jalapeño (Divided: Half Diced, Half Sliced)

Method

- ▶ 1. Mix cream cheese, 1 Tbsp. diced jalapeños, and ¼ cup cheddar cheese in mixing bowl, and microwave for 1 minute or until mixture is smooth.
- ▶ 2. In separate mixing bowl, combine eggs, whole milk, heavy cream, salt and pepper and whisk together.
- ▶ 3. Grease 8x4 baking dish.
- ▶ 4. Evenly distribute dollops of the cream cheese mixture around the baking dish.
- ▶ 5. Pour egg mixture over the cream cheese, and top with bacon, remaining cheese and sliced jalapeños.
- ▶ 6. Bake at 160c degrees for 30-35 minutes or until eggs have set.
- ▶ 7. Serve immediately.

Bacon & Cheese Balls/ Salad

5

Ingredients (Serves: 3)

- ▶ 2 Slices Raw Bacon (Halved)
- ▶ 60g Ground Beef
- ▶ 60g Mozzarella Cheese
- ▶ 1-2 Cups of olive oil for frying

- ▶ Garden Salad - go for it, and drizzle with Olive Oil.

Method

- ▶ 1. Cube mozzarella cheese block into 4 cubes.
- ▶ 2. Roll 1 Tbsp. of ground beef in hands, stuff with 1 cube of cheese, and cover cheese completely with the ground beef. Wrap with half a slice of bacon, secure with a toothpick and set aside.
- ▶ 3. Repeat step two with remaining ground beef, cheese and bacon. There should be 4 meatballs total.
- ▶ 4. Heat Olive Oil in deep pan to medium heat.
- ▶ 5. Carefully spoon each little bomb into the oil until the bacon is crisp on all sides, and cooked through. (About 5-7 minutes. Cover with splash guard or paper towel if oil splatters.
- ▶ 6. Pat dry any excessive oil off, and serve warm.
- ▶ 7. Garden Salad - to your interest.

Bacon Wrapped Chicken & Asparagus

6

Ingredients (Serves: 1)

- ▶ 120g Chicken Breasts
- ▶ 3 Strips Raw Bacon
- ▶ 60g Cream Cheese
- ▶ 1 Tbsp. Olive Oil
- ▶ 120g Asparagus (Trimmed)
- ▶ ½ tsp. Minced Garlic
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Pepper

Method

- ▶ 1. Heat Oven to 180c degrees, and grease personal sized baking dish.
- ▶ 2. Butterfly chicken breast. (Slice chicken breast lengthwise down the middle, but not completely through.)
- ▶ 3. Place cream cheese on top of each butterflied chicken breast, and fold chicken breast back over.
- ▶ 4. Wrap bacon around chicken, and place in greased baking dish.
- ▶ 5. Bake for 30 minutes until cooked through.
- ▶ 6. While chicken is baking, and has 5-7 minutes left, heat olive oil over medium high heat in non-stick pan.
- ▶ 7. Toss garlic, asparagus, salt and pepper together, and add to pan in single layer, sauté for
- ▶ 4-6 minutes until crisp-tender and browned.
- ▶ 8. Remove Chicken from oven, serve immediately with asparagus.

Balsamic Vinegar

Ingredients (Serves: 8)

- ▶ 1 Cup Olive Oil
- ▶ ½ Cup Balsamic Vinegar
- ▶ 1 Garlic Clove
- ▶ 1 Tbsp. Dijon Mustard
- ▶ 2 Tbsp. Liquid Stevia
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Black Pepper

Method

- ▶ 1. Place all ingredients in blender or food processor.
- ▶ 2. Blend until everything is combined.
- ▶ 3. Store in an air tight jar, and chill for 2 hours. Shake before serving.

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BBQ Pork Omelette

Ingredients (Serves: 1)

- ▶ 2 Eggs
- ▶ 2 Tbsp. Heavy Whipping Cream
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Pepper
- ▶ 90g Shredded Pork
- ▶ ¼ Cup Cheddar Cheese
- ▶ 1 Tbsp. Olive Oil
- ▶ ½ Avocado (Sliced)

Method

- ▶ 1. In a medium mixing bowl, whisk together eggs, whipping cream, salt and pepper.
- ▶ 2. Heat 1 Tbsp. olive oil in medium non-stick pan over medium/medium high heat. Pour half of the egg batter into the pan and cover with lid for 2-3 minutes until eggs have set in the middle.
- ▶ 3. Flip omelette over, sprinkle cheese over omelette, top with 90g shredded pork, the avocado slices, and drizzle 1 Tbsp. BBQ sauce over it all. Fold in half and serve warm.

Egg n Avo Smash

Ingredients (Serves: 1)

- ▶ 2 Eggs
- ▶ ½ Avocado
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Pepper
- ▶ 20g Feta
- ▶ Fresh lemon
- ▶ 2 slices Cloud Bread

Method

- ▶ 1. Fry eggs on coconut oil.
- ▶ 2. Press Cloud bread.
- ▶ 3. Add Avocado, Feta, to cloud bread, squeeze lemon.

Chicken balls & cauliflower rice

10

Ingredients (Serves: 4)

- ▶ 250g Ground Chicken
- ▶ 1 Egg
- ▶ 1/3 Cup Almond Flour
- ▶ 1 Tbsp. Dry Ranch Seasoning
- ▶ ¼ Cup Cheddar Cheese
- ▶ 4 Tbsp. Olive Oil
- ▶ ½ Cup Spicy sauce of choice.
- ▶ 4 Servings of Cauliflower Rice (see below)
- ▶ 1 cauliflower
- ▶ 4 spring onions
- ▶ 1 tsp crushed garlic
- ▶ 1/2 tsp oil

Method

- ▶ 1. In a mixing bowl mix ground chicken, egg, almond flour, ranch seasoning, and cheddar cheese.
- ▶ 2. Heat olive oil in non-stick pan over medium-medium high heat, roll chicken mix into 12 meatballs and cook in the oil. Roll meatballs around on each side every 2-3 minutes until cooked.
- ▶ 3. Once cooked, put meatballs in a clean mixing bowl, and add Low-Sugar Spicy sauce, and cover meatballs.
- ▶ 4. Plate cauliflower rice (see below), top with buffalo chicken meatballs, and drizzle with a little Olive Oil.
- ▶ 1. Grate or blend cauliflower until fine rice like texture.
- ▶ 2. Finely chop shallots.
- ▶ 3 Add oil, shallots and garlic to pan and saute until golden.
- ▶ 4 Add cauliflower and saute for a further 4 minutes.

Bulletproof Coffee

Ingredients (Serves: 1)

- ▶ *Coffee*
- ▶ *2 Tbsp Unsalted Butter*
- ▶ *2 Tbsp MCT Oil or Coconut Oil*

Method

- ▶ 1. Make your favourite brand of coffee like you normally would.
 - ▶ 2. Add unsalted butter, and coconut oil and blend for 8-10 seconds for a frothy cup of coffee.
- ▶ (For those of you that enjoy flavoured coffee, try Cinnamon, Cocoa.

Cheese & Cauliflower Soup

12

Ingredients (Serves: 2)

- ▶ 1 Small Head Cauliflower
- ▶ 2 Tbsp. Olive Oil (Divided)
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Pepper
- ▶ ½ Small Onion (Diced)
- ▶ 1 Garlic Cloves (Minced)
- ▶ 1 tsp. Thyme (Minced)
- ▶ 2 Cup Chicken Stock
- ▶ 180g White Cheddar Cheese
- ▶ ½ Cup Heavy Whipping Cream
- ▶ Salt and Pepper to Taste
- ▶ 2 Slices Bacon (Cooked, Crumbled)

Method

- ▶ 1. Preheat oven to 250c degrees. While oven is heating, chop up cauliflower florets and toss in 1 Tbsp. olive oil, salt and pepper and arrange in single layer on baking sheet. Bake for 20-25 minutes until cauliflower is golden brown.
- ▶ 2. In a large pot, heat 1 Tbsp. olive oil over medium high heat, add the diced onion and sauté for 5 minutes until tender and translucent.
- ▶ 3. Once onions are cooked, add garlic and thyme and sauté until fragrant (about 1 minute) then add chicken stock and bring to a boil.
- ▶ 4. Add roasted cauliflower, and simmer covered for 20-25 minutes. Lower heat to medium low, and use an immersion blender in pot to blend to desired consistency.
- ▶ 5. Once blended, add cheddar cheese and whisk in until consistency is smooth. Whisk in heavy whipping cream, and season with salt and pepper to taste.
- ▶ 6. Let flavours all sit together for 5 minutes before serving, sprinkle bacon over soup.

Chilli Lime Prawn Avo Smash

13

Ingredients (Serves: 2)

- ▶ 120g Prawns (Raw)
- ▶ 1 Tbsp. Olive Oil
- ▶ 1 Tbsp. Butter
- ▶ ¼ tsp Salt
- ▶ ¼ tsp Pepper
- ▶ ¼ tsp Chili Flakes
- ▶ ½ Garlic Clove (Minced)
- ▶ ½ Lime (Cut in Half)
- ▶ 1 tsp Minced Dry Onion
- ▶ ½ tsp Garlic powder
- ▶ ¼ Cup Cilantro (chopped)
- ▶ 1 Avocado
- ▶ 1 Slice of Bacon (Cooked and Chopped)

Method

- ▶ 1. Rinse prawns off under cold water, then pat dry with paper towels. In a mixing bowl, add prawns, olive oil, salt, pepper, chili flakes, garlic cloves and juice from half of the lime. Toss around until prawns are coated with oil and spices.
- ▶ 2. Heat butter in non-stick pan over medium high heat. Once butter starts to sizzle, add prawns and cook for 1-2 minutes per side until prawns are pink, and begin to brown.
- ▶ 3. Remove prawns and let rest.
- ▶ 4. In another mixing bowl, smash avocados, salt, pepper, minced dry onion, cilantro, and juice from the other half of the lime. Once mixed, top with bacon.
- ▶ 5. Plate prawns, and smashed avocados together.

cauliflower loaded Mash

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Ingredients (Serves: 2)

- ▶ 180g Cauliflower
- ▶ 2 Slices of Bacon
- ▶ 1 tsp. Garlic, Minced
- ▶ ¼ Tbsp. Butter
- ▶ ¼ Cup Milk
- ▶ 60g Cream Cheese
- ▶ ¼ tsp. Sea Salt
- ▶ ¼ tsp. Black Pepper
- ▶ 1 Tbsp. Chopped Chives
- ▶ ¼ Cup Cheddar Cheese

Method

- ▶ 1. Heat non-stick pan over medium heat, add bacon and cook until crisp on each side. Set aside on paper towel to absorb fat, then crumble.
- ▶ 2. Heat stove to medium high heat, fill a small pot with water, bring to a boil, and add cauliflower and garlic. Boil until cauliflower is tender enough to poke a fork through, about 10-15 minutes. Turn stove off, drain cauliflower and return to pot.
- ▶ 3. Preheat oven to 180c degrees.
- ▶ 4. Add butter, milk, cream cheese, salt, pepper, half of the bacon crumbles and pepper to cauliflower and mash until desired consistency.
- ▶ 5. Mix in ½ Tbsp. of chives, and transfer cauliflower mix to individual sized casserole dish. (about 1 cup).
- ▶ 6. Sprinkle mashed cauliflower with cheese and remaining bacon crumbles.
- ▶ 7. Bake in oven until cheese melts and started to bubble, about 5-7 minutes.
- ▶ 8. Remove from oven, and top with remaining chives. Serve Hot, and Enjoy!

Chocolate & Chia Pudding

15

Ingredients (Serves: 1)

- ▶ 2 Tbsp. *Natural Peanut Butter, yes, peanut butter (organic is King)*
- ▶ ¼ Cup *Heavy Whipping Cream*
- ▶ ½ Cup *Unsweetened Almond Milk*
- ▶ 1 Tbsp. *Coconut Oil*
- ▶ 1 Tbsp. *Unsweetened Cocoa Powder*
- ▶ ¼ Cup *Chia Seeds*
- ▶ *Dash of sweetener of your choice for taste (Stevia is probably best).*

Method

- ▶ 1. Combine all ingredients together until mixed together in a smooth consistency.
- ▶ 2. Pour ingredients into a container with a lid, and store in the refrigerator overnight.
- ▶ 3. Once pudding has set, mix with a spoon and serve. If pudding is too thick, add Tbsp. of almond milk at a time until you have reached desired consistency.

Pulled Pork

Ingredients (Serves: 1)

- ▶ 360g Pork Roast
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Pepper
- ▶ ½ tsp. Garlic Powder
- ▶ ½ tsp. Onion Powder

Method

- ▶ 1. Preheat oven to 170c degrees.
- ▶ 2. Pat dry pork roast, and rub all spices around pork. Drizzle olive oil around pork, and massage into meat.
- ▶ 3. Fill large oven safe pot with 1-2 cups water, put pork roast in pot, and cover.
- ▶ 4. Cook pork for 3 hours or until it has an internal temperature of 160c degrees.
- ▶ 5. Shred pork and keep in refrigerator until ready to use.

Chicken Salad

Ingredients (Serves: 1)

- ▶ 2 Cup Romaine Lettuce
- ▶ ¼ Avocado
- ▶ ¼ Cucumber
- ▶ ¼ Red Onion
- ▶ 1 Hard Boiled Egg
- ▶ 30g Shredded Chicken

Method

- ▶ 1. Chop lettuce. Dice egg, avocado, cucumber, and red onion.
- ▶ 2. Layer lettuce in a bowl, top with shredded chicken, diced eggs, avocado, cucumber and red onion.
- ▶ 3. Serve chilled, and try topping with balsamic dressing (already listed).

Salmon & Avo on cauliflower

18

Ingredients (Serves: 1)

- ▶ 120g Salmon
- ▶ 1 Tbsp. Olive Oil
- ▶ 1Tbsp. Butter
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ ¼ tsp. Red Chili Powder
- ▶ ¼ Avocado
- ▶ ¼ Cup Sour Cream
- ▶ ¼ Lime
- ▶ ¼ Cup Chopped Cilantro
- ▶ ½ tsp. Garlic
- ▶ Salt and Pepper to Taste

Method

- ▶ 1. In a food processor, or blender add avocado (peeled and pitted), sour cream, juice from lime, cilantro, and garlic cloves.
- ▶ 2. Pulse/blend ingredients together until it has a smooth consistency. Add taste and pepper to desired taste.
- ▶ 3. Pat salmon dry, sprinkle with salt, pepper, and chili powder on both sides.
- ▶ 4. Heat olive oil in non-stick pan over medium/medium high heat. Add salmon and cook 3-5 minutes and cover. Flip salmon over, top with butter and cook covered for an addition 2-4 minutes until salmon is cooked through.
- ▶ 5. Serve salmon warm over a bed of cauliflower rice (see cauliflower rice recipe) and top with avocado cream sauce.

Coconut & Almond Cups

19

Ingredients (Serves: 12)

- ▶ *½ Cup Coconut Oil*
- ▶ *1 Cup Natural Peanut Butter*
- ▶ *1 tsp. Almond Extract*
- ▶ *4 Tbsp. Unsweetened Coco Powder*
- ▶ *¼ Cup Shredded Coconut*
- ▶ *¼ Cup Chopped Almonds*
- ▶ *1 tsp. stevia*

Method

- ▶ 1. In a mini muffin pan (12 muffin cups) lightly grease with coconut oil, set aside.
- ▶ 2. In a microwave safe bowl, melt coconut oil, peanut butter, almond extract, and stevia together in 30 second intervals.
- ▶ 3. Once melted, stir in the coco powder.
- ▶ 4. Evenly divide the shredded coconut, and chopped almonds among the muffin pan, top with coco/coconut/peanut butter batter.
- ▶ 5. Place pan on flat surface in freezer, and freeze for 30 minutes or until solid.
- ▶ 6. Pop little cups out of the muffin pan and store in refrigerator until ready to eat.
- ▶ 7. Try topping with a sprinkle of sea salt for a little extra flavour!

Cucumber & Turkey Boats

Ingredients (Serves: 1)

- ▶ 1 Cucumber
- ▶ 2 oz. Sliced Turkey Breast
- ▶ 1 oz. Cream Cheese
- ▶ 1 Slice Cheese

Method

- ▶ 1. Cut ends off both sides of cucumber, and slice in half length ways.
- ▶ 2. Scoop seeds out of each side of the cucumber.
- ▶ 3. Spread 30g of cream cheese on 1 half of the cucumber.
- ▶ 4. Layer 70g of turkey on cream cheese, and continue to top with 1 slice of cheese.
- ▶ 5. Top with other half of the cucumber to create a boat, and enjoy!

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Egg filled Avocados

21

Ingredients (Serves: 1)

- ▶ 1 Avocado
- ▶ 1 Egg
- ▶ 1 Tbsp. Heavy Whipping Cream
- ▶ Dash of Salt and Pepper
- ▶ 1 Tbsp. Olive Oil
- ▶ ¼ Cup Cheddar Cheese
- ▶ 1 Slice Bacon (Cooked and Crumbled)
- ▶ Chives for Garnish

Method

- ▶ 1. Cut avocado in half-length ways, and pit. (To pit an avocado, carefully stab pit with sharp edge of knife, and twist to release pit from the middle of the avocado.)
- ▶ 2. Heat olive oil in non-stick pan to medium high heat. While pan is heating, whisk together eggs, heavy whipping cream, salt, and pepper.
- ▶ 3. Pour eggs into heated pan, and scramble. Once cooked, mix in cheese and melt.
- ▶ 4. To assemble, divide scrambled eggs among the inside of the avocado halves, sprinkle with crumbles of bacon, and chives.

Egg salad lettuce wraps

22

Ingredients (Serves: 1)

- ▶ 1 Hard Boiled Egg (Roughly Chopped)
- ▶ 1 Slices Bacon (Cooked & Chopped)
- ▶ 1 Celery Stalks (Chopped)
- ▶ 1 Green Onions (Chopped)
- ▶ 2 Romaine Lettuce Leaves
- ▶ ½ Avocados
- ▶ ¼ Cup Mayonnaise
- ▶ ¼ tsp. Dijon Mustard
- ▶ ¼ tsp. Lemon Juice
- ▶ ¼ tsp. Black Pepper
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Paprika

Method

- ▶ 1. In a mixing bowl, mash the avocados, and mix in mayonnaise, Dijon mustard, lemon juice, and spices.
- ▶ 2. In a second bowl, combine chopped egg, bacon, celery, and green onions. Stir in sauce until all mixed together.
- ▶ 3. To assemble, take lettuce leaves, and evenly distribute egg salad in the middle of the leaves.

Egg & Zucchini noodles

23

Ingredients (Serves: 1)

- ▶ 1 Zucchini
- ▶ 1 Egg
- ▶ ½ Avocado
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ ¼ tsp. Garlic Powder
- ▶ ¼ tsp. Red Chili Flakes
- ▶ 1 Tbsp. Olive Oil

Method

- ▶ 1. Cut off ends of zucchini, and spiralize into noodles.
- ▶ 2. Heat 1 Tbsp. olive oil in non-stick pan to medium heat. Add zucchini noodles, season with salt, pepper and garlic powder to taste. Cook 3-5 minutes until soft.
- ▶ 3. Remove noodles from pan, and set aside in bowl.
- ▶ 4. Turn heat to medium- low heat, add a little more olive oil to pan and add zoodles to pan, and shape into a nest, leaving a hole in the middle.
- ▶ 5. Add egg to the middle of nest, cook 4-8 minutes until egg is cooked to your desired preference.
- ▶ 6. Serve with avocado, and top with Chili Flakes.

Enchilada Bowl

Ingredients (Serves: 1)

- ▶ 120g Ground Beef
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Pepper
- ▶ ¼ tsp. Cumin
- ▶ ¼ tsp. Chili Powder
- ▶ 1 Tbsp. Olive Oil
- ▶ ¼ Can Red Enchilada Sauce
- ▶ ½ Cup Mexican Blend Cheese
- ▶ ½ Avocado (Sliced)
- ▶ ¼ Cup Sour Cream
- ▶ 1 Cup Shredded Lettuce
- ▶ Cauliflower Rice (see #10)

Method

- ▶ 1. Heat olive oil over medium high heat in a medium non-stick pan.
- ▶ 2. Add ground beef, and spices to pan. Cook until browned, and ground beef is in small pieces.
- ▶ 3. Lower heat to low-medium heat, and add enchilada sauce. Mix ground beef and sauce all together and let simmer.
- ▶ 4. Add cheese and mix, until cheese is melted and gooey.
- ▶ 5. Plate cauliflower rice, top with cheesy ground beef enchilada sauce, add sour cream, shredded lettuce and avocado.

Greek Zucchini Salad

25

Ingredients (Serves: 1)

- ▶ 1 large Zucchini
- ▶ 60g Feta Cheese Crumbles
- ▶ 60g Chilli (Chopped)
- ▶ 1 Oz. Pepperoni (Cut into Quarters)
- ▶ 1 Tbsp. Olive Oil
- ▶ 1 Tbsp. Balsamic Vinegar
- ▶ ½ tsp Salt
- ▶ ½ tsp Pepper
- ▶ ½ tsp Dried Dill

Method

- ▶ 1. Wash and spiralize zucchini (pan frying in coconut oil briefly), and place into a bowl.
- ▶ 2. Top bowl with feta cheese, chillis, and pepperoni.
- ▶ 3. In a small mixing bowl whisk together olive oil, balsamic vinegar, salt, pepper and dill to taste.
- ▶ 4. Pour dressing over zucchini, and toppings and toss together.

Turkey & Bok Choy

26

Ingredients (Serves: 1)

- ▶ 120g Turkey breast
- ▶ 1 Tbsp. Butter
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ ¼ tsp. Red Chili Powder
- ▶ ¼ tsp. Garlic Powder
- ▶ 4 Oz Bok Choy
- ▶ 1 Tbsp. Olive Oil
- ▶ 1 tsp. Raw Garlic, Minced
- ▶ ¼ tsp. Salt

Method

- ▶ 1. Remove lower part of the bok choy stems, set aside.
- ▶ 2. Season turkey with salt, pepper, chili powder, and garlic powder.
- ▶ 3. Heat butter in non-stick pan over medium high heat. Add turkey and cook 2-3 minutes till done.
- ▶ 4. In another non-stick pan, heat pan to high heat. Once hot, add olive oil, and garlic and stir.
- ▶ 5. Once aromatic, add bok choy, and quickly stir fry around a few times before adding salt to taste.
- ▶ 6. Stir fry for another minute or so until bok choy has softened (3-5 minutes in total).
- ▶ 7. Serve cooked bok choy and turkey immediately.

Guacamole & Haloumí Chíps

27

Ingredients (Serves: 1)

- ▶ 3 Avocados
- ▶ 1 Medium Red Onion
- ▶ 1 Hand Full of Cilantro
- ▶ 1 Jalapeño
- ▶ 1 Tomato
- ▶ 1 Lime (Juiced)
- ▶ 1 tsp. Minced Garlic
- ▶ 1 tsp. Salt
- ▶ 1 tsp. Pepper
- ▶ 100g Chip Sliced Haloumi

Method

- ▶ 1. Pan fry Haloumi chips in coconut oil, or butter.
- ▶ 2. Dice red onion, jalapeño, tomato, and chop the cilantro.
- ▶ 3. In a bowl, mash avocados, add onion, jalapeño, tomato, cilantro, and garlic. Once mixed, add lime juice, salt and pepper to taste. Also add a dab of sour cream.
- ▶ 5. Use crisps to dip in guacamole.

Italian sambo on cloud bread

28

Ingredients (Serves: 1)

- ▶ 1 Slice Salami
- ▶ 1 Slice Ham
- ▶ 1 Slice Pepperoni
- ▶ 1 Tbsp. Mayo
- ▶ 1 Slice Provolone Cheese
- ▶ 2 oz. Banana Peppers
- ▶ 2 oz. Red Peppers
- ▶ 1 Tbsp. Olive Oil
- ▶ 2 Tbsp. Red Wine Vinegar
- ▶ ½ tsp Oregano
- ▶ 2 Pieces of Cloud Bread

Method

- ▶ 1. Lay cloud bread on paper towel, smear mayo evenly on one of the pieces of bread.
- ▶ 2. Layer one slice of salami, ham, and pepperoni on the bread with mayo.
- ▶ 3. Layer one slice of cheese, and peppers evenly on top of meat.
- ▶ 4. Top the bread and toppings with the remaining bread to create a sandwich.
- ▶ 5. In a small mixing bowl, whisk together the olive oil, red wine vinegar, and oregano.
- ▶ 6. Serve sandwich with the dipping sauce and enjoy.

Cloud Bread

Ingredients (Serves: 12)

- ▶ 4 Eggs Separated
- ▶ $\frac{1}{4}$ tsp. Cream of Tartar
- ▶ (Whisk egg whites with cream of tartar until eggs are stiff)
- ▶ 45g Softened Cream Cheese
- ▶ 30g Grated Parmesan Cheese

Method

- ▶ 1. Heat oven to 120c.
- ▶ 2. Whisk egg whites and cream of tartar in bowl with beater until egg whites are stiff.
- ▶ 3. In separate bowl mix egg yolks, cream cheese, and parmesan cheese until smooth.
- ▶ 4. Fold $\frac{1}{3}$ of egg whites into egg yolk mix, and continue to fold remaining egg whites by
- ▶ $\frac{1}{3}$ rds until all folded together and smooth.
- ▶ 5. Cover half sheet pan with parchment paper, scoop mixture onto pan with a $\frac{1}{4}$ cup.
- ▶ 6. Bake for 30 minutes or until golden brown on top.

Lettuce wrapped burger

30

Ingredients (Serves: 1)

- ▶ 120g Ground Beef
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Pepper
- ▶ ¼ tsp. Garlic Powder
- ▶ Worcestershire Sauce
- ▶ 2 Tbsp. Mayonnaise
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Pepper
- ▶ 1 Garlic Cloves
- ▶ 6 Sprigs Parsley
- ▶ ½ Tbsp. Lemon Juice
- ▶ 1 Slice Cheddar Cheese
- ▶ ¼ Cup Fried Onion Crisps
- ▶ ¼ Ripe Tomato (Sliced)
- ▶ 2 Butter Lettuce Leaves

Method

- ▶ 1. In a mixing bowl, combined ground beef, salt, pepper, garlic powder, and Worcestershire sauce. Pat into one patty, and set aside.
- ▶ 2. In a food processor, add mayonnaise, garlic cloves, parsley, salt, pepper, and lemon juice. Pulse until smooth.
- ▶ 3. Heat butter over medium high heat in large non-stick pan. Cook burger until internal temperature reaches 165c degrees, flipping only once.
- ▶ 4. After flipping burger once, add a slice of cheese to burger, and cover pan to melt cheese.
- ▶ 5. To assemble lay one pieces of butter lettuce on plate, top with burger, spread garlic aioli, then top with tomato and fried onion crisps, and remaining piece of butter lettuce.