

KETO MEAL IDEAS

31-60

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Steak & Walnut Salad

31

Ingredients (Serves: 1)

- ▶ 120g Steak
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Pepper
- ▶ ¼ tsp. Garlic Powder
- ▶ 30g Butter
- ▶ 30g Olive Oil
- ▶ 2 Cup Spinach Leaves
- ▶ ¼ Cup Feta Cheese
- ▶ ¼ Cup Walnuts (Chopped)
- ▶ ¼ Cucumber (Diced)

Method

- ▶ 1. Heat butter in non-stick pan over medium high heat.
- ▶ 2. Drizzle steak with olive oil, season steak with salt, pepper, and garlic powder to taste.
- ▶ 3. Add steak to melted butter, cook 3-4 minutes per side for medium rare. 5-6 minutes per side for medium-medium well done. Let cool for 3-5 minutes, then dice into bite-size pieces.
- ▶ 4. Dice cucumber, and chop walnuts.
- ▶ 5. To assemble salad, layer spinach leaves in a bowl, top with steak, feta cheese, walnuts, and cucumber.
- ▶ 6. Try with either two Tbsp. of balsamic dressing.

Stuffed Chicken Breast

32

Ingredients (Serves: 1)

- ▶ 120g Chicken Breast
- ▶ 1 Cup Fresh Spinach
- ▶ 30g Cream Cheese
- ▶ 1 tsp. Minced Garlic
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Pepper
- ▶ ¼ tsp. Paprika
- ▶ 2 1/2 Tbsp. Olive Oil

Method

- ▶ 1. Preheat oven to 425 degrees, and grease baking dish with 1/2 Tbsp. of olive oil.
- ▶ 2. Heat 1 Tbsp. olive oil in sauté pan over medium high heat and add spinach and garlic for a few minutes, until wilted.
- ▶ 3. Butterfly the chicken breast. (Slice chicken breasts lengthwise down the middle, but not completely through. When folded out, it looks like a butterfly.)
- ▶ 4. Smear 50g of cream cheese over butterflied chicken, and add spinach on top of cheese.
- ▶ 5. Fold the chicken in half like a sandwich to keep all the stuffing inside.
- ▶ 6. Place chicken breast in a greased baking dish and drizzle chicken with 30g of olive oil, then sprinkle with salt pepper, and paprika.
- ▶ 7. Bake for 30 minutes.

Taco Salad

Ingredients (Serves: 1)

- ▶ 90g. Chorizo
- ▶ 1/4 tsp. Chili Powder
- ▶ Dash of Salt and Pepper
- ▶ 1/2 Tbsp. Olive Oil
- ▶ 2 Cup Romaine (Chopped)
- ▶ 30g. Cotija Cheese Crumbles
- ▶ 1/2 Avocado (Diced)
- ▶ 1/4 Green Pepper (Chopped)
- ▶ 1/4 Yellow Pepper (Chopped)
- ▶ 2 Tbsp. Cilantro Ranch Dressing

Method

- ▶ 1. Heat olive oil in non-stick pan over medium high heat. Add chorizo, salt, pepper and chili powder and mix. Brown meat on all sides and crumble.
- ▶ 2. To assemble salad, add chopped lettuce , avocado, peppers and chorizo in bowl.
- ▶ 3. Top with Cilantro Ranch Dressing, and cotija cheese.

Zucchini Chips

Ingredients (Serves: 1)

- ▶ 1 Large Zucchini
- ▶ 1/8 Cup Grated Parmesan Cheese
- ▶ Salt and Pepper to Taste

Method

- ▶ 1. Preheat oven to 210c degrees. Layer a baking sheet pan with parchment paper.
- ▶ 2. Wash, and slice zucchinis into slices.
- ▶ 3. Layer zucchini slices on parchment paper in single layer, and sprinkle evenly with cheese.
- ▶ 4. Bake zucchini for 15-20 minutes until cheese is crisp and golden brown.
- ▶ 5. Remove from oven, and serve warm.

Ricotta Pancakes

35

Ingredients (Serves: 1)

- ▶ 8 Eggs
- ▶ 1 Cup. Ricotta Cheese
- ▶ 4 Tbsp. Almond Flour
- ▶ 4 Tbsp. Coconut Flour
- ▶ 1 tsp. Lemon Juice
- ▶ ½ tsp. Lemon Zest
- ▶ 1 tsp. Baking Soda
- ▶ 1 tsp. Vanilla Extract
- ▶ 4-6 Tbsp. Water (Use only if you want to thin out pancake batter.)
- ▶ 100g. Cream Cheese
- ▶ 2 Tbsp. Milk
- ▶ 2 tsp. Vanilla Extract
- ▶ 4-6 drops of Liquid Stevia for sweetening.
- ▶ 120g. Fresh Raspberries

Method

- ▶ 1. Place eggs, ricotta cheese, almond flour, coconut flour, lemon juice, lemon zest, baking soda, and vanilla extract in a blender and blend until all the consistency of the batter is smooth. Add water 1 Tbsp. at a time to thin out batter to your preference.
- ▶ 2. Heat a little butter over medium heat, pour batter using a ¼ cup measuring cup, and cook for 3-4 minutes until top of pancake bubbles in the middle and the edges are golden brown. Flip pancake and cook for an additional 2-3 minute.
- ▶ 3. Repeat with remaining butter and batter. After pancakes have cooked, plate and cover with paper towel to keep warm.
- ▶ 4. In a mixing bowl, using a hand mixer, whisk cream cheese, milk, and vanilla extract until cream cheese is smooth. Add stevia to sweeten to your personal preference.
- ▶ 5. Add dollop of cream cheese frosting to pancakes, and top with fresh raspberries.

Smoked Salmon Omelette

36

Ingredients (Serves: 1)

- ▶ 2 Eggs
- ▶ 2 Tbsp. Heavy Whipping Cream
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Black Pepper
- ▶ 1 Tbsp. Olive Oil
- ▶ 60g. Smoked Salmon
- ▶ 30g. Cream Cheese (Softened)
- ▶ 2 Tbsp. Small Red Onion (Chopped)
- ▶ ½ Tbsp. Capers

Method

- ▶ 1. In a mixing bowl, whisk eggs, heavy whipping cream, salt and pepper.
- ▶ 2. Heat olive oil in a medium non-stick pan over medium to medium high heat, add egg mixture to pan and cover. Cook for 3-4 minutes until edges are cooked, and top has set. Flip omelette and cook for addition 1-2 minutes until cooked through
- ▶ 3. Spread cream cheese over omelette, top with smoked salmon, red onion, and sprinkle with capers. Fold omelette in half and serve warm.

Spinach, Mushroom & Swiss Omelette

Ingredients (Serves: 1)

- ▶ 2 Eggs
- ▶ 2 Tbsp. Heavy Whipping Cream
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ 1 Tbsp. Olive Oil
- ▶ ½ Cup. Spinach
- ▶ ¼ Cup. Mushrooms (Sliced)
- ▶ ¼ Cup. Swiss Cheese
- ▶ ½ Tbsp. Parsley (Chopped)

Method

- ▶ 1. In a mixing bowl, whisk eggs, heavy whipping cream, salt and pepper.
- ▶ 2. Heat olive oil in a medium non-stick pan over medium to medium high heat, add ¼ of egg mixture to pan and cover. Cook for 3-4 minutes until edges are cooked, and top has set. Flip omelette and cook for addition 1-2 minutes until cooked through.
- ▶ 3. Layer spinach, mushrooms and Swiss cheese over half of the omelette, and fold in half. Let omelette rest in pan to let cheese melt. Top with chopped parsley.

Cottage cheese fruit bowl

38

Ingredients (Serves: 1)

- ▶ ½ C. Cottage Cheese
- ▶ 30g. Almonds (Chopped)
- ▶ 2 Tbsp. Walnuts (Chopped)
- ▶ 2 Tbsp. Strawberries (Chopped)
- ▶ 2 Tbsp. Blueberries
- ▶ 2 Tbsp. Shredded Coconut
- ▶ ¼ tsp. Cinnamon

Method

- ▶ 1. Scoop cottage cheese into a bowl.
- ▶ 2. Top cottage cheese with almonds, walnuts, strawberries, blueberries, coconut, and sprinkle with cinnamon.

Coconut blueberry smoothie

39

Ingredients (Serves: 1)

- ▶ ½ Cup. Coconut Milk
- ▶ ½ Cup. Blueberries
- ▶ ¼ Cup. Heavy Whipping Cream
- ▶ ¼ tsp. Vanilla Extract
- ▶ ½ Scoop Vanilla Whey Protein Powder (Low Carb)
- ▶ ½ Tbsp. Chia Seeds
- ▶ ½ Cup. Ice Cubes

Method

- ▶ 1. Combine coconut milk, blueberries, whipping cream, vanilla extract, protein powder, chia seeds, and ice cubes in blender and blend for 60 seconds or until smooth.
- ▶ 2. Pour into cups and serve chilled.

Pasta free Lasagna

Ingredients (Serves: 1)

- ▶ 120g. Ground Pork
- ▶ ½ Cup. Cottage Cheese
- ▶ ½ Cup. Frozen Spinach
- ▶ ½ Cup. Mozzarella Cheese
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Garlic Powder
- ▶ ¼ tsp. Italian Seasoning
- ▶ ½ Cup. Marinara sauce (No sugar added)

Method

- ▶ 1. Heat a non-stick pan to medium high heat, add ground pork, salt, and garlic powder and cook until all crumbles are cooked through. Remove from pan and move to a plate covered with paper towels to absorb oil and set aside.
- ▶ 2. Put frozen spinach in a strainer and run warm water over spinach until all of it is soft and there are no ice chunks. Squeeze spinach to remove any excessive water.
- ▶ 3. In a microwave safe bowl, evening layer spinach, top with cottage cheese, ground pork, marinara, cheese, and Italian seasoning.
- ▶ 4. Microwave for 1 minute or until cheese on top is bubbly.

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Creamy Chicken Enchilada Soup

41

Ingredients (Serves: 1)

- ▶ *½ Small Yellow Onion (Diced)*
- ▶ *1 Cloves of Garlic (Minced)*
- ▶ *1 Tbsp. Butter*
- ▶ *250g. Shredded Chicken*
- ▶ *1 Cup. Chicken Stock*
- ▶ *½ Cup. Heavy Whipping Cream*
- ▶ *¼ Cup. Crushed Tomatoes*
- ▶ *60g. Cream Cheese*
- ▶ *½ Cup. Cheddar Cheese*
- ▶ *½ tsp. Salt*
- ▶ *½ tsp. Cumin*
- ▶ *½ tsp. Red Chili Powder*
- ▶ *½ tsp. Paprika*
- ▶ *¼ tsp. Black Pepper*
- ▶ *¼ Cup. Cilantro (Chopped)*

Method

- ▶ 1. Heat butter over medium high heat in a medium pot, once butter has melted add onion and sauté for 2-4 minutes until translucent. Add garlic, and spices and sauté until fragrant.
- ▶ 2. Add chicken stock, heavy whipping cream, and crushed tomatoes, and bring to a boil. Once boiling, reduce heat to medium-low and let simmer for 20 minutes.
- ▶ 3. After soup has simmered for 20 minutes, add cream cheese, cheddar cheese, and shredded chicken and stir until cream cheese and cheddar cheese has melted and soup has a creamy consistency. Let all ingredients simmer together for an additional 15 minutes.
- ▶ 4. Serve soup warm, top with cilantro and sliced avocado.

Scallops with roasted veggies

42

Ingredients (Serves: 1)

- ▶ 120g. Raw Scallops
- ▶ 60g. Butter
- ▶ 1 Cloves Garlic (Minced)
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Black Pepper
- ▶ ½ Tbsp. Lemon Juice
- ▶ ¼ Tbsp. Fresh Thyme (Chopped)
- ▶ ¼ Tbsp. Fresh Oregano (Chopped)
- ▶ ½ Tbsp. Fresh Parsley (Chopped)
- ▶ ½ Tbsp. Olive Oil
- ▶ 1 Small Zucchini
- ▶ 1 Small yellow Squash
- ▶ 50g. Mushrooms
- ▶ Salt and Pepper to taste

Method

- ▶ 1. Preheat oven to 400 degrees. Chop zucchini, squash, and mushrooms into around 5cm pieces, toss in olive oil and season with salt and pepper to taste.
- ▶ 2. Spread evenly on a baking sheet covered with parchment paper. Bake vegetables for 7-10 minutes until cooked, but still firm.
- ▶ 3. While vegetables are cooking, rinse scallops under cold water, then pat dry and season with salt and pepper.
- ▶ 4. Heat 1 Tbsp. of butter in medium non-stick skillet over medium high heat. Add scallops in single layer in pan only flipping once until golden brown, about 1-2 minutes per side. Remove scallops from pan, set aside and cover to keep warm.
- ▶ 5. In the same pan, add remaining butter, and melt. Add minced garlic, thyme, oregano, and half of parsley. Whisk around until fragrant. Add a dash of salt, and pepper to taste, and add lemon juice.
- ▶ 6. Plate vegetables and scallops, top with butter lemon sauce and remaining parsley.

Meatballs & Spaghetti Squash

43

Ingredients (Serves: 2)

- ▶ 1 Small Butternut Squash
- ▶ 200g. Ground Beef
- ▶ 1 Egg
- ▶ 1 tsp. Salt
- ▶ ½ tsp. Black Pepper
- ▶ ½ tsp. Oregano
- ▶ ½ Tbsp. Garlic (minced)
- ▶ ¼ Cup. Grated Parmesan Cheese
- ▶ 3 Tbsp. Olive Oil
- ▶ 150g. Marinara sauce (Sugar Free)
- ▶ ½ Cup. Shredded Mozzarella

Method

- ▶ 1. Preheat oven to 150c, while oven is heating, cut butternut squash in half and gut out the seeds with a spoon. Drizzle with 1 Tbsp. of olive oil, and season with salt and pepper to taste. Place flat side down on baking sheet and bake for 45 minutes then remove from the oven.
- ▶ 2. Let butternut squash rest for 10 minutes before scraping out insides.
- ▶ 3. While squash is cooking, in a mixing bowl knead together ground beef, egg, Parmesan cheese, minced garlic, oregano, a dash of salt and pepper to taste. Mould into 6 meatballs.
- ▶ 4. Preheat 2 Tbsp. of olive oil in medium non-stick pan and cook meatballs in single layer, cook and brown for 2-3 minutes per side, or until internal temperature is 80c.
- ▶ 5. Warm marinara in small stove top pot over low to medium low heat until it begins to bubble, remove from heat.
- ▶ 6. Plate butternut squash, and meatballs, top with marinara and mozzarella cheese.

Stuff capsicum

Ingredients (Serves: 1)

- ▶ 1 Large red capsicum
- ▶ 120g. Shredded Chicken (Cooked)
- ▶ ¼ Cup. Salsa
- ▶ 50g. Cream Cheese (Softened) ¼ tsp. Salt
- ▶ ¼ tsp. Cumin
- ▶ ¼ tsp. Red Chili Powder
- ▶ ¼ Cup. Monterey Jack Cheese

Method

- ▶ 1. Preheat oven to 190c. While oven is preheating in a mixing bowl, mix chicken, cream cheese, salsa, monterey cheese, salt, cumin, and chili powder and stir until it is all combined.
- ▶ 2. Cut large red capsicums gutting seeds etc and evenly adding the chicken mix. Arrange inside of a small baking dish.
- ▶ 3. Bake for 25-30 minutes covered with aluminium foil, remove foil for the last 5 minutes. Make sure to watch closely to ensure the stuffed peppers don't burn.

Chicken Caesar salad

45

Ingredients (Serves: 1)

- ▶ 120g. Shredded Chicken
- ▶ 1 Cup. Chopped Romaine Lettuce
- ▶ 50g. Parmesan Cheese
- ▶ ½ Cloves of Garlic (Finely Minced)
- ▶ ½ tsp. Anchovy Paste
- ▶ ½ Tbsp. Lemon Juice
- ▶ ¼ tsp. Dijon Mustard
- ▶ 2 Tbsp. Mayonnaise
- ▶ Salt and Pepper to Taste

Method

- ▶ 1. Evenly divide lettuce, shredded chicken, and parmesan cheese into bowls.
- ▶ 2. In a mixing bowl whisk minced garlic, anchovy paste, lemon juice, mustard, and mayonnaise until it has a smooth consistency. Add salt and pepper to taste. If dressing is too thick for your personal preference, add 1 Tbsp. of water at a time until desired consistency is reached.
- ▶ 3. Top salad with dressing.

Battered Cod with Spinach

46

Ingredients (Serves: 1)

- ▶ 120g. Cod
- ▶ 1.5 Tbsp. Butter
- ▶ ¼ tsp. Salt
- ▶ ½ Tbsp. Garlic (Minced and divided) ¼ tsp. Black Pepper
- ▶ ¼ tsp. Paprika
- ▶ ¼ Cup. Grated Parmesan Cheese
- ▶ ½ Tbsp. Olive Oil
- ▶ 1.5 Cup Spinach
- ▶ Dash of Salt and Pepper
- ▶ ½ Lemon (Wedged)

Method

- ▶ 1. In a mixing bowl, stir together salt, garlic, black pepper, paprika, and grated parmesan cheese. Season cod on all sides with seasoning.
- ▶ 2. Heat 1 Tbsp. butter in large non-stick pan over medium high heat, once butter melts add cod and cook two minutes. Turn heat down to medium, turn cod and top with remaining
- ▶ butter. Cook an addition 3-4 minutes. Butter will melt into fish and will cook through. ** Do not overcook fish or it will become mushy.
- ▶ 3. Heat olive oil over medium high heat in another non-stick pan, add spinach and sauté until spinach wilts season with dash of salt and pepper.
- ▶ 4. Plate spinach, top with cod, and a lemon wedge.

Chicken with honey mustard

47

Ingredients (Serves: 1)

- ▶ 120g. Chicken Breast
- ▶ ½ Tbsp. Olive Oil
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ ½ Tbsp. Butter
- ▶ ¼ Tbsp. Fresh Garlic (Minced)
- ▶ ½ Cup. Chicken Stock
- ▶ 30g. Cream Cheese
- ▶ ¼ Cup. Heavy Whipping Cream
- ▶ 1 Tbsp. Dijon Mustard
- ▶ ¼ tsp. Thyme (Chopped)
- ▶ ¼ tsp. Sage (Chopped)
- ▶ ¼ Tbsp. Honey
- ▶ Cauliflower Rice

Method

- ▶ 1. Pat dry chicken breast with paper towel, and season with salt and pepper. Heat olive oil over medium - medium high heat, add chicken and cook covered 3-4 minutes per side until internal chicken temperature has reached 165 degrees.
- ▶ 2. Once chicken has cooked, let rest on plate and cover with tin foil to keep warm.
- ▶ 3. In the same pan, add butter and melt over medium heat, add garlic and sauté for 30 seconds to 1 minute or until fragrant. Add chicken stock, heavy whipping cream, cream cheese, mustard, honey and herbs. Whisk together until cream cheese has melted, and all ingredients and have a smooth consistency.
- ▶ 4. Let sauce come to a calm boil then reduce heat, season with salt and pepper to taste if needed.
- ▶ 5. Plate chicken over cauliflower rice, and pour sauce.

Butternut Squash Stroganoff

48

Ingredients (Serves: 2)

- ▶ 30g. Beef Tenderloin (Sliced into small pieces)
- ▶ 50g. Cremini Mushrooms (Sliced)
- ▶ 2 Tbsp. Olive Oil (Divided)
- ▶ 1 Tbsp. Butter
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Black Pepper
- ▶ ½ Small Yellow Onion (Diced)
- ▶ ½ Cup. Beef Stock
- ▶ ½ Cup. Sour Cream
- ▶ ¼ Cup. Heavy Whipping Cream
- ▶ ½ Tbsp. Worcestershire Sauce
- ▶ 1.5 Tbsp. Fresh Parsley (Chopped)
- ▶ 1 Small Butternut Squash Salt and Pepper to taste.

Method

- ▶ 1. Preheat oven to 400 degrees, while oven is heating, cut spaghetti squash in half and gut out the seeds with a spoon. Drizzle with 1 Tbsp. of olive oil, and season with salt and pepper to taste. Place flat side down on baking sheet and bake for 45 minutes then remove from oven.
- ▶ 2. Let squash rest for 10 minutes before scraping out into a bowl.
- ▶ 3. While squash is resting, heat other 2 Tbsp. olive oil, and 1 Tbsp. butter in medium non-stick pan over medium high heat. Add sliced beef tenderloin and cook 2-3 minutes per side until cooked through. Remove beef from pan and set aside. In the same pan add 1 Tbsp. butter, and diced onion. Sauté until onion is soft, then add mushrooms.
- ▶ 4. Once mushrooms have softened, add beef stock, sour cream, heavy whipping cream and Worcestershire sauce and whisk together. Let simmer over medium low heat, add beef tenderloin and whisk together.
- ▶ 5. Plate spaghetti sauce, top with stroganoff sauce and sprinkle with fresh parsley.

Salmon Burgers

49

Ingredients (Serves: 2)

- ▶ 120g. Tin Red Salmon
- ▶ ¼ Egg
- ▶ ¼ Jalapeño (Minced)
- ▶ ¼ Small Red Onion (Chopped)
- ▶ ¼ tsp. Salt
- ▶ ¼ tsp. Black Pepper
- ▶ ¼ tsp. Garlic Powder
- ▶ 1 Tbsp. Mayonnaise
- ▶ ½ Tbsp. Hot chilli sauce
- ▶ 2 Slices of Bacon
- ▶ ½ Avocado (Sliced)
- ▶ 1 Tbsp. Olive Oil
- ▶ 2 Large Butter Lettuce Leaves

Method

- ▶ 1. Heat large non-stick pan to medium high heat, add bacon and cook 3-4 minutes per side until bacon is crispy. Remove from pan once cooked and set aside of paper towels to absorb excess grease.
- ▶ 2. In a mixing bowl, add salmon, egg, jalapeño, red onion, salt, pepper, garlic powder, mayonnaise, and chilli sauce and mix all together. Mould into 1 salmon patty 10cm diameter.
- ▶ 3. In a clean non-stick pan, heat olive oil over medium to medium high heat. Add salmon patty and cook 3-4 minutes per side until each side is golden brown and crispy.
- ▶ 4. To assemble burger, layer one piece of lettuce, salmon patty, slices of avocado, and two slices of bacon.

Ling with lemon cream sauce

50

Ingredients (Serves: 1)

- ▶ 120g. Ling fillets
- ▶ 2 Tbsp. Butter (Divided)
- ▶ ½ Cloves of Garlic (Minced)
- ▶ ½ tsp. Salt (Divided)
- ▶ ½ tsp. Black Pepper (Divided)
- ▶ 1 tsp. Paprika
- ▶ ½ Lemon
- ▶ ½ Cup. Chicken Stock
- ▶ 1/3 Cup. Heavy Whipping Cream
- ▶ 1 Tbsp. Capers

Method

- ▶ 1. Rinse Ling. Season with salt, black pepper, and paprika on both sides.
- ▶ 2. Heat 1 Tbsp. butter over medium high heat, add Ling fillets, and cook 3 minutes per side until fillets are opaque in colour. Transfer fish to a plate and cover to keep warm.
- ▶ 3. In the same pan, add remaining butter, and melt over medium high heat. Add garlic, remaining salt, and pepper and sauté for 30 seconds until fragrant. Whisk in chicken stock, heavy whipping cream, and ½ Tbsp. of capers. Bring to a boil then reduce heat to low and let simmer for 5 minutes. Squeeze juice of lemon into sauce and whisk.
- ▶ 4. Plate Ling fillet, top with sauce, and remaining capers. Try serving over bed of cauliflower rice.

Cheesy Chicken Broccoli Bake

51

Ingredients (Serves: 4)

- ▶ 450g. Shredded Chicken
- ▶ 4 Cup. Broccoli Florets
- ▶ ½ Cup. Mayonnaise
- ▶ ½ Cup. Sour Cream
- ▶ 1 tsp. Salt
- ▶ 1 tsp. Black Pepper
- ▶ 1 tsp. Garlic Powder
- ▶ 1 tsp. Red Chili Powder
- ▶ 2 Cup. Cheddar Cheese
- ▶ ½ Cup. Parmesan Cheese

Method

- ▶ 1. Preheat oven to 180c Degrees, and grease 9 x 13 baking dish with 1 Tbsp. of olive oil.
- ▶ 2. In a large mixing bowl, add mayonnaise, sour cream, salt, pepper, garlic powder, chili powder, garlic powder, and 1 Cup. of the cheddar cheese. Add the shredded chicken, and broccoli until everything is mixed evenly.
- ▶ 3. Pour mixture into baking dish, and sprinkle with remaining cheddar cheese, and parmesan evenly over the top.
- ▶ 4. Bake for 35-40 minutes or until cheese onto is bubbling and beginning to brown on top.

Creamy Avocado Carbonara

52

Ingredients (Serves: 4)

- ▶ 1 Egg Yolks
- ▶ 1 Avocados
- ▶ ½ Clove of Garlic
- ▶ ½ Cup. Heavy Whipping Cream
- ▶ ½ Cup Parmesan Cheese
- ▶ 4 Slices of Bacon
- ▶ ½ tsp. Salt
- ▶ ½ tsp. Black Pepper
- ▶ 1 Tbsp. Olive Oil
- ▶ 2 Large Zucchini

Method

- ▶ 1. In a blender, add avocados, egg yolks, and garlic clove. Blend until all ingredients are smooth in consistency. In ¼ Cup. increments, add heavy whipping cream to avocado cream sauce until all heavy whipping cream has been added.
- ▶ 2. Heat medium non-stick pan to medium high heat. While stove is heating up, cut up bacon strips into smaller pieces and cook in the pan until all pieces are crispy. Remove bacon from pan and set aside on paper towels to absorb excess oil.
- ▶ 3. Spiralize zucchini into noodles, season with salt and pepper. In another non-stick pan, heat olive oil over medium high heat, once oil is hot, add zoodles to pan and sauté for 3-5 minutes until softened, yet still a little firm.
- ▶ 4. Add bacon to zoodle pan and pour in avocado cream sauce. Mix everything together until zoodles are coated with avocado cream sauce. Plate zoodles, and top with grated parmesan cheese.

Creamy Avocado Carbonara

53

Ingredients (Serves: 1)

- ▶ 2 Cup. Chicken Stock
- ▶ 1 tsp. Salt
- ▶ 1 tsp. Black Pepper
- ▶ 1 tsp. Garlic Pepper
- ▶ 1 tsp. Dry Minced Onion
- ▶ ½ tsp. Cumin
- ▶ 120g. Chicken Breast

Method

- ▶ 1. In a large pot add chicken stock, chicken, salt, pepper, garlic powder, onion, and cumin and bring to a boil.
- ▶ 2. Once chicken stock starts to boil, reduce heat to medium low, cover with lid, and simmer for 40-45 minutes until chicken has internal temperature of 165c degrees.
- ▶ 3. Turn stove off and let chicken rest for 5 minutes. Move chicken breasts to cutting board, and shred with two forks.
- ▶ 4. Store chicken in Tupperware with ½ cup of chicken stock to help retain moister in chicken.

Lemon Cheesecake

54

Ingredients (Serves: 1)

- ▶ 1 Cup. Almond Flour
- ▶ ½ Cup. Coconut Flour
- ▶ 5 Tbsp. Butter
- ▶ 4 tsp. Stevia Sugar (Divided)
- ▶ 350g. Cream Cheese (Softened)
- ▶ 2 Large Eggs
- ▶ 1 tsp. Lemon Zest
- ▶ 2 Tbsp. Lemon Juice
- ▶ 1 tsp. Vanilla Extract

Method

- ▶ 1. Preheat oven to 350 degrees. Line the bottom of a springform pan with parchment paper.
- ▶ 2. In a microwave safe bowl, microwave butter to melt in 30 second, increments until melted. In a mixing bowl, add almond flour, coconut flour, 2 tsp. stevia sugar and melted butter, and combine all together. Press crust mixture into the bottom of the pan, then bake for 10 minutes until lightly golden brown, remove from oven and let cool.
- ▶ 3. In another mixing bowl beat cream cheese and remaining stevia sugar with a hand mixer until creamy and fluffy. Mix one egg into cream cheese batter at a time, then mix in lemon zest, lemon juice, and vanilla extract.
- ▶ 4. Pour cream cheese filling over the crust, and evenly smooth the top. Bake for 45-50 minutes until the centre of the cheesecake jiggles but is almost set.
- ▶ 5. Once cheesecake has been removed from the oven, carefully run a knife around the edges of the pan of the cheesecake to ensure the sides do not stick, and do not remove cheesecake from the pan. Let cheesecake cool on the counter at room temperature for 1 hour, then let it rest in the refrigerator for an additional 4-5 hours until set.

Coconut macaroons

55

Ingredients (Serves: 1)

- ▶ 2 Cup. Shredded Coconut
- ▶ ½ Cup. Almond Flour
- ▶ 4 Egg Whites
- ▶ 1 tsp. Vanilla Extract
- ▶ ½ tsp. Almond Extract
- ▶ ½ tsp. Coconut Extract
- ▶ ¼ Cup. Stevia
- ▶ Dash of Sea Salt

Method

- ▶ 1. Preheat oven to 180c degrees, line a baking sheet with parchment paper and set aside.
- ▶ 2. In a mixing bowl, combine shredded coconut, almond flour, egg whites, vanilla extract, almond extract, coconut extract, stevia, and salt. Mix with large spoon until all combined.
- ▶ 3. Using a tablespoon measuring scoop, scoop and place evenly apart on baking sheet. Bake for 15-20 minutes until macaroons are golden brown on top.
- ▶ 4. Remove from oven, let cool for 5 minutes.

Eggorito

Ingredients (Serves: 1)

- ▶ 1 Egg
- ▶ 1 Tbsp. Butter
- ▶ 1 Tbsp. Heavy Cream
- ▶ Dash of Salt
- ▶ Dash of Pepper
- ▶ ¼ Avocado (Sliced)
- ▶ 3 Slices of Bacon (Cooked)
- ▶ ¼ Cup Cheddar Cheese
- ▶ ½ Tbsp. Chives Chopped

Method

- ▶ 1. Whisk egg, heavy cream, salt and pepper together in mixing bowl.
- ▶ 2. Heat non-stick pan over medium high heat.
- ▶ 3. Melt 1 Tbsp. of butter and add the egg mixture. Tilt the pan back, forth, and all around to ensure it covers pan base.
- ▶ 4. Cover pan and cook for 1-2 minutes until eggs can move freely around the pan without sticking.
- ▶ 5. Flip eggs over and cook for an additional minute or until cooked through.
- ▶ 6. Turn heat off and sprinkle eggs with cheese, cover pan and let cheese melt.
- ▶ 7. Transfer to paper towel on top of plate to absorb any excessive oil on bottom of eggs.
- ▶ 8. Add bacon, avocado slices, sprinkle with chives, and roll egg into a burrito.

Cauliflower Rice

Ingredients (Serves: 4)

- ▶ 1 Large Head of Cauliflower
- ▶ 1 Tbsp. Olive Oil
- ▶ 1 tsp. Sea Salt
- ▶ ½ tsp. Black Pepper

Method

- ▶ 1. Wash, and chop cauliflower in to large florets.
- ▶ 2. Add florets to food processor, and pulse with chopping blade until you have a fine “rice” like consistency.
- ▶ 3. Heat olive oil in non-stick pan over medium/medium high heat. Add cauliflower, and sauté for 5-7 minutes until cooked through. Add salt and pepper, season to your liking.
- ▶ 4. Serve warm.

Basal stuffed chicken

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Ingredients (Serves: 4)

- ▶ 2 bone-in, skin-on chicken breasts
- ▶ 2 tbs cream cheese
- ▶ 2 tbs shredded cheese
- ▶ ¼ tsp garlic paste
- ▶ 3-4 fresh basil leaves finely chopped black pepper

Method

- ▶ 1. Preheat the oven to 150c.
- ▶ 2. Make the stuffing by combining the cream cheese, cheese, garlic paste, basil and black pepper.
- ▶ 3. Gently peel back the skin on one side of the chicken breast and place the half stuffing inside. Smooth it down and replace the skin. Repeat for the other piece of chicken.
- ▶ 4. Roast on a baking tray for 45 minutes or until an internal temperature of 150c has been reached.

Basal sausage bake

Ingredients (Serves: 4)

- ▶ 1.5kg Italian sausage (chicken, turkey, or pork)
- ▶ 300g cream cheese
- ▶ 1/4 cup pesto sauce
- ▶ 1/4 cup heavy cream
- ▶ 250g mozzarella

Method

- ▶ Preheat oven to 220c. Spray a large casserole dish with cooking spray. Put the sausage in the baking dish. Bake for 30 minutes.
- ▶ Meanwhile stir together the cream cheese, pesto, and heavy cream.
- ▶ Spread the sauce on top of the sausage. Top with mozzarella. Bake for an additional 10 minutes or until the sausage is cooked.
- ▶ Optional: Broil for 3 minutes to toast the cheese on top. Watch it constantly. It can burn easily.

Mozzarella & pesto chicken casserole

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Ingredients (Serves: 4)

- ▶ *1/4 cup pesto*
- ▶ *250g cream cheese softened*
- ▶ *1/4-1/2 cup heavy cream*
- ▶ *250g mozzarella cubed*
- ▶ *1kg cooked cubed chicken breasts (I weighed this after cooking)*
- ▶ *250g mozzarella shredded*

Method

- ▶ Preheat oven to 200c. Spray a large casserole dish with cooking spray.
- ▶ Combine the first three ingredients and mix until smooth in a large bowl. Add the chicken and cubed mozzarella. Transfer to the casserole dish. Sprinkle the shredded mozzarella on top.
- ▶ Bake for 25-30 minutes. Serve with zoodles, spinach, or mashed cauliflower.