



LOW-CARB KETO DIET MEALS & DESSERT,

EASY AND INNOVATIVE RECIPES



FEATURE

**DON'T FORGET TO GET
YOUR FREE EBOOK
WEIGHT LOSS TECHNIQUE**

[HTTPS://BIT.LY/WEIGHTLOSSTECHNIQUE](https://bit.ly/weightlosstechnique)



[HTTPS://BIT.LY/WEIGHTLOSSTECHNIQUE](https://bit.ly/weightlosstechnique)



what's inside

01 Pecan bars.

02 Steak and eggs.

03 Baked Eggs.

04 Reuben Casserole.

05 Juicy Lucy Sliders.

06 Chocolate Strawberry Mousse.

07 Coconut bombs.

08 Cameroons Brochette.
Stuffed and Wrapped Shrimp

09 Keto Margarita.

10 Eggs in a Cloud.



what's inside

-
- 11** Peanut Butter Balls

 - 12** Bacon Brussels sprouts.

 - 13** Cast Iron Skillet Frittata.

 - 14** Spaghetti Squash Pancakes.

 - 15** Stuffed Peppers.

 - 16** Zucchini and Goat Cheese Wraps.

 - 17** Cheesy Sausage Balls.

 - 18** Waffle Sticks

 - 19** Apple and almond butter bites

 - 20** Roasted Brussels sprouts chips

LOW - CARB KETO DIET

Pecan bars





Pecan bars

Ingredients:

- 2 cups pecan
- halves, toasted, crushed
- ½ cup shredded
- coconut
- ½ cup coconut
- oil, melted
- ¼ teaspoon
- stevia, liquid
- ½ cup golden
- flaxseeds meal
- 1 cup almond
- flour
- 2 tablespoons almond butter

Instructions:

1. In a bowl combine the almond flour, flaxseeds meal and shredded coconut.
2. Add crushed pecans and stir again.
3. Add in remaining ingredients and mix well until you get a crumbly mixture.
4. Line 11x7-inch baking pan with parchment paper and place in the prepared mixture.
5. Press to flatten and bake in preheated oven for 25 minutes at 350F.
6. Remove from the oven and allow to cool.
7. Slice into bars and serve.

Information:

- Serves: 12
- Serving size: 44 g
- Calories: 256
- Fat: 26.3 g
- Carbohydrates: 5.2 g
- Fiber: 3.8 g
- Protein: 4 g

Prep time: 5 mins

Cook time: 25 mins

Total time: 30 mins

LOW-CARB KETO DIET

Steak and eggs.



Steak and eggs.

Ingredients:

- 1 Onion (270 g)
- 1 Pepper (180 g)
- 4 Lbs Beef Chuck Shoulder
- 15 Eggs
- 120 g Heavy Cream
- 5 Oz Cheddar Cheese
- Salt, Pepper, Onion Powder, Garlic Powder to taste

Instructions:

1. Dice up the peppers and onions
2. Fry the peppers and onions until translucent and set aside
3. Cook the steak on high for 6 minutes or until desired internal temperature has been reached, flip half way
4. Let steak rest while cooking eggs
5. Combine eggs, cream, and spices in a large bowl
6. Cook in a nonstick pan, whisking occasionally until they are no longer runny
7. Add cheese and whisk some more
8. Combine all the ingredients in a resalable container for breakfast

Information:

- Serves: 10
- Serving size: 362 g
- Calories: 506
- Fat: 51
- Carbohydrates: 4
- Fiber: 1
- Protein: 45

Prep time: 10 mins

Cook time: 15 mins

Total time: 25 mins.



LOW-CARB KETO DIET

Baked Eggs





Baked Eggs

Ingredients:

- 4 Eggs
- 4 Slices Bacon
- Salt and Pepper to taste
- 1 Oz Cheddar
- 1 Small Onion (80g)

Instructions:

1. Fry four slices of bacon
2. Cut a small onion in half and fry
3. In a ramekin or equivalent oven-proof bowl, place onion and bacon
4. Crack two eggs into each container, making sure to not break yolk
5. Add salt and pepper
6. Add cheddar cheese
7. Bake at 350 degrees for 20 minutes or until eggs have set

Information:

- Serves: 2
- Serving size: ½
- Calories: 337
- Fat: 24
- Carbohydrates: 5
- Fiber: 1
- Protein: 23

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins

LOW - CARB KETO DIET

Reuben Casserole



Reuben Casserole

Ingredients:

- 12 Oz. Cooked Corned Beef
- 68 g Onion (1 Small)
- 1 can Sauerkraut (14.5 Oz)
- 8 Oz. Carlsberg
- 4 Oz. Cheddar Cheese
- ½ Cup Thousand Island Dressing
- ¼ Cup Mayo
- Pepper to taste

Instructions:

1. Slice and then dice the Corned Beef, add to large bowl
2. Using a grater with the large opening, shred the onion, add to the bowl
3. Using the same grater with the large opening, shred the Carlsberg, add to the bowl
4. Drain a can of Sauerkraut and add to the bowl
5. Add the cheddar cheese to the bowl
6. Measure out ½ cup Thousand Island Dressing and ¼ cup Mayo and add to the bowl
7. Add fresh pepper to taste
8. Mix, then spread into a greased, 8" pan
9. Cook at 350 degrees for 35 minutes

Information:

- Serves: 4
- Serving size: ¼th
- Calories: 769
- Fat: 63
- Carbohydrates: 10
- Fiber: 4
- Protein: 37

Prep time: 10 mins

Cook time: 35 mins

Total time: 45 mins



LOW - CARB KETO DIET

Juicy Lucy Sliders.





Juicy Lucy Sliders.

Ingredients:

- 1 lb. 6 oz. Ground Beef
- 1 Egg
- Garlic Salt Pepper / Onion
- Powder to taste
- Several dashes of
- Worcestershire Sauce
- 8 oz. Cheddar Cheese (1/2 oz. per patty)

Instructions:

1. Mix the beef, eggs and the spices
2. Divide the meat into 1.5 oz. patties
3. Add ½ oz. of cheese to each patty
4. Combine two patties to make one burger
5. Use your hands to meld the two parties together
6. Heat some oil on high and fry the burgers to your desired completion level
7. Optional - top with cheese and a bacon weave

Information:

- Serves: 4
- Serving size: 1 burger
- Calories: 285
- Fat: 21
- Carbohydrates: 0
- Fiber: 0
- Protein: 22

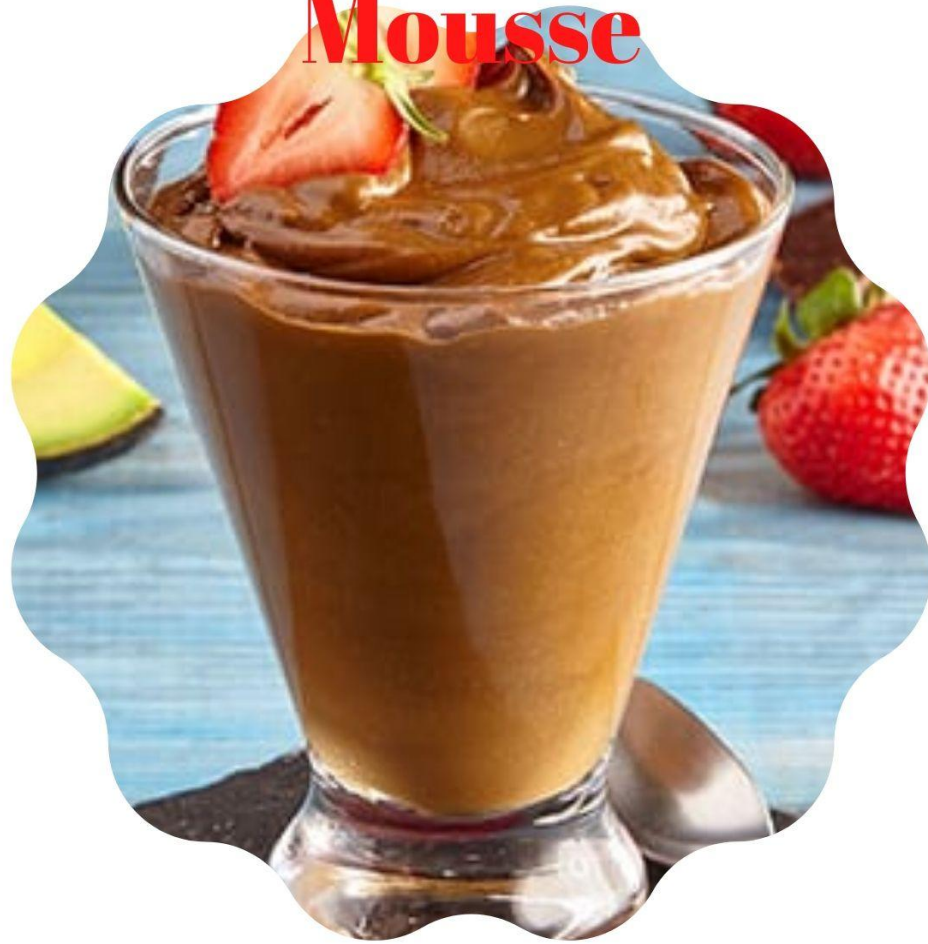
Prep time: 25 mins

Cook time: 5 mins

Total time: 30 mins

LOW-CARB KETO DIET

Chocolate Strawberry Mousse



Chocolate Strawberry Mousse

Ingredients:

- ¼ Cup Heavy Whipping Cream
- 4 Drops EZ-Sweet
- 1 Strawberry (24g)
- ½ Scoop Chocolate Whey Powder (14g)
- 2.5 g Unsweetened Cocoa
- Flakes of 90% Chocolate

Instructions:

1. Measure out the cream into a container
2. Add the liquid sweetener
3. Add the strawberry
4. Add the powder
5. Add chocolate flakes
6. Mix for 1-2 minutes or until stiff
7. Serve!

Information:

- Serves: 1
- Serving size: 105 g
- Calories: 330
- Fat: 33
- Carbohydrates: 12
- Fiber: 1
- Protein: 10

Prep time: 3 mins

Cook time: 2 mins

Total time: 5 mins



LOW-CARB KETO DIET

Coconut bombs





Coconut bombs

Ingredients:

- 4 oz. flaked coconut
- ¼ cup coconut oil, melted
- ¼ teaspoon vanilla paste
- 20 drops stevia

Instructions:

1. Preheat oven to 350F and line baking sheet with parchment paper.
2. Spread over coconut flakes and place in the oven.
3. Toast the flakes for 5-8 minutes until golden.
4. Stir once to prevent burning.
5. Transfer in a blender and pulse until smooth.
6. Add the coconut oil, vanilla paste and stevia.
7. Stir to combine.
8. Divide between 12 mini paper cases and place in freezer for 30 minutes.
9. Once firm serve after.

Information:

- Serves: 12
- Serving size: 14 g
- Calories: 73
- Fat: 7.7
- Carbohydrates: 1.4
- Fiber: 0.8
- Protein: 0.3

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins

LOW-CARB KETO DIET

Cameroons Brochette Stuffed and Wrapped Shrimp



Cameroons Brochette Stuffed and Wrapped Shrimp

Ingredients:

- 1.5 Lbs Large, cooked, peeled and deveined shrimp
- 15 slices Bacon
- 1 Tbsp. Garlic Powder
- 1 Tbsp. Pepper
- 1 Tbsp. Paprika
- ¼ tsp Cayenne Pepper
- 15 Jalapeno Slices
- 5 Slices Cheddar Cheese

Instructions:

1. If your shrimp is frozen, thaw them in water
2. Mix the four dry ingredients in a bowl
3. Dry the deveined, thawed, peeled shrimp and mix with ¾ of the spice mixture
4. Slice open the shrimp and place half a jalapeno slice and some cheese into the opening
5. Cut bacon in half and wrap the shrimp; try and wrap it such that the start and end both are near a center, skewer able point
6. Skewer the shrimp
7. Grill until the bacon is crisp, you could also cook in the oven at a high temperature

Information:

- Serves: 4
- Serving size: 4 Shrimp
- Calories: 252
- Fat: 15
- Carbohydrates: 3
- Fiber: 1
- Protein: 28

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins



LOW - CARB KETO DIET

Keto Margarita.





Keto Margarita.

Ingredients:

- 1 Onion (270 g)
- 1 Pepper (180 g)
- 4 Lbs Beef Chuck Shoulder
- 15 Eggs
- 120 g Heavy Cream
- 5 Oz Cheddar Cheese
- Salt, Pepper, Onion Powder, Garlic Powder to taste

Instructions:

1. Dice up the peppers and onions
2. Fry the peppers and onions until translucent and set aside
3. Cook the steak on high for 6 minutes or until desired internal temperature has been reached, flip half way
4. Let steak rest while cooking eggs
5. Combine eggs, cream, and spices in a large bowl
6. Cook in a nonstick pan, whisking occasionally until they are no longer runny
7. Add cheese and whisk some more
8. Combine all the ingredients in a resalable container for breakfast

Information:

- Serves: 10
- Serving size: 362 g
- Calories: 506
- Fat: 51
- Carbohydrates: 4
- Fiber: 1
- Protein: 45

Prep time: 10 mins

Cook time: 15 mins

Total time: 25 mins.

LOW - CARB KETO DIET

Eggs in a Cloud



Eggs in a Cloud

Ingredients:

- 4 Large Eggs
- 2 Slices Bacon
- To Taste Salt, Pepper, Onion Powder, Garlic Powder
- 2 Tbsp. Parmesan Cheese

Instructions:

1. Split the egg yolks from the egg whites
2. Cut up some bacon and cook for bacon bits
3. Put the egg whites into a bowl and whip them until stiff
4. Shred some Parmesan cheese into the egg whites and add the bacon bits
5. Form the egg whites into four mounds on a silicon mat or parchment paper
6. Bake the egg whites at 350 degrees until set, around 5 minutes
7. Put an egg yolk in each mound
8. Bake until the egg whites are brown

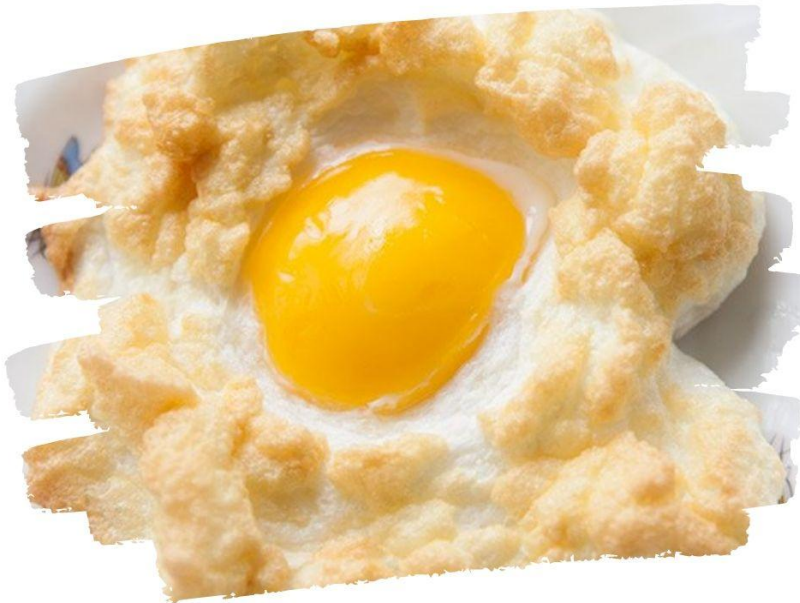
Information:

- Serves: 4
- Serving size: 1
- Calories: 98
- Fat: 7
- Carbohydrates: 1
- Fiber: 0
- Protein: 6

Prep time: 5 mins

Cook time: 5 mins

Total time: 10 mins



LOW - CARB KETO DIET

Peanut butter balls





Peanut butter balls

Ingredients:

- 1 Onion (270 g)
- 1 Pepper (180 g)
- 4 Lbs Beef Chuck Shoulder
- 15 Eggs
- 120 g Heavy Cream
- 5 Oz Cheddar Cheese
- Salt, Pepper, Onion Powder, Garlic Powder to taste

Instructions:

1. Dice up the peppers and onions
2. Fry the peppers and onions until translucent and set aside
3. Cook the steak on high for 6 minutes or until desired internal temperature has been reached, flip half way
4. Let steak rest while cooking eggs
5. Combine eggs, cream, and spices in a large bowl
6. Cook in a nonstick pan, whisking occasionally until they are no longer runny
7. Add cheese and whisk some more
8. Combine all the ingredients in a resalable container for breakfast

Information:

- Serves: 10
- Serving size: 362 g
- Calories: 506
- Fat: 51
- Carbohydrates: 4
- Fiber: 1
- Protein: 45

Prep time: 10 mins

Cook time: 15 mins

Total time: 25 mins.

LOW - CARB KETO DIET

Bacon Brussels sprouts



Bacon Brussels sprouts

Ingredients:

- 24 Oz Brussels Sprouts
- ¼ Cup Fish Sauce
- ¼ Cup Bacon Grease (Can substitute any oil)
- 6 Strips Bacon (Optional)
- To Taste Pepper

Instructions:

1. De-stem and quarter Brussels sprouts
2. Mix the Brussels sprouts with the bacon grease and fish sauce
3. Cook bacon and cut into small strips
4. Add bacon into mix along with pepper and stir
5. Spread Brussels sprouts on a greased pan
6. Cook at 450 degrees for 40 minutes, stirring every 10 minutes
7. Finish off the Brussels sprouts on broil for a few minutes

Information:

- Serves: 4
- Serving size: ¼th
- Calories: 143
- Fat: 10
- Carbohydrates: 8
- Fiber: 3
- Protein: 6

Prep time: 10 mins

Cook time: 40mins

Total time: 50 mins



LOW-CARB KETO DIET

Cast Iron Skillet Frittata





Cast Iron Skillet Frittata

Ingredients:

- 8 Slices Bacon
- 1 Small Onion (125 g)
- 1 Small Pepper (133 g)
- 542 g Brussels Sprouts
- 1 Head Cauliflower (965 g)
- 12 Oz. Cheddar Cheese
- 12 Eggs
- 6 Oz Heavy Cream
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- ½ tsp Salt
- ½ tsp Pepper

Instructions:

1. Start by cooking bacon until crisp, keep the bacon grease in the skillet
2. Thinly slice the onion and pepper
3. Shred the Brussels sprouts and cauliflower
4. Cook all the vegetables in the skillet
5. While vegetables are cooking, prepare the egg mixture with 12 eggs, 6 Oz cream and spices, whisk to combine
6. If required, shred cheddar cheese
7. When the vegetables are done, aka translucent and cooked, crumble and add the bacon and cheese
8. Mix well and then add the eggs and mix again
9. Cook for 2-3 minutes on stovetop
10. Transfer skillet to oven set to 450 and cook for an additional 25 minutes
11. Slice and serve!

Information:

- Serves: 8
- Serving size: ½the
- Calories: 491
- Fat: 35
- Carbohydrates: 18
- Fiber: 6
- Protein: 29

Prep time: 20 mins
Cook time: 50 mins

Total time: 1 hour 10 mins

LOW - CARB KETO DIET

Spaghetti Squash Pancakes



Spaghetti Squash Pancakes

Ingredients:

- 4 Slices Thick Cut Bacon
- 2 Eggs
- 284g (10 Oz) Cooked Spaghetti Squash
- 1 teaspoon Garlic Powder
- 1 teaspoon Salt
- 1 teaspoon Pepper
- 1 teaspoon Onion Powder
- 30 g (1 Oz) Parmesan Cheese

Instructions:

1. Prepare the Spaghetti Squash per this post
2. Cook the bacon until crisp
3. Add the eggs, Spaghetti Squash, spices and cheese to a bowl and mix
4. Crumble the bacon and add to the mixture
5. Heat some bacon grease in a skillet until shimmering
6. Scoop the mixture into the bacon grease into four piles and use a spatula to compress the piles flat
7. After the bottoms begin to brown, flip
8. Optionally, serve with a dollop of sour cream and / or some chives.

Information:

- Serves: 2
- Serving size: 2 pancakes
- Calories: 287
- Fat: 18
- Carbohydrates: 10
- Fiber: 2
- Protein: 19

Prep time: 5 mins

Cook time: 15 mins

Total time: 20 mins



LOW - CARB KETO DIET

Stuffed Peppers





Stuffed Peppers

Ingredients:

- 2 Green Peppers
- 1 Small Onion
- 2 Sausage Links
- 1.5 Oz Parmesan Cheese
- 2 Oz. Cream Cheese
- 1 Egg
- 2 Quail Eggs

Instructions:

1. Start by removing the skin of the sausage and cooking the sausage into crumbles
2. Cut off of the top of the peppers and remove the seeds
3. Chop up the tops of the peppers
4. Chop up onions and cook the peppers and onions
5. Chop up Parmesan cheese into small pieces
6. Combine the peppers, onions, cheese, sausage and cream cheese
7. Stuff the peppers with the stuffing and top with a quail egg
8. Cook for 20 minutes

Information:

- Serves: 2
- Serving size: 1 Pepper
- Calories: 484
- Fat: 35
- Carbohydrates: 14
- Fiber: 3
- Protein: 30

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins

LOW - CARB KETO DIET

Zucchini and Goat Cheese Wraps



Zucchini and Goat Cheese Wraps

Ingredients:

- 1 Zucchini
- 6 Oz Soft Goat Cheese
- 1 tsp dried mint
- 1 tsp dried dill
- Salt and Pepper
- Oil

Instructions:

1. Start by washing the zucchini and cutting the ends off
2. Using a mandolin, slice the zucchini into $\frac{1}{8}$ " slices
3. Brush the zucchini slices with oil and spice with salt and pepper
4. Grill the zucchini for 5 minutes, 2.5 per side, until they brown
5. Combine the goat cheese, dill and mint.
6. Divide the goat cheese mixture into 6
7. Its easiest to roll the goat cheese into a cylinder between your fingers and then spread it on the zucchini
8. Roll the Zucchini up and put a toothpick through it.

Information:

- Serves: 6
- Serving size: 1 roll
- Calories: 186
- Fat: 14
- Carbohydrates: 3
- Fiber: 1
- Protein: 13

Prep time: 10 mins

Cook time: 05 mins

Total time: 15 mins



LOW - CARB KETO DIET

Cheesy Sausage Balls





Cheesy Sausage Balls

Ingredients:

- 12 oz. Jimmy Dean's Sausage
- 6 oz. Shredded Cheddar cheese
- 12 Cubes Cheddar

Instructions:

1. Mix shredded cheese and sausage
2. Divide into 12 equal parts
3. Place cube of cheese into center of sausage and roll into balls
4. (Optional) Freeze the sausage balls
5. Fry at 375 degrees until crispy

Information:

- Serves: 12
- Serving size: 1 Ball
- Calories: 173
- Fat: 14
- Carbohydrates: 1
- Fiber: 0
- Protein: 10.

Prep time: 10 mins

Cook time: 5 mins

Total time: 15 mins

LOW-CARB KETO DIET

Waffle sticks



Waffle sticks

Ingredients:

6 tablespoons almond flour
2 eggs
½ teaspoon vanilla paste
1 tablespoon erythritol
1 teaspoon cinnamon
¼ teaspoon baking soda

Instructions:

1. In a bowl, combine the almond flour, erythritol, ½-teaspoon cinnamon and baking soda.
2. Whisk in the eggs and vanilla paste.
3. Preheat waffle iron and pour over prepared batter.
4. Cook the waffle for 3-4 minutes.
5. Cut waffle into sticks and sprinkle with remaining cinnamon.

Information:

- Serves: 2
- Serving size: 346 g
- Calories: 546
- Fat: 46.4 g
- Carbohydrates: 19.3 g
- Fiber: 9.6
- Protein: 23.6

Prep time: 10 mins

Cook time: 05 mins

Total time: 15 mins



LOW - CARB KETO DIET

Apple and almond butter bites





Apple and almond butter bites

Ingredients:

- 1 apple, cored and sliced thinly
- 2 tablespoons almond butter
- 2 tablespoons crushed almonds
- 1 tablespoon pecans, crushed

Instructions:

1. Spread the almond butter over apple slices.
2. Top each apple slice with crushed almonds and pecans.
3. Serve after.

Information:

- Serves: 02
- Serving size: 107 g
- Calories: 149
- Fat: 9.2
- Carbohydrates: 15.4
- Fiber: 2.8
- Protein: 3.6

Prep time: 10 mins

Cook time: 5 mins

Total time: 15 mins

LOW - CARB KETO DIET

Roasted Brussels sprouts chips



Roasted Brussels sprouts chips

Ingredients:

- 10 Brussels sprouts
- ¼ teaspoon salt
- 1 tablespoon olive oil

Instructions:

1. Preheat oven to 350F.
2. Carefully split the leaves, making sure not to damage.
3. Toss in a bowl with olive oil and place onto rimmed baking sheet.
4. Season with salt and roast for 10 minutes.
5. Serve while still warm.

Information:

- Serves: 2
- Serving size: 103 g
- Calories: 101
- Fat: 7.3
- Carbohydrates: 8.6
- Fiber: 3.6
- Protein: 3.2

Prep time: 10 mins
Cook time: 05 mins

Total time: 15 mins



FEATURE

**DON'T FORGET TO GET
YOUR FREE EBOOK
WEIGHT LOSS TECHNIQUE**

[HTTPS://BIT.LY/WEIGHTLOSSTECHNIQUE](https://bit.ly/weightlosstechnique)



[HTTPS://BIT.LY/WEIGHTLOSSTECHNIQUE](https://bit.ly/weightlosstechnique)



LOW-CARB KETO DIET MEALS & DESSERT,

EASY AND INNOVATIVE RECIPES

