

Ultimate Simple

Keto Cookbook



For Beginners 2022
NO STRESS

1001+

- LOW-CARB
- 5-INGREDIENT
- 30-MINUTES RECIPES

PLANET
HEALTH & TASTE

TO DISCOVER A NEW HEALTHY LIFESTYLE THAT
WILL GET YOU BACK IN SHAPE IN NO-TIME

ULTIMATE SIMPLE KETO COOKBOOK FOR BEGINNERS 2022 - NO STRESS -

*1001+ Low-carb, 5-Ingredient,
30-Minutes Recipes to Discover
a New Healthy Lifestyle that will
get you Back in Shape in No-
Time*

By



The Ultimate Keto Meal Plan For Anyone Who Wants to Lose Weight >>>>>

© Copyright 2021 by PLANET HEALTH & TASTE - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations. In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands

within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



The Ultimate Keto Meal Plan For Anyone Who Wants to Lose Weight >>>>>

Table Of Contents

INTRODUCTION

CHAPTER 1: BREAKFAST RECIPES

1.1 SIMPLE BREAKFAST RECIPES

- [1. Green Smoothie](#)
- [2. Coconut Coffee](#)
- [3. Avocado Spinach Smoothie](#)
- [4. Cucumber Celery Smoothie](#)
- [5. Summer Green Smoothie](#)
- [6. Dairy Free Smoothie](#)
- [7. Anti-inflammatory Smoothie](#)
- [8. Avocado Mint Smoothie](#)
- [9. Matcha Smoothie](#)
- [10. Chocolate Green Smoothie](#)
- [11. Avocado Smoothie](#)
- [12. Avocado Apple Smoothie](#)
- [13. Ginger Blueberry Smoothie](#)
- [14. Strawberry Crunch Smoothie](#)
- [15. “Sleep In” Smoothie](#)
- [16. Strawberry Coconut Smoothie](#)
- [17. Cherry Vanilla Smoothie](#)
- [18. Power Shake](#)
- [19. Coconut Milk Smoothie](#)
- [20. Almond Milk Smoothie](#)
- [21. Red Velvet Smoothie](#)
- [22. Genic Bowl Smoothie](#)
- [23. Cinnamon Shake](#)
- [24. Key Lime Smoothie](#)
- [25. Chocolate Bing Smoothie](#)
- [26. Delight Smoothie](#)
- [27. Raspberry Smoothie](#)
- [28. Lemon Coconut Smoothie](#)

- [29. Berries & Cream Shake](#)
- [30. Celery Matcha Smoothie](#)
- [31. Golden Milk Smoothie](#)
- [32. Bulletproof Shake](#)
- [33. Cheesecake Smoothie](#)
- [34. 3 Strawberry Flaxseed Smoothie](#)
- [35. Berry Flaxseed Smoothie](#)
- [36. Spinach Smoothie](#)
- [37. Strawberry cheesecake](#)
- [38. Chocolate protein Shake](#)
- [39. Vanilla protein shake](#)
- [40. Banana Protein Shake](#)
- [41. Tropical Shakes](#)
- [42. Classic Margarita](#)
- [43. Carrot Smoothie](#)
- [44. Strawberry Avocado Smoothie](#)
- [45. Chai Latte](#)
- [46. Asparagus With Butter & Creamy Eggs](#)
- [47. Boiled eggs with mayonnaise](#)
- [48. Coconut Porridge](#)
- [49. Mexican Eggs](#)
- [50. Western Omelet](#)
- [51. Salmon With Chives And Eggs](#)
- [52. Tuna Salad With Capers](#)
- [53. Scrambled eggs with basil & butter](#)
- [54. Fried eggs with kale & pork](#)
- [55. Veggie scramble](#)
- [56. French pancakes](#)
- [57. Raspberry Cheesecake Smoothie](#)
- [58. Mocha Latte](#)
- [59. Foudjou Cheese Pots](#)
- [60. Pink Drink](#)
- [61. Pink Drink Version 2](#)
- [62. Creamy Cinnamon Smoothie](#)
- [63. Chocolate Avocado Smoothie](#)

[64. SunButter Latte](#)
[65. Cucumber Gin Cocktail](#)
[66. Avocado Margarita](#)
[67. Va-Va-Voom Cocktail](#)
[68. Hot Chocolate](#)
[69. Turmeric Milkshake](#)
[70. Milkshake](#)
[71. Frappuccino](#)
[72. Frothy Coffee](#)
[73. Collagen Coffee Recipe](#)
[74. Delicious Poached Eggs](#)
[75. Delicious Eggs And Sausages](#)
[76. Scrambled Eggs](#)
[77. Delicious Frittata](#)
[78. Smoked Breakfast Salmon](#)
[79. Eggs In Avocados](#)
[80. Tasty Mexican Breakfast](#)
[81. Tasty Breakfast Skillet](#)
[82. Breakfast Casserole](#)
[83. Best Breakfast Patties](#)
[84. Easy Breakfast Porridge](#)
[85. Delicious Granola](#)
[86. Tasty Almond Cereal](#)
[87. Heavy Breakfast Bowl](#)
[88. Breakfast Muffins](#)
[89. Herbed Biscuits](#)
[90. Cheese & Oregano Muffins](#)
[91. Amazing Burrito](#)
[92. Best Breakfast Hash](#)
[93. Breakfast Chia Pudding](#)
[94. Delicious Hemp Porridge](#)
[95. Almond Pancakes](#)
[96. Avocado & Egg Fat Bombs and Deviled Eggs](#)
[97. Portobello Egg Toast](#)
[98. Cinnamon Roll Waffles with Cream Cheese Icing](#)

- [99. Lemon Blueberry Muffins](#)
- [100. Protein Coffee](#)
- [101. Cinnamon Rolls](#)
- [102. Taco Breakfast](#)
- [103. Strawberry Chia Jars](#)
- [104. Frittatas with Mushrooms and Feta](#)
- [105. Chorizo breakfast](#)
- [106. Baked Eggs In Avocado](#)
- [107. Sweet Blueberry Coconut Porridge](#)
- [108. Coconut Flour Pancakes With Cream Cheese](#)
- [109. Egg-Crust Pizza](#)
- [110. Almond Crusted Cheesecake](#)
- [111. Nourishing Paleo Warm Breakfast Salad](#)
- [112. Breakfast Pepper Rings](#)
- [113. Strawberry Avocado Smoothie](#)
- [114. Ultimate Breakfast Roll-Ups](#)
- [115. Chorizo Omelette](#)
- [116. Biscuit Sandwiches](#)
- [117. Vanilla Protein Shake With Collagen](#)
- [118. Baked Egg & Avocado Boats](#)
- [119. Fathead Bagels](#)
- [120. Egg Loaf](#)
- [121. Three Ingredient Chia Pudding](#)
- [122. Carrot Cake Bars](#)
- [123. Ginger Basil Smoothie](#)
- [124. Four Ingredient Chaffles](#)
- [125. Cranberry Pancakes](#)
- [126. Pumpkin Pancakes Recipe](#)
- [127. Lettuce Wraps](#)
- [128. Fried Eggs & Tomatoes](#)
- [129. Creamy Coffee Shake](#)
- [130. Zucchini Hash Browns](#)
- [131. Chai Spice Mug Cake](#)
- [132. Whipped Cream with Berries](#)
- [133. Spiced Pumpkin Waffles](#)

[134. Beef & Pumpkin Hash](#)
[135. Fruity Crème Fraiche](#)
[136. Porridge](#)
[137. Fat Coffee](#)
[138. Sausage & Egg with Cheese](#)
[139. Breakfast Smoothie](#)
[140. Mini Crustless Quiches](#)
[141. Blender Pancakes](#)
[142. Ham & Eggs with Cheddar & Chives](#)
[143. Herbed Eggs](#)
[144. Scrambled Eggs with Cheese](#)
[145. Denver Omelet Salad](#)
[146. Asparagus-Mushroom Frittata](#)
[147. Asparagus & Cheese Frittata](#)
[148. Shiitake and Manchego Scramble](#)
[149. Shakshuka](#)
[150. Waffle Breakfast Sandwich](#)
[151. Egg and Hash Browns Waffles](#)
[152. Spinach and Artichoke Waffle](#)
[153. Swiss Reuben Waffle](#)
[154. Hot Chocolate](#)
[155. Classic bacon with eggs](#)
[156. Oven pancake](#)
[157. Pancakes](#)
[158. Sausage with Peppers](#)
[159. Cheese Spinach](#)
[160. Ranch Chicken](#)
[161. Steak Salad](#)
[162. Salad- Swedish Style](#)
[163. Ham Wraps](#)
[164. Hot dog buns](#)
[165. Cornbread](#)
[166. Parmesan chips](#)
[167. Zucchini ciabatta](#)
[168. Simple bread](#)

- [169. Sesame bread](#)
- [170. Butter bread](#)
- [171. Soft tortillas](#)
- [172. Nut-free bread](#)
- [173. Almond Flour Bread](#)
- [174. Fathead Bread](#)
- [175. Gluten-free Bread](#)
- [176. Coconut Bread](#)
- [177. Pizza Crust](#)
- [178. Zucchini Bread](#)
- [179. Blueberry Muffin Bread](#)
- [180. Cranberry Bread](#)
- [181. Ultimate Buns](#)
- [182. Dinner Rolls](#)
- [183. Bagel Scones](#)
- [184. Avocado bread](#)
- [185. Croissants](#)
- [186. MCT Coffee](#)

[1.2 BREAKFAST RECIPES IN 30 MINUTES](#)

- [1. Greek-Style Frittata with Herbs](#)
- [2. Delicious Breakfast Bowl](#)
- [3. Bacon And Lemon Breakfast Muffins](#)
- [4. Delicious Turkey Breakfast](#)
- [5. Ham & Cheese Pockets](#)
- [6. Eggs Benedict Casserole](#)
- [7. Lemon Poppy ricotta pancakes](#)
- [8. Jalapeno Popper Egg Cups](#)
- [9. Crepes](#)
- [10. Healthy Pumpkin Bars](#)
- [11. All-Day Breakfast](#)
- [12. Pizza Omelet with Pepperoni & Mozzarella](#)
- [13. Chocolate and Peanut Butter Muffins](#)
- [14. Bacon Egg Cups](#)
- [15. Crustless Quiche](#)
- [16. Bacon Omelet](#)

- [17. Fried Rice](#)
- [18. Buffalo Soup](#)
- [19. Mediterranean bread](#)
- [20. Cloud bread](#)
- [21. Fluffy Buns](#)

[1.3 BREAKFAST RECIPES WITH 5 INGREDIENTS](#)

- [1. Chicken Quesadilla Waffle](#)
- [2. Paprika Omelet with Goat Cheese](#)
- [3. Cauliflower, Cheese and Egg Fat Bombs](#)

[CHAPTER 2: LUNCH](#)

[2.1 SIMPLE LUNCH RECIPES](#)

- [1. Spinach Stuffed Chicken Breasts](#)
- [2. Chicken Shawarma](#)
- [3. Crockpot Salsa Chicken](#)
- [4. Swiss Chicken Bake Recipe](#)
- [5. Peruvian Roasted Chicken](#)
- [6. Chicken Paprika With Sour Gravy](#)
- [7. Buffalo celery sticks](#)
- [8. Chicken Florentine Soup](#)
- [9. Peanut Chicken Tenders](#)
- [10. Grilled Chicken & Peanut Sauce](#)
- [11. Chicken Enchilada](#)
- [12. Chicken Crust Pizza Guilt-Free](#)
- [13. Chicken Stir Fry Recipe](#)
- [14. Grilled Chicken Souvlaki with Yogurt Sauce](#)
- [15. Lemon butter chicken](#)
- [16. Chicken Alfredo Spaghetti Squash](#)
- [17. Simple Pizza Rolls](#)
- [18. Lunch Stuffed Peppers](#)
- [19. Delicious Zucchini Dish](#)
- [20. Bacon And Zucchini Noodles Salad](#)
- [21. Amazing Chicken Salad](#)
- [22. Fennel and Chicken Lunch Salad](#)
- [23. Easy Stuffed Avocado](#)

- [24. Pesto Chicken Salad](#)
- [25. Easy Lunch Crab Cakes](#)
- [26. Easy Lunch Muffins](#)
- [27. Delicious Lunch Pate](#)
- [28. Delicious Lunch Chowder](#)
- [29. Delicious Coconut Soup](#)
- [30. Zucchini Noodles Soup](#)
- [31. Delicious Steak Bowl](#)
- [32. Delicious Broccoli Soup](#)
- [33. Lunch Green Beans Salad](#)
- [34. Simple Lunch Apple Salad](#)
- [35. Simple Asparagus Lunch](#)
- [36. Simple Shrimp Pasta](#)
- [37. Delicious Asian Lunch Salad](#)
- [38. Simple Tomato Soup](#)
- [39. Bacon-Wrapped Sausages](#)
- [40. Simple Halloumi Salad](#)
- [41. Green Soup](#)
- [42. Caprese Salad](#)
- [43. Salmon Soup](#)
- [44. Sesame Pork](#)
- [45. Spiced pumpkin soup](#)
- [46. Easy beef curry](#)
- [47. BLT Stuffed Avocado Recipe](#)
- [48. Ground Beef Empanadas](#)
- [49. Egg Roll In A Bowl Recipe](#)
- [50. White Chicken Chili](#)
- [51. Meatlovers Pizza](#)
- [52. Rye Waffles](#)
- [53. Avocado Waffle](#)
- [54. BLT Waffle](#)
- [55. Blueberry with Brie Cheese Waffle](#)
- [56. Reuben Sandwich](#)
- [57. BLT Sandwich](#)
- [58. Key Lime Waffle](#)

- [59. Lemon With Cream Waffle](#)
- [60. Banana Pecan Waffle](#)
- [61. Frosted Waffle Cake](#)
- [62. Belgian Waffles](#)
- [63. Chocolate Cherry Waffles](#)
- [64. Vanilla Twinkie Waffle](#)
- [65. Cheesy Bread Waffle](#)
- [66. Waffle Pepperoni Pizza](#)
- [67. Broccoli and Mexican Cheese Waffles](#)
- [68. Tomato Soup with Garlic Waffle](#)
- [**69. Soup with Spicy Coconut Thai Chicken**](#)
- [70. Almond flour chicken sandwich](#)
- [71. Turkey and Tomato Sandwich](#)
- [72. Savory Waffles With Jalapenos And Ham](#)
- [73. Philly Cheesesteak Grilled Waffle](#)
- [74. Blooming Onion Waffle](#)
- [75. Gruyere and Ham Cauliflower Waffles](#)
- [76. Best Pizza Waffle](#)
- [77. Jicama Hash Waffle](#)
- [78. Waffle with Sausage Gravy](#)
- [79. Corndog Waffle](#)
- [80. Tuna Melt Waffle](#)
- [81. Mustard Sauce Taco Waffles](#)
- [82. Garlic Cheesy Waffle Bread Sticks](#)
- [83. Okra Waffles](#)
- [84. Dairy-Free Waffle](#)
- [85. Cajun Shrimp with Avocado Waffle](#)
- [86. Italian Herb Waffle](#)
- [87. Cornbread Jalape Waffle](#)
- [88. Bacon Biscuit Waffle](#)
- [89. Cauliflower, Ham and Cheese Bake](#)
- [90. Creamy Broccoli and Bacon Soup](#)
- [91. Spinach with Paprika and Cheese](#)
- [92. Cheesy Zucchini Casserole](#)
- [93. Stuffed Peppers with Cauliflower and Cheese](#)

[94. Chinese-Style Cauliflower Rice](#)
[95. Spicy Baked Eggplant with Herbs and Cheese](#)
[96. The Best Zucchini Fritters Ever](#)
[97. Stuffed Spaghetti Squash Bowls](#)
[98. Fish and Vegetable Medley](#)
[99. Salmon Curry with a Twist](#)
[100. Tuna, Avocado and Ham Wraps](#)
[101. Alaskan Cod with Mustard Cream Sauce](#)
[102. Smoked Haddock Fish Burgers](#)
[103. Dilly Boiled Eggs with Avocado](#)
[104. Mangalorean Egg Curry](#)
[105. Egg, Bacon and Kale Muffins](#)
[106. Cheesy Brussels Sprouts](#)
[107. Double Cheese and Sausage Balls](#)
[108. Keto Mac Salad](#)
[109. Antipasto Sticks](#)
[110. Keto Chicken Pizza](#)
[111. Pan Fajitas Chicken](#)
[112. Zucchini Noodles](#)
[**113. Taco Salad Bowls**](#)
[113. Keto Korean Beef Bowls](#)
[114. Cilantro Lime Chicken](#)
[115. Curry Coconut Meatballs](#)
[**116. Ranch Bacon Chicken**](#)
[**117. Turkey Meatballs**](#)
[**118. Keto Stuffed Peppers**](#)
[**119. Stroganof f Beef**](#)
[120. Keto Chicken Salad](#)
[121. Spicy Avocados](#)
[122. Buffalo Celery Sticks](#)
[123. Broccoli Cheese Chicken](#)
[124. Steak Cheese Wraps](#)
[125. Bacon And Ranch Casserole](#)
[126. Chicken And Jalapeno Casserole](#)
[127. Sweet French Toast Casserole](#)

- [128. Keto Cauliflower Casserole](#)
- [129. Stuffed Casserole](#)
- [**130. Chicken And Bacon Casserole**](#)
- [131. Keto Cheeseburger Casserole](#)
- [132. Cheesy Broccoli Casserole](#)
- [133. Chicken Casserole](#)
- [134. Cheddar And Bacon Casserole](#)
- [135. Keto Mexican Casserole](#)
- [136. Buffalo And Ranch Casserole](#)
- [137. Cauliflower and Bacon Casserole](#)
- [138. Keto Enchilada Casserole](#)
- [139. Keto Beans Casserole](#)
- [140. Egg And Spinach Casserole](#)
- [141. Keto Cordon Bleu Casserole](#)
- [142. Jalapeno And Shrimp Casserole](#)
- [143. Keto Cauliflower And Spinach](#)
- [144. Cauliflower And Cheese Casserole](#)
- [145. Baked Zucchini Casserole](#)
- [146. Gluten-Free Tuna Casserole](#)
- [147. Keto Cheese Dog Casserole](#)
- [148. Keto Fat-Free Lasagna](#)
- [149. Sushi with Cauliflower and Rice](#)
- [150. Fish Cakes on the Keto Diet](#)
- [151. Keto Pasta with 3 Ingredients](#)
- [152. Salad de Cauliflower Keto](#)
- [153. Feta Traybake Greek on a Keto Diet](#)
- [154. Casserole of Keto Philly Cheesesteaks](#)
- [155. Keto Bacon Leek Omelette](#)
- [156. Recipe for Pumpkin Bread Keto](#)
- [157. Salad with Keto Deviled Eggs](#)
- [158. Banana Bread on the Keto Diet](#)
- [159. Spicy Keto Bacon and Brussels Sprouts](#)
- [160. Frittata with Keto Sausage](#)
- [161. Soup with Keto Chicken and Mushrooms](#)
- [162. Pancakes with Keto Cheddar](#)

- [163. Mustard Creamy Sauce with Beef Keto Patties](#)
- [164. Soup with Keto Chicken and Cheat Noodles](#)
- [165. Casserole with Keto Chicken and Broccoli with Cheddar Topping](#)
- [166. Salad with Keto Tuna and Avocado](#)
- [**167. Salad with Keto Chicken and Bacon**](#)
- [168. Avocado BLT Wrap on a Keto Diet](#)
- [169. Wraps with Keto Ham and Cheddar](#)
- [170. Keto Cauliflower with Garlic](#)
- [171. Greek Frittata on a Keto Diet](#)
- [172. Simple Tuna Salad for Lunch](#)
- [173. Burgers with Bacon Stuffing](#)
- [174. Skillet with chicken and goat cheese](#)
- [175. Pizza with Zucchini Crust](#)
- [176. Oktoberfest Brats and Mustard Sauce](#)
- [177. Shrimp and Avocado Salad](#)
- [178. Parmesan Chicken](#)
- [179. Beef Brisket with Beer in a Pressure Cooker](#)
- [180. Cauliflower Roasted with Yogurt Tahini Sauce](#)

[2.2 LUNCH RECIPES IN 30 MINUTES](#)

- [1. Delicious Mexican Lunch](#)
- [2. Amazing Bacon And Mushrooms Skewers](#)
- [3. Chicken And Shrimp](#)
- [4. Pigs In A Blanket Recipe](#)
- [5. Pulled Chicken Wraps Recipe](#)
- [6. Sausage Patty Waffle](#)
- [**7. Keto Greek Bowls**](#)
- [8. Salmon Smoked Frittata](#)
- [9. Salad of Pancetta with Chestnuts and Walnuts](#)
- [10. Recipe for Keto Lahmacun](#)
- [11. Recipe for Pumpkin Muffins](#)
- [12. Tuna Boats with Keto Cucumber](#)
- [13. Coleslaw and Asian Keto Beef](#)
- [**14. Balsamic Chicken with Herbs**](#)
- [15. Parmesan with Roasted Broccoli](#)

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

