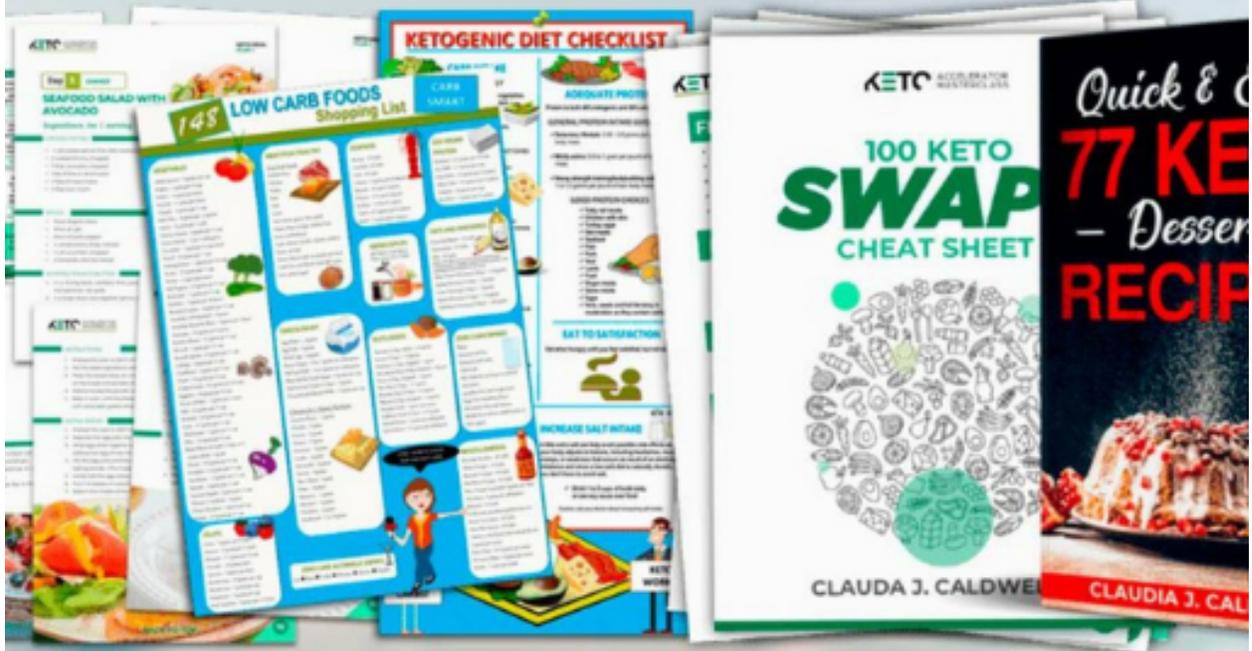


21

# Free Keto Recipes



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# 21 Free Keto Recipes

by Claudia J. Caldwell

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# Butter-Fried Aubergine & Halloumi Platter

**Ingredients:**

- 10 oz halloumi (sliced).
- 1 aubergine (halved lengthwise and chopped).
- 3 oz butter.
- 10 olives (pitted and halved).
- 1 tsp paprika.

**Instructions:**

- Heat half of the butter in a large frying pan. Place the cheese in one half and aubergine in the other.
- Season with paprika and fry 7-8 minutes, turning halloumi after 4 minutes to ensure golden brown on both sides.
- For the last minute, sprinkle in olives and serve.

**Nutritional Information:**

Total servings - 2

Per serving:

Fat: 73g
Carbohydrates: 10g
Protein: 33g
Calories: 831

# Perfect Pork & Cheese Sauce

## Ingredients:

- 4 pork chops.
- 7 oz green beans.
- 5 oz blue cheese.
- $\frac{3}{4}$  cup thick cream.
- 2 tbsp butter.

## Instructions:

- In a small saucepan, over medium heat, crumble cheese and gently melt.
- Add thick cream and simmer 2-3 minutes.
- Heat 1 tbsp butter in a large frying pan; fry chops until cooked through and browned.
- Place chops on a plate and cover with foil. Pour pork juices into cheese sauce.
- Add remaining butter to frying pan; fry green beans until tender.

## Nutritional Information:

Total servings - 4

Per serving:

Fat: 61g
Carbohydrates: 4g
Protein: 55g
Calories: 777

# Hot & Wholesome Bacon & Cabbage Salad

## Ingredients:

- 8 oz brussel sprouts (washed and thinly sliced).
- 6 bacon slices.
- 2 cups red cabbage (thinly sliced).
- ¼ cup walnuts (chopped).
- 2 garlic cloves (crushed).
- 2 tbsp olive oil.
- 1 tsp mustard (grainy).

## Instructions:

- In a large frying pan, fry the bacon until crispy and chop into bite sized pieces; remove from pan.
- Using the same pan, fry garlic for 1 minute and add cabbage and brussels.
- Fry 2-3 minutes until slightly tender. Turn off heat.
- In a bowl, mix together olive oil and mustard; pour mixture into the pan and stir well.
- Add in bacon and walnuts; stir until well combined. Serve warm.

## Nutritional Information:

Total servings - 6

Per serving:

Fat: 7g
Carbohydrates: 5g
Protein: 8g
Calories: 193

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# Tangy Tuna Tastebud Tantaliser

## Ingredients:

- 4 oz tuna (in olive oil, drained).
- 4 eggs.
- 2 oz Iceberg lettuce (chopped).
- 2 oz cherry tomatoes.
- ½ cup celery (chopped).
- ½ cup mayonnaise.
- ½ red onion (diced).
- ½ lemon (juiced and zest).
- 2 tbsp olive oil.
- 2 tbsp capers.
- 1 tbsp Dijon mustard.
- 2 tsp white wine vinegar.
- Salt and pepper.

## Instructions:

- In a large bowl, mix together tuna, celery. Mayonnaise, onion, lemon juice and zest, olive oil, capers and mustard.
- In a large saucepan, bring water to boil; add a tsp salt and white wine vinegar. Crack in the eggs and allow to simmer for 3-4 minutes.
- Place lettuce and tomatoes on a serving plate, place eggs on top and tuna mix to side.

## Nutritional Information:

Total servings - 2

Per serving:

Fat: 70g
Carbohydrates: 6g
Protein: 30g
Calories: 767

# Chicken & Bacon One-Pot Heaven

## Ingredients:

- 1 chicken breast (cut into slices).
- 10 oz bacon (chopped).
- 16 oz cabbage (chopped).
- 3 oz butter.
- Salt and pepper.

## Instructions:

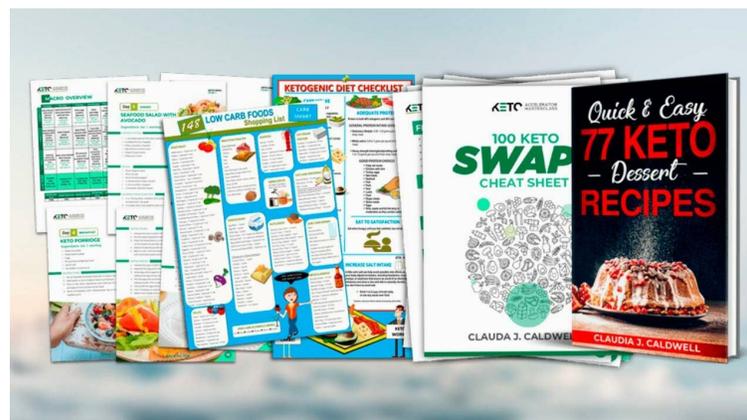
- Heat half of the butter in a large frying pan and fry chicken until nearly cooked through and slightly browned.
- Add the bacon to the pan and fry until crispy; move all meat to one side of the pan.
- Add remaining butter and fry cabbage until soft.
- Season with salt and pepper.

## Nutritional Information:

Total servings - 2

Per serving:

Fat: 82g
Carbohydrates: 9g
Protein: 56g
Calories: 1020



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# Coriander & Chickpea Curry

## Ingredients:

- 7 oz canned chickpeas (rinsed).
- 1 ½ cups chopped tomatoes (no added sugar).
- 1 red onion (chopped).
- 1 red pepper (chopped).
- 4 garlic cloves.
- 6 tbsp canola oil.
- 2 tsp coriander (ground).
- 2 tsp ginger (ground).
- 2 tsp garam masala.
- 2 tsp cumin (ground).
- ¾ tsp salt.
- ½ tsp turmeric (ground).

## Instructions:

- In a blender, add pepper, garlic and ginger; blend until minced and add the onion, blend until chopped.
- Heat the oil in a large saucepan, add onion mixture and cook until softened. Add turmeric, cumin and coriander and cook for an additional 2-3 minutes.
- Blend the tomatoes until finely chopped, add salt and add to saucepan. Simmer 4-5 minutes.
- Add the chickpeas and garam masala; simmer for 6-7 minutes.

## Nutritional Information:

Total servings - 6

Per serving:

Fat: 16g
Carbohydrates: 14g
Protein: 6g
Calories: 279

# Mediterranean Creamy Garlic Chicken

## Ingredients:

- 24 oz chicken breast (skinless and sliced).
- 1 cup spinach (fresh, chopped).
- 1 cup thick cream.
- ½ cup chicken broth.
- ½ cup sun-dried tomatoes.
- ½ cup parmesan (grated).
- 2 tbsp olive oil.
- 1 tsp Italian seasoning.
- 1 tsp garlic powder.

## Instructions:

- Add olive oil to a large frying pan and fry chicken until completely cooked through and browned. Set chicken aside on a plate.
- Add chicken broth, thick cream, Italian seasoning, garlic powder and parmesan to the pan; whisk gently until sauce begins to thicken.
- Add spinach and tomatoes to the sauce and simmer until spinach begins to wilt; add chicken back to pan.

## Nutritional Information:

Total servings - 6

Per serving:

Fat: 26g
Carbohydrates: 7g
Protein: 29g
Calories: 369

# Crunchy, Crispy, Cheese Coated Cod

## Ingredients:

- 4 cod fillets.
- 1 cup parmesan (grated).
- 1 tbsp parsley (fresh, chopped).
- 1 tbsp olive oil.
- 2 tsp paprika.
- ¼ tsp salt.

## Instructions:

- Preheat oven at 200 degrees.
- In a mixing bowl, add parmesan, paprika. Parsley and salt; mix together until well combined.
- Line a baking tray with greaseproof paper.
- Rub the cod fillets with olive oil on both sides. Press both sides of cod into the parmesan mixture and transfer to baking tray. Sprinkle over any leftover parmesan mixture.
- Bake 15-20 minutes, until browned and fish is easy to flake.

## Nutritional Information:

Total servings - 4

Per serving:

Fat: 8g
Carbohydrates: 2g
Protein: 11g
Calories: 116

# Garlic Shrimp & Zucchini Noodles

## Ingredients:

- 2 medium sized zucchini.
- 1 lemon (juice and zest).
- 12 oz shrimp (peeled and deveined).
- 4 garlic cloves (crushed).
- 1 tbsp olive oil.
- Sprinkle of chilli flakes.
- Salt and pepper.

## Instructions:

- Slice zucchini in half lengthwise; take a fork and rake zucchini to create noodles.
- In a large frying pan, add oil, lemon juice and zest. When pan is warm add shrimp and cook 1 minute each side.
- Add garlic and chilli flakes; cook for an additional 1 minute, stirring continuously.
- Add noodles and toss for 2-3 minutes until lightly cooked and warmed through.
- Season with salt and pepper before serving.

## Nutritional Information:

Total servings - 2

Per serving:

Fat: 11g
Carbohydrates: 8g
Protein: 37g
Calories: 277

# Perfect Pizza Perfection

## Ingredients:

- 3 large eggs.
- 5 black olives (pitted and halved).
- 5 pepperoni (slices).
- ½ cup tomato puree.
- ⅓ cup cheddar cheese (grated).
- 1 tbsp butter.
- 1 tbsp water.
- ½ red onion (diced).
- ½ green pepper (diced).
- ½ tsp garlic powder.
- ½ tsp Italian seasoning.

## Instructions:

- Preheat oven at 175 degrees.
- In a large bowl, whisk eggs with water.
- Heat butter in a large frying pan, add egg mixture and cook 2-3 minutes; flip and repeat cooking until all mixture is firm on both sides.
- Remove cooked egg from pan and place on a large oven proof tray.
- Mix tomato puree with garlic and Italian seasoning; spread over cooked egg.
- Sprinkle on cheese, onion, olives, green pepper and top with pepperoni.
- Bake for 7-8 minutes until cheese has completely melted.

## Nutritional Information:

Total servings - 1

Per serving:

Fat: 25g
Carbohydrates: 10g
Protein: 13g
Calories: 290

# Keto Kick- of- Heat Chicken Wraps

## Ingredients:

- 32 oz chicken breast (skinless, cut into slices).
- 4 celery stalks (diced).
- 2 spring onions (finely diced).
- 1 Iceberg lettuce head.
- ½ cup goats cheese (crumbled).
- ½ red pepper (diced).
- ½ green pepper (diced).
- 2 tbsp butter.
- 2 tsp onion powder.
- 1 tsp chilli flakes.
- 1 tsp garlic powder.

## Instructions:

- Heat butter in a large frying pan; add peppers and celery, fry for 5-6 minutes until just tender.
- Add chicken, garlic powder, chilli flakes and onion powder; stir continuously until chicken is cooked through and slightly browned.
- Remove pan from heat and stir in crumbled cheese and spring onions.
- Take 8 lettuce leaves and fill each with mixture.

## Nutritional Information:

Total servings - 8

Per serving: (2 filled leaves).

Fat: 36g
Carbohydrates: 3g
Protein: 48g
Calories: 546

# Hearty Steak & Egg Plate

## Ingredients:

- 4 oz sirloin steak (cut into chunks).
- 3 large eggs.
- ¼ avocado (sliced).
- 1 tbsp butter
- Salt and pepper.

## Instructions:

- Heat ½ of butter in a large frying pan; crack in eggs and fry to desired taste.
- Heat remaining butter in an additional pan and fry steak to desired taste.
- Place steak strips and eggs on a serving plate and add avocado to the side.

## Nutritional Information:

Total servings - 1

Per serving:

Fat: 37g
Carbohydrates: 3g
Protein: 45g
Calories: 512

# Hot & Spicy Chicken

## Ingredients:

- 6 chicken drumsticks.
- ½ cup hot sauce.
- 2 tbsp butter.
- ½ tsp chilli flakes.
- ½ tsp cayenne pepper.
- ½ tsp garlic powder.
- ½ tsp paprika.
- Salt and pepper.

## Instructions:

- Place chicken drumsticks in a large bowl and drizzle a little hot sauce over; sprinkle with salt and pepper..
- Line a grill pan with foil and grill chicken on high heat for 8-10 minutes until they begin to colour.
- In a saucepan, melt the butter and stir in all other ingredients; remove from heat.
- Take drumsticks from grill, turn over and grill for an additional 8-10 minutes.
- When drumsticks are browned and cooked through, place into a large bowl.
- Pour over the spicy butter sauce and coat drumsticks evenly.

## Nutritional Information:

Total servings - 2

Per serving:

Fat: 47g
Carbohydrates: 1g
Protein: 49g
Calories: 631

# Complete Cheesy Chicken Casserole

## Ingredients:

- 2 cups chicken (cooked and cubed).
- 1 bacon slice (crisped and crumbled).
- $\frac{3}{4}$  cup mozzarella (grated).
- $\frac{1}{2}$  cup parmesan (grated).
- $\frac{1}{2}$  cup marinara sauce.
- $\frac{1}{2}$  tsp basil (dried).
- $\frac{1}{4}$  tsp chilli flakes.

## Instructions:

- Preheat oven at 175 degrees.
- In a large baking dish, place the chicken and pour over marinara sauce.
- Stir in remaining ingredients and bake for 25-30 minutes.

## Nutritional Information:

Total servings - 3

Per serving:

Fat: 19g
Carbohydrates: 4g
Protein: 38g
Calories: 337



## MEAL PLAN



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