

100 Recipes to stay FIT

A ketogenic diet is simply defined as a low carb, moderate protein, and high-fat diet that places the human body into a metabolic state known as ketosis.

This diet has been tested by several studies and researchers and is proven to help in weight loss and also helps reduce risk factors for diabetes, hearth disease, stroke, Alzheimer's, epilepsy, and more. Although, one of the most popular benefits of a low carb diet is that it helps lose weight effortlessly and effectively.

5-Second Tropical Loophole
Dissolves 59lbs [WATCH VIDEO](#) 

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Herbed Yogurt Cheese

Makes 2 cups

Ingredients

2 cups yogurt cheese made from nonfat yogurt
2 scallions, trimmed and minced
2 Tbsp. chopped fresh parsley plus leaves for garnish
1 Tbsp. chopped fresh basil or 1/2 tsp. dried
1 clove garlic, minced
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

Instructions

In a medium-sized bowl, blend together yogurt cheese, scallions, parsley, basil, garlic, salt and pepper with a wooden spoon. (The cheese may be prepared ahead and stored, covered, in the refrigerator for up to 2 days).

To serve, spread the cheese on crostini and garnish with parsley leaves.

Nutritional Information:

24 calories
0 g fat mono
1 mg cholesterol
3 g carbohydrate
3 g protein
66 mg sodium



1. Marinated Yogurt Cheese

Makes 4 small cheeses

Ingredients

yogurt cheese from 32 oz. low-fat yogurt
3 Tbsp. olive oil, preferably extra-virgin

3 Tbsp. minced fresh parsley

1 Tbsp. minced fresh dill
2 cloves garlic, finely minced
1/2 tsp. dried thyme
1/2 tsp. dried rosemary
1/2 tsp. dried basil

Instructions

Divide yogurt cheese into 4 rounds, shaping patties with your hands. Place in a wide, shallow bowl. Combine remaining ingredients and pour over cheese. Let stand at room temperature for 1/2 hour; cover and refrigerate overnight. Remove from refrigerator 1/2 hour before serving. Serve with crusty French bread or crackers.

Nutritional Information:

42 calories
2 g fat mono
4 mg cholesterol
3 g carbohydrate
3 g protein
27 mg sodium

Mediterranean Grilled Vegetable Soup

Makes about 5 cups, serves 6

Ingredients

2 red bell peppers, cored, seeded and quartered lengthwise
1 yellow bell pepper, cored, seeded and quartered lengthwise
2 small zucchini (1/2 lb. total), trimmed and quartered lengthwise
1 red onion, peeled and cut into 1/2-inch-thick slices
1 tsp. olive oil
3 large vine-ripened tomatoes (1 1/4 lbs.), cored and chopped
1 clove garlic, peeled
1/2 tsp. dried oregano
1/4 cup shredded basil leaves
1 Tbsp. red-wine vinegar
salt & freshly ground black pepper to taste.

Instructions

Prepare a grill or preheat the broiler. Grill or broil bell peppers, skin-side toward the flame, until the skin is blackened, 5 to 10 minutes. Place in a paper bag and set aside for 15 minutes.

Meanwhile, brush zucchini and onion slices with oil and grill or broil until well browned and tender, about 5 minutes. Chop coarsely and set aside.

Peel the peppers. Coarsely chop the yellow pepper and set aside with the reserved zucchini and onions. Place the red peppers in a food processor or blender, along with tomatoes, garlic and oregano; puree until smooth. Transfer to a bowl and stir in 1 cup water, basil, vinegar and the reserved chopped vegetables. Season with salt and pepper. Cover and refrigerate until cool, about 30 minutes. (The soup can be stored, covered, in the refrigerator for up to 2 days.)

Nutritional Information:

56 calories
1 g fat mono
0 mg cholesterol
11 g carbohydrate
2 g protein
12 mg sodium

Roasted Tomato Soup

Makes about 5 cups, serves 6

Ingredients

8-10 ripe tomatoes (3 lbs.), cored, halved and seeded
1 1/2 tsp. olive oil
2 red onions, chopped
1 clove garlic, minced
3 cups defatted reduced-sodium chicken stock
3 Tbsp. chopped fresh basil
salt & freshly ground black pepper to taste

Instructions

Preheat broiler. Spray a baking sheet with nonstick cooking spray. Place tomatoes on the baking sheet, cut-side down. Broil until skins are blistered, about 10 minutes. Set aside to cool. Slip off skins and chop coarsely.

Meanwhile, in a medium-sized saucepan, heat oil over medium-low heat. Add onions and sauté for 5 minutes. Add garlic and sauté until the onions are very soft, about 5 minutes longer. Stir in tomatoes and cook, stirring, for 1 minute. Transfer the mixture to a food processor or blender and process until smooth; return to the saucepan. Stir in chicken stock and bring to a boil. Reduce heat to low and simmer for 5 minutes. Remove from heat and stir in basil. Season with salt and pepper. Cover and refrigerate until chilled, at least 1 hour. (The soup can be stored, covered, in the refrigerator for up to 2 days.)

Nutritional Information:

90 calories
2 g fat mono
0 mg cholesterol
16 g carbohydrate
4 g protein
216 mg sodium

Baked Halibut with Salsa Verde

Makes 4 servings

Ingredients

1 1/2 pounds halibut steak

1 teaspoon olive oil, preferably extra-virgin

Salt & freshly ground black pepper to taste

Salsa verde

1 1/2 tablespoons olive oil, preferably extra-virgin

2 tablespoons very finely chopped fresh parsley, preferably Italian flat-leaf

1 tablespoon minced shallots

1 1/2 teaspoons capers, rinsed and chopped

1 small clove garlic, minced

1 teaspoon fresh lemon juice

1/2 teaspoon anchovy paste

Instructions

To bake halibut:

1. Preheat oven to 300°F.
2. Set halibut on a large sheet of aluminum foil, drizzle with oil and season with salt and pepper. Bring together sides and ends of foil and seal into a tent, leaving an air space on top. Transfer tent to a large baking dish or baking sheet. Bake until the interior of the fish is opaque, 15 to 20 minutes.

To make salsa verde:

1. Combine oil, parsley, shallots, capers, garlic, lemon juice and anchovy paste in a small bowl. Season with salt and pepper.
2. Divide baked halibut into 4 medallions. Spoon a little salsa verde on top of each portion and serve.

Nutritional Information:

200 calories

9 total fat (1 g sat)

41 mg cholesterol

1 g carbohydrate

27 g protein

0 g fiber

155 mg sodium

Cumin-CrustedSeaBass

4 servings

Ingredients

1 Tbsp. cumin seeds
1/2 tsp. kosher salt
1/4 tsp. freshly ground black pepper
1 lb. sea bass fillets, skinned and cut into 4 pieces
1/2 Tbsp. olive oil
1-1/2 Tbsp. chopped fresh parsley
Lemon or lime wedges

Instructions

1. Preheat oven to 375 degrees F.
2. In a dry skillet, toast cumin seeds over medium heat, stirring, until fragrant, 2 to 4 minutes. Transfer to a bowl to cool.
3. With a spice grinder or mortar and pestle, grind cumin seeds, salt and pepper into a fine powder. Rub spice mixture on both sides of bass.
4. In a large ovenproof skillet, heat oil over medium-high heat. Add bass and cook until browned, 2 to 3 minutes per side.
5. Transfer skillet to oven and bake until fish is opaque in the center, 3 to 7 minutes. Sprinkle with parsley and serve immediately, with lemon or lime wedges.

Nutritional Information:

130 calories
4 total fat (1 g sat)
47 mg cholesterol
1 g carbohydrate
21 g protein
0 g fiber
345 mg sodium

Fillet of Sole with Spinach & Tomatoes

4 servings

Ingredients

12 cups spinach (1 1/4 lbs.), trimmed and washed thoroughly
2 cloves garlic, minced
salt & freshly ground black pepper to taste
1 lb. sole fillets
4 small plum tomatoes, sliced

Instructions

Preheat oven to 400 degrees F. Prepare 4 pieces of parchment paper or aluminum foil for papillotes. Put spinach, with water still clinging to its leaves, into a large pot. Cover; steam the spinach over medium-high heat, stirring occasionally, until just wilted, about 5 minutes. Drain; when cool enough to handle, press out excess liquid.

Chop and place in a small bowl. Stir in garlic. Season with salt and pepper.

Place one quarter of the spinach mixture in the center of one half of each opened paper heart. Lay a sole fillet over the spinach and arrange tomato slices over the sole. Season with salt and pepper. Seal the packages and place them on a baking sheet. Bake for 10 to 12 minutes, or until the packages are puffed. (You may want to open one package to check that the fish is opaque.) Transfer the packages to individual plates; let each diner open his or her own package.

Nutritional Information:

156 calories
2 g fat mono
55 mg cholesterol
9 g carbohydrate
27 g protein
231 mg sodium

MediterraneanRoastedFish

4 servings

Ingredients

2 tsp. olive oil
1 large onion, thinly sliced
3 Tbsp. dry white or red wine
2 cloves garlic, finely chopped
1 14-oz. can whole tomatoes, drained and coarsely chopped
8 imported black olives, such as Kalamata, pitted and coarsely chopped
1/4 tsp. dried oregano
1/4 tsp. grated orange zest
salt & freshly ground black pepper to taste
1 lb. thick-cut, firm-fleshed fish fillets, such as cod, halibut,
mahi-mahi or monkfish, trimmed of any membrane, cut into 4 portions

Instructions

Preheat oven to 450 degrees. In a large nonstick skillet, heat oil over medium-high heat. Add onions and sauté until lightly browned, about 5 minutes. Add wine and garlic; simmer for 30 seconds. Stir in tomatoes, olives, oregano and orange zest. Season with salt and pepper.

Arrange fish in a single layer in a shallow baking dish and season with salt and pepper. Spoon the tomato mixture over the fish. Bake for about 15 minutes, or until the fish fillets are opaque in the center.

Nutritional Information:

166 calories
9 g fat mono
47 mg cholesterol
21 g protein
116 mg sodium

Mustard-Crusted Salmon

4 servings

Prep time: 20 minutes

Ingredients

1-1/4 pounds center-cut salmon fillets, cut into 4 portions

Salt & freshly ground black pepper to taste

1/4 cup reduced-fat sour cream

2 tablespoons coarse-grained mustard

2 teaspoons fresh lemon juice

4 lemon wedges

Instructions

1. Preheat broiler. Line a metal pan with foil, then lightly oil or coat it with nonstick spray.

2. Place salmon pieces, skin-side down, in prepared pan. Season with salt and pepper. In a small bowl, combine sour cream, mustard and lemon juice. Spread evenly over salmon.

3. Broil salmon, 5 inches from heat source, for 10 to 12 minutes, or until opaque in the center. Serve with lemon wedges.

Nutritional Information:

255 calories

10 total fat (3 g sat)

83 mg cholesterol

1 g carbohydrate

29 g protein

90 mg sodium

Pan-Grilled Salmon Fillets with Tomato & Tarragon

4 servings

Ingredients

1-1 1/4 pounds salmon fillet, skin on (scaling is not necessary), pin bones removed, cut into 4 pieces

Salt & freshly ground black pepper to taste

1/2 cup dry white wine

1/3 cup very finely chopped fresh chives

3 sprigs fresh tarragon

1 teaspoon butter

2 ripe plum tomatoes, seeded and finely chopped

Fresh chives for garnish

Instructions

1. Preheat a 12-inch ovenproof skillet (cast iron is fine) for 3 or 4 minutes over medium-high heat. Preheat the broiler, positioning the top rack about 4 inches from the heat.

2. Place salmon fillets in the skillet, skin-side down, leaving the heat on medium-high. Sprinkle with pepper and cook, undisturbed, for about 6 minutes, or until the salmon flesh turns opaque about halfway up the fish.

3. Transfer the skillet to the broiler and leave it there for 2 or 3 minutes, just until the salmon browns on top. The salmon should still be moist in the middle.

4. Meanwhile, in a small saucepan, heat wine over medium heat. Let it simmer for about 1 minute. Add chives, tarragon and butter and stir. When the butter has melted, add tomatoes and cook another 30 seconds. Adjust seasonings with salt and pepper. Remove and discard the tarragon. Spoon the sauce over the salmon. Garnish with chives.

Nutritional Information:

185 calories

8 total fat (2 g sat)

65 mg cholesterol

3 g carbohydrate

23 g protein

1 g fiber

65 mg sodium

Ratatouille of Roasted Vegetables

6 servings, 5 cups

Ingredients

1 large head garlic
12 ripe plum tomatoes, cored, halved and seeded
1 eggplant (1-1 1/4 lbs.), cut lengthwise into 1/2-inch-thick slices
2 small zucchini, cut in half lengthwise
2 small summer squash, cut in half lengthwise
1 Spanish onion, cut into 1/2-inch-thick slices
1 large red bell pepper, cut in half lengthwise and seeded
1 large yellow bell pepper, cut in half lengthwise and seeded
1/4 cup chopped fresh basil
2 Tbsp. olive oil, preferably extra-virgin
1 Tbsp. chopped fresh thyme
1 tsp. dried oregano
2 bay leaves
1/2 tsp. salt
1/4 tsp. freshly ground black pepper

Instructions

Set oven racks at the two lowest levels; preheat to 450 degrees F. Peel away as much of the papery skin from the garlic as possible and wrap the head loosely in aluminum foil. Bake for 30 minutes, or until the garlic is very soft. Let cool slightly.

Meanwhile, lightly coat 2 baking sheets with vegetable oil or spray with nonstick cooking spray. Arrange tomatoes, eggplant slices, zucchini, squash, onions, red bell peppers and yellow bell peppers on the prepared baking sheets. Roast for 20 minutes, turning once, until just tender and browned. Let cool slightly. Reduce oven temperature to 350 degrees F.

Separate garlic cloves and squeeze the soft pulp into a large heavy saucepan or Dutch oven. Slip skins from the tomatoes and peppers. Slice all the vegetables into pieces and add to the garlic. Stir in basil, olive oil, thyme, oregano, bay leaves, salt and pepper. Cover and bake, stirring occasionally, for 30 minutes, or until heated through and thickened. Remove bay leaves. Taste and adjust seasonings, and serve hot or at room temperature.

Nutritional Information:

113 calories
5 g fat mono
0 mg cholesterol
16 g carbohydrate
3 g protein
208 mg sodium

ScampiwithBroccoli

4 servings

Prep time: 15 minutes

Start to finish: 15minutes

Ingredients

1 Tbsp. olive oil

1 Tbsp. minced garlic

1/2 tsp. crushed red pepper

1 lb. large shrimp, peeled and deveined

Salt to taste

4 cups fresh broccoli florets

2/3 cup water

2/3 cup bottled clam juice

1/2 tsp. cornstarch

2 Tbsp. chopped fresh basil

Lemon juice to taste

Freshly ground black pepper to taste

Lemon wedges

Instructions

1. In a large nonstick skillet, heat 1/2 Tbsp. oil over medium-high heat. Add 1/2 Tbsp. garlic and crushed red pepper; cook, stirring, until fragrant, about 1 minute. Add shrimp and season with salt. Sauté until shrimp are pink, about 3 minutes. Transfer to a bowl; set aside.

2. Add remaining 1/2 Tbsp. oil to skillet. Add broccoli and season with salt. Sauté until bright green, about 1 minute. Add water, cover and cook until broccoli is just tender and water has evaporated, 3 to 5 minutes. Transfer broccoli to bowl with shrimp.

3. In a small bowl, combine clam juice, remaining 1/2 Tbsp. garlic and cornstarch; stir until smooth. Add to skillet and cook, stirring, over medium-high heat, until thickened, 3 to 4 minutes. Stir in basil and season with lemon juice and pepper. Add reserved shrimp and broccoli and heat through. Serve immediately, with lemon wedges.

Nutritional Information:

185 calories

6 total fat (1 g sat)

175 mg cholesterol

7 g carbohydrate

26 g protein

3 g fiber

285 mg sodium

Spicy Halibut with Tomatoes & Olives

4 servings

Prep time: 15 minutes

Start to finish: 15 minutes

Ingredients

1 1/4 lb. halibut or cod fillet, cut into 4 portions

1 tsp. ground cumin

Salt & freshly ground black pepper to taste

1 10-oz. can diced tomatoes with green chilies

1/4 cup sliced green olives with pimientos

2 Tbsp. chopped fresh cilantro

1 tsp. olive oil

Instructions

1. Preheat oven to 450°F. Lightly oil a baking sheet or coat it with nonstick spray. Arrange fish, skin-side down, on baking sheet. Season with 1/2 tsp. cumin, salt and pepper. 2. In a small bowl, combine tomatoes, olives, cilantro, oil and remaining 1/2 tsp. cumin. Spoon over fish. 3. Bake fish for 12 to 15 minutes, or until flaky and opaque in the center. Serve immediately.

Make it a meal

Serve with mashed potatoes and peas or black beans and rice.

Nutritional Information:

185 calories

6 total fat (1 g sat)

45 mg cholesterol

3 g carbohydrate

30 g protein

1 g fiber

540 mg sodium

Swordfish Kebabs

4 servings

Ingredients

2 Tbsp. lemon juice

1 Tbsp. olive oil

1 Tbsp. chopped fresh rosemary or 1 tsp. dried

1/2 tsp. salt

1/4 tsp. freshly ground black pepper

1 lb. swordfish steaks, cut into 1 1/4-inch cubes

1 small zucchini or summer squash, sliced into 1/4-inch-thick ovals

Instructions

Prepare a grill. If using wooden skewers, soak eight 10-inch skewers in water for 20 minutes. In a shallow dish, stir together lemon juice, olive oil, rosemary, salt and pepper. Add swordfish and stir to coat well. Cover with plastic wrap and marinate in the refrigerator for 15 minutes. Thread skewers alternately with pieces of swordfish and zucchini or summer squash. Grill the kebabs on a lightly oiled grill rack until the fish is opaque in the center, about 5 minutes per side.

Nutritional Information:

177 calories

8 g fat mono

44 mg cholesterol

2 g carbohydrate

23 g protein

370 mg sodium

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