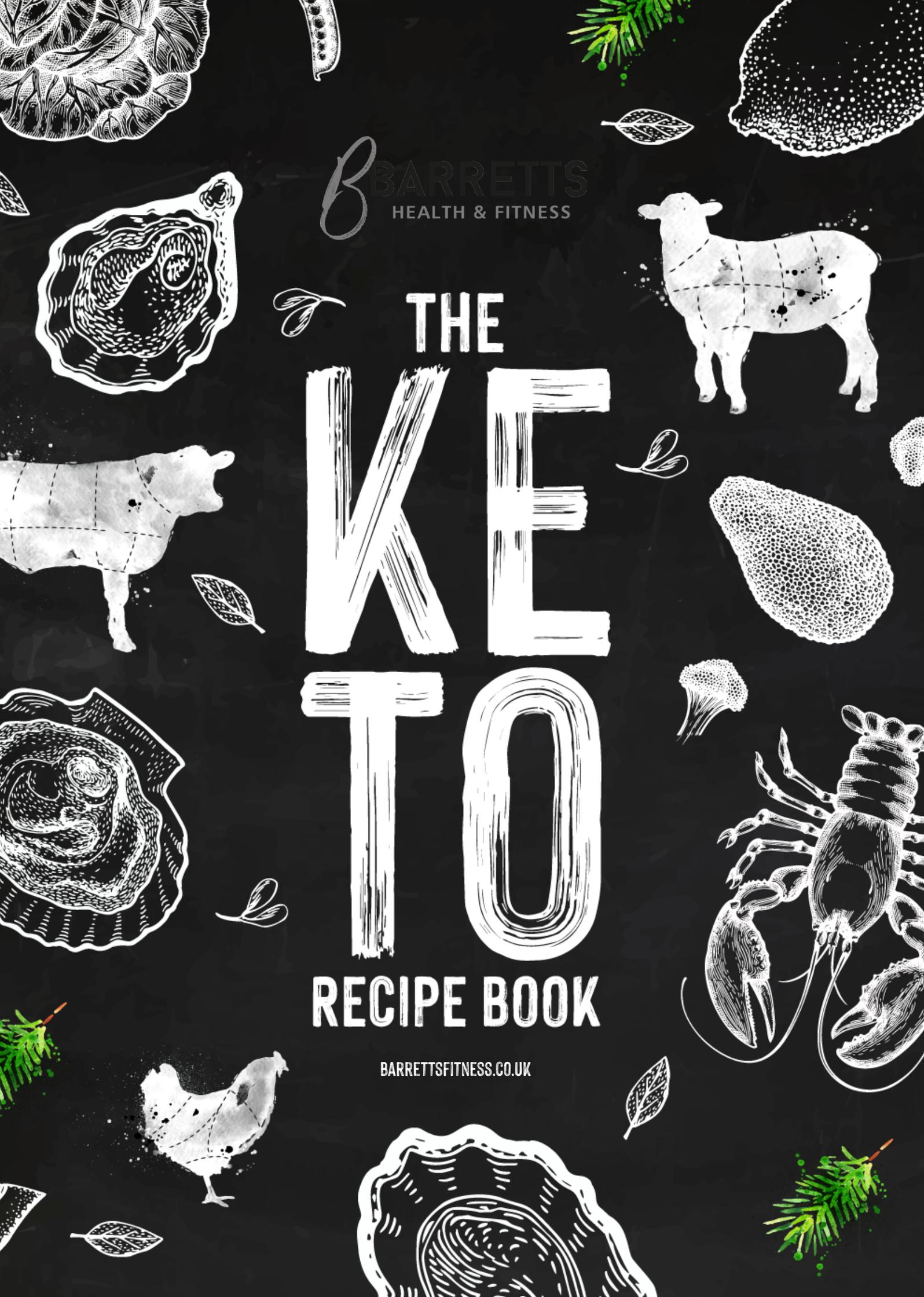


B BARRETTS
HEALTH & FITNESS

THE
KETO
TO
RECIPE BOOK

BARRETTSFITNESS.CO.UK





AT BARRETT'S HEALTH & FITNESS WE KNOW IT CAN BE DIFFICULT TO DECIDE WHAT TO COOK, ESPECIALLY WHEN IT COMES TO A LOW CARB MEAL (HOW DO WE GET SUFFICIENT CALORIES TO MEET OUR GOAL) SO WE HAVE PUT TOGETHER A RECIPE BOOK TO HELP YOU DECIDE WHAT TO HAVE.

MEALS DON'T HAVE TO BE BLAND TO BE GOOD AS WE ARE ALL LED TO BELIEVE. SO GET YOUR TASTE BUDS AROUND THESE AMAZING RECIPES AND LOOK FORWARD TO COOKING THE NEXT ONE.

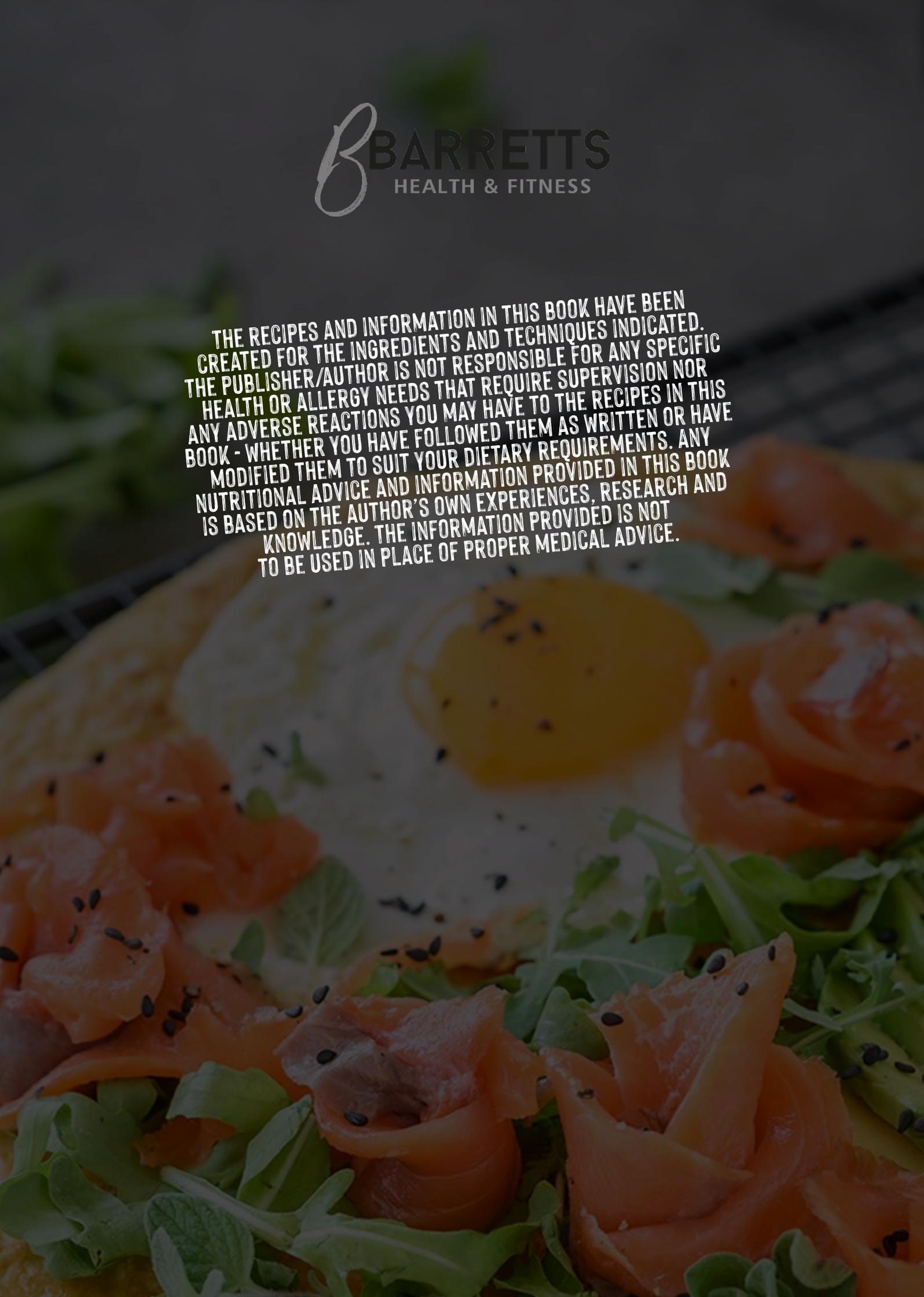
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OWNER

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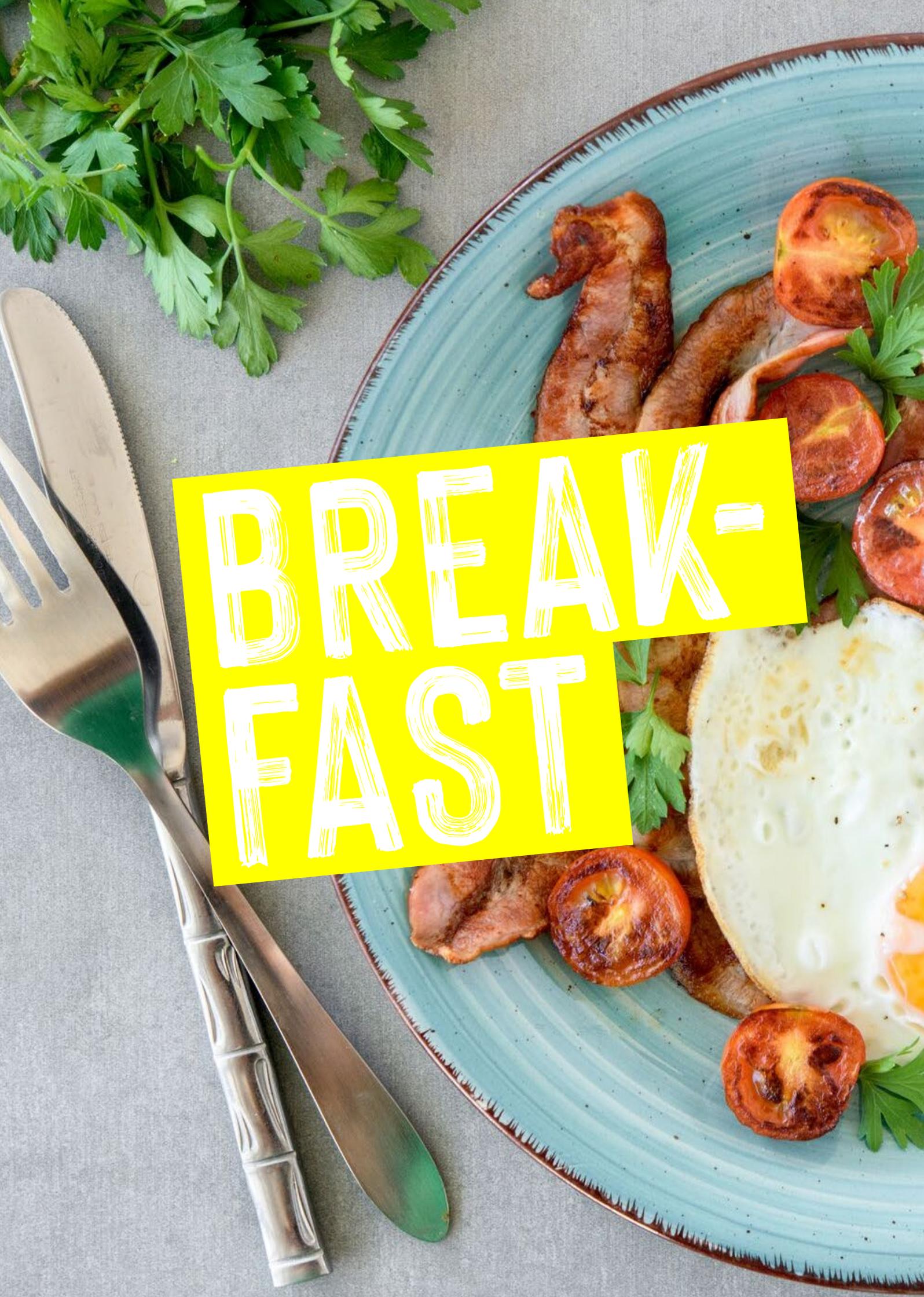
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A top-down photograph of a breakfast meal on a light blue ceramic plate with a dark brown rim. The meal includes a sunny-side-up egg, several slices of fried bacon, and several slices of roasted tomatoes. Fresh green parsley is scattered around the food. To the left of the plate, a silver fork and a silver butter knife are placed on a grey surface. A bright yellow rectangular overlay is positioned in the center, containing the text 'BREAKFAST' in a white, stylized, hand-drawn font. The text is split across two lines: 'BREAK-' on the top line and 'FAST' on the bottom line.

BREAK-
FAST



TOTAL TIME: 15 MINUTES
SERVES: 4



BACON AND EGGS

INGREDIENTS

8 large eggs
140 grams sliced bacon
12-16 cherry tomatoes
5 grams chopped fresh parsley

INSTRUCTIONS

Over a medium high heat, fry the bacon until crisp and set aside but leave the fat in the pan.

Next crack the eggs into the hot bacon grease and cook to your liking.

Season the eggs with salt and pepper, then add to a plate with the bacon, then add the cherry tomatoes to the hot pan and fry for a few minutes.

Serve the tomatoes with the bacon and eggs, and garnish with the parsley.

MACROS PER PORTION

 CALORIES	322
 PROTEIN	25
 CARBS	4
 FATS	22
 FIBRE	1



10

TOTAL TIME: 12 HOURS 25 MINUTES
SERVES: 4



KETO BREAKFAST BOWL

INGREDIENTS

½ kilogramme sirloin steak
60 millilitres soy sauce
2 tablespoons Calamansi juice or lime juice
6 medium cloves garlic, minced
3 teaspoons garlic powder
1 tablespoon granulated erythritol
1 cup coconut oil
½ kilogramme cauliflower rice
4 large eggs

INSTRUCTIONS

Combine the soy, citrus, garlic, sweetener, garlic powder, salt and pepper together in a bowl, mixing until the sweetener and salt are dissolved.

Place the beef in a sealable bag and pour in the marinade before refrigerating overnight to cure.

Once marinated, remove the steak from the bag and heat a frying pan coated with coconut oil.

Add the beef slices and fry, turning until all liquid is absorbed.

Remove the beef from the pan and allow to cool before slicing it into strips.

Add the remaining coconut oil and minced garlic to the pan.

Stir the salt and garlic powder into the hot oil then add the garlic mince. Sauté until it becomes aromatic, then add the cauliflower rice and toss to coat.

Cook until tender and almost dry, then season with remaining garlic powder and black pepper.

In a separate pan, fry eggs to your liking.

Remove the cauliflower rice and eggs from pans, serve with the beef strips and your favourite toppings.

MACROS PER PORTION

 **CALORIES** 887

 **PROTEIN** 40

 **CARBS** 11

 **FATS** 75

 **FIBRE** 3



12

TOTAL TIME: 15 MINUTES
SERVES: 1



BREAKFAST QUESADILLA

INGREDIENTS

FILLING

- 1 egg
- 15 grams MCT oil
- 40 grams cooked bacon or sliced ham diced
- 30 grams feta cheese
- 2 tablespoons mayonnaise
- 1 tablespoon jalapeños sliced

QUESADILLA

- 175 grams mozzarella grated
- 30 grams cream cheese
- 75 grams almond meal
- ½ teaspoon xanthan gum
- ½ teaspoon baking powder
- 1 egg

INSTRUCTIONS

Mix the egg with the MCT oil and place in small poacher or bowl and microwave for 80 seconds then slice into 6 equal pieces

Next, in a large bowl mix the mozzarella, cream cheese, and almond meal and microwave for 1 minute. Stir and microwave for another 30 seconds

Stir in xanthan gum, baking powder and egg.

Turn the mixture out onto large sheet of baking paper and top with another sheet. Using your hands, press it out into a rough rectangle about 45 x 25 cm.

Next warm a frying pan over medium to low heat and cut a rough 20 cm circle of the dough. Place this in the pan for 1-2 minutes.

Top with the egg and other fillings, before topping with another circle of dough and cook for 5 minutes more.

Serve with favourite dips or sauces.

MACROS PER PORTION

 CALORIES	506
 PROTEIN	20
 CARBS	6
 FATS	45
 FIBRE	0



14

TOTAL TIME: 20 MINUTES
SERVES: 6



LOW CARB PANCAKES

INGREDIENTS

100 grams blanched almond flour
25 grams coconut flour
2-3 tablespoons erythritol (or any sweetener of choice)
1 teaspoon gluten-free baking powder
5 large eggs
70 millilitres unsweetened almond milk or milk of choice (you may need more)
60 millilitres avocado oil (or any neutral tasting oil that is liquid at room temperature)
1½ teaspoons vanilla extract (optional)
¼ teaspoon sea salt (optional)

INSTRUCTIONS

In a bowl, whisk everything together until a smooth batter is formed.
It should resemble normal pancake batter and can be thinned out with a little extra milk if not. Add the extra milk sparingly or the pancakes will be too wet.
Preheat an oiled pan over medium-low to medium heat.
Drop the batter onto the hot pan and form into circles. Cover and cook for about 1½ to 2 minutes, until bubbles start to form.
Turn them over and cook another 1½ to 2 minutes, until browned on the other side.
Repeat with the remaining batter and serve with your choice of toppings.

MACROS PER PORTION

 CALORIES	268
 PROTEIN	9
 CARBS	6
 FATS	23
 FIBRE	3



16

TOTAL TIME: 25 MINUTES
SERVES: 2



KETO BREAKFAST PIZZA

INGREDIENTS

650 grams grated cauliflower

2 tablespoons coconut flour

½ teaspoon salt

4 eggs

1 tablespoon psyllium husk powder

TOPPINGS:

Smoked salmon, avocado, herbs, spinach, olive oil

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line a pizza tray or baking sheet with parchment or greaseproof paper.

Meanwhile, in a mixing bowl, add all ingredients except toppings and mix until combined.

Set aside for 5 minutes so the coconut flour and psyllium husk soak up all the liquid.

Carefully pour the pizza base onto the pan. Use your hands to mould it into a round, even pizza crust.

Bake for 15 minutes, or until golden brown and fully cooked.

Remove from the oven and top with your chosen toppings.

Serve warm.

MACROS PER PORTION

 **CALORIES** 454

 **PROTEIN** 22

 **CARBS** 26

 **FATS** 31

 **FIBRE** 17





SIDES &
SMALL
PLATES



20

TOTAL TIME:
SERVES: 2



DARK CHOCOLATE SHAKE

INGREDIENTS

30 grams low carb dark chocolate
2 tablespoons hulled hemp seeds
2 tablespoons powdered erythritol, to taste
1 tablespoon cacao powder
120 millilitres coconut cream, chilled
½ medium avocado
120 millilitres almond milk
150 grams ice
Flaked salt, to garnish

INSTRUCTIONS

In a high-powered blender, pulse the chocolate, cacao powder, sweetener, and hemp seeds until finely ground.

Next add the remaining ingredients and blend further.

Once it's well mixed, divide between two glasses and top with a couple of flakes of salt.

Enjoy ice cold.

MACROS PER PORTION

 CALORIES	349
 PROTEIN	7
 CARBS	6
 FATS	33
 FIBRE	0



22

TOTAL TIME: 30 MINUTES
SERVES: 8



SNACK BOMBS

INGREDIENTS

4 hardboiled eggs, chopped
225 grams cream cheese
2 tablespoons minced spring onion
450 grams bacon, cooked and crumbled

INSTRUCTIONS

Mix the egg, cream cheese and green onion and roll into 8 balls.

Place the balls in the freezer for 10 minutes to set.

Spread the crumbled bacon on a plate and roll the balls in it, pressing slightly to allow the bacon to stick into the ball.

These tasty snacks will store in an airtight container in the refrigerator for up to 4 days.

MACROS PER PORTION

 CALORIES	208
 PROTEIN	12
 CARBS	1
 FATS	19
 FIBRE	0



24

TOTAL TIME: 30 MINUTES
SERVES: 12



BACON SUSHI

INGREDIENTS

6 rashers bacon, halved
2 cucumbers, thinly sliced
2 medium carrots, thinly sliced
1 avocado, sliced
115 grams cream cheese, softened
Sesame seeds, for garnish

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and line a baking sheet with aluminium foil.

Place a rack on the lined sheet and arrange the bacon halves in an even layer. Bake until slightly crisp but still pliable (around 11 to 12 minutes).

While the bacon is cooking, cut the cucumbers, carrots, and avocado into pieces roughly the width of the bacon.

When bacon is cooked, allow to cool enough to touch, then spread an even layer of cream cheese on each slice.

Divide vegetables evenly between the bacon and place on one end then roll up tightly.

Garnish with sesame seeds and serve.

MACROS PER PORTION

 CALORIES	94
 PROTEIN	4
 CARBS	1
 FATS	8.1
 FIBRE	0



26

TOTAL TIME: 2 HOURS 12 MINUTES
SERVES: 8



COURGETTE CHIPS

INGREDIENTS

2 medium courgettes

1 tablespoon olive oil or avocado oil

½ teaspoon sea salt (or a seasoned salt for extra flavour - I used truffle salt)

INSTRUCTIONS

Preheat your oven to low as it will go.

Use a mandolin to slice courgette to ⅛ inch thick.

Add olive oil and toss to coat the slices thoroughly. Sprinkle very lightly with salt (you will need less than you may think as the slices will shrink during cooking, making the flavour more intense).

Toss to coat again. Place racks on top of two cookie sheets, then top those with parchment or greaseproof paper. Arrange the zucchini slices in a single layer. Bake for around 2½ hours, rotating the pans halfway through.

The chips are done when they are golden and just starting to crisp.

Allow them to cool in the oven with the heat off and the door open to allow them to crisp up further.

MACROS PER PORTION

 **CALORIES** 24

 **PROTEIN** 1

 **CARBS** 1

 **FATS** 2

 **FIBRE** 1



28

TOTAL TIME: 40 MINUTES
SERVES: 8



KETO FRIES

INGREDIENTS

- 2 medium swede (700 grams each)
- 60 millilitres avocado oil
- 1 teaspoon sea salt
- ¼ teaspoon black pepper

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Peel the swede then slice them into circles, ¼-inch thick. Stack the circles and slice them into ¼-inch wide sticks.

In a large bowl, toss the sticks with the avocado oil, sea salt, and black pepper.

Place a rack onto a large baking sheet and arrange the fries in a single layer.

Bake for 35-45 minutes, or until fries are soft on the inside and golden and crispy on the outside.

Serve piping hot.

MACROS PER PORTION

 CALORIES	96
 PROTEIN	1
 CARBS	8
 FATS	6
 FIBRE	2



30

TOTAL TIME: 25 MINUTES
SERVES: 6



STUFFED AVOCADOS

INGREDIENTS

12 slices low sodium turkey bacon or low sodium bacon
3 whole avocados, cut in half, pits removed
½ lemon
250 grams diced or shredded cooked chicken breasts
3 spring onions, washed, trimmed, and sliced (keep the sliced green parts for garnish)
Plain non-fat yogurt or low-fat sour cream, optional
Dried parsley, for garnish, optional
Cracked black pepper, for garnish, optional

FOR THE LEMON DRESSING

60 millilitres extra virgin olive oil
60 millilitres fresh lemon juice
½ teaspoon dried oregano
1 clove garlic, minced
Salt and fresh ground pepper, to taste

INSTRUCTIONS

Cook the bacon until browned and crisp, then when cool enough to handle, crumble it into a large bowl.

Halve the avocados, remove the stone, and carefully scoop out the flesh, taking care to retain the skin whole. Chop the flesh and add it to the salad bowl.

Squeeze some of lemon juice over the diced avocados and the empty shells to prevent browning.

In the bowl, mix in the chicken and the white of the onions then set aside.

Next make the lemon dressing. Whisk all the ingredients together in a small bowl adjust the seasonings to taste and pour it over the salad.

Taste the salad and adjust the seasonings again if needed.

Using a spoon, scoop out the salad and fill the empty avocado shells. If desired, add a blob of plain low-fat yogurt or sour cream.

Garnish with the green of the onions, dried parsley and cracked black pepper.

Serve immediately.

MACROS PER PORTION

 CALORIES	215
 PROTEIN	18
 CARBS	2
 FATS	14
 FIBRE	0



A close-up photograph of a dark grey bowl filled with a meal. The bowl contains a base of fluffy white rice, topped with a perfectly fried sunny-side-up egg. The egg's yolk is bright orange and slightly runny, while the white is cooked and slightly browned at the edges. Scattered around the egg are several pieces of sliced, cooked meat, possibly pork or beef, which appear tender and slightly charred. Fresh green herbs, likely parsley, are sprinkled over the dish. A bright yellow banner with the word "MAINS" in a white, stylized, hand-drawn font is positioned diagonally across the center of the bowl. The background is a dark, textured surface, possibly a table or countertop.

MAINS



34

TOTAL TIME: 29 MINUTES
SERVES: 6



LEMON CHICKEN

INGREDIENTS

6-8 boneless chicken thighs with or without the skin
Sea salt and pepper to taste
½ teaspoon garlic powder
½ teaspoon smoked paprika
½ teaspoon red chilli flakes or to taste
2 tablespoons olive oil
3 tablespoons butter
½ small onion chopped
4 garlic cloves sliced or minced
Juice of 1 lemon
2-4 teaspoons Italian seasoning
Zest of half a lemon
⅓ cup homemade or low sodium chicken broth
2 tablespoons double cream or coconut cream
Chopped fresh parsley and lemon slices for garnish, if desired

INSTRUCTIONS

In a medium-sized frying pan over medium-high heat add olive oil and cook the chicken for 4-5 minutes on either side, or until chicken reaches 165 degrees using a cooking thermometer. Transfer to a plate and set aside.

Return the pan back to heat and melt the butter. Stir in the onion and garlic, then add the lemon juice to deglaze the pan and cook for 1 minute more.

Add the Italian seasoning, lemon zest, and chicken broth then stir in the cream.

Once the sauce has bubbled and thickened slightly, add the chicken back into the pan until hot.

Arrange on a serving plate, spoon the sauce over chicken and sprinkle with chopped parsley.

Serve with your favourite sides and garnish with lemon slices, if desired.

MACROS PER PORTION

 CALORIES	366
 PROTEIN	18
 CARBS	2
 FATS	31
 FIBRE	0



36

TOTAL TIME: 6 HOURS 15 MINUTES
SERVES: 4



CHICKEN SATAY SKEWERS

INGREDIENTS

2 boneless skinless chicken breasts
10 wooden skewers (soak for about 30 minutes before using)
1 spring onion thinly sliced

MARINADE:

120 millilitres full-fat coconut milk
3 cloves garlic minced
½ teaspoon curry powder
½ teaspoon salt
½ teaspoon ground black pepper
¼ teaspoon cayenne powder

PEANUT SAUCE:

65 grams sugar free creamy peanut butter
3 cloves garlic minced
2 tablespoons sesame oil
1 tablespoon olive oil
1 tablespoon soy sauce
1 tablespoon lime juice

INSTRUCTIONS

In a large bowl, combine all marinade ingredients stirring until well mixed. Cut chicken breasts into 1-inch chunks and add them to the marinade, stirring to coat well. Cover and refrigerate for at least 6 hours or overnight is best.

Preheat your oven to 230°C/450°F/gas 8 and thread the marinated chicken onto the soaked skewers, leaving room on each skewer for handling.

Place the skewers in a single layer on a large baking sheet. Bake for 10 minutes, rotate the skewers, and then bake another 5 minutes or until cooked through.

While the chicken is cooking, add all the peanut sauce ingredients to a small saucepan.

Whisk together over medium-low heat until smooth, then keep warm, stirring occasionally.

Transfer chicken skewers onto a serving plate and brush the warm peanut sauce over the chicken.

Top with sliced spring onions and if desired, black pepper.

Serve while warm.

MACROS PER PORTION

 CALORIES	330
 PROTEIN	30
 CARBS	5
 FATS	20
 FIBRE	2



38

TOTAL TIME: 30 MINUTES
SERVES: 6



STUFFED CHICKEN BREASTS

INGREDIENTS

6 chicken breast portions
2 tablespoons olive oil
115 grams cream cheese softened
65 grams Greek yogurt
50 grams mozzarella cheese shredded
50 grams artichoke hearts thinly sliced
60 grams frozen spinach drained
½ teaspoon salt
¼ teaspoon pepper

INSTRUCTIONS

Pound the chicken fillets until they are 1-inch thick, then using a sharp knife, cut each chicken breast down the middle, but not all the way through, creating a pocket for the filling. Then season with ¼ teaspoon salt and ⅛ teaspoon pepper.

Next make the filling. In a medium sized bowl, combine both cheeses, Greek yogurt, artichoke hearts, drained spinach, ¼ teaspoon salt and ⅛ teaspoon pepper. Mix well to combine.

Carefully fill each chicken breast with equal amounts of the filling. If you end up with left over filling, set it aside until the chicken is almost cooked.

Warm a large non-stick frying pan over medium heat and add the olive oil. Add the chicken breasts, cover the pan and cook for 7 to 8 minutes on each side, or until chicken reaches 165 degrees with a meat thermometer, or alternatively, the meat juices run clear.

During the last few minutes of cooking, add any additional filling to the pan to warm through.

Serve the chicken with cauliflower rice, or mashed cauliflower and enjoy.

MACROS PER PORTION

 CALORIES	288
 PROTEIN	28
 CARBS	2
 FATS	17
 FIBRE	0



40

TOTAL TIME: 20 MINUTES
SERVES: 4



PIEMENTO CHEESE MEATBALLS

INGREDIENTS

PIMENTO CHEESE

- 85 grams mayonnaise
- 45 grams pimientos or pickled jalapeños
- 1 teaspoon paprika powder or chilli powder
- 1 tablespoon Dijon mustard
- 1 pinch cayenne pepper
- 115 grams cheddar cheese, grated

MEATBALLS

- 680 grams minced beef
- 1 egg
- Salt and pepper
- 2 tablespoon butter, for frying

INSTRUCTIONS

Mix all the pimiento cheese ingredients together in a large bowl.

Add the beef and egg to the cheese mixture, then using a wooden spoon or your hands mix to combine well. Season with salt and pepper to taste.

Again, using your hands, form large meatballs and fry them in butter in a non-stick frying pan over a medium heat until they are thoroughly cooked.

Serve with a side dish of your choice, a green salad and perhaps a homemade mayonnaise.

MACROS PER PORTION

 CALORIES	692
 PROTEIN	26
 CARBS	1
 FATS	73
 FIBRE	0



42

TOTAL TIME: 50 MINUTES
SERVES: 4



CHICKEN ENCHILADA BOWL

INGREDIENTS

2 tablespoons coconut oil
450 grams boneless, skinless chicken thighs
75 grams low carb red enchilada sauce
60 millilitres water
40 grams chopped onion
115 gram jar green chillies, diced

TOPPINGS

1 whole avocado, diced
100 grams shredded cheese
45 grams chopped pickled jalapenos
125 grams sour cream
1 medium tomato, chopped

INSTRUCTIONS

In a pot oven over medium heat melt the coconut oil and sear the chicken thighs until lightly browned.

Pour in the enchilada sauce and water then add the onion and green chillies. Reduce the heat to a simmer, cover and cook for 20 to 25 minutes or until chicken is tender and fully cooked through.

Remove the chicken and place onto a cutting board. Shred the chicken then add it back into the pot.

Let the chicken simmer uncovered for an additional 10 minutes to absorb the flavours, and to allow the sauce to reduce.

Serve hot, topped with avocado, cheese, jalapeno, sour cream and tomato, and any other desired toppings.

Feel free to mix and match toppings to your preference.

MACROS PER PORTION

 CALORIES	568
 PROTEIN	38
 CARBS	6
 FATS	40
 FIBRE	0



44

TOTAL TIME: 30 MINUTES
SERVES: 8



CRAB CAKES

INGREDIENTS

450 grams lump crab meat
75 grams onion, finely chopped
3 tablespoons blanched almond flour or golden flaxseed meal for nut-free
60 millilitres egg white
2 tablespoons mayonnaise
1 teaspoon Worcestershire sauce
1 teaspoon mustard
1 tablespoon dried parsley
1 tablespoon Old Bay seasoning
2 tablespoons Olive oil

INSTRUCTIONS

Heat two teaspoons of olive oil in a frying pan over medium heat. Sauté the onion for about 10 minutes until translucent and starting to brown.

Meanwhile, mix all the other ingredients except the crab and remaining olive oil. When everything is well combined, add the sautéed onions, and then very gently fold in the crab meat.

Form 8 patties and place on a lined baking sheet. If possible, refrigerate for at least 30 minutes to firm up.

Fry crab cakes over medium heat, in two batches of four.

Use about two teaspoons of oil for each batch, and cook for about 3-5 minutes per side, until browned.

Serve warm with lemon wedges and a crisp green salad.

MACROS PER PORTION

 CALORIES	106
 PROTEIN	9
 CARBS	2
 FATS	7
 FIBRE	0



46

TOTAL TIME: 1 HOUR 15 MINUTES
SERVES: 6



STUFFED PEPPERS

INGREDIENTS

6 large peppers
680 grams minced beef
4 cloves garlic, minced
450 grams low carb pasta sauce
1 tablespoon Italian seasoning
225 grams ricotta cheese
100 grams mozzarella cheese, shredded
Sea salt, to taste
Black pepper, to taste

INSTRUCTIONS

First make the sauce by heating the oil in a pan over a medium-high heat. Cook the garlic for about 30 seconds, then add the minced beef. Cook until browned, breaking apart the meat with a spoon or spatula.

Stir in the pasta sauce and Italian seasoning, taste and season with salt and pepper. Reduce heat to a gentle simmer for about 10 minutes.

Next preheat your oven to 190°C/375°F/gas 5 and line a baking sheet with foil.

Slice off the tops of the peppers and clean out the inside. Slice a layer off the bottoms so the peppers have a flat base, but avoid cutting through to the cavity.

Layer 1-2 tablespoons each of the meat sauce, and both cheeses inside the bell peppers. Repeat until peppers are filled to the top, with mozzarella being the top layer.

Place the peppers on the lined baking sheet and cover with aluminium foil, ensuring the foil is not touching the cheese.

Bake for 30 minutes, then remove the foil and bake 10 more minutes, until cheese is melted and browned.

Serve hot.

MACROS PER PORTION

 CALORIES	412
 PROTEIN	30
 CARBS	10
 FATS	27
 FIBRE	2



48

TOTAL TIME: 20 MINUTES
SERVES: 4



COCONUT SHRIMP

INGREDIENTS

450 grams medium prawns, peeled and de-veined
3 tablespoons coconut flour
3 large eggs, beaten
95 grams unsweetened coconut flakes
¼ teaspoon garlic powder
¼ teaspoon smoked paprika
¼ teaspoon sea salt
⅓ teaspoon black pepper

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and place a non-stick wire rack onto a lined baking sheet. Spray or brush the rack with oil.

Arrange three bowls - one with beaten eggs, one with coconut flakes, and one with a mixture of the coconut flour, garlic powder, smoked paprika, sea salt, and black pepper.

Dunk each prawn in the coconut flour mixture, then dip in the egg (shaking off the excess), and finally roll in the coconut flakes. Place each prawn on the oiled rack.

Bake for 4 minutes. Turn the prawns over and cook for 5-6 more minutes, until firm and cooked through.

Finally pop under the grill for a couple of minutes, until lightly golden.

Serve immediately.

MACROS PER PORTION

 CALORIES	443
 PROTEIN	31
 CARBS	12
 FATS	30
 FIBRE	7



50

TOTAL TIME: 40 MINUTES
SERVES: 6



CHICKEN PESTO CAULIFLOWER CASSEROLE

INGREDIENTS

375 grams cooked chicken, roughly chopped
1½ kilogrammes raw cauliflower florets
1 teaspoon salt
¼ teaspoon black pepper
½ teaspoon garlic powder
115 grams mascarpone cheese
80 grams basil pesto from a jar
25 grams shredded parmesan cheese
50 grams shredded mozzarella cheese

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.

Meanwhile place the cauliflower in a large microwave safe bowl and cook on high, uncovered, for around 10 minutes or until easily pierced with a fork.

Stir in the mascarpone cheese, salt, pepper, and garlic powder and coat well before adding the chicken, pesto, and parmesan cheese and stirring again.

Transfer to a casserole dish and top with the shredded mozzarella cheese.

Bake for 20 minutes, or until the cheese is melted.

Remove and serve hot straight from the oven.

MACROS PER PORTION

 CALORIES	340
 PROTEIN	29
 CARBS	6
 FATS	22
 FIBRE	2



52

TOTAL TIME: 1 HOUR 11 MINUTES
SERVES: 6



BEEF BRISKET

INGREDIENTS

1 kilogramme beef brisket
30 grams sugar free BBQ seasoning
2 tablespoons avocado or other light tasting oil
4 slices peeled onion
160 millilitres water
2 tablespoons apple cider vinegar
2 tablespoons low sugar ketchup

INSTRUCTIONS

Rub the beef all over with the BBQ seasoning.

Heat the oil in Instant Pot/Pressure cooker on Sauté function, then place the seasoned brisket into the pot and sear for 3 minutes per side.

Remove and set aside. Add the four slices of onion into the pot, then place the brisket, fat side up on top.

Whisk together the water, apple cider vinegar and ketchup and pour this around the brisket.

Cover and seal according to manufacturer's instructions.

Set to Manual, High Pressure and enter 1 hour on the timer.

When finished cooking, use the release function to remove steam and relieve the pressure. Once all steam is removed, unlock and very carefully remove the lid.

Remove the brisket to a cutting board and let it rest for 10 minutes before slicing.

Serve the sliced brisket with the onions and cooking juices.

MACROS PER PORTION

 CALORIES	380
 PROTEIN	29
 CARBS	1
 FATS	28
 FIBRE	0



54

TOTAL TIME: 20 MINUTES
SERVES: 6



CHICKEN SHAWARMA

INGREDIENTS

900 grams boneless chicken breast or thighs
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground cardamom
1 teaspoon ground turmeric
½ teaspoon ground cayenne pepper
1 tablespoon smoked paprika
½ teaspoon garlic powder
½ teaspoon onion powder
1½ teaspoons salt
¼ teaspoon ground black pepper
2 tablespoons lemon juice
3 tablespoons olive oil
TAHINI SAUCE:
2 tablespoons tahini paste
2 tablespoons olive oil
3 tablespoons water
1 tablespoon lemon juice
1 clove garlic, minced
½ teaspoon salt, more to taste if desired

INSTRUCTIONS

Combine all the marinade ingredients in a large bowl, mix well, then add the chicken and stir to ensure it's completely coated.

For maximum flavour, marinate overnight – otherwise 2 hours will suffice.

Preheat a grill pan to a high heat and cook the chicken for about 4 minutes per side, or until a thermometer inserted in the thickest part reads 160 degrees. If you don't have a meat thermometer, pierce it at its thickest part and check the juices run clear.

Remove the chicken from the grill and let rest for 10 minutes.

Meanwhile blend all the tahini sauce ingredients together, taste, then add more salt if desired.

Slice the chicken and serve with the tahini sauce and side dishes of your choice.

MACROS PER PORTION

 CALORIES	284
 PROTEIN	35
 CARBS	0
 FATS	16
 FIBRE	0



56

TOTAL TIME:
SERVES: 6



CAPRESE CHICKEN

INGREDIENTS

- 6 thin chicken breast fillets
- 1 large ripe tomato, sliced about ¼ inch thick
- 6 slices fresh mozzarella
- 6 or more large basil leaves
- 6 slices prosciutto
- 2 tablespoons olive oil
- 2 tablespoons sugar free balsamic glaze

INSTRUCTIONS

If the chicken fillets are a little thick, beat them thinner to enable them to be rolled up.

Season the chicken with salt and pepper, then lay a chicken fillet out flat on a cutting board. Top with a slice of mozzarella, a slice of tomato and a couple of basil leaves.

Roll the chicken up tightly around the tomato and basil then wrap firmly with a slice of prosciutto.

Place seam side down on parchment or greaseproof paper and repeat the same process with the five remaining chicken pieces.

Heat the Olive oil in a heavy non-stick pan over medium heat.

Fry the chicken rolls seam side down for about 3 minutes or until golden brown.

Turn and cook for an additional 3 minutes on the other side.

Reduce the heat to low and cover the pan. Cook for an additional 3-5 minutes or until the rolls are cooked.

Arrange the cooked chicken on a serving platter, drizzle with the balsamic reduction and serve hot.

MACROS PER PORTION

 CALORIES	243
 PROTEIN	35
 CARBS	3
 FATS	9
 FIBRE	0



58

TOTAL TIME: 10 MINUTES
SERVES: 2



SESAME CRUSTED TUNA

INGREDIENTS

2 x 120 gram Tuna Steaks
1 teaspoon sesame oil
2 tablespoons soy sauce
2 tablespoons black sesame seeds

INSTRUCTIONS

Place the tuna steaks on a shallow plate. Pour the sesame oil and soy sauce on top of the steaks and then turn once to coat in the sauce before setting aside to marinate.

Spread out the sesame seeds on a separate plate.

Place a large non-stick frying pan over medium-high heat. Coat each tuna steak all over, including the edges with the sesame seeds, then place in the hot pan and sear for 1 minute on each side then transfer to a cutting board.

Slice diagonally in ½ inch thick slices and serve immediately.

MACROS PER PORTION

 CALORIES	200
 PROTEIN	32
 CARBS	3
 FATS	7
 FIBRE	1



60

TOTAL TIME: 4 HOURS 30 MINUTES
SERVES: 8



BBQ PULLED PORK

INGREDIENTS

2 kilogrammes pork loin
Sugar free BBQ Rub
Sugar free BBQ Sauce

INSTRUCTIONS

Place the pork loin in your slow cooker, cover with BBQ rub and rub it into the pork. Turn over to the other side and repeat.

Place the lid on the cooker and cook on low for 8 hours.

When cooked, shred the pork directly in the slow cooker.

Top with BBQ sauce and serve.

MACROS PER PORTION

 CALORIES	204
 PROTEIN	23
 CARBS	1
 FATS	12
 FIBRE	0



62

TOTAL TIME: 30 MINUTES
SERVES: 4



MUSHROOM RISOTTO

INGREDIENTS

2 tablespoons Olive oil
2 cloves garlic, crushed
1 small onion, finely diced
1 teaspoon salt
½ teaspoon white pepper
200 grams mushrooms, quartered
15 grams oregano leaves, finely chopped
250 grams cauliflower rice
60 millilitres vegetable stock
2 tablespoons butter
40 grams parmesan cheese, grated

INSTRUCTIONS

Place a large non-stick frying pan over high heat and add the oil.

Sauté the garlic, onion, salt, and pepper for 5-7 minutes until the onion starts to turn translucent, then the mushrooms and oregano and sauté for a further 5 minutes.

Add the cauliflower rice and vegetable stock then reduce the heat to medium. Continue to cook the risotto, stirring often for 10-15 minutes, until the cauliflower rice has softened.

Remove from the heat and stir in the butter and parmesan cheese. Taste and add more seasoning if desired.

Serve immediately.

MACROS PER PORTION

 CALORIES	190
 PROTEIN	6
 CARBS	8
 FATS	15
 FIBRE	4



A close-up photograph of a dark grey bowl filled with vibrant red sorbet. The sorbet is topped with fresh raspberries and small chocolate chips. In the background, several silver spoons are scattered on a dark, textured surface. A bright yellow rectangular overlay is positioned in the center, containing the word 'DESSERTS' in a white, stylized, multi-lined font.

DESSERTS



66

TOTAL TIME: 35 MINUTES
SERVES: 12



STRAWBERRY MUFFINS

INGREDIENTS

25 grams coconut flour
3 teaspoons baking powder
200 grams almond meal
50 grams powdered stevia sweetener
250 grams strawberries, chopped
75 grams dark chocolate (85% cocoa), chopped
3 eggs, lightly whisked
2 teaspoons vanilla extract
60 millilitres unsweetened almond milk
125 grams unsalted butter, melted

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and line 12 cups of a muffin pan with paper cases.

Sift the coconut flour and baking powder into a large bowl, then add the almond meal, stevia, strawberries and chocolate and stir.

Whisk the eggs, vanilla and almond milk together in a jug, then add the egg mixture and butter to the dry ingredients and stir until just combined.

Divide the mixture evenly between the lined muffin holes and bake for 20-25 minutes or until golden and a skewer or knife inserted into the centre comes out clean.

Set to one side for 5 minutes to cool, before transferring to a wire rack to cool completely.

MACROS PER PORTION

 CALORIES	232
 PROTEIN	6
 CARBS	5
 FATS	21
 FIBRE	2



68

TOTAL TIME: 2 HOURS 5 MINUTES
SERVES: 6



FROZEN YOGHURT

INGREDIENTS

400 grams frozen blackberries
250 grams full fat Greek yogurt
1 tablespoon lemon juice
1 teaspoon vanilla extract

INSTRUCTIONS

Place everything into a blender and blend until smooth.

Place in a freezer safe container and freeze for at least 2 hours, or until your desired consistency is reached.

Serve ice cold, and top with a few blackberries if desired.

MACROS PER PORTION

 CALORIES	56
 PROTEIN	4
 CARBS	10
 FATS	0
 FIBRE	5



70

TOTAL TIME: 10 MINUTES
SERVES: 4



CHOCOLATE PUDDING

INGREDIENTS

285 grams double cream
65 grams double cream
1½ teaspoons unflavoured gelatine powder
75 grams powdered erythritol
25 grams unsweetened cocoa powder
¼ teaspoon sea salt
2 teaspoons vanilla extract

INSTRUCTIONS

Pour the 65 grams double cream into a small bowl, gently sprinkle the gelatine powder over the top and then immediately whisk together before setting aside.

Next in a medium saucepan over a medium-low heat, stir together the remaining double cream, powdered sweetener, cocoa powder and sea salt. Heat while whisking constantly, for about 5 minutes until the mixture is smooth and starting to bubble near the edges.

Remove from the heat and stir in the vanilla extract and then the gelatine mix, which by now will be thick. Whisk until smooth and dissolved.

Let the pudding cool enough that the plastic wrap that will be placed over it won't melt.

Whisk again just to get rid of any film that may have formed on top then cover with the plastic wrap flush against the top to prevent any further film from forming.

Refrigerate for at least 2 hours, until firm and serve cold

MACROS PER PORTION

 CALORIES	431
 PROTEIN	5
 CARBS	6
 FATS	43
 FIBRE	1



72

TOTAL TIME: 16 MINUTES
SERVES: 10



BUTTER PRALINES

INGREDIENTS

125 grams salted butter
165 grams double cream
150 grams sugar free sweetener
½ teaspoon xanthan gum
250 grams chopped pecans
Maldon sea salt

INSTRUCTIONS

Line a baking sheet with parchment or greaseproof paper.

Brown the butter in a saucepan over medium high heat, stirring often. This should take under 5 minutes. Stir in the double cream, xanthan gum, and sweetener then remove from the heat.

Stir in the nuts and place in the refrigerator to firm up for 1 hour, stirring occasionally. The mixture will end up really thick.

Scoop into 10 rough cookie shapes onto the prepared baking sheet and sprinkle with a little of the Maldon salt, if desired. Let refrigerate on the baking sheet until hardened.

Store in an airtight container and keep refrigerated until serving.

MACROS PER PORTION

 CALORIES	338
 PROTEIN	2
 CARBS	3
 FATS	36
 FIBRE	2



