

# KETO LATINO VOL 1

## HOLIDAY DINNERS & FAMILY FEASTS

*A Low-Carb Celebration of Latin Flavor for Thanksgiving and Christmas*





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### INTRODUCTION

**Welcome from Jose & Jeanette: The Heart Behind the Holidays**

*A warm letter sharing how Latino traditions and keto transformation come together at your table.*

**How Keto Helped Us Reclaim the Holidays Without the Crash**

*Your personal health story woven into how holiday meals became enjoyable again.*

**How to Use This Book: Substitutions, Prep Tips & Serving Suggestions**

*Practical guidance to empower readers to adapt recipes with confidence.*

**The Flavor Promise: Keto Without Compromise**

*A manifesto: bold flavors, family connection, and vibrant celebrations — never bland, never deprived.*

### PART I: THANKSGIVING, LATINO STYLE



#### **Chapter 1: The Main Event**

Pavochón: Puerto Rican-Style Roasted Turkey

Keto Cuban Mojo Roast Pork

Glazed Keto Holiday Ham

Roasted Leg of Lamb with Garlic-Herb Crust

Keto Gravy (Classic & Sazón-Spiced Versions)

Cranberry Sauce with Citrus & Clove

#### **Chapter 2: Show-Stopping Sides**

Creamy Cauliflower Mash

Dominican-Style Eggplant Pastelón

Rutabaga or Celery Root “Mangu” with Red Onion Mojo

Sweet Plantain & Brussels Sprouts Hash

Chorizo & Apple Stuffing (Bread-Free Remix)

#### **Chapter 3: Holiday Breads & Appetizers**

Keto Cheese Pan de Jamón Rolls

Mini Bell Pepper Nachos with Picadillo

Spicy Pickled Onion Deviled Eggs with Crispy Pork Belly

Stuffed Piquillo Peppers with Chorizo Keto Filling



## **PART II: NOCHEBUENA & CHRISTMAS DAY**

### **Chapter 4: Latin Christmas Mains**

Lechón Asado with Garlic Mojo  
Pernil al Horno (Low-Carb Edition)  
Dominican Pollo Guisado (Crowd Pleaser)  
Keto Bacalao Guisado (Salt Cod Stew)  
Stewed Goat (Chivo Guisado)

### **Chapter 5: Sides Worth Celebrating**

Garlicky Roasted Broccolini with Lemon Zest  
Yuquita Frita with Keto Pink Sauce  
Arroz con Gandules (Cauliflower Rice Version)  
Green Plantain Mofongo (Low-Carb Adaptation)  
Ensalada Rusa (Beet-Free, Low Carb Remix)

### **Chapter 6: Dessert Traditions Reinvented**

Signature Keto Coquito (Alcoholic & Alcohol-Free Versions)  
Pumpkin Swirl Cheesecake with Coconut Crust  
Dulce de Leche Churro Bites  
Sugar-Free Tres Leches Cake  
Coconut Macaroons Drizzled with Dark Chocolate  
Keto Flan de Queso  
Festive Almond & Cinnamon “Polvorones” Cookies

## **PART III: MOCKTAILS, COCKTAILS & SIPS**

### **Chapter 7: Toast the Season**

Coquito Remix (Cinnamon Vanilla Cream)  
Sugar-Free Sangria (Red & White)  
Mojito de Cucumber & Mint (Low-Carb Sparkler)  
Grapefruit Rosé Mocktail with Rosemary  
Mezcal Margarita Light  
Pro Tips: Keto-Friendly Wines, Spirits & Store-Bought Mixers

## **PART IV: LEFTOVERS WITH LOVE**

### **Chapter 8: Creative Reinventions**

Turkey & Cheese Empanadas (Low-Carb Dough, No Cauliflower)  
Pernil Hash with Poached Egg  
Coquito Latte (Holiday Fat Bomb Coffee)  
Keto Mofongo Balls (Air Fryer Version)  
Spicy Turkey & Cheese Breakfast Muffins  
Frozen Cheesecake Bites (from Pumpkin Cheesecake)



# KETO HOLIDAYS, LATIN HEART

Blending rich Latino traditions with the keto lifestyle to help you celebrate without compromise. From Puerto Rican pavochón and chorizo stuffing to sugar-free coquito and tres leches, Jose and Jeanette share how they reclaimed the joy of holiday feasting without the crash. With bold flavors, family stories, and practical tips for every cook, this collection transforms classic dishes into guilt-free favorites that taste like home and keep you feeling your best long after the season ends.



Sample \$XX.00 | CAN \$XX.00

