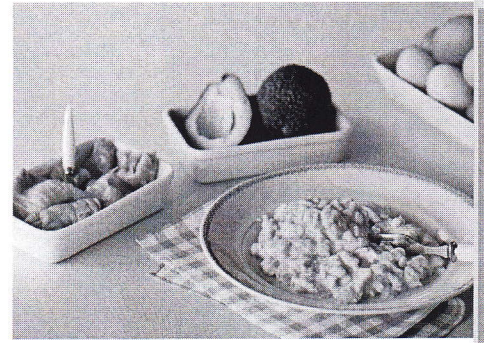


1g ⌚ 5 m Beginner **Scrambled eggs**

Butter plus eggs equals the perfect keto breakfast. Start your day off right with our especially buttery and satisfying version of this breakfast classic. Ready in minutes!



1 serving

Ingredients

1 oz. butter

2 eggs

salt and pepper

Instructions

- 1** Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
- 2** Melt the butter in a non-stick skillet over medium heat. Watch carefully — the butter shouldn't turn brown!
- 3** Pour the eggs into the skillet and stir for 1–2 minutes, until they are creamy and cooked just shy of how you like them. Remember that the eggs will still be cooking even after you've put them on your plate.



7g Ⓞ 15 + 5 m Easy **Keto Asian beef salad**

Gingery and savory with a slightly spicy kick. Hearty red meat with creamy sesame goodness. All that, keto, and a refreshing salad to boot?? Do you see where we're going with this? Meet your newest favorite food in a bowl!



2 servings

Ingredients

Beef

- 1 tbsp olive oil
- 1 tbsp fish sauce
- 1 tbsp grated fresh ginger
- 1 tsp chili flakes
- $\frac{2}{3}$ lb ribeye steaks

Sesame mayonnaise

- 1 egg yolk, at room temperature
- 1 tsp Dijon mustard
- $\frac{1}{2}$ cup avocado oil or light olive oil
- 1 tbsp sesame oil
- $\frac{1}{2}$ tbsp lime juice
- salt and pepper

Salad

- 2 scallions
- 3 oz. cherry tomatoes
- 2 oz. cucumber
- 3 oz. lettuce

Instructions

- 1 Make the sesame mayonnaise by mixing egg yolk and mustard in a bowl.
- 2 Add avocado oil in a very slow stream while whisking continuously. You can do this by hand or using a hand mixer or immersion blender. Add sesame oil, lime juice and spices towards the end, once the mayonnaise has emulsified. Reserve.
- 3 Mix all ingredients for the beef marinade and pour into a plastic bag. Add the beef and marinate for 15 minutes or more at room temperature.
- 4 Chop all vegetables for the salad, except the scallions, into bite-sized pieces. Divide between two plates.
- 5 Heat a medium frying pan over medium heat. Add sesame seeds to the dry pan, and toast them for a couple of minutes, or until they're lightly browned and fragrant. Set aside.
- 6 Pat the meat dry on both sides with paper towels. Fry for a minute or two on each side on high heat, or until cooked to medium. (In this dish, the beef is best served at medium, but you can make it well done if you prefer.)
- 7 Fry the scallions for a minute in the same pan.
- 8 Slice the meat, across the grain, into thin slices. Place beef and scallions on top of the vegetables. Serve with roasted sesame seeds and sesame mayonnaise.

6g \ominus 15 + 30 m Medium **Keto pesto chicken casserole with feta cheese and olives**

Mediterranean superstars — feta cheese, olives, and pesto — unite in this creamy, easy-to-make keto chicken dish. Give it a go. Your taste buds will thank you!



4 servings

Ingredients

25 oz. boneless chicken thighs or chicken breasts
1 oz. butter, for frying
3 oz. red pesto or green pesto
1¼ cups heavy whipping cream
3 oz. pitted olives
5 oz. feta cheese, diced
1 garlic clove, finely chopped
salt and pepper

For serving

5 oz. leafy greens
4 tbsp olive oil
sea salt and ground black pepper

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Cut the chicken thighs or chicken breasts into bite-sized pieces. Season with salt and pepper.
- 3 Add butter to a large skillet and fry the chicken pieces in batches on medium-high heat until golden brown.
- 4 Mix pesto and heavy cream in a bowl.
- 5 Place the fried chicken pieces in a baking dish together with olives, feta cheese and garlic. Add the pesto.
- 6 Bake in oven for 20-30 minutes, until the dish turns bubbly and light brown around the edges.

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