

2g ⌚ 5 m Easy **Keto cheese roll-ups**

Oh, yes. This is the fastest, simplest, most keto-lip-smacking recipe in the universe. It's impossible to resist its savory goodness!



4 servings

Ingredients

8 oz. cheddar cheese or provolone cheese or edam cheese, in slices

2 oz. butter

Instructions

- 1 Place the cheese slices on a large cutting board. Slice butter with a cheese slicer or cut really thin pieces with a knife.
- 2 Cover every cheese slice with butter and roll up. Serve as a snack.

Get more

Start a free trial for further access to 100+ low-carb meal plans, the amazing meal planner tool and all low-carb cooking videos.



4g Ⓞ 10 + 10 m Easy **Keto Caprese omelet**

Soft mozzarella, ripe tomatoes, and fresh basil, yes please! In an omelet — even better! This super-easy, keto dish works for breakfast, lunch or dinner, and is sure to be a new fave. So get out your frying pan... Italy, here we come!



2 servings

Ingredients

6 eggs

salt and pepper

1 tbsp fresh basil or dried basil

3 oz. cherry tomatoes cut in halves or tomatoes cut in slices

5 oz. fresh mozzarella cheese

2 tbsp olive oil

Instructions

- 1 Crack the eggs into a mixing bowl, add salt and black pepper to your liking. Whisk well with a fork until fully combined. Add basil and stir.
- 2 Cut the tomatoes in halves or slices. Dice or slice the cheese.
- 3 Heat oil in a large frying pan. Fry the tomatoes for a few minutes.
- 4 Pour the egg batter on top of the tomatoes. Wait until the batter is slightly firm before adding the mozzarella cheese.
- 5 Lower the heat and let the omelet set. Serve right away and enjoy!



7g Ⓞ 30 + 40 m Medium **Keto meat pie**

Keep everyone happy with this satisfying, cheese-topped keto masterpiece. Meat pie may be a little old-school, but it's time to rediscover its deliciousness. Any cook can get rave reviews from this easy-to-follow recipe. Serve lukewarm for peak flavor. Great for packed lunches, too.



6 servings

Ingredients

The filling

½ yellow onion, finely chopped
 1 garlic clove, finely chopped
 2 tbsp butter or olive oil
 20 oz. ground beef or ground lamb
 salt and pepper
 1 tbsp dried oregano or dried basil
 4 tbsp tomato paste or ajvar relish
 ½ cup water

Pie crust

¾ cup almond flour
 4 tbsp sesame seeds
 4 tbsp coconut flour
 1 tbsp ground psyllium husk powder
 1 tsp baking powder
 1 pinch salt
 3 tbsp olive oil or coconut oil
 1 egg
 4 tbsp water

Topping

8 oz. cottage cheese
 7 oz. shredded cheese

Instructions

- 1 Preheat the oven to 350°F (175°C).
- 2 Fry onion and garlic in butter or olive oil over medium heat for a few minutes, until the onion is soft. Add the ground beef and keep frying. Add oregano or basil and add salt and pepper to taste.
- 3 Add tomato paste, pesto or ajvar relish – use what you have on hand. Add water. Lower the heat and let simmer for at least 20 minutes. While the meat simmers, make the dough for the crust.
- 4 Mix all the dough ingredients in a food processor for a few minutes until the dough turns into a ball. If you don't have a food processor, you can mix by hand with a fork.
- 5 Place a round piece of parchment paper in a well-greased springform pan — 9-10 inches in diameter — to make it easier to remove the pie when it's done. (You can also use a deep-dish pie pan.) Spread the dough in the pan and up along the sides. Use a spatula or well-greased fingers.
- 6 Pre-bake the crust for 10-15 minutes. Take it out of the oven and place the meat in the crust. Mix cottage cheese and shredded cheese together, and layer on top of the pie.
- 7 Bake for 30-40 minutes on lower rack or until the pie has turned a golden color.
- 8 Serve with a fresh green salad and dressing.