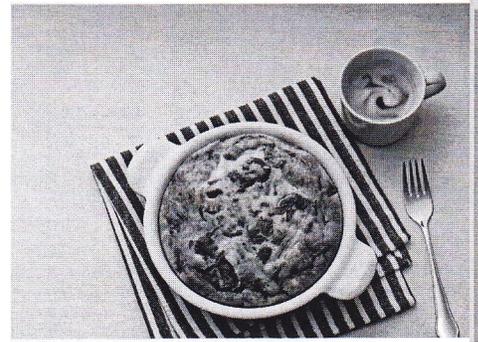


**4g** Ⓞ 5 + 35 m Easy **Keto frittata with fresh spinach**

This gorgeous dish looks beyond impressive, yet is amazingly simple to make! Spinach, eggs, sausage or bacon, and veggies magically combine into a divine feast for the eyes...and the tummy. It's keto gold!



4 servings

**Ingredients**

5 oz. diced bacon or chorizo  
2 tbsp butter, for frying  
8 oz. fresh spinach  
8 eggs  
1 cup heavy whipping cream  
5 oz. shredded cheese  
salt and pepper

**Instructions**

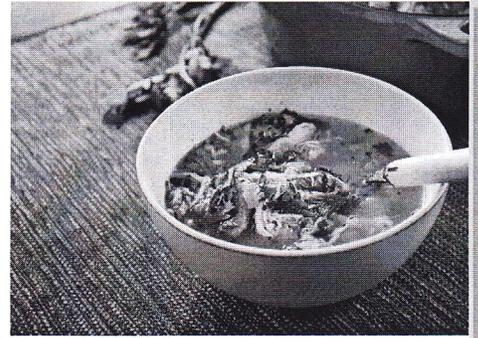
- 1 Preheat the oven to 350°F (175°C).
- 2 Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
- 3 Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
- 4 Add the bacon, spinach and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

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**4g** ☉ 10 + 20 m Easy **Keto no-noodle chicken soup**

Made with healing bone broth, this keto chicken no-noodle soup with healthy cabbage is warm and comforting when it's cold outside, when you're fighting a cold, or you just crave a hearty soup!



8 servings

**Ingredients**

4 oz. butter  
2 celery stalks  
6 oz. sliced mushrooms  
2 minced garlic cloves  
2 tbsp dried minced onion  
2 tsp dried parsley  
1 tsp salt  
¼ tsp ground black pepper  
8 cups chicken broth  
1 medium sized carrot  
1½ shredded rotisserie chickens  
2 cups green cabbage sliced into strips

**Instructions**

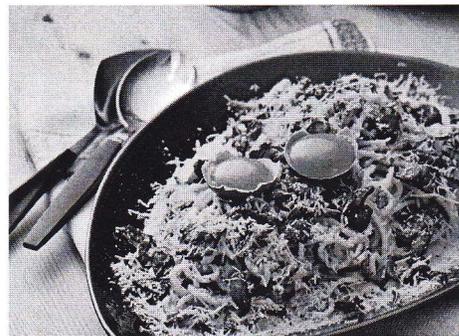
- 1 Melt the butter in a large pot.
- 2 Slice the celery stalks and mushrooms into smaller pieces.
- 3 Add dried onion, celery, mushrooms and garlic into the pot and cook for three to four minutes.
- 4 Add broth, carrot, parsley, salt, and pepper. Simmer until vegetables are tender.
- 5 Add cooked chicken and cabbage. Simmer for an additional 8 to 12 minutes until the cabbage "noodles" are tender.

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**9g** ⌚ 15 + 20 m Easy **Keto Carbonara**

Call them zoodles. Call them zucchini noodles. Whatever moniker you choose, this dish proves they're more than just an "alternative" to regular pasta – they're a culinary treat in and of themselves! With all the creamy textures and crispy-bacon crunch of the Italian classic, this quick and satisfying keto recipe hits all the right notes.



4 servings

**Ingredients**

10 oz. bacon or pancetta, diced  
1 tbsp butter  
1¼ cups heavy whipping cream  
¼ cup mayonnaise  
salt and pepper  
fresh parsley, chopped  
30 oz. zucchini  
4 egg yolks  
3 oz. grated parmesan cheese

**Instructions**

- 1 Pour the heavy cream into a sauce pan and bring it to a boil. Lower the heat and let boil for a few minutes until reduced by a fourth.
- 2 Fry pancetta/bacon in butter until crispy. Reserve the fat.
- 3 Mix in the mayonnaise into the heavy cream. Salt and pepper to taste, and cook until mayonnaise is warmed through.
- 4 Make spirals of the zucchini with a spiralizer. If you don't have a spiralizer you can make thin zucchini strips with a potato peeler.
- 5 Add zoodles to the warm cream sauce. Divide between four plates and top with bacon, egg yolks, parsley, and a generous amount of freshly grated parmesan.
- 6 Drizzle bacon grease on top and serve immediately.