

4g ☉ 5 + 10 m Easy **Keto mushroom omelet**

Looking for a quick and easy way to start your day? This hearty omelet is super healthy, and just takes a few minutes to make! Fresh mushrooms make a delicious filling. Enjoy this keto meal anytime — breakfast, lunch or dinner!



1 serving

Ingredients

3 eggs
1 oz. butter, for frying
1 oz. shredded cheese
1/5 yellow onion
3 mushrooms
salt and pepper

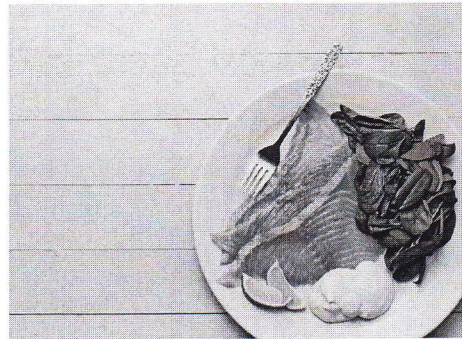
Instructions

- 1** Crack the eggs into a mixing bowl with a pinch of salt and pepper. Whisk the eggs with a fork until smooth and frothy.
- 2** Add salt and spices to taste.
- 3** Melt butter in a frying pan. Once the butter has melted, pour in the egg mixture.
- 4** When the omelet begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese, mushrooms and onion on top (optional).
- 5** Using a spatula, carefully ease around the edges of the omelet, and then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate.



1g ⌚ 5 m Beginner **Keto smoked salmon plate**

Real food on a plate. Salmon. Spinach. Mayo and lime. Because a keto dinner doesn't have to be complicated.



2 servings

Ingredients

¾ lb smoked salmon

1 cup mayonnaise

2 oz. baby spinach

1 tbsp olive oil

½ lime (optional)

salt and pepper

Instructions

- 1 Put salmon, spinach, a wedge of lime, and a hearty dollop of mayonnaise on a plate.
- 2 Drizzle olive oil over the spinach and season with salt and pepper.

Tip!

Swap out the salmon for any fatty fish you enjoy. (Mackerel, herring, sardines, and anchovies are all great options.) You can also vary the greens—try shredded cabbage or spicy arugula.



9g ⌚ 15 + 30 m Medium Keto tortilla with ground beef and salsa

Treat yourself to a lovely meat-and-cheese-filled tortilla. With your own homemade keto bread and spice mix this Mexican favorite will not only be healthful, but also delicious!



4 servings

Ingredients

Ground beef

1 lb ground beef or ground lamb

2 tbsp olive oil

2 tbsp Tex-Mex seasoning

1 cup water

salt and pepper

Salsa

2 avocados

1 tomato, diced

½ cup fresh cilantro, chopped

1 tbsp olive oil

1 lime, the juice

salt and pepper

Low-carb tortillas

2 eggs

2 egg whites

5 oz. cream cheese

1½ tsp ground psyllium husk powder

Instructions

Low-carb tortillas

- 1 Preheat the oven to 400°F (200°C).
- 2 Whisk the eggs and egg whites fluffy and continue to whisk with a hand mixer, preferably for a few minutes. Add cream cheese and continue to whisk until the batter is smooth.
- 3 Mix salt, psyllium husk and coconut flour in a small bowl. Add the flour mix one spoon at a time into the batter and continue to whisk some more. Let the batter sit for a few minutes, or until the batter is thick like an American pancake batter. How fast the batter will swell depends on the brand of psyllium husk – some trial and error might be needed.
- 4 Bring out two baking sheets and place parchment paper on each. Using a spatula, spread the batter thinly (no more than ¼ inch thick) into 4–6 circles or 2 rectangles.
- 5 Bake on upper rack for about 5 minutes or more, until the tortilla turns a little brown around the edges. Carefully check the bottom side so that it doesn't burn.

Filling

- 1 Bring the ground beef out of the refrigerator a while before frying. Cold ground beef will cool down the frying pan and the ground beef will be boiled and not fried. The latter tastes a lot better.

3 oz. shredded lettuce



- 4 In the meantime, make the salsa from diced avocado, diced tomatoes, freshly squeezed lime juice, olive oil and a couple of handfuls of fresh cilantro. Salt and pepper to taste.

- 5 Serve in a tortilla bread, with shredded cheese and shredded leafy greens.

