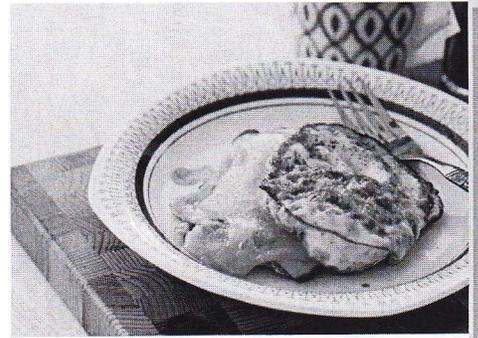


## 2g Ⓞ 5 + 10 m Easy **No-bread keto breakfast sandwich**

This sandwich is the ultimate in inventiveness. Scrumptious cheese and sizzling ham and eggs unite to form a stand-out keto sandwich—sans bread! Ingenious!



2 servings

### Ingredients

2 tbsp butter

4 eggs

1 oz. smoked deli ham

2 oz. cheddar cheese or provolone cheese or edam cheese, cut in thick slices

salt and pepper

a few drops of tabasco or Worcestershire sauce

### Instructions

- 1 Add butter to a frying pan and place it over medium heat. Add the eggs and fry them over easy (on both sides). Salt and pepper to taste.
- 2 Use a fried egg as the base for each "sandwich". Place the ham/pastrami/cold cuts on each stack next, and then add the cheese. Top off each stack with a fried egg. Leave in the pan, on low heat, if you want the cheese to melt.
- 3 Sprinkle a few drops of Tabasco or Worcestershire sauce if you're in the mood, and serve immediately.

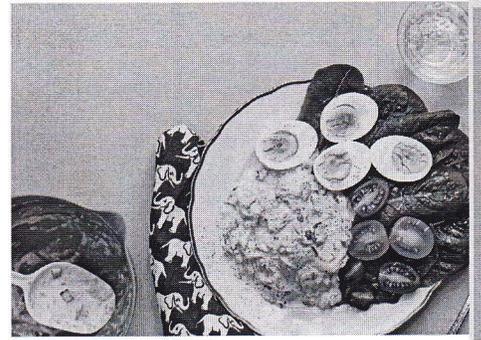
### Tip

Unsweetened French Dijon mustard is a perfect match with the ham. Plus, you can replace the ham with crispy-fried bacon or skip the meat altogether. This sandwich is great paired with a green salad or diced avocado!

If you **STILL** can't imagine sandwiches without bread, we suggest you make a batch of Oopsies and keep them in the freezer. They don't take long to thaw. If you add an Oopsie to the sandwich, you'll have a very filling meal, indeed!

## 6g Ⓞ 5 + 10 m Easy Keto tuna salad with boiled eggs

A keto meal in fifteen minutes? Yes, please! Creamy tuna salad served on crisp lettuce accompanied by eggs cooked to perfection and some tomatoes to brighten the plate. So easy. So tasty. So keto.



2 servings

### Ingredients

4 oz. celery stalks  
 2 scallions  
 5 oz. tuna in olive oil  
 ¾ cup mayonnaise  
 ½ lemon, zest and juice  
 1 tsp Dijon mustard  
 4 eggs  
 ½ lb Romaine lettuce  
 4 oz. cherry tomatoes  
 2 tbsp olive oil  
 salt and pepper

### Instructions

- 1 Chop celery and scallions finely. Add to a medium-sized bowl together with tuna, lemon, mayonnaise and mustard. Stir to combine, and season with salt and pepper to taste. Set aside for later.
- 2 Add eggs to a sauce pan, and add water until it covers the eggs. Bring to a boil and let simmer for 5-6 minutes (soft-medium) or 8-10 minutes (hardboiled).
- 3 Place in ice-cold water immediately when done to make the eggs easier to peel. Divide them into wedges or halves.
- 4 Place tuna mix and eggs on a bed of romaine lettuce. Add tomatoes and drizzle olive oil on top. Season with salt and pepper to taste.

### Tip!

A generous sprinkle of ground cumin, curry, or paprika can add interesting flavors to the hard-boiled eggs. But don't forget the salt and pepper!

## 10g Ⓞ 20 + 15 m Medium Keto hamburger patties with creamy tomato sauce and fried cabbage

A delicious burger needs no bun! Enjoy this satisfying patty bare, topped with creamy tomato gravy and a side of sautéed cabbage. Keto satisfaction guaranteed!



4 servings

### Ingredients

#### Hamburger patties

- 25 oz. ground beef
- 1 egg
- 3 oz. crumbled feta cheese
- 1 tsp salt
- ¼ tsp ground black pepper
- 2 oz. fresh parsley, finely chopped
- 1 tbsp olive oil, for frying
- 1 oz. butter, for frying

#### Gravy

- ¾ cup heavy whipping cream
- 1 oz. fresh parsley, coarsely chopped
- 2 tbsp tomato paste or ajvar relish
- salt and pepper

#### Fried green cabbage

- 25 oz. shredded green cabbage

### Instructions

- 1 Add all ingredients for the hamburgers to a large bowl. Blend it using a wooden spoon or your clean hands. Don't over mix since that can make your patties tough. Use wet hands to form eight oblong patties.
- 2 Add butter and olive oil to a large frying pan. Fry over medium-high heat for at least 10 minutes or until the patties have turned a nice color. Flip them a few times for even cooking.
- 3 Add tomato paste and whipping cream to the pan when the patties are almost done. Stir and let simmer for a few minutes. Salt and pepper to taste.
- 4 Sprinkle chopped parsley on top before serving.

### Butter-fried green cabbage

- 1 Shred the cabbage finely using a food processor or sharp knife.
- 2 Add butter to a large frying pan.
- 3 Place the pan over medium high heat and sauté the shredded cabbage for at least 15 minutes or until the cabbage is wilted and golden brown around the edges.
- 4 Stir regularly and lower the heat a little towards the end. Add salt and pepper to taste.