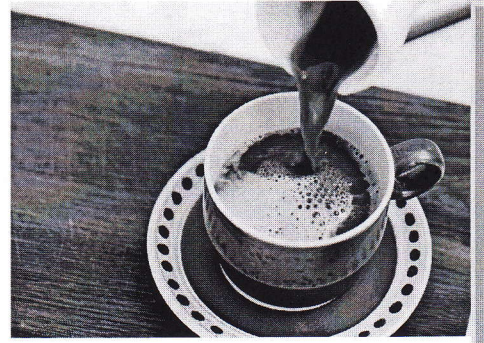


0g Ⓞ 5 m Easy **Bulletproof coffee**

Butter and oil in your coffee? Sure. A few sips of this piping hot keto coffee emulsion, and you'll be ready to take on the world. Bulletproof – and delicious. Fill 'er up!



1 serving

Ingredients

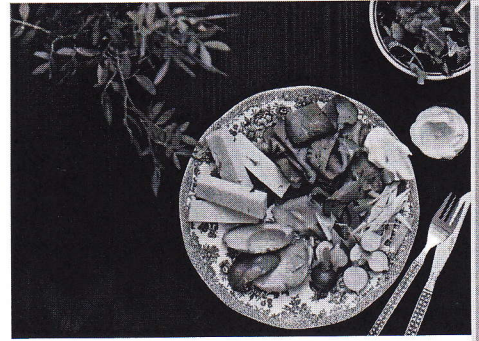
1 cup hot coffee freshly brewed
2 tbsp unsalted butter
1 tbsp MCT oil or coconut oil

Instructions

- 1 Combine all ingredients in a blender. Blend until smooth and frothy.
- 2 Serve immediately.

6g ⌚ 5 m Beginner **Keto roast beef and cheddar plate**

Real food on a plate. Roast beef. Cheese. Avocado. Radishes and scallions. Because a keto dinner doesn't have to be complicated.



2 servings

Ingredients

7 oz. deli roast beef
5 oz. cheddar cheese
1 avocado
6 radishes
1 scallion
½ cup mayonnaise
1 tbsp Dijon mustard
2 oz. lettuce
2 tbsp olive oil
salt and pepper

Instructions

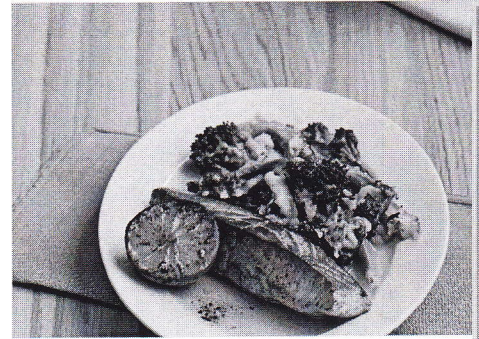
- 1 Place roast beef, cheese, avocado and radishes on a plate.
- 2 Add sliced onion, mustard and a hearty dollop of mayonnaise.
- 3 Serve with lettuce and olive oil.

Tip!

Swap out some of the mayo for butter, and try the radishes with butter and salt. Simply delicious!

6g  10 + 25 m Easy **Keto fried salmon with broccoli and cheese**

This is how you make a delicious, fresh and healthful dish in just half an hour! Salmon and broccoli go perfectly together – both taste and color.



4 servings

Ingredients

1 lb broccoli
 3 oz. butter
 salt and pepper
 5 oz. grated cheddar cheese
 1½ lbs salmon
 1 lime (optional)



Instructions

- 1 Preheat the oven to 400°F (200°C), preferably using the broiler setting.
 - 2 Cut the broccoli into smaller florets and let simmer in lightly salted water for a couple of minutes. Make sure the broccoli maintains its chewy texture and delicate color.
- Drain the broccoli and discard the boiling water. Set aside, uncovered, for a minute or two to allow the steam to evaporate.
- 3 Place the drained broccoli in a well-greased baking dish. Add butter and pepper to taste.
 - 4 Sprinkle cheese on top of the broccoli and bake in the oven for 15-20 minutes or until the cheese turns a golden color.
 - 5 In the meantime, season the salmon with salt and pepper and fry in plenty of butter, a few minutes on each side. The lime can be fried in the same pan or be served raw. This step can also be made on an outdoor grill.

Tip!

You can substitute the broccoli for other vegetables such as Brussels sprouts, green beans or asparagus with little to no change to the amount of carbs in the dish.

If you want to use another kind of fish we primarily recommend other fatty fishes such as trout or mackerel but you can also go with white fish if you prefer