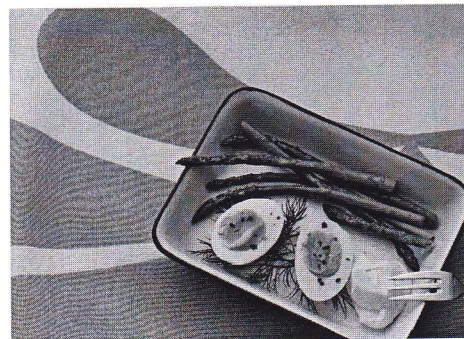


1g ⌚ 10 m Beginner **Boiled eggs with mayonnaise**

Egg lovers, gather around! This recipe is so simple, so tasty... and just what your body needs to feel satisfied. Pair with some ripe avocado, our homemade mayo, and it's instant keto YUM.



4 servings

Ingredients

8 eggs

8 tbsp mayonnaise

avocado (optional)

**Instructions**

- 1 Bring water to a boil in a pot.
- 2 Optional: Make tiny wholes in the eggs using an egg piercer*.
- 3 Carefully, place the eggs in the water.
- 4 Boil the eggs for 5–6 minutes for soft-boiled eggs, 6–8 minutes for medium and 8–10 minutes for hard-boiled eggs.
- 5 Serve with mayonnaise.

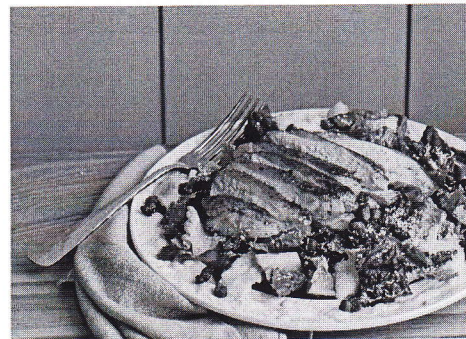
Serving suggestion

Enjoy your eggs with some avocado and/or fried asparagus with homemade mayonnaise. Another super-simple option is to eat the boiled eggs with butter. Mash them together in a small bowl. Add some fresh herbs if you are in the mood. Delicious!

*An egg piercer is used to help prevent eggs from cracking while boiling.

4g ⌚ 15 + 20 m Easy **Keto Caesar salad**

A true keto salad classic. In our version, we don't skimp on the dressing or the parmesan cheese!



2 servings

Ingredients

10 oz. chicken breasts
 1 tbsp olive oil
 salt and pepper
 3 oz. bacon
 7 oz. Romaine lettuce
 1 oz. freshly grated parmesan cheese

Dressing

½ cup mayonnaise
 1 tbsp Dijon mustard
 ½ lemon, zest and juice
 2 tbsp grated parmesan cheese
 2 tbsp finely chopped filets of anchovies
 1 garlic clove, pressed or finely chopped. (optional)
 salt and pepper

Instructions

- 1 Mix the ingredients for the dressing with a whisk or an immersion blender. Set aside in the refrigerator.
- 2 Preheat the oven to 400°F (200°C). Place the chicken breasts in a greased baking dish.
- 3 Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 20 min or until fully cooked through. You can also cook the chicken on the stove top if you prefer.
- 4 Fry the bacon until crisp. Shred the lettuce and place as a base on two plates. Place sliced chicken and the crispy, crumbled bacon on top.
- 5 Finish with a generous dollop of dressing and a good grating of parmesan cheese.

Tip!

This recipe works great with chicken left overs or with a store bought rotisserie chicken as well.

If you miss croutons and aren't in a hurry, check out our recipe for low-carb parmesan croutons.

10g Ⓞ 15 + 30 m Medium **Fathead pizza**

Mouthwatering. So satisfying. All your favorite pizza flavors, layered on top of a crunchy, cheesy, keto crust that you can eat with your fingers!



2 servings

Ingredients**Crust**

1½ cups shredded mozzarella cheese

¾ cup almond flour

2 tbsp cream cheese

1 tsp white wine vinegar

1 egg

½ tsp salt

olive oil to grease your hands

Toppings

8 oz. fresh italian sausage

1 tbsp butter

½ cup unsweetened tomato sauce

½ tsp dried oregano

1½ cups shredded mozzarella cheese

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Heat mozzarella and cream cheese in a small, non-stick pan on medium heat or in a bowl in the microwave oven.
- 3 Stir until they melt together. Add the other ingredients and mix well.
- 4 Moisten your hands with olive oil and flatten the dough on parchment paper, making a circle about 8 inches (20 cm) in diameter. You can also use a rolling pin to flatten the dough between two sheets of parchment paper.
- 5 Remove top parchment sheet (if used). Prick the crust with a fork (all over) and bake in the oven for 10–12 minutes until golden brown. Remove from the oven.
- 6 While the crust is baking, sauté the ground sausage meat in olive oil or butter.
- 7 Spread a thin layer of tomato sauce on the crust. Top the pizza with meat and plenty of cheese. Bake for 10–15 minutes or until the cheese has melted.
- 8 Sprinkle oregano on top and serve with a green salad.