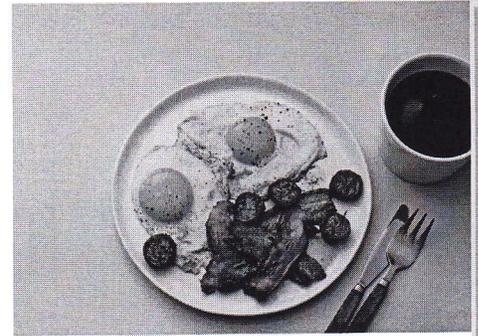


1g Ⓞ 10 m Beginner **Classic bacon and eggs**

One of the all-time best keto breakfasts ever! Step up your bacon and eggs game with this mouth-watering version. Gauge your hunger meter and enjoy as many eggs as you need to feel satisfied. We're drooling just thinking about this dish of keto deliciousness!



4 servings

Ingredients

8 eggs

5 oz. bacon, in slices

cherry tomatoes (optional)

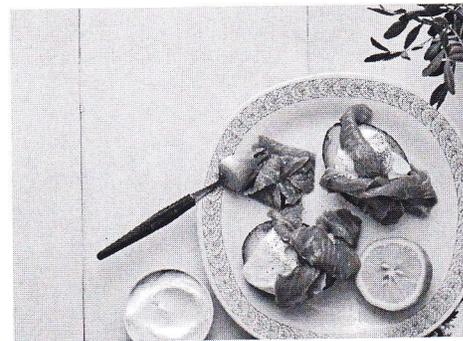
fresh parsley (optional)

**Instructions**

- 1** Fry the bacon in a pan on medium high heat until crispy. Put aside on a plate. Leave the rendered fat in the pan.
- 2** Use the same pan to fry the eggs. Place it over medium heat and crack your eggs into the bacon grease (you can also crack them into a measuring cup and carefully pour into the pan to avoid splattering of hot grease).
- 3** Cook the eggs any way you like them. For sunny side up - leave the eggs to fry on one side and cover the pan with a lid to make sure they get cooked on top. For eggs cooked over easy - flip the eggs over after a few minutes and cook for another minute. Cut the cherry tomatoes in half and fry them at the same time.
- 4** Salt and pepper to taste.

6g Ⓞ 5 m Beginner **Keto salmon-filled avocados**

Avocado + smoked salmon = no cooking. This creamy dish is a luxurious breakfast, quick lunch or light dinner. Or serve it as a colorful appetizer at your next dinner party. So easy... so delicious... so keto.



2 servings

Ingredients

2 avocados

6 oz. smoked salmon

$\frac{3}{4}$ cup crème fraîche or sour cream or mayonnaise

salt and pepper

2 tbsp lemon juice (optional)

Instructions

- 1 Cut avocados in half and remove the pit.
- 2 Place a dollop of crème fraîche or mayonnaise in the hollow of the avocado and add smoked salmon on top.
- 3 Season to taste with salt and a squeeze lemon juice for extra flavor (and to keep the avocado from turning brown).

Tip!

This keto plate can be served with any other type of fatty fish—boiled, fried or smoked. It tastes even better with a little fresh dill!



11g Ⓞ 10 + 30 m Easy Keto ribeye steak with oven-roasted vegetables

Let's get down to the red meat of the matter. In this case, a gorgeously seasoned ribeye steak with tremendously seasoned anchovy butter. And it's so, so, simple to make. You want this keto meal!



4 servings

Ingredients

1 lb broccoli
 1 whole garlic
 10 oz. cherry tomatoes
 3 tbsp olive oil
 1 tbsp dried thyme or dried oregano or dried basil
 1½ lbs ribeye steaks
 salt and pepper

Anchovy butter

1 oz. anchovies
 5 oz. butter, at room temperature
 1 tbsp lemon juice
 salt and pepper

Instructions

- 1 Make the anchovy butter. Finely chop the anchovy fillets and mix them with butter (at room temperature), lemon juice, salt and pepper. Set aside.
- 2 Preheat your oven to 450°F (225°C) and make sure your meat is out of the fridge in order to get to room temperature before cooking it. Separate the garlic into cloves but don't peel them. Cut the broccoli into florets. You can include the stem as well, just peel off any rough parts and slice it.
- 3 Grease a large roasting pan and place all the vegetables in a single layer. Season and drizzle olive oil on top. Give it a stir to coat and then place the roasting pan in the oven for 15 minutes.
- 4 Brush the meat with olive oil and season with salt and pepper. Fry quickly on high heat in a frying pan. At this point, you're only looking to give the meat a nice seared surface.
- 5 Remove the pan from the oven and make room for the meat amongst the vegetables.
- 6 Lower the heat to 400°F (200°C) and place the pan back in the oven for a few minutes up to 10 or 15, depending on how you like your meat - rare, medium or well-done.
- 7 Remove from the oven and place a dollop of anchovy butter on each piece of meat. Serve straight away.