



Ketogenic Recipe Pack

This collection of
ketogenic recipes
includes healthy, delicious
options for breakfast,
lunch, snack and dinner



Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

Now, let's get cooking!

JoAnn Clinton

JoAnn Clinton
IBD Well Body Nutrition



Recipes

BREAKFAST

Almond Joy-ful Smoothie

Pumpkin Pie Granola

Keto Waffles

LUNCH

Sausage Kale Skillet

Broccoli Cheddar Salad

Tavern Antipasto Salad

DINNER


Pecan Crusted Salmon

Creamy Mediterranean Skillet Chicken

Cauliflower Lime Rice

NUTRIENT GUIDE

Per serving:

 calories

 carbohydrates

 total fat

 protein



Almond Joy-ful Smoothie

Serves 2

Prep: 5 mins. | Total: 5 mins.

Per serving:



362 calories



17g carbohydrates



29g total fat



11g protein

Ingredients

- 3/4 cup coconut milk, full-fat
- 1/2 cup water
- 2 Tbs almond butter, unsweetened
- 1 Tbs chia seed
- 2 Tbs hemp seeds
- 2 Tbs cocoa powder, unsweetened
- 2 Tbs coconut flour
- 2 Tbs monk fruit sweetener
- 1 tsp vanilla extract
- salt, pinch
- 4 ice cubes, optional

Directions

Make

1. Add all ingredients to a blender and process until smooth. Let stand for a few minutes to thicken.



Pumpkin Pie Granola

Serves 8

Prep: 15 mins. | Total: 40 mins.

Ingredients

- 1 cup almonds, raw
- 1 cup walnuts, raw
- 1/2 cup coconut flakes, unsweetened
- 2 Tbs chia seeds
- 2 Tbs hemp seeds
- 2 tsp pumpkin pie spice
- 1/2 tsp salt
- 1/3 cup coconut oil
- 1 1/2 tsp vanilla extract
- 2 eggs, separated for whites only
- 1 1/2 Tbs monk fruit sweetener (optional)

Per serving:

C 373 calories

C 12g carbohydrates

F 35g total fat

P 9g protein



Directions

Prep

1. Add almonds to a food processor and pulse to chop. Place in a large bowl. Repeat with walnuts.
2. Preheat oven to 350° F and line a baking sheet with parchment paper.
3. Separate eggs - we will be using the whites only for this recipe. Reserve yolks for another use.

continued ↓



Pumpkin Pie Granola, continued

Make

1. To the bowl with chopped almonds and walnuts, add coconut flakes, chia seeds, hemp seeds, and pumpkin pie spice. Stir to combine. Add monk fruit sweetener here as well if using.
2. Melt coconut oil then stir in vanilla extract. Add to bowl and stir to coat mixture well.
3. Beat egg whites until foamy. Stir into granola mixture until well-coated.
4. Spread evenly on the parchment-lined baking sheet and bake for 10 minutes. Stir and check for doneness - return to the oven for a minute at a time until the level of crispness is achieved without mixture burning. The amount of time you bake the mixture will depend on your oven so watch carefully!
5. Remove from oven and cool completely.
6. Store in a covered glass container for up to two weeks.



Keto Waffles

Serves 4

Prep: 5 mins. | Total: 20 mins.

Ingredients

- 3 Tbs butter, melted and cooled
- 1 1/2 oz cream cheese, softened
- 2 eggs
- 1 cup almond flour
- 2 Tbs monk fruit sweetener
- 2 tsp baking powder

Per serving:

- C** 303 calories
- C** 7g carbohydrates
- F** 28g total fat
- P** 10g protein

Directions

Prep

1. Preheat waffle iron to medium-high and grease well [coconut oil works great]

Make

1. In a medium bowl, whisk together butter, cream cheese, and eggs.
2. Add almond flour, baking powder, and monk fruit sweetener.
3. Stir well to combine.
4. Scoop batter into waffle iron and cook until golden brown.
5. Remove waffles carefully [they will be soft what hot] and place on a cooling rack to cool for a few minutes. Waffles will firm up as they sit.
6. Wrap and freeze individual waffles and rewarm in a toaster for a quick meal or snack!



Sausage Kale Skillet

Serves 2

Prep: 10 mins. | Total: 15 mins.

Ingredients

- 12 oz sausage, uncured and unsweetened (gluten-free)
- 8 oz kale, spines removed and chopped

Per serving:

- C** 599 calories
- C** 7g carbohydrates
- F** 53g total fat
- P** 23g protein

Directions

Prep

1. Remove spines from kale and chop leaves.
2. Slice sausage.
3. Preheat heavy skillet.

Make

1. Add sausage to skillet and brown on all sides.
2. Stir in kale and remove from heat. Cover to allow kale to wilt.



Broccoli Cheddar Salad

Serves 4

Prep: 10 mins. | Total: 20 mins.

Ingredients

- 4 cup broccoli, florets, separated
- 4 scallions, chopped
- 2 cup cabbage, pre-shredded
- 1 cup cheddar cheese, shredded
- 2 Tbs sunflower seeds, raw
- 4 oz bacon strips, uncured, pre-cooked and crumbled

Directions

Prep

1. Lightly steam or blanch broccoli florets until just bright green - rinse in cool water, drain and add to a large bowl.
2. Chop scallions.
3. Prepare the dressing.

Make

1. To the bowl with broccoli, add scallions, cabbage, cheese, and sunflower seeds. Toss with dressing to coat.
2. Sprinkle with bacon bits just before serving.

Per serving:

- C** 599 calories
- C** 7g carbohydrates
- F** 53g total fat
- P** 23g protein



Dressing

- 1/4 cup sour cream, full-fat
- 1/3 cup mayonnaise, unsweetened
- 1 lemon, juiced
- 1 Tbs monk fruit sweetener
- 1 tsp Dijon mustard
- salt and pepper, to taste



Tavern Antipasto

Serves 4

Prep: 15 mins. | Total: 20 mins.

Ingredients

- 1 small cauliflower, florets, separated
- 1 small bell pepper, red, chopped
- 8 pepperoncini peppers, drained and chopped
- 1/2 cup artichoke quarters, canned, drained and chopped
- 2 celery stalks, chopped
- 1/4 cup parsley, fresh, chopped
- 4 slices mozzarella cheese, fresh, full-fat, cubed
- 1/3 cup Spanish Olives, drained and rinsed
- 2 oz pepperoni, uncured, sliced

Per serving:

- C** 329 calories
- C** 9g carbohydrates
- F** 28g total fat
- P** 12g protein

Directions

- Prep**
1. Lightly steam cauliflower florets until just tender. Rinse in cool water, drain, and add to a large bowl.
 2. Chop bell pepper, pepperoncini, artichokes, celery, and parsley. Cube mozzarella slices.
 3. Make dressing.

- Make**
1. Add all ingredients to the large bowl with the cauliflower.
 2. Toss with dressing and serve.



Dressing

- 1/4 cup olive oil
- 3 Tbs red wine vinegar
- 1 tsp Italian seasoning blend
- 1/4 tsp red pepper flakes (optional)



Pecan Crusted Salmon


Serves 4


Prep: 20 mins. | Total: 40 mins.


Ingredients

- 1 1/2 lb salmon, filets, or other flaky fish
- 3/4 cup pecans, raw, chopped
- 1 1/3 Tbs Dijon mustard
- 2 tsp thyme, dried
- salt, to taste
- black pepper, to taste
- parchment paper

Per serving:

 335 calories

 4g carbohydrates

 20g total fat

 35g protein

Directions

- Prep**
1. Dry fish filets with paper towel.
 2. Chop pecans by pulsing finely in food processor. You can also use a knife to chop.
 3. Preheat oven to 350° F.
 4. Line baking sheet with parchment paper.

- Make**
1. Spread each filet with one teaspoon of mustard.
 2. Mix together chopped pecans and thyme. Season with salt and pepper to taste.
 3. Place filets on the parchment-lined baking sheet and press pecan mixture on top. Remove any loose pecan crumbs from the pan.
 4. Bake for about 15-20 minutes in the lower third of your oven until fish is cooked through [the length of time will depend on the thickness of the fish]. Watch carefully and if the nuts begin to burn, cover with foil until cooking is complete.



Cauliflower Lime Rice

Serves 4

Prep: 15 mins. | Total: 25 mins.

Ingredients

- 2 Tbs olive oil
- 2 scallions, diced
- 1 Head cauliflower, trimmed and grated
- 1/4 tsp salt
- 1/4 cup cilantro, chopped
- 2 limes, zested and juiced (for 2 tablespoons juice and teaspoon of zest)

Per serving:

- C** 101 calories
- C** 7g carbohydrates
- F** 9g total fat
- P** 3g protein

Directions

Prep

1. Chop scallions.
2. Trim cauliflower. Hold the entire head and shred on box shredder to create rice. Alternatively, you can chop finely or place florets in a food processor and chop to resemble rice grains.

Make

1. In a large skillet, heat olive oil over medium heat.
2. Sauté scallions until soft.
3. Add cauliflower to skillet, cover and cook 5-10 minutes, until soft, then add salt to taste.
4. Stir in lime juice, zest, and cilantro.



Creamy Mediterranean Skillet Chicken

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 1 small onion, sweet, chopped
- 3 cloves garlic, minced
- 1/2 cup sun-dried tomatoes, chopped see notes
- 2 Tbs olive oil, extra-virgin
- 1 1/2 lb chicken thighs boneless, skinless
- 2 tsp oregano, dried
- 2 tsp basil, dried
- 1/2 tsp thyme, dried
- 2 Tbs nutritional yeast
- 8 oz Greek yogurt, plain
- 2 cup chicken broth, reduced-sodium and unsweetened
- 6 cup spinach, chopped
- 1/2 cup parsley, chopped
- 1 lemon, cut into wedges

Per serving:

C 390 calories

C 19g carbohydrates

F 16g total fat

P 45g protein



Directions

Prep 1. Chop onion/mince garlic/chop sun-dried tomatoes.

- Make**
1. In a large skillet, sauté chicken thighs in 1 tablespoon olive oil until browned on all sides. Remove from pan and set aside.
 2. Add another tablespoon to the skillet and over medium heat, sauté onion until soft. Stir in garlic, sun-dried tomatoes, oregano, basil, thyme, nutritional yeast, and sauté for another few minutes until fragrant.
 3. Stir in yogurt and chicken broth, then nestle chicken pieces in a pan. Simmer for about 20 minutes until chicken is cooked through (165°F internal temperature).
 4. Stir in spinach and cover pan until wilted. Top with parsley and serve with lemon.

