

the

KETO CURE

A Low-Carb, High-Fat Dietary Solution to
Heal Your Body & Optimize Your Health

**DIABETES
THYROID
CHOLESTEROL
WEIGHT LOSS
& MORE**



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CHORIZO BREAKFAST ASPARAGUS



YIELD: 1 serving **PREP TIME:** 5 minutes **COOK TIME:** 10 minutes

6 spears asparagus

1½ teaspoons ghee, lard, or
coconut oil

2 ounces Mexican-style fresh
(raw) chorizo, removed from
casing

2 large eggs

¼ teaspoon fine sea salt

⅛ teaspoon ground black
pepper

1½ teaspoons chopped fresh
cilantro, for garnish

- 1 Trim the asparagus and discard the woody stems.
- 2 Melt the ghee in a cast-iron skillet over medium heat. Add the chorizo and cook for 4 minutes or until cooked through, breaking up the sausage with a spoon as it cooks. Use a slotted spoon to remove the chorizo from the skillet, leaving the drippings in the pan.
- 3 Add the asparagus to the hot skillet with the sausage drippings and cook until crisp-tender, about 5 minutes, depending on how thick the asparagus is.
- 4 Crack the eggs into the pan, on either side of the asparagus. Sprinkle with the salt and pepper. Reduce the heat to medium-low and cook the eggs, sunny-side-up, until the whites are set but the yolks are still runny. To ensure that the tops of the eggs cook evenly, baste them with the fat in the pan or place a lid on the pan.
- 5 Place the asparagus and eggs on a plate and add the chorizo. Garnish with the cilantro.

NUTRITIONAL INFORMATION

<i>per serving</i>	393 calories	31 g fat
21 g protein	5 g carbs	1 g fiber



GREEK FRITTATA



YIELD: 2 servings **PREP TIME:** 5 minutes **COOK TIME:** 7 minutes

5 large eggs

1 cup pitted Greek olives (Kalamata olives or mixed olives), left whole or chopped, plus more for garnish

¼ cup crumbled feta cheese, plus more for garnish (omit for dairy-free)

¼ cup unsweetened, unflavored cashew milk (or heavy cream if not dairy-sensitive)

½ teaspoon fine sea salt

½ teaspoon dried basil

¼ teaspoon dried oregano leaves

⅓ teaspoon ground black pepper

1 clove garlic, minced

Sliced fresh basil, for garnish

- 1 Preheat the oven to 375°F.
- 2 Heat a greased cast-iron skillet over medium-low heat.
- 3 In a large bowl, whisk together the eggs, olives, feta, cashew milk, salt, dried basil, oregano, pepper, and garlic. Pour the egg mixture into the hot skillet. Cook, while stirring, for 1 minute.
- 4 Place the skillet in the oven and cook for 6 minutes or until the eggs are just set and cooked through. Garnish with the fresh basil and additional olives and feta.
- 5 This dish is best served fresh, but if you have leftovers, you can store them in an airtight container in the refrigerator for up to 3 days. Reheat in a greased skillet over medium heat for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

<i>per serving</i>	531 calories	45 g fat
27 g protein	9 g carbs	6 g fiber



MUSHROOM ROSTI



OPTION

YIELD: 2 servings **PREP TIME:** 5 minutes **COOK TIME:** 12 minutes

A client from Santa Monica, California, told me about her favorite restaurant, Rosti. It not only has amazing food but also has the cutest little outdoor patio, which is decorated with white decorative lights that twinkle in the trees above. She said they serve the most amazing brunch, including fantastic egg and mushroom dishes similar to this one.

3 tablespoons unsalted butter or ghee (or avocado oil if dairy-free), plus more for drizzling

1 cup sliced mushrooms

¼ cup thinly sliced onions

¾ teaspoon fine sea salt, divided

¾ teaspoon ground black pepper, divided

6 large eggs

2 ounces goat cheese, crumbled (omit for dairy-free)

¼ cup chopped fresh chives, for garnish

- 1 Melt the butter in a 9-inch nonstick skillet over medium heat. Add the mushrooms, onions, and ¼ teaspoon each of the salt and pepper. Sauté, stirring often, until the mushrooms are golden brown and the onions are translucent, about 6 minutes.
- 2 In a medium bowl, beat the eggs with the remaining ½ teaspoon each of salt and pepper. Add the goat cheese to the skillet, then pour the eggs over the goat cheese mixture. Cook until the edges are set but the center is not yet fully cooked, about 5 minutes. Place a large, flat plate on top of the skillet and then carefully turn the skillet over to flip the rosti onto the plate. Slide the uncooked side of the rosti into the skillet and cook until the center is set, about 1 minute more.
- 3 Slide the rosti onto a serving plate. Drizzle with melted butter or ghee and garnish with the chopped chives.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in a greased skillet over medium heat for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

per serving	463 calories	38 g fat
26 g protein	6 g carbs	1 g fiber



BUFFALO CHICKEN MINI QUICHES



OPTION

YIELD: 24 mini quiches (3 per serving) **PREP TIME:** 10 minutes (not including time to cook chicken)
COOK TIME: 10 minutes

Coconut oil, for the pan
2 dozen large eggs
1 cup shredded cooked chicken
(see Note)
½ cup crumbled blue cheese
(about 2 ounces) (omit for dairy-
free), divided
2 tablespoons medium-hot hot
sauce, plus more for drizzling
2 tablespoons chopped fresh
chives, plus more for garnish
1 teaspoon fine sea salt
1 teaspoon ground black pepper
6 yellow cherry tomatoes,
quartered, for garnish (optional)

- 1 Preheat the oven to 325°F. Grease a 24-well mini-muffin pan.
- 2 In a large bowl, whisk the eggs. Add the chicken, most of the cheese (reserve a little for garnish), hot sauce, chives, salt, and pepper and stir to combine.
- 3 Pour the egg mixture into the greased muffin pan, filling each well about three-quarters full.
- 4 Bake until the center of each quiche is firm, about 10 minutes. Let cool for 5 minutes and then run a sharp knife around the edge of each quiche to loosen before turning them out of the pan.
- 5 If you're using cherry tomatoes, use a toothpick to secure a tomato quarter to the top of each quiche. Drizzle the quiches with hot sauce and garnish with chopped chives and the reserved blue cheese crumbles. Serve warm.
- 6 Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 325°F oven for a few minutes, until warmed to your liking.

NOTE: If you don't have leftover cooked chicken on hand, you can purchase an organic rotisserie chicken from your local market. Use the meat for this dish, and use the bones to make bone broth!

NUTRITIONAL INFORMATION

<i>per serving</i>	333 calories	21 g fat
31 g protein	2 g carbs	0.3 g fiber



COWBOY SCRAMBLED EGGS



OPTION

YIELD: 1 serving **PREP TIME:** 5 minutes **COOK TIME:** 8 minutes

1 tablespoon unsalted butter or ghee (or lard if dairy-free)

¼ cup diced red and green bell peppers

2 tablespoons diced onions

3 large eggs, beaten

2 tablespoons water

½ teaspoon fine sea salt

⅛ teaspoon ground black pepper

2 tablespoons shredded sharp cheddar cheese (omit for dairy-free)

FOR GARNISH:

Salsa

Sour cream (omit for dairy-free)

Chopped fresh cilantro leaves

- 1 Melt the butter in a cast-iron skillet over medium heat. Add the peppers and onions and sauté for 5 minutes, or until the onions are soft.
- 2 Meanwhile, place the eggs, water, salt, and pepper in a bowl; whisk well to combine. Pour the egg mixture into the skillet.
- 3 Scramble the eggs until they're almost set. Add the cheese and heat until the cheese has melted and the eggs are cooked to your liking. Garnish with salsa, sour cream, and chopped cilantro.



NUTRITIONAL INFORMATION

per serving	432 calories	34 g fat
23 g protein	6 g carbs	1 g fiber

BAKED EGGS

YIELD: 4 servings **PREP TIME:** 5 minutes **COOK TIME:** 15 minutes



OPTION

4 teaspoons ghee or unsalted butter (or lard if dairy-free), melted, divided, plus more for the ramekins

8 large eggs

2 tablespoons chopped fresh chives

1 teaspoon fine sea salt

1 teaspoon ground black pepper

- 1 Preheat the oven to 350°F. Grease four 4-ounce ramekins with ghee.
- 2 Gently crack 2 eggs into each ramekin without breaking the yolks. Season the eggs evenly with the chives, salt, and pepper. Drizzle the contents of each ramekin with 1 teaspoon of the melted ghee, and arrange the ramekins on a rimmed baking sheet.
- 3 Place the baking sheet in the oven and bake until the egg whites are opaque and the yolks have firm edges but are still soft in the center, about 15 minutes. Serve immediately.
- 4 Store leftover eggs in the ramekins in an airtight container in the refrigerator for up to 3 days. To reheat, place the ramekins in a preheated 350°F oven or toaster oven for a few minutes, until the eggs are warmed to your liking.



NUTRITIONAL INFORMATION

<i>per serving</i>	195 calories	15 g fat
13 g protein	1 g carbs	0.2 g fiber

PEACHES AND CREAM SHAKE



OPTION

YIELD: 2 servings **PREP TIME:** 15 minutes

1 cup heavy cream (or full-fat coconut milk if dairy-free)

1 cup strong-brewed peach tea, chilled

2 ounces cream cheese (¼ cup) (or Kite Hill brand cream cheese-style spread if dairy-free)

3 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

1 teaspoon peach extract

¼ teaspoon peach-flavored liquid stevia (optional)

¼ teaspoon fine sea salt

1 cup crushed ice

- 1 Place all the ingredients in a blender and blend until smooth. Pour into two 8-ounce glasses and serve.
- 2 If you won't be consuming the entire shake right away, combine all the ingredients except the crushed ice. Blend the portion you'll be consuming immediately with ice and store the rest without the ice to keep it from getting too watery. Store the remaining portion in an airtight container in the refrigerator for up to 3 days, then blend it with ice immediately before serving.



NUTRITIONAL INFORMATION

per serving	280 calories	27 g fat
4 g protein	3 g carbs	0 g fiber

HAM 'N' CHEESE EGG BAKE

YIELD: 8 servings **PREP TIME:** 5 minutes **COOK TIME:** 40 minutes



- 6 large eggs
- 1 cup sour cream
- ¾ cup heavy cream (or unsweetened, unflavored cashew milk if not nut-sensitive)
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground nutmeg
- 2 cups chopped ham
- 1 cup shredded sharp cheddar cheese, plus more for topping, if desired
- 2 teaspoons dried chives

- 1 Preheat the oven to 325°F and grease a 13 by 9-inch casserole dish.
- 2 In a large bowl, whisk together the eggs, sour cream, heavy cream, salt, pepper, and nutmeg. Stir in the ham and cheese. Pour the mixture into the greased baking dish and top with the dried chives. Sprinkle with extra cheese, if desired.
- 3 Bake for 40 minutes, or until the middle is set and doesn't jiggle when shaken. Let cool for 10 minutes before cutting.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 350°F oven for a few minutes, until warmed to your liking.



NUTRITIONAL INFORMATION

<i>per serving</i>	252 calories	18 g fat
21 g protein	1 g carbs	0.1 g fiber

CHOCOLATE ALMOND CEREAL



OPTION

YIELD: 4 servings **PREP TIME:** 5 minutes **COOK TIME:** 7 minutes

½ cup vanilla whey protein powder (or egg white protein powder if not egg-sensitive)

¾ cup blanched almond flour

¼ cup unsweetened cocoa powder

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

¼ teaspoon baking powder

¼ teaspoon fine sea salt

¼ cup unsweetened natural almond butter

2 teaspoons almond extract

2 tablespoons water (just enough to hold the dough together)

Unsweetened cashew milk, for serving

- 1 Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
- 2 In a medium bowl, stir together the whey protein powder, flour, cocoa powder, sweetener, baking soda, and salt.
- 3 Use a pastry blender or your fingers to cut the almond butter into the dry mixture until the lumps are pea-sized or smaller.
- 4 Add the almond extract and water and mix well until crumbs form.
- 5 Spread the mixture on the lined baking sheet until it's about ¼ inch thick. Bake for 7 to 10 minutes, until the edges are lightly browned. Remove the pan from the oven and allow the cereal to cool. Break into small pieces.
- 6 Serve the cereal with unsweetened cashew milk.
- 7 Store leftovers in an airtight container in the refrigerator for up to 5 days, or freeze for up to a month.

NUTRITIONAL INFORMATION

<i>per serving</i>	252 calories	21 g fat
13 g protein	5 g carbs	2 g fiber



EGGS IN A NEST



YIELD: 6 servings (2 nests per serving) **PREP TIME:** 10 minutes **COOK TIME:** 30 minutes

4 cups shredded red or green cabbage

2½ tablespoons melted ghee or unsalted butter, plus more for greasing pan

2½ teaspoons fine sea salt

1 teaspoon ground black pepper

⅔ cup shredded cheddar cheese, plus ¼ cup more for topping the nests

12 large eggs

8 slices ham, chopped, or 8 strips cooked and crumbled bacon

Chopped fresh chives or green onions for garnish

- 1 Preheat the oven to 350°F. Grease the wells of a 12-well standard-size muffin pan.
- 2 Combine the cabbage, ghee, salt, pepper, and ⅔ cup of the shredded cheddar cheese in a bowl. Divide the mixture among the prepared muffin wells and use your fingers to shape the mixture into nests with hollows in the middle.
- 3 Bake until the nests are browned on the edges and the cheese has melted, 15 to 18 minutes. Remove the pan from the oven.
- 4 Whisk the eggs in a bowl; season with a pinch each of salt and pepper. Pour an equal amount of the egg mixture into each nest, then sprinkle evenly with the ham or bacon crumbles. Top each with 1 teaspoon of the remaining cheddar cheese.
- 5 Bake until the eggs are set and the whites are opaque, 13 to 16 minutes. Let the nests cool slightly before removing them from the pan. Enjoy warm.
- 6 Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until warmed through.

NUTRITIONAL INFORMATION

<i>per serving</i>	257 calories	18 g fat
19 g protein	5 g carbs	1 g fiber



SIMPLE CEVICHE WITH AVOCADO



YIELD: 8 servings **PREP TIME:** 5 minutes, plus 2 hours to marinate

1 pound firm white fish fillets, such as snapper or halibut, cut into ½-inch pieces

½ cup freshly squeezed lime juice

1 green bell pepper, diced

1 tomato, diced

¼ cup diced red onions

¼ cup chopped fresh cilantro leaves

1 to 3 tablespoons seeded and minced jalapeño pepper, to desired heat

3 cloves garlic, minced

¾ teaspoon fine sea salt

½ teaspoon ground black pepper

4 drops of orange oil (optional)

2 avocados

Pork rinds, for serving (optional)

Lime wedges, for serving (optional)

- 1 Place the pieces of fish in an 8-inch square casserole dish and pour the lime juice over them. Stir well to coat. Add the bell pepper, tomato, red onions, cilantro, jalapeño, garlic, salt, black pepper, and orange oil, if using. Cover and refrigerate for 2 to 3 hours, until the fish is no longer pink and translucent; it should be white and opaque.
- 2 Just before serving, slice the avocados in half, remove the pits, and cut the flesh into ½-inch pieces. Remove the ceviche from the refrigerator and gently fold in the avocado. Serve with pork rinds and lime wedges, if desired.

VARIATION: Ceviche in Avocado Boats.

To turn this into a meal serving four people, serve the ceviche in avocado boats. To make, complete Step 1, and then, instead of dicing the avocados and folding them into the ceviche, simply cut the avocados in half and remove the pits. Slice a very small amount off the bottom of each avocado half to create a flat surface (to keep the “boats” from rocking). Sprinkle the insides of each avocado boat with lime juice and salt; then divide the ceviche among the boats. Note that the calories, fat, protein, carbs, and fiber will double per serving.

NUTRITIONAL INFORMATION

per serving	164 calories	9 g fat
14 g protein	8 g carbs	4 g fiber



TUNA SALAD ZUCCHINI BITES



OPTION

YIELD: 4 servings **PREP TIME:** 5 minutes **COOK TIME:** 15 minutes

1 medium zucchini (about 12 inches long)

1 (7-ounce) can tuna packed in water, drained

3 tablespoons mayonnaise

Fine sea salt and ground black pepper

½ cup shredded sharp cheddar or Monterey Jack cheese (omit for dairy-free)

FOR GARNISH:

Freshly ground black pepper

Fresh herbs of choice

- 1 Preheat the oven to 375°F.
- 2 For a pretty presentation (optional), peel the zucchini in alternating strips, leaving strips of green every ¼ inch.
- 3 Cut the zucchini crosswise into ½-inch rounds. Use a small spoon to scoop out the seeds in the center of each slice.
- 4 In a bowl, mix together the tuna and mayonnaise, then season with salt and pepper to taste.
- 5 Place the zucchini slices with the scooped-out sides facing up on a rimmed baking sheet. Fill the divots with the tuna salad and top with the cheese. Bake for 15 minutes, or until the zucchini is fork-tender and the cheese has melted.
- 6 Remove the zucchini bites from the oven and garnish with freshly ground black pepper and the herbs of your choice.
- 7 Store leftovers in an airtight container for up to 3 days. Reheat on a rimmed baking sheet in a preheated 350°F oven for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

<i>per serving</i>	228 calories	16 g fat
19 g protein	2 g carbs	1 g fiber



BACON-WRAPPED SCALLOPS



OPTION

YIELD: 4 servings **PREP TIME:** 5 minutes, plus 30 minutes to marinate **COOK TIME:** 20 minutes

Red Lobster has an amazing appetizer: delicious scallops that are marinated in lots of butter and then wrapped in smoky bacon. What's not to love? This is my keto-friendly version of that dish.

½ cup melted unsalted butter or ghee (or avocado oil if dairy-free)

3 tablespoons freshly squeezed lemon juice

½ teaspoon paprika

½ teaspoon fine sea salt

½ pound scallops

⅓ pound bacon, cut in half crosswise

Chopped fresh chives, for garnish (optional)

Lime slices or wedges, for serving (optional)

- 1 In a shallow dish, combine the melted butter, lemon juice, paprika, and salt. Add the scallops and toss well to coat; cover and place in the refrigerator to marinate for at least 30 minutes.
- 2 Preheat the oven to 400°F.
- 3 Remove the scallops from the marinade and wrap a half-slice of bacon around each scallop. Secure the ends of the bacon with a toothpick. Place the scallops on a rimmed baking sheet and bake for 10 minutes.
- 4 Flip the scallops and cook for another 8 to 10 minutes, until the bacon is cooked through and the scallops are no longer translucent. Garnish with chives and serve with lime slices, if desired.
- 5 Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 400°F oven for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

per serving	429 calories	42 g fat
13 g protein	1 g carbs	0.1 g fiber



SALMON LOG



YIELD: 12 servings **PREP TIME:** 20 minutes, plus time to chill **COOK TIME:** 35 minutes

½ cup diced onions
½ cup diced red bell peppers
Juice of 1 lemon or lime
1 clove garlic, smashed to a paste
¼ teaspoon paprika, plus more for sprinkling
¼ teaspoon dried thyme leaves
¼ teaspoon cayenne pepper
2 large eggs
¼ cup horseradish mustard
1 tablespoon mayonnaise
1 cup powdered Parmesan cheese (see below)
1 (14.75-ounce) can salmon, drained (see Note)
Fresh herbs, such as cilantro or parsley, for garnish
1 to 2 red bell peppers, cut into cracker-sized pieces, and/or
1 batch Keto Crackers (page 182), for serving

- 1 Preheat the oven to 350°F.
- 2 Place the onions, bell peppers, lemon juice, garlic, spices, eggs, horseradish mustard, mayonnaise, and powdered Parmesan cheese in a medium bowl. Stir well to combine. Add the salmon and stir well.
- 3 Place the salmon mixture on a piece of parchment paper and roll into a 3-inch log. Sprinkle paprika all over the log. Fold the ends of the paper so they're securely closed around the log, tucking in the ends, and place the log on a rimmed baking sheet.
- 4 Bake for 35 minutes, until the salmon log is firm. Remove from the oven, allow to cool to room temperature, and then place in the refrigerator until chilled, at least 30 minutes. Garnish with fresh herbs and serve with red bell pepper pieces and/or keto crackers.
- 5 Store leftovers in an airtight container in the refrigerator for up to 3 days.

NOTE: This log is just as delicious made with canned tuna. If using tuna, be sure to buy tuna packed in water to avoid inferior oils.

TIP: How to Make Powdered Parmesan Cheese.

Powdered Parmesan is simply Parmesan cheese that has been grated to the point of being light, fluffy, and powdery. Fresh pregrated Parmesan cheese available at supermarket cheese counters usually has a powdery texture and can be a convenient option in recipes that call for powdered Parmesan. To make powdered Parmesan at home, place grated Parmesan in a food processor or spice grinder and pulse until it's fluffy and powdery.

NUTRITIONAL INFORMATION

per serving	99 calories	5 g fat
11 g protein	2 g carbs	1 g fiber



KETO CRACKERS



YIELD: 12 servings **PREP TIME:** 8 minutes **COOK TIME:** 25 minutes

1½ cups grated hard cheese,
such as aged Gouda or
Parmesan
1½ cups blanched almond flour
¼ teaspoon fine sea salt
3 tablespoons beef broth or
water
¼ cup fresh rosemary leaves,
roughly chopped (optional)

- 1 Preheat the oven to 350°F.
- 2 Place the cheese, almond flour, and salt in a food processor and pulse until well combined.
- 3 Add 1 tablespoon of broth to the flour mixture and pulse to combine. Add more broth, a tablespoon at a time, and pulse until the ingredients form a firm ball of dough that holds together. (You should not need more than 2 additional tablespoons of broth.)
- 4 Place the dough on a greased piece of parchment paper and top with another greased piece of parchment. Roll the dough into a thin square, about ⅛ inch thick. Remove the top sheet of parchment. If you're using rosemary leaves, sprinkle them on top of the dough and use the palms of your hands to press them into the dough.
- 5 Use a pizza cutter or knife to cut the dough into squares, about 1¼ inches, and transfer the parchment with the crackers to a baking sheet.
- 6 Bake for 25 minutes, or until the crackers are lightly browned. If the crackers are still soft, break them apart along the cut lines and spread them out on the baking sheet, making sure that there's space between the crackers. Bake for an additional 5 minutes.
- 7 Store leftover crackers in an airtight container in the refrigerator for up to 1 week.

VARIATION: Sweet Cinnamon Keto Crackers.

To make these crackers sweet, add 1 teaspoon of ground cinnamon to the flour mixture in Step 2, and use water instead of broth when forming the dough in Step 3. Sweeten the dough by adding ¼ cup of Swerve confectioners'-style sweetener or an equivalent amount of powdered sweetener to the dry mixture in Step 2, or use an equivalent amount of liquid sweetener and add it to the dough in Step 3. Omit the rosemary topping.

NUTRITIONAL INFORMATION

<i>per serving</i>	121 calories	10 g fat
7 g protein	3 g carbs	2 g fiber



PICKLE DIP



YIELD: 12 servings **PREP TIME:** 5 minutes

2 (8-ounce) packages cream cheese, softened

½ pound pastrami, chopped

1 cup diced dill pickles

2 tablespoons dill pickle juice from jar

Fine sea salt and ground black pepper

SERVING SUGGESTIONS:

Sliced bell peppers or cucumbers

Cornichons

Corned beef or pastrami slices, for wrapping

- 1 Place the softened cream cheese in a medium bowl. Add the chopped pastrami, pickles, and pickle juice and stir until well combined. Season with salt and pepper to taste.
- 2 Serve with the scoopers or wrappers of your choice.
- 3 Store leftover dip in an airtight container in the refrigerator for up to 3 days.



NUTRITIONAL INFORMATION

per serving	161 calories	13 g fat
7 g protein	1 g carbs	0 g fiber

KETO HUMMUS

YIELD: 4 servings **PREP TIME:** 5 minutes



1 (12-inch) zucchini, peeled, seeded, and cut into chunks

½ cup tahini

1 clove garlic, chopped

2 tablespoons avocado oil, macadamia nut oil, or extra-virgin olive oil, plus more for drizzling

2 tablespoons freshly squeezed lime or lemon juice

1 teaspoon ground cumin

1 teaspoon smoked paprika, plus more for garnish

1 teaspoon fine sea salt

Freshly ground black pepper, for garnish

Red pepper flakes, for garnish

Dried chives, for garnish

SERVING SUGGESTIONS:

Pork rinds

Sliced bell peppers

Sliced cucumbers

- 1 Place all the ingredients in a blender or food processor and purée until smooth. Taste and adjust the seasonings if needed.
- 2 Place the hummus in a serving dish and garnish with a drizzle of oil, a sprinkle of paprika, freshly ground black pepper, red pepper flakes, and dried chives. Serve with pork rinds, sliced peppers, and cucumbers, if desired.
- 3 Store leftover hummus in an airtight container in the refrigerator for up to 3 days.



NUTRITIONAL INFORMATION

per serving	217 calories	19 g fat
8 g protein	10 g carbs	6 g fiber

PUMPKIN PIE HUMMUS



YIELD: 4 servings **PREP TIME:** 5 minutes

This sweet hummus tastes great with Sweet Cinnamon Keto Crackers (page 182).

1 (12-inch) zucchini, peeled, seeded, and cut into chunks

½ cup tahini

½ cup pumpkin purée

⅓ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

2 tablespoons avocado oil, macadamia nut oil, or extra-virgin olive oil, plus more for drizzling

2 teaspoons pumpkin pie spice

Seeds scraped from 2 vanilla beans (about 8 inches long), or 2 teaspoons vanilla extract

½ teaspoon fine sea salt

Ground cinnamon, for garnish

- 1 Combine all the ingredients in a blender or food processor and purée until smooth. Taste and adjust the seasonings if needed.
- 2 Place the hummus in a serving dish and garnish with a drizzle of oil and a sprinkle of cinnamon.
- 3 Store leftover hummus in an airtight container in the refrigerator for up to 3 days.



NUTRITIONAL INFORMATION

per serving	286 calories	24 g fat
8 g protein	14 g carbs	9 g fiber

PIZZA BITES

YIELD: 4 servings **PREP TIME:** 5 minutes **COOK TIME:** 8 minutes



1 (8-ounce) package Canadian bacon
1 cup pizza sauce (see Note)
1 cup shredded mozzarella cheese

- 1 Preheat the oven to 375°F. Line a rimmed baking sheet with parchment paper.
- 2 Place 8 slices of Canadian bacon on the lined baking sheet. The slices shouldn't overlap, but they can be touching. Place 2 tablespoons of the pizza sauce on each slice of Canadian bacon. Top with 2 tablespoons of the mozzarella cheese.
- 3 Bake for 8 minutes, or until the cheese has melted. Remove from the oven and enjoy!
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat on a rimmed baking sheet in a preheated 375°F oven for a few minutes, until warmed to your liking.

NOTE: When purchasing pizza sauce, check the ingredient list for added sugar and unhealthy oils, such as soybean, canola, or vegetable oil.

NUTRITIONAL INFORMATION

<i>per serving</i>	167 calories	10 g fat
16 g protein	3 g carbs	1 g fiber



PIZZA DEVEILED EGGS



YIELD: 24 deviled eggs (3 per serving) **PREP TIME:** 5 minutes **COOK TIME:** 11 minutes

12 large eggs
1 cup mayonnaise
1 teaspoon pizza sauce
2 teaspoons Italian seasoning,
plus more for garnish
½ teaspoon red pepper flakes,
plus more for garnish
½ teaspoon fine sea salt
Mini pepperoni slices, for
garnish

- 1 Place the eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove from the heat. Allow the eggs to cook in the hot water for 11 minutes. Drain the eggs and rinse with very cold water for 1 to 2 minutes to stop the cooking.
- 2 Peel the boiled eggs and cut them in half lengthwise. Remove the yolks and place them in a food processor. Pulse the yolks until they are the texture of very fine crumbs.
- 3 Add the mayonnaise, pizza sauce, Italian seasoning, red pepper flakes, and salt and pulse until smooth. Fill the egg white halves with the yolk mixture. Garnish each egg with mini pepperoni slices, Italian seasoning, and red pepper flakes.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days.

BUSY FAMILY TIP: I keep a dozen hard-boiled eggs in my refrigerator at all times. My little boys love to help me in the kitchen. Peeling eggs is one of the things they can do without requiring constant attention, which means I can prepare other food.

NUTRITIONAL INFORMATION

<i>per serving</i>	291 calories	27 g fat
9 g protein	0.5 g carbs	0 g fiber



GREEK FAT BOMBS



YIELD: 16 fat bombs (2 per serving) **PREP TIME:** 5 minutes, plus time to chill overnight

1 (8-ounce) package cream cheese, softened
1 cup chopped black olives
¼ cup crumbled feta cheese
3 tablespoons Greek salad dressing, plus more for serving (optional) (see Note)
1 teaspoon Greek seasoning
1 cup finely chopped salami
Cucumber slices, for serving (optional)

- 1 Place the cream cheese, olives, feta, Greek dressing, and Greek seasoning in a medium bowl and combine until smooth. Cover the bowl with plastic wrap or transfer the mixture to an airtight container and place in the refrigerator to chill overnight.
- 2 Remove the bowl from the refrigerator. Roll 2 tablespoons of the mixture into a golf ball–sized ball. Roll the ball in the chopped salami and place it on a serving platter. Repeat with the rest of the cream cheese mixture and salami, making a total of 16 fat bombs.
- 3 Serve the fat bombs with additional Greek dressing and cucumber slices, if desired.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days.

NOTE: When purchasing Greek dressing, make sure that it contains no sugar or soybean oil. My preferred brand is Primal Kitchen.

NUTRITIONAL INFORMATION

<i>per serving</i>	271 calories	24 g fat
11 g protein	2 g carbs	1 g fiber



TOMATO-BASIL FAT BOMBS



OPTION

YIELD: 16 fat bombs (2 per serving) **PREP TIME:** 5 minutes, plus time to chill overnight

1 (8-ounce) package cream cheese (or Kite Hill brand cream cheese–style spread if dairy-free), softened

¼ cup powdered Parmesan cheese (see page 180) (or nutritional yeast if dairy-free)

¼ cup marinara sauce (no added sugars)

2 tablespoons chopped fresh basil leaves

Sliced cherry tomatoes, for garnish

Fresh basil leaves, for garnish

- 1 Place the cream cheese, powdered Parmesan cheese, marinara sauce, and basil in a bowl and combine until smooth. Cover the bowl with plastic wrap or transfer the mixture to an airtight container and place in the refrigerator to chill overnight.
- 2 Remove the bowl from the refrigerator. Roll 2 tablespoons of the mixture into a golf ball–sized ball and place on a serving platter. Repeat with the rest of the cream cheese mixture, making a total of 16 fat bombs. Garnish with the sliced tomatoes and basil leaves.
- 3 Store leftovers in an airtight container in the refrigerator for up to 3 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	116 calories	10 g fat
3 g protein	1 g carbs	0.1 g fiber



MUSHROOM AND SWISS CHEESEBURGER SOUP



YIELD: 4 servings **PREP TIME:** 6 minutes **COOK TIME:** 15 minutes

What if I told you when we get a cow from a local farmer we tell the butcher to make it all into ground beef? Even the prize cuts of steak! We love hamburger more than steaks. My kids whine when I make steaks, so why push it? I don't want steaks either. I want hamburgers, sloppy joes, protein noodle lasagna, Keto spaghetti, Paleo chili, easy taco meat . . . you name it. Ground beef and ground venison is how we roll!

2 tablespoons unsalted butter, ghee, or lard

½ cup diced onions

¼ cups sliced mushrooms

1 pound ground beef (see Note)

1 teaspoon fine sea salt

½ teaspoon ground black pepper

4 ounces cream cheese (½ cup)

½ cup shredded Swiss cheese, plus more for garnish

3 cups beef broth

Melted butter or ghee, for drizzling

Freshly ground black pepper, for garnish

- 1 Melt the butter in a stockpot over medium heat. Add the onions and mushrooms and sauté for 5 minutes or until the onions are translucent.
- 2 Add the beef, salt, and pepper. Sauté, breaking up the meat as it cooks, for about 5 minutes, or until the meat is cooked through and no longer pink.
- 3 Meanwhile place the cream cheese, shredded Swiss cheese, and broth in a blender. Purée until smooth. After the meat has cooked, add the broth mixture to the pot. Heat for 5 minutes or until warm, but do not boil.
- 4 Divide the soup among bowls and garnish with shredded Swiss cheese, a drizzle of melted ghee, and freshly ground black pepper.
- 5 Store leftover soup in an airtight container in the refrigerator for up to 3 days. Reheat in a saucepan over medium heat for a few minutes, until warmed to your liking.

NOTE: I am a deer hunter, so along with ground beef, we often have ground venison in our freezer as well. This recipe works great with ground venison, as does any recipe in this book that calls for ground beef. Give it a try!

NUTRITIONAL INFORMATION

per serving	517 calories	42 g fat
28 g protein	5 g carbs	1 g fiber



THE BEST BROCCOLI SOUP



YIELD: 6 servings **PREP TIME:** 12 minutes **COOK TIME:** 15 minutes

2 tablespoons unsalted butter
½ cup diced onions
3 large cloves garlic, minced
6 cups chicken broth
5 cups broccoli florets, plus
more for garnish
1 teaspoon fine sea salt
1 avocado, peeled and pitted
¾ cup heavy cream
½ cup sour cream

- 1 Melt the butter in a stockpot over medium heat. Add the onions and garlic and sauté until softened and translucent, about 3 minutes.
- 2 Add the chicken broth, broccoli, and salt and bring to a boil. Reduce the heat, cover, and simmer until the broccoli is tender, about 12 minutes.
- 3 Add the avocado to the soup and use a stick blender to purée the soup. (If using a blender, work in batches: Place one-quarter of the avocado and one-quarter of the soup in the blender and purée until very smooth. Repeat with the remaining avocado and soup, then pour the puréed soup back in the pot.)
- 4 Stir in the heavy cream and sour cream. Heat on low heat just until warmed. Taste and adjust the seasoning to your liking.
- 5 Serve with a broccoli floret in the middle of each bowl.
- 6 Store leftover soup in an airtight container in the refrigerator for up to 3 days. Reheat in a saucepan over medium heat for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

<i>per serving</i>	331 calories	30 g fat
7 g protein	11 g carbs	5 g fiber



FRENCH DIP SOUP



OPTION

YIELD: 8 servings **PREP TIME:** 15 minutes **COOK TIME:** 10 minutes, plus 6 to 8 hours in a slow cooker

¼ cup (½ stick) unsalted butter
(or coconut oil if dairy-free)

1 cup chopped onions

3 cloves garlic, minced

2 pounds boneless sirloin steak,
cut into 1-inch cubes

1 teaspoon fine sea salt

¾ teaspoon ground black
pepper

6 cups beef broth

1 teaspoon fish sauce (optional)

2 cups sliced mushrooms

1 green bell pepper, sliced thin

¼ teaspoon cayenne pepper

1 cup shredded provolone
cheese (omit for dairy-free)

- 1 Heat the butter in a large skillet over medium-high heat. Add the onions and garlic and cook until soft, 3 to 5 minutes. Use a slotted spoon to transfer the onions and garlic to a 4-quart slow cooker, leaving the remaining butter in the skillet.
- 2 Season the steak on all sides with the salt and pepper. Using the same pan in which you cooked the onions, sear the steak cubes on all sides over medium-high heat until the meat is dark golden brown.
- 3 Add the steak, broth, fish sauce (if using), mushrooms, green pepper, and cayenne pepper to the slow cooker. Cover and cook on low for 6 to 8 hours, or until the meat is very tender.
- 4 Just before serving, preheat the oven to 400°F. Ladle the soup into oven-safe bowls, and place the bowls on a rimmed baking sheet. Top each bowl with the shredded provolone cheese and bake for 4 minutes, or until the cheese is bubbly.
- 5 Store leftover soup in an airtight container in the refrigerator for up to 3 days. Reheat in a saucepan over medium heat for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

<i>per serving</i>	252 calories	18 g fat
18 g protein	4 g carbs	1 g fiber



SHRIMP AND BACON BISQUE



OPTION

YIELD: 6 servings **PREP TIME:** 8 minutes **COOK TIME:** 20 minutes

6 slices bacon, diced
1 cup chopped leeks, white and green parts
1 pound large shrimp, peeled and deveined
1 teaspoon Old Bay seasoning
3 cloves garlic, minced
1 (8-ounce) package cream cheese (or Kite Hill brand cream cheese-style spread if dairy-free)
6 cups chicken or fish broth
 $\frac{3}{4}$ cup tomato sauce
1 lime or lemon, cut into 8 wedges
Fine sea salt and ground black pepper
Melted butter or ghee (or extra-virgin olive oil if dairy-free), for drizzling (optional)

- 1 Heat a stockpot over medium-high heat. Add the diced bacon and sauté, stirring occasionally, until it is slightly crispy, about 3 minutes. Add the leeks and cook for another 4 minutes or until the leeks are tender.
- 2 Season the shrimp on all sides with the Old Bay seasoning. Add the shrimp and garlic to the pot and sauté until the shrimp has turned pink, about 4 minutes.
- 3 Place the cream cheese, broth, tomato sauce, and three-quarters of the cooked shrimp in a blender and purée until smooth. Add the purée to the pot and stir well. Simmer on medium-low for 5 minutes.
- 4 Squeeze one of the lime or lemon wedges into the pot. Taste the bisque and adjust the seasoning to your liking. Ladle into bowls and serve with the remaining lime or lemon wedges. Drizzle with melted butter, if desired.
- 5 Store leftover soup in an airtight container in the refrigerator for up to 3 days. Reheat in a saucepan over medium heat for 5 minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

per serving	477 calories	36 g fat
30 g protein	8 g carbs	1 g fiber



LEMON PEPPER CHICKEN STEW



OPTION

YIELD: 8 servings **PREP TIME:** 10 minutes **COOK TIME:** 12 minutes

8 boneless, skinless chicken thighs, cut into ½-inch pieces

1½ teaspoons fine sea salt

1½ teaspoons ground black pepper

¼ cup ghee or unsalted butter (or coconut oil if dairy-free)

¾ cup diced onions

¾ cup chopped celery

1 (10-inch) zucchini, cut into ½-inch chunks

2½ cups chicken broth

4 ounces cream cheese (½ cup) (or Kite Hill brand cream cheese-style spread if dairy-free)

2 teaspoons grated lemon zest

Juice of 2 lemons

FOR GARNISH:

Melted ghee or butter (or extra-virgin olive oil if dairy-free), for drizzling

Freshly ground black pepper

Lemon wedges

- 1 Season the chicken pieces on all sides with the salt and pepper.
- 2 Melt the ghee in a stockpot over medium-high heat. Add the onion, celery, and zucchini and cook, stirring occasionally, for 3 minutes. Add the chicken and cook, stirring occasionally, until the chicken is cooked through and no longer pink inside, about 4 minutes.
- 3 While the chicken cooks, purée the broth and cream cheese in a blender until smooth.
- 4 Add the broth mixture, lemon zest, and lemon juice to the stockpot. Simmer over medium heat for 5 minutes. Season to taste with salt, if needed. Ladle into soup bowls and garnish with melted ghee, freshly ground black pepper, and lemon wedges.
- 5 Store leftover stew in an airtight container in the refrigerator for up to 3 days. Reheat in a saucepan over medium heat for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

per serving	320 calories	23 g fat
25 g protein	3 g carbs	1 g fiber



CREAM OF ASPARAGUS SOUP



YIELD: 6 servings **PREP TIME:** 5 minutes **COOK TIME:** 20 minutes

6 tablespoons ($\frac{3}{4}$ stick)
unsalted butter

1 $\frac{1}{2}$ pounds fresh asparagus,
tough ends removed and spears
cut into 1-inch pieces

1 cup chopped onions

1 teaspoon fine sea salt

$\frac{1}{2}$ teaspoon ground white
pepper

6 cups chicken or vegetable
broth

2 ounces cream cheese ($\frac{1}{4}$ cup)

1 teaspoon dried dill weed

Purple sea salt, pink rock salt, or
other rock salt, for garnish (see
Note)

- 1 Melt the butter in a large stockpot over medium heat. Add the asparagus and onions and sauté for 8 minutes, or until the asparagus is softened but not fully cooked. Season with the salt and pepper. Remove the asparagus tips from the pot and set them aside to use as garnish. Add the broth and cook for 8 minutes, or until the asparagus is tender. Remove the pot from the heat and cool slightly.
- 2 Place the cream cheese in a blender, then pour in the soup, working in batches if needed; purée until very smooth.
- 3 Return the puréed soup to the pot and add the dill weed. Heat the soup gently; don't boil it. Ladle the soup into bowls and garnish it with the asparagus tips and a sprinkle of purple salt.
- 4 Store leftover soup in an airtight container in the refrigerator for up to 4 days. Reheat in a saucepan over medium heat for a few minutes, until warmed to your liking.

NOTE: I like to collect different salts when I travel. If you do not have purple salt, any salt will work for garnish.

NUTRITIONAL INFORMATION

<i>per serving</i>	234 calories	21 g fat
6 g protein	6 g carbs	1 g fiber



DECONSTRUCTED COBB SALAD



OPTION

YIELD: 4 servings **PREP TIME:** 15 minutes, plus 2 hours to chill dressing

To make this salad even easier to prepare, pick up a roasted chicken and some hard-boiled eggs from the grocery!

RANCH DRESSING:

Makes $\frac{3}{4}$ cup

4 ounces cream cheese
($\frac{1}{2}$ cup), softened (or
mayonnaise if dairy-free)
 $\frac{1}{4}$ cup beef or chicken broth
 $\frac{1}{2}$ teaspoon dried chives
 $\frac{1}{2}$ teaspoon dried parsley
 $\frac{1}{2}$ teaspoon dried dill weed
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon onion powder
 $\frac{1}{8}$ teaspoon fine sea salt
 $\frac{1}{8}$ teaspoon ground black
pepper

COBB STACK:

2 hard-boiled eggs, diced
 $\frac{1}{4}$ cup mayonnaise
Fine sea salt and ground black
pepper
1 cup guacamole
1 cup chopped romaine lettuce
1 cup diced cooked chicken
thighs
4 strips bacon, diced and fried
until crispy

- 1 To make the ranch dressing, place all the ingredients a bowl and stir well until combined. Cover and refrigerate for 2 hours before serving (it will thicken as it rests).
- 2 In a medium bowl, combine the hard-boiled eggs, mayonnaise, and salt and pepper to taste.
- 3 To assemble, place $\frac{1}{4}$ cup of the guacamole in the center of a small serving plate and spread into a thick 3- to 4-inch circle. Top the guacamole with $\frac{1}{4}$ cup of the chopped romaine, followed by $\frac{1}{4}$ cup of the diced chicken, one-quarter of the egg salad mixture, one-quarter of the bacon pieces, and a tablespoon of blue cheese crumbles. Repeat with the remaining ingredients to make a total of four stacks. Before serving, drizzle each salad with the dressing. Garnish with a sprinkle of fresh chives, if desired.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days.

$\frac{1}{4}$ cup blue cheese crumbles
(omit for dairy-free)
Snipped fresh chives, for
garnish (optional)

BUSY FAMILY TIP: Ranch dressing is a favorite in my family, so it's featured in a few recipes in this book (see pages 232 and 246). To have extra on hand and save prep time later, I recommend you make a double batch. It will keep for up to 6 days in the refrigerator.

NUTRITIONAL INFORMATION

per serving	622 calories	51 g fat
30 g protein	8 g carbs	5 g fiber



CAPRESE SALAD



YIELD: 4 servings **PREP TIME:** 5 minutes

2 medium tomatoes, sliced
¼ inch thick

1 pound fresh mozzarella, sliced
¼ inch thick

20 fresh basil leaves

¼ cup avocado oil or extra-
virgin olive oil

½ teaspoon fine sea salt

½ teaspoon ground black
pepper

- 1 On a platter with a defined edge (to contain the oil), layer, at an angle and slightly overlapping, a slice of tomato, a slice of mozzarella, and a basil leaf.
- 2 Repeat with the remaining slices of tomato, mozzarella, and basil.
- 3 Drizzle the olive oil over the stacks and season with salt and pepper to taste.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	150 calories	11 g fat
13 g protein	4 g carbs	2 g fiber



BLACK-AND-BLUE SALAD



YIELD: 4 servings **PREP TIME:** 5 minutes, plus 5 minutes for the steak to rest **COOK TIME:** 4 minutes

1 pound flank steak or skirt steak
Fine sea salt and ground black pepper
2 teaspoons ghee or avocado oil

DRESSING:

3 tablespoons freshly squeezed lime or lemon juice
6 tablespoons avocado oil or extra-virgin olive oil
2 teaspoons Dijon mustard
Fine sea salt and ground black pepper

4 cups chopped romaine lettuce
1 cup cherry tomatoes, halved
¼ red onion, sliced into rings
1 avocado, sliced
4 ounces blue cheese, crumbled

- 1 Remove the steak from the refrigerator and allow it to come to room temperature. Season all sides generously with salt and pepper.
- 2 Heat a large cast-iron skillet over medium-high heat; then melt the ghee in the pan.
- 3 Sear the steak for 2 minutes, then flip it and cook it for another 2 minutes for medium-rare steak (or until done to your liking). Remove the steak from the skillet and place it on a cutting board to rest for 5 minutes.
- 4 While the steak cooks, make the dressing: Place the lime juice, avocado oil, and Dijon mustard in a small bowl. Whisk to combine; then add salt and pepper to taste.
- 5 Place the romaine in a large serving bowl. Top with the tomato, red onion, avocado, and blue cheese. Drizzle with the dressing.
- 6 Cut the steak across the grain into ¼-inch slices and place on the salad.
- 7 Store leftover salad and steak in separate airtight containers in the refrigerator for up to 3 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	457 calories	31 g fat
34 g protein	12 g carbs	6 g fiber



SIMPLE SUMMER GREEK SALAD



OPTION

YIELD: 4 servings **PREP TIME:** 10 minutes

1 small zucchini, cut into ¼-inch pieces
1 yellow bell pepper, cut into ½-inch pieces
1 cup cherry tomatoes, halved
1 cup pitted black olives
1 cup ½-inch-diced salami
2 ounces feta cheese, cut into ¼-inch dice (omit for dairy-free)
Fine sea salt and ground black pepper
¼ cup Greek salad dressing
Fresh oregano, for garnish

- 1 Place the zucchini, bell pepper, tomatoes, olives, salami, and feta in a large serving bowl. Season well with salt and pepper.
- 2 Drizzle the salad with the Greek dressing and toss gently to coat. Garnish with fresh oregano.
- 3 Store leftovers in an airtight container in the refrigerator for up to 3 days.

NOTE: When purchasing Greek dressing, make sure that it contains no sugar or soybean oil. My preferred brand is Primal Kitchen.

NUTRITIONAL INFORMATION

<i>per serving</i>	386 calories	33 g fat
17 g protein	6 g carbs	1 g fiber



DEVILED EGG SALAD WITH BACON VINAIGRETTE



YIELD: 6 servings (4 deviled eggs per serving) **PREP TIME:** 15 minutes **COOK TIME:** 15 minutes

DEVILED EGGS:

12 large eggs

¼ cup mayonnaise

½ small avocado, puréed

2 teaspoons coconut vinegar or red wine vinegar

½ teaspoon fine sea salt

BACON VINAIGRETTE:

4 slices bacon, cut into ¼-inch dice

2 tablespoons diced onions

3 tablespoons plus 2 teaspoons coconut vinegar or red wine vinegar, divided

2 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (optional)

1 teaspoon Dijon mustard

3 tablespoons MCT oil or extra-virgin olive oil

Fine sea salt and ground black pepper

FOR THE SALAD:

6 cups mixed greens

1 small tomato, diced

Cooked diced bacon (from above)

4 ounces blue cheese, crumbled (omit for dairy-free)

1 small green onion, sliced

1 tablespoon chopped fresh chives

- 1 Place the eggs in a large saucepan and cover with cold water. Bring the water to a boil, then immediately cover the pan and remove from the heat. Allow the eggs to cook in the hot water for 11 minutes.
- 2 Meanwhile, make the vinaigrette: Cook the diced bacon in a skillet over medium heat until crisp, about 5 minutes. Use a slotted spoon to remove the bacon from the skillet and set aside for the salad; leave the drippings in the pan. Add the onions, 3 tablespoons of the vinegar, sweetener (if using), and mustard to the pan. Cook over medium heat until the onions soften, about 2 minutes. Slowly add the oil to the pan, whisking as you add it. Whisk well to combine. Season with salt and pepper to taste. Set the vinaigrette aside.
- 3 When the eggs have cooked for 11 minutes, drain the hot water and rinse the eggs with very cold water for 1 to 2 minutes to stop the cooking. Peel the boiled eggs and cut them in half lengthwise.
- 4 Make the deviled eggs: Remove the yolks from the whites and place them in a bowl (or a food processor). Mash or blend the egg yolks with a fork (or pulse in the food processor) until they are the texture of very fine crumbs. To the yolks, add the mayonnaise, 2 teaspoons of vinegar, avocado, and salt; stir to combine. Fill the egg white halves with the yolk mixture.
- 5 To serve, dress the lettuce with the bacon vinaigrette (see Note) and divide it among 6 plates. Place 4 deviled eggs on each plate. Sprinkle the deviled eggs with the diced tomato, reserved diced bacon, blue cheese, sliced green onion, and chopped chives.
- 6 Store leftover salad, undressed, in an airtight container in the refrigerator for up to 3 days.

NOTE: If you're not serving the salad immediately, do not dress the lettuce with the vinaigrette until you're ready to serve the dish. You can store the vinaigrette in an airtight jar in the refrigerator for up to 5 days.



NUTRITIONAL INFORMATION

<i>per serving</i>	364 calories	30 g fat
17 g protein	6 g carbs	2 g fiber

BUSY FAMILY TIP: I keep a dozen hard-boiled eggs in my refrigerator at all times. My boys, who are four and six, love to help me in the kitchen, and peeling eggs is one of the things they can do without requiring constant attention, which frees me to prepare other food.

TURKEY AND BLUE CHEESE SALAD WITH BACON VINAIGRETTE



YIELD: 2 servings **PREP TIME:** 5 minutes **COOK TIME:** 5 minutes

One of my favorite salad dressings is Bacon Vinaigrette. I can't get enough of it. I like to use it in this recipe as well as in my Deviled Egg Salad.

- 1 small head romaine lettuce
- 2 cups cubed leftover roasted turkey
- ½ cup quartered cherry tomatoes
- 4 ounces blue cheese, crumbled
- 1 batch Bacon Vinaigrette (page 216)
- Sliced green onions, for garnish

- 1 Slice the head of lettuce into quarters, leaving the stem intact to hold the leaves together. Place the lettuce on a serving platter and top with the cubed turkey, tomatoes, and blue cheese. Drizzle with the vinaigrette and garnish with the green onions.
- 2 Store leftover salad and dressing in separate airtight containers in the refrigerator for up to 3 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	701 calories	47 g fat
53 g protein	7 g carbs	3 g fiber



BROCCOLI SLAW



OPTION

YIELD: 8 servings **PREP TIME:** 10 minutes

SIMPLE COLESLAW DRESSING:

- 1½ cups mayonnaise
- 2 teaspoons Dijon mustard
- 2 teaspoons freshly squeezed lemon juice
- 1 tablespoon plus 1 teaspoon coconut vinegar or apple cider vinegar
- ¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (optional)
- ½ teaspoon fine sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon celery seeds
- ½ teaspoon dried chives

COLESLAW:

- 1 (1-pound) bag broccoli slaw (about 4 cups)
- ¼ cup chopped kale
- ¼ cup chopped radicchio (for lovely purple color)
- Fine sea salt and ground black pepper
- ¼ cup roasted and salted sunflower seeds, for garnish
- 2 tablespoons slivered almonds, for garnish (omit for nut-free)

- 1 To make the dressing, place all the ingredients for the dressing in a small bowl and stir well to combine.
- 2 To make the coleslaw, place the broccoli slaw, kale, and radicchio in a large bowl. Pour the dressing over the slaw and toss gently to coat.
- 3 Season to taste with salt and pepper and garnish with the sunflower seeds and almonds.
- 4 Store leftover slaw in an airtight container in the refrigerator for up to 3 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	292 calories	29 g fat
3 g protein	6 g carbs	2 g fiber



PARMESAN BASIL ASPARAGUS



YIELD: 4 servings **PREP TIME:** 4 minutes **COOK TIME:** 10 to 20 minutes

1 lemon, sliced
1 pound asparagus, tough ends removed
2 tablespoons melted unsalted butter or ghee
½ teaspoon fine sea salt
¼ teaspoon ground black pepper
5 cloves garlic, minced
¼ cup chopped fresh basil leaves, plus more for garnish (optional)
1 cup grated Parmesan cheese

- 1 Preheat the oven to 400°F.
- 2 Place the lemon slices in a single layer on a rimmed baking sheet. Top with a single layer of the asparagus, then drizzle the asparagus with the melted butter. Season with the salt and pepper. Top the asparagus with the garlic and basil.
- 3 Bake for 10 to 20 minutes, until the asparagus is crisp-tender. The time depends on how thick the asparagus is.
- 4 Remove from the oven and sprinkle the Parmesan on the asparagus. Place back in the oven for 1 minute, or until the cheese is melted. Serve garnished with additional fresh basil, if desired.
- 5 This dish is best served fresh, but you can store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place on a rimmed baking sheet in a 400°F oven for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

<i>per serving</i>	174 calories	13 g fat
9 g protein	5 g carbs	1 g fiber



CAULIFLOWER AREPAS



YIELD: 2 servings **PREP TIME:** 4 minutes **COOK TIME:** 10 minutes

Have you ever had an arepa? If not, you are in for a real treat! Arepas are a common staple in Colombia and Venezuela. You can eat them as a side, alongside a meal, or split them and stuff them with fillings such as cheese or avocado. I love scrambled eggs, chili, and salsa in mine!

Not only are these low-carb cauliflower arepas super easy to make, but they taste amazing as leftovers! I suggest making a double or triple batch and storing them in the refrigerator for easy sandwiches.

1½ cups riced cauliflower
1 large egg
2 cups grated Parmesan or other hard cheese
Butter, ghee, or lard, for the pan
Fillings of choice (optional)

- 1 Preheat the oven to 425°F. Grease a cookie sheet.
- 2 In a food processor, blend the cauliflower, egg, and cheese until a thick dough forms.
- 3 Form the dough into 6 discs about ½ inch thick and 2½ inches in diameter.
- 4 Place the discs on the greased cookie sheet and bake for 10 to 12 minutes, until the edges are brown. Remove from the oven. If they flattened a little during baking, just cup them with your hands while still warm to reform them into 2½-inch discs. Before the cheese hardens, the arepas are very flexible. Let cool before slicing.
- 5 Just before serving, slice the discs in half. Melt a tablespoon of butter in a cast-iron skillet over medium-high heat and place the arepa halves cut side down in the skillet. Fry for 2 minutes, then flip and fry for another 2 minutes, or until golden brown. Stuff with the fillings of your choice, if desired.
- 6 Store leftovers in an airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	398 calories	25 g fat
35 g protein	8 g carbs	3 g fiber



KETO GRITS



YIELD: 2 servings **PREP TIME:** 2 minutes **COOK TIME:** 4 minutes

If you own some of my other cookbooks, you are likely already familiar with these indispensable keto grits. I find that they have a million uses and go with just about any flavor or type of cuisine.

4 large eggs

¼ cup beef broth

½ teaspoon fine sea salt

¼ cup (½ stick) unsalted butter

¼ cup shredded sharp cheddar cheese (about 1 ounce)

- 1 In a small bowl, whisk together the eggs, broth, and salt.
- 2 Melt the butter in a medium saucepan over medium heat. Add the egg mixture and cook until the mixture thickens and small curds form, scraping the bottom of the pan and stirring to keep large curds from forming. (A whisk works well for this task.)
- 3 Add the cheese and stir until well combined. Remove from the heat and transfer to a serving bowl.
- 4 Store leftovers in an airtight container in the refrigerator for up to 4 days. To reheat, place in a greased skillet over medium heat, stirring often, for 5 minutes or until heated through.

NUTRITIONAL INFORMATION

<i>per serving</i>	36 calories	2 g fat
4 g protein	0.5 g carbs	0 g fiber



WALLEYE IN LEMON CREAM



OPTION

YIELD: 4 servings **PREP TIME:** 5 minutes **COOK TIME:** 10 minutes

2 tablespoons ghee or unsalted butter (or coconut oil if dairy-free)

½ cup diced onions

1 clove garlic, smashed to a paste

1 pound walleye fillets, cut into 2-ounce pieces

1 teaspoon fine sea salt

¼ teaspoon ground black pepper

¼ cup fish or chicken broth

¼ cup heavy cream (or full-fat coconut milk if dairy-free)

2 tablespoons chopped fresh parsley leaves, plus more for garnish

2 lemons

- 1 Melt the ghee in a large cast-iron skillet over medium heat. Add the onions and garlic and sauté until fragrant, 2 to 3 minutes.
- 2 Season the fish fillets on both sides with the salt and pepper. Add the fish, broth, cream, and parsley to the skillet. Simmer, uncovered, for 7 minutes, or until the fillets are opaque in the center and start to flake.
- 3 Juice one of the lemons and thinly slice the remaining lemon. Line a serving platter with the lemon slices, then pour the juice into the pan with the fish.
- 4 Top the sliced lemons on the serving platter with the fish and cover with the sauce. Garnish with the additional parsley. (*Note:* If you prefer a thicker sauce, remove the fish from the pan and place it on the platter; boil the sauce for 10 minutes or until thickened to your liking, then pour it over the fish and garnish with parsley.)
- 5 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place in a greased skillet over medium heat for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

per serving	245 calories	15 g fat
23 g protein	4 g carbs	1 g fiber



CHICKEN, BACON, AND RANCH ZUCCHINI BOATS



OPTION

YIELD: 4 servings **PREP TIME:** 5 minutes **COOK TIME:** 20 minutes

2 (12-inch) zucchini
2 cups chopped cooked chicken
6 tablespoons mayonnaise
Fine sea salt and ground black pepper
¼ cup diced tomatoes
1 cup shredded sharp cheddar or Monterey Jack cheese (omit for dairy-free)
4 slices bacon, diced
½ cup Ranch Dressing (page 208) (or dairy-free ranch if dairy-free), for drizzling
Chopped fresh chives, for garnish

- 1 Preheat the oven to 375°F.
- 2 Cut the zucchini in half lengthwise and scoop out the middle where the seeds are. Place the zucchini, cut side up, on a rimmed baking sheet.
- 3 Place the chopped chicken and mayonnaise in a medium bowl. Stir well to combine. Season to taste with salt and pepper.
- 4 Fill the zucchini with the chicken salad. Cover each boat with diced tomato and cheese. Bake for 20 minutes, or until the zucchini is fork-tender.
- 5 Meanwhile, cook the bacon in a cast-iron skillet over medium heat until it's crisp and cooked through, about 4 minutes. Use a slotted spoon to remove the bacon from the pan and set aside.
- 6 Remove the zucchini from the oven and garnish with the ranch dressing, reserved bacon, and chives.
- 7 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place on a baking sheet in a 375°F oven for 5 minutes or until heated through.

NOTE: A good store-bought option for dairy-free ranch is the Primal Kitchen brand.

NUTRITIONAL INFORMATION

<i>per serving</i>	667 calories	51 g fat
47 g protein	5 g carbs	1 g fiber



GREEK PORK CHOPS



YIELD: 4 servings **PREP TIME:** 15 minutes **COOK TIME:** 7 minutes

PORK CHOPS:

4 (4-ounce) boneless pork chops, about 1 inch thick
2 tablespoons coconut oil or ghee
Fine sea salt and ground black pepper

FETA CHEESE SAUCE:

Makes 1 cup (3 tablespoons per serving)

3 ounces feta cheese
¼ to ½ cup beef or chicken broth
¼ cup MCT oil or extra-virgin olive oil
2 tablespoons coconut vinegar
¼ teaspoon minced garlic, or ½ head roasted garlic, cloves squeezed from the head
1 teaspoon dried oregano leaves
½ teaspoon fine sea salt

FOR SERVING:

1 cup chopped cucumbers
1 cup pitted black olives, chopped
¼ cup capers
¼ cup finely diced red onions
¼ cup crumbled feta cheese

- 1 Preheat a cast-iron skillet over medium-high heat. Generously season both sides of the pork chops with salt and pepper. Heat the oil in the hot pan, then sear the chops for about 3½ minutes. Flip the chops over and continue to cook for another 3½ minutes or until there is barely any pink visible in the center (or the internal temperature of the chops reaches 145°F on an instant-read thermometer).
- 2 While the chops cook, make the sauce: Place all the sauce ingredients in a jar and shake vigorously until very smooth.
- 3 Plate the chops with one-quarter each of the chopped cucumber and black olives. Drizzle each chop with 3 tablespoons of the sauce and sprinkle the plates with the capers, red onions, and feta cheese.
- 4 Store leftover chops in an airtight container in the refrigerator for up to 3 days, and store extra sauce in a separate airtight container in the refrigerator for up to 1 week. To reheat, place the chops in a greased skillet over medium heat for a few minutes, until warmed to your liking.

NOTE: This recipe makes more feta cheese sauce than you'll need for four pork chops. Store the extra sauce in an airtight container in the refrigerator for up to 1 week. It tastes great over a bed of greens! Shake well before using.

NUTRITIONAL INFORMATION

<i>per serving</i>	424 calories	30 g fat
33 g protein	4 g carbs	1 g fiber



TURKEY LEGS WITH LEMON GRAVY AND CAULIFLOWER PILAF



OPTION

YIELD: 4 servings **PREP TIME:** 15 minutes **COOK TIME:** 1 hour 55 minutes

TURKEY LEGS:

- 4 turkey legs
- 1½ teaspoons fine sea salt
- 1 teaspoon ground black pepper
- 2 tablespoons ghee (or coconut oil if dairy-free)
- ½ cup diced onions
- ¼ cup diced celery
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- 2 bay leaves
- 1½ cups turkey or chicken broth
- 2 lemons
- ⅛ teaspoon guar gum (optional, for thickening)

CAULIFLOWER PILAF:

- 1 small head cauliflower, cut into florets (about 3 cups)
- 2 tablespoons butter or ghee (or coconut oil if dairy-free)
- 2 tablespoons diced onions
- 1 clove garlic, minced
- Fine sea salt and ground black pepper

Freshly ground black pepper, for garnish (optional)

- 1 Preheat the oven to 300°F.
- 2 Preheat a large cast-iron skillet over medium-high heat. Season the turkey legs on all sides with the salt and pepper. Place the ghee in the hot pan. Add the legs and sear on all sides until golden brown, about 3 minutes per side. Remove the turkey legs from the skillet and set aside.
- 3 Place the onions, celery, and herbs in the skillet and cook over medium-high heat for 4 minutes, or until the onions are translucent. Place the veggies in a roasting pan and top with the turkey legs.
- 4 Add the broth to the roasting pan. Cut the lemons in half and squeeze the juice into the pan; then add the cut lemons to the pan. Roast, uncovered, for about 1 hour 40 minutes.
- 5 When there is about 30 minutes of roasting time left for the turkey legs, make the cauliflower pilaf: Place the cauliflower florets in a food processor and pulse a few times until the cauliflower is the size of small grains of rice. Alternatively, you can use the largest holes on a box grater to grate the cauliflower into small pieces.
- 6 Place the butter in the same skillet and heat over medium heat. Add the onions and sauté for 4 minutes, or until the onions are translucent. Add the garlic and cook for 1 more minute. Add the riced cauliflower and cook for 4 minutes, until softened. Remove from the heat. Stir well and season to taste with salt and pepper.
- 7 To serve, divide the pilaf among 4 plates. Place a turkey leg on each plate, along with half a roasted lemon, if desired. If you prefer a thicker gravy, whisk in the guar gum and heat the gravy on the stovetop over medium-high heat for 1 minute. Divide the gravy among the plates and garnish with freshly ground black pepper, if desired.
- 8 Store leftover turkey legs in an airtight container in the refrigerator for up to 3 days. To reheat, place on a rimmed baking sheet in a preheated 300°F oven for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

per serving	563 calories	21 g fat
78 g protein	14 g carbs	5 g fiber



GREEK MEATLOAF



YIELD: 6 servings **PREP TIME:** 15 minutes **COOK TIME:** 55 minutes

When I was little, I dreaded meatloaf night. I probably would have liked it if I would have given it a chance, but I seriously think the name turned me off! I love meatloaf now. It's like a gigantic hamburger. Who wouldn't want that? I officially am renaming meatloaf "Gigantic Hamburger Loaf"!

Instead of using breadcrumbs or cracker crumbs, I use an egg for the binder, along with finely chopped mushrooms (don't worry, you can't even taste them, but they make the meatloaf very moist) and grated Parmesan cheese. Mushrooms and aged cheeses have something called umami, which is a pleasant, savory taste produced by glutamate and ribonucleotides—chemicals that occur naturally in many foods. Umami is subtle and not generally identified by people when they encounter it, but it blends well with other tastes to intensify and enhance flavors and plays an important role in making food taste delicious.

MEATLOAF:

1½ pounds ground lamb or beef
1½ cups ¼-inch-diced feta cheese
¾ cup finely chopped button mushrooms
½ cup diced red onions
½ cup powdered Parmesan cheese (see page 180)
¼ cup tomato sauce
1 large egg
¼ cup diced black olives
1 teaspoon Greek seasoning
1 teaspoon dried oregano leaves
1 clove garlic, minced

GLAZE:

¼ cup tomato sauce
2 tablespoons whole-grain mustard
1 teaspoon freshly squeezed lemon juice

- 1 Preheat the oven to 350°F.
- 2 Put all the ingredients for the meatloaf in a large bowl. Using your hands, mix everything together until well combined. Press the meatloaf mixture into an 8 by 4-inch loaf pan.
- 3 Make the glaze: Place all the ingredients for the glaze in a small bowl and whisk until well combined.
- 4 Spread the glaze on the meatloaf and bake for 55 minutes, or until the internal temperature reaches 160°F.
- 5 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place ½-inch-thick slices of the meatloaf on a rimmed baking sheet in a preheated 375°F oven for a few minutes, until warmed to your liking.

2 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

1 teaspoon smoked paprika

¼ teaspoon cayenne pepper

¼ teaspoon ground cinnamon

NUTRITIONAL INFORMATION

<i>per serving</i>	390 calories	28 g fat
27 g protein	6 g carbs	1 g fiber



BRAISED DUCK LEGS WITH LEMON AND THYME



OPTION

YIELD: 4 servings **PREP TIME:** 7 minutes **COOK TIME:** 25 minutes

4 bone-in, skin-on duck legs
(about 2 pounds)

Fine sea salt and ground black
pepper

¼ cup ghee or coconut oil

2 tablespoons minced shallots

2 sprigs fresh thyme, plus more
for garnish

1 bay leaf

1 lemon, sliced thin

Freshly ground black pepper, for
garnish

- 1 Preheat a large heavy skillet over medium-high heat. Season the duck legs liberally on all sides with salt and pepper. Place the ghee in the hot pan. When the ghee is hot, place the legs in the skillet, skin side down. Cook until the skin is golden brown and crisp, about 8 minutes. Flip the legs and cook for another 5 minutes, or until golden.
- 2 Add the shallots, thyme, and bay leaf and cook for 2 more minutes. Cut the lemon into wedges. Squirt in the juice from 1 lemon and add the wedges to the skillet; cook for another 10 minutes, or until the duck is no longer pink in the center (or the internal temperature reaches 180°F on an instant-read thermometer).
- 3 Remove the legs from the skillet and place on a serving platter to rest for 10 minutes. Spoon the drippings from the skillet over the legs. Garnish with freshly ground black pepper and sprigs of thyme.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place in a baking dish in a preheated 350°F oven for 5 minutes, or until warmed to your liking.

VARIATION: Braised Chicken Thighs with Lemon and Thyme. You can make this recipe with chicken thighs instead of duck legs, if you prefer. Simply replace the duck legs with 2 pounds of bone-in, skin-on chicken thighs and follow the recipe as written.

NUTRITIONAL INFORMATION

per serving	435 calories	30 g fat
37 g protein	2 g carbs	1 g fiber



EASY BEEF BRISKET WITH KETO GREMOLATA



OPTION

YIELD: 12 servings **PREP TIME:** 4 minutes **COOK TIME:** 3½ to 4 hours

4 pounds beef brisket
2½ tablespoons fine sea salt
1 tablespoon ground black pepper
1 tablespoon garlic powder
1 tablespoon onion powder
3 cups beef broth

GREMOLATA:

½ cup avocado oil or melted unsalted butter
¼ cup finely chopped fresh parsley leaves and stems
3 teaspoons minced garlic
Grated zest of 1 lemon (about 3 tablespoons)

- 1 Preheat the oven to 350°F.
- 2 Pat the brisket dry and season with the salt, pepper, garlic powder, and onion powder. Place in a large roasting pan that snugly fits the brisket and set aside for 10 to 15 minutes to allow the meat to come to room temperature.
- 3 Bake the brisket, uncovered, for 1 hour. Remove from the oven and add the broth. Lower the oven temperature to 300°F, cover the pan with foil or a lid, and bake for another 2½ hours, or until the brisket is fork-tender. If the brisket isn't tender enough at this point, continue to cook (still covered) for an additional 30 minutes.
- 4 Meanwhile, make the gremolata: Place the oil, parsley, minced garlic, and lemon zest in a food processor or blender and purée until smooth.
- 5 When the brisket is tender, remove it to a cutting board and allow to rest for 10 minutes. Slice the meat across the grain into ¼-inch slices and serve with the sauce.
- 6 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place on a rimmed baking sheet, cover with foil, and bake in a preheated 350°F oven for 5 minutes, or until warmed through.

NUTRITIONAL INFORMATION

<i>per serving</i>	611 calories	49 g fat
39 g protein	2 g carbs	0.4 g fiber



TOM KA GAI PANNA COTTA



YIELD: 4 servings **PREP TIME:** 5 minutes, plus 2 hours to chill **COOK TIME:** 3 minutes

2 teaspoons grass-fed powdered gelatin

¼ cup freshly squeezed lime juice, chilled

1 (14-ounce) can full-fat coconut milk

1 teaspoon grated fresh ginger

1 stalk lemongrass, cut into 1-inch pieces

1 teaspoon fine sea salt

¼ teaspoon cayenne pepper

½ teaspoon turmeric powder

Fresh cilantro leaves or sprigs, for garnish

Thinly sliced green onions, for garnish

- 1 Sift the gelatin over the cold lime juice and set aside for 10 minutes to soften.
- 2 Meanwhile, place the coconut milk, ginger, lemongrass, salt, cayenne pepper, and turmeric in a saucepan over medium heat. Stir gently until hot.
- 3 Add the softened gelatin to the hot coconut milk mixture and stir well to completely dissolve the gelatin. Remove the lemongrass pieces.
- 4 Pour the panna cotta mixture into four 8-ounce ramekins. Cover and chill in the refrigerator for at least 2 hours to set. Before serving, garnish with the cilantro and green onions.
- 5 Store leftovers, covered tightly with plastic wrap, in the refrigerator for up to 3 days.

TIP: Using gelatin is an easy way to make tasty treats, but foods made with gelatin can easily get too rubbery if they sit in the refrigerator overnight. If you plan on making this recipe ahead of time and aren't serving it the same day it is made, I suggest using ¼ teaspoon less gelatin than called for. This quantity will ensure a perfect creamy texture even after the panna cotta has rested in the refrigerator for a day or two.

NUTRITIONAL INFORMATION

per serving	192 calories	18 g fat
3 g protein	3 g carbs	0.2 g fiber



SAVORY CHICKEN DANISH

YIELD: 4 servings **PREP TIME:** 15 minutes **COOK TIME:** 19 minutes

The Ranch Dressing on page 208 tastes great drizzled over this Danish. Because the dressing needs to chill for a couple of hours, make it first, before starting work on this tasty Danish.

DOUGH:

1¾ cups shredded mozzarella cheese

1 ounce cream cheese
(2 tablespoons)

¾ cup blanched almond flour

1 large egg

⅛ teaspoon fine sea salt

FILLING:

2 strips bacon, diced

1½ cups diced cooked chicken

½ cup diced green bell peppers
(optional)

¼ cup mayonnaise

½ cup shredded cheddar cheese

3 tablespoons Ranch Dressing
(page 208), for serving

Fresh herbs, for garnish

- 1 Preheat the oven to 400°F. Line a pizza stone or cookie sheet with parchment paper and grease the paper. (A pizza stone creates a crispier bottom.)
- 2 To make the dough, place the mozzarella and cream cheese in a microwave-safe bowl and microwave on high for 1 to 2 minutes, until the cheese is entirely melted. Stir well.
- 3 Add the almond flour, egg, and salt to the cheese mixture and use a hand mixer to combine. (*Note:* If the dough is too sticky, chill it in the refrigerator for an hour or overnight.)
- 4 Put the dough on the greased parchment paper and pat it out with your hands to form a large oval, about 12 by 8 inches. Position the oval so one of the short sides is facing you.
- 5 Make the filling: Fry the diced bacon in a cast-iron skillet over medium heat for 4 minutes, or until crispy and cooked through; remove the bacon from the pan and set aside. While the bacon is cooking, place the diced chicken, green peppers (if using), and mayonnaise in a bowl and stir to combine, making sure to coat the chicken evenly with the mayonnaise.
- 6 Starting 3 inches from the top of the dough oval and working toward you, pour the chicken mixture down the middle of the oval, ending 3 inches from the edge nearest you. Spread the filling into an oval shape, leaving 1½ inches along the sides exposed. Top the chicken mixture with the shredded cheese, then place the bacon on top of the cheese.
- 7 To braid the Danish, cut 1½-inch long, ¾-inch-wide flaps along the long sides of the dough oval, cutting only into the part that doesn't have any filling on it. Fold the top and bottom short ends over the top of the chicken filling. Then, starting at the top of the oval, fold the right flap over the chicken filling, then the left flap; continue folding the flaps over the filling until the whole Danish is wrapped. Some of the filling will be exposed.

NUTRITIONAL INFORMATION

per serving	676 calories	52 g fat
49 g protein	6 g carbs	2 g fiber



- 8 Place the pizza stone or cookie sheet with the braid in the oven and bake for 15 minutes, or until the braid is golden brown and the dough is fully cooked. Remove from the oven and allow to cool for 10 minutes.
- 9 Once the braid is cool, drizzle with the ranch dressing and garnish with herbs.
- 10 Store leftover Danish in an airtight container in the refrigerator for up to 4 days, or freeze for up to a month. To reheat, place on a baking sheet in a preheated 375°F oven for 10 minutes or until heated through. Drizzle with ranch.

SMOKED CHICKEN DRUMSTICKS



YIELD: 12 servings **PREP TIME:** 5 minutes, plus 30 minutes to soak the wood chips
COOK TIME: 1 hour 15 minutes to 1 hour 30 minutes

Smoking foods sounds intimidating, but it is really quite simple! If you are a visual learner like me, check out [MariaMindBodyHealth.com/videos](https://www.MariaMindBodyHealth.com/videos) for a simple video tutorial.

4 pounds chicken drumsticks
1 teaspoon fine sea salt
½ teaspoon ground black pepper

BBQ SAUCE:

2 cups tomato sauce
2 tablespoons coconut vinegar or apple cider vinegar
½ teaspoon garlic powder
½ teaspoon onion powder
Pinch of fine sea salt
½ teaspoon ground black pepper
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
1½ teaspoons liquid smoke

- 1 Thirty minutes before you're ready to smoke the chicken, soak the wood chips in water and remove the chicken from the refrigerator. Season the chicken with the salt and pepper.
- 2 To smoke the chicken: Read the manufacturer's directions for your smoker before you begin. There are wood, electric, propane, and charcoal smokers, and each type works differently. Start the smoker and, if your smoker came with a water bowl, add water to it. When slow-cooking meat, it is essential that you have a thermometer to monitor the temperature of the smoker. When the temperature reaches 180°F, you can start smoking the chicken.
- 3 Drain the wood chips and place them in the smoker. Place the chicken in the smoker. Secure the lid so that it is airtight and no smoke escapes. Smoke the chicken for 30 minutes, then increase the heat to 230°F. Cook for an additional 45 minutes to 1 hour, until the internal temperature reaches 165°F. Remove the chicken from the smoker. Cover tightly and let it cool and until you're ready to serve it. You can store it in the refrigerator for up to 10 days. If you vacuum-seal it, the smoked chicken will keep for up to 3 weeks.
- 4 To make the BBQ sauce, place all the ingredients for the sauce in a large bowl and stir well to combine. Store leftover sauce in an airtight container in the refrigerator for up to 8 days.
- 5 Serve the smoked chicken with the BBQ sauce.

NUTRITIONAL INFORMATION

per serving	263 calories	10 g fat
38 g protein	2 g carbs	0.4 g fiber



SPECIAL EQUIPMENT:

Smoker
4 cups wood chips of choice



NOTE: When it comes to tomato products, opt for jarred (the best choice) or BPA-free canned products. The linings of cans often contain BPA, a chemical that's associated with several health problems and may affect children's development, and tomatoes' high acidity can cause more BPA to leach into the food.

MEXICAN HAND PIES

YIELD: 2 servings **PREP TIME:** 8 minutes **COOK TIME:** 10 minutes

DOUGH:

- 1¾ cups shredded mozzarella cheese
- 2 tablespoons unsalted butter
- 1 large egg
- ⅛ teaspoon fine sea salt
- ¾ cup blanched almond flour

FILLING:

- ¼ pound ground beef
- ½ teaspoon fine sea salt
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 4 tablespoons shredded sharp cheddar cheese, divided

Salsa, for serving

- 1 Preheat the oven to 425°F. Line a pizza stone or cookie sheet with parchment paper and grease the paper. (A pizza stone creates a crispier bottom.)
- 2 To make the dough, place the mozzarella and butter in a microwavable bowl and microwave on high for 1 to 2 minutes, or until the cheese is entirely melted. Stir well.
- 3 Add the egg and salt then use a hand mixer to combine well. Add the almond flour and combine well. Use your hands and work it like traditional dough, kneading for about 3 minutes. Set aside.
- 4 Make the filling: Place the ground beef, salt, chili powder, ground cumin, onion powder, and garlic powder in a skillet over medium heat. Sauté until the beef is no longer pink; set aside.
- 5 Place one-quarter of the dough on the greased piece of parchment paper and pat it out with your hands to make a small circle, about 4 inches in diameter. Repeat with the remaining dough. Fill each circle with a tablespoon of the shredded cheese and divide the cooked beef mixture among the circles. Fold the dough over the filling and seal the edges with your fingers to make pockets.
- 6 Place the stone with the hand pies in the oven. Bake for 10 minutes or until the pies are golden brown and the dough is fully cooked. Serve with salsa.
- 7 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place on a cookie sheet in a preheated 375°F oven for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

<i>per serving</i>	798 calories	67 g fat
47 g protein	11 g carbs	5 g fiber



SHREDDED BEEF MEXICAN LASAGNA



YIELD: 8 servings **PREP TIME:** 8 minutes **COOK TIME:** 20 minutes, plus 8 hours in a slow cooker

Instead of noodles, tortillas are used for the layers when making a traditional Mexican lasagna. Here, the keto stand-ins are cabbage leaves!

1¾ pounds boneless beef roast
1½ teaspoons fine sea salt
2 teaspoons ground black pepper
2 teaspoons ground cumin
2 teaspoons paprika
½ cup chopped onions
1 (7-ounce) can chopped green chiles
2½ cups salsa or tomato sauce, divided
10 large cabbage leaves
2 cups shredded Monterey Jack cheese (see Note)
Fresh cilantro, for garnish (optional)

- 1 Season the beef roast on all sides with the salt, pepper, cumin, and paprika. Place in a 4-quart slow cooker. Add the onions, green chiles, and ½ cup of the salsa. Cook on low for 7 to 8 hours, until the meat is fork-tender. Shred the meat and set aside.
- 2 Meanwhile, blanch the cabbage leaves: Bring a large pot of water to a boil, then add the cabbage leaves and boil them for 5 minutes, or until tender. Drain and rinse the cabbage leaves with cold water to stop the cooking. Drain well and set the leaves aside.
- 3 When you're ready to assemble the lasagna, preheat the oven to 350°F.
- 4 Layer the bottom of a 13 by 9-inch baking dish with ½ cup of the salsa, then top it with one-third of the meat mixture. If the cabbage leaves aren't completely dry, pat them dry with a paper towel. Place a layer of blanched cabbage leaves on top of the meat. Sprinkle the cabbage leaves with ½ cup each of the salsa and shredded cheese. Repeat these layers two more times.
- 5 Bake for 20 minutes, or until the cheese is melted and bubbly. Serve garnished with cilantro, if desired.
- 6 Store leftovers in an airtight container in the refrigerator for up to 5 days, or freeze individual portions for up to a month. To reheat, place on a rimmed baking sheet in a preheated 300°F oven for a few minutes, until warmed to your liking.

NOTE: If you use part-skim mozzarella in place of Monterey Jack cheese, the lasagna will have excess moisture after it bakes. The recipe will still work, but you might have to drain some of the moisture.

NUTRITIONAL INFORMATION

per serving	435 calories	30 g fat
26 g protein	11 g carbs	4 g fiber

BUSY FAMILY TIP: Steps 1 and 2 can be completed up to 3 days ahead. Store the cooked meat and blanched cabbage leaves in separate airtight containers in the refrigerator until ready to assemble the lasagna.



KIELBASA CASSEROLE



OPTION

YIELD: 8 servings **PREP TIME:** 8 minutes **COOK TIME:** 40 minutes

This simple dish makes fantastic leftovers!

1 pound ground pork
1 large bell pepper (any color),
diced
½ cup diced onions
2 cloves garlic, minced
1 cup diced tomatoes
(preferably fresh)
1 cup tomato sauce
1 cup beef broth
1 teaspoon fine sea salt
2 teaspoons chili powder
½ teaspoon ground cumin
¼ teaspoon ground black
pepper
1 (1-pound) smoked kielbasa
sausage link, sliced into ¼-inch
pieces
1 cup shredded Monterey Jack
or cheddar cheese (omit for
dairy-free)
Freshly ground black pepper, for
garnish

- 1 Preheat the oven to 375°F.
- 2 Cook the ground pork, bell peppers, onions, and garlic in a large cast-iron skillet or other oven-safe skillet over medium heat, breaking up the pork as it cooks. When the pork is cooked through, about 5 minutes, add the tomatoes, tomato sauce, broth, salt, and spices and stir. Simmer, uncovered, for 20 minutes.
- 3 Slide the slices of kielbasa into the skillet and stir to combine. Cover the casserole with the shredded cheese. Transfer the skillet to the oven and bake for 15 minutes, or until the cheese is bubbly and melted. Sprinkle with freshly ground black pepper and serve.
- 4 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place in a baking dish in a preheated 350°F oven for few minutes, until warmed to your liking.

NOTE: If you don't own a large oven-safe skillet, you can bake the casserole in an 8-inch square baking dish. After completing Step 2, transfer the ground sausage mixture to the baking dish. Then top with the kielbasa and cheese and bake as directed in Step 3.

NUTRITIONAL INFORMATION

<i>per serving</i>	233 calories	17 g fat
15 g protein	5 g carbs	1 g fiber



THAI NUTTY SHORT RIBS



YIELD: 12 servings **PREP TIME:** 5 minutes **COOK TIME:** 7 to 8 hours in a slow cooker

1 cup beef broth
¼ cup chopped onions
¼ cup unsweetened almond butter
2 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
1 tablespoon freshly squeezed lime juice
2 cloves garlic, minced
4 beef short ribs (4 pounds)
Sliced green onions, for garnish
Chopped raw pili nuts or macadamia nuts, for garnish
3 batches Keto Grits made without cheese (page 226) (optional)

- 1 Place the broth, onions, almond butter, sweetener, lime juice, and garlic in a 6-quart slow cooker and stir well to combine. Add the ribs and cook on low for 7 to 8 hours, until the meat is tender and easily pulls away from the bone. Place the ribs on a serving platter. Cut into ⅓-pound sections for serving (12 equal-sized rib sections).
- 2 Pour the sauce in the slow cooker into a small saucepan and bring to a boil over high heat. Whisk and boil for 2 minutes, or until thickened to your liking. Serve the ribs with the sauce, garnished with sliced green onions and chopped nuts, and with a spoonful of keto grits, if desired.
- 3 Store leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place on a rimmed baking sheet in a preheated 400°F oven for a few minutes, until warmed to your liking.

NUTRITIONAL INFORMATION

<i>per serving</i>	741 calories	66 g fat
34 g protein	2 g carbs	1 g fiber



TOMATO BASIL CHICKEN SALAD



OPTION

YIELD: 6 servings **PREP TIME:** 8 minutes, plus time to chill cooked chicken **COOK TIME:** 10 minutes

2 tablespoons ghee or unsalted butter (or coconut oil if dairy-free)

½ cup diced onions

1 cup diced celery

3 cloves garlic, minced

4 boneless, skinless chicken thighs, cut into ½-inch cubes

1 teaspoon fine sea salt

¼ teaspoon ground black pepper

½ cup mayonnaise

1 cup grape tomatoes, halved

1 bunch fresh basil, chopped, plus more leaves for garnish

½ cup cubed fresh mozzarella cheese (omit for dairy-free)

Extra-virgin olive oil or avocado oil, for drizzling

Freshly ground black pepper, for garnish

- 1 Heat 2 tablespoons ghee in a large cast-iron skillet over medium-high heat. Add the onions and celery and sauté for 2 minutes, stirring often. Add the garlic and sauté for 1 more minute.
- 2 Season the chicken well with salt and pepper. Add the chicken to the skillet and sauté for 7 minutes, or until the chicken pieces are cooked through. Remove the chicken and vegetables to a serving bowl, allow to cool, then cover and place in the refrigerator for 1 hour, or until chilled.
- 3 Remove the chicken from the refrigerator and add the mayonnaise, cherry tomatoes, basil, and mozzarella cheese. Garnish with additional basil and drizzle olive oil over the bowl.
- 4 Store leftovers in an airtight container in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	421 calories	38 g fat
17 g protein	3 g carbs	1 g fiber



MEATBALL CARBONARA



YIELD: 4 servings **PREP TIME:** 10 minutes **COOK TIME:** 15 minutes

MEATBALLS:

1 pound ground beef
1 large egg, beaten
½ cup finely chopped button mushrooms
2 tablespoons finely chopped onions
1 teaspoon fine sea salt
1 clove garlic, smashed to a paste

“NOODLES”:

4 strips bacon, cut into ¼-inch dice
2 cups thinly sliced green or red cabbage
¼ cup chopped onions
½ teaspoon minced garlic
½ cup grated Parmesan cheese (about 2 ounces), plus more for garnish (optional)
2 large eggs, beaten
Fine sea salt and ground black pepper

- 1 Preheat the oven to 400°F.
- 2 Put the ingredients for the meatballs in a large bowl. Using your hands, mix everything together until well combined. Shape into 1-inch meatballs and place on a rimmed baking sheet.
- 3 Bake for 15 minutes, or until the meatballs are cooked through and no longer pink inside.
- 4 While the meatballs are baking, make the noodles: Fry the bacon in a large cast-iron skillet over medium heat until crisp, about 5 minutes.
- 5 Use a slotted spoon to remove the bacon pieces from the skillet and set them aside, reserving the bacon drippings in the pan.
- 6 Add the cabbage “noodles,” onions, and garlic to the bacon grease and cook over medium heat until the onion is translucent and the “noodles” are soft, about 4 minutes.
- 7 Return the bacon to the skillet. Stir well to combine and heat through. Add the Parmesan cheese and toss until the cheese is melted. Add the beaten eggs and cook, tossing constantly with tongs or a large fork until the eggs are just set. Taste for seasoning and add additional salt or pepper if needed. Serve immediately with the meatballs. Garnish with additional grated Parmesan, if desired.
- 8 Store leftovers in an airtight container in the refrigerator for up to 4 days, or freeze for up to a month. To reheat, place in a lightly greased skillet over medium heat, stirring occasionally, for 5 minutes, or until heated through.

NUTRITIONAL INFORMATION

<i>per serving</i>	466 calories	35 g fat
32 g protein	5 g carbs	1 g fiber



EASY SHREDDED BEEF DINNER



YIELD: 8 servings **PREP TIME:** 5 minutes **COOK TIME:** 4 or 8 hours in a slow cooker

3 teaspoons fine sea salt
2 teaspoons paprika
1 teaspoon ground black pepper
1 pound boneless beef roast, cut into 4 equal pieces
2 cups beef broth
1 cup diced onions
1 tomato, diced
½ head green or purple cabbage, cut into 8 wedges
1 lime, halved, for juicing

FOR SERVING (OPTIONAL):

Lime wedges
Fresh cilantro

- 1 Place the salt, paprika, and pepper in a small bowl and mix well to combine; then sprinkle the mixture all over the roast. Place the roast in a 4-quart slow cooker. Add the broth, onions, tomato, and cabbage wedges.
- 2 Cover the slow cooker and cook on low for 8 hours or high for 4 hours, or until the meat is fork-tender. When the beef is tender, use two forks to shred it. Stir well to coat the meat in the sauce in the slow cooker. Squeeze the lime halves into the slow cooker and stir well again. Taste and add salt, if desired. Serve garnished with lime wedges and fresh cilantro, if desired.
- 3 Store leftovers in an airtight container in the refrigerator for up to 4 days. To reheat, place in a baking dish in a preheated 350°F oven for 5 minutes or until heated through.

NUTRITIONAL INFORMATION

<i>per serving</i>	375 calories	25 g fat
23 g protein	13 g carbs	4 g fiber



BROILED SHRIMP



YIELD: 4 servings **PREP TIME:** 8 minutes **COOK TIME:** 5 minutes

This shrimp tastes great over greens with my Ranch Dressing (see page 208).

½ cup (1 stick) plus
2 tablespoons melted
unsalted butter, divided

1 tablespoon freshly squeezed
lemon or lime juice

1 teaspoon fine sea salt

1 clove garlic, smashed to a
paste

½ pound large shrimp, peeled
and deveined

Lemon or lime wedges, for
serving (optional)

Freshly ground black pepper, for
garnish (optional)

Fresh parsley, for garnish
(optional)

- 1 Preheat the broiler.
- 2 Place 2 tablespoons of the melted butter, the lime juice, salt, and smashed garlic in a large bowl. Stir well to combine. Add the shrimp and stir well to coat the shrimp.
- 3 Place the shrimp on a rimmed baking sheet and broil for 5 minutes, or until the shrimp has turned pink.
- 4 Serve the remaining ½ cup of melted butter alongside the shrimp for dipping. If desired, serve with lemon wedges and garnish with freshly ground black pepper and fresh parsley.
- 5 Store leftovers in an airtight container in the refrigerator for up to 4 days. To reheat, place in a lightly greased skillet over medium heat, stirring occasionally, for 5 minutes, or until heated through.

NUTRITIONAL INFORMATION

<i>per serving</i>	294 calories	29 g fat
8 g protein	1 g carbs	0.3 g fiber



MINI CHOCOLATE RASPBERRY CUPCAKES



YIELD: 24 cupcakes (1 per serving) **PREP TIME:** 20 minutes **COOK TIME:** 10 minutes

CUPCAKES:

2 large eggs

¼ cup sour cream

2 tablespoons unsalted butter or coconut oil, softened, plus more for the pan

½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

½ cup unsweetened cocoa powder

1 tablespoon coconut flour

1 teaspoon baking powder

¼ teaspoon fine sea salt

2 teaspoons raspberry extract

FROSTING:

½ cup (1 stick) unsalted butter or coconut oil, softened

4 ounces cream cheese (½ cup), softened

½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

2 teaspoons raspberry extract

⅛ teaspoon fine sea salt

- 1 Preheat the oven to 325°F. Grease a 24-well mini-muffin pan or line it with mini cupcake liners.
- 2 In a large bowl, combine the eggs, sour cream, softened butter, and sweetener. Mix until well combined.
- 3 In a medium bowl, whisk together the cocoa powder, coconut flour, baking powder, and salt.
- 4 Add the dry mixture to the egg mixture and stir to combine well. Add the raspberry extract and stir to combine.
- 5 Spoon the batter into the greased muffin pan, filling the wells about two-thirds full. Bake for 10 to 12 minutes, until a toothpick inserted in the middle of a cupcake comes out clean. Remove the cupcakes to a cooling rack and allow to cool completely.
- 6 While the cupcakes are cooling, make the frosting: Place all the frosting ingredients in a medium bowl and use a hand mixer to combine until smooth. Taste and add more sweetener, if desired.
- 7 When the cupcakes are cool, frost them using a piping bag or small frosting knife. Store extra cupcakes in an airtight container in the refrigerator for up to 5 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	188 calories	17 g fat
4 g protein	5 g carbs	2 g fiber



PEACHES AND CREAM ICE POPS



YIELD: 8 pops (1 per serving) **PREP TIME:** 3 minutes, plus time to freeze

1 cup heavy cream (or coconut oil if dairy-free)

1 cup strong-brewed peach tea, chilled (see Note)

¼ teaspoon liquid peach stevia

1 teaspoon peach extract (optional)

3 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)

½ teaspoon fine sea salt

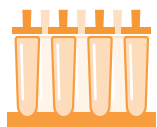
2 ounces cream cheese (¼ cup), (optional, for an extra-creamy texture) (omit for dairy-free)

- 1 Place all the ingredients in a blender and blend until smooth. Pour the mixture into the ice pop molds and freeze until set.
- 2 Store the ice pops in an airtight container in the freezer for up to 1 month.

NOTE: A convenient substitute for brewed peach tea is Bai's Panama Peach drink. I often use this instead of taking the time to brew tea.

NUTRITIONAL INFORMATION

<i>per serving</i>	125 calories	4 g fat
0.5 g protein	0.5 g carbs	0 g fiber



SPECIAL EQUIPMENT:

8 (2-ounce) ice pop molds



NO-BAKE PUMPKIN SPICE CHEESECAKE IN JARS



YIELD: 4 servings **PREP TIME:** 5 minutes

½ cup heavy cream

4 ounces cream cheese or mascarpone cheese (½ cup), softened

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)

1 teaspoon pumpkin pie spice

1 teaspoon vanilla extract

Natural orange food coloring (optional)

¼ cup chopped raw walnuts (omit for nut-free)

- 1 Place a large stainless-steel bowl and beaters for a hand mixer in the freezer until they're cold.
- 2 Place the cream in the chilled bowl and whip it with the hand mixer until firm peaks form. Add the softened cream cheese, sweetener, pumpkin pie spice, vanilla, and natural food coloring, if using. Using the hand mixer, beat until very smooth.
- 3 Divide the chopped walnuts among four 4-ounce serving jars or cups and top with the pumpkin cheesecake mixture.
- 4 The jars can be made up to 5 days ahead. Store covered in the refrigerator until ready to serve.

NUTRITIONAL INFORMATION

<i>per serving</i>	267 calories	26 g fat
3 g protein	2 g carbs	1 g fiber



EASY VANILLA ICE CREAM CUPS



YIELD: 12 ice cream cups (3 per serving) **PREP TIME:** 5 minutes, plus time to freeze

1 cup heavy cream, chilled
1 (8-ounce) package cream cheese, softened
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 teaspoon vanilla extract

CHOCOLATE DRIZZLE:

¼ cup heavy cream
½ ounce unsweetened baking chocolate, finely chopped
2 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)
½ teaspoon vanilla extract

FOR GARNISH (OPTIONAL):

Coarse rock or sea salt

- 1 Line a 12-well muffin pan with muffin liners. Place a large stainless-steel bowl and beaters for a hand mixer in the freezer until they're cold.
- 2 Place the heavy cream in the chilled bowl and whip until stiff peaks form. Add the softened cream cheese, sweetener, and vanilla and beat with the hand mixer until smooth.
- 3 Spoon the mixture into the muffin liners, filling each about one-quarter full. Place the pan in the freezer for 3 hours, or until the cups are set.
- 4 Make the chocolate drizzle: Place the cream, chopped chocolate, and sweetener in a double boiler or a heat-safe bowl over a pan of simmering water. (Make sure the bowl fits snugly in the saucepan, allowing no steam to escape, and that the bottom of the bowl isn't touching the water.) Heat on low heat, stirring constantly, just until the chocolate melts. Remove the bowl from the pan. Add the vanilla and stir to combine. Taste and adjust the sweetness to your liking.
- 5 Before serving the cups, allow them to defrost on the counter for 3 minutes before removing the liners; otherwise, the liners will stick to the ice cream. Garnish with a sprinkle of coarse salt and a drizzle of chocolate, if desired.
- 6 Store the cups in an airtight container in the freezer for up to 1 month.

NUTRITIONAL INFORMATION

per serving	400 calories	42 g fat
4 g protein	2 g carbs	0 g fiber



NO-BAKE RHUBARB CRISPS



OPTION

YIELD: 4 servings **PREP TIME:** 8 minutes, plus 20 minutes to chill

- 2/3 cup diced rhubarb
- 1 (8-ounce) package cream cheese or mascarpone cheese (or Kite Hill brand cream cheese-style spread if dairy-free), softened
- 1/4 cup unsweetened cashew or almond milk
- 1/3 cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)
- 1 teaspoon strawberry extract or vanilla extract
- 1/8 teaspoon fine sea salt
- 1/2 cup crushed raw almonds, for topping

- 1 Place the rhubarb in a large microwavable bowl and microwave on high for 2 minutes or until soft. Add the cream cheese, cashew milk, sweetener, extract, and salt and use a hand mixer to combine until the cream cheese is smooth.
- 2 Divide the mixture among four 4-ounce ramekins and smooth the tops. Cover and place in the refrigerator to chill for at least 20 minutes. Just before serving, sprinkle the crushed nuts over the ramekins.
- 3 Cover the leftover crisps and store them in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION

<i>per serving</i>	286 calories	25 g fat
7 g protein	6 g carbs	2 g fiber



MINT CHOCOLATE CAKE

YIELD: One 9-inch single-layer cake (25 servings) **PREP TIME:** 10 minutes, plus time to refrigerate
COOK TIME: 40 minutes

CAKE:

4 cups blanched almond flour
½ cup unsweetened cocoa powder
1 teaspoon baking powder
½ teaspoon fine sea salt
1 cup unsweetened cashew or almond milk
5 large eggs
1 cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

BROWNE BUTTER CHOCOLATE FROSTING:

1 cup (2 sticks) unsalted butter
1 (8-ounce) package mascarpone or cream cheese
½ cup unsweetened cashew or almond milk
¼ cup unsweetened cocoa powder
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)

FOR GARNISH (OPTIONAL):

Pink rock salt
Fresh mint leaves

NUTRITIONAL INFORMATION

<i>per serving</i>	241 calories	23 g fat
7 g protein	5 g carbs	3 g fiber

- 1 Preheat the oven to 350°F. Grease the bottom and sides of a 9-inch square cake pan, line the bottom with parchment paper, and then grease the paper (this will make it easy to remove the cake from the pan).
- 2 Make the cake: In a large bowl, whisk together the almond flour, cocoa powder, baking powder, and salt until well combined. In a medium bowl, whisk together the milk, eggs, sweetener, and mint extract until well combined.
- 3 Pour the wet ingredients into the almond flour mixture and use a hand mixer to mix until thoroughly combined. Transfer the batter to the prepared cake pan.
- 4 Bake for 30 to 32 minutes, until a toothpick inserted in the center of the cake comes out clean. Let cool in the pan for 1 hour.
- 5 While the cake is cooling, make the frosting: Heat the butter in a saucepan over high heat until the butter sizzles and you see lots of brown (not black) flecks. Remove the pan from the heat and add the mascarpone cheese, milk, cocoa powder, and sweetener. Using a hand mixer, beat until very smooth. Set aside to cool for a bit before you frost the cake.
- 6 Remove the cake from the pan and spread the frosting over the top and sides. Put the cake in the refrigerator for a few hours or overnight before serving.
- 7 To serve, cut the cake into 25 squares by making 4 equal-spaced cuts in each direction. Garnish with pink salt and/or fresh mint leaves, if desired.
- 8 Store leftovers in an airtight container in the refrigerator for up to 4 days.



VANILLA BEAN ICE CREAM

YIELD: 2½ cups (½ cup per serving) **PREP TIME:** 5 minutes, plus time to churn and freeze

This is a delicious vanilla ice cream, but you can mix it up by stirring in a swirl of your favorite flavor or other add-ins.

5 large egg yolks

½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)

1 cup heavy cream

1 cup unsweetened cashew or almond milk

Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 teaspoon vanilla extract

¼ teaspoon fine sea salt

- 1 If you plan to cook the egg yolks to make a custard-style ice cream, place the egg yolks and sweetener in a medium saucepan; if you'd like to omit the cooking step (and are comfortable consuming raw egg yolks), place the yolks and sweetener in the mixing bowl.
- 2 Using a hand mixer on high speed, whip the yolks until they're light in color and doubled in size. Stir in the cream. If you're not cooking the eggs, jump ahead to Step 4.
- 3 To cook the egg mixture, place the saucepan over medium heat and cook, stirring constantly. Stir until the mixture has thickened into a custard (it will coat the back of a spoon). Remove the saucepan from the heat and strain the custard through a fine-mesh sieve into a mixing bowl.
- 4 Stir in the cashew milk, vanilla bean seeds, and salt. Place the ice cream base in the refrigerator to chill it completely before churning it.
- 5 Pour the chilled mixture into an ice cream maker and churn according to the manufacturer's instructions, generally 15 to 30 minutes, depending on the machine. Serve immediately or transfer to a storage container and freeze for up to 1 month.

NUTRITIONAL INFORMATION

<i>per serving</i>	220 calories	24 g fat
3 g protein	1 g carbs	0 g fiber



CHOCOLATE WHOOPIE PIES

YIELD: 8 pies (1 per serving) **PREP TIME:** 20 minutes **COOK TIME:** 12 minutes

CAKE:

1¼ cups blanched almond flour,
or ½ cup coconut flour
¼ cup unsweetened cocoa
powder
½ teaspoon baking soda
¼ teaspoon fine sea salt
2 tablespoons unsalted butter or
coconut oil, softened
⅓ cup Swerve confectioners'-
style sweetener or equivalent
amount of liquid or powdered
sweetener
3 large eggs (if using coconut
flour, use 6 large eggs and ¼ cup
unsweetened almond milk)
1 teaspoon vanilla extract

FILLING:

¾ cup (1½ sticks) unsalted
butter, softened
6 ounces cream cheese or
mascarpone cheese (¾ cup),
softened
¾ cup Swerve confectioners'-
style sweetener or equivalent
amount of liquid or powdered
sweetener (or to desired
sweetness)
1 tablespoon heavy cream or full-
fat coconut milk
1 teaspoon vanilla extract

CHOCOLATE DRIZZLE (page
274)

Fresh raspberries, for garnish
(optional)

- 1 Preheat the oven to 350°F. Grease 16 wells of 2 whoopie pie pans.
- 2 In a mixing bowl, whisk together the almond flour, baking soda, and salt. In a separate bowl, use a hand mixer to beat the butter, sweetener, eggs, and extract until smooth. Stir the wet ingredients into the dry ingredients until well combined.
- 3 Spoon the batter into the greased wells of the pans, filling the wells two-thirds full. Place in the oven and bake for 12 minutes or until a toothpick inserted in the center of a cake comes out clean. Remove the cakes from the pan and allow to cool completely.
- 4 Meanwhile, make the filling: Using a hand mixer, cream the butter, cream cheese, and sweetener in a medium bowl until fluffy, about 2 minutes. Add the heavy cream and extract and mix to combine. Set the frosting aside.
- 5 Make the chocolate drizzle (page 274).
- 6 Assemble the whoopie pies: Place one cake upside down on a plate (so the flat side is facing up). Spread 2 tablespoons of the filling onto the cake and then top the filling with another cake (with the flat side facing the filling). Repeat with the remaining cakes and filling. Drizzle the top of each pie with the melted chocolate. Garnish with fresh raspberries, if desired.
- 7 Store the whoopie pies in an airtight container in the refrigerator for up to 4 days.

VARIATION: Mint Chocolate Whoopie Pies.

Replace the vanilla extract used in the cake and the filling with the same quantity of mint extract or a few drops of mint oil. Garnish with fresh mint leaves, if desired.



**SPECIAL
EQUIPMENT:**
2 (12-well) whoopie
pie pans

NUTRITIONAL INFORMATION

<i>per serving</i>	439 calories	43 g fat
9 g protein	6 g carbs	3 g fiber



BUCKEYES



YIELD: 45 buckeyes (1 per serving) **PREP TIME:** 30 minutes

ALMOND BUTTER BALLS:

1 (18-ounce) jar unsweetened, natural almond butter, room temperature

1 cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

½ cup (1 stick) unsalted butter, softened

½ teaspoon vanilla extract

CHOCOLATE COATING:

1 cup heavy cream

½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (or to desired sweetness)

1 teaspoon vanilla extract (or another extract, such as cherry)

3 ounces unsweetened baking chocolate, finely chopped

- 1 Drain off any oil from the top of the almond butter, then place the almond butter in a medium bowl. Add the sweetener, butter, and vanilla extract. Use a hand mixer to combine until smooth. Place the bowl in the freezer or refrigerator to completely chill the mixture, about 20 minutes.
- 2 Line a rimmed baking sheet with wax paper, parchment paper, or foil. Use a cookie scoop to form the almond butter mixture into 1-inch balls and set them on the lined baking sheet. Set the baking sheet in the freezer for 5 to 7 minutes to chill (which makes the balls easier to dip).
- 3 While the balls are chilling, make the chocolate coating: In a small saucepan over medium heat, stir together the heavy cream, sweetener, and extract. Bring to a light simmer, then remove the pan from the heat and add the finely chopped chocolate. Stir until the mixture is smooth and the chocolate is completely melted. Allow the coating to cool a little before dipping the almond butter balls in it.
- 4 Line a second rimmed baking sheet with wax paper, parchment paper, or foil.
- 5 Remove the balls from the freezer. Insert a toothpick or wooden skewer into a ball and then dip it in the chocolate, turning the ball quickly to cover it. (*Note:* For traditional buckeyes, as pictured, leave a circle of almond butter visible on top.) Place the dipped balls onto the second baking sheet. Allow the buckeyes to sit at room temperature until the chocolate coating dries and hardens; you can refrigerate them to speed the drying process.
- 6 Store the buckeyes in an airtight container in the refrigerator for up to 4 days, or freeze for up to a month.

NUTRITIONAL INFORMATION

per serving	115 calories	11 g fat
3 g protein	3 g carbs	2 g fiber

NOTE: The buckeyes in the photo are plated with one of my favorite holiday cookies, called "Cookie Cut Outs." You can find the recipe for them on my site, MariaMindBodyHealth.com.



MAPLE BACON SHORTBREAD COOKIES



OPTION

YIELD: 24 cookies (1 per serving) **PREP TIME:** 7 minutes **COOK TIME:** 18 minutes

2 strips bacon, cut into ¼-inch dice

6 tablespoons (¾ stick) unsalted butter (or butter-flavored coconut oil if dairy-free), softened

⅓ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

2 cups blanched almond flour or pecan meal

1 teaspoon maple extract

Pinch of fine sea salt

CHOCOLATE DIP:

¾ cup heavy cream (or full-fat coconut milk if dairy-free)

2 ounces unsweetened baking chocolate, finely chopped

⅓ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

1 teaspoon vanilla extract or maple extract

- 1 Preheat the oven to 350°F. Line a cookie sheet with parchment paper.
- 2 Cook the diced bacon in a cast-iron skillet over medium heat until cooked through, about 4 minutes. Remove the bacon from the skillet with a slotted spoon and set aside.
- 3 In a medium bowl, use a hand mixer to cream the butter and sweetener until fluffy, about 2 minutes. Add the almond flour, extract, and salt and mix until well combined.
- 4 Roll the dough between 2 sheets of parchment paper into a ¼-inch-thick square. Cut into 1½-inch squares and place them ½ inch apart on the lined cookie sheet. Press the cooked diced bacon into the top of the cookies. Bake for 15 minutes, or until the cookies are starting to turn golden brown. Cool the cookies completely before removing from cookie sheet.
- 5 While the cookies cool, make the chocolate dip: Place the cream in a saucepan and heat on medium heat until simmering. Remove the saucepan from the heat and add the chopped chocolate and sweetener; stir until the chocolate is completely melted. Add the extract and stir to combine. Allow the dip to cool a few minutes before dipping the cookies.
- 6 Dip one end of a cookie in the melted chocolate and place the cookie on a piece of parchment paper to dry.
- 7 Store the cookies in an airtight container in the refrigerator for up to 5 days, or freeze for up to 1 month.

NUTRITIONAL INFORMATION

per serving	125 calories	12 g fat
3 g protein	3 g carbs	2 g fiber



EXERCISE: Upper-body weight-lifting for 40 minutes

BREAKFAST: 3 boiled eggs (Carbs: 0, Protein: 21g, Fat: 21g) and 24 ounces of water

*SCRIPTURE READING/
MEDITATION: Read and ponder New Testament Galatians Chapter 5 for 30 minutes*

LUNCH: 2 lettuce-wrapped ham-and-cheese sandwiches (Carbs: 4g, Protein: 30g, Fat: 30g) and 12 ounces of water

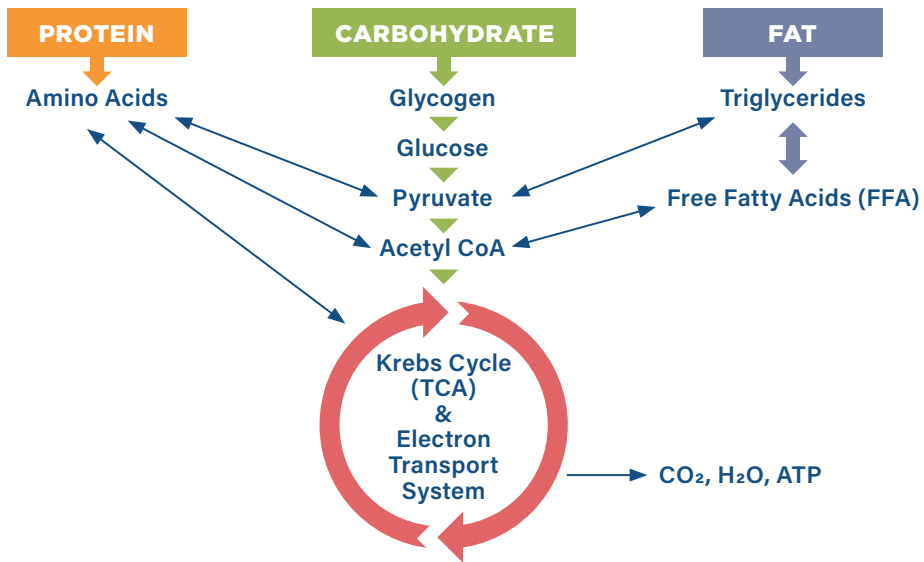
DINNER: 12-ounce rib-eye steak with butter and salad (Carbs: 6g, Protein: 30g, Fat: 40g) and 12 ounces of sparkling water

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."

**—Motivational speaker
Jim Rohn**

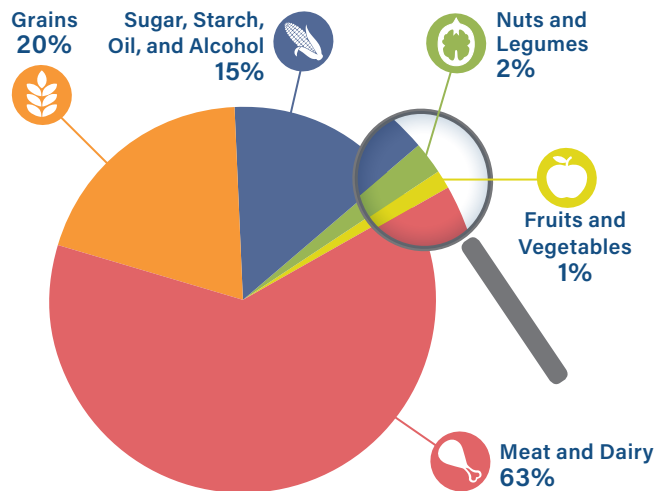
FIBER AND CARBOHYDRATES

Our bodies usually can't break down and absorb the carbohydrate from long-chain fibers that are found in leafy greens, fruits, and vegetables, but cooking, juicing, or blending those long-chain fibers breaks some of the bonds and makes more of the carbohydrates (simple sugars) available. This means that the carbohydrates from the fiber contribute to your carbohydrate intake, which inhibits weight loss.

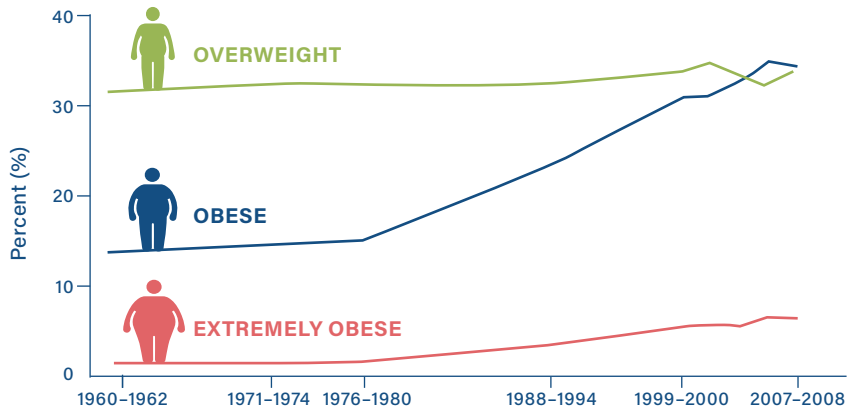


Any of these three macronutrients can be used to create ATP (adenosine triphosphate), the molecule that is essential for muscles to flex, contract, and move.

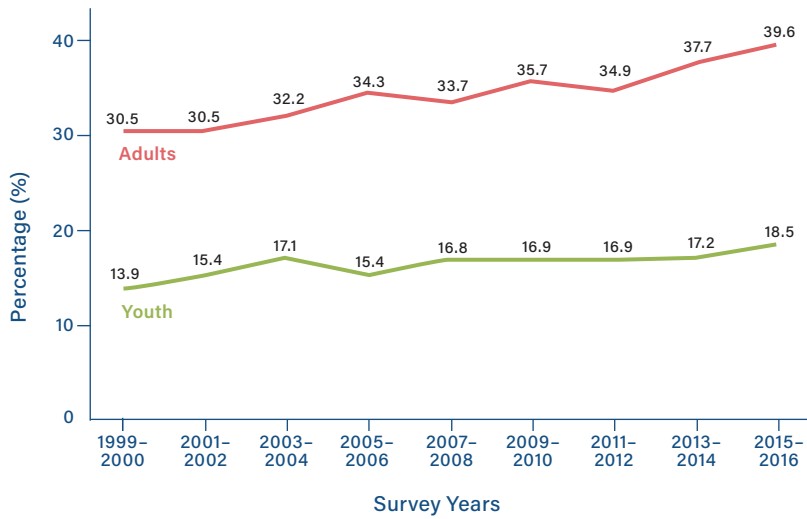
Where the Money Goes: The Foods That Subsidies Support



**Trends among adults
aged 20-74 years:
United States,
1960-2008**



Obesity as a Percentage of Total U.S. Healthcare Costs



**FURTHER READING ABOUT
THE CHOLESTEROL
MISCONCEPTION**

Nina Teicholz's book The Big Fat Surprise (Simon & Schuster, 2014) and Gary Taubes's book Good Calories, Bad Calories (Anchor Books, 2007) have done a wonderful job of going through the history of this long-held misconception.

“Switching from glucose to ketones is like taking you off of unleaded and putting you on diesel.”

—Doc Nally

UPGRADE YOUR SALT

I find that it's not sufficient just to increase the amount of table salt you use. The challenge is that regular table salt is just sodium, but you also need potassium, magnesium, and zinc. I recommend pink Himalayan salt, which has the extra minerals. You can find it in a grinder at just about any grocery store. I encourage you to consider using pink Himalayan salt so you can replace those electrolytes that you lose by burning fat as your primary fuel.



METHYLATED FOLIC ACID

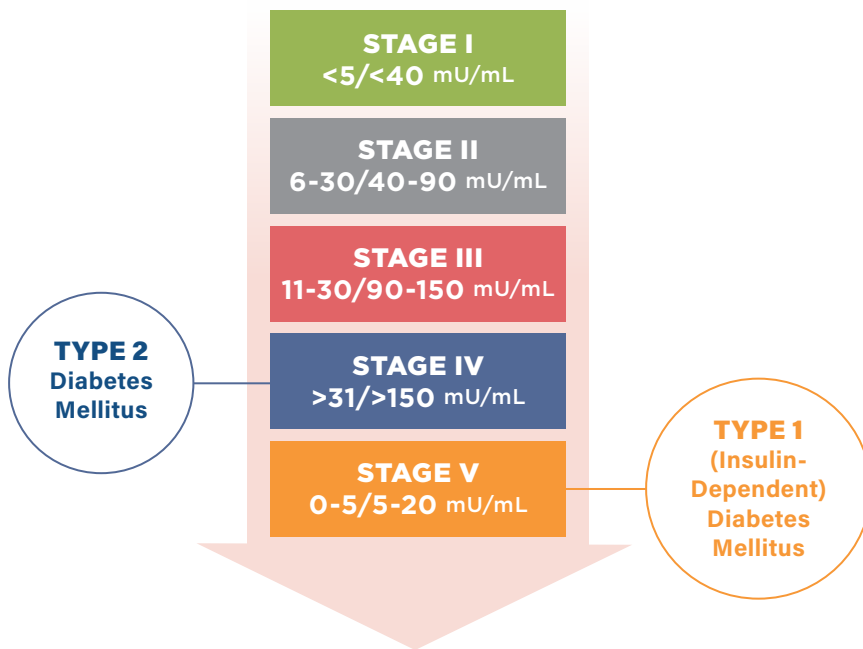
You can't find methylated folic acid in most health food stores. I found that people were coming into my office with five to ten different bottles of the vitamins I often recommend for general health and weight management. I added methylated folic acid to the multivitamin combination that I found to be most effective, and we ended up with a single cost-effective multivitamin that covers all the bases and aids in keto-adaptation. One of the big reasons we developed the KetoEssentials vitamin, which you can find at www.KetoLiving.com, was to provide the pre-methylated form of folic acid, which helps you use the folic acid correctly within your cells when you eat fat that contains the essential fat-soluble vitamins.

*"It's not a short-term diet.
It's a long-term lifestyle
change."*

—Doc Nally

	Fasting Insulin	1-Hour Insulin	2-Hour Insulin	3-Hour Insulin	Notes
Non-Insulin Resistant/ Non-Diabetic	1-5	< 30	< 40	5-15	2 hr + 3 hr < 60
Type/Stage II	6-30	30-120	40-90	16-55	2 hr + 3 hr = > 60
Type/Stage III	11-30	30-120	90-150	50-90	2 hr + 3 hr > 213
Type/Stage IV (DM Type 2)	> 31	120-180	> 150	80-200	2 hr + 3 hr > 320
Type/Stage V (DM Type 1)	0-5	5-20	5-20	5-10	2 hr + 3 hr = 25 or less

Insulin values in mU/mL



Fasting/two-hour serum insulin levels in insulin resistance staging. This can be reversed in eighteen to twenty-four months with a ketogenic lifestyle.



Skin tags.



Acanthosis nigricans. Photo by Madhero88 (CC BY).

WHAT'S CONSIDERED AN ADDITIVE?

The term additives might make you think only of preservatives and other ingredients in foods that can cause insulin levels to rise. However, in the discussions of certain diseases, you'll see that I also include things such as alcohol and smoking in the section about additives.

STARTING POINTS

The following calculations are starting points that can be adjusted up or down based on your level of hunger, blood sugar, and need for weight control.

MEN:

$$\begin{array}{l} \text{50 grams} \\ \text{of protein} \\ \text{(for the} \\ \text{first 5 feet} \\ \text{of height)} \end{array} + \begin{array}{l} \text{2.3 grams} \\ \text{of protein} \\ \text{x} \\ \text{each inch} \\ \text{over 5 feet} \end{array} \times 1.2 = \text{MALE DAILY PROTEIN NEED}$$

If you exercise more than sixty minutes five days per week, then multiply daily protein need by 1.6 instead of 1.2.



Here's an example for a 6-foot male:

$$[50 \text{ grams} + 27.6 \text{ grams}] \times 1.2 = 93.1 \text{ grams of protein needed per day}$$

For someone who exercises:

$$[50 \text{ grams} + 27.6 \text{ grams}] \times 1.6 = 125.2 \text{ grams of protein needed per day}$$

WOMEN:

$$\begin{array}{l} \text{45 grams} \\ \text{of protein} \\ \text{(for the} \\ \text{first 5 feet} \\ \text{of height)} \end{array} + \begin{array}{l} \text{2.3 grams} \\ \text{of protein} \\ \text{x} \\ \text{each inch} \\ \text{over 5 feet} \end{array} = \text{FEMALE DAILY PROTEIN NEED}$$

If you exercise more than sixty minutes five days per week, then multiply daily protein need by 1.4.



Here's an example for a 5-foot, 4-inch female:

$$[45 \text{ grams} + 9.2 \text{ grams}] = 54.2 \text{ grams of protein needed per day}$$

For someone who exercises:

$$[45 \text{ grams} + 9.2 \text{ grams}] \times 1.4 = 75.9 \text{ grams of protein needed per day}$$

NOTE

As a physician, I view any supplement, vitamin, or herbal remedy the same way I see prescription medications. Many people think that because a supplement is "natural," it is safe. That isn't always the case. I've had plenty of people cause themselves significant harm by using "natural" or herbal supplements that interact with other supplements or prescription medications. This principle focuses on using supplements in a way that is synergistic and less likely to interfere with other treatment approaches that are being used at the same time or cause an overmedicated state.

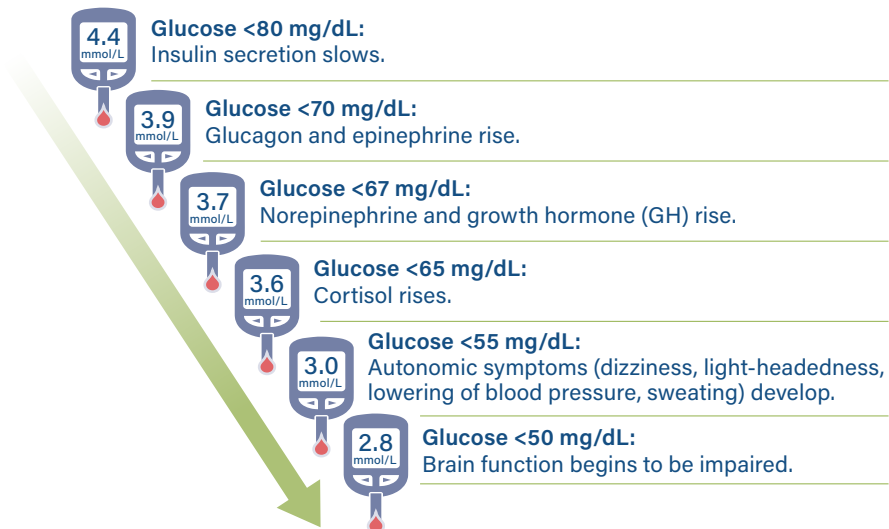
CAN A TYPE 2 DIABETIC BECOME A TYPE 1 DIABETIC?

To be thorough, I want to state that sometimes type 2 diabetics who have been diabetic for many years—which means their pancreases are overworked and underpaid and essentially have been on overdrive for twenty or thirty years—might eventually become type 1 diabetics because their pancreases finally can't keep up, so they give out. When a type 2 diabetic progresses to the type 1 form of diabetes, that's generally what has happened.

INSULIN PUMPS

I have a number of type 1 diabetic patients who use an insulin pump to help modulate the flow of insulin in a more "normal" pattern. I often recommend that patients use an insulin pump where possible. The use of a pump is often effective in providing a basal insulin load that is continuous, and I have found that it makes the use of a ketogenic diet a little easier on the type 1 diabetic patient.



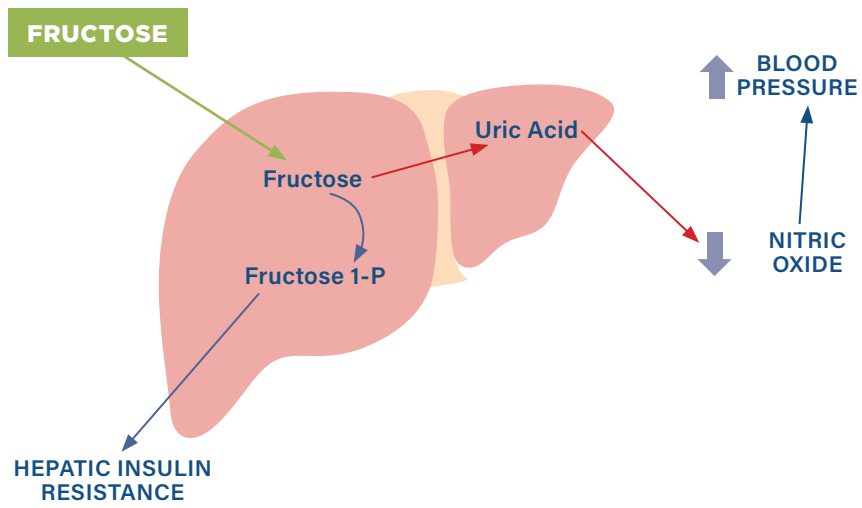


THE KETOGENIC DIET AND EXOGENOUS INSULIN

If you are using exogenous insulin as a type 2 patient, I highly recommend you check your blood sugar before every meal for the first two to four weeks that you're following the ketogenic diet so that you can closely monitor your response to carbohydrate restriction.

BERBERINE AND METFORMIN

Berberine acts in the liver the same way metformin does, and it's not effective if you're using metformin at the same time. If you are using metformin, there is no need to use berberine.



ABSOLUTE RISK VERSUS RELATIVE RISK

Absolute risk is your risk of developing a disease over a period of time. For example, if you had a one in ten chance of developing an allergic reaction to a medication, you could say that you have a 10 percent risk. This can also be described in decimals as a 0.1 risk.

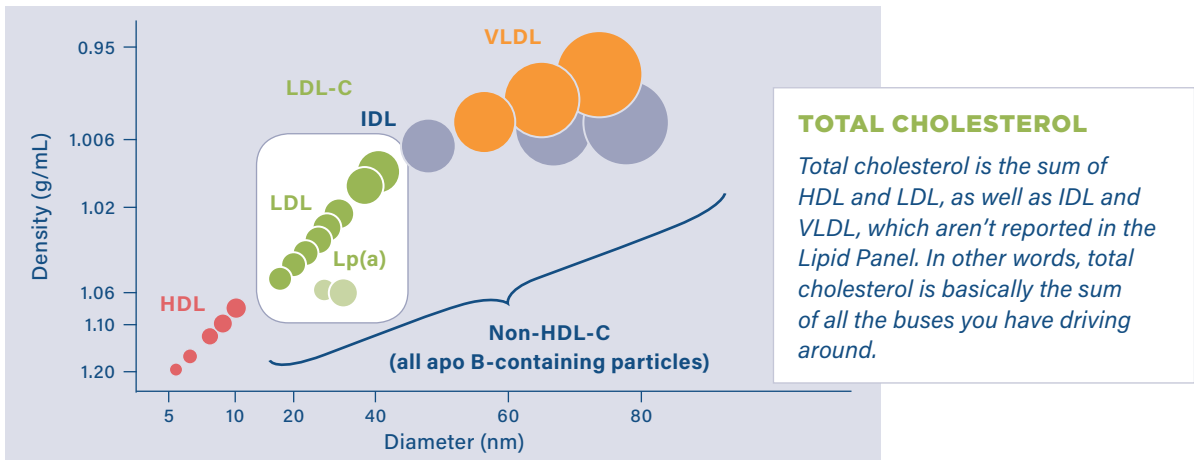
Relative risk is used to compare two different groups of people—for example, those who use a drug and those who don't. Statistics can be made to look more impressive by showing the percent increase from the group that takes the medication in comparison with the group that doesn't.

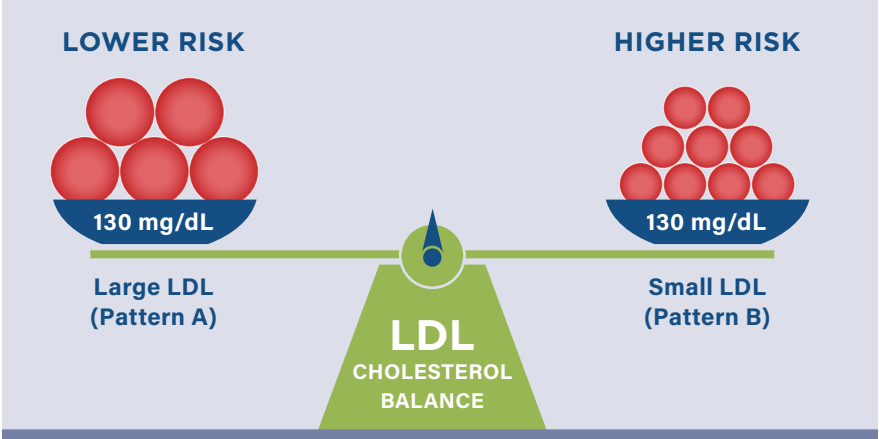
$$\text{LDL-C (mmol/L)} = \text{Total Cholesterol (mmol/L)} - \text{HDL-C (mmol/L)} - \frac{\text{TG (mmol/L)}}{2.2}$$

$$\text{LDL-C (mg/dL)} = \text{Total Cholesterol (mg/dL)} - \text{HDL-C (mg/dL)} - \frac{\text{TG (mg/dL)}}{5}$$

$$\text{VLDL-C} = \frac{\text{TG}}{5} \text{ as a calculated estimate}$$

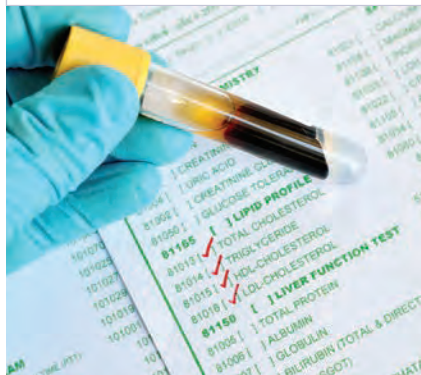
- This equation falls apart when the triglyceride level is greater than 400 mg/dL (4.52 mmol/L), which is a patient with hyperinsulinemia.

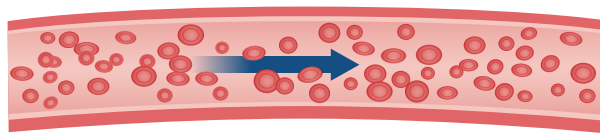




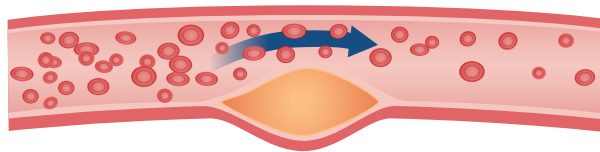
THE MOST USEFUL TESTS

With regard to screening for cardiovascular risk, the use of any of the four listed approaches combined with the standard Lipid Panel measurements are more effective than the standard Lipid Panel alone. However, I have found that clinically the NMR Lipo-profile or the Cardio IQ Ion-Mobility tests are the most useful in additionally monitoring insulin resistance, inflammation, and disease progression.

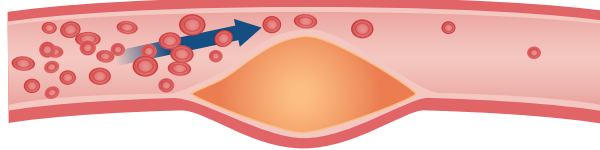




Normal artery



Atherosclerosis

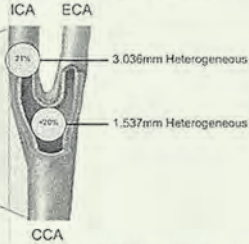


Name: [REDACTED] DOB: [REDACTED] Age: 77 Gender: Female Date: 4/1/15



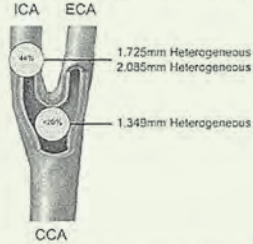
Right

Plaque Description



Left

Plaque Description



*Plaque noted above was measured through arterial area diameter reduction, which is elaborated by measuring the circumference of the outside of the vessel subtracting any visible stenosis.

Stenosis by Blood Flow Velocity



Right Velocity: 94.5 cm/s
Indication: 0-39%



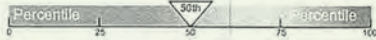
Left Velocity: 99.5 cm/s
Indication: 0-39%

Vessel velocities are measured with doppler. The reference values come from the strandness model.

Carotid - IMT

Your average Carotid-IMT is 0.851.
You are a 77 year old with arteries of a 78 year old Female.

This graph indicates your percentile score for similar sex and age.



A C-IMT of less than 0.60mm is generally considered healthy.

Technical Notes:
77 year old Female for cardiovascular risk stratification.

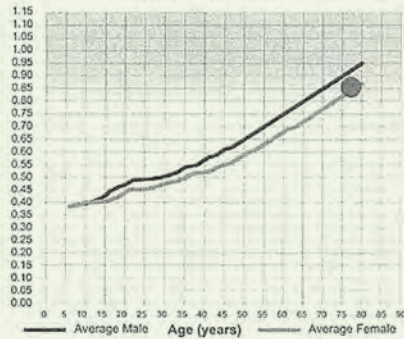
Physicians Notes:

Interpreting Medical Provider

DR. NALLY

Current CIMT Measurement			
Date	Age	CIMT	Percentile
Apr 2015	77	0.851	50th

Mean Distal 1 cm CCA IMT of General Population with No Coronary Heart History



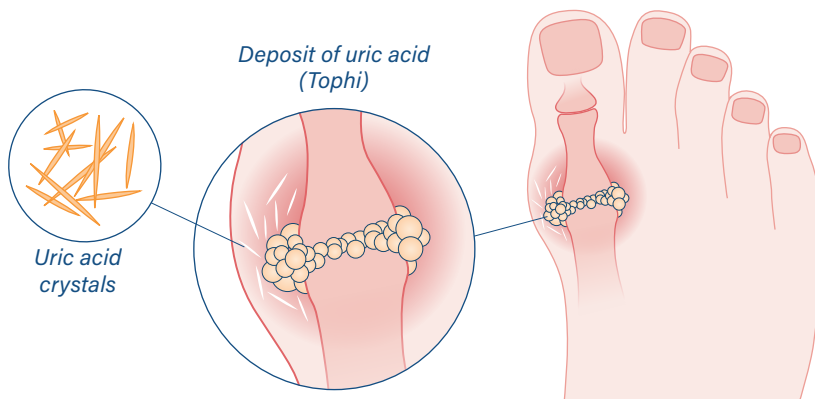
The observed repeatability of IMT scores when using a standardized scanning and measuring protocol of 24 to 72 ultrasound images is within 1.68% with 95% confidence. Your physician should interpret this IMT result in conjunction with your other risk factors. Medical decision making must take a multitude of factors into account, and risk factor modification should be made only in consultation with your physician. Normal IMT results do not entirely exclude heart disease or cerebrovascular disease but indicate a decreased likelihood. If you have chest pain, shortness of breath, palpitations, neurologic symptoms such as unsteadiness or difficulty with vision or speech, consult your physician immediately. Also, the data graphed above is

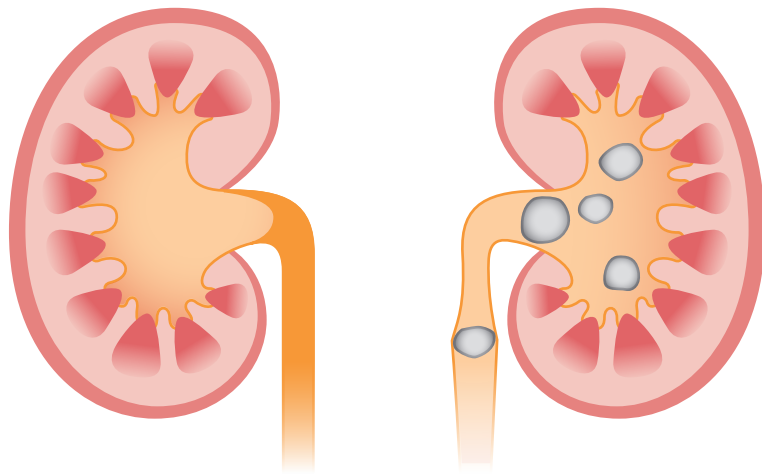


	4/2/15	8/4/15	11/6/15	5/12/16
HbA1c (%)		6.1	5.8	5.2
Total Cholesterol (mg/dL)	224	156	230	233
HDL (mg/dL)	76	76	87	96
LDL-C (mg/dL)	134	65	128	123
sd LDL-P (nmol/L)	481	150	74	68
Fasting Insulin (uIU/mL)		12		
Glucose (mg/dL)	91	95	92	85

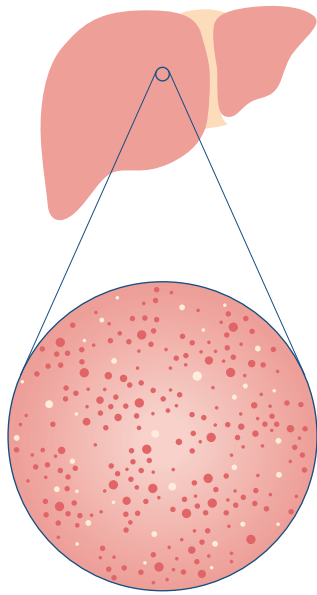
IT HURTS!

In case you missed the point that gout is very painful, you should know this: I've seen female patients in the emergency room who were in so much pain that they told me they'd rather deliver twins than have an attack of gout!

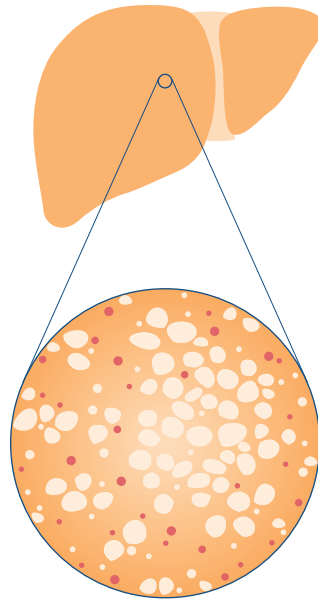




Healthy liver



Fatty liver

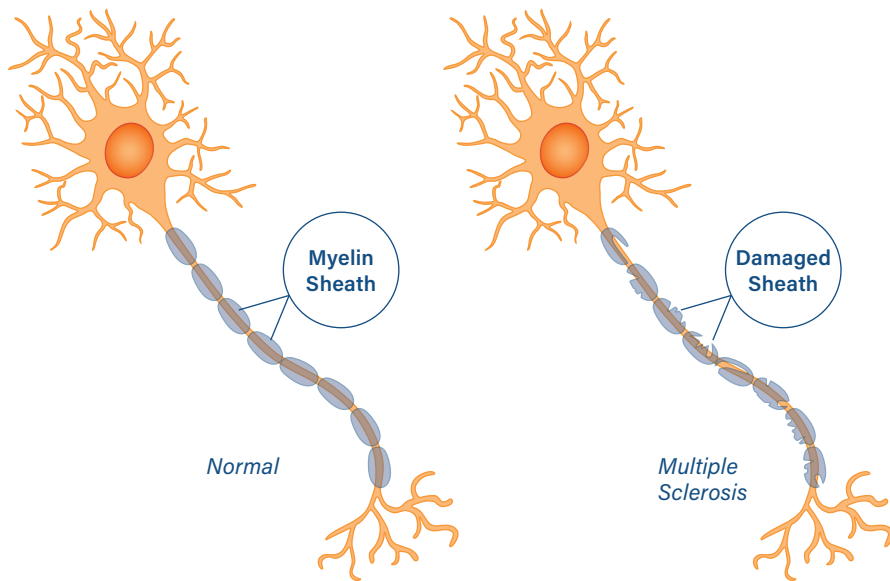


HYPOTHYROIDISM AND IODINE DEFICIENCY

Sometimes I meet people who have hypothyroidism who are “anti-pill.” They come to me and state, “I have hypothyroidism, but I’m not going to take pills. I’m just going to take iodine.” I don’t recommend this solution because overmedicating with iodine just makes the symptoms worse. There’s nothing wrong with checking iodine levels, but in the fifteen years I’ve been practicing medicine, I’ve seen only one person in the United States with actual iodine deficiency.

THYROID REPLACEMENT THERAPY

Because of the complex nature of thyroid replacement, close consultation and monitoring with your physician is recommended to identify the correct replacement when necessary.



NOTE

I personally avoid tea because of the insulin response and the tannin effect on worsening osteoporosis.⁴³ Tannins are commonly found in leaf- and plant-bud-based teas and coffee, wine, and the hops in beers. The tannins have a direct stimulus on insulin production without raising blood sugar. Consuming too much of these tannins leads to calcium and iron deficiency in the body and often contributes to osteoporosis and anemia.⁴⁴

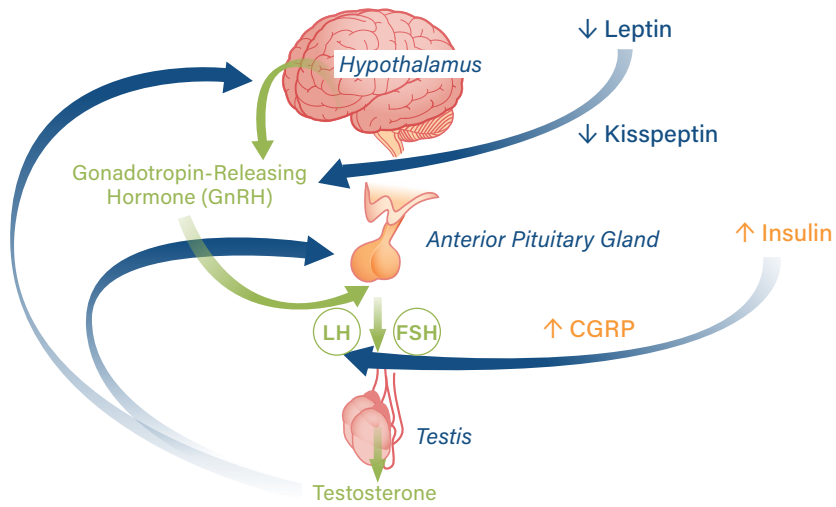


DECLINING TESTOSTERONE AND ED

Many men assume, and advertisements on TV imply, that erectile dysfunction (ED) is due to a decline in testosterone. However, this is rarely the case. ED is usually due to atherogenesis (vascular plaque) in the pelvic and genital blood supply. Ninety percent of the men who visit my office and complain of ED have normal testosterone. Their ED is usually due to vascular disease, medication side effects, and/or psychological stress related to relationships (but that's a topic for another book).

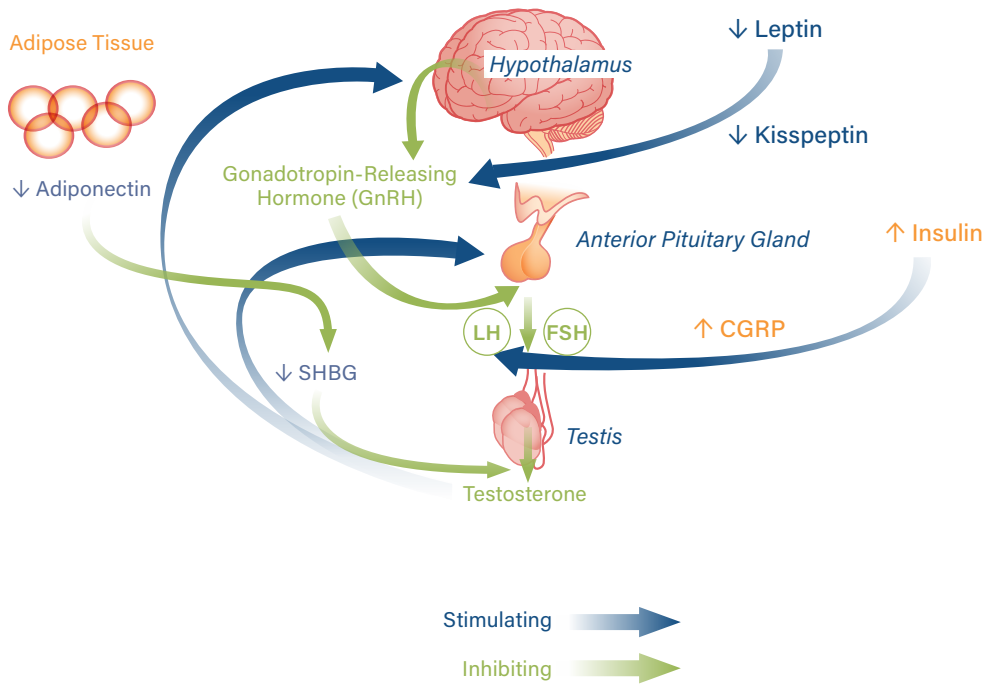
PRIMARY VERSUS SECONDARY HYPOGONADISM

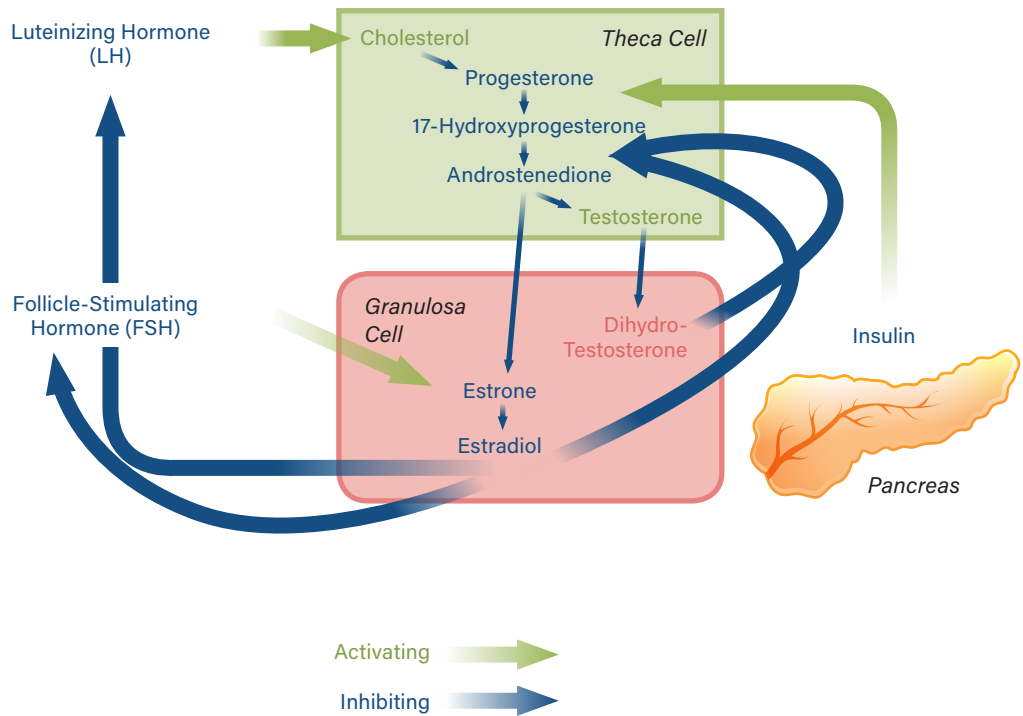
Low testosterone can be caused by acquired or developmental damage to the testicles. This is referred to as primary hypogonadism, and it occurs because of congenital birth defects or direct trauma or damage to the blood flow to the testicular area. Although primary hypogonadism is very common, for the purposes of this book, I'm discussing secondary hypogonadism, which is defined as low testosterone caused by metabolic disease of the hypothalamus and/or the pituitary gland. Although congenital genetic deficiencies can cause secondary hypogonadism, the most common cause of secondary hypogonadism that I see in the office is caused by systemic disorders of the metabolism.

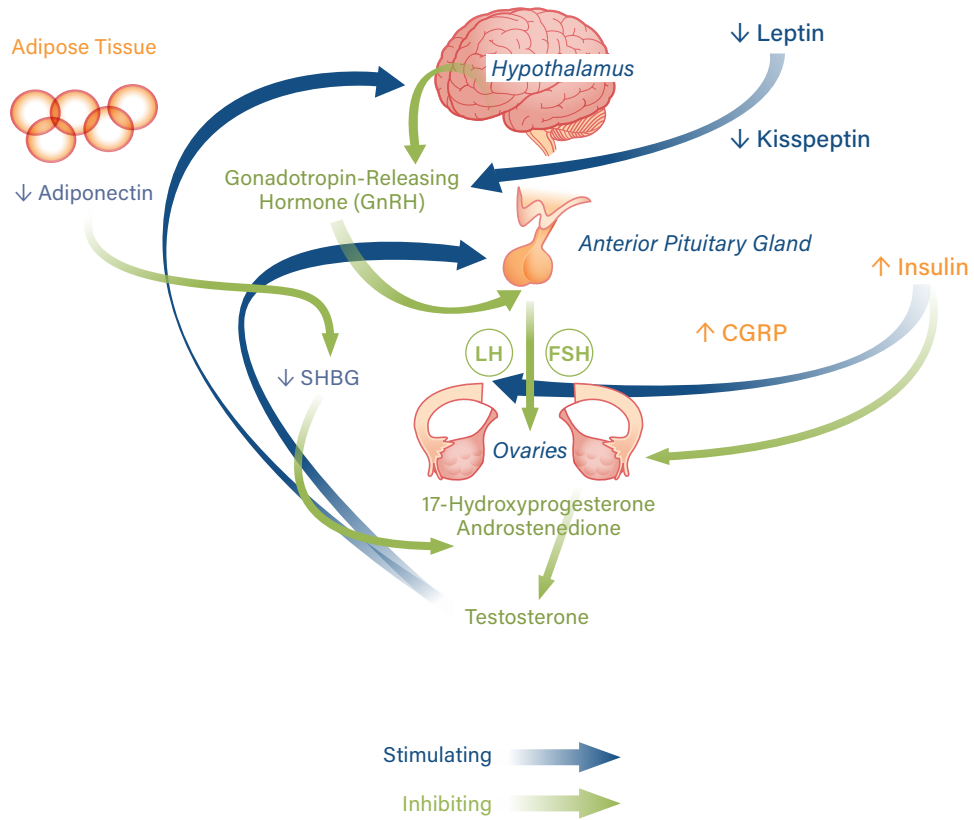


Stimulating →

Inhibiting →







HERBAL AGENTS

Over the centuries, some herbal products have been used as natural remedies for PCOS. Studies of these supplements have been small. Cautiously consider trying these supplements, and always consult with your physician before doing so.

END NOTES

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Nina Teicholz

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The Diabetes Code
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40+ Fitness Podcast
40plusfitnesspodcast.com

Be Well, Be Keto with Tracee Gluhaich
highenergygirl.com/podcast

Fast Keto with Ketogenic Girl
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Livin' La Vida Low Carb
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Perfect Keto
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alldayidreamaboutfood.com

Beauty and the Foodie
beautyandthefoodie.com

Castaway Kitchen
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Daily Ketosis
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INDEX

A

Abca1, 38, 53
absolute risk, 75
acanthosis nigricans, 43
acesulfame potassium, 146–147
acetoacetate, 29
acetone, 29
additives
 atherosclerosis and, 90
 disease management and, 47
 gout and, 94
 hypertension and, 68
 insulin and, 55
 kidney stones and, 101
 neurodegenerative diseases and, 123
 non-alcoholic fatty liver disease (NAFLD) and, 106
 polycystic ovary syndrome (PCOS) and, 139
 testosterone (low) and, 130
 type 2 diabetes and, 61
adenosine triphosphate (ATP), 28
adiponectin, 129
advanced glycation end products (AGEs), 120
Agricultural Act, The (2014), 20
Agricultural Adjustment Act (1933), 17
Ahrens, E. H., Jr., 74, 79
alcohol
 gout and, 94
 kidney stones and, 101
allicin, 91
allium sativum (garlic), 70, 107
almond butter
 Buckeyes, 284–285
almonds
 Chocolate Almond Cereal, 168–169
 No-Bake Rhubarb Crisp, 276–277
aloe vera, 141–142
alpha-lipoic acid (ALA)
 type 1 diabetes and, 57
 type 2 diabetes and, 64
Alzheimer's disease, 120
Amber Waves (magazine), 19
American Taxpayer Relief Act (2012), 19
amino acids, disease management and, 48
amylin mimetics
 type 1 diabetes and, 56
 type 2 diabetes and, 63
amyotrophic lateral sclerosis (ALS), 121
annona muricata (prickly custard apple), 70

anti-androgens
 polycystic ovary syndrome (PCOS) and, 141
 testosterone (low) and, 131
anti-anxiety/anti-depressants, 49
anti-gout agents
 gout and, 95
 kidney stones and, 101
apium graveolens (celery), 70
apolipoprotein, 80
appetite suppressants, 69
artificial sweeteners. *See* sweeteners
asparagus
 Chorizo Breakfast Asparagus, 156–157
 Cream of Asparagus Soup, 206–207
 Parmesan Basil Asparagus, 222–223
aspartame, 145–146
aspirin, 96
astragalus polysaccharides, 142
atherosclerosis
 about, 84–86
 case study on, 86–88
 insulin and, 39
 Keto Cure approach to, 89–91
Atorvastatin, 75
avocados
 The Best Broccoli Soup, 198–199
 Black-and-Blue Salad, 212–213
 Deviled Egg Salad with Bacon Vinaigrette, 216–217
 Simple Ceviche with Avocado, 174–175
azoles, 131

B

bacon
 Bacon Wrapped Scallops, 178–179
 Chicken, Bacon, and Ranch Zucchini Boats, 232–233
 Deconstructed Cobb Salad, 208–209
 Deviled Egg Salad with Bacon Vinaigrette, 216–217
 Eggs in a Nest, 170–171
 Maple Bacon Shortbread Cookies, 286–287
 Meatball Carbonara, 260–261
 Pizza Bites, 187
 Savory Chicken Danish, 246–247
 Shrimp and Bacon Bisque, 202–203
Bacon Vinaigrette recipe, 218–219
Bacon-Wrapped Scallops recipe, 178–179
Bai's Panama Peach drink, 270
Baked Eggs recipe, 165
basil
 Caprese Salad, 210–211
 hypertension and, 71

Tomato Basil Chicken Salad, 258–259
 Tomato-Basil Fat Bombs, 192–193
beef
 Black-and-Blue Salad, 212–213
 Easy Beef Brisket with Keto Gremolata, 242–243
 Easy Shredded Beef Dinner, 262–263
 French Dip Soup, 200–201
 Greek Meatloaf, 238–239
 Meatball Carbonara, 260–261
 Mexican Hand Pies, 250–251
 Mushroom and Swiss Cheeseburger Soup, 196–197
 Shredded Beef Mexican Lasagna, 252–253
 Thai Nutty Short Ribs, 256–257
beef broth
 Deconstructed Cobb Salad, 208–209
 Easy Beef Brisket with Keto Gremolata, 242–243
 Easy Shredded Beef Dinner, 262–263
 French Dip Soup, 200–201
 Greek Pork Chops, 234–235
 Keto Crackers, 182–183
 Keto Grits, 226–227
 Kielbasa Casserole, 254–255
 Thai Nutty Short Ribs, 256–257
bell peppers
 Cowboy Scrambled Eggs, 164
 French Dip Soup, 200–201
 Kielbasa Casserole, 254–255
 Salmon Log, 180–181
 Savory Chicken Danish, 246–247
 Simple Summer Greek Salad, 214–215
berberine
 atherosclerosis and, 91
 non-alcoholic fatty liver disease (NAFLD) and, 107
 type 1 diabetes and, 57
 type 2 diabetes and, 64
 bestketonetest.com (website), 30
 The Best Broccoli Soup recipe, 198–199
beta-blockers
 about, 49
 hypertension and, 69
 type 1 diabetes and, 55
 β -cell, 38
 β -hydroxybutyrate, 29, 121
The Big Fat Surprise (Teicholz), 24
 biguanide (metformin)
 about, 64
 non-alcoholic fatty liver disease (NAFLD) and, 106
 polycystic ovary syndrome (PCOS) and, 140
 type 2 diabetes and, 63
 Black-and-Blue Salad recipe, 212–213
 blond psyllium (Indian plantago), 70
 blood ketone testing, 36
 blood pressure, 39. *See also* hypertension
blue cheese
 Black-and-Blue Salad, 212–213
 Buffalo Chicken Mini Quiches, 162–163
 Deconstructed Cobb Salad, 208–209
 Deviled Egg Salad with Bacon Vinaigrette, 216–217
 Turkey and Blue Cheese Salad with Bacon Vinaigrette, 218–219
 Blumenthal, Susan, 17
 body mass index (BMI), 18
 Braised Chicken Thighs with Lemon and Thyme, 240
 Braised Duck Legs with Lemon and Thyme recipe, 240–241
 breath testing, for ketosis, 36
broccoli
 The Best Broccoli Soup, 198–199
 Broccoli Slaw, 220–221
 Broccoli Slaw recipe, 220–221
 Broiled Shrimp recipe, 264–265
 Buckeyes recipe, 284–285
 Buffalo Chicken Mini Quiches recipe, 162–163
 butyrate, 91
C
cabbage
 Easy Shredded Beef Dinner, 262–263
 Eggs in a Nest, 170–171
 Meatball Carbonara, 260–261
 Shredded Beef Mexican Lasagna, 252–253
 storing, 252
 calcitonin gene related peptide (CGRP), 128
 calcium carbonate (Tums), 102
 calories, testosterone and, 127
capers
 Greek Pork Chops, 234–235
 Caprese Salad recipe, 210–211
carbohydrates
 about, 12
 density of, 60
 fiber and, 12
 requirements for, 13
 Cardio IQ Ion-Mobility tests, 80
 carnosine, 91

- Castelli, William, 79
- cauliflower
 - Cauliflower Arepas, 224–225
 - Turkey Legs with Lemon Gravy and Cauliflower Pilaf, 236–237
- Cauliflower Arepas recipe, 224–225
- celery
 - gout and, 96
 - hypertension and, 70
 - kidney stones and, 102
 - Lemon Pepper Chicken Stew, 204–205
 - Tomato Basil Chicken Salad, 258–259
 - Turkey Legs with Lemon Gravy and Cauliflower Pilaf, 236–237
- Charcot, Jean-Martin, 119
- chasteberry, 142
- cheddar cheese
 - Chicken, Bacon, and Ranch Zucchini Boats, 232–233
 - Cowboy Scrambled Eggs, 164
 - Eggs in a Nest, 170–171
 - Ham 'n' Cheese Egg Bake, 167
 - Keto Grits, 226–227
 - Kielbasa Casserole, 254–255
 - Mexican Hand Pies, 250–251
 - Savory Chicken Danish, 246–247
 - Tuna Salad Zucchini Bites, 176–177
- cheese. *See specific types*
- cheese sauce, storing, 234
- cherry juice
 - gout and, 96
 - kidney stones and, 102
- chicken
 - Braised Chicken Thighs with Lemon and Thyme, 240
 - Buffalo Chicken Mini Quiches, 162–163
 - Chicken, Bacon, and Ranch Zucchini Boats, 232–233
 - Deconstructed Cobb Salad, 208–209
 - Lemon Pepper Chicken Stew, 204–205
 - Savory Chicken Danish, 246–247
 - Smoked Chicken Drumsticks, 248–249
 - Tomato Basil Chicken Salad, 258–259
- Chicken, Bacon, and Ranch Zucchini Boats recipe, 232–233
- chicken broth
 - The Best Broccoli Soup, 198–199
 - Cream of Asparagus Soup, 206–207
 - Deconstructed Cobb Salad, 208–209
 - Greek Pork Chops, 234–235
 - Lemon Pepper Chicken Stew, 204–205
 - Shrimp and Bacon Bisque, 202–203
 - Walleye in Lemon Cream, 230–231
- chocolate
 - Buckeyes, 284–285
 - Chocolate Whoopie Pies, 282–283
 - hypertension and, 71
 - Maple Bacon Shortbread Cookies, 286–287
- Chocolate Almond Cereal recipe, 168–169
- Chocolate Drizzle recipe, 274–275
- Chocolate Whoopie Pies recipe, 282–283
- cholesterol
 - abnormal. *See dyslipidemia*
 - history of, 74–75
 - metabolism of, 75–81
 - total, 77
- cholinesterase inhibitors, 123
- Chorizo Breakfast Asparagus recipe, 156–157
- chromium
 - type 1 diabetes and, 57
 - type 2 diabetes and, 64
- cinnamon
 - Sweet Cinnamon Keto Crackers, 182
- clopidogrel (Plavix), 90
- cocoa powder
 - Chocolate Almond Cereal, 168–169
 - Chocolate Whoopie Pies, 282–283
 - Mini Chocolate Raspberry Cupcakes, 268–269
 - Mint Chocolate Cake, 278–279
- coconut milk
 - Tom Ka Gai Panna Cotta, 244–245
- coenzyme Q10
 - type 1 diabetes and, 57
 - type 2 diabetes and, 64
- consumption, government policy on, 17–19
- Cookie Cut Outs recipe, 284
- Cowboy Scrambled Eggs recipe, 164
- crataegus pinnatifida* (Chinese hawthorn), 70
- C-reactive protein (CRP), 90
- cream cheese
 - Chocolate Whoopie Pies, 282–283
 - Cream of Asparagus Soup, 206–207
 - Deconstructed Cobb Salad, 208–209
 - Easy Vanilla Ice Cream Cups, 274–275
 - Greek Fat Bombs, 190–191
 - Lemon Pepper Chicken Stew, 204–205

- Mini Chocolate Raspberry Cupcakes, 268–269
- Mint Chocolate Cake, 278–279
- Mushroom and Swiss Cheeseburger Soup, 196–197
- No-Bake Pumpkin Spice Cheesecake in Jars, 272–273
- No-Bake Rhubarb Crisp, 276–277
- Peaches and Cream Ice Pops, 270–271
- Peaches and Cream Shake, 166
- Pickle Dip, 184
- Savory Chicken Danish, 246–247
- Shrimp and Bacon Bisque, 202–203
- Tomato-Basil Fat Bombs, 192–193
- Cream of Asparagus Soup recipe, 206–207
- cucumbers
 - Greek Fat Bombs, 190–191
 - Greek Pork Chops, 234–235
- curcumin, 91
- current policy, 19–20
- cyclamate, 148

D

- D-chiro-inositol, 142
- decongestants, 69
- Deconstructed Cobb Salad recipe, 208–209
- DeMint Amendment (2012), 21
- demyelination, 118–119
- desserts
 - Buckeyes, 284–285
 - Chocolate Whoopie Pies, 282–283
 - Easy Vanilla Ice Cream Cups, 274–275
 - Maple Bacon Shortbread Cookies, 286–287
 - Mini Chocolate Raspberry Cupcakes, 268–269
 - Mint Chocolate Cake, 278–279
 - No-Bake Pumpkin Spice Cheesecake in Jars, 272–273
 - Peaches and Cream Ice Pops, 270–271
 - Vanilla Bean Ice Cream, 280–281
- dessicated thyroid extract, 114–115
- Deviled Egg Salad with Bacon Vinaigrette recipe, 216–217
- diabetes mellitus. *See* type 1 diabetes; type 2 diabetes
- diet, lowering insulin with, 55, 59–60, 67–68, 81, 89, 100, 106, 114, 130, 139
- dietary guidelines, current, 25
- Dietary Guidelines Advisory Committee (DGAC), 20
- Diet-Heart Hypothesis, 23, 74
- dill pickles
 - Pickle Dip, 184

- dips
 - Keto Hummus, 185
 - Pickle Dip, 184
 - Pumpkin Pie Hummus, 186
- dipyridamole (Aggrenox), 90
- diseases. *See also specific diseases*
 - about, 46
 - Keto Cure and, 47–50
- DocMuscles.com (website), 8, 79
- DPP4 inhibitors, 63
- drugs, illicit, 69
- duck
 - Braised Duck Legs with Lemon and Thyme, 240–241
- dyslipidemia
 - about, 72–73
 - Keto Cure approach to, 81–83
- dysmetabolic syndrome, 37

E

- Easy Beef Brisket with Keto Gremolata recipe, 242–243
- Easy Shredded Beef Dinner recipe, 262–263
- Easy Vanilla Ice Cream Cups recipe, 274–275
- Economics and Human Biology* (journal), 18
- eggs
 - Baked Eggs, 165
 - Buffalo Chicken Mini Quiches, 162–163
 - Chocolate Whoopie Pies, 282–283
 - Chorizo Breakfast Asparagus, 156–157
 - Cowboy Scrambled Eggs, 164
 - Deconstructed Cobb Salad, 208–209
 - Deviled Egg Salad with Bacon Vinaigrette, 216–217
 - Eggs in a Nest, 170–171
 - Greek Frittata, 158–159
 - Ham 'n' Cheese Egg Bake, 167
 - hard-boiled, 188, 217
 - Keto Grits, 226–227
 - Mint Chocolate Cake, 278–279
 - Mushroom Rosti, 160–161
 - Pizza Deviled Eggs, 188–189
 - Vanilla Bean Ice Cream, 280–281
- Eggs in a Nest recipe, 170–171
- Eisenhower, Dwight, 23
- eldepryl (selegiline), 124
- Emmerich, Maria, 9
- epilepsy, 117–118
- erectile dysfunction (ED), 126
- estrogen replacement therapy (HRT), 115
- European Paradox, 74

- exercise
 - polycystic ovary syndrome (PCOS) and, 141
 - testosterone and, 127, 133
- exogenous insulin, 60
- exogenous ketones
 - atherosclerosis and, 91
 - dyslipidemia and, 83
 - gout and, 96
 - kidney stones and, 102
 - neurodegenerative diseases and, 124
 - non-alcoholic fatty liver disease (NAFLD) and, 107
- F**
- familial Alzheimer's disease (FAD), 120
- Farm Bill, 17
- fats
 - about, 12
 - disease management and, 47–48
 - ketosis and, 33
 - vitamins and, 34
- Feinman, Richard David, 20
- feta cheese
 - Greek Fat Bombs, 190–191
 - Greek Meatloaf, 238–239
 - Greek Pork Chops, 234–235
 - Simple Summer Greek Salad, 214–215
- fiber, carbohydrates and, 12
- fish
 - Salmon Log, 180–181
 - Simple Ceviche with Avocado, 174–175
 - Walleye in Lemon Cream, 230–231
- fish broth
 - Shrimp and Bacon Bisque, 202–203
 - Walleye in Lemon Cream, 230–231
- flavonols, 91
- foie gras*, 105
- follicle-stimulating hormone (FSH), 128, 137–138
- Food Conservation and Energy Act (2008), 19
- Food Guide Pyramid, 23
- formation signaling, 111
- Franklin, Benjamin, 10
- free radicals, insulin and, 39
- French Dip Soup recipe, 200–201
- French Paradox, 74
- fructose, 67, 144
- functional ovarian hyperandrogenism (FOH), 134. *See also* polycystic ovary syndrome (PCOS)
- G**
- gamma-aminobutyric acid (GABA), 117–118
- garlic, 70, 107
- gelatin
 - Tom Ka Gai Panna Cotta, 244–245
- genetic differentiation, 111
- ginger
 - hypertension and, 71
 - Tom Ka Gai Panna Cotta, 244–245
- glitazones, 49, 55
- GLP-1 inhibitors, 63
- glucocorticoids, 95
- glucose. *See* type 1 diabetes
- glucose tolerance test (GTT), 15, 40
- GLUT-2 receptor, 38
- glutamate, 117–118
- goat cheese
 - Mushroom Rosti, 160–161
- gonadotrophin-releasing hormone (GnRH), 128
- Good Calories, Bad Calories* (Taubes), 24
- Gouda cheese
 - Keto Crackers, 182–183
- gout
 - about, 92–93
 - causes of, 93–94
 - insulin and, 39
 - Keto Cure approach to, 94–96
- government policy, 20–21
- gradient gel electrophoresis, 80
- Greek dressing, 190, 214–215
- Greek Fat Bombs recipe, 190–191
- Greek Frittata recipe, 158–159
- Greek Meatloaf recipe, 238–239
- Greek Pork Chops recipe, 234–235
- green chiles
 - Shredded Beef Mexican Lasagna, 252–253
- green onions
 - Devised Egg Salad with Bacon Vinaigrette, 216–217
 - Thai Nutty Short Ribs, 256–257
 - Turkey and Blue Cheese Salad with Bacon Vinaigrette, 218–219
- guacamole
 - Deconstructed Cobb Salad, 208–209
- H**
- halibut
 - Simple Ceviche with Avocado, 174–175
- Ham 'n' Cheese Egg Bake recipe, 167
- Handbook of Physiology*, 25
- The Healthy, Hunger-Free Kids Act (2010), 17
- heavy cream
 - The Best Broccoli Soup, 198–199
 - Buckeyes, 284–285

- Easy Vanilla Ice Cream Cups, 274–275
- Greek Frittata, 158–159
- Maple Bacon Shortbread Cookies, 286–287
- No-Bake Pumpkin Spice Cheesecake in Jars, 272–273
- Peaches and Cream Ice Pops, 270–271
- Peaches and Cream Shake, 166
- Vanilla Bean Ice Cream, 280–281
- Walleye in Lemon Cream, 230–231
- Hegsted, Mark, 24
- herbal agents
 - polycystic ovary syndrome (PCOS) and, 141
 - testosterone (low) and, 133
- Herrick, James, 37
- high-density lipoproteins (HDL), 75–81
- Hirsch, Jules, 25
- hormones, type 1 diabetes and balancing, 58
- hot sauce
 - Buffalo Chicken Mini Quiches, 162–163
- hypertension
 - about, 65–66
 - Keto Cure approach to, 67–71
- hyperthyroidism, 111
- hypogonadism, primary vs. secondary, 127
- hypothalamic-pituitary-testicular (HPT) axis, 126
- hypothyroidism, 111–112

I

- immunomodulatory agents, 123
- immunosuppressants, 69
- infertility, 125
- inflammation, insulin and, 39
- inherited glycogen storage diseases (GSD), 121–122
- injectables, testosterone (low) and, 132
- insulin
 - about, 14, 31
 - disease management and, 47
 - exogenous, 60
 - lowering with diet, 55, 59–60, 67–68, 81, 89, 100, 106, 114, 130, 139
 - polycystic ovary syndrome (PCOS) and, 136–138
 - testosterone and, 128
 - type 1 diabetes and, 56
- insulin pumps, 55
- insulin resistance
 - about, 14, 37–41
 - signs of, 43
 - stages of, 41–42

- interferon, 123
- interleukin-6 (IL-6), 90
- intermediate-density lipoproteins (IDL), 75–81
- iodine, 111
- Ion-Mobility, 80

J

- jalapeño peppers
 - Simple Ceviche with Avocado, 174–175

K

- kale
 - Broccoli Slaw, 220–221
- Keto Clarity* (Moore and Westman), 9
- Keto Crackers recipe, 182–183
- Keto Cure
 - approach to, 10–11
 - atherosclerosis and, 89–91
 - diseases and, 47–50
 - dyslipidemia and, 81–83
 - gout and, 94–96
 - hypertension and, 67–71
 - kidney stones and, 100–102
 - neurodegenerative diseases and, 122–124
 - non-alcoholic fatty liver disease (NAFLD) and, 106–108
 - polycystic ovary syndrome (PCOS) and, 139–142
 - testosterone (low) and, 130–133
 - thyroid/thyroiditis and, 114–115
 - type 1 diabetes and, 54–58
 - type 2 diabetes and, 59–64
- Keto Grits recipe, 226–227
- Keto Hummus recipe, 185
- ketoacidosis, 31–32
- keto-adaptation, 32–34
- KetoLiving (website), 34
- Keto-Mojo, 36
- ketosis
 - keto-adaptation, 32–34
 - ketoacidosis, 31–32
 - metabolism, 28–30
 - nutritional, 30–31
 - testing for, 35–36
- Keys, Ancel, 23–24, 74
- kidney stones
 - about, 97–100
 - insulin and, 39
 - Keto Cure approach to, 100–102
- Kielbasa Casserole recipe, 254–255
- Kraft, Joseph, 40–41
- K-ration, 23

L

- lamb
 - Greek Meatloaf, 238–239

- late-onset Alzheimer's disease (LOAD), 120
 - leeks
 - Shrimp and Bacon Bisque, 202–203
 - Lemon Pepper Chicken Stew recipe, 204–205
 - lemongrass
 - Tom Ka Gai Panna Cotta, 244–245
 - lemons
 - Braised Duck Legs with Lemon and Thyme, 240–241
 - Easy Beef Brisket with Keto Gremolata, 242–243
 - Lemon Pepper Chicken Stew, 204–205
 - Turkey Legs with Lemon Gravy and Cauliflower Pilaf, 236–237
 - Walleye in Lemon Cream, 230–231
 - leptin, 111, 112–113, 130, 139
 - licorice, 141
 - limes
 - Easy Shredded Beef Dinner, 262–263
 - Tom Ka Gai Panna Cotta, 244–245
 - Lipid Panel, 80
 - Lipid Research Clinics Coronary Primary Prevention Trial (LRC-CPPT), 75
 - lipoprotein-lipase, 31
 - low-density lipoproteins (LDLs), 75–81
 - luteinizing hormone (LH), 128, 137–138
 - lycopersicon esculentum* (tomato), 71
- M**
- macronutrients, 12, 13
 - magnesium
 - type 1 diabetes and, 57
 - type 2 diabetes and, 63
 - Maple Bacon Shortbread Cookies recipe, 286–287
 - MariaMindBodyHealth (website), 284
 - marinara sauce
 - Tomato-Basil Fat Bombs, 192–193
 - mascarpone cheese
 - Chocolate Whoopie Pies, 282–283
 - Mint Chocolate Cake, 278–279
 - No-Bake Pumpkin Spice Cheesecake in Jars, 272–273
 - No-Bake Rhubarb Crisp, 276–277
 - “master hormone.” *See* insulin
 - McArdle disease (GSD V), 122
 - McGovern, George, 24
 - meat, storing, 252. *See also specific types*
 - Meatball Carbonara recipe, 260–261
 - medications. *See also specific types*
 - atherosclerosis and, 90
 - disease management and, 49–50
 - dyslipidemia and, 82
 - gout and, 95
 - hypertension and, 69–70
 - kidney stones and, 101
 - neurodegenerative diseases and, 123
 - non-alcoholic fatty liver disease (NAFLD) and, 106
 - polycystic ovary syndrome (PCOS) and, 140–141
 - testosterone (low) and, 131–132
 - thyroid/thyroiditis and, 114–115
 - type 1 diabetes and, 56
 - type 2 diabetes and, 63
 - metabolic syndrome, 37
 - metabolism, 28–30
 - metformin (biguanide)
 - about, 64
 - non-alcoholic fatty liver disease (NAFLD) and, 106
 - polycystic ovary syndrome (PCOS) and, 140
 - type 2 diabetes and, 63
 - methylated folic acid, 34
 - Mexican Hand Pies recipe, 250–251
 - Mini Chocolate Raspberry Cupcakes recipe, 268–269
 - Mint Chocolate Cake recipe, 278–279
 - Mint Chocolate Whoopie Pies recipe, 283
 - mixed greens
 - Deviled Egg Salad with Bacon Vinaigrette, 216–217
 - monk fruit sweetener (mogroside V), 149
 - monoamine oxidase inhibitors, 49
 - Monterey Jack cheese
 - Chicken, Bacon, and Ranch Zucchini Boats, 232–233
 - Kielbasa Casserole, 254–255
 - Shredded Beef Mexican Lasagna, 252–253
 - Tuna Salad Zucchini Bites, 176–177
 - mood stabilizing medications, 49
 - Moore, Jimmy, 9, 26
 - Mottern, Nick, 24
 - mozzarella cheese
 - Caprese Salad, 210–211
 - Mexican Hand Pies, 250–251
 - moisture content in, 252
 - Pizza Bites, 187
 - Savory Chicken Danish, 246–247
 - Tomato Basil Chicken Salad, 258–259
 - MTHFR deficiency, 34
 - Multiple Risk Factor Intervention Trial for the Prevention of Coronary Heart Disease (MRFIT), 79
 - multiple sclerosis (MS), 118–119

Mushroom and Swiss Cheeseburger
Soup recipe, 196–197
Mushroom Rosti recipe, 160–161
mushrooms
French Dip Soup, 200–201
Greek Meatloaf, 238–239
Meatball Carbonara, 260–261
Mushroom and Swiss Cheeseburger
Soup, 196–197
Mushroom Rosti, 160–161

N

Nally, Adam, personal story of, 7–9
National School Lunch Program
(NSLP), 17
NDMA receptor antagonist, 123
nephrolithiasis. *See* kidney stones
neurodegenerative diseases
about, 116
Alzheimer's disease (AD), 120
amyotrophic lateral sclerosis (ALS),
121
epilepsy, 117–118
inherited glycogen storage diseases
(GSD), 121–122
Keto Cure approach to, 122–124
multiple sclerosis, 118–119
Parkinson's disease, 121
NMR spectroscopy, 80
No-Bake Pumpkin Spice Cheesecake in
Jars recipe, 272–273
No-Bake Rhubarb Crisp recipe,
276–277
non-alcoholic fatty liver disease
(NAFLD)
about, 103–104
causes of, 105–106
Keto Cure approach to, 106–108
non-alcoholic steatohepatitis (NASH),
104–105, 106
non-steroidal anti-inflammatory drugs
(NSAIDs), 69, 95
Nova Max, 36
nutritional ketosis, 30–31, 125–133

O

obesity, 22, 112
obstructive sleep apnea (OSA), 141
ocimum basilicum (basil)
hypertension and, 71
oligofructans, 150
olives
Greek Fat Bombs, 190–191
Greek Frittata, 158–159
Greek Meatloaf, 238–239
Greek Pork Chops, 234–235
Simple Summer Greek Salad,
214–215

omega-3 fatty acids
atherosclerosis and, 91
dyslipidemia and, 83
neurodegenerative diseases and, 124
non-alcoholic fatty liver disease
(NAFLD) and, 107
type 1 diabetes and, 57
type 2 diabetes and, 63–64
“one-size-fits-all” approach, 115
onions
Black-and-Blue Salad, 212–213
Cowboy Scrambled Eggs, 164
Cream of Asparagus Soup, 206–207
Devised Egg Salad with Bacon
Vinaigrette, 216–217
Easy Shredded Beef Dinner,
262–263
French Dip Soup, 200–201
Greek Meatloaf, 238–239
Greek Pork Chops, 234–235
Kielbasa Casserole, 254–255
Lemon Pepper Chicken Stew,
204–205
Meatball Carbonara, 260–261
Mushroom and Swiss Cheeseburger
Soup, 196–197
Mushroom Rosti, 160–161
Salmon Log, 180–181
Shredded Beef Mexican Lasagna,
252–253
Simple Ceviche with Avocado,
174–175
Thai Nutty Short Ribs, 256–257
Tomato Basil Chicken Salad,
258–259
Turkey Legs with Lemon Gravy and
Cauliflower Pilaf, 236–237
Walleye in Lemon Cream, 230–231
oral androgen replacement
preparations, 132
oral contraceptives
hypertension and, 69
polycystic ovary syndrome (PCOS)
and, 140–141
Osler, William, 37

P

Parkinson's disease (PD), 121
Parmesan Basil Asparagus recipe,
222–223
Parmesan cheese
about, 180
Cauliflower Arepas, 224–225
Greek Meatloaf, 238–239
Meatball Carbonara, 260–261
Parmesan Basil Asparagus, 222–223
Salmon Log, 180–181
Tomato-Basil Fat Bombs, 192–193

- pastrami
 - Pickle Dip, 184
- Peaches and Cream Ice Pops recipe, 270–271
- Peaches and Cream Shake recipe, 166
- pepperoni
 - Pizza Deviled Eggs, 188–189
- Pickle Dip recipe, 184
- pink Himalayan salt, 33
- pinus pinaster* (maritime pine), 71
- Pizza Bites recipe, 187
- Pizza Deviled Eggs recipe, 188–189
- pizza sauce
 - buying, 187
 - Pizza Bites, 187
 - Pizza Deviled Eggs, 188–189
- polycystic ovary syndrome (PCOS)
 - about, 125, 134–136
 - insulin and, 136–138
 - Keto Cure approach to, 139–142
- polyneuropathy, 43
- pork
 - Greek Pork Chops, 234–235
 - Kielbasa Casserole, 254–255
- potassium citrate, 101
- Precision Xtra, 36
- pregnancy, 138
- pre-hypertension, 66
- Primal Kitchen, 232
- primary hypogonadism, 127
- prostate cancer, 131
- proteins
 - about, 12
 - calculating need for, 48
 - disease management and, 47–48
 - hypertension and, 69
 - testosterone (low) and, 131
 - type 1 diabetes and, 56
 - type 2 diabetes and, 62
- provolone cheese
 - French Dip Soup, 200–201
- psychosis stabilizing medications, 49
- Pumpkin Pie Hummus recipe, 186

Q

Quick & Easy Ketogenic Cooking (Emmerich), 9

R

- radicchio
 - Broccoli Slaw, 220–221
- Ranch Dressing recipe
 - Chicken, Bacon, and Ranch Zucchini Boats, 232–233
 - Savory Chicken Danish, 246–247
- raspberry extract
 - Mini Chocolate Raspberry Cupcakes, 268–269

- rauwolfia serpentina* (rauwolfia), 71
- relative risk, 75
- Renewable Fuel Standard (2012), 18
- rhubarb
 - No-Bake Rhubarb Crisp, 276–277
- rhynchophylline, 70
- risk, absolute vs. relative, 75
- romaine lettuce
 - Black-and-Blue Salad, 212–213
 - Deconstructed Cobb Salad, 208–209
 - Turkey and Blue Cheese Salad with Bacon Vinaigrette, 218–219
- Roosevelt, Franklin D., 17
- rotisserie chicken, 162

S

- saccharine, 147–148
- salads
 - Black-and-Blue Salad, 212–213
 - Broccoli Slaw, 220–221
 - Caprese Salad, 210–211
 - Deconstructed Cobb Salad, 208–209
 - Deviled Egg Salad with Bacon Vinaigrette, 216–217
 - dressing, 216
 - Simple Summer Greek Salad, 214–215
 - Tomato Basil Chicken Salad, 258–259
 - Turkey and Blue Cheese Salad with Bacon Vinaigrette, 218–219
- salami
 - Greek Fat Bombs, 190–191
 - Simple Summer Greek Salad, 214–215
 - Salmon Log recipe, 180–181
- salt, ketosis and, 33–34
- Savory Chicken Danish recipe, 246–247
- scallops
 - Bacon Wrapped Scallops, 178–179
- Schwatka, Frederick, 13
- secondary hypogonadism, 127
- selenium, 115
- sex-hormone binding globulin (SHBG), 129
- SGLT2 inhibitors, 59
- shallots
 - Braised Duck Legs with Lemon and Thyme, 240–241
 - Shredded Beef Mexican Lasagna recipe, 252–253
- shrimp
 - Broiled Shrimp, 264–265
 - Shrimp and Bacon Bisque, 202–203
 - Shrimp and Bacon Bisque recipe, 202–203

- sides
 - Cauliflower Arepas, 224–225
 - Keto Grits, 226–227, 256–257
 - Parmesan Basil Asparagus, 222–223
 - Simple Ceviche with Avocado recipe, 174–175
 - Simple Summer Greek Salad recipe, 214–215
 - Smoked Chicken Drumsticks recipe, 248–249
 - snapper
 - Simple Ceviche with Avocado, 174–175
 - sodium, 68
 - soups
 - The Best Broccoli Soup, 198–199
 - Cream of Asparagus Soup, 206–207
 - French Dip Soup, 200–201
 - Lemon Pepper Chicken Stew, 204–205
 - Mushroom and Swiss Cheeseburger Soup, 196–197
 - Shrimp and Bacon Bisque, 202–203
 - sour cream
 - The Best Broccoli Soup, 198–199
 - Ham 'n' Cheese Egg Bake, 167
 - Mini Chocolate Raspberry Cupcakes, 268–269
 - sporadic Alzheimer's dementia, 120
 - SSRIs, 49
 - Stabenow, Debbie, 19–20
 - stevia, 148–149
 - stimulants, 69
 - stress, 128
 - subcutaneous pellet, 132
 - subsidies, 18
 - sucralose, 147
 - sugar alcohols, 150–151
 - sulfonoureas, 59
 - Supplemental Nutrition Assistance Program (SNAP), 18
 - supplements
 - atherosclerosis and, 91
 - disease management and, 50
 - dyslipidemia and, 83
 - gout and, 96
 - hypertension and, 70–71
 - kidney stones and, 102
 - neurodegenerative diseases and, 124
 - non-alcoholic fatty liver disease (NAFLD) and, 107
 - polycystic ovary syndrome (PCOS) and, 141–142
 - testosterone (low) and, 133
 - thyroid/thyroiditis and, 115
 - type 1 diabetes and, 56–57
 - type 2 diabetes and, 63–64
 - Sweet Cinnamon Keto Crackers recipe, 182
 - sweeteners
 - about, 143–144
 - acesulfame potassium, 146–147
 - aspartame, 145–146
 - cyclamate, 148
 - monk fruit (mogroside V), 149
 - oligofractans, 150
 - saccharine, 147–148
 - stevia, 148–149
 - sucralose, 147
 - sugar alcohols, 150–151
 - type 2 diabetes and, 61
 - Swiss cheese
 - Mushroom and Swiss Cheeseburger Soup, 196–197
 - syndrome X, 37
- ## T
- tahini
 - Keto Hummus, 185
 - Pumpkin Pie Hummus, 186
 - Taubes, Gary, *Good Calories, Bad Calories*, 24
 - Teicholz, Nina, *The Big Fat Surprise*, 24
 - testosterone. *See also* infertility; polycystic ovary syndrome (PCOS)
 - about, 125–126
 - causes of low, 127–129
 - erectile dysfunction (ED), 126
 - Keto Cure approach to low, 130–133
 - nutritional ketosis and, 125–133
 - symptoms of low, 126–127
 - Thai Nutty Short Ribs recipe, 256–257
 - theobroma cacao (chocolate, cocoa bean, cocoa butter), 71
 - thiazide diuretics, 101
 - The 30-Day Ketogenic Cookbook* (Emmerich), 9
 - thyroid hormone, 114
 - thyroid-stimulating hormone (TSH) level. *See* thyroid/thyroiditis
 - thyroid/thyroiditis
 - about, 109
 - Keto Cure approach to, 114–115
 - role of thyroid, 110–113
 - thyroxine (T4), 110
 - tobacco use, 90
 - Tom Ka Gai Panna Cotta recipe, 244–245
 - Tomato Basil Chicken Salad recipe, 258–259
 - tomato products, 249
 - Tomato-Basil Fat Bombs recipe, 192–193
 - tomatoes
 - Black-and-Blue Salad, 212–213

- tomatoes (*continued*)
 - Buffalo Chicken Mini Quiches, 162–163
 - Caprese Salad, 210–211
 - Chicken, Bacon, and Ranch Zucchini Boats, 232–233
 - Deviled Egg Salad with Bacon Vinaigrette, 216–217
 - Easy Shredded Beef Dinner, 262–263
 - hypertension and, 71
 - Kielbasa Casserole, 254–255
 - Simple Ceviche with Avocado, 174–175
 - Simple Summer Greek Salad, 214–215
 - Tomato Basil Chicken Salad, 258–259
 - Tomato-Basil Fat Bombs, 192–193
 - Turkey and Blue Cheese Salad with Bacon Vinaigrette, 218–219
- total cholesterol, 77
- transdermal gel/cream, 132
- triglycerides
 - about, 75–81
 - insulin and, 39
- triiodothyronine (T3), 110
- tumor necrosis factor alpha (TNF- α), 90
- Tuna Salad Zucchini Bites recipe, 176–177
- Turkey and Blue Cheese Salad with Bacon Vinaigrette recipe, 218–219
- Turkey Legs with Lemon Gravy and Cauliflower Pilaf recipe, 236–237
- type 1 diabetes
 - about, 51–53
 - Keto Cure approach to, 54–58
- type 2 diabetes
 - about, 51–53
 - Keto Cure approach to, 59–64
- U**
 - uncaria rhynchophylla* (cat's claw herb), 71
 - uric acid, 92–93. *See also* gout; kidney stones
 - uric-acid agent, 101
 - uricosuric agents
 - gout and, 95
 - kidney stones and, 101
 - urinary alkalinization agents, 101
 - urine testing, for ketosis, 35–36
 - U.S. Department of Agriculture (USDA) Subsidy Programs, 17
 - USDA Food and Nutrition Service, 17
- V**
 - Vanilla Bean Ice Cream recipe, 280–281
 - venison, 196
 - very low-density lipoproteins (VLDLs), 75–81, 105
 - vitamin B, 124
 - vitamin C, 96
 - vitamin D, 133
 - vitamin E, 124
 - vitamins, 34. *See also specific types*
- W**
 - Walleye in Lemon Cream recipe, 230–231
 - weight gain
 - insulin and, 39
 - science behind, 14–15
 - weight loss
 - hypertension and medications for, 69
 - testosterone and, 129
 - Westman, Eric, *Keto Clarity*, 9
 - Weston A. Price Foundation, 21
 - whey protein
 - Chocolate Almond Cereal, 168
 - Women's Health Initiative Dietary Modification Trial, 21
- X**
 - xanthine oxidase inhibitors
 - gout and, 95
 - kidney stones and, 101
- Z**
 - Zagorsky, Jay, 18
 - zinc
 - dyslipidemia and, 83
 - testosterone (low) and, 133
 - zingiber officinale* (ginger), 71
 - zucchini
 - Chicken, Bacon, and Ranch Zucchini Boats, 232–233
 - Keto Hummus, 185
 - Lemon Pepper Chicken Stew, 204–205
 - Pumpkin Pie Hummus, 186
 - Simple Summer Greek Salad, 214–215
 - Tuna Salad Zucchini Bites, 176–177