

# 20 Delicious, Easy To Prepare Keto Recipes

by



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# CHICKEN, EGG AND SPINACH CASEROL

Prep Time 5 min  
Cooking time 25 min  
Total time 30 min  
Servings 6  
Breakfast

## INGREDIENTS:

- 1 cup chicken, cut into cubes
- 1 tsp garlic, minced
- 10 large eggs, beaten
- 1 cup spinach chopped
- 1/2 tsp sea salt
- 1/4 tbsp. pepper
- 1 large tomato, thinly sliced
- 1 cup shredded cheddar cheese



## DIRECTIONS:

1. Heat 10-inch ovenproof skillet over medium heat for cooking the chicken until it becomes crisp. After it is cooked, shift the cooked chicken in a plate and keep aside for future use.
2. Stir-fry spinach, onion and garlic in the same skillet for about 4-5 minutes, until onion and spinach are cooked completely and water is dried.
3. Mix chicken, spinach, onion, beaten eggs, parsley, salt and pepper in a large bowl to obtain a thorough mixture.
4. Pour this mixture into oven prop greased pan. Top with tomato and cheese and chopped.
5. Bake casserole in preheated oven for 25-30 minutes until eggs turn their color to yellow.
6. Serve immediately and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 152 g	
Total Calories	284 kcal
Fats	24.37 g
Protein	11.98 g
Total Carbs	8.05 g
Fiber	3.9 g
Starch	0 g

Protein: 16% 44 kcal  
Fat: 74% 209 kcal  
Carbohydrates: 11% 31 kcal

# SPANISH OMELET topped with olives

Prep Time 5 min  
Cooking time 5 min  
Total time 10 min  
Servings 2  
Breakfast



## INGREDIENTS:

- 4 large eggs
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 tbsp. avocado oil
- 1 green onion, chopped
- Sweet cherries for topping
- Olives for topping

## DIRECTIONS:

1. Prepare a blended mixture by beating eggs with salt and pepper in a small bowl.
2. Heat a large nonstick skillet over medium heat and add avocado oil.
3. Heat the avocado oil until it is hot enough for cooking purpose. After that level is achieved, add in the egg mixture.
4. As eggs set, keep pushing the cooked parts of the eggs towards the center, so that the uncooked eggs may flow underneath for better cooking.
5. When eggs are cooked completely and there is no liquid egg, transfer it into plate. Top with olives and half cherries and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 122 g

Total Calories	227 kcal
Fats	19.83 g
Total Carbs	8.52 g
Protein	3.84 g
Fiber	0.3 g
Starch	0 g

Protein: 16% 35 kcal

Fat: 78% 177 kcal

Carbohydrates: 6% 14 kcal

# COCONUT PUDDING WITH BERRIES

Prep Time            5 min  
Cooking time        10 min  
Total time            15 min  
Servings              6

## INGREDIENTS:

- 2 cups Coconut milk
- 1/4 tsp salt
- 1 tsp vanilla extract
- 3 tsp gelatin
- 4 tbsps. chia seeds
- 1 tsp Coconut liquid stevia
- fresh berries, unsweet coconut flake



## DIRECTIONS:

1. Boil the coconut milk in a saucepan over medium high heat, while stirring constantly to avoid and/or remove lumps, if any.
2. As the milk starts to boil, reduce heat to simmer and shower in gelatin. You have to keep stirring (normally for about 10 minutes) until the mixture thickens and reduces considerably in volume.
3. Add stevia, chia seeds, vanilla extract, salt and mix well.
4. Pour into small mason jars or ramekins and let it cool. Top with berries and coconut flakes.
5. Serve when cool.

## NUTRITIONAL INFORMATION

1 serving = 85 g	
Total Calories	188 kcal
Fats	19.07g
Protein	1.87 g
Total Carbs	4.95 g
Fiber	1.8 g
Starch	0 g

Protein:            3% 7kcal  
Fat:                86% 160 kcal  
Carbohydrates:    11% 20 kcal

# KETO DONUTS WITH RASPBERRIES ON TOP

Prep Time            5 min  
Cooking time        20 min  
Total time            25 min  
Servings              8



## INGREDIENTS:

- 1/2 cup coconut flour
- 1 tsp stevia
- 2 tsp baking powder
- 1/4 tsp salt
- 4 large eggs
- 1/4 cup avocado oil
- 1/4 cup water
- 1/2 tsp vanilla extract
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries

## DIRECTIONS:

1. First, preheat the oven to about 325F. Grease a donut pan well.
2. Mix the coconut flour, stevia, baking powder and salt in a medium mixing bowl and add in the eggs, oil, water, and extracts until combined well and fluffy.
3. Pour this mixture into donut cavities about 3/4 full with batter and bake it in preheated oven for about 18 to 22 minutes.
4. Once donuts are cooked they will firm and golden brown.
5. Remove from and serve with raspberries and blueberries on the top.

## NUTRITIONAL INFORMATION

Amount per serving 55 g	
Total Calories	106 kcal
Fats	9.16 g
Protein	1.56 g
Total Carbs	5.01 g
Fiber	1.8 g
Starch	0 g

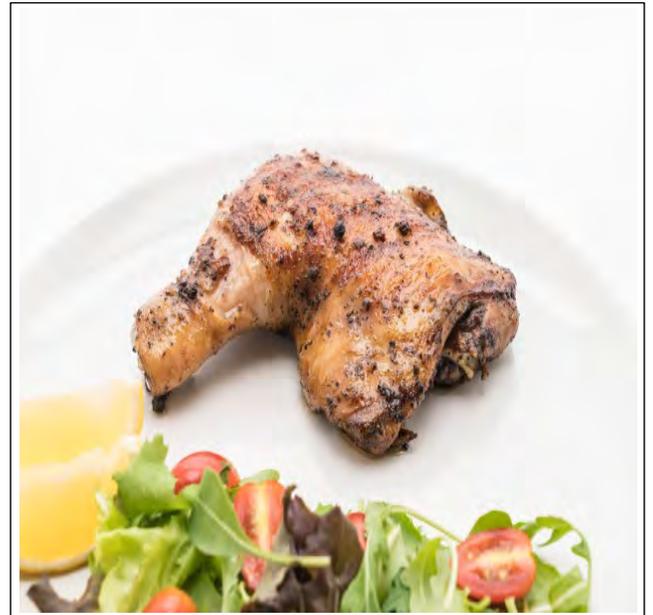
Protein:            6% 7 kcal  
Fat:                77% 81 kcal  
Carbohydrates:    17% 18 kcal

# CHICKEN THIGH WITH PEPPER

Prep Time 5 Min  
Cooking Time 15 min  
Total Time 20 Min  
Servings: 6  
Lunch

## INGREDIENTS:

- 2 tbsps. avocado oil
- 4 chicken thigh with skin
- 1/2 tsp. garlic powder
- 1/2 tsp garlic, minced
- salt and fresh ground pepper, to taste
- 1 tbsp, lime juice



## DIRECTIONS:

1. Heat your 10-inch large skillet over medium heat, add oil.
2. Coat chicken thighs with onion powder, garlic powder, garlic powder, salt, and pepper and marinate it for 15 minutes.
3. Once oil is hot, add seasoned chicken thighs to the same pan and cook for 5-8 minute over medium heat.
4. Flip and cook the other side in the same style for another 5-8 minutes
5. Remove chicken thigh from heat, pour lime juice on top.
6. Serve with tomato slice, baby spinach and lemon slice as main dish

## NUTRITIONAL INFORMATION

Amount per serving 210 g	
Total Calories	441 kcal
Fats	34.13 g
Protein	30.76 g
Total Carbs	0.98 g
Fiber	0.1 g
Starch	0 g

Protein: 30% 131 kcal  
Fat: 69% 307 kcal  
Carbohydrates: 1% 4 kcal

# LOW CARB BEEF MEAT LOAF WITH CHEESE

Prep Time 15 Min  
Cooking Time 60 min  
Total Time 75 Min  
Servings: 10  
Lunch

## INGREDIENTS:

- 1 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 1tsp. garlic, minced
- 1 tsp. dried oregano
- 1 tsp. chili powder
- 2 lb. ground beef
- 1 c. shredded cheddar
- 1/2 cup almond flour
- 1/4 cup grated cheddar cheese
- 2 eggs
- sea salt to taste
- Freshly ground black pepper



## DIRECTIONS:

1. Preheat the oven to 400F.
2. Mix all recipe ingredients in a large mixing bowl until well combined.
3. Pour mixture into greased loaf pan.
4. Bake meat loaf uncovered in preheated oven for 50-60 minutes.
5. Once meatloaf is cooked, it will be firm and browned on the top.
6. Remove loaf pan from oven and let it stand on room temperature.
7. Cut loaf into 1-inch thick slice.
8. Sprinkle chopped parsley on top and serve as main dish.
9. Enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 140 g	
Total Calories	376 kcal
Fats	26.14g
Protein	30.37 g
Total Carbs	4.04 g
Fiber	1.2 g
Starch	0.05 g

Protein: 34% 128 kcal  
Fat: 62% 233 kcal  
Carbohydrates: 4% 16 kcal

# KETO BEEF BALLS STUFFED WITH CHEESE

Prep Time 10 Min  
Cooking Time 20 min  
Total Time 30 Min  
Servings: 20  
Dinner



## INGREDIENTS:

- 1 lb. ground beef
- 1 cup grated cheddar cheese
- 1 large egg
- 1 tsp. garlic, minced
- ¼ cup chopped parsley
- Salt and pepper, to taste
- ¼ cup tbsps. avocado oil

## DIRECTIONS:

1. Mix ground beef, cheddar cheese, egg, garlic, chopped parsley, salt, and pepper in mixing bowl. Mix together all ingredients until mixed together and roll them into 20 meatballs
2. Heat your heavy bottom skillet over high heat, add oil.
3. Once oil is hot, add meatballs and cook for 10-15 minutes over medium heat until the balls are browned evenly and cooks from inside.
4. Sprinkle mint leaves and red pepper on top.
5. Serve immediately and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 40 g	
Total Calories	72 kcal
Fats	4.91 g
Protein	5.87 g
Total Carbs	1.32 g
Fiber	0.2 g
Starch	0 g

Protein: 33% 24 kcal  
Fat: 60% 43 kcal  
Carbohydrates: 7% 5 kcal

# KETO CHICKEN SEEKKH KABAB

Prep Time 15 Min  
Cooking Time 30 min  
Total Time 45 Min  
Servings: 4  
Dinner



## INGREDIENTS:

- 2 boneless, skinless chicken breast
- 2 tbsps. olive oil
- 1/2 lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp salt

## DIRECTIONS:

1. Mix all spices in mixing bowl and combine well. Cut chicken into 2-inch piece and coat with spices mixture.
2. Marinate chicken with spices for about 2 hours in fridge.
3. After marination thread marinated chicken pieces on the iron skewers carefully.
4. Place the skewer over charcoal grill and cook for 10-15 minutes. Once cooked flip and cook from another side for 10-15 minutes until golden brown.
5. Remove chicken from grill and serve with spinach sauce.

## NUTRITIONAL INFORMATION

Amount per serving 159 g

Total Calories	314 kcal
Fats	29.06 g
Protein	30.42 g
Total Carbs	1.15 g
Fiber	0.3 g
Starch	0 g

Protein: 41% 130 kcal  
Fat: 58% 182 kcal  
Carbohydrates: 1% 4 kcal

# STRAWBERRY SMOOTHIE BOWL WITH TOPPING

Prep Time 10 min  
Total time 10 min  
Servings: 3  
Breakfast



## INGREDIENTS:

- 1/2 cup coconut cream
- 1 cup chopped strawberry
- 1/3 cup protein powder
- 1 tbsp. avocado oil
- 1 tsp liquid Stevia
- 1/4 cup raspberries for topping
- 1 kiwi fruit slice for topping
- 4 oz. coconut flakes for topping
- 1/4 cup chopped almonds

## DIRECTIONS:

1. Mix coconut cream, strawberry, protein powder, avocado oil, stevia in your blender and blend until well combined.
2. Pour smoothie mixture in bowl. Let it set for 30 minutes in freezer.
3. Set raspberries, kiwi slice, coconut flakes and nuts on top.
4. Serve immediately and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 105 g	
Total Calories	241 kcal
Fats	21.39 g
Protein	2.36 g
Total Carbs	13.69 g
Fiber	5.1 g
Starch	0 g

Protein: 3% 8 kcal  
Fat: 75% 180 kcal  
Carbohydrates: 22% 53 kcal

# KETO AVOCADO SAUCE WITH COCONUT CREAM

Prep Time 10 Min  
Total Time 15 Min  
Servings: 6

## INGREDIENTS:

- 3 ripe avocados, chopped
- ¼ coconut cream
- ½ cup olive oil
- ¼ cup sesame paste
- ½ lemon juice
- 1 tsp garlic, minced
- ½ tsp ground cumin
- ½ tsp salt
- ¼ tsp ground black pepper



## DIRECTIONS:

1. Put all ingredients in a blender or food processor and mix until combined will
2. Add more oil, coconut cream if you want to decrease the consistency
3. Adjust salt and pepper according to taste.
4. Serve with keto chips or with taco salad.

NUTRITIONAL INFORMATION	
Amount per serving 198 g	
Total Calories	321 kcal
Fats	22.99 g
Protein	24.75 g
Total Carbs	5.23 g
Fiber	1.6 g
Starch	0 g

Protein: 33% 104 kcal  
Fat: 61% 196 kcal  
Carbohydrates: 6% 20 kcal

# KETO CREAM AND SPINACH DIP

**Prep Time** 10 Min

**Total Time** 10 Min

**Servings** 6

## INGREDIENTS:

- 2 tbsps. olive oil
- 1 medium shallot chopped
- 2 oz. frozen spinach, chopped
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 cup coconut cream
- 4 tbsps. sour cream
- 2 tsp lemon juice



## DIRECTIONS:

1. Heat oil in skillet, add oil and fry shallot for 3-5 minutes over medium heat until soft and
2. Add chopped spinach, coconut cream, sour cream salt, and pepper and cook for another 5-6 minutes.
3. Reduce the flame and simmer for another 4-5 minute, add more cream if needed.
4. Serve warm with cauliflower rice and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 213 g	
Total Calories	405 kcal
Fats	32.53 g
Protein	24.8 g
Total Carbs	4.58g
Fiber	0.3 g
Starch	1.94 g

Protein: 24% 98 kcal  
Fat: 72% 292 kcal  
Carbohydrates: 4% 17 kcal

# KETO CREAM SOUP

Prep Time 15 Min  
Cooking Time 20 Min  
Total Time 35 Min  
Servings: 6  
Lunch



## INGREDIENTS:

- 1 tsp garlic, minced
- 2 cup coconut cream
- 2 cups chicken stock
- 1 tsp Salt
- 1 tsp Pepper
- ¼ cup Parsley chopped
- ¼ cup chopped tomatoes for topping

## DIRECTIONS:

1. Sauté the garlic over low heat until it turns into light brown. Add coconut cream and simmer for another 2-3 minutes.
2. Add chopped parsley and chicken stock in food processor and add in cream mixture.
3. Simmer on low to medium heat for 8 minutes.
4. Season with salt and pepper and give them a very good mix.
5. Adjust seasoning to taste.
6. Sprinkle soup in cup and top with chopped tomatoes and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 183 g	
Total Calories	201 kcal
Fats	19.24 g
Protein	5.17 g
Total Carbs	5.03g
Fiber	4.1 g
Starch	0 g

Protein: 7% 13 kcal  
Fat: 84% 169 kcal  
Carbohydrates: 9% 18 kcal

# KETO FRIED CHICKEN NUGGETS

Prep Time 15 Min  
Cooking Time 10 min  
Total Time 25 Min  
Servings: 4  
Lunch



## INGREDIENTS:

- 2 chicken breasts chopped into 2-inch by 1-inch chunks
- 2 eggs, whisked
- 1 cup coconut flour
- 2 tbsps. onion powder
- 2 tbsps. garlic powder
- 1 tsp. dried oregano
- 1 tsp. paprika powder
- 1 tsp.) salt
- 1/2 tsp. black pepper
- 2 tbsps. olive oil

## DIRECTIONS:

1. Combine coconut flour, onion powder, garlic powder, dried oregano, paprika powder, salt and pepper in mixing bowl.
2. Beat eggs into a separate bowl.
3. Heat olive oil in heavy bottom skillet over medium heat.
4. Dip chicken chunks first into eggs then into flour mixture and then again in egg mixture evenly.
5. Heat olive oil in skillet over medium heat.
6. Once olive oil is hot, fry the coated chicken nuggets into oil and cook for about 5-8 minutes until golden brown and cooked through.
7. Serve with, Keto ketchup, or Keto BBQ sauce.

## NUTRITIONAL INFORMATION

Amount per serving 177 g	
Total Calories	348 kcal
Fats	22.75 g
Protein	33.2 g
Total Carbs	0.95 g
Fiber	0.4 g
Starch	0 g

Protein: 41% 142 kcal  
Fat: 58% 204 kcal  
Carbohydrates: 1% 3 kcal

# BULLET PROOF COFFEE TOP WITH CREAM

Prep Time 2 min  
Total time 2 min  
Servings: 1  
Breakfast

## INGREDIENTS:

- 1 cup coffee
- 1 tsp stevia
- 4 tbsps. heavy whipping cream



## DIRECTIONS:

1. Make your coffee the way you like it.
2. Heat cream in pan, one cream is hot, add coffee, stevia, and cream in blender and blend on high speed.
3. Pour coffee in cup and top with additional 1 spoon of coffee.

## NUTRITIONAL INFORMATION

Amount per serving 297 g	
Total Calories	209kcal
Fats	22.52 g
Protein	1.51 g
Total Carbs	1.67 g
Fiber	0 g
Starch	0 g

Protein: 3% 6 Kcal  
Fat: 94% 196 Kcal  
Carbohydrates: 3% 6 Kcal

# MIX BERRIES CREAM CAKE

Prep Time            5 Min  
Cooking Time        25 min  
Total Time            30 Min  
Servings:            10



## INGREDIENTS:

- 2 cup coconut cream
- 1 tsp. stevia
- 2 cups heavy whipping cream
- 2 cups blueberries and strawberries
- 1 cup strawberries for topping
- 1 cup blueberries for topping
- 1 cup raspberries for topping

## DIRECTIONS:

1. Mix stevia, 2 cups blueberries, strawberries, heavy cream, coconut cream in high speed blender, until well combined.
2. Pour batter into round cake container and freeze for 3-4 hours so that it firm.
3. Once cake is set, remove from refrigerator and transfer it into serving plate.
4. Set raspberries, strawberries and blueberries in circular way on the top of cream.
5. Keep cake into freezer again for another 1 hour.
6. Serve cool and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 142 g	
Total Calories	270 kcal
Fats	25.77 g
Protein	2.78 g
Total Carbs	10.79 g
Fiber	3.1 g
Sugar	0.02 g

Protein:            4% 10 kcal  
Fat:                81% 220 kcal  
Carbohydrates:    15% 41 kcal

# COCONUT AND ALMONDS BLUEBERRIES FAT BOMB

Prep Time 5 Min  
Cooking Time 10 Min  
Total Time 15 Min  
Servings: 8



## INGREDIENTS:

- 1/4 cup coconut oil
- 1 tsp stevia
- 1/2 cup almonds flour
- 2 cups coconut flour
- 1 cup blueberries
- 1/4 cup crushed coconut flour for topping

## DIRECTIONS:

1. Put all ingredients into food processor and mix well on high speed.
2. Roll into 2-inch ball and roll over crushed coconut.
3. Keep balls in freezer for 2 hours and chill until hardened.
4. Serve cold and enjoy.

## NUTRITIONAL INFORMATION

Amount per serving 28 g	
Total Calories	64 kcal
Fats	6.18 g
Protein	0.22 g
Total Carbs	2.67 g
Fiber	0.6 g
Starch	0 g

Protein: 1% 1 kcal  
Fat: 83% 53 kcal  
Carbohydrates: 15% 10 kcal

# CHOCOLATE AND COCONUT FAT BOMB

Prep Time 5 Min  
Total Time 5 Min  
Serving: 10



## INGREDIENTS:

- 1/2 cup peanut butter
- 1/4 cup cocoa or cacao powder
- 1/4 cup melted coconut oil
- 2 cup coconut meat
- 1 tsp. stevia
- 1 pinch sea salt
- 8 oz. low carb chocolate

## DIRECTIONS:

1. Mix peanut butter, cocoa powder, coconut oil, coconut meat stevia and salt in bowl and all ingredients together until smooth, add more coconut oil if needed.
2. Roll them into 2-inch ball and set-aside.
3. Melt chocolate in microwave, dip balls in chocolate then roll into crushed coconut.
4. Freeze balls in freezer for 2-3 hours until set.
5. Serve immediately and enjoy.

NUTRITIONAL INFORMATION	
Amount per serving 20 g	
Total Calories	138 kcal
Fats	15.35 g
Protein	0.21 g
Total Carbs	0.9 g
Fiber	0.2 g
Starch	0 g

Protein: 1% 1 kcal  
Fat: 97% 134 kcal  
Carbohydrates: 3% 4 kcal

# KETO BROWNIES IN MUG

Prep Time 5 Min  
Cooking time 3 Min  
Total time 8 Min  
Servings 1

## INGREDIENTS:

- 1 tbsp. coconut flour
- 1 tsp stevia
- 1/2 tsp baking powder
- 1 tbsp. cocoa powder
- 1 egg
- 1/4 cup coconut milk
- Strawberries slice for topping



## DIRECTIONS:

1. In a small mixing bowl, mix coconut flour, baking powder, cocoa powder until mix well.
2. Slowly add beaten egg, stevia, coconut milk and mix creamy batter is formed.
3. Cook brownies in microwave in 30-second intervals until brownies is cooked through
4. Serve brownies in same mug with strawberries slice on top.

NUTRITIONAL INFORMATION	
Amount per serving 127 g	
Total Calories	218 kcal
Fats	9.16 g
Protein	7.99 g
Total Carbs	8.52 g
Fiber	3.1 g
Starch	0 g

Protein: 14% 31 kcal  
Fat: 75% 164 kcal  
Carbohydrates: 11% 23 kcal

# MIX BERRIES SMOOTHIE

Prep Time 10 min  
Total time 10 min  
Servings 4

## INGREDIENTS:

- 1 cup frozen raspberries,
- ½ cup
- ½ cup blueberries
- 1 cup coconut milk
- ½ cup ice cubes
- 1 scope protein powder
- 1 tsp stevia
- 1 pinch salt
- Raspberries for topping



## DIRECTIONS:

1. Place frozen raspberries, strawberries, blueberries, coconut milk, stevia, ice cubes, salt into a blender and blend until thick and creamy.
2. Add ice cubes and blend for another 30 seconds. Add protein powder and blend for only 20 seconds.
3. Pour smoothie in serving glass top with fresh raspberry and mint leaf.
4. Serve cold and enjoy!

## NUTRITIONAL INFORMATION

Amount per serving 186 g	
Total Calories	319 kcal
Fats	29.06 g
Protein	5.88 g
Total Carbs	14.03g
Fiber	6.8 g
Starch	0 g

Protein: 7% 22 kcal  
Fat: 76% 243 kcal  
Carbohydrates: 17% 55 kcal

# CUCUMBER AND COCONUT GREEN DETOX SMOOTHIE

Prep Time            10 min  
Total time            10 min  
Servings                4

## INGREDIENTS:

- 2 cups coconut milk
- 1 tsp stevia
- 1 cup cucumber
- 1 cup avocado, chopped
- ½ cup mint leaves
- 1 cup ice
- 1 tsp lime juice
- Cucumber slice for serving



## DIRECTIONS:

1. Add coconut milk, stevia, cucumber, avocado mint leaves into a high speed blender first and blend on high speed.
2. Add the rest of the ingredients and blend on high until smooth.
3. Taste and adjust sweetener as desired.
4. Set cucumber slice in jar, pour smoothie in jar and serve.

NUTRITIONAL INFORMATION	
Amount per serving 186 g	
Total Calories	290 kcal
Fats	28.72 g
Protein	3.23g
Total Carbs	2.04 g
Fiber	3.2 g
Starch	0.02 g

Protein:                4% 11 kcal  
Fat                        83% 240 kcal  
Carbohydrates:        13% 39 kcal