




LOW CARB HIGH FAT COOKBOOK

Keto friendly meals that keep food fun and healthy!

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- Keto friendly meals that are fun & high fat low carb. Do not get bored with your meals, add some variety and keep it healthy.
 - It is difficult to find foods that are low/ no sugar, low carb and high fat while not having crazy chemicals/aspartame but I have read the labels and can approve!
 - Meals will be separated by Breakfast/Lunch/Dinner/Dessert
 - Please refer to caitcul.weebly.com for other recipes and fitness/nutrition related information
 - *Disclaimer: this cookbook is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/ her health particularly with respect to any symptoms that may require diagnosis or medical attention.*



Favorite Sauces

- ❖ G Hughes sugar free BBQ sauce – 2g Carbs
- ❖ Organicville Pizza sauce 4g carbs 1g fat 1g protein
- ❖ California Olive oil is another must have for me (not pictured)

Both of these are extremely Keto friendly & pretty good nutrient-wise

Both should also be fairly easy to find in any grocery store but I purchased these at stop & shop



BREAKFAST



BBQ Ham & Eggs

Ingredients:

- 1/2 Center cut ham
- Sugar free BBQ sauce
- 2 eggs
- 1 slice cheese of choice

Directions:

- 1) Brown ham on skillet
- 2) As ham cooks, make eggs on separate skillet, once eggs are cooked to preference place the cheese on top to melt
- 3) Smear 2 tbs of BBQ sauce over ham once cooked, enjoy!



KetoKakes

Ingredients:

- 1 block of Philadelphia regular cream cheese
- 4 tsp salted butter
- 2 scoops protein powder
- Coconut oil cooking spray

Directions:

- 1) Dice cream cheese and butter to soften (I heat it in a microwave safe bowl for 15-30 seconds to melt it a little), electric mix until clumps are out
- 2) Add the 2 scoops of protein powder to thicken, electric mix until smooth
- 3) Spray coconut oil to skillet and pour 2-3 heavy tablespoons of batter to center of pan, wait until bubbles come through the top and bottom half is cooked then flip.
- 4) Makes about 12 small pancakes
- 5) I added sausage patties to the side for extra fats and since most syrups are either 25+ carbs or have aspartame I spread 2 tbs of nuts'n'more almond butter on my 4 cakes and slight drizzle of truvia nectar

Sausage Sandwiches with Breakfast Guac

Ingredients:

- 4 Sausage patties
- 2 eggs
- 2 slices (your choice) cheese
- 1 avocado pitted & peeled
- 1tsp lemon zest
- 3tsp cream cheese
- Salt & pepper

Directions:

- 1) Brown sausage patties on skillet
- 2) Cook eggs on separate skillet, once cooked to preference cover with slices of cheese and let melt
- 3) Mix avocado with cream cheese and lemon zest with a fork until smooth
- 4) Use sausage patties as base and cover for your cheesy egg sandwich, spoon breakfast guacamole on patty & on top of any extra egg!





SNACKS & SIDES

Bacon Wrapper Mozz Stix



Ingredients:

- Bacon
- Mozzarella cheese string cheese

Directions:

- 1) Freeze mozz cheese, once frozen, remove from packaging
- 2) Wrap & twist bacon around frozen cheese stick until covered
- 3) Cook bacon on skillet like you would regular bacon
- 4) By the time bacon is cooked, inside cheese will be gooey but hot!
- 5) Flip often to not let cheese ooze out the ends
- 6) Let cool & enjoy



Bacon Wrapped Asparagus

Ingredients:

- 1 package Bacon
- 12 asparagus spears

Directions:

- 1) Preheat oven to 400 degrees
- 2) Cut bacon strips the long way and make long, narrow pieces, wrap bacon around individual spear vertically and place bacon on a wire rack over a pan for dripping(- this is how to get it crispy) and place in oven
- 3) Flip bacon 15 minutes in
- 4) Cook for another 15 minutes

**Shown paired here with spring mix salad with 1 hardboiled egg and caesar dressing*

Buffalo Cauliflower Bites



Ingredients:

- 1 Cup buffalo Sauce
- 1 head cauliflower (1 bag cauliflower florets)

Directions

- 1) Preheat oven to 450 degrees
- 2) Chop cauliflower stems off to make florets
- 3) Toss cauliflower in buffalo sauce well until fully covered
- 4) Bake for 20 mins or until crispy (for extra crisp Broil for 5 mins at the end)

Shown paired here with a Willow Tree premade chicken salad over a spring mix salad with ranch dressing and ranch side for dipping

Cheese Chips



Ingredients:

- Shredded cheese

Directions

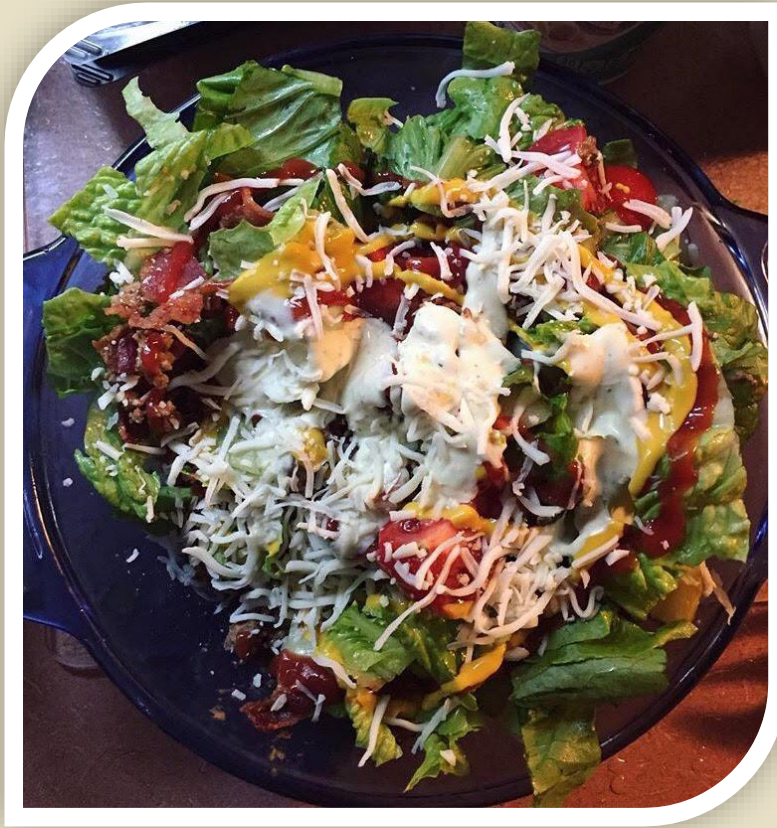
- 1) Preheat oven to 350degrees
- 2) Line baking pan with parchment paper
- 3) Sprinkle shredded cheese in small circle clumps, no need to pile to high
- 4) Place pan in oven and make for about 15-20 mins; keep an eye on them- when they melt they will start to get brown and crispy on the edges, wait until they are crispy enough to resemble a chip, this is why you do not need to pile the cheese high
- 5) Once crisp, take out and let cool until they can be taken off with hand or spatula

Shown here with a leftover drumstick, cherry tomatoes, sliced cheddar cheese, sliced cucumbers with Garlic & Herb dipping cheese



LUNCH/DINNER

Bacon Cheeseburger Salad



Ingredients:

- 4 cups spring mix salad
- 4 slices bacon (precooked works well too)
- 8oz 85% lean ground beef (grass-fed=best)
- Ketchup, mayonnaise, mustard
- 1/2 cup pickles –diced
- 1 cup tomatoes
- 1 cup shredded cheese

Directions:

- 1) Brown ground beef in skillet; cook bacon if not using precooked
- 2) Place spring mix in large bowl
- 3) Once meat is cooked mix well with mixture of ketchup, mayo, & mustard until covered
- 4) Empty meat onto lettuce & mix well with the diced tomatoes, & pickles; add shredded cheese & mix well again
- 5) Enjoy! – makes approx 4 servings



BBQ Chicken Pizza Shell

Ingredients:

- 1 cup Boiled shredded chicken/ canned chicken
- 1 cup parmesan cheese
- 1 egg
- 1 jar pizza sauce
- 6tsp sugar free BBQ sauce
- 1 cup shredded cheese of choice
- 6 sliced bacon

Directions:

- 1) Preheat oven to 400 degrees
- 2) Dry chicken with paper towel, place on tray and cook for 15 mins to dry out chicken thoroughly, reduce oven to 350 degrees
- 3) Once chicken is dried and cooled, put in a mixing bowl with parmesan cheese, 4tsp bbq sauce and the 1 egg and mix well
- 4) Spread mixture onto tin foiled pizza baking dish to make a pizza crust and bake at 350 for 20 mins or until browned & crispy
- 5) Take crust out of the oven, while the crust cools for a few moments, chop bacon into small pieces and mix in the remaining 2 tsp of BBQ sauce.
- 6) Spread pizza sauce as desired, follow with sprinkling $\frac{1}{2}$ cup shredded cheese
- 7) Sprinkled the BBQ bacon over pizza sauce, followed by $\frac{1}{2}$ cup more shredded cheese
- 8) Place back in oven for cheese to melt (about 10 mins) then enjoy!

Chicken Salad Lettuce Wraps

Ingredients:

- 1 Romaine Heart
- 2 cups boiled shredded chicken
- ½ cup shredded cheese
- 1 cup tomatoes- diced
- 4tsp mayo
- Salt & Pepper

Directions:

- 1) Cut off bottom of romaine heart so long lettuce cups remain, lay longest ones flat out
- 2) Mix chicken with mayo, salt & pepper; add shredded cheese and mix well
- 3) Fill lettuce wraps with chicken mixtures and top with tomatoes, enjoy!



Chili Cheese Dog Bake

Ingredients:

- (Grass-fed) beef hot dogs
- ½ lb ground beef
- 1 package shredded cheddar cheese
- Taco seasoning packet



Directions

- 1) Preheat oven to 350 degrees
- 2) Boil hot dogs to cook, let cool and slice into smaller pieces
- 3) brown ground beef, once fully cooked, add taco seasoning and mix well
- 4) Grease 8x8 baking pan to prevent sticking; pour in taco meat and cover with approx. ½ cup shredded cheddar
- 5) Place pieces of hot dog over the cheese and cover with another ½ cup shredded cheddar
- 6) Place bake in oven for cheese to melt (about 10-15) mins; once cheese is melted take out and let cool then pair with your favorite low carb side-

Shown here with sliced cucumber and tomatoes sprinkled with salt & pepper

Jalapeño Popper Stuffed Burger *makes 4 burgers*



Ingredients:

4 tbs cream cheese
4 tbs sliced jalapenos
8oz ground beef
4 slices pepper jack cheese

Directions:

Preheat oven to 350 degrees

Divide your ground beef into 8 flat patties

Put 1 tbs of cream cheese on 4 patties

Place 1 tbs of sliced jalapeños on the cream cheese

Lay ½ slice of pepper jack cheese on the jalapeños

Lay the rest of the empty patties over your cheese to cover and push the sides together to enclose the stuffing between the burgers

Cook patties in oven flipping every 15 mins

Once browned and cooked thoroughly (about 30-45 mins) add the other ½ of sliced cheese on top of each burger, once cheese is melted take out and let cool

Shown here with Avocado, cream cheese & tomato guacamole and spinach cucumber tomato salad

Quick Salad



Ingredients:

- Premade buffalo chicken salad from Market Basket
- Premade Egg Salad from Market Basket
- 1 cup spinach
- 1 sliced cucumber
- ½ cup cherry tomatoes
- 2 tbs olive oil
- 1 tsp grated parmesan cheese

Directions:

- 1) Put spinach on a plate, then add cucumbers and tomatoes
- 2) Drizzle with olive oil and sprinkle with parmesan cheese
- 3) Scoop 1 heaping tbs of each premade MB salad onto spinach salad and enjoy!

Roasted Chicken Thighs



Ingredients:

- 2 chicken thighs
- 6tbs olive oil
- Italian seasoning
- 2 cups spinach
- 1 tomato diced
- ½ cucumber diced cucumber
- 2tsp parmesan cheese

Directions

- 1) Preheat oven to 400 degrees
- 2) Drizzle 2 tbs of olive oil over each chicken thigh and brush over covering thigh, sprinkle with Italian seasoning and place in tin foiled pan, let this cook for 40-50 mins
- 3) Side salad- combine spinach, tomato and cucumber. Drizzle with 2 tbs of olive oil and sprinkle with the parmesan cheese

Spaghetti & Meatballs



Ingredients:

- 1 Spaghetti Squash
- 1 jar pasta sauce (low carb- I used my pizza sauce 😊)
- 4 sliced cheese of choice
- 8oz ground beef
- 1/4 cup diced onion
- 1/2 cup parmesan cheese grated
- 2 tsp Italian seasoning
- Olive oil

How to prepare Spaghetti Squash:

- 1) Preheat oven to 400 degrees
- 2) Take a large sharp knife and cut off the stem and the bottom of the squash, then cut in half
- 3) Scoop out inner seeds and strings until smooth
- 4) Generously brush inside of squash until covered with the oil
- 5) Place squash halves with olive oil side down on tin foiled pan and put in the oven for 40-50 mins



Spaghetti & Meatballs cont'd

Once squash is roasted and cooled set aside to make meatballs

Meatballs:

- 1) Preheat oven to 350 degrees
- 2) Mix ground beef well with parmesan cheese and onions
- 3) Make 8-10 flat small patties with the ground beef mixture
- 4) Layer the 4 sliced of cheese on top of each other and cut into 8-10 (amount of patties) small squares then place in center of the patties
- 5) Squish the rest of the meat over the cheese to make a ball out of the patty
- 6) Cook on skillet until browned, flipping often to prevent cheese coming out of meat
- 7) Place meatballs on tin foiled lines pan and cook in the oven for additional 15 mins
- 8) While meatballs are cooking take a fork and run it through the oiled squash, it should break apart easily into spaghetti like strands & place in bowl
- 9) Mix spaghetti squash with pasta sauce and cooked meatballs and sprinkle with parmesan cheese & enjoy!

Steak & Cheese Bowl



Ingredients:

- 8oz shaved steak
- 4 tsp mayo
- ½ cup sliced black olives pitted
- ½ cup diced tomato
- 1 cup shredded pepper jack cheese
- 1 cup shredded cheddar cheese

Directions:

- 1) Cook shaved steak in skillet with salt & pepper
- 2) Stir often to prevent clumping together
- 3) Add shredded cheese and mix well so steak becomes cheesy
- 4) Add in toppings (tomato and olives)
- 5) Drizzle with mayo and enjoy!

Makes 2-3 bowls

Stuffed Peppers



Ingredients:

- 6 red bell peppers
- 1lb ground beef (85% lean)
- 1 can pasta sauce
- 1 cup parmesan cheese
- 1 package shredded mozzarella cheese
- ½ cup diced onion

Directions:

- 1) Preheat oven to 400 degrees
- 2) Brown ground beef in skillet
- 3) Once cooked, add in pasta sauce & mix until fully covered
- 4) Mix ½ cup shredded mozz in with the beef & ½ cup diced onion, mix well
- 5) Stuff peppers with your ground beef mixture and cook for 15 mins with peppers standing up
- 6) Take tray out and spread remainder of cheese on top the peppers & put back in the oven to melt top cheese, once melted remove and cool then enjoy!

Taco Pie Salad

Ingredients:

- 1lb ground beef
- 1 cup shredded cheddar cheese
- 4 cups spring mix (lettuce spinach blend)
- 1 cup cherry tomatoes
- 2 avocados pitted and peeled
- 3 tbs cream cheese
- 1 tsp lemon juice
- ¼ cup onion- diced
- 1 taco seasoning package
- 4tbs olive oil
- 8x8 baking pan
- *(salt & pepper)*

Directions:

- 1) Preheat oven to 350 degrees
- 2) Brown ground beef in skillet
- 3) While cooking ground beef mash cream cheese with avocado until smooth, add lemon juice & sprinkle salt & pepper. (*~ I use Himalayan pink salt as it is a great mineral for ketosis, sodium helps keto bodies so do not be afraid of adding salt*)
- 4) Slice cherry tomatoes in half and add some to your guacamole
- 5) Once ground beef is cooked all the way through, add the taco seasoning & stir until mixed, scoop the taco meat into the 8x8 pan
- 6) Sprinkle the cheese on the beef generously, leaving about 1/3 of the cheese in the measuring cup
- 7) Spread the rest of your sliced tomatoes over the cheese, once tomatoes are all placed sprinkle the remaining cheese over the tomatoes
- 8) Put the pan in the oven to melt (about 10-15 mins)
- 9) While that is in the oven, put 1 cup of lettuce on a plate, drizzle olive oil over the spring mix, sprinkle salt & pepper (I spread a little parmesan cheese over the olive oil)
- 10) Take the taco filling out of the oven & let cool; scoop ¼ onto the salad. Add 2 tbs of your guacamole to the side and enjoy!



Zucchini Plank Pizza Strips



Ingredients:

- 8 Zucchini planks (precut)
- Pizza sauce
- Shredded mozzarella cheese
- Grated Parmesan cheese
- 4tsp Olive Oil
- Salt & Pepper
- Pepperoni (optional)

Directions:

- 1) Preheat oven to 425 degrees
- 2) Brush olive oil onto zucchini planks on both sides and lay flat on a tin foiled tray, sprinkle with salt & pepper & parmesan cheese
- 3) Let planks bake for 15 mins
- 4) Remove from oven and spread 1 tsp of pizza on top of each plank
- 5) Generously sprinkle shredded mozz over planks
- 6) Layer pepperoni (if desired) and top off with more cheese over the pepperoni
- 7) Put planks back in oven for additional 5-10 mins or until cheese has melted, take out, let cool, then enjoy!



DESSERTS

Chocolate Bomb Ice Cream



Ingredients:

- ❖ 1 carton heavy whipping cream
- ❖ 6tsp dark cocoa powder
- ❖ 6tsp Hershey's sugar free chocolate syrup

Directions:

- 1) Put all ingredients in bowl and mix with electric mixer on low for about 5 minutes or until smooth and clumps are out
- 2) Scoop into bowl and let freeze 4-5 hours
- 3) Once ready take out a few minutes to let it thaw as it may be very hard to spoon out at first

Shown paired here with 2 tsp nuts n more almond butter, 1 tbs plain walnuts, and 1 tbs cocoa roasted almonds drizzled with leftover sugar free chocolate syrup



Avocado Brownies with Strawberry Cheesecake Ice Cream

Ingredients for Brownies:

2 avocados pitted and peeled
1 tsp vanilla
4 tbs dark chocolate cocoa powder
 $\frac{1}{4}$ cup stevia
3 tbs coconut oil
3 eggs
7 tbs dark chocolate chips
1 tsp salt (pink salt preferred)
1 tsp baking powder
 $\frac{3}{4}$ cup coconut flour
 $\frac{1}{2}$ cup Walnuts

Directions:

Preheat oven to 350 degrees

Put chocolate chips in a bowl over boiling water to melt

While Choc chips melt, mix avocados until smooth

Add in vanilla, then the cocoa powder, then the stevia, then the coconut oil, then the eggs to the smooth avocado

In separate bowl whisk together the salt, baking powder and coconut flour

Combine bowls and mix well with electric mixer on low

Lastly add the melted chocolate chips and mix again on low until everything is smooth

Pour batter in a butter (or coconut oil) greased 8x8 pan

Sprinkle walnuts on top evenly

Put in oven to bake for 30-35 mins



Avocado Brownies with Strawberry Cheesecake Ice Cream cont'd

Ingredients for ice cream:

- 1 carton of heavy whipping cream
- 1 packet of strawberry sugar free jello

*Pair with avocado brownies
and sugar free Hershey's
chocolate syrup for an amazing
dessert*

Directions:

- 1) Mix both ingredients until smooth
- 2) Pour in 8x8 pan and let freeze for about 2-3 hours/ or until frozen (freezer dependent)



I HOPE YOU FIND EVERYTHING EASY AND
DELICIOUS PLEASE EMAIL OR MESSAGE WITH
ANY QUESTIONS COMMENTS OR CONCERNS
~CAITLIN