

A close-up photograph of several chocolate muffins in white paper liners. The muffins are stacked, with one in the foreground being the most prominent. The background is softly blurred, showing more muffins. The overall tone is warm and appetizing.

# 7-Day *Keto Diet* Meal Plan

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# 7-DAY KETO MEAL PLAN

## DAY 1 - MONDAY

<b>Breakfast</b> - Cranberry Pancakes	<b><u>2</u></b>
<b>Lunch</b> - Lettuce Wraps	<b><u>9</u></b>
<b>Snack</b> - Peanut Butter Energy Balls	<b><u>16</u></b>
<b>Dinner</b> - Garlic Butter Chicken Breasts	<b><u>23</u></b>

## DAY 2 - TUESDAY

<b>Breakfast</b> - Leek & Bacon Omelette	<b><u>3</u></b>
<b>Lunch</b> - Rosemary Focaccia Bread	<b><u>10</u></b>
<b>Snack</b> - Peanut Butter Cookies	<b><u>17</u></b>
<b>Dinner</b> - Keto Ramen	<b><u>24</u></b>

## DAY 3 - WEDNESDAY

<b>Breakfast</b> - Coconut Flour Pancakes	<b><u>4</u></b>
<b>Lunch</b> - Pumpkin Soup	<b><u>11</u></b>
<b>Snack</b> - Raspberry Cheesecake Bites	<b><u>18</u></b>
<b>Dinner</b> - Chicken Pad Thai	<b><u>25</u></b>

## DAY 4 - THURSDAY

<b>Breakfast</b> - Fathead Bagels	<b><u>5</u></b>
<b>Lunch</b> - Zucchini Frittata	<b><u>12</u></b>
<b>Snack</b> - Keto Doritos	<b><u>19</u></b>
<b>Dinner</b> - Cheesy Stuffed Peppers	<b><u>26</u></b>

## DAY 5 - FRIDAY

<b>Breakfast</b> - Coconut Flour Crepes	<b><u>6</u></b>
<b>Lunch</b> - B.L.T Salad	<b><u>13</u></b>
<b>Snack</b> - Tortilla Chips	<b><u>20</u></b>
<b>Dinner</b> - Cauliflower Mushroom Risotto	<b><u>27</u></b>

## DAY 6 - SATURDAY

<b>Breakfast</b> - Pumpkin Pancakes	<b><u>7</u></b>
<b>Lunch</b> - Broccoli Quiche	<b><u>14</u></b>
<b>Snack</b> - Almond Butter Cookies	<b><u>22</u></b>
<b>Dinner</b> - Zucchini Alfredo	<b><u>28</u></b>

## DAY 7 - SUNDAY

<b>Breakfast</b> - Chocolate Chaffles	<b><u>8</u></b>
<b>Lunch</b> - BBQ Steak Salad	<b><u>15</u></b>
<b>Snack</b> - Matcha Energy Balls	<b><u>23</u></b>
<b>Dinner</b> - Philly Cheesesteak Casserole	<b><u>29</u></b>





# Cranberry Pancakes

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1 serving



9 minutes

## INGREDIENTS

3 tablespoon Blanched Almond Flour  
1-2 teaspoon Sweetener (to taste) Erythritol, stevia, etc.  
½ teaspoon Baking Powder  
gluten-free  
1 large Egg  
4 tablespoon Almond Milk unsweetened  
1 tablespoon Coconut Oil  
¼ cup Cranberries  
1 sachet Sweetener Erythritol, stevia etc

## DIRECTIONS

1. Start by whisking the almond flour, sweetener, baking powder, egg, and almond milk together in a bowl. Mix until the batter has no lumps and is the consistency of traditional pancake batter.
2. Heat the coconut oil in a pan over medium heat. Drop two tablespoons of the batter into the hot pan and form into pancakes. Cook for around 2 minutes until you see bubbles form on top and the edges turn brown. Flip and cook for 2 minutes until the other side is golden brown. Repeat until you've used all the batter.
3. In a saucepan, heat the cranberries until warm. Add sweetener and gently mix until smooth. Serve the cranberries drizzled over your fresh pancakes.
4. You can also make the topping in the microwave. Heat them for 1 minute (2 minutes if frozen) and then gently mix in sweetener.



# Leek & Bacon Omelette

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2 servings



17 minutes

## INGREDIENTS

4 large Eggs

$\frac{1}{3}$  cup Heavy cream

$\frac{1}{2}$  Leek sliced diagonally

6 slices Bacon

1 tablespoon Butter

$\frac{1}{2}$  teaspoon Salt

$\frac{1}{4}$  teaspoon Black Pepper

## DIRECTIONS

1. Whisk the eggs with the heavy cream in a large mixing bowl. Season with salt and pepper and add the bacon.
2. Heat the butter in a non-stick pan and sauté the leek for 2 minutes. Add the eggs and cook the omelette with a closed lid, for 1-2 minutes on each side.
3. Serve hot.



# Coconut Flour Pancakes

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4 servings



15 minutes

## INGREDIENTS

4 medium Eggs

4 oz Greek Yogurt

½ cup Coconut Flour

¼ cup Heavy Cream

1 ½ tablespoon Erythritol

4 tablespoon Melted Butter or  
Vegetable Oil divided

1 teaspoon Baking Powder

½ teaspoon Sea Salt

### **Optional Toppings**

Seasonal Low Carb Fruit

Sugar Free Maple Syrup

(Lakanto Sugar Free Maple  
Syrup)

## DIRECTIONS

1. Process the eggs with the yogurt, coconut flour, heavy cream, Erythritol, baking powder, a pinch of salt and 2 tablespoons of the melted butter using a mixer to get a smooth batter.
2. Allow the batter to rest for 2-3 minutes.
3. Brush a non-stick pan with some of the remaining butter, heat over medium heat and add dollops of the batter to make the pancakes.
4. Cook each pancake for 1-1 ½ minutes and then flip, cooking for another minute until golden on each side.
5. Continue the same process until you run out of batter.
6. Serve the pancakes hot, with fresh, seasonal fruit, sugar free chocolate shavings or keto friendly syrup.





# Fathead Bagels

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3 bagels



25 minutes

## INGREDIENTS

½ cup Mozzarella Cheese  
grated

1 oz Cream Cheese

¾ cup Almond Flour

1 large Egg

1 teaspoon Baking Powder

¼ teaspoon Baking Soda

### Optional Toppings

Poppy Seeds

Sesame Seeds

Flaxseed

## DIRECTIONS

1. Preheat the oven to 400°F (200°C) and line a baking pan with baking paper.
2. Place the mozzarella and cream cheese in a double boiler (make your own double boiler by placing a smaller saucepan in a large saucepan filled with water and bring to a gentle simmer) and stir to heat through and melt together into a creamy mixture.
3. Alternatively, microwave on high for 20 seconds, mix well and microwave for 20-30 seconds again to melt and fully combined.
4. Remove the mixture from the heat and add the egg, baking powder, soda and almond flour kneading with your hands to turn into a dough.
5. Divide into six pieces and roll into strings. Shape into circles and gently place on the prepared baking pan, leaving enough room between each bagel to expand.
6. If you are using toppings, brush the surface of each bagel with a drop of water and add the toppings of your choice, pressing lightly with your fingers to stick well to the dough.
7. Bake for 13-15 minutes until golden brown and serve hot or store in an airtight container after they have completely cooled down.



# Coconut Flour Crepes

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10 servings



25 minutes

## INGREDIENTS

½ cup Coconut Flour  
¼ cup Butter melted, or  
coconut oil  
¾ cup Coconut Milk  
¼ cup Erythritol  
6 Eggs  
½ teaspoon Baking Powder  
½ teaspoon Salt

## DIRECTIONS

1. Gather all the ingredients for your keto crepes.
2. In a mixing bowl whisk together the eggs with the coconut milk and  $\frac{3}{4}$  of the melted butter.
3. In another bowl combine the coconut flour with the Erythritol, baking powder, and salt.
4. Add the dry ingredients to the wet ingredients and whisk everything together until well combined.
5. Allow the crepe batter to rest for 10 minutes so that the coconut flour can absorb all the liquids. This will also help make the batter thin and smooth.
6. Grease a non-stick pan with a bit of the remaining butter over medium heat. If using a stainless steel pan use heat high to prevent sticking. When the pan is hot add dollops of the crepe batter and swirl in circular motions to cover the entire surface of the pan. You want a very thin layer of batter for crepes.
7. Cook for 1-2 minutes and then flip the crepe onto the other side. The second side will take less time to cook, usually just a minute. Keep re-greasing the pan and making crepes until you use all the batter.
8. Serve the crepes hot and topped with keto-friendly fruit, drizzled with lemon and powdered Erythritol/shredded coconut. Enjoy!



# Pumpkin Pancakes

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8 servings



15 minutes

## INGREDIENTS

5 large Eggs  
½ cup Pumpkin Puree  
½ cup Coconut Milk  
½ cup Coconut Flour  
¼ cup Erythritol  
1 teaspoon Baking Powder  
1 teaspoon Cinnamon  
½ teaspoon Ginger ground  
½ teaspoon Cloves ground  
½ teaspoon Vanilla Extract  
¼ teaspoon Salt  
4 tablespoon Coconut Oil  
1 tablespoon Butter

## DIRECTIONS

1. In a mixing bowl, combine the coconut flour, Erythritol, baking powder, cinnamon, salt, ginger, and cloves.
2. Add the eggs, pumpkin puree, coconut oil, coconut milk and vanilla extract. Whisk to get a smooth batter.
3. Heat the butter in a wide non-stick pan and working in batches, pour dollops of the batter to make pancakes. Cook each pancake for 30 seconds to 1 minute on each side.
4. Serve hot with sugar free syrup, fresh fruit, yogurt or cream cheese.





# Chocolate Chaffles

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10 servings



25 minutes

## INGREDIENTS

5 large Eggs  
½ cup Pumpkin Puree  
½ cup Coconut Milk  
½ cup Coconut Flour  
¼ cup Erythritol  
1 teaspoon Baking Powder  
1 teaspoon Cinnamon  
½ teaspoon Ginger ground  
½ teaspoon Cloves ground  
½ teaspoon Vanilla Extract  
¼ teaspoon Salt  
4 tablespoon Coconut Oil  
1 tablespoon Butter

## DIRECTIONS

1. In a mixing bowl, combine the coconut flour, Erythritol, baking powder, cinnamon, salt, ginger, and cloves.
2. Add the eggs, pumpkin puree, coconut oil, coconut milk and vanilla extract. Whisk to get a smooth batter.
3. Heat the butter in a wide non-stick pan and working in batches, pour dollops of the batter to make pancakes. Cook each pancake for 30 seconds to 1 minute on each side.
4. Serve hot with sugar free syrup, fresh fruit, yogurt or cream cheese.



# Lettuce Wraps

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4 servings



12 minutes

## INGREDIENTS

8 leaves Romaine Lettuce  
2 large Eggs  
4 slices Turkey  
4 slices Edam Cheese  
1 ripe Avocado  
1 Tomato  
4 teaspoon Mayonnaise full-fat  
 $\frac{1}{4}$  teaspoon Salt  
 $\frac{1}{4}$  teaspoon Black Pepper

## DIRECTIONS

1. Bring a pot of water to a boil and cook the eggs for 7 minutes. Peel and slice.
2. Thinly slice the tomatoes and cut the avocado into wedges.
3. Lay the lettuce leaves on a clean chopping board, using two overlapping leaves per wrap. Add a layer of turkey, followed by a layer of cheese. Add slices of tomato, avocado and eggs. Season with salt and pepper and drizzle with a teaspoon of mayo for each wrap.
4. Wrap into a roll, sealing the edges tightly. Use baking paper if needed to keep them in place.





# Focaccia Bread

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4 servings



30 minutes

## INGREDIENTS

- 1  $\frac{3}{4}$  cups Almond flour
- 4 oz Greek Yogurt
- 4 oz Butter softened
- 2 oz Olive Oil divided
- 4 medium Eggs
- 1 tablespoon Rosemary dried
- 1 teaspoon Baking Soda
- $\frac{1}{4}$  teaspoon Xanthan Gum
- $\frac{1}{2}$  teaspoon Garlic Powder
- 1 teaspoon Salt Flakes

## DIRECTIONS

1. Preheat the oven to 375°F and line an 8x12 inch baking pan with baking paper.
2. In a large mixing bowl combine the Greek yogurt with the butter and half the amount of olive oil and whisk using an electric mixer on high speed.
3. Add the eggs one at a time, while still beating with the mixer.
4. Fold in the almond flour, baking soda, xanthan gum and garlic powder and knead to make a dough.
5. Transfer the dough onto the prepared baking tray and flatten with your hands.
6. Sprinkle with salt and rosemary and drizzle with the remaining olive oil.
7. Bake for 20-25 minutes, until slightly golden and serve hot or cold.



# Pumpkin Soup

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4 servings



20 minutes

## INGREDIENTS

15 oz Pumpkin Puree  
homemade or canned  
4 cups Vegetable Broth  
 $\frac{2}{3}$  cup Heavy Cream  
2 tablespoon Sunflower Seeds  
 $\frac{1}{2}$  teaspoon Garlic Powder  
1 teaspoon Curry  
1 teaspoon Salt  
 $\frac{1}{4}$  teaspoon Black Pepper  
2 tablespoon Butter

## DIRECTIONS

1. Melt the butter in a deep sauce pan and sauté the pumpkin puree until it reaches a soft gold colour.
2. Season with curry, garlic powder, salt and pepper.
3. Add the vegetable broth and the cream, keeping two tablespoons of the cream to garnish, and let it simmer over low to medium heat for 10 minutes.
4. If you prefer a velvety texture, use a stick blender or food processor to blend all the ingredients.
5. Serve hot, sprinkled with sunflower seeds and a swirl of cream.





# Zucchini Frittata

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4 servings



35 minutes

## INGREDIENTS

8 medium Eggs

½ cup Heavy Cream

1 teaspoon Baking Powder

1 medium Zucchini

1 cup Cherry Tomatoes halved

1.5 oz Goat Cheese crumbled  
(or substitute for feta cheese)

2 tablespoon Olive Oil

½ teaspoon Sea Salt

¼ teaspoon Black Pepper  
freshly ground

## DIRECTIONS

1. Preheat the oven to 425°F (220°C).
2. Whisk the eggs with the heavy cream and baking powder seasoning with sea salt and freshly ground black pepper. Grate and add the zucchini and mix well.
3. Pour in the egg mixture into an 8-inch baking pan. Add the halved cherry tomatoes and the crumbled goat cheese.
4. Bake into the preheated oven for 20 minutes until the eggs are set and slightly golden at the edges.
5. Slice and serve, hot or cold.



# B.L.T Salad

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4 servings



35 minutes

## INGREDIENTS

4 cups Romaine Lettuce  
shredded

2 Tomatoes diced

1 Avocado diced

8 slices Crispy Bacon

½ cup Gouda Cheese shredded

### **For the BLT Salad Dressing**

½ cup Mayonnaise full-fat

¼ cup Milk

2 tablespoon Parsley fresh,  
finely chopped

1 teaspoon Dill dried

1 teaspoon Garlic Powder

½ teaspoon Salt

¼ teaspoon Black Pepper

## DIRECTIONS

1. Heat a dry, non-stick pan and crisp the bacon for 3-4 minutes. Chop and set aside.
2. Arrange the lettuce in a salad bowl. Top with the tomatoes, avocado, cheese and bacon.
3. Make the dressing by whisking together the mayonnaise with the milk, parsley, dried dill, garlic powder and a pinch of salt and pepper.
4. Drizzle the dressing over the salad and serve immediately.





# Broccoli Quiche

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4 servings



40 minutes

## INGREDIENTS

6 large Eggs

1 cup Broccoli Florets

4 oz Ground Beef

½ cup Sour Cream

½ cup Parmesan Cheese  
grated

2 tablespoon Butter

1 teaspoon Baking Powder

½ teaspoon Sea Salt

¼ teaspoon Black Pepper  
freshly ground

## DIRECTIONS

1. Preheat the oven to 356°F/180°C.
2. Heat the butter in a frying pan and sauté the beef for 5-7 minutes, over medium heat, seasoning with salt and pepper.
3. In the meantime, whisk the eggs in a mixing bowl with the sour cream and baking powder. Season with a pinch of salt and pepper. Chop the broccoli florets and add to the mixture. Add the cooked beef and fold in the parmesan cheese.
4. Divide the mixture into two greased quiche ramekins or baking pan of your choice and bake in the preheated oven for 20 minutes until golden.
5. Allow to cool for around 10 minutes and then serve.



# BBQ Steak Salad

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4 servings



40 minutes

## INGREDIENTS

9 oz Skirt Steak  
½ ripe Avocado chopped  
4 cups Mixed Greens  
2 cloves Garlic  
4 tablespoon Soy Sauce  
2 tablespoon Sesame Oil  
1 tablespoon Erythritol  
1 teaspoon Sesame Seeds

### **For the Dressing**

4 tablespoon Sesame Oil  
1 Lime juice only  
½ small Orange juice only  
½ teaspoon Erythritol  
½ teaspoon Chili Flakes  
½ clove Garlic minced

## DIRECTIONS

1. Thinly slice the skirt steak into bite-sized pieces and heat 2 tablespoons of sesame oil in a non-stick pan. Sauté the steak fillets over high heat for 1-2 minutes on each side. Mince and add the garlic. Add the soy sauce, Erythritol and sesame seeds, and stir to create a thick glaze.
2. In a small mixing bowl, whisk together 4 tablespoons of sesame oil, lime juice, Erythritol, chili flakes and minced garlic to make the dressing.
3. Toss the greens in a salad bowl and add the chopped avocado. Top with the steak fillets and drizzle with the dressing. Serve at room temperature.





# Peanut Butter Energy Balls

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20 balls



40 minutes

## INGREDIENTS

1 cup Peanut Butter

$\frac{1}{4}$  cup Maple Syrup sugar-free

$\frac{1}{4}$  cup Coconut Flour

Pinch of Salt optional to taste

Dessicated Coconut optional  
to garnis

## DIRECTIONS

1. Line a large baking pan with baking paper.
2. In a medium mixing bowl, combine the peanut butter with the sugar-free maple syrup and the coconut flour (also the salt if you are using) and mix well to get a thick but workable batter.
3. Shape into bite-sized balls and place on the lined baking pan, making sure they don't touch.
4. Refrigerate for 30 minutes to set, and serve cold, optionally sprinkled with coconut.



# Peanut Butter Cookies

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15 cookies



20 minutes

## INGREDIENTS

1 cup Natural Peanut Butter  
unsalted (250 grams)  
 $\frac{2}{3}$  cup Erythritol (135 grams)  
1 large Egg

## DIRECTIONS

1. Preheat the oven to 180°C/350°F and line a baking pan with baking paper.
2. Combine the peanut butter with the Erythritol and the egg in a mixing bowl using a spatula or your hands. Mix until you get a dough.
3. Shape into balls and place on the lined baking pan. Press down with your palm or the back of a fork. This is where you can get creative and experiment with different shapes.
4. Bake for 10 minutes until golden brown.
5. Allow them to reach room temperature and serve.



# Raspberry Cheesecake Bites

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20 bites



30 minutes

## INGREDIENTS

- 1 ½ cups Raspberries frozen
- 1 cup Cream Cheese full fat
- 1 tablespoon Erythritol
- ⅓ cup Desiccated Coconut
- ⅓ cup Walnuts finely chopped

## DIRECTIONS

1. Heat a dry pan and add the raspberries, reserving a few pieces.
2. Cook the raspberries until they start to soften, then use a fork to crush each piece slightly and cook for 5-7 more minutes. Set aside to cool completely.
3. Beat the cream cheese with the Erythritol until well combined. Add the raspberries and continue to mix. Finally, fold in the coconut.
4. Cover and refrigerate until firm, for about an hour.
5. Line a tray with baking paper.
6. Cut the reserved raspberries into halves or quarters, depending on their size.
7. Scoop tablespoonfuls of the cold cheesecake mixture and press a piece of raspberry half or quarter into the center. Roll into a ball and place them on the lined tray. Repeat with the remaining mixture and fruit until you run out of the mixture.
8. Place the chopped walnuts on a plate. Roll the cheesecake balls in, pressing lightly to coat evenly.
9. Serve cold or store in the fridge in an airtight container for up to 2 days.





# Keto Doritos

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4 servings



25 minutes

## INGREDIENTS

$\frac{2}{3}$  cup Almond Flour  
3 tablespoon Hot Water  
3 tablespoon Sunflower Oil  
1 tablespoon Xanthan Gum  
1 tablespoon Unflavored Protein Powder (e.g. Isopure Unflavored Whey Isolate Protein Powder)  
1 tablespoon Powdered Ranch Seasoning  
 $\frac{1}{4}$  teaspoon Smoked Paprika  
 $\frac{1}{4}$  teaspoon Garlic Powder  
 $\frac{1}{4}$  teaspoon Onion Powder  
Sea Salt to taste

## DIRECTIONS

1. Combine the almond flour with the xanthan gum, unflavored protein powder, and a pinch of salt in a mixing bowl.
2. Gradually add the hot water while mixing to create a dough. Knead and shape into a ball, dusting your hands with almond flour.
3. Place in between two sheets of baking paper and roll out using a rolling pin or a tall glass to get a thin sheet of dough. If the dough is too sticky, lightly dust the baking paper with almond flour.
4. Cut the dough into bite-sized Dorito-shaped triangles and allow them to sit for 10 minutes.
5. Heat the sunflower oil in a non-stick pan over medium-high and fry the triangles chips in a single layer for a few seconds.
6. Remove and set aside until all the pieces are cooked.
7. Combine all the spices and a pinch of sea salt to taste in a mixing bowl, add the Doritos and mix to coat well.
8. Serve or store in an airtight container.



# Tortilla Chips

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8 servings



15 minutes

## INGREDIENTS

1 cup Almond Flour blanched

2 cups Mozzarella Cheese  
shredded

1 teaspoon Mixed Spices (We  
used salt and smoked paprika)

## DIRECTIONS

1. Preheat the oven to 350°F and line a baking pan with baking paper.
2. Melt the mozzarella cheese in a double boiler or microwave it for 20-30 seconds until completely melted.
3. Place the melted cheese in a mixing bowl. Add the almond flour and mix well to get a dough. Shape the dough into a ball.
4. Place the ball of dough between two pieces of baking paper and flatten with a rolling pin or tall glass. Roll out the dough into a 1/8-inch sheet.
5. Cut triangles of dough with a knife and transfer on the prepared baking pan.
6. Bake the tortilla chips for 10 minutes until golden.
7. Remove from the oven and allow to cool completely before serving.



# Almond Butter Cookies

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20 cookies



25 minutes

## INGREDIENTS

1 cup Erythritol powdered

$\frac{3}{4}$  cup Coconut Oil

$\frac{3}{4}$  cup Almond Butter low carb, no added sugar

$\frac{1}{4}$  cup Cocoa Powder unsweetened

1 teaspoon Vanilla Extract

1  $\frac{1}{2}$  cup Shredded Coconut Flakes

Flaky Sea Salt to garnish

## DIRECTIONS

1. Melt the coconut oil and the almond butter in a small saucepan over low heat.
2. Stir in the cocoa powder, vanilla extract and the Erythritol and bring to a gentle simmer, whisking until smooth.
3. Remove from heat and add the coconut flakes.
4. Allow mixture to reach room temperature and spoon into your preferred molds.
5. Sprinkle with flaky sea salt and freeze for 15 minutes until set. Serve cold or store in the freezer.





# Matcha Energy Balls

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15 balls



10 minutes

## INGREDIENTS

1 ½ cups Gluten-Free Oats  
1 cup Shredded Coconut  
2 tablespoon Matcha Powder  
12 Medjool Dates soaked in hot water for 10 to 15 minutes  
3 tablespoon Coconut Butter or Cream Cheese full-fat  
1 tablespoon Maple Syrup sugar-free  
1 teaspoon Vanilla Extract  
½ teaspoon Nutmeg  
⅓ teaspoon Sea Salt

## DIRECTIONS

1. Place the oats, coconut, matcha powder, soaked dates, butter, syrup, vanilla extract, nutmeg and salt in a blender or food processor and process until well combined.
2. Shape into bite-sized balls and place on a serving plate.
3. Optionally roll the energy balls into some matcha powder or coconut powder to garnish.



# Garlic Butter Chicken Breasts

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4 servings



20 minutes

## INGREDIENTS

4 Chicken Breasts boneless,  
skinless

½ cup Chicken Broth

5 tablespoon Butter

3 cloves Garlic minced

1 tablespoon Olive Oil

4 tablespoon Parsley or  
Cilantro finely chopped

1 teaspoon Chicken Seasoning  
or a spice blend of your choice

½ teaspoon Salt

¼ teaspoon Black Pepper

## DIRECTIONS

1. Heat the olive oil in a large pan or skillet over medium-high heat. Sauté the chicken breasts for 5 minutes on each side until the exterior turns golden brown.
2. Remove the chicken from the pan and set aside.
3. Deglaze the pan with the chicken broth over high heat. Add the butter to the pan and mix it until it melts over medium heat.
4. Add the garlic and seasonings and continue to cook for a few seconds until slightly golden and fragrant. Turn the heat off, and with the pan still on the stove, return the chicken to the pan. Use a spoon to cover the chicken breasts with the sauce to infuse the flavors.
5. Serve hot, garnished with fresh parsley and chosen side dishes.



# Keto Ramen Soup

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2 servings



20 minutes

## INGREDIENTS

3 cups Chicken, Beef, or  
Vegetable Broth

3 oz Spinach Leaves around 3  
cups

8 oz Shirataki Noodles around 1  
 $\frac{1}{2}$  cups

3 oz Button Mushrooms sliced,  
around 3 cups

2 medium Eggs

2 tablespoon Toasted Sesame Oil

1 tablespoon Soy Sauce or  
Coconut Aminos

1 tablespoon Ginger minced

1 teaspoon Garlic Chili Sauce

Fresh Radish Slices optional to  
serve

## DIRECTIONS

1. Bring a pot of water to a boil and hard boil the eggs for 8-10 minutes.
2. In the meantime, heat the sesame oil in a saucepan or wok and add the ginger and garlic chili sauce. Mix to combine, and add the mushrooms and spinach. Cook over high heat for 3-5 minutes.
3. Add the broth, noodles, and soy sauce/liquid aminos and bring to a gentle simmer until the noodles are cooked.
4. Serve hot, topped with boiled eggs and fresh radish slices.





# Pad Thai



2 servings



15 minutes

## INGREDIENTS

14 oz Shirataki Noodles  
7 oz Chicken diced  
2 Eggs beaten  
3 Spring Onions finely chopped  
¼ cup Peanuts unsalted, roasted  
2 cloves Garlic minced  
1 ½ tablespoon Fish Sauce  
1 tablespoon Erythritol  
¼ teaspoon Red Pepper Flakes  
3 tablespoon Lemon Juice  
3 tablespoon Sesame Oil

## DIRECTIONS

1. Bring a pot of water to a boil and cook the noodles for 2 minutes. Remove from the pot and drain water.
2. Heat one tablespoon of the sesame oil in a pan over medium-high heat and sauté the noodles for 2-3 minutes until lightly crispy and golden. Set aside.
3. In the same pan, heat the remaining sesame oil and sauté the chicken for 3-4 minutes. Add the peanuts (keeping some for garnish) and garlic to the pan and cook for another minute. Pour in the eggs stirring constantly, until solid.
4. Toss in the noodles and season with the fish sauce, red pepper flakes and Erythritol.
5. Divide into plates, drizzle with lemon juice and garnish with the chopped spring onions. Serve hot.



# Cheesy Stuffed Peppers



4 servings



40 minutes

## INGREDIENTS

6 Bell Peppers any colors  
2 cup Ground Beef  
1 cup Cauliflower grated  
1 cup Edam or Gouda Cheese  
grated  
1 cup Canned Crushed  
Tomatoes or Tomato Puree  
2 tablespoon Olive Oil  
1 teaspoon Garlic Powder  
1 teaspoon Dried Basil  
1 teaspoon Mild Paprika  
Sea Salt and Freshly Ground  
Black Pepper to taste

## DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. Heat the olive oil in a frying pan and sauté the ground beef for 3–5 minutes over high heat, seasoning with salt, pepper, garlic powder, paprika, and dried basil. Add the crushed tomatoes and cook for another minute.
3. Remove from the heat and mix in the grated cauliflower. Stir to incorporate into the mixture.
4. Halve the bell peppers lengthwise or alternatively cut off the tops of the peppers to make cups. Remove the seeds, arrange them on a baking pan, and stuff the peppers with the ground beef mixture.
5. Top with the cheese and add some water (about half a cup) to the pan to ensure the peppers remain moist while baking in the oven.
6. Bake for 25–30 minutes until the peppers are tender, adding more water to the pan if needed.
7. Serve hot.



# Cauliflower Mushroom Risotto

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4 servings



30 minutes

## INGREDIENTS

1 head Cauliflower grated  
2 cups Mushrooms medium-  
sized, chopped roughly  
 $\frac{1}{4}$  cup Parmesan Cheese  
grated  
2 stalks Celery finely-  
chopped, divided into two  
1 cup Vegetable Broth  
2 tablespoon Butter  
2 teaspoon Garlic Powder  
1 teaspoon Salt  
 $\frac{1}{4}$  teaspoon Black Pepper

## DIRECTIONS

1. Heat the butter in a wide saucepan and sauté the mushrooms for 5 minutes, until golden brown. Season with a pinch of salt and pepper before adding half of the celery stalks and keep cooking for 1–2 minutes.
2. Add the cauliflower rice and stir. Season with salt, garlic powder, and pepper and sauté for 2–3 minutes until fragrant.
3. Add the broth one ladle at a time, stirring until the cauliflower is tender and the consistency is creamy and thick.
4. Remove from the heat and fold in the parmesan.
5. Serve hot, garnished with the remaining celery.





# Zucchini Alfredo

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4 servings



20 minutes

## INGREDIENTS

16 oz Zucchini spiralized or  
thinly sliced with vegetable  
peeler

8 oz Crispy Bacon

½ medium Onion chopped

1 clove Garlic minced

¼ cup White Wine

½ cup Goat Cheese crumbled  
(2 oz)

½ cup Parmesan Cheese  
grated

1 ½ cups Heavy Cream

1 tablespoon Olive Oil

½ teaspoon Sea Salt

¼ teaspoon Black Pepper

## DIRECTIONS

1. Heat a dry pan and crisp the bacon on both sides. Chop and set aside.
2. Add the olive oil in the same pan with the bacon fat and sauté the onion for 3-4 minutes.
3. Add the garlic and stir.
4. Pour in the white wine and simmer until half the amount of wine is absorbed.
5. Add the heavy cream and bring it to a gentle simmer.
6. Fold in the Parmesan cheese and stir until the sauce thickens.
7. Toss in the zucchini and season with salt and pepper.
8. Serve the creamy zoodles hot, topped with bacon pieces and crumbled goat cheese.



# Philly Cheesesteak Casserole

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4 servings



40 minutes

## INGREDIENTS

2 cups Ground Beef  
1 cup Red and Green Peppers  
sliced  
½ cup Cream Cheese  
1 tablespoon Butter  
6 slices Provolone Cheese  
1 medium Red Onion chopped  
¼ cup Parsley chopped  
1 teaspoon Salt  
½ teaspoon Black Pepper

## DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Heat the butter in a wide skillet and cook the ground beef with the chopped onions and peppers for 10 minutes seasoning with salt and pepper until golden brown.
3. Add the parsley and stir.
4. Transfer the mixture to an ovenproof dish and add dollops of cream cheese evenly throughout the surface.
5. Top with the provolone cheese slices and bake in the oven for 25-30 minutes until the cheese is golden and bubbly. Serve hot.



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## I HOPE YOU ENJOYED THESE LOW CARB KETO RECIPES!

These recipes are just a small sample of the keto recipes I have available on my blog at [KetoDietYum.com](https://KetoDietYum.com)

Keep an eye out for new low carb recipes with your FREE email subscriptions. I send out new and trending recipes all the time that will help you with your keto journey!

- Jennifer

