



## 1. Bacon Egg Muffins

6 slices of bacon

6 eggs

1 non stick muffin pan

1. Preheat the oven to 375. While the oven is preheating, cover the inside of each muffin cup with one slice of bacon.
2. Once oven is preheated place muffin pan inside oven and cook bacon for 15-20 minutes. \*adjusted time depending on thickness
3. Take out the muffin pan and crack an egg into the center of each muffin cup and place back inside the oven and cook for an additional 20 minutes.

6 servings

Approximate Net Carbs: 1 gram per serving



## 2. Keto Breakfast Burrito

1/4 cup mushrooms

1/4 cup zucchini

1/4 cup tomato

2 eggs

Pinch of chili powder

2 Tbsp salsa

2 low carb tortilla shells

1/4 cup marble cheese

1. Crack two eggs into a bowl and whisk.
2. Dice the tomato, zucchini and mushrooms and mix with the eggs.
3. Add to skillet and scramble mixture until done then separate into two servings.
4. Place one serving on each low carb tortilla shell and top both with cheese and salsa.

2 servings Approximate Net Carbs: 9 grams per serving



### **3. Keto BLT**

4 Slices bacon

1 Big Piece Of Leaf lettuce

1/2 Sliced tomato

2 Teaspoons Mayo (optional)

1. Place the four slices of cooked bacon and tomato onto the lettuce leaf and top with mayo.
2. Alternatively, you can cut the piece of lettuce in half and evenly divide all ingredients to make two.

1 serving

Approximate Net Carbs: 3 grams per serving



#### **4. Keto Spinach Salad**

6 oz fresh baby spinach

1/4 cup chopped onion

4 slices bacon

2 hard boiled eggs chopped

1/4 cup vinegar

salt, pepper

1. Chop up onion and hard boiled eggs, crumble bacon and mix with spinach.
2. Top salad with vinegar and salt and pepper.

2 servings

Approximate Net Carbs: 6 grams per serving



## 5. Lemon Marinated Steak

1 pound steak

1 Teaspoon finely shredded lemon peel

1/2 cup lemon juice

1/3 cup cooking oil

2 Tablespoons sliced green onion

1 1/2 Teaspoons salt

1 Teaspoon Worcestershire sauce

1 Teaspoon prepared mustard

1 pinch of pepper

1. Remove all fat if any from around the edges of the steak and place into a shallow bowl.

2. Combine all ingredients to make the marinade and pour over the steak, then refrigerator for 5 hours.

3. Grill the steak on a BBQ or pan fry to your preferred tenderness.

6 servings

Approximate Net Carbs: 2 grams per serving



## 6. Canadian Cheddar Soup

2 Tablespoons butter

1/4 cup onion, chopped

2 Tablespoons almond or soy flour

1/4 Teaspoon dry mustard

1 pinch pepper

1 pinch of salt

3 cups chicken stock

1 1/2 cups heavy cream

1 cup water

1. Melt butter in the pot and cook onions until tender.
2. Add flour and dry mustard then mix.

3. Add chicken stock, cream and water and bring close to a boil then stir in cheese and mix well.

4. Reduce the heat after cheese is melted and add your salt and pepper.

6 servings

Approximate Net Carbs: 4 grams per serving





## 7. Herb and Garlic Fish

1/2 cup mayonnaise

1/2 Teaspoon dried oregano leaves

1/2 Teaspoon dried thyme leaves

1/2 Teaspoon garlic salt

1 pound fish fillets

1. Start the broiler on your stove.
2. Mix mayo, garlic and herbs in a bowl and coat one side of the fish using half of the mixture.
3. Place the fish on a pan and place in the oven 4 inches away from the heat and broil for 6-8 minutes.
4. Take out the fish and turn it over and coat the other side using the other half of the mixture.

5. Place back in the oven and cook for an additional 6-8 minutes.

4 servings

Approximate Net Carbs: 1 gram per serving



## 8. Keto Pizza

- 1 egg
- 2 Tablespoons spaghetti sauce
- 1 slice Canadian bacon
- 3 slices Pepperoni
- ¼ cup sliced green olives
- 2 oz shredded mozzarella cheese
- 1 Tablespoon oil

1. Heat oil inside skillet.
2. Whisk eggs and pour into skillet being sure to coat bottom evenly.

3. Flip the egg half way through cooking.
4. Add spaghetti sauce spreading it evenly on the egg and sprinkle the cheese on top.
5. Once cheese is melted add olives, bacon and pepperoni.

1 serving

Approximate Net Carbs: 7 grams per serving