



KETO360

RECIPES



CONTENTS

Drinks & Smoothies

- Coffee360 [4](#)
- Keto Green Smoothie [4](#)
- Keto Chocolate Smoothie [6](#)
- Keto Turmeric Smoothie [7](#)
- Keto360 Smoothie [8](#)
- Post-Workout Blueberry Keto Smoothie [9](#)
- Simple Raspberry Keto Smoothie [11](#)
- AB&J Milkshake [11](#)

Lunches & Dinners

- Keto Scrambled Eggs [14](#)
- Turmeric Eggs [16](#)
- Keto Huevos Rancheros [17](#)
- Cauliflower Tabbouleh Salad [19](#)
- Strawberry Spinach Salad with
Poppy Seed Dressing [20](#)
- Keto Cauliflower Pizza Crust [21](#)
- Keto Florentine Pizza [23](#)
- Thai Curry Kelp Noodles [25](#)
- Keto Pad Thai [26](#)
- Keto Beef Tacos in Romaine Boats [28](#)
- Steak Fajitas [30](#)
- Zoodle Salad [31](#)

- Seared Grass-Fed Steak [33](#)
- Lamb Burgers [34](#)
- Turkey-Stuffed Bell Peppers [36](#)
- Baked Italian Chicken [37](#)

Snacks

- Avocado Deviled Eggs [40](#)
- Berry Rhubarb Chia Seed Pudding [41](#)
- Jalapeño Poppers [43](#)
- Keto Bread [44](#)
- Keto Coconut Cups [45](#)
- Keto Fat Bombs [47](#)

Sauces, Dips & Dressings

- Aioli [50](#)
- Avocado Ranch Dressing [51](#)
- Baba Ganoush [53](#)
- Chimichurri [54](#)
- Goat Cheese & Artichoke Dip [55](#)
- Keto Pad Thai Sauce [57](#)
- Olive Tapenade [57](#)
- Queso [58](#)
- Super Cilantro Guacamole [59](#)



DRINKS & SMOOTHIES

COFFEE360

Total time: 5 minutes

Serves: 1

INGREDIENTS

One 8-ounce cup organic coffee
1 scoop KetoPROTEIN™ (or KetoBROTH™)
or 1-2 tablespoons grass-fed butter,
ghee or coconut oil

DIRECTIONS

1 Place all ingredients in a high-powered blender and blend until well-combined.

KETO GREEN SMOOTHIE

Total time: 5 minutes

Serves: 1-2

INGREDIENTS

½ cup unsweetened almond milk
½ cucumber
½ avocado
1 cup spinach
1 teaspoon matcha
2 celery stalks
1 tablespoon chia seeds
1 scoop KetoFOOD™

DIRECTIONS

1 Place all ingredients in a high-powered blender and blend until smooth.



KETO CHOCOLATE SMOOTHIE

Total time: 5 minutes

Serves: 1-2

INGREDIENTS

½ cup unsweetened almond milk
1 tablespoon coconut oil
1 tablespoon almond butter
1 scoop KetoPROTEIN™ Chocolate
4-6 ice cubes

DIRECTIONS

1 Place all ingredients in a high-powered blender and blend until smooth.



KETO TURMERIC SMOOTHIE

Total time: 5 minutes

Serves: 1-2

INGREDIENTS

½ cup unsweetened almond milk

1 teaspoon ground ginger

1 teaspoon cinnamon

½ teaspoon Himalayan pink salt

1 teaspoon vanilla

1 tablespoon coconut oil

1 scoop KetoPROTEIN™

Turmeric Spice

4-6 ice cubes

Stevia or monk fruit, to taste

DIRECTIONS

- 1 Place all ingredients in a high-powered blender and blend until smooth.



KETO360 SMOOTHIE

Total time: 5 minutes

Serves: 1-2

INGREDIENTS

1–1¼ cups full-fat, canned coconut milk
½ frozen avocado
1 tablespoon nut butter of choice
1 tablespoon chia seeds, presoaked in
3 tablespoons of water for 10 minutes
1 scoop KetoPROTEIN™ Chocolate
1 tablespoon coconut oil
Ice, as needed
¼ cup water, as needed
Cacao nibs, to taste
Cinnamon, to taste

DIRECTIONS

- 1 Place all ingredients, except the cacao nibs and cinnamon, in a high-powered blender and blend until smooth.
- 2 Top with the cacao nibs and cinnamon.

POST-WORKOUT BLUEBERRY KETO SMOOTHIE

Total time: 5 minutes

Serves: 1-2

INGREDIENTS

1 avocado
1 cup blueberries
2 tablespoons almond butter
1 tablespoon pumpkin seeds
¼ teaspoon ground cardamom
1 cup unsweetened almond milk
4-6 ice cubes
1 scoop KetoPROTEIN™ Vanilla

DIRECTIONS

1 Place all ingredients in a high-powered blender and blend until smooth.



POST-WORKOUT BLUEBERRY KETO SMOOTHIE

SIMPLE RASPBERRY KETO SMOOTHIE

Total time: 5 minutes

Serves: 1-2

INGREDIENTS

1 cup raspberries
1 tablespoon almond butter
2 tablespoons unsweetened shredded coconut
1 cup full-fat, canned coconut milk
1 tablespoon lemon juice
¼ cup water
4-6 ice cubes
1 scoop KetoPROTEIN™ Vanilla

DIRECTIONS

1 Place all ingredients in a high-powered blender and blend until smooth.

AB&J MILKSHAKE

Total time: 5 minutes

Serves: 1-2

INGREDIENTS

½ avocado
3 tablespoons almond butter
1 cup unsweetened almond milk
4-6 ice cubes
½ cup strawberries
Juice of ½ lime
1 scoop KetoPROTEIN™ Vanilla

DIRECTIONS

1 Place all ingredients in a high-powered blender and blend until smooth.

**Simple Raspberry
Keto Smoothie**



**AB&J
Milkshake**





LUNCHES & DINNERS

KETO SCRAMBLED EGGS

Total time: 12 minutes

Serves: 2

INGREDIENTS

4 eggs
2 tablespoons heavy whipping cream
½ teaspoon Himalayan pink salt
½ teaspoon pepper
½ avocado, sliced
2-4 ounces wild-caught salmon
Chives, to taste

DIRECTIONS

- 1** In a medium pan over medium heat, add the eggs, heavy whipping cream, salt and pepper.
- 2** Using a wooden spatula, scramble the eggs until they are no longer runny.
- 3** Plate the eggs and add the avocado, salmon and chives.



TURMERIC EGGS

Total time: 25 minutes

Serves: 1-2

INGREDIENTS

½ cup red onions, chopped
8 green onions, chopped
6 cloves garlic, minced
1 cup yellow peppers, chopped
3 tablespoons ghee
4 eggs
2 ounces hard cheese, shredded
1 tablespoon thyme
1 tablespoon oregano
1 tablespoon basil
2 tablespoons turmeric

DIRECTIONS

- 1** In a medium skillet over medium-low heat, sauté the red onions, green onions, garlic and yellow peppers in the ghee for 10 minutes.
- 2** Add in the eggs, cheese, oregano and basil.
- 3** Cook for 10 minutes, stirring continuously, and then add in the turmeric.

KETO HUEVOS RANCHEROS

Total time: 20 minutes

Serves: 4-6

INGREDIENTS

2 tablespoons coconut oil
½ pound ground beef
½ red onion, diced
1 small jalapeño, stem removed, diced
(seeds removed, optional)
2 tablespoons sour cream
1 teaspoon oregano
Sea salt and pepper, to taste
4-6 large chicken or duck eggs, fried
or scrambled
4-6 almond flour tortillas
1-2 tomatoes, diced
1 avocado, pitted and diced
Fresh cilantro, chopped

DIRECTIONS

- 1** In a large skillet over medium heat, add the coconut oil and ground beef, stirring occasionally until the beef is browned.
- 2** Add in the onion, jalapeño, sour cream, oregano, salt and pepper, stirring until the onion becomes translucent. Remove from the heat.
- 3** In a separate pan over medium-low heat, cook the eggs as desired.
- 4** Serve on the tortillas and top with the tomato, avocado and cilantro.



CAULIFLOWER TABBOULEH SALAD

Total time: 35 minutes

Serves: 6

INGREDIENTS

1 large head cauliflower, chopped
½ cup lemon juice
¾ cup extra virgin olive oil
1 bunch parsley, washed and chopped
1 bunch green onions, chopped
2 cups Roma tomatoes, chopped
1 teaspoon sea salt
1 teaspoon black pepper

DIRECTIONS

- 1** Place the chopped cauliflower in a food processor and process/blend it into rice-sized pieces.
- 2** In a large bowl, combine the processed cauliflower and the lemon juice, stirring well.
- 3** Add the olive oil, parsley, green onions, tomatoes, salt and pepper. Stir well.
- 4** Taste and add more salt and pepper, if needed.
- 5** Cover and refrigerate for at least 4 hours, stirring once each hour.

STRAWBERRY SPINACH SALAD WITH POPPY SEED DRESSING

Total time: 12 minutes

Serves: 4-6

INGREDIENTS

DRESSING

½ cup extra virgin olive oil
2 tablespoons apple cider vinegar
1½ tablespoons poppy seeds
1 tablespoon lemon juice
Salt & pepper, to taste

SALAD

6 cups spinach
2 cups strawberries, chopped
½ red onion, diced
1 avocado, diced
¼–½ cup goat feta
¼ cup sprouted almonds, chopped

DIRECTIONS

- 1** In a small bowl, mix all the dressing ingredients until well-combined. Set aside.
- 2** In a large bowl, combine all the salad ingredients.
- 3** Pour the dressing onto the salad and mix until well-combined.
- 4** Refrigerate for 20 minutes and serve.

KETO CAULIFLOWER PIZZA CRUST

Total time: 2 hours
Serves: 1 pizza pie

INGREDIENTS

1½ pounds cauliflower
1 egg
½ cup grated goat cheese
1 tablespoon arrowroot starch
1 teaspoon garlic powder
Pinch of sea salt

DIRECTIONS

- 1 Preheat the oven to 400 degrees F.
- 2 Line a baking sheet with parchment paper.
- 3 Chop the cauliflower into medium pieces and place on the baking sheet. Bake for 25–30 minutes, or until the cauliflower is golden brown.
- 4 Remove the cauliflower to a cooling rack and place in the refrigerator to cool completely.
- 5 Once the cauliflower has cooled, place it in a food processor or high-speed blender and process/blend it into rice-sized pieces.
- 6 Next, in a medium mixing bowl, whisk the egg. Add the riced cauliflower, cheese, starch, garlic powder and salt. Mix well.
- 7 Line the baking sheet with a new piece of parchment paper and pour the mixture onto the baking sheet, spreading it into an oval or rectangle shape so that the crust is about ½”–¾” thick.
- 8 Bake at 400 degrees F for 35–40 minutes, or until golden brown. Add your favorite toppings and return to the oven for 5–10 minutes.
- 9 Allow the pizza to cool before serving.



KETO CAULIFLOWER PIZZA CRUST

KETO FLORENTINE PIZZA

Total time: 1 hour, 15 minutes

Serves: 4-6

INGREDIENTS

Keto Cauliflower Pizza Crust (page 21)

2 cups fresh spinach

¼ cup fresh basil

¼ cup sun-dried tomatoes

¼ cup pecorino romano, grated

¼ cup sheep's milk cheese, grated

¼ cup crumbled goat cheese

¼ cup fresh buffalo mozzarella, sliced

4 eggs

Crushed red pepper, to taste

Black pepper, to taste

Oregano, to taste

DIRECTIONS

- 1 Make the Zucchini Pizza Crust.
- 2 Once the crust is finished, add the spinach, basil, sun-dried tomatoes, pecorino romano, raw sheep cheese, crumbled goat cheese and mozzarella.
- 3 Crack open the eggs and place on top of the pizza.
- 4 Sprinkle with the crushed red pepper, black pepper and oregano, if desired.
- 5 Cook the pizza until the eggs are cooked to desired doneness, about 12-15 minutes



THAI CURRY KELP NOODLES

Total time: 20 minutes

Serves: 6

INGREDIENTS

CURRY SAUCE

2 tablespoons hot water

2 tablespoons nut butter of choice

2 teaspoons red curry paste

Juice of ¼–½ lime

KELP NOODLES

1 tablespoon coconut oil

1½ cup broccoli florets

1-2 packages kelp noodles, rinsed
and drained

1 tablespoon coconut aminos

1 cup kimchi

DIRECTIONS

- 1** In a medium mixing bowl, add the sauce ingredients, stirring until well-combined. Set aside.
- 2** In a cast iron skillet over medium heat, add the coconut oil.
- 3** Once the skillet is hot, add in the broccoli florets, stirring and cooking until tender, about 5-7 minutes.
- 4** Remove from the heat and add the kelp noodles and coconut aminos, stirring until well-combined.
- 5** Transfer the noodle mixture into a medium bowl and top with the kimchi.
- 6** Drizzle with the sauce and serve.

KETO PAD THAI

Total time: 30 minutes

Serves: 4

INGREDIENTS

2 tablespoons coconut oil
1 cup snow peas
1 red pepper, sliced
½ cup sliced mushrooms
½ cup chopped purple cabbage
½ cup chopped green cabbage
1 cup broccoli florets
1 cup cooked chicken
1 cup Thai chili sauce
1 cup full-fat, canned coconut milk
1 zucchini, spiralized
Keto Pad Thai Sauce (page 57)

DIRECTIONS

- 1 Place a large skillet over medium-high heat until hot (about 4 or 5 minutes).
- 2 Add in the coconut oil, snow peas, red pepper, mushrooms, cabbages and broccoli.
- 3 Reduce the heat to medium and fry for 5 minutes, stirring often.
- 4 Add the chicken, Thai chili sauce and coconut milk, and continue to cook, stirring often, for 8–10 minutes, or until the vegetables are cooked and lightly tender.
- 5 Remove from the heat, add the zucchini noodles and Keto Pad Thai Sauce and stir until well incorporated.



KETO BEEF TACOS IN ROMAINE BOATS

Total time: 20 minutes

Serves: 4

INGREDIENTS

½ pound ground beef
One 10-ounce jar fire-roasted tomatoes
½ white onion, sliced
2 tablespoons sour cream
Romaine lettuce leaves, doubled
up for serving
Spinach or leafy greens of choice,
to taste
Green onions, sliced
1 avocado, sliced
Sprouts, to taste

DIRECTIONS

- 1** In a medium pan over medium heat, add the ground beef and cook until nearly browned.
- 2** Add in the tomatoes and onions and use a wooden spatula to stir until well-combined.
- 3** Once the onions are cooked and translucent, add in the sour cream and continue stirring until the sour cream is well-combined with the beef mixture.
- 4** Place the beef mixture into the romaine lettuce leaves and top with spinach or leafy greens of choice, sliced green onions, sliced avocado and sprouts.



KETO BEEF TACOS IN ROMAINE BOATS

STEAK FAJITAS

Total time: 8 hours (prep: 10 minutes)

Serves: 6-8

INGREDIENTS

STEAK FAJITAS

1½ pounds skirt steak
1 green bell pepper, sliced
1 red bell pepper, sliced
1 red onion, sliced
1-2 jalapeños, sliced
1-2 cups salsa
1 tablespoon chili powder
1 tablespoon oregano
1 tablespoon cumin
1 tablespoon garlic powder
½ tablespoon onion powder
1 teaspoon smoked paprika
1 teaspoon sea salt
1 teaspoon black pepper
6-8 almond flour tortillas (optional)

TOPPING

Massaged kale
Plain goat yogurt
Tomatoes, chopped
Green onions, chopped
Cilantro, to taste

DIRECTIONS

- 1 Place all steak fajita ingredients, except the grain-free tortillas, into a crockpot and cook on low for 8 hours.
- 2 Serve on the tortillas and top to taste with the kale, plain goat yogurt, tomatoes, green onions and cilantro.

ZOODLE SALAD

Total time: 12 minutes

Serves: 6

INGREDIENTS

1 medium daikon radish, washed, peeled and spiralized
1 medium zucchini, washed and spiralized
1 medium cucumber, washed and spiralized
½ white onion, peel removed and sliced
6-8 green onions, washed and chopped
1 of each: small red, green and yellow bell peppers; stems and seeds removed; washed and chopped
4 carrots, washed, peeled and julienned
Avocado Ranch Dressing (page 51)

DIRECTIONS

- 1** In a large mixing bowl, add the vegetables (save a few of the chopped vegetables as toppings).
- 2** Pour the dressing over the vegetables and use your hands to mix until well-combined.
- 3** Serve topped with the leftover chopped vegetables.



SEARED GRASS-FED STEAK

Total time: 1 hour

Serves: 2-4

INGREDIENTS

2 beef steaks, your favorite cut,
no more than 1½" thick
Sea salt and black pepper, to taste
2 teaspoons avocado or coconut oil

DIRECTIONS

- 1** Remove the steaks from the refrigerator, discard any packaging and place the steaks in a baking dish. Allow the steaks to come to room temperature, about 20-30 minutes.
- 2** Heat the oven to 350 degrees F.
- 3** Pat the steaks dry and sprinkle with salt and pepper on both sides. Place the baking dish in the oven and bake the steaks for 10 minutes, flipping halfway through. With 2 minutes remaining on the timer, heat a skillet over medium-high heat.
- 4** Remove the steaks from the oven. Add the oil to the hot skillet and immediately add the steaks. Cook for 2-4 minutes on each side, to your desired doneness, and sprinkle with more salt and pepper. Allow the steaks to rest for 5-8 minutes before serving.

LAMB BURGERS

Total time: 40 minutes

Serves: 8

INGREDIENTS

1 jalapeño, seeds removed, sliced lengthwise
½ medium red onion, sliced
1 garlic clove, peeled
1 pound minced lamb
1 pound ground beef
½ cup raw aged sharp cheddar, cubed
1 tablespoon Himalayan pink salt
½ teaspoon ground cumin
½ teaspoon chili powder
¼ teaspoon smoked paprika
1 teaspoon dried oregano
½ teaspoon coconut oil

DIRECTIONS

- 1** In a food processor, combine the jalapeño, onion and garlic, pulsing until finely chopped.
- 2** Transfer the mixture to a large mixing bowl along with the lamb, ground beef, cheese and spices, using your hands to combine all the ingredients. Form 8 patties.
- 3** Chill in the refrigerator for 15–20 minutes, or until firm.
- 4** In a large nonstick skillet over medium-high heat, melt the coconut oil. Fry the burgers for 7-8 minutes per side, or until firm to the touch and nicely browned.
- 5** Serve hot with your favorite toppings on a gluten-free bun, bed of lettuce or lettuce wrap.



TURKEY-STUFFED BELL PEPPERS

Total time: 1 hour, 10 minutes

Serves: 4-5

INGREDIENTS

1 tablespoon avocado or coconut oil
1 pound ground turkey
2-3 garlic cloves, minced
¼ red onion, minced
¼ cup parsley, chopped
½ teaspoon sea salt
½ teaspoon black pepper
1 cup marinara
½ cup riced cauliflower
4 large bell peppers of choice, stems and seeds removed, sliced in half lengthwise
Shredded goat cheese, to taste

DIRECTIONS

- 1 Preheat the oven to 375 degrees F.
- 2 In a large skillet over medium heat, add the oil.
- 3 Add in the turkey and cook halfway, so that it's still pink, about 3 minutes.
- 4 Add in the garlic, onion, parsley, salt and pepper.
- 5 Stir and cook until the turkey is done, about 3-5 minutes.
- 6 Remove from the heat and add in the marinara sauce and riced cauliflower.
- 7 In an 8 x 8-inch baking dish, greased or lined with parchment paper, place the bell peppers and fill them with the turkey mixture.
- 8 Sprinkle with the goat cheese and bake for 45 minutes.
- 9 Remove from the oven and serve.

BAKED ITALIAN CHICKEN

Total time: 45-60 minutes

Serves: 4

INGREDIENTS

1 onion, chopped

1 cup mushrooms

8 ounces chèvre goat cheese

½ cup chicken stock

1 tomato, chopped

1 can artichoke hearts, keeping a few out for garnishing the plate (optional)

1 cup spinach

Garlic powder, sea salt, black pepper and Italian seasoning, to taste

4 chicken breasts

DIRECTIONS

- 1** In a large skillet over medium-high heat, cook the onion and mushrooms until tender.
- 2** Remove from the heat and place the onion and mushrooms in a bowl. Set aside.
- 3** Replace the skillet over medium heat and add in the goat cheese and the chicken stock. Stir until well-combined.
- 4** Add in the cooked onion and mushrooms, tomato, artichokes, spinach and spices. Stir to combine.
- 5** Cook until the spinach is slightly wilted.
- 6** Place the chicken breasts into a baking pan.
- 7** Pour the veggie mixture over the chicken.
- 8** Bake the chicken at 350 degrees F for 30 minutes, or until done.



BAKED ITALIAN CHICKEN



SNACKS

AVOCADO DEVILED EGGS

Total time: 25 minutes

Serves: 6

INGREDIENTS

4-6 eggs
1 avocado
¼ teaspoon sea salt
¼ teaspoon black pepper
¼ teaspoon garlic
¼ teaspoon chili powder
¼ teaspoon cumin
¼ teaspoon smoked paprika (optional)
Lime juice, to taste
2 tablespoons cilantro

DIRECTIONS

- 1** In a medium pot over medium-high heat, place the eggs and cover with water until fully submerged.
- 2** Bring to a boil, then remove from the heat and cover for 12-13 minutes.
- 3** Fill a large bowl with ice water and, using a slotted spoon, gently place the eggs in the bowl, allowing them to chill for 5 minutes.
- 4** Remove the shells from the eggs and slice in half lengthwise, removing the yolks.
- 5** In a small bowl, add the yolks, avocado and spices, mixing together until well-combined.
- 6** Add the mixture to the egg halves.
- 7** Drizzle with lime juice, top with the cilantro and serve.

BERRY RHUBARB CHIA SEED PUDDING

Total time: 1 hour, 15 minutes

Serves: 4

INGREDIENTS

3 cups full-fat, canned coconut milk

¾ cup chia seeds

1½ teaspoons vanilla

5-6 rhubarb stalks

1-1½ cups strawberries

1-1½ cups raspberries

¼–⅓ cup water

Unsweetened shredded coconut,
to taste

Cacao nibs, to taste

DIRECTIONS

- 1** In a large bowl, mix together the coconut milk, chia seeds and vanilla to create the pudding. Place in the refrigerator.
- 2** Chop up the rhubarb, strawberries and raspberries and place in a small pot. Add the water, cover and cook over medium heat until the rhubarb is tender, about 8 minutes.
- 3** Transfer the fruit mixture to a high-speed blender and blend until well-combined.
- 4** Remove the pudding from the refrigerator and distribute it evenly into four glasses. Top with berry-rhubarb compote and place in the refrigerator for up to 1 hour.
- 5** Serve topped with the coconut flakes, cacao nibs or both.



JALAPEÑO POPPERS

Total time: 25 minutes

Serves: 6-8

INGREDIENTS

½-1 cup goat feta
½-1 cup shredded goat cheese
½ teaspoon cumin
½ teaspoon chili powder
½ teaspoon smoked paprika
½ teaspoon oregano
Sea salt and black pepper, to taste
10-12 jalapeño peppers, stems and seeds removed, sliced in half lengthwise
1 package turkey bacon (optional)
Avocado Ranch Dressing (page 51)

DIRECTIONS

- 1 Preheat the oven to 350 degrees F.
- 2 Line a baking sheet, or two, with parchment paper and set aside.
- 3 In a medium-sized bowl, combine everything, except the jalapeños and turkey bacon, mixing until well-combined.
- 4 Using your hands, fill each halved jalapeño with the cheese mixture.
- 5 Wrap the jalapeños with the turkey bacon (if using) and place on the baking sheet.
- 6 Bake for 20 minutes.
- 7 Pair with the dressing and serve.

KETO BREAD

Total time: 40 minutes

Serves: 1 loaf (20 slices)

INGREDIENTS

1½ cups almond flour

6 eggs, separated

¼ teaspoon cream of tartar

3-4 tablespoons butter, melted

¾ teaspoon baking soda*

3 teaspoons apple cider vinegar*

*Note: You can substitute 3 teaspoons baking powder for the ¾ teaspoon baking soda and 3 teaspoons apple cider vinegar, if so desired.

DIRECTIONS

- 1 Preheat the oven to 375 degrees F.
- 2 In a medium bowl, combine the egg whites and cream of tartar. Using a hand mixer, whip the eggs until soft peaks form.
- 3 In a food processor, add all the ingredients, except the egg white mixture, and until well-incorporated.
- 4 Transfer the mix to a medium bowl and gently fold in the egg white mixture.
- 5 Grease an 8" x 4" loaf pan and pour in the bread mixture.
- 6 Bake for 30 minutes.

KETO COCONUT CUPS

Total time: 1 hour, 10 minutes

Serves: 24 mini keto cups

INGREDIENTS

- ½ cup coconut butter
- ½ cup coconut oil
- 1 ½ cup unsweetened shredded coconut
- 2 teaspoons vanilla extract
- 2 tablespoons cacao powder or unsweetened cocoa powder

DIRECTIONS

- 1** In a small saucepan over medium-low heat, melt the coconut oil and coconut butter. Remove from the heat.
- 2** Add in the coconut, vanilla and cacao/cocoa powder, stirring until well-combined.
- 3** Line a mini-muffin pan with liners and equally distribute the mixture into the pan.
- 4** Freeze for 30 minutes to 1 hour.



KETO FAT BOMBS

Total time: 1 hour, 10 minutes

Serves: 12 cups

INGREDIENTS

1 stick butter

½ cup crunchy almond butter

1 teaspoon vanilla extract

½ teaspoon cinnamon

DIRECTIONS

- 1** In a small saucepan over medium-low heat, melt the butter and almond butter. Remove from the heat.
- 2** Add in the vanilla and cinnamon, stirring until well combined.
- 3** Line a muffin pan with liners and equally distribute the mixture into the pan.
- 4** Freeze for 30 minutes to 1 hour.





SAUCES, DIPS & DRESSINGS

AIOLI

Total time: 5 minutes

Serves: 8

INGREDIENTS

1 medium bunch of basil (leaves only)

3-4 garlic cloves

2 egg yolks

1 tablespoon lemon juice

½ teaspoon Himalayan pink salt

¼ cup avocado oil

½ cup extra virgin olive oil

DIRECTIONS

- 1** In a food processor, add all ingredients and process until well-combined, scraping the sides down, if needed.
- 2** Use immediately or store in an airtight container for up to two weeks.

AVOCADO RANCH DRESSING

Total time: 35 minutes

Serves: 4

INGREDIENTS

1 cup sour cream
2 tablespoons chopped scallions
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh parsley
1 teaspoon chopped fresh dill
2 teaspoons roasted garlic
¼ teaspoon onion powder
¼ teaspoon paprika
⅛ teaspoon cayenne pepper
Sea salt and cracked black pepper, to taste
2 avocados (very ripe)

DIRECTIONS

1 In a food processor, add all ingredients and process until well-combined and creamy.



AVOCADO RANCH DRESSING

BABA GANOUSH

Total time: 30 minutes

Serves: 6

INGREDIENTS

1 eggplant, sliced
Sea salt and black pepper, to taste
1 cup tahini
3-4 garlic cloves, smashed
1-2 tablespoons avocado oil
1 cup parsley, chopped

DIRECTIONS

- 1 On a baking sheet lined with parchment paper, place the eggplant slices.
- 2 Season the eggplant with the salt and allow to sit for 15-20 minutes to remove moisture.
- 3 Use a paper towel to dab the eggplant, removing excess water.
- 4 Broil the eggplant on the top oven rack for 5-8 minutes.
- 5 Remove the skin, if desired.
- 6 Place the eggplant in a food processor and pulse until broken down.
- 7 Add the remaining ingredients into the food processor and process on high until well-combined.
- 8 Serve with chopped vegetables.

CHIMICHURRI

Total time: 5 minutes

Serves: 4

INGREDIENTS

FOR GREEN CHIMICHURRI

½ cup extra virgin olive oil

Juice of 3 limes

1 green pepper, chopped

1 green chili pepper, chopped

2 shallots, chopped

4-5 cloves garlic, chopped

½ bunch parsley

½ bunch cilantro

½ teaspoon sea salt

½ teaspoon thyme

½ teaspoon cumin

FOR RED CHIMICHURRI

½ cup extra virgin olive oil

Juice of 3 limes

1 red pepper, chopped

1 red chili pepper, chopped

2 shallots, chopped

2 Roma tomatoes, chopped

½ red onion, chopped

4-5 cloves garlic, chopped

½ bunch parsley

½ bunch cilantro

½ teaspoon sea salt

½ teaspoon thyme

½ teaspoon chili powder

½ teaspoon smoked paprika

DIRECTIONS

1 In a food processor, add all ingredients for your preferred chimichurri and process until well-combined.

2 Refrigerate until ready to eat.

GOAT CHEESE & ARTICHOKE DIP

Total time: 5 minutes

Serves: 2-4

INGREDIENTS

1 can artichoke hearts, drained
1 pound chèvre goat cheese
2 tablespoons olive oil
2 teaspoons lemon juice
1 garlic clove, minced
1 tablespoons parsley
1 tablespoon chives
½ tablespoon basil
Sea salt and black pepper, to taste
Dash of cayenne pepper
½ cup Pecorino, grated

DIRECTIONS

- 1 In a food processor, add all ingredients, except the Pecorino, and process until well-combined and creamy.
- 2 Top with the freshly grated pecorino.



KETO PAD THAI SAUCE

Total time: 5 minutes

Serves: 6

INGREDIENTS

1 cup cashew butter
1½ tablespoon fresh ginger, peeled
and chopped
⅓ cup water
⅓ cup lemon juice
4 garlic cloves, crushed and minced
1 jalapeño, stem and seeds removed

DIRECTIONS

1 Place all ingredients in a high-speed blender or food processor and blend/process until it reaches a sauce-like consistency, adding more water if necessary.

OLIVE TAPENADE

Total time: 5 minutes

Serves: 12-15

INGREDIENTS

1½-2 cups pitted black and green olives
¼-½ cup sun-dried tomatoes
½ cup capers, drained
½ teaspoon Himalayan pink salt
½ teaspoon pepper
½ teaspoon garlic
½ teaspoon onion powder
1½ teaspoon oregano
½ cup fresh basil leaves
½ cup fresh parsley leaves
2 tablespoons avocado or extra virgin
olive oil

DIRECTIONS

1 In a food processor, add all ingredients and process until well-combined.

2 Serve on gluten-free crackers or toast.

QUESO

Total time: 25 minutes

Serves: 10-12

INGREDIENTS

2 tablespoons butter
1 jalapeño, seeds removed and chopped
1 teaspoon sea salt
1 teaspoon black pepper
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon smoked paprika
1 teaspoon garlic
2 tablespoons paleo flour
¼ cup sour cream
2 cups full-fat, canned coconut cream
3 cups shredded goat cheddar cheese
2-3 Roma tomatoes, diced
Fresh cilantro, to taste
Avocado, to taste

DIRECTIONS

- 1** In a medium saucepan over medium-high heat, melt the butter.
- 2** Add in the jalapeño, stirring until fragrant, about 2 minutes.
- 3** Next, add in the spices and flour. Continue to stir for 2 minutes.
- 4** Reduce the heat to medium and add in the sour cream, coconut cream, cheese and tomatoes, lightly stirring until the cheese completely melts into the mixture.
- 5** Top with the fresh cilantro and avocado, as well as additional smoked paprika, to taste. Serve with grain-free chips.

SUPER CILANTRO GUACAMOLE

Total time: 5 minutes

Serves: 4

INGREDIENTS

3 ripe avocados
¾ cup cilantro, chopped
½ heirloom tomato, guts and
membrane removed, chopped
½ medium red onion, chopped
1 jalapeno, ends and seeds removed,
chopped
Juice of 1 lime
1 teaspoon of each: garlic powder,
cumin and smoked paprika

DIRECTIONS

- 1 Remove the skin and seeds from the avocados and mash the meat in a medium bowl.
- 2 Add in the remaining ingredients and continue to mash/stir until well-combined.
- 3 Serve with a keto-friendly veggie, such as celery, or grain-free tortillas.