

# CONTENTS



*Introduction* **viii**

- ONE** Simple & Easy Ketogenic Cooking **1**
- TWO** Smoothies & Breakfasts **17**
- THREE** Hearty Soups & Salads **41**
- FOUR** Side Dishes & Snacks **65**
- FIVE** Fish & Poultry Entrées **89**
- SIX** Pork & Beef Entrées **113**
- SEVEN** Desserts & Sweet Treats **139**
- EIGHT** Sauces & Dressings **163**

*Appendix A: The Dirty Dozen  
and the Clean Fifteen* **177**

*Appendix B: Measurement Conversions* **178**

*References* **179**

*Resources* **180**

*Recipe Title Index* **181**

*Recipe Type Index* **184**

*Index* **185**



# Introduction

## WHAT ON EARTH IS KETOSIS? WHAT IS A MACRO, AND HOW DO I MEASURE IT? I DECIDED TO TRY THE KETO DIET, AND I AM SO GLAD I DID.

I'm so happy you've decided to explore the ketogenic way of eating with me.

Following a keto diet has helped so many people. The keto diet is a super-low-carbohydrate diet that includes a high level of healthy fats and a moderate level of protein. My journey with low-carbohydrate eating began over a decade ago, at the recommendation of a doctor I was seeing for acupuncture. When I was 18 and 19 years old, I was diagnosed with two autoimmune disorders: psoriatic arthritis and psoriasis. I was looking for ways to alleviate pain and inflammation, and the doctor recommended

that I cut sugar out of my diet. This was the first time I had thought about the connection between food and autoimmune disorders.

I followed his advice, started on a low-carb diet, cut out sugar, and saw relief within weeks. I noticed a definite decrease in the inflammation in my joints as well as in my skin, which had been angry and red. This started me on a path of discovery, learning more about how my body reacts to various foods and finally finding an eating plan that could help me feel like my best self.

For many years I followed a mostly low-carbohydrate eating plan, but I also went

through periods where I “fell off the wagon.” Then, a few years ago, I started having more autoimmune issues again. My doctors thought perhaps I had Crohn’s disease, but they weren’t sure. After many tests and not a lot of answers, I decided to go back to experimenting with food to see if I could help heal myself. I started by eating high-quality foods (organic, grass-fed, etc.) but with gluten-free carbs. I saw some improvement with my issues, but I just felt sluggish, and after six months of following that plan, I had gained weight thanks to those tasty gluten-free treats that are so readily available these days.

Then I came across the ketogenic diet. At first, it seemed like the induction phase to the Atkins diet, but I liked the idea of eating real foods, lower in protein, with a focus on healthy fats. I had never heard of “keto” at the time, and like many people, I felt a little confused and overwhelmed by the new keto terms. What on Earth is ketosis? What is a macro, and how do I measure it? But I decided to try the keto diet, and I am so glad I did.

Immediately I loved the challenge of creating keto-friendly meals that were quick and easy, and also delicious. I am a single mom, and I work full time. I also have an extremely busy teenage daughter, so I like to keep

recipes (and everything else in my life) as simple as humanly possible. In my experience, you do not need a lot of exotic ingredients and a cupboard full of special oils to whip up amazing keto meals.

The recipes in this book will help satisfy cravings you will have for those high-carb favorites you used to eat pre-keto. Having those cravings is super normal. Most people have eaten a high-carbohydrate diet their entire lives, so it is definitely an adjustment to go keto. But I encourage you to stick with it.

My 5-ingredient recipes have made my life easier. For this book, I created as many recipes as I could that can be made in 30 minutes or less. Who has the time these days to spend hours preparing a meal? The recipes are full of flavor and healthy fats. You’ll be cooking with natural, wholesome ingredients that are easy to find and that are affordable. There is no need to go to five different grocery stores just to hunt down a bunch of unfamiliar ingredients. My recipes make keto easy!

Come along with me as I guide you on your keto journey. I know you can do it. I’m excited to show you all the super-delicious ways you can make my easy, 5-ingredient, keto-friendly recipes. Let’s start cooking!



# SIMPLE & EASY KETOGENIC COOKING

What I love most about the ketogenic lifestyle is how easy it is, both when cooking at home and eating out. The recipes in this book are simple and use familiar foods. I will show you how to turn everyday, easy-to-find ingredients into keto-friendly meals that are delicious and full of the healthy fats your body will use to fuel itself. The most important step in starting the keto diet is just starting! Don't feel intimidated: I will walk you through everything you need to know!

## HOW THE KETO DIET WORKS

Starting a new eating plan can be overwhelming. I know when I first started researching the ketogenic diet online, the materials available were confusing, and I felt like I was back in science class. But at its core, “keto” is focused on eating a diet full of healthy fats, mixed with proteins and very few carbs. Ideally, the carbs you do eat will come mainly from vegetables. Your body will switch from burning sugar and carbs for energy to burning fat/ketones for energy. This process is called “ketosis,” and it puts you in the optimal state for burning body fat and losing weight. But weight loss is not the only benefit to the keto plan. Mental clarity, reduced inflammation, and increased energy are just some of the other benefits.

When you are first beginning the keto diet, you may find yourself eating more to feel full. But quickly, as you become keto-adapted, you will find that you are often not hungry at mealtime. It is important to learn to listen to your body, and if you are not hungry, you don't need to eat. I continuously remind myself of this lesson. When I am at work, I often feel like I need to eat at noon when everyone goes to lunch. However, on the weekends, without such a schedule, I can often go until 2 or 3 p.m. before eating. Allow your body to guide you, but always make sure you are drinking plenty of water and getting the proper intake of electrolytes.

The benefits of a ketogenic diet are vast, and each person has their own reason for embarking on a keto journey. For me, I was focused on reducing inflammation in my body. Removing sugar, which is extremely inflammatory, and carbohydrates has been life changing. Enabling your body to be in nutritional ketosis can be helpful for conditions such as obesity, epilepsy, neurological conditions, and more. Being a fat burner instead of a sugar burner may also boost your longevity. It seems like every week there are new studies supporting the keto lifestyle.

When starting a ketogenic diet, you may encounter new terms and have some questions:

**What is ketosis?** Drastically restricting carbs and sugar in your diet puts your body into a state of ketosis, which is when the body burns fat (ketones) instead of glucose (carbs and sugar). When there are very few carbohydrates in the diet, the liver converts fat into fatty acids and ketone bodies. The ketone bodies pass into the brain and replace glucose as an energy source. This elevated level of ketone bodies in the blood is known as ketosis. You can often achieve a state of ketosis within the first week of starting a keto diet, which is the first step of eventually becoming keto-adapted, which can often take about a month to achieve.

**What are macros, and why are they important?** When you first start a keto diet, you will want to calculate your “macros” and track them every day. Macros, or macronutrients, are the major nutritional

elements that make up the caloric content of your food—protein, carbohydrates, fat, plus some minerals. The Centers for Disease Control and Prevention states that the typical American diet is about 50 percent carbohydrates, 15 percent protein, and 35 percent fat. In contrast, the structure of a typical keto diet is closer to 5 percent carbs, 20 to 25 percent protein, and 70 to 75 percent fat.

To find the best macros for you, you can go on Google and search for “keto macro calculator.” The macro calculator will ask you to enter information (height, weight, activity level, goals, etc.), and based on that information, it will suggest your keto macros. The macros represent the upper limit of your ideal nutritional intake for each day. Macros will be broken down into calories, fat, protein, and carbohydrates. If weight loss is your goal, it is often recommended that you stay under 20 net carbs per day, which is my daily goal. I use the free Carb Manager application to track my food. You can set the preferences to net carbs.

Some people monitor their total carbohydrates while on the keto diet, and some follow net carbs; it is a personal decision. I count net carbs, which basically means that you subtract the insoluble fiber content from the total carbs because fiber is a carbohydrate that your body cannot digest. For example, ½ cup of cauliflower has 2.65 grams of carbohydrates and 1.2 grams of insoluble fiber. So you subtract the fiber from the total carbohydrates, and the net carb content of that serving is 1.45 grams.

### ***Is eating that much fat good for you?***

Eating 70 to 75 percent fat on the keto diet probably seems a little crazy when you are used to a typical high-carb, low-fat diet. In fact, when I first started on the keto plan, I found it easy to quit carbs but much more difficult to hit my recommended fat amount every day. The most important thing to remember is that you want to eat high-quality fats; not all fats are created equal! High-quality fats like grass-fed butter, ghee (clarified butter), grass-fed meats, organic full-fat dairy, avocados, macadamia nuts, and salmon are examples of the kinds of fats you want to consume. You should avoid low-quality fats like vegetable or canola oils. You will notice that on the keto plan, you won’t be hungry as often because the high-quality fats will keep you satisfied and feeling full.

***What is intermittent fasting?*** Intermittent fasting (IF) can be adopted as part of a ketogenic lifestyle. I typically eat all my food for a day within an eight-hour “eating window,” which for me is typically between noon and 8 p.m. This leaves 16 hours in the day where I am intermittently fasting, but I am sleeping for a good portion of that, which makes IF pretty easy to achieve. During the IF time period, I drink Bulletproof Coffee (page 19) which is allowed on the Bulletproof Intermittent Fasting protocol, and water, but I don’t consume any solid food. The Bulletproof Coffee curbs my appetite because of the fat content in the grass-fed butter and Brain Octane Oil. The longer you are on the ketogenic diet, the less

hungry you will become in general, because the higher amount of fat you are eating will satiate you.

**What is keto-adapted?** Most people reach a state of ketosis within a couple of weeks of following their ketogenic macros, but becoming keto-adapted takes a little longer. Once keto-adapted, your body has switched over from using glucose as its main source of energy to using fat for energy. This process generally happens within a month of sticking to a ketogenic diet and producing a certain ketone level.

For more in-depth and scientific information on the ketogenic diet, I highly recommend everyone read *The Ketogenic Bible* by Jacob Wilson Ph.D. and Ryan Lowery. It is the most authoritative and thorough explanation of all things keto.

## GUIDELINES FOR THE KETOGENIC DIET

Switching your body from glucose burning to fat burning is a big change. And with change comes a period of adjustment. When you first begin a ketogenic diet, it is important to monitor your electrolytes, focus on nutrient-dense foods, and get plenty of rest during this time of healing for your body. Electrolytes are certain nutrients or chemicals in the body that have many important functions, including stimulating muscles, nerves, maintaining cellular function, regulating your heartbeat, and more. If your

electrolytes are out of balance, you will feel tired or just “off.”

**Manage your electrolytes to minimize the “keto flu” when you are first starting keto.** When you begin to follow a ketogenic diet, your body will go through a detox period as it flushes out the carbohydrates and sugar in your system. If you are like most people, you have been eating carbs your whole life, so your body will be making a big adjustment. You may experience side effects, such as lightheadedness, muscle cramps, headaches, nausea, and fatigue. Stay strong; this detox period is only temporary. The key to minimizing the side effects is managing your electrolytes in these ways:

- Drink plenty of water with electrolytes. I prefer Smartwater.
- Get plenty of salt. Consume pink Himalayan salt or broth (meat or veggie), or you can even drink shots of pickle juice.
- Eat foods rich in potassium but low in sugar, like avocado and spinach.
- Eat foods rich in magnesium, like nuts, spinach, artichokes, and fish.
- Get plenty of rest, because your body is healing.

**Drink a lot of water.** Throughout your keto journey, you will need to drink a lot of water, likely more than you are currently drinking. In the beginning stages of the diet, you will be shedding a lot of water. The carbs in your body tend to hold on to water, and when you stop eating them, your body will begin to release that water, so you need

# Ketogenic or Paleo?

**KETO AND PALEO ARE TWO DIFFERENT EATING PLANS, BUT THE TERMS OFTEN GET USED INTERCHANGEABLY.**

**A TYPICAL PALEO DIET** is not as high in fat or as low in carbs as the keto diet is. Paleo is all about eating like people did several thousand years ago, when there were no processed foods and they consumed foods they could hunt, like meats, and gather, like nuts, seeds, and plants. On a Paleo diet you can eat sweet potatoes and other high-carbohydrate vegetables like carrots. There are many types of Paleo diets, but on a standard Paleo diet, the macros tend to be closer to 20 percent carbs, 15 percent protein, and 65 percent fat.

**ON THE KETO DIET**, you shouldn't eat those high-carb vegetables and starches because they will raise your glucose levels and kick you out of ketosis. Keto macros are 5 percent carbs, 20 percent protein, and 75 percent fat. To successfully follow a ketogenic diet, your body

must be in a state of ketosis; otherwise, you are simply following a low-carb eating plan.

**DAIRY IS ANOTHER DIFFERENTIATOR.**

On keto, full-fat dairy can be a great way to help you get your healthy fats, but you don't have to eat dairy. In the most traditional form of Paleo diet, dairy is avoided completely, but now there are many types of Paleo plans, and some do allow dairy products.

**IT IS POSSIBLE TO FOLLOW THE KETO DIET WHILE ALSO FOLLOWING SOME PALEO PRINCIPLES**,

particularly a focus on natural, high-quality foods. I always recommend that whenever you can, you use the highest-quality ingredients you can afford. In addition, you can swap out certain ingredients for more Paleo-friendly ingredients; for example, you can replace butter with ghee, and heavy whipping cream with coconut milk.