

KETO COOKING

Simple Ketogenic recipes for every day



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Breakfast



GREEN SMOOTHIE

Ingredients

- Handful of kale
- handful of fresh mint leaves
- ½ avo
- ¼ fennel bulb
- ¼ cucumber
- 1 cup almond milk
- 1 tbsp. almond butter
- ½ lemon (juiced)
- 1 scoop collagen powder

Method

1. Roughly chop all ingredients
2. Add to a high-speed blender and blend until smooth
3. Enjoy!





STRAWBERRY SMOOTHIE

Ingredients

- 1/3 cup frozen strawberries
- 1/4 avocado
- 2 tbsp. coconut cream
- 1 cup almond milk
- 1/2 tsp vanilla extract
- 1 tbsp. protein powder

Method

Ingredients

1/3 cup frozen blueberries
1 cup almond milk
1/4 avo
1/4 tsp vanilla extract
1 tbsp. almond butter
1 scoop collagen powder

Method

1. Add to a high-speed blender and blend until smooth
2. Enjoy!



FRITTATA WITH ZUCCHINI, ASPARAGUS & GOATS' CHEESE

Ingredients

- 3 eggs
- 1 clove of garlic
- ¼ brown onion
- ½ bunch asparagus spears
- ½ medium zucchini
- 2 tbsp. Goats' cheese
- 2 tbsp. Olive oil
- Salt & pepper to taste
- *optional herbs; basil, chives, parsley, dill etc. (added to the egg mixture)

Method

1. Start by pre-heating the oven to 200C.
2. Cut the asparagus in 5 pieces each and blanch for 2 minutes. Drain and rinse with cold water, set aside.
3. Finely slice the onion and garlic, slice the zucchini in half lengthways and then into 0,5 cm half moons.
4. Place a non-stick frying pan on a medium heat, add the olive oil and start by frying the onion and garlic until the onion has turned translucent. Add the zucchini and fry until cooked and slightly browned. Add the asparagus and turn off the heat.
5. Crack the eggs in a mixing bowl and whisk with salt and pepper to taste.
6. Line a small baking dish with baking paper and add the veggies. Pour over the egg mixture and crumble over the goats' cheese. Bake for 15 minutes until cooked.

This can easily be made in bulk, to make meal prepping for breakfast a little easier. Keeps in the fridge for up to 4 days.





VEGETABLE OMELETTE

Ingredients

- 3 eggs
- ½ capsicum
- ½-1/3 zucchini
- ¼ red onion
- 1 clove of garlic
- Small handful of fresh herbs (basil, parsley etc.)
- Salt & pepper to taste
- 2 tbsp. olive oil

Method

1. Finely slice the onion and garlic. Slice the capsicum in thin long strips or cubes, and slice the zucchini either in 0,5 cm half-moons or into cubes.
2. Whisk the eggs in a bowl and add salt and pepper to taste (this is where you could add fresh herbs).
3. Place a medium-sized non-stick frying pan over medium heat and fry the onion and garlic in the olive oil until translucent. Add the zucchini and capsicum and fry until cooked. Add in the egg and turn the heat down to low. Fry until the egg is just cooked in the middle.

CHIA PUDDING WITH BERRIES & KETO GRANOLA



Ingredients

- 1/3 cup chia seeds
- 1 cup almond/coconut milk
- 5 drops stevia
- 1/4 tsp. cinnamon
- 1/4 tsp. ground cardamom

- 1/2 cup berries (frozen or fresh)
- 1/2 cup keto granola

Method

1. Mix chia, milk, spices and stevia in a bowl with a fork/small whisk and stir every minute or so for about 5 minutes, until the chia has fully absorbed the milk. (Stirring frequently prevents the chia to clump together).
2. Place the berries in a small pot and add 2 tbsp. of water and slowly bring to the boil. Cook for about 5 minutes on a low heat, until the berries have gone jammy.
3. Pour over the chia pudding and top with the granola.

This is a great dish to meal prep, as it keeps very well in the fridge for up to 5 days

SHAKSHUKA

Ingredients

- 1 kg main ingredient
- 1.5 L superior stock
- 2 Tbsp secret sauce
- 1/4 C garnish
- A dash of seasoning

Method

1. Start by finely slicing the onion and garlic. Slice the capsicum in long strips and dice the tomatoes into 1cm pieces.

2. Place a small frying pan onto medium-low heat and add the olive oil, garlic, onion and capsicum. Cook for about 10 minutes, until the onions are translucent and the capsicum is cooked.

Add the spices and fry for about 30 seconds. Add in the tomatoes, salt and pepper to taste and cook for another 5-10 minutes until they have become saucy. Make two wells into the tomato sauce and crack an egg into each well. Place a lid on the pan and cook on a low heat for about 3-5 minutes, depending on how well you like your eggs cooked.

3. Transfer to a bowl, add herbs and serve with some keto bread.





Lunch

SPAGHETTI BOLOGNESE WITH ZOODLES

Ingredients

- 125 gr. beef mince
- 2 sticks of celery
- 1 red onion
- 2 garlic cloves
- 1 kg tomatoes
- A few springs of thyme
- 1 zucchini
- Small handful of basil
- 3 tbsp. olive oil
- Salt and pepper to taste
- Parmesan to serve



Method

1. Start by preheating the oven to 200C.
2. Quarter the onion, tomatoes and peel the garlic. Place in a baking dish and sprinkle over the thyme, 2 tbsp. olive oil and salt and pepper. Place in the oven and roast for about 25-30 minutes.
3. Meanwhile, finely slice the celery and fry in the remaining tbsp. of olive oil until cooked. Add the mince, stirring frequently, and cook until the meat is cooked. Set aside.
4. When the tomatoes are cooked, place them in a blender and blend until the preferred consistency.
5. Add about $\frac{1}{4}$ of the tomato sauce to the mince mixture and cook until you have reached the preferred consistency. Add salt and pepper to taste.
6. Meanwhile, make the zucchini noodles in a spiralizer or with a mandolin.
7. If you prefer your zucchini noodles a bit more cooked, add them to the sauce and cook for about 1 minute.
8. Serve with parmesan and some fresh basil

ASIAN STIR FRY WITH CAULIFLOWER RICE AND CHICKEN

Ingredients

- ½ chicken breast, sliced
- ¼ - 1/8 of a cauliflower, depending on size.
- ½ capsicum
- ½ bunch broccolini
- 1 bokchoi
- 1 spring onion
- 1 clove of garlic
- ¼ red chili
- 2 cm piece of ginger
- Small handful of coriander, stems and leaves
- Juice of ½ or 1 lime, depending on how juicy it is
- 2 tbsp. olive oil
- Sesame oil & coconut aminos to taste



Method

1. Start by making the cauliflower rice, by cutting it into small-ish florets and then blitz with a food processor until fine, and set aside. If you don't have a food processor, you can either finely chop it by hand or grate it on a box grater.
2. Slice your veggies to preference and set aside.
3. Finely slice the chilli, spring onion and coriander stems, and grate the ginger and garlic.
4. Place a medium-sized frying pan over medium heat, add 1 tbsp. of olive oil and add the cauliflower rice. Add salt and pepper to taste and fry until the cauliflower starts to soften. You could add a tbsp. of water to speed up to cooking time. Once cooked, set aside.
5. In a wok, add 1 tbsp. of olive oil and add the chicken. Fry until cooked over a medium to high heat. Set aside.
6. Using the same wok, add the ginger, garlic, chili, spring onion and coriander stems and cook over a medium heat for about 1 minute. Add the remaining veggies and cook for 3-5 minutes, until cooked. Add the lime juice and sesame oil and coconut aminos to taste.
7. Plate the cauliflower rice, veggies and chicken and top with some fresh coriander.

GADO GADO SALAD WITH CHICKEN

You can use all different kind of vegetables in this keto-version of gado gado, therefore I have only provided a list of potential veggies you could use



Method

Method

Add all ingredients to a blender and blend until smooth.

If it is too thick for your liking, add a little bit of water, to reach your preferred consistency.

It keeps 4-6 days in the fridge.

Ingredients

- Steamed cauliflower
- Steamed bok choy
- Steamed broccolini
- Steamed cabbage
- Bean sprouts
- Cucumber
- Tomato

- 1 boiled egg
- ½ chicken breast OR 1 chicken thigh, cooked and sliced

For the satay sauce:

- 1/2 cup natural chunky peanut butter OR almond butter (With 'natural' I mean without any additives, apart from salt)
- 1/2 cup coconut cream
- 1/2 cup water
- ¼ to ½ red chilli, depending on how spicy you like your satay sauce
- 2 cloves of garlic, grated
- 2 tbsp grated ginger
- 1-2 tbsp coconut aminos
- Juice of 1 lime



BURRITO BOWL WITH CAULIFLOWER RICE AND CHICKEN

Ingredients

For the rice:

- ¼ - 1/8 cauliflower, depending on size
- ¼ capsicum
- 1 garlic clove, grated
- ¼ brown onion, finely diced
- ¼ tsp. ground cumin
- ¼ tsp. ground coriander
- ¼ tsp. smoked paprika

For the chicken:

- ½ chicken breast or 1 chicken thigh
- ¼ tsp. ground cumin
- ¼ tsp. ground coriander
- ¼ tsp. smoked paprika

- ¼ avocado
- olive oil
- Salt and pepper to taste

For the salsa:

- 1 tomato, deseeded
- ½ lebanese cucumber
- 1 spring onion
- ¼ red chilli
- ¼ bunch coriander
- Juice of ½ lime
- 1 tsp. olive oil

Method

To make the salsa:

1. Start by deseeding the tomato. Dice the tomato and cucumber into 0,5 cm pieces, finely slice the spring onion and finely chop the coriander (including the stems) and chilli. Add to a bowl, season with salt and pepper to taste, sprinkle over the olive oil and lime juice and set aside.

For the chicken:

1. Mix the spices in a small bowl with some salt and pepper, and coat the chicken with the spice mix. Place a small frying pan over medium heat, add 1 tbsp. of olive oil and the chicken and fry until cooked (5-8 min. depending on the thickness of the meat).
2. Once cooked, set aside to cool slightly for about 5 minutes, then slice into 1 cm slices.

For the rice:

1. To make the cauliflower rice, by cutting it into small-ish florets and then blitz with a food processor until fine, and set aside. If you don't have a food processor, you can either finely chop it by hand or grate it on a box grater.
2. Place a medium-sized frying pan over medium heat and add 1tbsp olive oil, the garlic and onion and the spices and fry for about 2 minutes. Add the cauli rice, add salt and pepper to taste and fry over a low heat for about 3-5 minutes, until cooked.

To plate:

Place the cauliflower rice onto a deep bowl/plate, add the salsa, chicken and avo and serve with some coriander leaves, tabasco and a wedge of lime.



ASIAN-STYLE POACHED CHICKEN NOODLE SALAD

Ingredients

- 1 small handful of beansprouts
- ½ zucchini, spiralised
- ½ cucumber, spiralised
- 1 spring onion, finely sliced
- 2 sprigs of mint, leaves chopped
- ¼ bunch coriander, leaves only
- ½ bunch broccolini, steamed
- ½ chicken breast
- ½ tbsp. bone broth

For the dressing

- 3 tbsp. olive oil
 - 1 tbsp. sesame oil
 - 1 tbsp. coconut aminos
 - 1 clove garlic, grated
 - 2 cm piece ginger, grated
 - Juice of 1 lime
-
- 2 tbsp. crushed peanuts/cashews/pepitas/sunflower seeds

Method

Start with the poached chicken;

1. Bring a small pot of water to the boil and add the chicken and bone broth. Lower the heat all the way down and cook for about 10 minutes, until cooked through. Remove the chicken from the poaching liquid and set aside.

For the dressing:

2. Put all the dressing ingredients in a jar with a lid and shake well until combined.

For the salad:

3. Add all the salad veggies to a bowl, pour over some of the dressing and combine well, so it is all evenly coated.
 4. Shred the chicken with two forks, add to the salad and sprinkle over the crushed nuts/seeds.
- Enjoy!

Dinner





ROASTED CAULIFLOWER SOUP

Ingredients

- ¼ cauliflower
- ½ brown onion
- 2 cloves of garlic
- ¼ tsp. nutmeg
- 2 tbsp. olive oil
- Salt & pepper to taste
- 1 tbsp. bone broth

Method

1. Start by preheating the oven to 200C. Roughly chop the cauliflower and onion, peel the garlic and place in a baking dish.
2. Sprinkle with olive oil, nutmeg and salt and pepper to taste.
3. Give it a good toss and bake for 20-30 minutes, until the veggies are cooked.
4. Once cooked, add the veggies to a high-speed blender and add 1 tbsp. bone broth and 350 ml of water. Blend until you have reached the preferred consistency.



MUSHROOM SOUP

Ingredients

- 250 grams mixed mushrooms, sliced
- ½ brown onion, chopped
- 1 garlic clove, chopped
- Few sprigs of thyme, leaves only
- 2 tbsp. olive oil
- 1 tbsp. bone broth
- 350-500 ml water
- Salt & pepper to taste

Method

1. Place a medium-sized pot on medium heat and add the olive oil, onion and garlic, fry until the onion is translucent (approx. 5 min).
2. Add the mushrooms, thyme leaves and salt and pepper to taste. Cook the mushrooms until they have halved in sized and are nice and brown.
3. Once cooked, add the mushrooms to a high-speed blender and add 1 tbsp. bone broth and 350-500 ml of water. Blend until you have reached the preferred consistency.

PUMPKIN & GINGER SOUP

Ingredients

- ¼ - 1/8 pumpkin, depending on size
- ½ brown onion, peeled
- 1 garlic clove, peeled
- 2 cm piece of ginger, peeled
- 150 ml coconut milk
- 1 tbsp. bone broth
- 200 ml water
- 2 tbsp. olive oil
- Salt and pepper to taste

Method

1. Peel and deseed the pumpkin, then cut into 2 cm cubes. Roughly chop the onion, garlic and ginger.
2. Add the olive oil to a medium-sized pot over a medium-low heat and add the onion, ginger and garlic. Fry until the onion has become translucent.
3. Add the pumpkin, coconut cream, bone broth and water and cook for about 10-15 minutes, until the pumpkin is fully cooked.
4. Add everything to a high-speed blender and blend until you have reached the preferred consistency. Season with salt and pepper to taste.



ASPARAGUS SOUP WITH PARMESAN

Ingredients

- 1 bunch asparagus
- 2 celery sticks
- $\frac{1}{4}$ brown onion
- 1 clove of garlic
- 1 tbsp. bone broth
- 2 tbsp. parsley
- 1 tbsp. olive oil
- 350 ml water
- Salt & pepper to taste
- Parmesan & lemon wedge to serve

Method

1. Cut off the woody ends of the asparagus and discard. Cut the asparagus into 1 cm pieces and set the tips aside. Dice the onion, slice the celery and garlic.
2. Add the asparagus, bone broth and water and bring to a boil. Cook for about 10 minutes.
3. Pour the soup into a blender, add the parsley and salt and pepper to taste and blend until you have reached the preferred consistency. Add in the asparagus tips and serve with parmesan and a lemon wedge.





ZUCCHINI SOUP WITH MINT & GOATS' CHEESE

Ingredients

- ¼ cauliflower
- ½ brown onion
- 2 cloves of garlic
- ¼ tsp. nutmeg
- 2 tbsp. olive oil
- Salt & pepper to taste
- 1 tbsp. bone broth

Method

1. Start by preheating the oven to 200C. Roughly chop the cauliflower and onion, peel the garlic and place in a baking dish.
2. Sprinkle with olive oil, nutmeg and salt and pepper to taste.
3. Give it a good toss and bake for 20-30 minutes, until the veggies are cooked.
4. Once cooked, add the veggies to a high-speed blender and add 1 tbsp. bone broth and 350 ml of water. Blend until you have reached the preferred consistency.



ROASTED TOMATO & CAPSICUM SOUP WITH BASIL OIL

Ingredients

- 4 tomatoes
- 1 capsicum
- ½ red onion
- 1 garlic clove
- ¼ red chilli
- 1 tsp dried oregano
- 2 tbsp. olive oil
- Salt & pepper to taste
- 1 tbsp. bone broth
- 200 ml water
- 1 bunch basil, leaves only
- 200 ml olive oil

Method

1. Start by preheating the oven to 200C. Quarter the tomatoes and onion, peel the garlic, chop the chili and roughly dice the capsicum. Add all ingredients to a baking dish and sprinkle with olive oil, salt and pepper and oregano. Roast for 25 minutes.
2. Meanwhile for the basil oil: place the basil leaves and olive oil into a high-speed blender and blend until smooth. Transfer to a jar and store in the fridge up to 2 weeks.
3. Once the vegetables are cooked, place them in the blender, add the bone broth and water and blend until smoot.
4. Serve with 1 tbsp. of basil oil.

ASIAN CHICKEN & VEGETABLE SOUP

Ingredients

- ½ chicken breast
- 400 ml chicken bone broth
- 1 garlic clove, finely sliced
- 2 cm piece of ginger, finely sliced
- 2 spring onion, finely sliced
- 1 tbsp. coconut aminos
- Juice of 1 lime
- 1 bok choy, sliced
- ½ bunch broccolini, sliced into pieces
- ½ zucchini, spiralised
- Salt and pepper to taste
- Coriander, a lime wedge and finely sliced spring onion to serve

Method

1. Place the chicken, bone broth, garlic, ginger, spring onion in a pot and bring to a simmer. Cook the chicken for about 10 minutes. Once the chicken is cooked, set aside and leave to cool.
2. Meanwhile, bring the broth up to flavour with the coconut aminos, salt and pepper and lime juice. Once the chicken is cool enough to handle, shred it with the help of two forks and add back into the soup.
3. Add the vegetables and cook for another 2 minutes or so.
4. Serve with coriander, a lime wedge and some finely sliced spring onion.



ASIAN CHICKEN & VEGETABLE SOUP

Ingredients

- ½ chicken breast
- 400 ml chicken bone broth
- 1 garlic clove, finely sliced
- 2 cm piece of ginger, finely sliced
- 2 spring onion, finely sliced
- 1 tbsp. coconut aminos
- Juice of 1 lime
- 1 bok choy, sliced
- ½ bunch broccolini, sliced into pieces
- ½ zucchini, spiralised
- Salt and pepper to taste
- Coriander, a lime wedge and finely sliced spring onion to serve

Method

1. Place the chicken, bone broth, garlic, ginger, spring onion in a pot and bring to a simmer. Cook the chicken for about 10 minutes. Once the chicken is cooked, set aside and leave to cool.
2. Meanwhile, bring the broth up to flavour with the coconut aminos, salt and pepper and lime juice. Once the chicken is cool enough to handle, shred it with the help of two forks and add back into the soup.
3. Add the vegetables and cook for another 2 minutes or so.
4. Serve with coriander, a lime wedge and some finely sliced spring onion.



A photograph of two halves of a coconut resting on a white, wrinkled fabric. The coconut halves are cut lengthwise, revealing the white flesh and the clear coconut water inside. The lighting is soft and natural, creating gentle shadows and highlights on the fabric and the coconut. The word "Snacks" is overlaid in a white, serif font in the center of the image.

Snacks

KETO BALLS

Ingredients

- 1 cup pecans
- 1 cup almonds
- 2/3 cup nut butter
- 1/3 cup coconut oil
- 1/2 cup cacao powder
- 2 tbsps monkfruit sweetener
- 2 pinches of salt

Method

1. Place the nuts in a food processor and pulse until finely ground.
2. Add the remaining ingredients and blend until it forms a dough-like consistency.
3. Roll into 3 cm balls (if the mixture is really sticky, it helps to do it with wet hands) and place onto a tray lined with parchment paper.
4. Dust the balls with some cacao powder and place into an airtight container in the fridge or freezer.

They keep for 2 weeks in the fridge or up to 3 months in the freezer.



NUT & SEED LOAF

Ingredients

- 40 gram coconut flour/100 gram almond flour
- 150 gram sunflower seeds
- 100 gram sesame seeds
- 100 gram flax seeds (whole or ground)
- 75 gram pumpkin seeds
- 2 tbsp chia seeds
- 1 tsp fine sea salt
- 5 eggs
- 100 ml water

Method

1. Preheat the oven to 170C. Line a cake or loaf tin with parchment paper.
2. In a large mixing bowl combine all the dry ingredients and make a well in the middle. Whisk, in a separate bowl, the eggs together with a fork and combine with the water. Pour the egg-mixture into the well and stir until all the ingredients are well mixed.
3. Pour the mixture in the lined tin and bake for about 45-50 minutes until a skewer comes out clean and the bread is golden-brown.
- 4.





SNACK IDEAS

- A handful of mixed nuts
- Olives
- Boiled eggs
- Veggie sticks (cucumber, celery, capsicum) with nut butter
- Seeded crackers with guacamole
- Greek or coconut yogurt with 1/3 cup berries
- A green or berry smoothie
- Cheese & seeded crackers

**I hope these recipes will be a helpfull tool for
you to maintain the keto diet :)**

