30 days
KETOGENIC
cookbook
lunch edition

high fat low carb recipes for the keto diet

Recipes365

Copyright © 2017

Recipes365 Cookbooks

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. Disclaimer: the author and publisher cannot take any responsibility for the reproduction or results of these recipes in your kitchen. Please take care and consult a healthcare professional before changing your diet or eating new foods.

BEFORE YOU BEGIN

Free Bonuses

Guide: Top 10 Keto Diet Mistakes

We've put together a free companion guide to go with this recipe book. It features the top 10 mistakes made by people on the ketogenic diet.

If you want to avoid costly mistakes and accelerate your progress you will find a link to the guide at the back of this book. If you can't wait that long, click below now!

Recipe Genie: Kitchen Assistant

Love a recipe but wish it had a little twist? Meet Recipe Genie — your AI-powered celebrity chef that helps you tweak, swap, and perfect any recipe to your taste or diet.

Get my bonus now!

Table of Contents

BEFORE YOU BEGIN **3**
Free Bonuses **3**
Guide: Top 10 Keto Diet Mistakes **3**
Recipe Genie: Kitchen Assistant **4**
Introduction **10**
The Science in a Nutshell 10
What Keto Can do for You 10
Things to Remember 10
The Recipes **11**
Keto Flat Bread 13
Zucchini Boats 15
Keto Stromboli 17
Keto Chicken Sandwich 19
Tuna Bites with Avocado 21
Keto Green Salad 23
Original Keto Stuffed Hot Dogs 25
Easy Egg Soup 27
Original Nasi Lemak 29
Keto Sausage and Pepper Soup 31
Mug Cake with Jalapeño 33
Original Squash Lasagna 36
Chili Soup 38
Chicken Nuggets for Keto Nuts 40
Cauliflower Rice with Chicken 42
Zucchini Keto Wraps 44
Cauliflower Soup with Bacon and Cheddar 46
Keto Casserole with Chicken and Bacon 48
Mexican-Style Casserole with Spinach 50
Almond Pizza 52
Chicken Salad 54
Keto Chicken Thighs 56
BBQ Chicken Soup 58
Keto Pork Stew 61
Keto Enchilada Soup 63
Grilled Cheese Sandwich 65
Keto Caprese Salad 67
Asian Salad 69

Vegetarian Curry 71
FREE BONUSES **73**
Top 10 Keto Diet Mistakes 73
Recipe Genie: Kitchen Assistant 73
Like This Book? **75**

Introduction

Hello there!

Welcome to a wonderful 30 days of ketogenic lunch choices! By now you are probably well aware of the benefits of going keto but just in case you need to refresh your memory, here's a quick top-up before we dive right into the recipes.

The Science in a Nutshell

Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.

Here your body produces ketones, created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones instead.

This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.

What Keto Can do for You

Keto has its origins in treating healthcare conditions such as epilepsy, type 2 diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure but now has much wider application in weight control.

This diet, then, will take you above and beyond typical results and propel you into a new realm of total body health. If you want to look and feel the best you possibly can, all without sacrificing your love of delicious food, then this is the cookbook for you.

Things to Remember

A healthy diet is not solution to anything in and of itself; it must be applied as part of a healthy lifestyle in order to see maximum results.

Think of the ketogenic diet as the foundation of your new body. If you want to build something truly special on top of it then design your lifestyle with that goal in mind.

Cutting out junk food goes without saying, as does ditching bad habits such as smoking and drinking. Exercise, too, will take you to heights you never thought was possible.

So, as you explore these delectable dishes and embark on the keto diet, try not to neglect other areas or responsibility.

Let this be the start of something great!

The Recipes

We wanted to make it as simple as possible for you to get in the kitchen and rustle up something special, so you will find each recipe laid out in an easy to follow format.

Each begins with a short intro to the dish, followed by the serving size and list of ingredients. Remember, this diet is designed to rekindle your love of food not extinguish it with rules and regulations, so don't be afraid to experiment.

Use the ingredients as general guidelines and follow the instructions as best you can. You may not get everything perfect first time, every time but that is what makes it yours!

Keep at it for a full 30 days of eating and you will no doubt establish a few firm favorites that you can turn into your specialty dishes over time.

Each recipe ends with a breakdown of key nutritional information including number of calories and amount of fats, carbohydrates and protein.

Again, this isn't to be obsessed over. Food is something to be enjoyed, so if you are going to keep note of your intake levels then just make it a general estimate.

Why no pics? This cookbook is full of *fun* and *flavor*, and doesn't take itself too seriously. The food is entering your mouth, not a modeling contest, and we don't like to encourage unhealthy obsession about presentation. So just cook, experiment, and enjoy.

Once you start loving what you are eating mealtimes will become something to look forward to. Take this as encouragement, go forth and cook to your heart's content!

LUNCHES

Keto Flat Bread

A classic recipe that will become part of your go-to lunches. This easy recipe has apples, ham and onions – a delicious pizza style combination that you *need* to try!

Serves

8

Ingredients

For the Crust:

2 cups half-and-half grated mozzarella cheese

2 tbsp. cream cheese

¾ cup almond flour

½ tsp. sea salt

⅛ tsp. dried thyme

For the Topping:

1 cup grated Mexican cheese

½ red onion, small and sliced

4 oz. low carbohydrate sliced ham, cut

¼ medium apple, unpeeled and sliced

⅛ tsp. thyme, dried

Salt and pepper

Directions

1. Fill a saucepan with a little water and bring to the boil, then turn the heat to low. Place the saucepan inside a metal mixing bowl to form a double boiler, and add the mozzarella cheese, cream cheese, almond flour, thyme and salt. Stir with a spatula.

2. Cook until the cheese melts, and mix the ingredients into a dough. Pour some onto a 12-inch pizza tray covered with parchment paper. Roll the dough into a ball and place onto the center of the parchment paper. Pat into a disc shape to cover the pan.

3. Place the dough and the parchment paper on the pizza pan, poking holes throughout the dough with a fork, and bake for 6-8 minutes at 425°F. Remove.

4. Spread the toppings over the flatbread, along with the cheese, onion, apple and the ham. Cover with more cheese. Season with thyme, salt and pepper.

5. Bake again at 350°F for 5-7 minutes. Remove once the cheese begins to brown. Let cool before slicing.

Nutritional Info per Serving

Calories: 257

Fat: 22g

Net Carbs: 5g

Protein: 18g

Zucchini Boats

This stuffed zucchini is an amazing option for a fast and tasty lunch packed with protein.

Serves

1

Ingredients

2 large zucchini

2 tbsp. butter