



QetoTM
Easy
Keto 5 day
Starter
Recipe Book

What is a Low carb or Keto diet?

A low-carb diet means that you eat fewer carbohydrates and a higher proportion of fat. This can also be called a low-carb, high-fat diet (LCHF) or a keto diet.

What kind of foods should i be eating?

The breakdown of your meal should be 75% good fats, 25% proteins and 5% carbs. Avoid all refined carbs and sugars like flour, rice, starches and sugar. You pretty much can eat as much greens as you want. When you avoid sugar and refine carbs, your blood sugar tends to stabilize and the levels of the fat-storing hormone insulin drop. This helps increase fat burning and makes you feel more satiated, thereby naturally reducing food intake and promoting weight loss.

Remember, start slow. Take your time easing yourself into this lifestyle. Enjoy your food!.

Day 1

Breakfast

Bacon Mushroom Egg Muffins



Ingredients:

2 eggs
50g mushrooms
50g bacon
2 tbsp heavy cream
20g cheddar, shredded
Salt and pepper

Preparation:

1.1/In a medium-sized pan, brown together diced bacon and diced mushrooms, for about 5-7 minutes. Remove from pan and set aside. In a bowl, whisk two eggs until uniform in consistency. Add heavy cream, shredded cheddar, mushrooms, bacon, salt and pepper. Preheat oven to 375F. Pour mixture into muffin holes (depending on the size of your muffin pan, this amount should yield 2-3 muffin cups). Bake for about 20-25 minutes.

Macros: 483 calories; 41.2g fat; 4.2g net carbohydrates; 24g protein

Day 1

Lunch

Tuna Salad Celery Sticks



Ingredients:

60g tuna, drained solids
2 large celery stalks
2 tbsp mayonnaise
1 tsp lemon juice
½ tsp sweet paprika
Salt and pepper

Preparation:

1. In a bowl, combine drained tuna, mayonnaise, lemon juice, sweet paprika, salt and pepper.
2. Refrigerate for about half an hour.
3. Cut up celery stalks into desired lengths. Stuff with the tuna mixture.

Macros: 317 calories; 25.3g fat; 4.6g net carbohydrates; 17g protein

Day 1

Dinner

Meatballs in a creamy mushroom sauce



Ingredients:

300g ground beef
1 egg
½ tsp dried thyme
100g mushrooms
1 tbsp grass-fed butter
100ml heavy cream
2 tbsp olive oil
Salt and pepper to taste

Preparation:

In a bowl, combine ground beef, egg, dried thyme, salt and pepper. Form the mixture into approximately 20 meatballs. In a pan, heat up 2 tbsp olive oil and add as many meatballs without overcrowding the pan. Brown on all sides and remove from pan. In a separate pan, melt butter. Add finely chopped mushrooms, and saute for about 8-10 minutes, stirring frequently. Add heavy cream, bring to boil, and cook until the sauce thickens. Season with salt and pepper.

Macros (per serving): 828 calories; 75.5g fat; 6g net carbohydrates; 31.5g protein

Day 1

Dinner

Cauliflower Mash



Ingredients:

200g cauliflower florets
2 tbsp heavy cream
1 tbsp grass-fed butter
Pinch of salt

Preparation:

1. In a medium-sized pot, bring water to a boil and add $\frac{1}{2}$ a teaspoon of salt. Add cauliflower florets, cover and cook until tender for about 10 minutes.
2. Drain the cauliflower and set aside for about 30 minutes. Then, using the same pot, melt grass-fed butter, heavy cream and a pinch of salt. Add cauliflower and combine.
3. Remove from the stove. Blend until smooth using an immersion blender.

Macros (per serving): 828 calories; 75.5g fat; 6g net carbohydrates; 31.5g protein



Day 2

Breakfast

Sausage And Peppers Scrambled Eggs



Ingredients:

2 eggs
1 tbsp olive oil
100g breakfast sausage,
chopped
50g red bell pepper, diced
20g white onion, diced
Salt and pepper

Preparation:

1. Add oil to a medium-sized pan over medium-high heat. Add onion until translucent, for about 1-2 minutes. Add bell pepper, and saute for another 4-6 minutes. Remove from pan.
2. In the same pan, add sausage and fry for about 5-8 minutes, until cooked through and browned. Add eggs, stirring occasionally with a spatula.
3. Serve together, season with salt and pepper.

Macros (per serving): 612 calories; 51.3g fat; 5.6g net carbohydrates; 31.3g protein

Day 2

Lunch snack

Overnight Chocolate Chia Seed Pudding



Ingredients:

200ml almond milk
2 tbsp chia seeds
1 tsp unsweetened cocoa
Optional: keto-friendly sweetener

Preparation:

1. Mix chia seeds with almond milk and cocoa thoroughly. Leave in the fridge overnight.
2. After refrigerating, mix with your favorite keto-friendly sweetener or add toppings such as nuts or coconut flakes.

Macros (per serving): 615 calories; 57.7g fat; 9.3g net carbohydrates; 9.8g protein

Day 2

Dinner

Stir fry Chick with Zoodles



Ingredients:

150g zucchini zoodles
100g chicken breast
1 tbsp butter
1 tbsp coconut oil
cilantro
scallions
paprika
salt & pepper

Preparation:

1. Cut up chicken breast into small pieces, season with salt, pepper and paprika.
2. Fry it up on a pan with butter and coconut oil. Toss in zoodles, then add cilantro and scallions.

Macros (per serving): 447kcal - 34g fat - 6g carbs - 32g protein



Day 3

Breakfast

Smoked Salmon and Avocado Egg Wrap



Ingredients:

2 eggs
100g smoked salmon
½ medium-sized avocado
10g red onion
1 tsp capers
Salt and pepper

Preparation:

1. Whisk eggs, salt and pepper together until uniform in consistency. Heat ghee in a medium-sized pan over medium-low heat. Pour the eggs evenly, and once done on one side, flip to another. Remove to a plate.
2. Mash avocado with a fork. Cut up red onion into small pieces.
3. Place avocado, smoked salmon, red onion and capers on the egg wrap and fold.

Macros: 677 calories; 58.2g fat; 3.4g net carbohydrates; 31.5g protein

Day 3

Lunch

Lettuce Wrap Sandwich



Ingredients:

6 leaves of iceberg lettuce
50g organic ham
50g provolone cheese
½ medium-sized tomato
½ medium-sized cucumber
2 tbsp of mayonnaise

Preparation:

Place parchment paper on a cutting board. Layer with lettuce leaves near the middle, with no spaces in between.
2. First, spread mayonnaise. Then layer with ham, cheese, sliced tomatoes and sliced cucumbers. Salt and pepper to taste.
3. Roll the lettuce wrap as tight as possible, in the meantime wrapping the edges into the middle.

Macros (per serving): 475 calories; 38g fat; 9.5g net carbohydrates; 22.8g protein

Day 3

Dinner

Spicy Garlic Shrimp & Zucchini Noodles



Ingredients:

150g zucchini noodles
100g shrimp, deveined
3 tbsp butter
1 garlic clove, minced
½ chilli pepper, sliced
Juice of ½ lemon
Salt and pepper to taste

Preparation:

1. Melt 2 tbsp of butter in a medium-sized skillet, preferably over medium-low heat.
2. Once melted completely, add the shrimp and season with salt and pepper.
3. Turn the heat to medium-high and add garlic.
4. Cook shrimp for about 2-3 minutes per side. Add lemon juice and sliced chilli pepper, toss for about a minute and remove to a plate. Serve immediately.
5. In the same pan, add 1 tbsp of butter and toss in zucchini noodles. Fry for about 3-4 minutes.
6. You can find them in the vegetable aisle in your grocery store, or make them with a spiralizer at home.

Macros (per serving): 419 calories; 35.7g fat; 5.7g net carbohydrates; 19.8g protein



Day 4

Breakfast

Coconut Flour Pancakes



Ingredients:

2 eggs
30g coconut flour
2 tbsp coconut oil, melted
1 tsp of baking powder
20g raspberries
Few drops of vanilla extract

Preparation:

1. In a large bowl, combine eggs, coconut flour, melted coconut oil, baking powder and vanilla extract. Whisk to make sure there are no clumps.
2. In a lightly greased skillet over medium-low heat, add about 2 tablespoons of the pancake batter and cook for about 4 to 5 minutes. Flip to the other side, and cook for another few minutes.
3. Eat with raspberries or your favorite, keto-friendly whipped cream (or even whip it yourself!).

Macros: 499 calories; 39.3g fat; 10.3g net carbohydrates; 15g protein

Day 4

Lunch

Keto Chicken Salad



Ingredients:

50g chicken breasts
50g bacon, diced
6 leaves romaine lettuce
1 tbsp olive oil
1 hard-boiled egg, sliced
50g cherry tomatoes
20g blue cheese crumbles
2 tbsp green onions

Preparation:

1. Heat olive oil in a medium-sized pan, and pan-fry diced bacon for about 4-5 minutes. Remove to a plate. In the same pan, fry chicken breasts and cook for about 5-6 minutes until golden brown.
2. In the meantime, mix all of the ingredients for ranch and refrigerate for at least an hour.
3. Assemble salad in a bowl: cut up romaine lettuce, mix with browned chicken, bacon, egg, tomatoes, blue cheese and green onions.

Macros: 748 calories; 61.2g fat; 6g net carbohydrates; 43g protein

Day 4

Dinner

Curry Chicken & Cauliflower Rice



Ingredients:

150g chicken breast
1 tbsp coconut oil
½ tbsp curry powder
Juice of ½ lime
Salt and pepper

Preparation:

1. Cut chicken into 1 inch pieces. In a bowl, mix chicken, curry powder and lime juice. Refrigerate for at least an hour.
2. Heat up coconut oil in a large pan over high-medium heat. Add chicken to the pan, and fry for about ten minutes.

Cauliflower rice

Ingredients:

200g cauliflower florets
1 tbsp olive oil
Pinch of salt

Preparation:

1. Place cauliflower florets into a food processor and pulse until the texture resembles rice. If you do not have a food processor, you can do this step by hand using a box grater.
2. In a medium-sized saucepan, heat up 2 tbsp of olive oil. Add riced cauliflower, and cook for about 5-8 minutes stirring constantly.

Macros: 458 calories; 31.6g fat; 5.6g net carbohydrates; 35.8g protein



Day 5

Breakfast

Omelette with Spinach, Goat Cheese & Serrano Ham



Ingredients:

2 eggs
70g spinach
50g serrano ham
30g goat cheese
2 tbsp butter
salt + pepper to taste

Preparation:

In a pan, wilt spinach with 2 tbsp of water. Once wilted, remove to a plate. In another pan, melt butter and pour previously whisked eggs. Once the omelette is almost done, place serrano ham, spinach, and pieces of goat cheese on top. Salt and pepper to taste.

Macros: 47g fat - 5.8g carbs (3.6g net) - 30.8g protein

Day 5

Lunch

Taco Salad



Ingredients:

100g ground beef
100g romaine lettuce,
chopped
¼ avocado, cubed
30g cheddar cheese
½ medium-sized tomato,
diced
15g red onions, diced
1 tbsp sour cream
½ tsp cumin
½ tsp chilli powder
Salt and pepper.

Preparation:

1. In a medium-sized pan, fry ground meat until browned for about 7-8 minutes. Add cumin, chilli powder, salt and pepper. Remove from pan.
2. In a large bowl, assemble in the following order: chopped romaine lettuce, avocado, red onions, tomato, ground beef, shredded cheddar and sour cream.

Macros: 47g fat - 5.8g carbs (3.6g net) - 30.8g protein

Day 5

Dinner

Baked Lemon Pepper Salmon



Ingredients:

200g salmon
2 tbsp butter
½ lemon
2 sprigs of fresh thyme
Salt and pepper

Roasted Broccoli

Ingredients:
200g broccoli florets
2 tbsp olive oil
Pinch of salt

Preparation:

1. Preheat oven to 375 degrees. Line a baking sheet with aluminum foil. Generously salt and pepper the salmon on both sides. Cut up the lemon.
2. Place salmon in a baking sheet, sprinkle over with fresh thyme and put butter underneath lemon slices. Cover salmon with another piece of aluminum foil, and bake for about 20 minutes.
3. Carefully remove salmon from oven, take off the foil, and put it back in the oven on the "broil" setting for another 4-5 minutes.

Preparation for Roasted Broccoli

1. Preheat oven to 425 degrees. Line a large baking sheet with aluminum foil.
2. Toss the broccoli in olive oil, and sprinkle with salt. Arrange them in an even layer across the pan. Bake for about 20 minutes, tossing halfway. Season with additional salt if necessary.

Macros: 776 calories; 64.1g fat; 8.1g net carbohydrates; 44.6g protein



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STAY LOCKED IN.