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15 Delicious **KETO** **RECIPES**



15 Tasty Keto Recipes

Get ready to enjoy some tasty keto recipes that will keep you happy and your belly slim and full.

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Keto Avocado and Bacon Egg Cups

Ingredients:

- 2 ripe avocados
- 4 large eggs
- 4 strips of bacon
- Salt and pepper to taste

Instructions:

Preheat your oven to 375°F (190°C).

Cut the avocados in half and remove the pits.

Scoop out some avocado flesh to create a larger well in each half.

Place avocado halves in a baking dish.

Crack an egg into each avocado half.

Season with salt and pepper.

Wrap each avocado half with a strip of bacon.

Bake for 15-20 minutes until the eggs are set and bacon is crispy.

Keto Cauliflower Fried Rice

Ingredients:

- 1 head of cauliflower
- 2 tablespoons olive oil

- 1/2 cup diced onion.
- 1/2 cup diced bell pepper.
- 1/2 cup diced carrots.
- 2 cloves garlic, minced.
- 2 eggs, beaten.
- 3 tablespoons soy sauce or coconut aminos
- Salt and pepper to taste
- Green onions for garnish

Instructions:

Grate the cauliflower or pulse it in a food processor to create cauliflower rice.

Heat olive oil in a large skillet over medium heat.

Add onions, bell pepper, carrots, and garlic. Sauté until softened.

Push veggies to the side and pour beaten eggs into the empty side of the pan. Scramble the eggs.

Mix the scrambled eggs with the veggies and add cauliflower rice.

Stir in soy sauce or coconut aminos.

Cook for 5-7 minutes until the cauliflower rice is tender.

Season with salt and pepper, and garnish with chopped green onions.

Keto Garlic Butter Shrimp

Ingredients:

- 1-pound large shrimp, peeled and deveined
- 3 tablespoons butter
- 3 cloves garlic, minced.
- 1/4 cup chicken broth
- 1/4 cup heavy cream
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

Season shrimp with salt and pepper.

Heat butter in a skillet over medium-high heat.

Add minced garlic and sauté for about 1 minute.

Add shrimp and cook until pink, about 2-3 minutes per side.

Remove shrimp from the pan.

Pour in chicken broth and heavy cream, stirring until it thickens.

Return shrimp to the pan and coat them in the sauce.

Garnish with fresh parsley and serve.

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Keto Zucchini Noodles with Pesto

Ingredients:

- 2 large zucchinis, spiralized into noodles
- 1/2 cup fresh basil leaves
- 1/4 cup grated Parmesan cheese
- 1/4 cup pine nuts
- 2 cloves garlic
- 1/4 cup olive oil
- Salt and pepper to taste

Instructions:

In a food processor, combine basil, Parmesan, pine nuts, and garlic.

While processing, slowly add olive oil until a smooth pesto sauce forms. Season with salt and pepper.

Heat a skillet over medium heat, add the zucchini noodles, and sauté for 2-3 minutes until slightly softened.

Toss the zucchini noodles with the pesto sauce.

Serve warm.

Keto Chicken Alfredo

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 cloves garlic, minced.
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

Season chicken breasts with salt and pepper.

Heat olive oil in a skillet over medium-high heat.

Add chicken breasts and cook until browned and cooked through, about 6-7 minutes per side. Remove and set aside.

In the same skillet, add minced garlic and sauté for 1 minute.

Stir in heavy cream, Parmesan cheese, and mozzarella cheese. Cook until the sauce thickens.

Return chicken to the skillet and simmer for a few minutes.

Garnish with fresh parsley and serve.

Keto Beef and Broccoli Stir-Fry

Ingredients:

- 1 pound flank steak thinly sliced.
- 2 tablespoons coconut oil
- 1/4 cup coconut aminos or soy sauce
- 2 cloves garlic, minced.
- 1 teaspoon grated ginger
- 2 cups broccoli florets
- 1/4 cup beef broth
- 1 teaspoon xanthan gum (for thickening)
- Sesame seeds for garnish (optional)

Instructions:

Heat coconut oil in a large skillet or wok over high heat.

Add sliced flank steak and sear until browned. Remove from the pan.

In the same pan, add minced garlic and grated ginger. Sauté for 1 minute.

Add broccoli florets and stir-fry for 2-3 minutes.

Pour in coconut aminos (or soy sauce) and beef broth.

Sprinkle xanthan gum over the sauce and stir to thicken.

Return the cooked beef to the pan and cook for an additional 2 minutes.

Garnish with sesame seeds if desired and serve.

Keto Spinach and Feta Stuffed Chicken Breast

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups fresh spinach leaves
- 1/2 cup crumbled feta cheese
- 1/4 cup cream cheese
- 2 cloves garlic, minced.
- Salt and pepper to taste
- Olive oil for cooking

Instructions:

Preheat your oven to 375°F (190°C).

In a bowl, combine spinach, feta cheese, cream cheese, minced garlic, salt, and pepper.

Slice a pocket into each chicken breast.

Stuff each chicken breast with the spinach and feta mixture.

Heat olive oil in an oven-safe skillet over medium-high heat.

Sear the stuffed chicken.

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Keto Broccoli and Cheddar Soup

Ingredients:

- 2 cups broccoli florets
- 2 tablespoons butter
- 1/2 cup diced onion.
- 2 cloves garlic, minced.
- 2 cups chicken broth
- 1 cup heavy cream
- 1 1/2 cups shredded cheddar cheese.
- Salt and pepper to taste

Instructions:

In a large pot, melt the butter over medium heat.

Add diced onions and garlic, and sauté until softened.

Pour in chicken broth and add broccoli florets. Simmer until the broccoli is tender.

Use an immersion blender to puree the soup until smooth.

Stir in heavy cream and shredded cheddar cheese, then cook until the cheese is melted, and

the soup is creamy.

Season with salt and pepper to taste.

Keto Grilled Steak with Garlic Butter

Ingredients:

- 2 ribeye steaks
- 2 tablespoons olive oil
- 2 cloves garlic, minced.
- 2 tablespoons butter
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

Preheat your grill to high heat.

Rub the steaks with olive oil and minced garlic.

Season with salt and pepper.

Grill the steaks for 4-5 minutes per side for medium-rare (adjust cooking time to your preference).

While the steaks rest, melt the butter in a small saucepan.

Pour the garlic butter over the steaks.

Garnish with fresh parsley and serve.

Keto Eggplant Parmesan

Ingredients:

- 2 medium eggplants, sliced into rounds.
- 2 cups almond flour
- 2 cups grated Parmesan cheese.
- 2 eggs, beaten.
- 2 cups low-carb marinara sauce
- 2 cups shredded mozzarella cheese.
- Salt and pepper to taste
- Olive oil for frying

Instructions:

Preheat your oven to 375°F (190°C).

Dip eggplant slices in beaten eggs, then coat with a mixture of almond flour, grated Parmesan, salt, and pepper.

Heat olive oil in a skillet over medium-high heat.

Fry the eggplant slices until golden brown on both sides. Place them on paper towels to drain excess oil.

In a baking dish, spread a layer of marinara sauce.

Arrange a layer of fried eggplant slices on top.

Sprinkle mozzarella cheese over the eggplant.

Repeat the layers until all ingredients are used, finishing with mozzarella on top.

Bake for 25-30 minutes until the cheese is bubbly and golden.

Keto Taco Salad

Ingredients:

- 1 pound ground beef or ground turkey
- 1 packet keto-friendly taco seasoning
- 1 head iceberg lettuce, shredded.
- 1 cup cherry tomatoes, halved.
- 1/2 cup shredded cheddar cheese
- 1/4 cup diced red onion.
- 1/4 cup sliced black olives.
- Sour cream and guacamole for topping

Instructions:

In a skillet, brown the ground beef or turkey over medium-high heat.

Drain excess fat and add the taco seasoning according to package instructions.

In a large bowl, assemble the salad by layering lettuce, taco meat, cherry tomatoes, cheddar cheese, red onion, and black olives.

Top with sour cream and guacamole.

Keto Chocolate Avocado Mousse

Ingredients:

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup almond milk

- 1/4 cup powdered erythritol (or sweetener of your choice)
- 1 teaspoon vanilla extract
- Pinch of salt

Instructions:

Scoop the flesh of the avocados into a blender or food processor.

Add cocoa powder, almond milk, powdered erythritol, vanilla extract, and a pinch of salt.

Blend until smooth and creamy.

Refrigerate for at least 30 minutes before serving.

Keto Creamy Garlic Parmesan Brussels Sprouts

Ingredients:

- 1 pound Brussels sprouts trimmed and halved.
- 2 tablespoons butter
- 2 cloves garlic, minced.
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Instructions:

Steam or boil Brussels sprouts until tender, about 5 minutes. Drain and set aside.

In a large skillet, melt butter over medium heat.

Add minced garlic and sauté for about 1 minute.

Pour in heavy cream and grated Parmesan cheese. Stir until the sauce thickens.

Add the cooked Brussels sprouts to the skillet and toss to coat.

Season with salt and pepper to taste.

Keto Chicken and Broccoli Alfredo

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 2 cups broccoli florets
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese

- 2 cloves garlic, minced.
- Fresh parsley for garnish

Instructions:

Season chicken breasts with Italian seasoning, salt, and pepper.

Heat olive oil in a skillet over medium-high heat.

Add chicken breasts and cook until browned and cooked through, about 6-7 minutes per side. Remove and set aside.

In the same skillet, add minced garlic and sauté for 1 minute.

Pour in heavy cream and grated Parmesan cheese. Cook until the sauce thickens.

Add broccoli florets and cook until tender.

Return chicken to the skillet and simmer for a few minutes.

Garnish with fresh parsley and serve.

Keto Salmon with Lemon Butter Sauce

Ingredients:

- 4 salmon fillets
- Salt and pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cloves garlic, minced.
- Juice of 1 lemon
- Zest of 1 lemon
- Fresh parsley for garnish

Instructions:

Season salmon fillets with salt and pepper.

Heat olive oil in a skillet over medium-high heat.

Add salmon fillets and cook for about 4-5 minutes per side, or until cooked to your preferred level of doneness.

Remove salmon from the skillet and set aside.

In the same skillet, add minced garlic and sauté for 1 minute.

Add butter, lemon juice, and lemon zest. Cook until the sauce thickens slightly.

Pour the lemon butter sauce over the salmon fillets.

Garnish with fresh parsley and serve.

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