

KETO 90 PROGRAM

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KETO 90 PROGRAM

OVERVIEW						
	BREAKFAST	LUNCH	DINNER	SIDE DISH	SNACK/DRINK	TOTALS
DAY 1	TrueKeto Strawberry Crème Shake	Broccoli Bacon Salad with Onions & Coconut Cream	Creamy Tomato Basil Chicken Zucchini Pasta		Slender FX Keto Caramel Bar	1105 Calories 27 Fat Grams 15 Carbs 89 Protein
DAY 2	Eggs, Ham & Veggie Scramble	TrueKeto Strawberry Cheesecake Shake	Thai Chicken & Cauliflower Rice		Slender FX Keto Caramel Bar	1421 Calories 46 Fat Grams 31 Carbs 94 Protein
DAY 3	TrueKeto Chocolate Strawberry Shake	Chicken Noodle Soup	Beef Curry		1/2 Avocado with Salt or Blue Cheese Dressing	1153 Calories 49 Fat Grams 17 Carbs 59 Protein
DAY 4	Savour Cajun Eggs	TrueKeto Strawberry Crème Shake	Shrimp Alfredo		Cucumber Spinach Smoothie	1400 Calories 68.9 Fat Grams 9.9 Carbs 42.7 Protein
DAY 5	TMR Chocolate Coconut Bar	Tex Mex Beef & Cheese Mug	Skillet Browned Chicken with Creamy Greens		Pepperoni Slices (10 slices)	1211 Calories 56 Fat Grams 6.6 Carbs 40.4 Protein
DAY 6	Sausage Breakfast Casserole	TrueKeto Strawberry Cheesecake Shake	Sausage & Kale Soup		Savoury Pizza Fat Bombs	1402 Calories 73.4 Fat Grams 11.1 Carbs 40.3 Protein
DAY 7	FitShake Banana Cream Pie Shake	Cheese Stuffed Bacon Wrapped Hot Dogs	Cheese Stuffed Bacon Cheeseburger	Creamy Keto 'Potato Salad'	Slender FX Keto Caramel Bar	1701 Calories 89.8 Fat Grams 9.1 Carbs 54.3 Protein

KETO 90 RECIPES

BREAKFAST

Eggs Ham & Veggie Scramble - 350 calories

1 serving
3 eggs, whisked
4 baby portabella mushrooms
¼ cup red bell peppers
½ cup of spinach
2 slices of deli ham
1 Tbsp. of butter
Salt and pepper to taste

Directions

Chop up the vegetables and the ham. Place ½ Tbsp. of butter into a frying pan and melt. Sauté the vegetables and ham. Place the whisked eggs into a separate frying pan with the other ½ Tbsp. of butter. Cook on medium heat and keep stirring to prevent overcooking. Once the eggs are cooked, season them with salt and pepper to taste. Lastly, add the sautéed vegetables and ham in with the eggs and mix. Serve immediately.

Eggs & Chorizo (Shakshuka) - 483 calories

1 medium tomato 2 1/2 inch in diameter
1 small red pepper
1/2 chorizo (2 oz.)
1 egg, small
2 Tbsp. crumbled feta
1/4 avocado, smashed
1 slice lime
2 Tbsp. fresh dill or parsley
1 tsp. Saveur Chili Spice
Saveur Himalayan Salt & Pepper, to taste

Directions

Brown chorizo using the natural fats to cook the sausage. Add diced tomato, peppers & chili spice to pan. Cook 2-3 minutes on medium to low heat. Push to side of pan and add egg. Cook till consistency of choice. Turn off heat and add crumbled feta, smashed avocado, lime, fresh herbs, and salt and pepper. Eat straight from pan and enjoy!

Saveur Cajun Eggs - 211 calories

2 extra large eggs, boiled
1 tsp. Saveur Spicy Cajun Mix, Creamy Dill Mix, or California Onion Mix
Saveur Himalayan Salt & Pepper, to taste
1 Tbsp. butter (or cream)

Directions

Dice up the eggs, and mix with the butter and seasoning, or mix the yolks with butter and seasoning and spoon back into egg white and enjoy like a deviled egg.

Spicy Eggs with Cheese Hash - 235 calories per serving

Serves 3

5 oz. zucchini, diced
6 oz. chopped cauliflower
½ medium red bell pepper, diced
1 Tbsp. butter, melted
1 tsp. smoked paprika
½ tsp. Saveur California Onion Mix
¼ cup Mexican-blend shredded cheese
½ medium avocado
3 large eggs
1 Tbsp. sliced jalapeños, (optional)
3 Tbsp. mozzarella cheese
2 tsp. Tajin seasoning

Directions

Heat oven to 400°F and line a round or rectangular baking sheet with foil. In an even layer spread diced zucchini, cauliflower, and red pepper then drizzle with butter. Dust on Saveur seasoning and paprika then toss to coat. Smooth everything back into a single layer. Bake for 10 to 15 minutes or until it begins to brown. Remove the roasted vegetables from the oven and top with Mexican-blend shredded cheese. Arrange the sliced avocado around the veggies, and crack three eggs in the spaces between. Bake for about 10 minutes or until the eggs reach your preferred level of doneness! Top with mozzarella cheese, jalapeños (optional), and Tajin.

Sausage Breakfast Casserole - 416 calories per serving

Serves 6

1 pound pork sausage
2 cups zucchini, diced
2 cups green cabbage, shredded
½ cup onion, diced
3 large eggs
½ cup cream cheese
2 tsp. yellow mustard, prepared
1 tsp. ground sage, dried
1 ½ cups shredded cheddar cheese
Cayenne pepper to taste

Directions

Preheat your oven to 375F and grease a casserole dish; set aside. Brown sausage in a large skillet over medium heat until almost cooked through. Add cabbage, zucchini and onion, cooking until vegetables are tender and sausage is fully cooked. Remove from heat and spoon into prepared casserole dish, then set aside. In a mixing bowl, whisk eggs, cream cheese, mustard, sage, and pepper until smooth. Add 1 cup of the shredded cheese to the egg mixture and stir. Pour this mixture over the sausage and vegetables in the casserole dish. Top casserole with the remaining ½ cup cheese. Place casserole in preheated oven and bake 30 minutes, or until bubbling around the edges and the cheese is melted and lightly browned on top. Remove from the oven and serve immediately.

Pumpkin Brownie Muffins - 193 calories per serving/muffin

Yields 6 muffins/1 per serving

1 cup golden flaxseed meal
¼ cup cocoa powder
1 Tbsp. cinnamon
½ Tbsp. baking powder
½ tsp. salt
1 large egg
2 Tbsp. butter
¼ cup sugar-free caramel syrup
½ cup pumpkin puree
1 tsp. vanilla extract
1 tsp. apple cider vinegar
¼ cup slivered almonds

Directions

Preheat your oven to 350°F and combine all your dry ingredients in a deep mixing bowl. In a separate bowl, combine all your wet ingredients. Pour your wet ingredients into your dry ingredients and mix well. Line a muffin tin with paper liners, and spoon about ¼ cup of batter into each muffin liner. This recipe should yield 6 muffins. Then sprinkle slivered almonds over the top of each muffin and press gently so that they adhere. Bake in the oven for about 15 minutes. You should see the muffins rise and set on top. Enjoy warm or cool!

Cinnamon Roll Breakfast Chia & Flax Pudding- 369 calories per serving Serves 6

1 cup crushed pecans
1/3 cup flax seed meal
1/3 cup chia seeds
1/2 cup riced cauliflower (3 oz.)
3 1/2 cups coconut milk
1/4 cup heavy cream
3 oz. cream cheese
3 Tbsp. butter
1 1/2 tsp. cinnamon
1 tsp. maple flavor
1/2 tsp. vanilla
1/4 tsp. nutmeg
1/4 tsp. allspice
3 Tbsp. erythritol, powdered
10-15 drops liquid Stevia
1/8 tsp. xanthan gum

Directions

Measure out chia seeds and 1/3 cup flax seeds (ground) and set aside. Rice 1/2 cup of cauliflower in a food processor. Set aside for a moment. Add 1 cup raw pecans to a Ziploc bag and use a rolling pin to crush them. Make sure they're not too small, because you want them to add texture to the dish. Add pecans to a pan over low heat to toast. In a saucepan, heat 3 1/2 cups coconut milk. Once warm, add cauliflower and continue to cook until it starts to boil. Turn the heat down to medium-low and add your seasonings: 1 1/2 tsp. cinnamon, 1 tsp. maple flavor, 1/2 tsp. vanilla, 1/4 tsp. nutmeg, and 1/4 tsp. allspice. In a spice grinder, grind 3 tbsp. erythritol until it is completely powdered. Add the flaxseed meal and chia seed to the pan and mix well. This will start to thicken tremendously.

Measure out 1/4 cup heavy cream, 3 Tbsp. butter, and 3 oz. cream cheese. Once your mixture is hot again, add the toasted pecans, cream, butter, and cream cheese. Mix together well. Here, you can add 1/8 tsp. xanthan gum if you would like it to be a bit thicker.

SHAKE RECIPES

TRUEKETO SHAKE RECIPES

Strawberry Cream Shake **230 calories**

1 scoop TrueKeto Shake Mix
1 cup water
3-5 ice cubes
Blend and enjoy

Strawberry Cheesecake Shake **280 calories**

1 scoop TrueKeto Shake Mix
1 Tbsp. cream cheese
1 cup water
3-5 ice cubes
Blend and enjoy

Chocolate Covered Strawberry Shake - 240 calories

1 scoop TrueKeto Shake Mix
1 Tbsp. unsweetened cocoa powder
1 cup water
3-5 ice cubes
Blend and enjoy

TMR SHAKES

Chocolate Coconut Bar **437 calories**

2 scoops TMR Chocolate Shake Mix
½ cup full fat coconut milk
⅔ cup water
3-5 ice cubes
Blend and enjoy

Chocolate Cheesecake Shake **354 calories**

2 scoops TMR Chocolate Shake Mix
2 Tbsp. cream cheese
1 Tbsp. heavy cream
¾ cup water
3-5 ice cubes
Blend and enjoy

Chocolate Cream Shake **405 calories**

2 scoops TMR Chocolate Shake Mix
¼ cup heavy cream
¾ cup water
3-5 ice cubes
Blend and enjoy

FITSHAKE RECIPES

Banana Cream Pie - 355 calories

1 Scoop Youngevity FitShake
¼ cup heavy cream
¾ cup water
3-5 ice cubes
Blend and enjoy

Chocolate Banana Cream Pie - 367 calories

1 scoop FitShake
¼ cup heavy cream
1 Tbsp. unsweetened cocoa powder
¾ cup water
3-5 ice cubes
Blend and enjoy

LUNCH RECIPES

Broccoli Bacon Salad with Onions and Coconut Cream 280 calories per serving - Serves 6

1 lb. broccoli florets
4 small red onions or 2 large ones, sliced
20 slices of bacon, chopped into small pieces
1 cup coconut cream
Salt to taste

Directions

Cook the bacon first, and then cook the onions in the bacon fat. Blanche the broccoli florets (or you can use them raw or have them softer by boiling them). Toss the bacon pieces, onions, and broccoli florets together with the coconut cream and salt to taste. Serve at room temperature.

Chicken Noodle Soup - 310 calories per serving Serves 2

3 cups chicken broth
1 chicken breast, chopped into small pieces (8 oz.)
2 Tbsp. butter, melted
1 stalk of celery, chopped
1 green onion, chopped
¼ cup cilantro, finely chopped
1 zucchini, peeled
Salt to taste

Directions

Dice the chicken breast. Add the butter into a saucepan and sauté the diced chicken until cooked. Add chicken broth to the same saucepan and simmer. Chop the celery and add it into the saucepan. Chop the green onions and add it into the saucepan. Chop the cilantro and put it aside for the moment. Create zucchini noodles - use a potato peeler to create long strands, or use a spiralizer or a food processor with the shredding attachment. Add zucchini noodles and cilantro to the pot. Simmer for a few more minutes, add salt to taste, and serve immediately.

Garlic Bacon Wrapped Chicken Bites - 230 calories per serving Serves 4

1 large chicken breast, cut into small bites (approx. 22-27 pieces)
8-9 thin slices of bacon, cut into thirds
3 Tbsp. garlic powder (or 6 crushed garlic if preferred)

Preheat oven to 400F and line a baking tray with aluminum foil. Place the garlic powder into a bowl and dip each chicken bite into the garlic powder. Wrap each short bacon piece around each garlic chicken bite. Place the bacon wrapped chicken bites on the baking tray. Try to space them out so they're not touching. Bake for 25-30 minutes until the bacon turns crispy. Turn the pieces after 15 minutes.

Tex Mex Beef & Cheese mug - 268 calories per serving

Serves 1

2 oz. roast beef deli slices
1 Tbsp. sour cream
1.5 Tbsp. diced green chilies
1.5 oz. pepper jack cheese, shredded
Smoked paprika for garnish (optional)

Directions

Layer one third of the roast beef in the bottom of your dish - you can break the roast beef up into smaller pieces if you prefer. Carefully spread out ½ Tbsp. of sour cream. Spread out ½ Tbsp. of the green chile. Layer on ½ oz. of the pepper jack cheese. Repeat with another layer of roast beef, sour cream, chile, and cheese. Finish it off with a layer of roast beef, the last ½ oz. of cheese, and the last Tbsp. of green chile. Microwave for 1-2 minutes until the cheese is melted. Sprinkle with smoked paprika (optional).

Cheese Stuffed Bacon Wrapped Hot Dogs- 283 calories per serving

Servings - 6 hot dogs

6 large beef hot dogs
12 slices bacon
2 oz. cheddar cheese
½ tsp. garlic powder
½ tsp. onion powder
Salt and pepper to taste

Directions

Pre-heat oven to 400°F. Make a slit in all of the hot dogs to make room for the cheese. Slice 2 oz. cheddar cheese from a block into small long rectangles and stuff into the hot dogs. Start by tightly wrapping one slice of bacon around the hot dog. Continue tightly wrapping the second slice of bacon around the hot dog, slightly overlapping with the first slice. Poke toothpicks through each side of the bacon and hot dog, securing the bacon in place. Set on a wire rack that's on top of a cookie sheet. Season with garlic powder, onion powder, salt and pepper. Bake for 35-40 minutes, or until bacon is crispy. Additionally broil the bacon on top if needed.

Portobello Personal Pizzas - 339 calories per serving

Serves 4

4 large Portobello mushroom caps
1 medium vine tomato
4 oz. fresh mozzarella cheese
¼ cup fresh chopped basil
6 Tbsp. melted butter
20 slices pepperoni
Salt and pepper to taste

Remove the stem from the Portobello and scrape out the innards of the mushroom. Set the oven to broil on high and rub the insides of each mushroom with just under 1 Tbsp. melted butter. You should use 3 Tbsp. of butter between the 4 mushrooms. Season with salt and pepper to taste. Broil the mushrooms for about 4-5 minutes. Flip the mushrooms over and rub again with 3 Tbsp. melted butter. Season with salt and pepper to taste. Broil the mushrooms with the other side facing up for about 3-4 minutes longer. Slice a tomato thin, about 12-16 slices in total. Chop ¼ cup basil into strips. Lay the tomato and basil into each mushroom. Depending on how many slices of tomato, you will put 3-4 slices in each mushroom. Top each mushroom with about 1 Tbsp. of basil. Lay 5 slices of pepperoni onto each mushroom and top with fresh cubed mozzarella cheese (1 oz. per mushroom). Broil again for 2-4 minutes, or until cheese is melted and starts to brown. Serve.

Egg Salad Stuffed Avocado - 245 calories per serving

Serves 6

6 large hard boiled eggs
½ medium red onion
3 ribs celery
4 Tbsp. cream cheese thinned with milk
2 tsp. brown mustard
2 Tbsp. fresh lime juice
1 tsp. hot sauce
½ tsp. cumin
Salt and pepper to taste
3 medium avocados

Directions

Chop the eggs, red onion, and celery into bite size chunks. In a bowl, add vegetables, eggs, cream cheese mixture, brown mustard, lime juice, hot sauce, cumin and salt and pepper to taste. Mix everything together until well combined. Slice open your avocados and remove pit using a sharp knife. Spoon the mixture into the hole of the avocado and add a little more hot sauce.

DINNER RECIPES

Creamy Tomato Basil Chicken Zucchini Pasta – 540 calories per serving **2 Servings**

2 chicken breasts, cubed
2 Tbsp. ghee (or butter) to cook in
1 can diced tomatoes (14 oz. or 400g)
½ cup basil, chopped
¼ cup coconut milk
6 cloves garlic, minced
Salt to taste
1 zucchini, shredded or spiralized (for the pasta) or spaghetti squash

Directions

Sauté the diced chicken in the ghee or butter until cooked and slightly browned. Add in the can of diced tomatoes and add in salt to taste. Place on a simmer and cook the liquid down. In the meantime, prepare the pasta. If using zucchinis, shred them in the food processor or use a julienne peeler or a spiralizer. If using spaghetti squash, chop it in half, remove the seeds, cover lightly with some ghee or butter and microwave each half for 7 minutes. Add the basil, garlic and coconut milk to the chicken and cook for a few minutes longer. Place half of the pasta into each bowl and top with the creamy tomato basil chicken.

Thai Chicken and Cauliflower Rice – 350 calories per serving **Serves 4**

1 head of cauliflower, riced or cut into tiny pieces
1 Tbsp. freshly grated ginger
3 eggs
3 chilies – pick your favorite
3 cloves of garlic, crushed
Meat from a whole chicken (or use 3-4 cooked chicken breasts), shredded
Salt to taste
Butter to cook with
1 Tbsp. Tamari soy sauce or coconut aminos (optional)
½ cup cilantro, chopped (for garnish)

Directions

Break the cauliflower into florets and food process until it forms a rice-like texture (may need to be done in batches). Place the cauliflower into a large pan with butter and cook the cauliflower rice (may need to be done in 2 pans or in batches). Keep the heat on medium and stir regularly. In a separate pan, scramble the eggs in some butter. Add the scrambled eggs to the cauliflower rice. Add in the ginger, garlic, and the chopped chilies. When the cauliflower rice is soft, add in the shredded chicken meat. Add in the coconut aminos/tamari soy sauce and salt to taste. Mix well. Garnish with cilantro.

Beef Curry- 440 calories per serving**Serves - 4**

1 lb. beef round or other boneless beef, cut into 1-inch cubes
1 medium onion, sliced
1 Tbsp. + 1 tsp. Saveur Curry House Mix
 $\frac{3}{4}$ cup of coconut milk
2 carrots, sliced (optional)
1 bell pepper, diced (optional)
10 button mushrooms, diced (optional)
1 Tbsp. fish sauce
1 tsp. freshly grated ginger
2 cloves garlic, minced
 $\frac{1}{4}$ cup fresh basil leaves, chopped
Salt to taste
Butter to cook in

Directions

In a saucepan, sauté the beef and onions in butter on medium heat for 5-6 minutes until the beef is browned. Add the Saveur Curry House Mix, coconut milk, carrots, bell peppers, mushrooms, and fish sauce. Bring to the boil, then cover and simmer for 1 hour until the beef is tender. Add the chopped basil, garlic, ginger, and salt to taste and simmer for 10 more minutes.

Shrimp Alfredo - 299 calories per serving**Serves 4**

1 Tbsp. butter, salted
1 lb. shrimp, raw, peeled, deveined, shells removed
4 oz. cream cheese, cubed
 $\frac{1}{2}$ cup whole milk
1 Tbsp. garlic powder
1 tsp. dried basil
1 tsp. salt
 $\frac{1}{2}$ cup parmesan cheese, shredded
5 whole sun dried tomatoes, cut into strips
 $\frac{1}{4}$ cup baby kale

Directions

Melt butter in a large skillet over medium heat. Add the shrimp to the skillet and reduce heat to medium low. Turn the shrimp after about 30 seconds and cook the other side until they are only slightly pink. Add cream cheese cubes to the shrimp pan. Pour milk into pan and increase your heat to medium. Stir frequently until the cream cheese has melted into the milk and no lumps are present. Sprinkle the garlic, basil, and salt into the pan and stir well. Add in the parmesan cheese and stir to combine. Let simmer until the sauce begins to thicken. Complete the dish by folding in sun dried tomatoes and baby kale or spinach.

Can be served over zucchini noodles, cauliflower rice, or eaten as is.

Skillet Browned Chicken with Creamy Greens – 446 calories per serving **Serves 4**

1 lb. chicken thighs, boneless, leave skin on
2 Tbsp. butter
1 cup chicken stock
1 cup cream
1 tsp. Italian herbs
2 cups dark leafy greens
2 Tbsp. butter, melted
2 Tbsp. coconut flour
Salt and pepper, to taste

Directions

Preheat a large skillet on a medium-high setting. Add 2 Tbsp. of butter to the pan. Season both sides of the chicken thighs with salt and pepper while the butter heats up. Brown chicken thighs in the skillet. Fry both sides until the chicken is cooked through and crispy. While the thighs are cooking you should start the sauce. To create the sauce melt 2 Tbsp. of butter in a sauce pan. Once the butter stops sizzling, whisk in 2 Tbsp. of coconut flour to form a thick paste. Whisk in one cup of cream and bring the mixture to a boil. The mixture should thicken after a few minutes. Stir in the tsp. of Italian herbs. Remove cooked chicken thighs from the skillet and set aside. Pour the cup of chicken stock into the chicken skillet and deglaze the pan. Whisk in the cream sauce. Stir the greens into the pan so that they become coated with the sauce. Lay the chicken thighs back on top of the greens, then remove from the heat and serve. Divide chicken and greens up into four servings.

Sausage and Kale Soup – 298 calories per serving **Serves 6**

1 lb. sweet Italian sausage, ground
1 Tbsp. butter
1 medium yellow onion, chopped
1 medium carrot, peeled and diced
2 cloves garlic, crushed
2 tbsps. red wine vinegar
1 tsp. dried oregano
1 tsp. dried basil
1 tsp. dried rubbed sage
¼ – ½ tsp. crushed red pepper flakes
4 cups low-sodium chicken broth
1 cup heavy whipping cream
½ medium head of cauliflower, cut into small florets
3 cups kale, chopped
½ – 1 tsp. sea salt, or to taste
½ tsp. freshly ground black pepper

Directions

Heat a large saucepan or Dutch oven over medium high heat. Add ground sausage, breaking up the meat. Cook, stirring occasionally until browned and cooked through, about 5 minutes. Using a slotted spoon, remove

cooked sausage and allow to drain on a plate covered with paper towels. Discard drippings, but do not wash pan. Melt butter over medium heat. When bubbling subsides, add onion and carrot. Cook until onion begins to brown on the edges and becomes somewhat translucent. Stir garlic into onion and carrot mixture. Cook one minute. Add red wine vinegar and cook until syrupy, scraping up browned bits - about 1 minute. When soup reaches a simmer, add cauliflower and turn heat down to medium-low. Simmer uncovered until cauliflower is fork-tender, about 10 minutes. Stir in kale and cooked sausage. Cook 1 to 2 minutes longer, or until kale wilts and the sausage is reheated.

Cheese Stuffed Bacon Cheeseburger - 614 calories per serving

Serves 2

8 oz. ground beef
2 slices bacon, pre-cooked
1 oz. mozzarella cheese
2 oz. cheddar cheese
1 tsp. salt
½ tsp. pepper
1 tsp. cajun seasoning
1 Tbsp. butter

Directions

Season ground beef with all of the spices and mix together lightly. Prepare the cheese by cubing 1 oz. mozzarella, and slicing 2 oz. of cheddar. Form rough patties with the ground beef and place mozzarella inside, enclosing the cheese with the beef. Heat 1 Tbsp. butter (per burger) in a pan, and wait until bubbling and hot. Add burger to the pan. Cover with a pan lid and let cook for 2-3 minutes. Flip the burger and place cheddar cheese on top. Place lid over the top again and let cook until desired temperature is reached, about 1-2 minutes more. Chop bacon slice in half and place over the top of the burger.

SIDE DISHES

Creamy Keto “Potato” Salad – 180 calories per serving

Serves 6

1 large cauliflower
¼ cup sour cream
½ cup cream cheese thinned with milk
2 Tbsp. white vinegar
1 Tbsp. mustard
1 tsp. celery seeds
¼ tsp. salt
4 large hard-boiled eggs*
½ cup celery, diced
1 tsp. dill, fresh
2 stalks green onions, thinly sliced
*Reserve 2 yolks then dice the rest

Directions

Cut the cauliflower into bite size floret. Steam florets (or microwave) for 3-4 minutes until the cauliflower is only slightly tender. Set aside to cool. Make the dressing by whisking together sour cream, cream cheese, vinegar, mustard, celery seed, and salt. Mash the two reserved yolks into the cream mixture and whisk until very smooth. Add the cooled cauliflower, boiled eggs, celery, onion and dill. Stir to coat. Refrigerate for about 1 hour to allow the cauliflower to completely cool and the flavors to melt together. Garnish with green onion and serve cold.

Cauliflower Mac & Cheese – 295 calories per serving

Serves 8

2 lbs. frozen cauliflower florets
1 cup heavy whipping cream
4 oz. cream cheese, cubed
8 oz. cheddar cheese, shredded
1 tsp. Dijon mustard
1 tsp. turmeric
½ tsp. garlic powder
Salt and pepper to taste

Directions

Cook the cauliflower florets according to the package instructions. Over medium-high heat, bring the cream to a simmer. Use a whisk to stir in the cream cheese and mix until smooth. Stir in 6 oz. of the shredded cheddar cheese. Save the other 2 oz. for later. Mix until the cheese melts into the sauce. Add the Dijon mustard, turmeric, powdered garlic, salt, and pepper. The sauce will become a smooth yellow color. Make sure that the cauliflower is drained, then add it to the cheese sauce. Evenly coat the florets with sauce. Sprinkle on the remaining 2 oz. of cheddar cheese, then stir until mostly melted.

Warm Asian Broccoli Salad- 165 calories per serving

Serves 8

12 oz. bag broccoli slaw
2 Tbsp. butter
1 Tbsp. Tamari soy sauce or coconut aminos
1 tsp. fresh ginger, grated
½ tsp. salt
¼ tsp. pepper
½ cup full-fat plain goat milk yogurt
½ Tbsp. sesame seeds
Cilantro as garnish (optional)

Directions

Preheat butter in a large skillet over medium high heat. Place the broccoli slaw into the skillet, cover and cook for 7 minutes. Uncover, then stir in the coconut aminos, ginger, salt and pepper. Remove your skillet from the heat, then add yogurt and top with sesame seeds. Garnish with cilantro, if desired.

Creamed Spinach - 62 calories

Serves 3

10 oz. frozen spinach
3 Tbsp. parmesan cheese
3 oz. cream cheese
2 Tbsp. sour cream
¼ tsp. garlic powder
¼ tsp. onion powder
Salt and pepper to taste

Directions

Defrost frozen spinach in the microwave until warmed through, usually about 6-7 minutes. Heat a pan on the stove to medium-high heat. Once the pan is hot, add the spinach and let some of the water boil off. Season the spinach and mix together. Add cream cheese and stir together until cream cheese is melted. Finally, add parmesan cheese and stir until the creamed spinach thickens.

Roasted Pecan Green Beans - 336 calories per serving

Serves 4

1 lb. green beans
¼ cup melted butter
½ cup chopped pecans
¼ cup Parmesan cheese
2 Tbsp. lemon zest
2 tsp. minced garlic
1 tsp. red pepper flakes

Directions

Preheat oven to 450F, then empty green beans into a large mixing bowl. Add ¼ cup pecans into a food processor, or finely chop. Add ¼ cup melted butter, ¼ cup Parmesan cheese, the zest of 1 lemon, 2 tsp. minced garlic,

and 1 tsp. red pepper flakes to the green beans. Mix green beans with all ingredients. Add foil to a baking sheet, then spread your green beans onto the baking sheet. Roast the green beans for 20-25 minutes. Let cool for 4-5 minutes and then serve.

Spinach Watercress Salad - 120 calories per serving

Serves 4

1 cup watercress
3 cups baby spinach
1 medium to large avocado, sliced
½ cup shredded parmesan cheese
¼ cup avocado oil
⅛ cup lemon juice
1/2 tsp. Saveur Pomodoro Basil Mix or Spicy Cajun Mix
Salt and pepper to taste

Directions

Prepare the greens by washing and removing the stems of the watercress and spinach. Pat dry. Combine the spinach and watercress on a large serving platter or large bowl. Cut your avocado in half and remove the pit. Peel the skin from each side. Slice the avocado in thin strips and set aside for topping the salad. To prepare the dressing, add the lemon juice to the Saveur seasoning. Shake well. Add shredded parmesan, avocado, salt, and pepper to the spinach. Drizzle with the dressing and serve.

Buffalo Coleslaw - 179 calories per serving

Serves 6

¼ cup butter blended with cream cheese to form a sauce
¼ cup hot sauce, like Frank's
¼ cup apple cider vinegar
1 tsp. garlic powder
½ tsp. salt
½ large green cabbage, thinly sliced
2 large ribs celery, finely diced
½ medium white onion, finely diced
2 Tbsp. chopped chives
1 cup blue cheese, crumbled

Directions

In a medium size bowl whisk together the butter/cream cheese sauce, hot sauce, apple cider vinegar, garlic powder, and salt. In a large mixing bowl toss together the green cabbage, celery, white onion, half the chives, and half the blue cheese. Add the dressing to the cabbage and toss together. Serve the coleslaw with a drizzle of hot sauce, and the remaining chives and blue cheese sprinkled on top.

SNACKS

Crock Pot Spicy Sausage Cheese Dip - 144 calories per serving

Serves 28

- 1 lb. hot Italian ground sausage
- 1 (15 oz.) can Ro*Tel Hot Diced Tomato (with Habaneros)
- ¼ cup green onions, sliced
- 8 oz. cream cheese
- 16 oz. sour cream
- 8 oz. pepper jack cheese, diced

Using a saucepan, cook the hot Italian sausage on medium until lightly browned. Stir in the can of Ro*Tel and cook for a few minutes. Mix in the green onions and turn off the heat when the Italian sausage has fully browned. Set a slow cooker on high then layer the bottom of the stoneware with the pepper jack cheese, and cream cheese cut into chunks. Pour the Italian sausage on top of the cheese. Then, spread the sour cream on top of the Italian sausage. After about an hour, stir the dip until the cheese is completely incorporated. Then allow to continue cooking. Cook for about two hours on high, until the dip is completely done. Serve with celery sticks or cucumber.

Cheesy Cauliflower Onion Dip - 49 calories per serving

Serves 24

- 1 lb. of cauliflower
- 1 ½ cups chicken broth
- ½ cup diced sized onion
- 1 cup cream cheese
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. ground black pepper
- ½ tsp. salt

Directions

Simmer the cauliflower and half an onion in chicken broth until soft and tender. Stir in the cumin, chili powder, garlic powder, pepper and salt. Cut up chunks of cream cheese, and whisk into the cauliflower until the cream cheese melts and is no longer chunky. Use a stick blender, or a regular blender, to blend the mixture until it is smooth. Chill in the fridge 2-3 hours before serving. Serve with celery sticks or cucumber.

Slender FX Keto Caramel Bars - 215 calories

Savory Pizza Fat Bombs - 101 calories

Serves 6

4 oz. cream cheese
14 slices pepperoni
8 pitted black olives
2 Tbsp. sun dried tomato pesto
2 Tbsp. chopped fresh basil
Salt and pepper to taste

Directions

Dice pepperoni and olives into small pieces. Mix together basil, tomato pesto, and cream cheese. Add the olives and pepperoni into the cream cheese and mix again. Form into balls, then garnish with pepperoni, basil, and olive.

Cucumber Spinach Smoothie - 330 calories per serving

Serves 1

2 handfuls spinach
2.5 oz. cucumber, peeled and cubed
7 large ice cubes
1 cup coconut milk (from carton)
12 drops liquid Stevia
¼ tsp. xanthan gum
1-2 Tbsp. MCT Oil

Directions

Grab 2 handfuls of spinach and toss them in a blender, then add 7 ice cubes, 1 cup coconut milk (from the carton), 1-2 drops stevia, ¼ tsp. xanthan gum, and 1-2 Tbsp. MCT Oil. Peel the cucumber and cube it, and put that over the top. Blend the shake for 1-2 minutes or until all of the ingredients are well incorporated. Pour into a glass and enjoy.