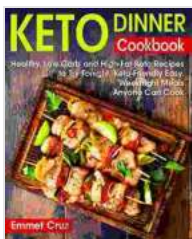


Healthy Low Carb and High Fat Keto Recipes to Try Tonight

If you're looking for a healthy and delicious way to lose weight, the keto diet is a great option. The keto diet is a low carb, high fat diet that forces your body to burn fat for fuel. This can lead to rapid weight loss, as well as a number of other health benefits.

One of the best things about the keto diet is that it's not as restrictive as other diets. You can still enjoy many of your favorite foods, as long as they're low in carbs. This makes the keto diet a sustainable way to lose weight and improve your health.



Keto Dinner Cookbook: Healthy, Low Carb and High-Fat Keto Recipes to Try Tonight. Keto-Friendly Easy Weeknight Meals Anyone Can Cook by Emmet Cruz

★★★★☆ 4.7 out of 5

Language : English
File size : 23057 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 125 pages
Lending : Enabled



If you're new to the keto diet, it can be helpful to start with some easy recipes. These recipes are all low in carbs and high in fat, and they're all

delicious and easy to make.

1. Keto Pizza



This keto pizza is the perfect way to satisfy your pizza cravings without all the carbs. The crust is made with cauliflower, so it's low in carbs and high in fiber. The toppings are all keto-friendly, so you can enjoy this pizza guilt-free.

Ingredients:

* 1 head of cauliflower, grated * 1 egg * 1/2 cup mozzarella cheese, shredded * 1/4 cup pepperoni slices * 1/4 cup mushrooms, sliced * 1/4 cup onion, chopped * 1/4 cup green bell pepper, chopped * 1/4 cup marinara sauce

Instructions:

1. Preheat oven to 425 degrees F (220 degrees C). 2. In a large bowl, combine the cauliflower, egg, and mozzarella cheese. Mix well. 3. Spread the cauliflower mixture onto a baking sheet lined with parchment paper. 4. Bake for 15 minutes, or until the crust is golden brown. 5. Remove from oven and top with pepperoni, mushrooms, onion, green bell pepper, and marinara sauce. 6. Bake for an additional 10 minutes, or until the cheese is melted and bubbly.

2. Keto Tacos



These keto tacos are a quick and easy way to get your taco fix. The shells are made with lettuce, so they're low in carbs and high in fiber. The filling is made with ground beef, cheese, and salsa, so it's packed with flavor.

Ingredients:

* 1 pound ground beef * 1/2 cup taco seasoning * 1/2 cup shredded cheddar cheese * 1/4 cup salsa * 1 head of lettuce, chopped

Instructions:

1. In a large skillet, brown the ground beef over medium heat. 2. Add the taco seasoning and cook according to package directions. 3. Line a baking sheet with parchment paper. 4. Place a lettuce leaf on each sheet of parchment paper. 5. Top the lettuce leaves with the ground beef mixture, cheese, and salsa. 6. Bake for 10 minutes, or until the cheese is melted and bubbly.

3. Keto Chicken Stir-Fry



This keto chicken stir-fry is a healthy and delicious way to get your Chinese food fix. The chicken is cooked in a flavorful sauce, and it's served over a bed of broccoli, carrots, and snap peas.

Ingredients:

* 1 pound chicken breasts, cut into bite-sized pieces * 1/2 cup soy sauce * 1/4 cup rice vinegar * 1/4 cup sesame oil * 1 tablespoon honey * 1 tablespoon cornstarch * 1 head of broccoli, cut into florets * 1 cup carrots, sliced * 1 cup snap peas, trimmed

Instructions:

1. In a large bowl, combine the chicken, soy sauce, rice vinegar, sesame oil, honey, and cornstarch. Mix well. 2. Heat a large skillet over medium heat. 3. Add the chicken mixture to the skillet and cook until the chicken is cooked through. 4. Add the broccoli, carrots, and snap peas to the skillet and cook until the vegetables are tender. 5. Serve over rice or noodles.

4. Keto Salmon Cakes



These keto salmon cakes are a delicious and healthy way to get your fish fix. The salmon cakes are made with salmon, almond flour, and eggs, so they're low in carbs and high in protein. They're also pan-fried until golden brown, so they're crispy on the outside and moist on the inside.

Ingredients:

* 1 pound salmon, cooked and flaked * 1 cup almond flour * 2 eggs * 1/4 cup chopped onion * 1/4 cup chopped celery * 1/4 cup chopped parsley * 1 tablespoon lemon juice * 1 teaspoon salt * 1/2 teaspoon black pepper * Olive oil, for frying

Instructions:

1. In a large bowl, combine the salmon, almond flour, eggs, onion, celery, parsley, lemon juice, salt, and pepper. Mix well. 2. Form the mixture into 8 patties. 3. Heat a large skillet over medium heat. 4. Add the salmon patties to the skillet and cook until golden brown on both sides. 5. Serve with lemon wedges.

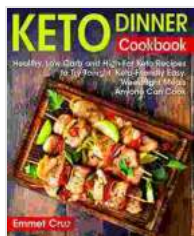
5. Keto Chocolate Chip Cookies



These keto chocolate chip cookies are the perfect way to satisfy your sweet tooth. The cookies are made with almond flour, cocoa powder, and sugar-free chocolate chips, so they're low in carbs and high in fat. They're also chewy and delicious, so you won't believe they're keto-friendly.

Ingredients:

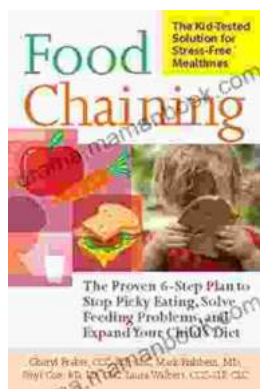
* 1 cup almond flour * 1/2 cup cocoa powder * 1/2 teaspoon baking soda *
1/4 teaspoon salt * 1/2 cup unsalted butter, softened * 1/2 cup sugar-free



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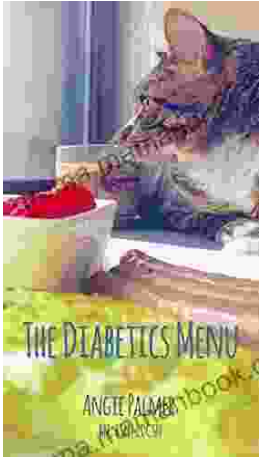
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