

28 KETO CARNIVORE RECIPES

CREATED
FOR THE
"EVERYDAY
CARNIVORE"



DITCH
the
CARBS



BY: LIBBY JENKINSON | [DITCHTHECARBS.COM](https://ditchthecarbs.com)

COPYRIGHT

Copyright © 2020 by Ditch The Carbs. All rights reserved.

You are welcome to print a copy of this document for your personal use. Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without the prior written permission of the author. Requests to the author and publisher for permission should be addressed via the website contact form.

USE OF eBook & WEBSITE

© 2020 Ditch The Carbs website is for personal use only. Please respect my work and do not copy or use content without permission. Anything appearing on Ditch The Carbs cannot be used for someone else's financial gain, otherwise, you may be guilty of copyright infringement under the Creative Commons Attribution.

© 2020 Ditch The Carbs own the copyright to all images taken by Ditch The Carbs and copyright to all recipes created by me. I may give permission to others to share my work, but I remain the owner of all copyright images and words. All rights reserved.

You must obtain written permission before using any printed or digital media that belongs to Ditch The Carbs.

Nutritional values given in this eBook and website are as a guide only. They will vary considerably depending on which brand of ingredient you buy. For complete accuracy, calculate your own nutrition values using the brand of ingredient you have actually used.

DISCLAIMER

By purchasing this book you agree that anything included here or on the website does not constitute, or is a replacement for medical advice. By purchasing and reading this eBook and website, you agree to be bound by the terms and conditions below.

Nothing contained in this eBook or the website can be taken as medical advice. Before undertaking a new lifestyle change, you must seek your own medical advice. My opinions are not intended as medical advice and should not be taken as medical advice and should not be a replacement for medical advice. Any lifestyle change may affect your health. Please ensure you are under appropriate medical care.

This eBook and website are for inspiration and practical guidance for those who choose to eat this way. This eBook and website are not intended as a substitute for medical advice or medical treatment.

Limitation of liability/disclaimer of warranty: While the publisher and author have used their best efforts in preparing this guide and workbook, they make no representations or warranties with respect to the accuracy or completeness of the contents of this document and specifically disclaim any implied warranties of merchantability or fitness for particular purpose. No warranty may be created or extended by sales representatives, promoters, or written sales materials.



TABLE OF CONTENTS

4	ABOUT THE AUTHOR	30	BEEF
5	WHAT IS THE CARNIVORE DIET?	50	PORK
7	CHICKEN	57	SEAFOOD
25	LAMB		

DITCH
the
CARBS



ABOUT THE AUTHOR

Libby Jenkinson is a registered pharmacist, Health Coach, mother of 3 and the founder of Ditch The Carbs.com & Low-Carb Practitioners.com

Libby has managed to help more people regain their health in the last 6 years by using the low-carb approach on her website, than in her 25-year career, dispensing medication.

ABOUT DITCH THE CARBS



Ditch the Carbs is now the leading low-carb website in New Zealand and Australia, and one of the top low-carb websites in the world.

All recipes are low-carb, gluten-free, wheat-free, grain-free and no added sugar.

As a busy mum, she doesn't use difficult techniques or hard-to-find ingredients.

Families love Libby's recipes which quick, easy and designed for even the pickiest eater.

Following a low-carb and keto lifestyle isn't difficult when you follow Libby's down-to-earth approach. She uses simple, whole food, and is very budget conscious.

EVERYDAY CARNIVORE RECIPES

WHAT IS THE CARNIVORE DIET?

As the name suggests, it's a diet that only consists of animal products, predominantly meat, fish and eggs. Some carnivores add other animal products in varying quantities and frequency such as high fat dairy.

Eating the carnivore way is how many of our ancestors ate and how many isolated communities still do eat. The carnivore diet is also known as the ultimate elimination diet.

For some, it is the natural progression from keto and helps some people close the gap on some health concerns that never quite were resolved with their keto diet.

WHAT IS EVERYDAY CARNIVORE?

Everyday carnivores allow themselves full-fat dairy, heavy cream and full-fat hard cheeses. It makes being a carnivore in modern times sustainable and enjoyable.

3 SHADES OF CARNIVORE

- 1:** Do you crave meat? Do you have incredible discipline? If YES, then you may be the **hardcore carnivore**.
- 2:** Do you love meat but can't forgo your creamy coffee? Do you love a burger but can't imagine it without melting cheese (and a pickle)? Do you love a good steak with a creamy blue cheese sauce? You still want flavour by using herbs, spices, onion and garlic? Then you may be an **everyday carnivore**.
- 3:** Do you find being carnivore hard in social situations? Do you value social gatherings and family time just as much as the benefits you experience from living carnivore? Then you may be a **weekday carnivore**.

EVERYDAY CARNIVORE RECIPES

HOW CAN YOU ADAPT RECIPES?

In this cookbook you will find the most popular EVERYDAY keto carnivore recipes.

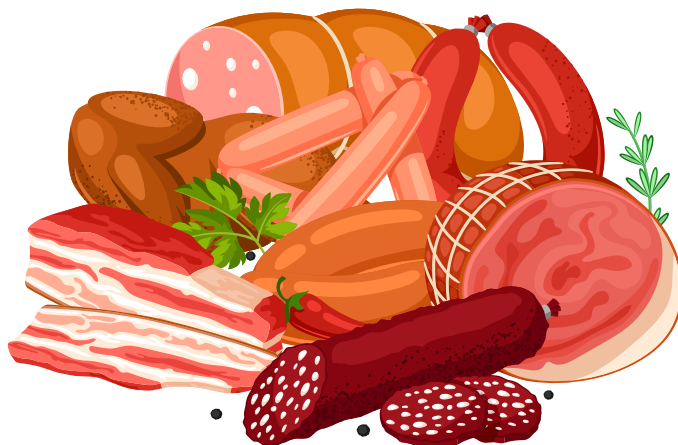
If you wish to become a stricter keto carnivore the recipes may be adapted further by omitting the small number of vegetables, or herbs and spices from the recipe.

For example, you may wish to replace a fresh onion with onion flakes. It reduces the carb count and volume of vegetables dramatically.

JOIN US

Eager to learn more? Please join my FREE community on Facebook and see what others are enjoying. Learn tips and tricks and get meal inspiration every day.

[CLICK HERE TO JOIN OUR FREE COMMUNITY](#)



CHICKEN RECIPES



CHICKEN TENDERLOINS WITH BACON



CHICKEN TENDERLOINS WITH BACON

SERVING SIZE: 2 PIECES | **CALORIES:** 230 | **FAT:** 9.6G | **TOTAL CARBS:** 0.3G | **SUGAR:** 0.01G
PROTEIN: 33.2G

PREP TIME: 5 MIN **COOK TIME:** 20 MIN **TOTAL:** 25 MIN

SERVINGS: 5 **NET CARBS:** 0.3G

INGREDIENTS:

Bacon wrapped chicken nuggets

- 10 pieces chicken tenderloins or strips
- 10 slices bacon

Sauce (optional)

- 50 g or 1.8 oz cream cheese full fat
- double/heavy cream optional, add plenty to deglaze the pan and make a sauce

DIRECTIONS:

1. Wrap each chicken tenderloin with a slice of streaky bacon.
2. These can be cooked 2 ways. Either place in a baking dish and bake at 180C/350F for 20 minutes, or gently fry (see notes below) in a frying pan for 15 minutes until golden on all sides.
3. Remove the bacon wrapped chicken then add the cream cheese to deglaze the baking dish or frying pan, to pick up all the bacon flavour into the cream cheese to make a beautiful creamy sauce. Add enough double/heavy cream to make a pourable sauce.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS, WHEAT FREE

PEPPERCORN & BRANDY CHICKEN LIVER PATE



PEPPERCORN & BRANDY CHICKEN LIVER PATE

SERVING SIZE: 1 tbsp | **CALORIES:** 43 | **FAT:** G | **TOTAL CARBS:** 0.1G | **SUGAR:** 0.1G | **PROTEIN:** 1.8G

PREP TIME: 10 MIN **COOK TIME:** 10 MIN **TOTAL TIME:** 20 MIN

YIELDS: 30 tbsp **NET CARBS:** 0.1G

INGREDIENTS:

- 300 g chicken livers
- 100 g butter
- 1 1/2 tbsp brandy
- 3 tbsp double/heavy cream
- 1 tbsp coarsley ground peppercorns

DIRECTIONS:

1. Wash the chicken livers then dry them with kitchen paper.
2. Remove the fat and sinew pieces with kitchen scissors. Cut each liver in half.
3. Melt the butter in a saucepan and add the chicken livers. Cook for 10 minutes, stirring occasionally on a gentle low heat.
4. Remove from the heat and add brandy, cream and half the coarsely ground peppercorns.
5. Puree with a stick blender using the blade attachment, until smooth.
6. Season with salt and the remaining coarsely ground peppercorns,
7. Pour into ramekin dishes, and refrigerate until set.
8. These will keep for 5 days in the fridge. The quantities above, made 3 ramekin dishes.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

LOW-CARB TARRAGON CHICKEN



LOW-CARB TARRAGON CHICKEN

SERVING SIZE: 1 CHICKEN BREAST | **CALORIES:** 541 | **FAT:** 39.6G | **TOTAL CARBS:** 2.4G |

SUGAR: 2.4G **PROTEIN:** 41G

PREP TIME: 15 MIN **COOK TIME:** 25 MIN **TOTAL TIME:** 40 MIN

SERVINGS: 6 **NET CARBS:** 3G

INGREDIENTS:

Low Carb Tarragon Chicken

- 6 chicken breasts
- 6 slices bacon
- 1 tbsp tarragon or a handful of fresh tarragon

Sauce (optional)

- 110 g or 1/2 c cream cheese regular full fat
- 375 ml or 1 1/2 cups double/heavy cream
- salt to taste

DIRECTIONS:

Tarragon Chicken Wrapped In Bacon

1. With each chicken breast, make a few knife cuts into the thickest part of the meat.
2. Push some tarragon into the cuts and sprinkle tarragon on both sides.
3. Wrap each piece of herbed chicken in a slice of bacon (you may need 1 or 2 slices depending on size of chicken and size of bacon).
4. Place the wrapped chicken into a greased baking dish. Cover the baking dish with a lid or foil to stop the chicken from drying out and to reserve all the juices for the sauce.
5. Cook at 180C/350F for 20-30 minutes until the centre of each chicken breast is completely cooked.
6. Remove the lid or foil and drain the juices from the baking dish into a saucepan. Place the bacon wrapped chicken back into the oven without the lid or foil and cook for 5 minutes until the bacon is golden. Start making the sauce.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

TARRAGON CHICKEN (CONT.)

Sauce (optional)

1. In the saucepan that has the reserved juices from the bacon and chicken, add the cream cheese, heavy cream and some extra tarragon. Heat gently, and using a whisk stir continuously until there are no lumps of cream cheese. Add salt to taste. It may not need much as the juices from the bacon/chicken may be salty already.

NOTES

Calculated using 1 medium 130g chicken breast with skin on and 1 slice streaky bacon

GRAIN-FREE KFC



GRAIN-FREE KFC

SERVING SIZE: 1 DRUMSTICK | **CALORIES:** 424 | **FAT:** 35G | **TOTAL CARBS:** 1.5G | **SUGAR:** 0.2G
PROTEIN: 32.7G

PREP TIME: 10 MIN **COOK TIME:** 45 MIN **TOTAL TIME:** 55 MIN

SERVINGS: 6 **NET CARBS:** 1.5G

INGREDIENTS:

- 6 chicken drumsticks skin on
- 100 g or 1 cup ground pork crackle/rinds (or almond meal)
- 1/2 tsp ginger powder
- 1/2 tsp dried parsley
- 1 tsp paprika
- 1/4 tsp chilli powder
- 1/2 tsp dried sage
- 1/2 tsp mustard powder
- 1/4 tsp Chinese five spice
- 1/2 tsp dried basil
- salt + pepper to taste

DIRECTIONS:

1. Put the ground pork crackle/rinds and all the herbs and spices into a plastic food bag, twist the top and shake to mix.
2. Add the chicken drumsticks, twist the top, shake and rub the mixture through the bag onto the chicken.
3. In a baking dish, add enough olive oil to cover the bottom well (1-2mm).
4. Place the chicken drumsticks on the oil and bake at 180C/350F for 45 minutes.
5. Turn 2 or 3 times while they are cooking so all the coating gets covered in the olive oil.

**DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, PALEO
WHEAT FREE**

PAPRIKA CHICKEN



PAPRIKA CHICKEN

PREP TIME: 10 MIN COOK TIME: 6 HOURS TOTAL TIME: 6 HOURS 10 MIN
SERVINGS: 6 NET CARBS: 1.5G

INGREDIENTS:

- 1 free range whole chicken
- 1 tbsp olive oil
- 1 tbsp dried paprika
- 1 tbsp curry powder
- 1 tsp dried turmeric
- 1 tsp salt

DIRECTIONS:

1. Mix the spices, oil and salt in a small cup.
2. Oil the inside of the slow cooker, place the whole chicken inside.
3. Pat the chicken dry with kitchen paper. This allows the spice mixture to stick to the chicken.
4. Spoon the spice mixture all over the whole chicken.
5. Turn the slow cooker on to LOW for 6-8 hours or HIGH for 4-6 hours. All slow cookers vary, so please check the instructions that come with your slow cooker.
6. Always test the chicken at its thickest part to confirm it is thoroughly cooked. I push a skewer into the breast and drumstick, to make sure the liquid that drains off is clear.

**DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, PALEO
WHEAT FREE**

CHEESY CHICKEN KETO MEATBALLS



CHEESY CHICKEN KETO MEATBALLS

SERVING SIZE: 1 SERVING | **CALORIES:** 434 | **FAT:** 32G | **TOTAL CARBS:** 4G | **SUGAR:** 0.7G

PROTEIN: 48G

PREP TIME: 10 MIN **COOK TIME:** 6 HOURS **TOTAL TIME:** 6 HOURS 10 MIN

SERVINGS: 6 **NET CARBS:** 2.7G

INGREDIENTS:

- 1 onion
- 1 tbsp garlic crushed
- salt/pepper to your liking
- 4 eggs medium
- 100 g or 1 cup pre-shredded/grated mozzarella
- 100 g or 1 cup pork crackle/rinds
- 1 kg or 2.2 lb ground/minced chicken

DIRECTIONS:

1. Place the onion in your food processor and blitz/pulse until finely chopped.
2. Add all the other ingredients into your food processor and pulse until completely combined.
3. Take a golf ball size of the cheesy chicken mixture, and roll or squeeze into a ball. Place on a lined baking tray.
4. Continue until all the cheesy chicken mixture has been rolled into meatballs.
5. Bake at 180C/350F for 20 minutes (or more depending on your oven).
6. Serve as an appetiser, a protein snack, a BBQ side dish, with salad, or hot with garlic mashed cauliflower.

NOTES

The recipe will serve 6 good servings. The actual NUMBER of meatballs you make will depend on how large you make each meatball.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

SLOW COOKER RECIPE:

WHOLE CHICKEN



SLOW COOKER WHOLE CHICKEN

SERVING SIZE: 1 QTR PIECE | **CALORIES:** 425 | **FAT:** 29G | **TOTAL CARBS:** 1G | **SUGAR:** 0.1G | **PROTEIN:** 36G

PREP TIME: 5 MIN **COOK TIME:** 4 HOURS **TOTAL TIME:** 4 HOUR 5 MIN

SERVINGS: 4 **NET CARBS:** 0.5G

INGREDIENTS:

- 1 free-range whole chicken
- 1/2 tsp ground ginger
- 1 tsp sea salt and pepper
- 1 tbsp minced garlic
- 1 tsp rosemary plus extra sprigs to garnish (optional)
- 1/2 tbsp dried parsley
- 1 tsp paprika
- 1 tsp onion powder
- 1/2 whole lemon (not eaten, only added for flavour)

DIRECTIONS:

1. Place the chicken in the slow cooker. Pat the chicken dry with a paper towel. Rub the seasonings into the chicken then stuff it with 1/2 a lemon.
2. Cover the slow cooker and cook on **LOW** heat for 6-8 hours or **HIGH** heat for 4-5 hours.
3. Transfer the chicken to a baking sheet and place under the broiler/grill to crisp the skin. Broil/grill for 3-5 minutes. Let the chicken rest for 10 minutes then carve and serve. The drippings can be used to make a low-carb gravy if desired.

**DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS,
PALEO, WHEAT FREE**

TWO CHEESE PESTO CHICKEN



TWO CHEESE PESTO CHICKEN

SERVING SIZE: 1 CHICKEN BREAST | **CALORIES:** 386 | **FAT:** 21.3G | **TOTAL CARBS:** 2.5G | **SUGAR:** 1.9G
PROTEIN: 49G

PREP TIME: 10 MIN **COOK TIME:** 40 MIN **TOTAL TIME:** 50 MIN

SERVINGS: 4 **NET CARBS:** 2.3G

INGREDIENTS:

- 4 chicken breasts
- 4 tbsp pesto (for stricter carnivore, use ground pork crackle/rinds and white pepper)
- 100 g or 3.5 oz cream cheese
- slices of mature cheese of choice

DIRECTIONS:

1. Mix the pesto with the cream cheese.
2. Slice the chicken breasts almost in half.
3. In each chicken breast, place a slice of mature cheese and pesto/cream cheese mixture.
4. Place in a baking dish and cook at 180C/350F for 30-40 minutes until thoroughly cooked and all the juices run clear when you push a knife or a skewer through the thickest part.

NOTES

Optional - sprinkle a little parmesan or other cheese on top to create a cheesy crust.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS, WHEAT FREE

LAMB RECIPES



BIG-FAT SURPRISE



BIG-FAT SURPRISE

SERVING SIZE: 1 SERVING | **CALORIES:** 421 | **FAT:** 25.8G | **TOTAL CARBS:** 0.4G | **SUGAR:** 0.05G
PROTEIN: 44G

PREP TIME: 10 MIN **COOK TIME:** 30 MIN **TOTAL TIME:** 40 MIN
SERVINGS: 4 **NET CARBS:** 0.1G

INGREDIENTS:

- 600 g or 1.3 lb lamb butterflied or steak
- 1 large leaf of spinach/silverbeet/swiss chard for colour (optional)
- 85 g or 3 oz haloumi
- fresh rosemary
- salt and pepper to taste

DIRECTIONS:

1. If your cut of lamb is too thick (I bought a butterflied leg of lamb) then using a meat tenderiser or rolling pin, hammer it out until it is thin enough to roll up. Roughly 1.5cm / 0.6 inch.
2. Place a layer of spinach (or any leafy greens) on top of the lamb.
3. Cut the haloumi into strips and place onto the spinach.
4. Sprinkle fresh rosemary, salt and pepper all over.
5. Roll up tightly and place toothpicks along the length of the meat to stop the lamb from opening whilst cooking.
6. Oil a roasting dish and roll the rolled lamb noisettes in the oil. Add more salt and pepper to your taste.
7. Cook at 180C/350F for 30 - 40 minutes depending on the size and thickness of the lamb. I like mine slightly undercooked in the centre.
8. Remove from the heat and cut into 5cm/2 inch noisettes.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS, WHEAT FREE

LAMB KEBABS WITH COCONUT CURRY SAUCE



LAMB KEBABS WITH COCONUT CURRY SAUCE

1 KEBAB | **CALORIES:** 152 | **FAT:** 11.9G | **TOTAL CARBS:** 0.2G | **SUGAR:** 0.1G

PROTEIN: 11G

PREP TIME: 10 MIN **COOK TIME:** 15 MIN **TOTAL TIME:** 25 MIN

SERVINGS: 12 **NET CARBS:** 0.1G

INGREDIENTS:

Lamb Kebabs

- 800 g or 1.8 lb ground/minced lamb
- 1 spring onion finely sliced
- 1 tsp dried cumin
- 1 tsp dried coriander/cilantro
- 1 tsp turmeric powder

Coconut Curry Dipping Sauce (optional or use heavy cream)

- 250 ml or 1 cup coconut cream
- 2 tbsp curry paste/powder to taste
- 12 bamboo or metal skewers

DIRECTIONS:

LAMB KEBABS

1. Mix all the ingredients together with your hands and form into 12 long kebab shapes.
2. Gently push the skewer into the kebab and press firmly.
3. They can be cooked by shallow frying, baked in the oven or on the barbecue for 10-15 minutes.

COCONUT CURRY DIPPING SAUCE

1. Mix the curry paste/powder with the coconut cream. Serve on the side or drizzled across the lamb kebabs.
2. Serve with cauliflower rice.

DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS, PALEO
WHEAT FREE

BEEF RECIPES



INSTANT POT RECIPE:

KETO MEATLOAF



KETO MEATLOAF

SERVING SIZE: 1 SERVE | **CALORIES:** 682 | **FAT:** 51G | **TOTAL CARBS:** 5G | **SUGAR:** 3G | **PROTEIN:** 42G

PREP TIME: 10 MIN **COOK TIME:** 35 MIN **TOTAL TIME:** 45 MINS

SERVINGS: 4 **NET CARBS:** 3.5G

INGREDIENTS:

Meatloaf

- 1.5 lb or 700 g ground/mince beef
- 1/2 onion small
- 1/2 tsp black pepper
- 2 cloves minced garlic
- 1 tbsp coconut aminos
- 1 tsp yellow mustard
- 2 eggs medium
- 1 tsp Italian seasoning
- 1/4 cup or 25 g ground pork crackle/rinds
- 1 tsp salt

Mushroom Gravy (optional)

- 1 tsp olive oil
- 1 tsp coconut aminos
- 3 cups or 8 oz baby mushrooms
- 1/2 tsp salt
- 1 tbsp white balsamic vinegar
- 1 1/2 cups or 375 ml beef stock
- 1/2 cup sour cream

DIRECTIONS:

1. Turn the Instant Pot to saute mode. Add the olive oil to the Instant Pot. When the oil is hot, add the mushrooms and salt. Sauté for 2-3 minutes. The salt will help the mushroom breakdown and soften.
2. Add the balsamic vinegar, coconut aminos, and beef broth. Give it a quick stir, then turn off the Instant Pot and place a trivet over the mushrooms. Be sure to turn off the Instant Pot or all your gravy will evaporate.
3. In a large bowl mix together all the ingredients for the meatloaf. Mix the meatloaf until the eggs are thoroughly mixed in.
4. Cut a large piece of aluminium foil. Place the meatloaf mixture in the centre of the aluminium foil. Then shape the meat into the form of a meatloaf that will fit inside of the Instant Pot.
5. Fold the side of the foil up and seal it at the top to form a foil packet. Place the foil packet on the trivet in the Instant Pot. Close the lid then turn the pressure valve to point toward sealing.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS, WHEAT FREE

KETO MEATLOAF (CONT.)

SERVING SIZE: 1 SERVE | **CALORIES:** 618 | **FAT:** 47G | **TOTAL CARBS:** 7G | **SUGAR:** 3G | **PROTEIN:** 38G

PREP TIME: 10 MIN **COOK TIME:** 35 MIN **TOTAL TIME:** 45 MINS

SERVINGS: 4 **NET CARBS:** 6G

6. Cook the meatloaf on high pressure using the "manual" or "pressure cook" function for 35 minutes. Release the pressure quickly by using the back of a spoon to turn the pressure release valve to point toward "open".

7. Remove the meatloaf from the Instant Pot and set aside to rest for at least 10 minutes before opening the packet and draining any excess liquid from the packet.

8. While the meatloaf is resting turn the Instant Pot back to saute mode. Mix the sour cream into the mushroom gravy. Continue to mix the gravy until the liquid has reduced about 1/3 of the way and the gravy has thickened. You will yield about 1 cup gravy.

9. Serve the meatloaf topped with the mushroom gravy.

NOTES:

- For a thicker gravy - continue to reduce the liquid until the desired consistency.
- Balsamic vinegar does contain a small number of carbs, but only 3g per tbsp. You may want to use regular white vinegar but may need to add a pinch of sweetener to the sauce so it isn't so acidic tasting.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

BACON CHEESEBURGER CASSEROLE



LOW-CARB BACON CHEESEBURGER CASSEROLE

SERVING SIZE: 1 SERVING | **CALORIES:** 613 | **FAT:** 51G | **TOTAL CARBS:** 0G | **SUGAR:** 3G | **PROTEIN** 33G

PREP TIME: 10 MIN **COOK TIME:** 15 MIN **TOTAL TIME:** 25 MIN

SERVINGS: 6 **NET CARBS:** 3G

INGREDIENTS:

Beef Layer

- 3 slices bacon diced
- 1 onion quartered and sliced
- 1 clove garlic crushed
- 750 g or 1.65 lb ground/mince beef
- 60 g or 2 oz cream cheese full fat
- salt/pepper to taste

Cheats Cheese Sauce

- 3 eggs – medium
- 125 ml or 1/2 cup heavy cream
- 100 g or 1 cup shredded/grated cheese
- 2 tbsp mustard
- 2 gherkins/pickles sliced (optional)
- salt/pepper to taste
- 50 g or 1/2 cup shredded/grated cheese to sprinkle over

DIRECTIONS:

Beef Layer

1. Fry the bacon pieces, onion, and garlic until cooked.
2. Add the ground beef and continue to heat until thoroughly cooked. Add salt and pepper to taste.
3. Stir the cream cheese into the saucepan with the beef and bacon etc. Mix.
4. Pour the beef layer into the baking dish.

Cheats Cheese Sauce

1. Mix the eggs, cream, shredded/grated cheese, mustard, salt and pepper together. Pour the cheese sauce over the beef and bacon.
2. Place slices of gherkins/pickles all over the top then cover with the remaining shredded/grated cheese.
3. Bake at 180C/350F for 15 minutes until the cheese is golden and crispy.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

INSTANT POT RECIPE:
BEEF BONE BROTH



INSTANT POT BEEF BONE BROTH

SERVING SIZE: 1 CUP | **CALORIES:** 218 | **FAT:** 22G | **TOTAL CARBS:** 1G | **PROTEIN:** 2G

PREP TIME: 1 HOUR **COOK TIME:** 2 HOURS **TOTAL TIME:** 3 HOURS

SERVINGS: 12 CUPS **NET CARBS:** 1G

INGREDIENTS:

- 4lb or 1.8 kg beef soup bones and short ribs (Be sure there are some marrow bones in the package)
- 1 shallot cut in quarters
- 1 head garlic cut in half
- 2 stalks of celery cut in half
- 1 bunch Italian parsley
- 2 bay leaves
- 1 tbsp apple cider vinegar
- 1 tsp black pepper
- 1 twig fresh thyme
- 1 tsp dried
- 1/2 tsp coriander seeds
- 12 cups or 3 litres water

DIRECTIONS:

1. Fill the Instant Pot insert about 3/4 of the way with water. Press the saute button and bring the water to a boil.
2. Once the water is boiling, add the bones. Allow the bones to boil for 20 minutes. This will release the impurities from the bone. Then drain the liquid and rinse off the bones and Instant Pot insert.
3. Arrange the bone, shallot, and head of garlic on a sheet pan. Roast the bones at 450 degrees F for 20-30 minutes on each side.
4. When the bones have finished roasting, add them to the Instant Pot with the garlic and shallot. Be sure to include any drippings from the pan.
5. Add the remaining ingredients to the Instant Pot and cover it with the 3 litres / 12 cups of water.

DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, PALEO, WHEAT FREE

LOW-CARB MEATZA



LOW-CARB MEATZA

SERVING SIZE: 1 SERVING | **CALORIES:** 302.8 | **FAT:** 23.6G | **TOTAL CARBS:** 0.4G | **PROTEIN:** 20.7G

PREP TIME: 5 MIN **COOK TIME:** 25 MIN **TOTAL TIME:** 30 MIN

SERVINGS: 4 **NET CARBS:** 0.2G

INGREDIENTS:

- 450 g or 1 lb ground beef, pork, or chicken
- 1 egg medium
- 1 tsp Italian seasoning
- salt and pepper to taste

Toppings

- 5-6 tbs tomato paste (optional)
- 1 cup pre-shredded/grated mozzarella (optional)
- sliced red bell pepper (optional)
- sliced red onion (optional)
- fresh basil (optional)

DIRECTIONS:

1. Preheat the oven to 260C/450F.
2. In a large bowl mix together all the ingredients for the meatza crust. Form the meat into a ball and place in the center of two long pieces of parchment paper.
3. Use a rolling pin to roll the dough into a thin rectangle about the size of your cookie/baking sheet. (The meat will shrink as it cooks so your pizza will not remain that size.)
4. Use baking/parchment paper to move the meat to your cookie sheet. Remove the top layer of baking/parchment paper, but leave the bottom layer of paper on so that the meat doesn't stick to the pan.
5. Bake the meat crust for 15-20 minutes or until the meat starts getting crispy. Remove the crust from the oven, drain any liquid then turn the crust over and bake for another 5-10 minutes so that the other side gets crisp too.
6. Next add your tomato paste/sauce, cheese, and toppings to the pizza and bake for a few more minutes until the cheese is melted. If you are using fresh herbs wait to add the fresh herbs until after you've baked the toppings. The herbs will wilt in the oven.
7. Finally remove the meatza from the oven. Add your fresh herbs, cut, and serve.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

LOW-CARB MEATLOAF WRAPPED IN BACON



LOW-CARB MEATLOAF WRAPPED IN BACON

SERVING SIZE: 1 SERVING | **CALORIES:** 718 | **FAT:** 49.8G | **TOTAL CARBS:** 2.9G | **PROTEIN:** 60.5G

PREP TIME: 10 MIN **COOK TIME:** 4 HOUR **TOTAL TIME:** 4 HOUR 10 MIN

SERVINGS: 6 **NET CARBS:** 2.7G

[photo shows diced peppers, but are excluded for this carnivore version of meatloaf]

INGREDIENTS:

- 500 g or 1 lb bacon
- 700 g or 1.5 lb ground beef
- 1 small onion chopped
- 2 cloves garlic minced
- 50 g or 1/2 cup ground pork crackle/rinds
- 1 egg
- 1 tsp Worcestershire sauce optional
- salt and pepper

DIRECTIONS:

1. In a large bowl mix together all the meatloaf ingredients except the bacon.
2. Lay a large sheet of parchment paper flat on the counter. Arrange the bacon into a rectangle ensure that each piece overlaps with each other. Then place your meatloaf mixture in the center of the bacon and form into a meatloaf shape.
3. Wrap the edges of the bacon over the meatloaf and tuck the ends into the meat. This keeps the bacon in place. Use the parchment paper to move the meatloaf to the slow cooker and carefully flip it over into the slow cooker.
4. Add the green beans around the meatloaf then cover and cook. Cook on **HIGH for 4-5 hours** or **LOW for 6-8 hours**. When done, drain the liquid and remove the lid. Crisp the bacon by placing the slow cooker insert in the oven under the broiler/grill for a few minutes. Serve and enjoy!

DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, PALEO, WHEAT FREE

BEEF BOLOGNESE



LOW-CARB BEEF BOLOGNESE (OMIT THE ZOODLES)

SERVING SIZE: 1 SERVING | **CALORIES:** 368 | **FAT:** 22.2G | **TOTAL CARBS:** 4.6G | **PROTEIN:** 34.3G

PREP TIME: 15 MIN **COOK TIME:** 20 MIN **TOTAL TIME:** 35 MIN

SERVINGS: 4 **NET CARBS:** 2.6G

[photo shows zoodles, but are excluded for this carnivore version of bolognese]

INGREDIENTS:

- 1 onion finely chopped
- 2 cloves garlic crushed
- 500 g or 1.1 lb mince/ground beef
- 125 ml / 1/4 cup tomato paste (no sugar - may use less to reduce carb value)
- selection of fresh or dried Italian herbs - I use the following:
- 1 tbsp dried rosemary
- 1 tbsp dried oregano
- 1 tbsp dried sage
- 1 tbsp dried basil
- salt and pepper to taste
- 25 g / 1/4 cup shredded/grated parmesan cheese

DIRECTIONS:

1. In a large saucepan. gently fry the onion and garlic in oil until softened but not over cooked.
2. Add the mince/ground beef and continue to fry stirring continuously to break up the mince/ground beef. Fry until all the meat is cooked and browned.
3. Add the herbs, seasoning and tomato paste.
4. Stir then simmer for 15 minutes.
5. Serve in a bowl with your favourite cheese or shredded/grated parmesan sprinkled on top.

NOTES

Nutrition values calculated using 80% lean meat. Personally I avoid the extra lean variety, and the fattiest cut. I choose a mid range with a nice blend of meat and fat.

GLUTEN FREE, GRAIN FREE, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

MEATLOAF CUPCAKES



MEATLOAF CUPCAKES

SERVING SIZE: 1 SERVING | **CALORIES:** 221 | **FAT:** 17.2G | **TOTAL CARBS:** 1G | **PROTEIN:** 15.2G

PREP TIME: 10 MIN **COOK TIME:** 30 MIN **TOTAL TIME:** 40 MIN

SERVINGS: 12 **NET CARBS:** 0.6G

INGREDIENTS:

Base Recipe

- 1 onion diced finely
- 700 g or 1.5 lb ground/mince beef
- 2 eggs - medium lightly beaten
- salt and pepper to taste
- 100 g or 1 cup shredded/grated cheese

Examples Of Flavourings (optional)

- 2 slices bacon diced
- handful fresh basil
- handful fresh parsley
- 4 tbsp sundried tomatoes diced
- 2 tsp dried oregano

DIRECTIONS:

1. Mix the diced onion, meat, eggs and salt and pepper together.
2. Add your choice of seasonings and flavourings.
3. Mix all the ingredients together with your hands and place a small handful of the meatloaf mixture into muffin trays. Press gently, not too hard, otherwise they will turn into meatballs.
4. Cover with the grated cheese, and sprinkle with grated parmesan if desired.
5. Cook at 180C/350F

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

LOW-CARB BACON STUFFED MEATBALLS



LOW-CARB BACON STUFFED MEATBALLS

SERVING SIZE: 1 SERVING | **CALORIES:** 521 | **FAT:** 42G | **TOTAL CARBS:** 3G | **PROTEIN:** 28G
PREP TIME: 15 MIN **COOK TIME:** 15 MIN **TOTAL TIME:** 30 MIN
SERVINGS: 4 **NET CARBS:** 3G

INGREDIENTS:

Bacon and cream cheese filling

- 2 slices bacon diced
- 100 g or 3.5 oz cream cheese full fat

Beef meatballs

- 600 g or 1.3 lb ground/minced beef
- 2 tbsp onion flakes
- salt/pepper to taste

DIRECTIONS:

Bacon and cream cheese filling

1. Gently fry the diced bacon until cooked. Remove from the heat and place in a small bowl.
2. Add the cream cheese to the bacon and mix to combine.

Beef meatballs

1. In a bowl, mix the ground/minced beef, onion flakes, salt and pepper.
2. Roll medium sized meatballs then press your thumb into the centre to make an indentation.
3. Place a small spoon of cream cheese bacon filling inside the meatball and squeeze the edges of the meatball to close.
4. Repeat and place all the bacon and cream cheese filled meatballs on a lined baking tray. Bake at 180C/350F for 15 minutes.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

BEEF AND BACON ROLL UPS



BEEF AND BACON ROLL UPS

SERVING SIZE: 1 SERVING | **CALORIES:** 417 | **FAT:** 23.9G | **TOTAL CARBS:** 1.1G | **PROTEIN:** 50.1G

PREP TIME: 5 MIN **COOK TIME:** 15 MIN **TOTAL TIME:** 20 MIN

SERVINGS: 4 **NET CARBS:** 1.1G

INGREDIENTS:

- 500 g / 1.1 lb slices beef schnitzel
- 200 g / 7 oz streaky bacon slices
- handful spinach (optional for colour)
- 100 g / 3.5 oz cheese of choice

DIRECTIONS:

1. Lay the beef schnitzel (thin cut of beef steak) on a chopping board. Place the streaky bacon along the length of the beef.
2. Place some leafy greens on top of the streaky bacon (optional). Add your favourite cheese across the meat. This will become the centre.
3. Roll the beef and the fillings up tightly. Secure with a toothpick if required.
4. Place each beef and bacon roll up in a baking dish or baking tray. Spray or brush with oil.
5. Cook at 180C/350F for approximately 15 -20 minutes until the beef and bacon are cooked thoroughly. Cooking time will depend on the thickness of your beef and bacon, so may vary widely.
6. Serve hot and deglaze the pan with cream cheese to create a carnivore creamy sauce. Alternatively, allow to completely cool, then using a sharp knife, carefully cut into small slices as shown.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

PORK RECIPES



SLOW COOKER RECIPE:

PULLED PORK



SLOW COOKER PULLED PORK

SERVING SIZE: 2/3 CUP | **CALORIES:** 181 | **FAT:** 8.3G | **TOTAL CARBS:** 0.1G | **SUGAR:** 0.1G
PROTEIN 25G

PREP TIME: 15 MIN **COOK TIME:** 8-12 HOURS **TOTAL TIME:** 8-12 HOURS

SERVINGS: 6 **NET CARBS:** 0.1G

INGREDIENTS:

- shoulder/butt picnic pork roast
- 1 tbsp tomato paste
- 1 tsp ground cumin
- 1 tsp paprika (smoked paprika will give a true BBQ flavour)
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp coconut aminos (or soy sauce)
- 1/4 cup or 60 ml apple cider vinegar

DIRECTIONS:

1. In a small bowl mix together all the seasonings, coconut aminos, and tomato paste.
2. Place the pork roast in your slow cooker, skin side down, then completely smother the roast with the seasoned paste.
3. Flip the roast so that the skin side is facing up. Add the vinegar to the slow cooker by pouring it to the side, no over the roast.
4. Place the lid on the slow cooker. Cook the roast for 10-12 hours on **LOW** or 8-9 hours on **HIGH**.
5. When done, shred the roast and place the meat back into the juice to rest for 10-15 minutes. The pulled pork will absorb the flavours from the juice. Serve and enjoy! Leftovers can be frozen and used in another meal or two.

NOTES:

Nutrition is per 2/3 cup or 100g/pulled pork as made. The cut of pork roast you choose will vary the fat: protein ratio immensely.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS, WHEAT FREE

HOW TO MAKE CRACKLING PORK RINDS



HOW TO MAKE CRACKLING PORK RINDS

SERVING SIZE: 100G | **CALORIES:** 544 | **FAT:** 31.3G | **TOTAL CARBS:** 0G | **SUGAR:** 0G
PROTEIN 61.3G

PREP TIME: 10 MIN **COOK TIME:** 30 MIN **TOTAL TIME:** 40 MIN

SERVINGS: per 100G **NET CARBS:** 0G

INGREDIENTS:

- sheets of pork skin/rind
- oil
- salt
- herbs or spices

DIRECTIONS:

1. Place the pork crackling on an oiled baking tray with a 1 inch lip/side. Season with salt and/or herbs and spices.
2. Cook at 180C/350F for 10 minutes until soft.
3. Remove from the oven and using kitchen tongs and kitchen scissors, cut into strips or shapes.
4. Cook until golden and crispy.
5. Drain the crackling and pour the rendered pork fat into a heatproof jug.
6. Cool the rendered fat and use as cooking lard. Store the lard in the fridge.

**DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, PALEO
WHEAT FREE**

KETO PORK CHOPS IN BUTTER GARLIC SAUCE



KETO PORK CHOPS IN BUTTER GARLIC SAUCE

SERVING SIZE: 1 CHOP & SAUCE | **CALORIES:** 411 | **FAT:** 32.9G | **TOTAL CARBS:** 2G | **SUGAR:** 0.2G
PROTEIN 25.4G

PREP TIME: 5 MIN **COOK TIME:** 10 MIN **TOTAL TIME:** 15 MIN

SERVINGS: 4 **NET CARBS:** 1.7G

[pork chops sare hown served with asparagus but are omitted to make this recipe carnivore]

INGREDIENTS:

- 4 pork chops
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp Italian seasoning
- 1 tsp onion powder

Butter Garlic Sauce

- 3 tbsp butter
- 4 cloves minced garlic
- 125 ml or 1/2 cup chicken stock/broth
- 125 ml or 1/2 cup heavy cream
- 1 tbsp lemon juice optional

DIRECTIONS:

1. Season your pork chops on both sides with salt, pepper, Italian seasoning, and onion powder.
2. Melt your butter in a skillet on high heat. When the butter is melted and your pan is hot add your minced garlic and quickly saute a few seconds until your garlic is fragrant. Add your pork chops and sear your pork chops for a few minutes on both sides.
3. Next pour your broth, lemon juice, and cream over your pork chops. Move the pork chops around a bit to mix in the ingredients. Bring to a boil then reduce your heat to medium heat.
4. Let your meal simmer for 7-10 minutes or until the sauce thickens. If your pork chops cook fully before your sauce thickens remove them and set them to the side while your sauce finishes. Serve and enjoy!

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

SEAFOOD RECIPES



SLOW COOKER RECIPE:

POACHED SALMON



SLOW COOKER POACHED SALMON

SERVING SIZE: 1 SMALL FILET | **CALORIES:** 333 | **FAT:** 15G | **TOTAL CARBS:** 3G | **SUGAR:** 1G |
PROTEIN: 45G

PREP TIME: 5 MIN **COOK TIME:** 1 HOUR **TOTAL TIME:** 1 HOUR 5 MIN
SERVINGS: 4 **NET CARBS:** 2G

INGREDIENTS:

- 2 lb or 900 g whole salmon fillet or 4 smaller cut fillets
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1 tsp garam masala
- 1/2 tsp garlic powder
- salt and pepper to taste
- 1 ¼ cups or 300 ml water
- 1/4 cups or 60 ml apple cider vinegar
- 1 lemon cut into slices
- 2 tops of celery (not eaten)
- 3-4 sprigs fresh parsley

DIRECTIONS:

1. Lay a large piece of aluminium foil or parchment paper flat on the counter. Scatter the celery tops, half the lemon slices, and parsley around the middle of the paper/foil. Then place the fillet of salmon on top.
2. Cover the salmon with the seasoning and top with the remaining lemon slices.
3. Use the parchment paper/foil to place the salmon in your slow cooker. Add the water and apple cider vinegar to the slow cooker, be sure to pour it to the side to ensure the seasoning is not washed off.
4. Cover the slow cooker with the lid and cook the salmon on LOW heat for 1 hour. Check the salmon with a fork after 50 minutes. If the salmon is not done, cover and let it cook for an additional 15-20 minutes then check again until it is done.

**DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW-CARB, NO SUGARS,
PALEO, WHEAT FREE**

CRUSTLESS SALMON QUICHE



CRUSTLESS SALMON QUICHE

SERVING SIZE: 1 SERVING | **CALORIES:** 207 | **FAT:** 16.2G | **TOTAL CARBS:** 2.2G | **SUGAR:** 1.7G
PROTEIN: 17.2G
PREP TIME: 15 MIN **COOK TIME:** 30 MIN **TOTAL TIME:** 45 MIN
SERVINGS: 10 **NET CARBS:** 1G

INGREDIENTS:

- 500 g or 1.1 lb salmon fillet diced/cubed
- 8 eggs - medium
- 250 g or 1/2 lb cream cheese diced/cubed
- 250 ml or 1 cup full fat milk or cream
- pinch salt and pepper to taste
- 1 tsp dried dill

DIRECTIONS:

1. Whisk the eggs with a fork.
2. Whisk in the milk, salt, pepper, dill.
3. Add the diced salmon and cream cheese.
4. Mix gently with the fork.
5. Pour into a greased lined dish. Move the pieces of salmon around until they are evenly distributed.
6. Bake at 180C/350F for 30 minutes.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

INSTANT POT RECIPE:

LEMON SALMON



LEMON SALMON WITH DILL MAYO

SERVING SIZE: 1 FILET | **CALORIES:** 423 | **FAT:** 26G | **TOTAL CARBS:** 1G | **SUGAR:** 1G |
PROTEIN: 45G

PREP TIME: 5 MIN **COOK TIME:** 5 MIN **TOTAL TIME:** 10 MIN
SERVINGS: 4 **NET CARBS:** 1G

INGREDIENTS:

- 900 g or 2lb salmon fillets
- 1 tsp fresh dill
- 1/4 tsp ground ginger
- 1/2 tsp garlic powder
- salt and pepper about 1/4 tsp each
- 4 tbsp butter
- 4 lemon slices
- dill flavoured mayonnaise optional

DIRECTIONS:

1. Sprinkle the seasonings over each salmon fillet. Then top each fillet with a slice of butter and a lemon slice.
2. Add 1 cup/250 ml water to the bottom of the Instant Pot/pressure cooker bottom. Add the trivet to the Instant Pot and arrange the salmon on top of the trivet.
3. Close the lid and turn the pressure valve to sealing. Cook on high pressure using the "manual" or "pressure cook" function for 3-5 minutes. I cooked my salmon for 4 minutes. When the cooking time is over carefully turn the pressure valve to quickly release the pressure.
4. Serve the salmon with your favourite dill mayonnaise and the lemon slice.

GLUTEN FREE, DAIRY FREE, GRAIN FREE, KETO, LOW-CARB, NO SUGARS, WHEAT FREE

PALEO PRAWN COCKTAIL



PALEO PRAWN COCKTAIL

SERVING SIZE: 1 SERVING | **CALORIES:** 194 | **FAT:** 14.5G | **TOTAL CARBS:** 1.8G | **SUGAR:** 1.3G

PROTEIN: 14.6G

PREP TIME: 10 MIN **TOTAL TIME:** 10 MIN

SERVINGS: 6 **NET CARBS:** 1.8G

INGREDIENTS:

- 500 g or 1.1 lb frozen pre-cooked prawns/shrimps
- 125 ml or 1/2 cup mayonnaise
- 2 tbsp tomato paste
- chilli powder to taste

DIRECTIONS:

1. Defrost the prawns/shrimps as instructed. Allow the water to drain off then pat dry with some kitchen paper.
2. Mix the mayonnaise, tomato paste and chilli powder then fold thorough the prawns/shrimps.
3. Serve in glasses, as a side dish or in a bowl as part of a buffet. Garnish with a sprig of parsley.

**DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, PALEO
WHEAT FREE**

KETO BACON-WRAPPED SALMON WITH PESTO



KETO BACON-WRAPPED SALMON WITH PESTO

SERVING SIZE: 1 SERVING | **CALORIES:** 449 | **FAT:** 31G | **TOTAL CARBS:** 3G | **SUGAR:** 1G
PROTEIN: 38G

PREP TIME: 5 MIN **COOK TIME:** 15 MIN **TOTAL TIME:** 20 MIN

SERVINGS: 1 **NET CARBS:** 2G

INGREDIENTS:

- 170 g or 6 oz salmon fillet
- 1 slice streaky bacon
- 2 tbsp pesto (optional, may be replaced with garlic and pork rinds)

DIRECTIONS:

1. Place the streaky bacon on a chopping board.
2. Place the salmon fillet across the bacon. Roll up tightly and secure with a wooden skewer.
3. Place 1-2 tbsp pesto in the centre.
4. Place in the frying pan, cover, and fry gently for 10 minutes until the salmon and bacon are cooked. There is no need to turn the keto bacon wrapped salmon. When you cook it in the frying pan with the lid, on medium heat, it will allow the steam inside to cook the salmon from above.
5. Alternatively, place the bacon wrapped salmon on a lined baking tray/sheet pan in the oven at 180C/350F for 15 minutes.

**DAIRY FREE, GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, PALEO
WHEAT FREE**

SALMON AND CREAM CHEESE BITES



SALMON AND CREAM CHEESE BITES

SERVING SIZE: 1 MINI MUFFIN | **CALORIES:** 44 | **FAT:** 4G | **TOTAL CARBS:** 0.1G | **SUGAR:** 0G
PROTEIN: 1G

PREP TIME: 10 MIN **COOK TIME:** 10 MIN **TOTAL TIME:** 20 MIN

SERVINGS: 36 **NET CARBS:** 0.1G

INGREDIENTS:

- 6 eggs – medium
- 250 ml or 1 cup cream
- 1/2 tsp salt
- 50 g or 1/2 cup shredded/grated cheese
- 1 tsp dried dill
- 50 g or 1.8 oz cream cheese diced
- 50 g or 1.8 oz fresh or smoked salmon slices chopped/sliced

DIRECTIONS:

1. Whisk the eggs, cream and salt in a large pouring jug.
2. Fold in the shredded/grated cheese, dill and diced cream cheese.
3. Pour into greased mini-muffin trays or silicon moulds.
4. Place a few salmon pieces into each of the mini-muffin tray. This makes sure each mini muffin (salmon and cream cheese quiche) has 1 or 2 pieces of salmon.
5. Bake at 180C/350F for 10-15 minutes.
6. Wait until cold before removing.

GLUTEN FREE, GRAIN FREE, KETO, LCHF, LOW CARB, NO SUGARS, WHEAT FREE

CHECK OUT THE



Everything you need to make a low-carb keto diet successful.

SHOP NOW