

H KETO *Holidays*TM



**20 KETO-FRIENDLY HOLIDAY
RECIPES WITH 5 NET CARBS OR LESS!**

www.HealingGourmet.com

Dear Friend,

Tables with trimmings and canapés galore... staying keto through the holidays can be such a chore!

If you have ever fallen off the “healthy-diet wagon” over the Holidays – and who hasn’t – this **Healing Gourmet** recipe book could be your go-to guide to ringing in the New Year feeling (and looking) better than ever!

We all look forward to the Holiday Season. But it can also be a time filled with the stress of too many obligations, too many meals to plan and prepare... and too many dietary temptations that derail our healthiest intentions.

The great news is that staying on a healthy track through the Holidays does not have to mean sacrifice and denial. It means getting smart about the ingredients you use and planning in advance for holiday gatherings.

In this book, we’ll help you bring festive and delicious, low-carb and keto-friendly holiday meals to the table that will delight your family and guests.

From sumptuous appetizers... meltingly-tender meats... comfort-food side dishes... to low-carb cocktails and desserts, you’ll find everything you need to pull off a fuss-free, holiday season... and stay keto too.

As always, we truly appreciate YOU and we wish you and yours the greatest health, happiness and success in the New Year!

To a Delicious Keto-Friendly Holiday Season,



Kelley Herring

C.E.O., Editor-in-Chief
Healing Gourmet®

www.healinggourmet.com

Appetizers

GUACAMOLE

Deviled Eggs



Active Time: 15 minutes



Total Time: 10 minutes



Serves: 6

Ingredients

- 1 Tbsp. Primal Kitchen Mayonnaise
- 6 large pastured eggs, hard boiled and cooled
- 3 slices bacon, cooked
- 2 medium avocados, halved and pitted
- 4 Tbsp. cilantro chopped, reserve some for garnish
- 2 whole shallots, minced
- 1 tsp. lime juice
- ½ tsp. sea salt

Preparation

1. Peel hard boiled eggs. Slice lengthwise and reserve the yolks.
2. In a medium bowl, add egg yolks, avocado, mayo, cilantro, shallots, lime and salt.
3. Mash and mix all ingredients well. For a creamier consistency, transfer to a small blender and pulse.
4. Using a piping bag or a spoon, mound yolk-guacamole into egg whites. Top with crumbled bacon and remaining cilantro.

NUTRITION & MACROS

227 calories, 19 g fat, 4 g saturated fat, 11 g monounsaturated fat, 2 g polyunsaturated fat, 219 mg cholesterol, 8 g carbohydrate, 4 g NET carbs, 0 g sugar alcohols, 2 g sugar, 5 g fiber, 9 g protein, 462 mg potassium, 159 mg phosphorous, 377 mg sodium, 30 mg magnesium

76% FAT | 17% PROTEIN | 6% CARBOHYDRATE

PAN-FRIED PALEO

Coconut Shrimp

 Active Time: 20 minutes  Total Time: 30 minutes  Serves: 8

Ingredients

- 8 Tbsp. Bob's Red Mill Organic Coconut Flour
- 2 pounds large wild shrimp, deveined and shelled
- 2 cups organic unsweetened shredded coconut
- 2 large pastured eggs
- 1/2 tsp. sea salt
- 3 Tbsp. coconut oil
- 2 whole limes, sliced

Preparation

1. Shell and devein the shrimp. Prepare a broiler pan or a baking sheet with a wire rack for the finished shrimp. Preheat oven or toaster oven to 300 F.
2. In a small bowl, combine coconut flour, shredded coconut and salt. In another small bowl, whisk the egg.
3. Melt the coconut oil in a heavy-bottomed pan (preferably cast iron or enamel) over medium heat.
4. Using one hand, dredge the shrimp in the egg. Using the other hand, dredge the shrimp in the coconut mixture. Gently place in pan, keeping ample space between shrimp. Change the frying oil halfway through cooking, if necessary.
5. Pan fry for 2 minutes on the first side or until golden brown. Flip with tongs and cook another 2 minutes or until shrimp are firm to the touch and opaque inside.
6. Transfer finished shrimp to prepared baking sheet and transfer to the oven to keep warm. Serve with lime wedges.

NUTRITION & MACROS

403 calories, 28 g fat, 22 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 225 mg cholesterol, 14 g carbohydrate, 6 g NET carbs, 0 g sugar alcohols, 3 g sugar, 8 g fiber, 28 g protein, 396 mg potassium, 317 mg phosphorous, 357 mg sodium, 70 mg magnesium

65% FAT | 29% PROTEIN | 6% CARBOHYDRATE

OYSTERS

Rockefeller



Active Time: 10 minutes



Total Time: 45 minutes



Serves: 12

Ingredients

- 2 cloves garlic, minced
- 1 medium organic green onion, finely chopped
- 4 dozens wild Eastern oysters
- 1 package (10oz.) organic frozen spinach, thawed
- 4 Tbsp. grass-fed butter
- 2 tsp. organic Worcestershire sauce
- 8 ounces organic Monterey Jack cheese
- 1/3 cup organic heavy cream
- 1/4 tsp. sea salt
- 1/2 tsp. freshly ground black pepper
- 1/8 cup blanched almond flour
- 3 ounces Parmesan cheese

Preparation

1. Preheat oven to 450 degrees F.
2. Melt butter in a saucepan over medium heat. Cook onion and garlic in butter until soft. Reduce heat to low, and stir in spinach and Monterey Jack cheese.
3. Cook until cheese melts, stirring frequently. Stir in the cream, and season with salt, pepper and Worcestershire.
4. Place oysters on a baking sheet. Spoon sauce over each oyster, just filling the shell. Combine almond flour and Parmesan cheese in a small bowl. Sprinkle topped oysters with almond flour-Parmesan mixture.
5. Transfer to oven and bake for 10 minutes or until cooked through. Change to broil and broil 1-2 minutes to golden.
6. Serve.

NUTRITION & MACROS

209 calories, 16 g fat, 9 g saturated fat, 4 g monounsaturated fat, 1 g polyunsaturated fat, 71 mg cholesterol, 4 g carbohydrate, 4 g NET carbs, 0 g sugar alcohols, 0.47 g sugar, 1 g fiber, 13 g protein, 396 mg potassium, 219 mg phosphorous, 427 mg sodium, 56 mg magnesium

69% FAT | 24% PROTEIN | 7% CARBOHYDRATE

KETO CRAB

Stuffed Mushrooms

 Active Time: 30 minutes  Total Time: 30 minutes  Serves: 8

Ingredients

- 5 Tbsp. Primal Kitchen Mayonnaise
- 1/4 tsp. freshly ground black pepper
- 7 ounces lump crab meat
- 1 1/2 ounces organic Parmesan cheese, grated
- 24 medium organic crimini mushrooms
- 3 medium green onions, diced
- 1/2 tsp. paprika
- 1/4 tsp. sea salt

Preparation

1. Preheat oven to 350 F. Grease a baking sheet or line with parchment paper.
2. Wash the mushrooms and remove stems.
3. In a medium bowl, mix together the crab, green onions, mayo, paprika, salt, pepper and half the cheese.
4. Scoop mixture into mushrooms, and place on baking sheet. Top with remaining cheese.
5. Transfer to oven and bake 13-15 minutes until cheese turns golden and bubbles.
6. Serve.

NUTRITION & MACROS

115 calories, 9 g fat, 2 g saturated fat, 6 g monounsaturated fat, 0.2 g polyunsaturated fat, 36 mg cholesterol, 2 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 1 g sugar, 0.4 g fiber, 7 g protein, 214 mg potassium, 126 mg phosphorous, 299 mg sodium, 14 mg magnesium

71% FAT | 24% PROTEIN | 5% CARBOHYDRATE

KETO SPINACH

Artichoke Dip

 Active Time: 20 minutes  Total Time: 45 minutes  Serves: 18

Ingredients

- 4 Tbsp. Primal Kitchen Mayonnaise
- 2 cloves organic garlic, minced
- 1 package (10oz.) organic frozen spinach
- 4 Tbsp. organic sour cream
- 6 ounces organic cream cheese
- 2 ounces organic mozzarella cheese (whole)
- 2 ounces Parmesan cheese
- 1/2 tsp. Sea Salt
- 1/2 tsp. hot sauce
- 1 tsp. Worcestershire sauce

Preparation

1. Preheat oven to 375 degrees F.
2. Add all ingredients to a large bowl. Mix to combine. Pour into a shallow baking dish or glass pie pan.
3. Bake for 20-25 minutes.
4. Serve with toasted slices of **Keto Bread**.

NUTRITION & MACROS

87 calories, 8 g fat, 2 g saturated fat, 4 g monounsaturated fat, 0.2 g polyunsaturated fat, 21 mg cholesterol, 1 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 0.2 g sugar, 0.5 g fiber, 3 g protein, 82 mg potassium, 54 mg phosphorous, 202 mg sodium, 15 mg magnesium

80% FAT | 15% PROTEIN | 5% CARBOHYDRATE

SIMPLE ROASTED

Bone Marrow

 Active Time: 5 minutes  Total Time: 20 minutes  Serves: 4

Ingredients

- 1/2 tsp. Real Salt
- 12 ounces grass-fed marrow bones

Preparation

1. Preheat the oven to 425 F.
2. Place the marrow bones on a baking sheet. Sprinkle with sea salt.
3. Roast bones for 10-15 minutes, just until golden and marrow becomes soft.
4. Serve with toasted **Keto Bread**.

NUTRITION & MACROS

660 calories, 71 g fat, 0 g saturated fat, 0 g monounsaturated fat, 0 g polyunsaturated fat, 0 mg cholesterol, 0 g carbohydrate, 0 g NET carbs, 0 g sugar alcohols, 0 g sugar, 0 g fiber, 6 g protein, 0 mg potassium, 90 mg phosphorous, 265 mg sodium, 0 mg magnesium

97% FAT | 3% PROTEIN | 0% CARBOHYDRATE

Sauces + Gravies

LOW GLYCEMIC

Cranberry Sauce



Active Time: 5 minutes



Total Time: 15 minutes



Serves: 12

Ingredients

- 1/8 tsp. SweetLeaf Stevia Extract
- 16 Tbsp. Wholesome Sweeteners Organic Zero
- 1/2 cup fresh organic orange juice
- 1 tsp. organic orange zest
- 12 ounces fresh cranberries

Preparation

1. In a medium saucepan over medium heat, dissolve the erythritol in the orange juice.
2. Stir in the cranberries, and cook until they start to pop (about 10 minutes).
3. Remove from heat, and transfer to a bowl. Cranberry sauce will thicken as it cools.

NUTRITION & MACROS

18 calories, 0 g fat, 0 g saturated fat, 0 g monounsaturated fat, 0 g polyunsaturated fat, 0 mg cholesterol, 21 g carbohydrate, 3 g NET carbs, 16 g sugar alcohols, 2 g sugar, 1 g fiber, 0 g protein, 45 mg potassium, 5 mg phosphorous, 1 mg sodium, 3 mg magnesium

91% FAT | 4% PROTEIN | 5% CARBOHYDRATE

EASY

Hollandaise Sauce



Active Time: 10 minutes



Total Time: 10 minutes



Serves: 6

Ingredients

- 1/2 tsp. sea salt
- 10 Tbsp. grass-fed salted butter
- 3 large pastured egg yolks
- 1 Tbsp. lemon juice

Preparation

1. Melt the butter over low heat, just until melted.
2. Add the egg yolks, salt and lemon juice in a blender. Blend for 30 seconds until pale yellow.
3. Turn blender to lowest setting and drizzle in the melted butter, a few drops at a time. Continue blending until the mixture emulsifies and becomes thick.
4. Keep warm and drizzle over your favorite fish and meats.

NUTRITION & MACROS

194 calories, 21 g fat, 13 g saturated fat, 6 g monounsaturated fat, 1 g polyunsaturated fat, 155 mg cholesterol, 0.4 g carbohydrate, 0.4 g NET carbs, 0 g sugar alcohols, 0 g sugar, 0 g fiber, 2 g protein, 16 mg potassium, 39 mg phosphorous, 333 mg sodium, 1 mg magnesium

96% FAT | 3% PROTEIN | 1% CARBOHYDRATE

GLUTEN FREE

Low Carb Gravy



Active Time: 15 minutes



Total Time: 15 minutes



Serves: 10

Ingredients

- 1/2 tsp. sea salt
- 3 cups Pacific Organic Bone Broth (Chicken)
- 1/2 tsp. Bob's Red Mill Xanthan Gum
- 1/2 tsp. dried rosemary
- 1 Tbsp. grass-fed salted butter
- 1/2 tsp. dried sage
- 1 cup coconut milk
- 1 cup filtered water
- 1/2 tsp. organic dried thyme

Preparation

1. In a medium saucepan, heat the broth. Add the herbs and simmer 10 minutes. Strain broth with a fine mesh strainer, removing herb bits.
2. Whisk in butter, water and coconut milk and bring to a gentle simmer.
3. Sprinkle in the xanthan gum, whisking briskly until the gravy is slightly thinner than the consistency you like. Do NOT add too much gum – the gravy will continue to thicken as it cools.

NUTRITION & MACROS

66 calories, 6 g fat, 5 g saturated fat, 1 g monounsaturated fat, 0.1 g polyunsaturated fat, 5 mg cholesterol, 0.8 g carbohydrate, 0.7 g NET carbs, 0 g sugar alcohols, 0 g sugar, 0 g fiber, 3 g protein, 51 mg potassium, 22 mg phosphorous, 146 mg sodium, 11 mg magnesium

78% FAT | 18% PROTEIN | 4% CARBOHYDRATE

HORSERADISH

Crema

 Active Time: 1 minute

 Total Time: 1 minute

 Serves: 20

Ingredients

- 1 cup organic cultured sour cream
- 4 Tbsp. horseradish
- 1 Tbsp. Dijon mustard
- 1/2 tsp. sea salt
- 1/2 tsp. freshly ground black pepper

Preparation

1. Add all ingredients to a mixing bowl.
2. Whisk well to combine.
3. Store in the refrigerator for up to 2 weeks.

NUTRITION & MACROS

18 calories, 1 g fat, 1 g saturated fat, 0.4 g monounsaturated fat, 0 g polyunsaturated fat, 4 mg cholesterol, 1 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 0.3 g sugar, 0.1 g fiber, 0.5 g protein, 33 mg potassium, 10 mg phosphorous, 84 mg sodium, 2 mg magnesium

64% FAT | 11% PROTEIN | 25% CARBOHYDRATE

Stuffings + Sides

CAULIFLOWER, CRIMINI & Hazelnut Stuffing



Active Time: 30 minutes



Total Time: 2 hours



Serves: 10

Ingredients

- 1/2 tsp. sea salt
- 2 stalks organic celery, sliced
- 2 cloves organic garlic
- 2 whole lemons, juiced
- 1/3 cup organic parsley, chopped
- 1 whole organic leek, chopped
- 8 Tbsp. grass-fed butter
- 1/2 cup whole hazelnuts
- 1 head cauliflower, broken into florets
- 1/2 Tbsp. fresh sage, finely chopped
- 1/3 tbsp. lemon zest
- 1 Tbsp. fresh thyme, chopped
- 1/2 pound crimini mushrooms, diced

Preparation

1. Preheat oven to 350 degrees F.
2. Heat a large sauté pan over medium heat. Add butter and melt. Add mushrooms, leek and celery, sautéing for 5 minutes, until the mushrooms soften. Transfer to a large, greased 13 x 9 baking dish and combine with cauliflower florets.
3. In a food processor, combine hazelnuts, juice of one lemon, lemon zest, garlic, thyme, parsley, sage, salt and 4 Tbsp. melted butter.
4. Gently pulse to a mealy consistency. The hazelnuts should be in very small pieces.
5. Spoon the hazelnut mixture over cauliflower and mushrooms and mix well.
6. Transfer to oven and bake for 45 minutes, stirring occasionally. Increase the heat to 375 degrees and bake another 35-45 minutes, stirring to prevent burning or sticking to the pan.
7. Before serving, squeeze the juice of the remaining lemon top and garnish with additional sage leaves (if desired).

NUTRITION & MACROS

155 calories, 13 g fat, 6 g saturated fat, 5 g monounsaturated fat, 1 g polyunsaturated fat, 24 mg cholesterol, 8 g carbohydrate, 5 g NET carbs, 0 g sugar alcohols, 3 g sugar, 3 g fiber, 3 g protein, 389 mg potassium, 83 mg phosphorous, 199 mg sodium, 28 mg magnesium

78% FAT | 8% PROTEIN | 14% CARBOHYDRATE

SIMPLE

Sausage Stuffing



Active Time: 20 minutes



Total Time: 2 hours



Serves: 10

Ingredients

- 1/2 tsp. sea salt
- 1/2 cup Pacific Organic Bone Broth (Chicken)
- 2 medium organic carrots, diced
- 6 stalks organic celery stalks, diced
- 1 medium organic yellow onion, diced
- 1/2 tsp. fresh thyme, minced
- 3 cups organic crimini mushrooms, diced
- 1/2 tsp. freshly ground black pepper
- 4 Tbsp. virgin olive oil
- 1/2 Tbsp. garlic powder
- 1 Tbsp. fresh sage, chopped
- 1/2 cup almonds, slivered
- 16 ounces pasture-raised pork sausage

Preparation

1. Preheat oven to 350 F.
2. In a large soup pot, sauté onions in olive oil until translucent.
3. Add the sausage and brown. Add the carrots, celery, mushrooms, chicken broth, almonds, sage, thyme, garlic powder, salt and pepper.
4. Mix well, bring to a simmer, and cook for 5-10 minutes or until the veggies begin to absorb the chicken broth.
5. Transfer to a large ceramic baking dish. Cover and bake for 45 minutes.
6. Continue cooking uncovered for 30 minutes. Broiled for 2-5 minutes to get a golden crisp top.

NUTRITION & MACROS

250 calories, 21 g fat, 5 g saturated fat, 12 g monounsaturated fat, 3 g polyunsaturated fat, 33 mg cholesterol, 6 g carbohydrate, 4 g NET carbs, 0 g sugar alcohols, 2 g sugar, 2 g fiber, 10 g protein, 401 mg potassium, 141 mg phosphorous, 426 mg sodium, 34mg magnesium

78% FAT | 16% PROTEIN | 6% CARBOHYDRATE

CORNBREAD AND Sage Stuffing



Active Time: 45 minutes



Total Time: 3 hours



Serves: 12

Ingredients

- 1/2 tsp. sea salt
- 11 Tbsp. Bob's Red Mill Organic Coconut Flour
- 2 cups Pacific Organic Bone Broth (Chicken)
- 3 stalks organic celery ribs, finely chopped
- 2 cloves garlic, minced
- 2 Tbsp. fresh parsley, minced
- 1 whole organic leek, finely chopped
- 12 Tbsp. grass-fed butter, melted
- 10 large eggs
- 2 tsp. dried sage
- 1 large organic onion, finely chopped
- 1/2 tsp. non-aluminum baking powder
- 2 tsp. organic dried thyme

Preparation

1. First, make the "cornbread". Preheat oven to 400 degrees F.
2. Whisk together the coconut flour, 1/2 tsp. salt, and baking powder.
3. In a medium bowl, beat 8 eggs. Whisk in 1/2 cup melted butter.
4. Add the coconut flour mixture to the egg/butter mixture and stir to combine.
5. Divide the batter among 12 greased muffin cups. Bake for 25 minutes or until golden brown. Let cool slightly.
6. Cut the corn muffins into 1/2 inch cubes. Spread the cubes and crumbs evenly in a single layer on unbleached parchment paper-lined cookie sheet. Transfer to oven and bake at 250 degrees for one hour to dry and crisp.
7. Preheat oven to 400 degrees.
8. Add remaining 4 Tbsp. butter to a large skillet over medium-high heat. Add the onion, leek, and celery, and sauté until soft and translucent. Add the garlic, sage and thyme and cook for a minute longer. Remove from heat and stir in the parsley.
9. Grease a 13"x9" pan. Add the muffin cubes and the celery mixture, including the pan juices.
10. Beat the two remaining eggs and combine with chicken broth. Pour over the bread mixture. Gently combine ingredients with your hands, ensuring bread cubes are coated with liquid.
11. Transfer to oven and bake uncovered for 45 minutes to one hour, or until top is golden and crisp.

NUTRITION & MACROS

206 calories, 17 g fat, 9 g saturated fat, 5 g monounsaturated fat, 1 g polyunsaturated fat, 207 mg cholesterol, 7 g carbohydrate, 4 g NET carbs, 0 g sugar alcohols, 2 g sugar, 3 g fiber, 8 g protein, 144 mg potassium, 107 mg phosphorous, 268 mg sodium, 11 mg magnesium

75% FAT | 17% PROTEIN | 8% CARBOHYDRATE

CAULIFLOWER PUREE WITH *Roasted Garlic and Goat Cheese*



Active Time: 15 minutes



Total Time: 1.5 hours



Serves: 10

Ingredients

- 1/2 tsp. sea salt
- 4 cloves organic garlic
- 1 1/2 ounces asiago cheese, grated
- 2 ounces organic goat cheese (soft)
- 2 tsp. olive oil
- 1 head organic cauliflower, cut into bite-sized pieces
- 3 Tbsp. grass-fed butter, melted

Preparation

1. Preheat oven to 350. Place garlic cloves in a ramekin and drizzle with olive oil. Cover, bake for 30 minutes or until soft and slightly caramelized, and let cool.
2. Steam the cauliflower in a vegetable steamer basket until very soft and slightly overcooked. Let drain and cool slightly.
3. Squeeze the garlic out of the cloves and puree with the cauliflower and remaining ingredients in the bowl of a food processor. Taste and add more salt if desired.

NUTRITION & MACROS

87 calories, 7 g fat, 4 g saturated fat, 2 g monounsaturated fat, 0.3 g polyunsaturated fat, 14 mg cholesterol, 4 g carbohydrate, 2 g NET carbs, 0 g sugar alcohols, 1 g sugar, 1 g fiber, 4 g protein, 185 mg potassium, 72 mg phosphorous, 246 mg sodium, 12 mg magnesium

72% FAT | 18% PROTEIN | 10% CARBOHYDRATE

Meats & Mains

SUPERFAT

Roast Turkey



Active Time: 15 minutes



Total Time: 3 hours



Serves: 16

Ingredients

- 16 Tbsp. Primal Kitchen Mayonnaise
- 12 pounds free-range turkey
- 6 leaves fresh sage
- 6 sprigs fresh rosemary
- 6 whole bay leaves
- 6 tsp. sea salt
- 1 tsp. freshly ground black pepper
- 3 stalks organic celery, roughly chopped
- 1 medium yellow onion, quartered
- 6 sprigs fresh thyme
- 8 Tbsp. grass-fed butter

Preparation

1. Preheat oven to 450 degrees F. Strip herb leaves from stems and mince the leaves.
2. Place totally thawed turkey in a large roasting pan.
3. In a small bowl, add the mayonnaise and fresh minced herbs. Stir to combine.
4. Rub mayo-herb mixture all over turkey. Season with salt and pepper.
5. Tuck the celery, onion, butter and bay leaves inside the cavity of the turkey.
6. Transfer to oven and roast at 450 F for 30 minutes. Reduce heat to 350 F and roast, uncovered, until internal thermometer reaches 165 degrees F.
7. Helpful Roasting Tips: Cover legs with foil halfway through roasting if needed. Total cook time will be roughly 1 1/2-2 hours. Once the thermometer reaches 165 degrees F in the thigh, check temperature in the thickest part of the breast to ensure 165 F. In general, opt for 1 tbsp. sea salt for 5 pounds of turkey
8. Remove turkey from oven. Tent loosely with foil and let rest for 20-30 minutes (depending on size) before carving.

NUTRITION & MACROS

613 calories, 32 g fat, 9 g saturated fat, 16 g monounsaturated fat, 4 g polyunsaturated fat, 311 mg cholesterol, 2 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 0.5 g sugar, 1 g fiber, 76 g protein, 869 mg potassium, 596 mg phosphorous, 1232 mg sodium, 80 mg magnesium

48% FAT | 51% PROTEIN | 1% CARBOHYDRATE

PERFECT

Prime Rib



Active Time: 20 minutes



Total Time: 5 hours



Serves: 12

Ingredients

- 5 pounds grass-fed standing rib roast
- 3 tsp. sea salt
- 1 tsp. freshly ground black pepper

Preparation

1. Remove the roast from the refrigerator 3 hours before cook time. Sprinkle with half the salt and let stand, loosely wrapped in parchment paper. (Bringing the roast close to room temp helps to ensure more even cooking.)
2. Tie roast with kitchen string. Cut bones away from the roast and tie back on to the roast with kitchen string. (This facilitates carving)
3. Preheat your oven to 500°F. Pat roast dry with paper towels. Sprinkle the roast all over with remaining salt and fresh pepper.
4. Place roast fat side up and rib bones down in roasting pan. Insert an oven-proof meat thermometer into the thickest part of the roast. Make sure the thermometer isn't touching a bone.
5. Roast for 15 minutes at 500 F. Reduce the oven temperature to 325°F and cook to desired temperature. Allow 11-12 minutes per pound for rare and 13-15 minutes per pound for medium rare. Thermometer should register 115°F for rare or 120°-130°F for medium. Remember, the internal temperature will continue to rise after you take the roast out of the oven. (Example: A 10 pound roast will take approximately 2 hours of total cooking time for rare - 15 minutes at 500 F and 1³/₄ hours at 325 F.)
6. Remove roast and place it on a carving board. Cover it with foil and let it rest for 30 minutes before carving. The internal temperature of the roast will continue to rise while the roast is resting.
7. Cut strings, remove bones and slice roast against the grain, making the slices about 1/4 - 1/2 inch thick.
8. Note on Servings: A prime rib will serve roughly 3-4 people per "rib". So a 3-rib, 5 lb. roast will serve 9-12 people.

NUTRITION & MACROS

700 calories, 64 g fat, 28 g saturated fat, 28 g monounsaturated fat, 2 g polyunsaturated fat, 138 mg cholesterol, 0.1 g carbohydrate, 0 g NET carbs, 0 g sugar alcohols, 0 g sugar, 0 g fiber, 30 g protein, 481 mg potassium, 280 mg phosphorous, 680 mg sodium, 29 mg magnesium

83% FAT | 17% PROTEIN | 0% CARBOHYDRATE

INSTANT POT

Duck Confit



Active Time: 20 minutes



Total Time: 48 hours



Serves: 8

Ingredients

- 4 whole pastured duck legs
- 2 Tbsp. pastured duck fat
- 1/2 tsp. allspice
- 4 cloves garlic, minced
- 4 sprigs fresh thyme
- 1 Tbsp. sea salt

Preparation

1. In a small bowl, combine the salt, thyme, garlic, bay leaves and allspice.
2. Pat duck legs dry and rub with spice mix. Place in a large zip-top bag and refrigerate at least 12 hours, and up to 3 days.
3. Brush the garlic and spice pieces off the legs and reserve. Add duck fat to Instant Pot and turn to Sauté. When oil shimmers add legs, large side down.
4. Sear 5 minutes to golden; flip and sear another 5 minutes.
5. Add reserved herbs and garlic back, sprinkling over legs.
6. Cover and lock the lid. Set pressure to HIGH and time to 40 minutes. When time is up do a quick release.
7. Reserve the duck fat and stock that rendered during cooking.
8. Prior to serving, broil duck legs until skin is crispy, about 3 minutes.
9. Serve.

NUTRITION & MACROS

278 calories, 16 g fat, 4 g saturated fat, 8 g monounsaturated fat, 3 g polyunsaturated fat, 133 mg cholesterol, 1 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 0 g sugar, 0 g fiber, 30 g protein, 10 mg potassium, 3 mg phosphorous, 997 mg sodium, 1 mg magnesium

54% FAT | 45% PROTEIN | 1% CARBOHYDRATE

Breads + Crackers

ROSEMARY

Cheddar Crackers



Active Time: 15 minutes



Total Time: 35 minutes



Serves: 16

Ingredients

- 2 Tbsp. grass-fed butter
- 2 ounces organic cheddar cheese, grated
- 1 tsp. dried rosemary
- 8 Tbsp. blanched almond flour
- 4 Tbsp. coconut flour

Preparation

1. Preheat oven to 350 F. Grease a cookie sheet or line with parchment paper.
2. In a medium bowl, add almond flour, coconut flour and butter.
3. Using a pastry blender or fork, mix until pea-sized pieces form
4. Add cheese and mix dough is uniform. Stir in rosemary.
5. Form a log and chill 15-20 minutes. Slice into rounds ¼-inch thick. You may also roll the dough to ¼ inch thickness between two pieces of parchment paper, then use a cookie cutter.
6. Place rounds on a greased cookie sheet. Sprinkle with flaky sea salt.
7. Bake for 8-10 minutes until golden. Cool on a wire rack.

NUTRITION & MACROS

57 calories, 5 g fat, 3 g saturated fat, 3 g monounsaturated fat, 1 g polyunsaturated fat, 7 mg cholesterol, 1 g carbohydrate, 0.5 g NET carbs, 0 g sugar alcohols, 0.3 g sugar, 1 g fiber, 2 g protein, 36 mg potassium, 38 mg phosphorous, 33 mg sodium, 12 mg magnesium

84% FAT | 12% PROTEIN | 3% CARBOHYDRATE

CHEDDAR-SAGE

Biscuits



Active Time: 5 minutes



Total Time: 20 minutes



Serves: 6

Ingredients

- 1/3 cup blanched almond flour
- 2 ounces organic cheddar cheese
- 1 large egg
- 1/4 cup organic heavy cream
- 3 Tbsp. grass-fed butter
- 1/4 tsp. garlic powder
- 1/4 tsp. dried parsley
- 1/2 tsp. dried sage
- 1/5 cup coconut flour
- 1/4 tsp. sea salt

Preparation

1. Preheat oven to 350 F. Line a baking sheet with parchment paper.
2. Add almond flour and coconut flour to a medium bowl.
3. Add 2 Tbsp. softened butter, egg, cream, cheese, sage, sea salt and garlic powder. Stir with a silicone spatula or wooden spoon to form a smooth dough.
4. Scoop roughly 2 Tbsp. of dough and place onto cookie sheet.
5. Transfer to oven and bake 16-18 minutes until golden.
6. While biscuits bake, melt the remaining Tbsp. butter.
7. Remove from oven, brush with melted butter and sprinkle with parsley flakes.

NUTRITION & MACROS

195 calories, 19 g fat, 10 g saturated fat, 6 g monounsaturated fat, 1 g polyunsaturated fat, 74 mg cholesterol, 3 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 1 g sugar, 1 g fiber, 5 g protein, 96 mg potassium, 110 mg phosphorous, 212 mg sodium, 25 mg magnesium

86% FAT | 11% PROTEIN | 3% CARBOHYDRATE

KETO PALEO

Dinner Rolls



Active Time: 10 minutes



Total Time: 1.5 hours



Serves: 12

Ingredients

- 2 Tbsp. Starwest Botanicals Organic Psyllium Husk Powder
- 8 Tbsp. Bob's Red Mill Organic Coconut Flour
- 4 large organic eggs
- 1/2 tsp. sea salt
- 2 Tbsp. avocado oil
- 3 tsp. non-aluminum baking powder
- 2 Tbsp. organic apple cider vinegar
- 1 medium zucchini, finely grated
- 3 tsp. organic dried basil
- 1/4 cup spring or filtered water

Preparation

1. Preheat your oven to 350 F. Grease a sheet pan.
2. In a large bowl, combine coconut flour, baking powder, herbs, sea salt and psyllium husk powder.
3. In a medium bowl, combine the eggs, apple cider vinegar, avocado oil, water and shredded zucchini.
4. Add dry ingredients to wet and mix with an electric mixer on medium speed to fully combine.
5. Grease hands and scoop dough out by golfball-sized mounds. Roll gently to desired shape and place on baking sheet.
6. Brush with avocado oil and transfer to oven. Bake for 1 hour to golden brown.

NUTRITION & MACROS

74 calories, 5 g fat, 1 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 71 mg cholesterol, 5 g carbohydrate, 2g NET carbs, 0 g sugar alcohols, 1 g sugar, 3 g fiber, 3 g protein, 197 mg potassium, 124 mg phosphorous, 133 mg sodium, 6 mg magnesium

67% FAT | 19% PROTEIN | 14% CARBOHYDRATE

KETO

Drop Biscuits



Active Time: 10 minutes



Total Time: 30 minutes



Serves: 10

Ingredients

- 2 Tbsp. ground golden flaxseeds
- 2 Tbsp. grass-fed butter, cold
- 5 large organic egg whites
- 1 tsp. baking powder
- $\frac{3}{5}$ cup blanched almond flour
- $\frac{2}{5}$ cup coconut flour

Preparation

1. In a medium bowl, whisk the almond flour, coconut flour, flax and baking powder.
2. Place the chopped butter into the freezer. Add cold butter to flour ingredients. Mix with hands or pastry blender to coarse sand consistency.
3. Transfer mixture to the freezer. Preheat oven to 425 F, prepare a cast iron griddle or cookie sheet. A parchment lined pan will work too, but cast iron gives best texture.
4. Whip egg whites to stiff peaks. Fold whipped whites into flour mixture to form a thick batter. Scoop by 2 Tbsp. onto prepared pan, shaping gently.
5. Bake for 16-18 min to golden.

NUTRITION & MACROS

104 calories, 9 g fat, 4 g saturated fat, 3 g monounsaturated fat, 1 g polyunsaturated fat, 6 mg cholesterol, 3 g carbohydrate, 1 g NET carbs, 0 g sugar alcohols, 1 g sugar, 2 g fiber, 4 g protein, 161 mg potassium, 88 mg phosphorous, 46 mg sodium, 30 mg magnesium

80% FAT | 15% PROTEIN | 5% CARBOHYDRATE

Drinks + Desserts

KETO PUMPKIN

Cheesecake



Active Time: 20 minutes



Total Time: 2 hours



Serves: 24

Ingredients

- 1 1/3 cups blanched almond flour (135 g)
- 1 cup pecans (100 g)
- 6 Tbsp. grass-fed butter or coconut oil (melted)
- 1 Tbsp. erythritol, powdered
- 2 tsp. vanilla extract
- 1/2 tsp. sea salt
- 5 large pastured eggs
- 1 1/2 cups pumpkin puree (250 g)
- 2 cups raw macadamia nuts, soaked overnight, drained and rinsed (250 g)
- 1 cup coconut milk
- 2/3 cup coconut oil (melted)
- 1 Tbsp. arrowroot or potato starch
- 1 Tbsp. organic apple cider vinegar
- 2 tsp. grass-fed gelatin
- 30 drops liquid stevia (to taste)
- 3 Tbsp. spiced rum
- 3/4 cup erythritol, powdered (150 g)
- 1 Tbsp. vanilla extract
- 2 tsp. cinnamon
- 1/2 tsp. ginger powder
- 1/2 tsp. nutmeg

Preparation

1. Preheat oven to 325 F. Grease the bottom and sides of a 9" spring form pan. Line the bottom with unbleached parchment paper.
2. Make the crust. Add all crust ingredients to a food processor. Pulse until the dough comes together.
3. Press crust evenly into the lined pan. Transfer to oven and bake for 10 minutes. Remove and let crust cool. Turn the oven down to 250 F.
4. Make the filling. Add the soaked nuts, coconut milk and eggs to a blender. Blend for 45 seconds. Add remaining filling ingredients and blend until silky smooth.
5. Pour filling into crust, smoothing the top. Bake for 1 1/2 hours. Let cool for an hour, then refrigerate overnight.
6. Drizzle with Low Carb Caramel and toasted pecans or serve with a dollop of fresh whipped cream or Whipped Coconut Cream.

NUTRITION & MACROS

239 calories, 23 g fat, 7 g saturated fat, 12 g monounsaturated fat, 2 g polyunsaturated fat, 51 mg cholesterol, 14 g carbohydrate, 3 g NET carbs, 8 g sugar alcohols, 2 g sugar, 3 g fiber, 4 g protein, 156 mg potassium, 93 mg phosphorous, 85 mg sodium, 43 mg magnesium

87% FAT | 8% PROTEIN | 6% CARBOHYDRATE

KETO

Crème Brûlée

 Active Time: 20 minutes  Total Time: 1 hour

 Serves: 6

Ingredients

- ½ cup erythritol (98 g)
- 20 drops liquid stevia
- 1 tsp. vanilla extract
- 1 vanilla bean, scraped
- 2 cups organic heavy cream
- 6 large pastured egg yolks
- 1 Tbsp. erythritol (12 g)
- ½ Tbsp. coconut sugar

Preparation

1. Preheat oven to 325 degrees F. Prepare a 4-ounce ramekin for each serving of crème brûlée. Place the ramekins in a large cake pan or roasting pan. Reserve 1 Tbsp. erythritol for topping.
2. In a medium saucepan, combine heavy cream, vanilla and vanilla bean, and half of the erythritol. Bring to a boil, while whisking continuously. Remove from heat. Allow to cool slightly.
3. Combine the egg yolks and remaining erythritol in a small bowl. With a ladle, slowly dribble the hot cream in a steady stream into the eggs, while quickly whisking the two together. This gradually raises the temperature of the egg and slightly cools the cream, without cooking the eggs.
4. Return mixture to saucepan over low heat and cook until thick enough to coat the back of a spoon.
5. Fill ramekins $\frac{7}{8}$ full. Pour water into the pan so that it comes halfway up the ramekins. Transfer to oven. Bake until barely set (approximately 35 minutes).
6. Remove from oven. Combine remaining erythritol with coconut sugar. Sprinkle mixture over the tops.
7. Return to oven and broil for 1-2 minutes to create a crisp shell. You may also caramelize with a kitchen torch. Serve.

NUTRITION & MACROS

333 calories, 34 g fat, 20 g saturated fat, 10 g monounsaturated fat, 2 g polyunsaturated fat, 318 mg cholesterol, 18 g carbohydrate, 4 g NET carbs, 14 g sugar alcohols, 1 g sugar, 0 g fiber, 4 g protein, 80 mg potassium, 116 mg phosphorous, 40 mg sodium, 6 mg magnesium

90% FAT | 5% PROTEIN | 5% CARBOHYDRATE

KETO ALMOND

Butter Fudge



Active Time: 10 minutes



Total Time: 2 hours



Serves: 12

Ingredients

- 1 cup smooth almond butter
- 1 cup virgin coconut oil
- ¼ cup unsweetened vanilla almond milk
- ⅛ tsp. sea salt
- 30 drops liquid stevia
- ¼ cup unsweetened organic cocoa powder (24 g)
- 2 Tbsp. coconut oil
- 2 Tbsp. erythritol (28 g)

Preparation

1. Line a 9x5" loaf pan with unbleached parchment paper.
2. In a small sauce pan over medium-low heat, melt almond butter and coconut oil. Stir in almond milk, sea salt and liquid stevia.
3. Add mixture to a blender or use an immersion blender to fully incorporate.
4. Pour into the lined pan. Refrigerate for 2 hours.
5. Make the chocolate topping. Melt the coconut oil and whisk in cocoa powder and erythritol. Drizzle over almond butter fudge. Cool for 10 minutes.
6. Place in the refrigerator to chill, until set. Slice into squares.

NUTRITION & MACROS

314 calories, 33 g fat, 19 g saturated fat, 10 g monounsaturated fat, 3 g polyunsaturated fat, 5 mg cholesterol, 7 g carbohydrate, 4 g NET carbs, 2 g sugar alcohols, 1 g sugar, 1 g fiber, 4 g protein, 193 mg potassium, 123 mg phosphorous, 136 mg sodium, 72 mg magnesium

91% FAT | 4% PROTEIN | 5% CARBOHYDRATE

HOT WHISKEY

Toddy



Active Time: 5 minutes



Total Time: 5 minutes



Serves: 1

Ingredients

- 4 drops SweetLeaf® SteviaClear Liquid Stevia
- $\frac{3}{4}$ cup organic black tea
- 1 $\frac{1}{2}$ ounces premium whiskey
- $\frac{1}{4}$ whole lemon

Preparation

1. Brew tea (or substitute hot water).
2. Pour into mug. Stir in whiskey and squeeze lemon.
3. Add stevia to taste.

NUTRITION & MACROS

104 calories, 0 g fat, 0 g saturated fat, 0 g monounsaturated fat, 0 g polyunsaturated fat, 0 mg cholesterol, 3 g carbohydrate, 2 g NET carbs, 0 g sugar alcohols, 0 g sugar, 1 g fiber, 0.3 g protein, 106 mg potassium, 8 mg phosphorous, 7 mg sodium, 9 mg magnesium

7% FAT | 12% PROTEIN | 81% CARBOHYDRATE

MINTY

Mojitos



Active Time: 5 minutes



Total Time: 5 minutes



Serves: 1

Ingredients

- 4 drops SweetLeaf® SteviaClear Liquid Stevia
- 1 1/2 ounces white rum
- 6 ounces sparkling water
- 10 leaves fresh mint leaves
- 1/2 whole lime, cut into 4 slices

Preparation

1. Place mint leaves and 1 lime wedge into a sturdy glass. Use a muddler to crush the mint and lime and release aromatics.
2. Add 2 more lime wedges, and muddle again to release the lime juice. Do not strain.
3. Fill the glass almost to the top with ice. Pour the rum over the ice, and fill the glass with sparkling water.
4. Stir, taste, and add stevia to desired sweetness. Garnish with the remaining lime wedge.

NUTRITION & MACROS

114 calories, 0.2 g fat, 0 g saturated fat, 0 g monounsaturated fat, 0.1 g polyunsaturated fat, 0 mg cholesterol, 5 g carbohydrate, 3 g NET carbs, 0 g sugar alcohols, 1 g sugar, 2 g fiber, 1 g protein, 92 mg potassium, 15 mg phosphorous, 6 mg sodium, 10 mg magnesium

9% FAT | 14% PROTEIN | 77% CARBOHYDRATE

HOLIDAY

Potpourri



Active Time: 5 minutes



Total Time: 5 minutes



Serves: NA

Ingredients

- 1 orange peel
- 2 cinnamon sticks
- 1 Tbsp. whole cloves
- 1/2 tsp. ground nutmeg
- 2 bay leaves
- 4 cups water

Preparation

1. Add water to a saucepan.
2. Add remaining ingredients and turn to high heat.
3. Bring to a boil, then turn to simmer to fill your home with the fragrance of the holidays.
4. Be sure to set a timer or keep an eye on it!
5. Reuse for up to 1 week.

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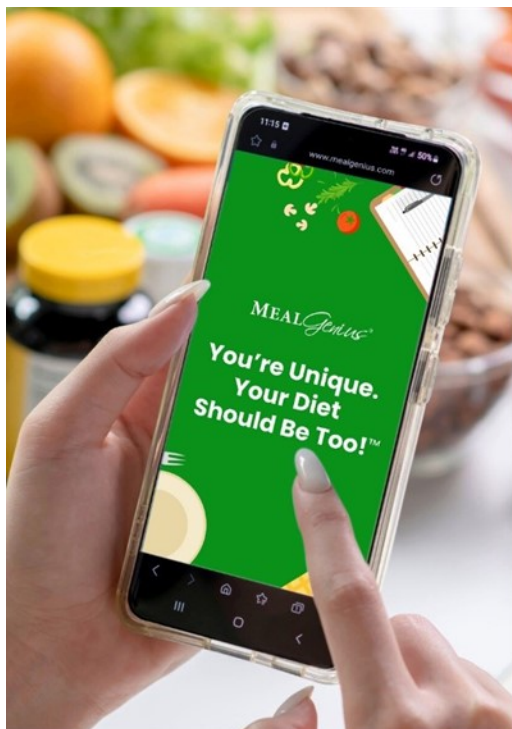
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