

# KETO MEALS GUIDE





## Perfect Scrambled Eggs & Sausages

Nutrients	
Fat	33g
Protein	31g
Net Carbs	5g
Calories / kj	438 / 1830
F / P Ratio	71% / 29%

### Ingredients:

- ✓ Whole Eggs x2
- ✓ Low-Carb Sausages x2

Prepare two whole eggs any way you please as long as there's no added carb-filled ingredients (e.g. do not add milk to scrambled eggs).

The sausages shown in the above picture have 1.3 of net carbohydrates each. The remaining carbs for the meal are in the eggs. Depending on the sausages you buy the macronutrients may be slightly different, but as long as the carbohydrate content isn't significantly higher then this is no problem.



## **Beginners Bacon Omelet**

Nutrients	
Fat	61g
Protein	31g
Net Carbs	4g
Calories / kj	690 / 2885
F / P Ratio	82% / 18%

### **Ingredients:**

- ✓ Whole Eggs x3
- ✓ Bacon 100g (uncooked)

Cut the bacon into your desired size and fry to your liking then place aside - Place beaten eggs into stove-top pan on moderate heat and allow to cook to your preference on one side – add bacon to one half of the omelette, flip the other half over the top of the bacon and serve.



## Chicken & Peanut Salad

Nutrients	
Fat	25g
Protein	43g
Net Carbs	6g
Calories / kj	422 / 1764
F / P Ratio	57% / 43%

### Ingredients:

- ✓ Lettuce (half cup)
- ✓ Baby Spinach (half cup)
- ✓ Chicken Breast (150g uncooked)
- ✓ Natural Peanut Butter (40g)

Mix diced chicken into 40 grams of natural peanut butter, and spice as desired – Put the chicken into pre-heated 220C (430F) oven for 20 minutes (more or less as required for your oven) – Chop the greens and place them into a serving bowl while chicken is cooking – Place the cooked chicken on top of the greens to serve.



## Egg, Bacon & Parmesan Keto Bowl

Nutrients	
Fat	30g
Protein	37g
Net Carbs	4g
Calories / kj	496 / 2074
F / P Ratio	65% / 35%

### Ingredients:

- ✓ Lettuce (half cup)
- ✓ Eggs 2x boiled
- ✓ Diced Bacon (100g uncooked)
- ✓ Grated Parmesan Cheese (20g)

Place chopped lettuce into a serving bowl – Boil two eggs, slice when done and place on top of the lettuce – Fry the diced bacon to your liking and place on top of the egg – Finally, place the grated or shredded parmesan cheese on top and mix the ingredients through.



## Egg & Cauliflower Fried Rice

Nutrients	
Fat	34g
Protein	34g
Net Carbs	9g
Calories / kj	472 / 1973
F / P Ratio	69% / 31%

### Ingredients:

- ✓ Whole Eggs x2
- ✓ Low-Carb Sausage x2
- ✓ Broccoli (half cup or approx. 25g)
- ✓ Grated Cauliflower (1 cup of approx. 100g)
- ✓ Peanut Oil

Use peanut oil to lubricate your pan or wok and cook your sliced sausages first to your liking, then place them into your serving bowl – Fry the cauliflower, using more peanut oil if required to speed up the process – Ensure no pooling oil is in the pan/wok and start to fry the grated cauliflower (it will cook quite fast) – When the cauliflower has slightly browned add in the eggs and mix through thoroughly – Add the sausages and broccoli again and mix through for approximately sixty seconds – Move everything to your serving bowl and you're done.



## Keto Steak Stir Fry

Nutrients	
Fat	30g
Protein	38g
Net Carbs	2g
Calories / kj	450 / 1881
F / P Ratio	64% / 36%

### Ingredients:

- ✓ Steak 150g
- ✓ Bell Pepper / Capsicum 50g
- ✓ Broccoli 50g
- ✓ Peanut Oil

Slice the steak into small strips and stir fry with peanut oil, and place it into a serving bowl when cooked to your liking – cut the bell pepper (aka capsicum) and broccoli into bite size pieces and stir fry after removing the steak (allow the vegetables to brown slightly on the edges), and add to the serving bowl when done – optionally add a teaspoon of soy sauce and mix through to flavour.



## Saucy Chipotle/Mayo Lettuce Wraps

Nutrients	
Fat	14g
Protein	14g
Net Carbs	2g
Calories / kj	195 / 815
F / P Ratio	69% / 31%

### Ingredients:

- ✓ Lettuce 2 large leaves
- ✓ Chopped Tomato 40g
- ✓ Grated Cheese 40g
- ✓ Chicken 100g
- ✓ Chipotle Aioli (approx. 4 teaspoons)

Note: *remove the aioli and replace it with 20ml of mayonnaise if desired*

Cut chicken into bite size pieces (I love chicken thigh for this meal) and cook in the over on 220C for 25 minutes – Place the cooked chicken on a large lettuce leaf – Dice the tomato and place it on the chicken, and then place the grated cheese on top of the tomato – Gently wrap the lettuce leaf around all of the ingredients and you're done.



## More-ish Deli Meat Mini-Wraps

Nutrients	
Fat	20g
Protein	18g
Net Carbs	2g
Calories / kj	260 / 1087
F / P Ratio	71% / 29%

*(Ingredients list makes 2 serves)*

### Ingredients:

- ✓ Lettuce (1/4 cup)
- ✓ Bell Pepper / Capsicum (50g thin slivers)
- ✓ Cheddar Cheese 40g
- ✓ Salami (4 small circles)
- ✓ Sliced Ham (90g large slice)

Place the ham on a plate, then arrange the salami circles into a square pattern at one end of the ham – Then place the bell pepper (capsicum) slivers, chopped lettuce and grated cheddar cheese on the salami – gently roll the ingredients up so that they're fully wrapped by the meat with the ham on the outside holding everything together, and you're done.



## Low-Carb Chicken Meatballs

Nutrients	
Fat	13g
Protein	36g
Net Carbs	3g
Calories / kj	270 / 1129
F / P Ratio	45% / 55%

- ✓ Diced Tomato (25g)
- ✓ Chopped Baby Spinach (10g)
- ✓ Almond Meal (1 tbsp)
- ✓ Onion Powder (1 tsp)
- ✓ Sea Salt (1 tsp)
- ✓ Ground Black Pepper (1 tsp)
- ✓ Soy or Worcestershire Sauce for dipping (optional)

*(Ingredients list makes 3 serves)*

### Ingredients:

- ✓ Chicken Mince (500g / 1lb)
- ✓ Whole Egg x1
- ✓ Chopped Onion (25g)

Crack the eggs into a mixing bowl and beat, then add all remaining ingredients other than the chicken mince and dipping sauce, and mix everything through thoroughly – Then add the chicken mince and mix thoroughly – Physically place balls of the mix onto grease proof paper on a baking tray so that you have twelve serves – Bake in a pre-heated 220C (430F) oven for 25 minutes, checking regularly that they don't burn – Pour ~15ml of sauce for dipping and serve.



## Portable Keto Mini-Quiche For One

Nutrients	
Fat	11g
Protein	9g
Net Carbs	1g
Calories / kj	138 / 577
F / P Ratio	73% / 27%

*(Ingredients list makes 6 serves)*

### Ingredients:

- ✓ Whole Eggs x3
- ✓ Heavy/Thickened Cream ¼ cup
- ✓ Cheddar Cheese 60g
- ✓ Ham 90g
- ✓ Baby Spinach ¼ cup
- ✓ Salt ¼ tsp
- ✓ Black Pepper 1/8 tsp

Break the eggs into a mixing bowl, add the heavy/thickened cream, and stir through thoroughly – grate the cheese and add to the mix, along with salt and pepper and mix through – Pour the mix evenly into six containers of a muffin tray – Place the chopped ham and chopped baby spinach evenly into each container and mix in gently – Cook in a 175C (350F) pre-heated oven for 25 minutes – Remove and serve.



## Cheesy Chicken & Veg Salted-Skewers

Nutrients	
Fat	15g
Protein	26g
Net Carbs	2g
Calories / kj	244 / 1020
F / P Ratio	56% / 44%

- ✓ Chicken Thigh ~500g
- ✓ Cheddar Cheese 80g
- ✓ Bell Pepper / Capsicum 80g
- ✓ Onion Powder
- ✓ Chilli Powder
- ✓ Sea Salt
- ✓ Other spices and seasoning of your choice

*(Ingredients list makes 4 serves)*

### Ingredients:

Cut the chicken into bite size pieces and place on a cutting board or plate, then cover liberally with onion powder and chilli powder plus/or any other seasoning you prefer – Cut the bell pepper (capsicum) into squares or triangles – place alternating pieces of meat and bell pepper onto skewers and place them all onto your cooking tray – Spread sea salt on top of the skewers to taste – grate the cheese and spread evenly over the top of the skewers – Cook skewers in a pre-heated 220C (430F) oven for 25 minutes, allow to cool, and serve.



## Crunchy Nut “Mix-n-Match” Salad

Nutrients	
Fat	28g
Protein	18g
Net Carbs	7g
Calories / kj	346 / 1446
F / P Ratio	78% / 22%

*(values include all options)*

### Ingredients:

- ✓ Lettuce 40g

- ✓ Avocado 20g
- ✓ Cheddar Cheese 1/3 cup
- ✓ Walnuts 20g
- ✓ Baby Spinach 10g
- ✓ Sea Salt to taste
- ✓ Natural Peanut Butter (40g)

***CRUNCH Options***

- ✓ Celery 40g
- ✓ Bean Sprouts 20g
- ✓ Pork Rinds 10g

Chop the lettuce and place it in your serving bowl – Prepare (chop, cut, etc) the remaining core ingredients and place on top of the lettuce – Prepare the remaining ‘crunch’ options of your choice and place into the serving bowl (mix through if you’d like to) – Add sea salt to taste, and you’re done.



## Deconstructed Keto House Burger

Nutrients	
Fat	34g
Protein	20g
Net Carbs	3g
Calories / kj	404 / 1688
F / P Ratio	79% / 21%

*(above value for one serve)*

*(Ingredients list makes 2 serves)*

### Patty Ingredients:

- ✓ Beef Mince 200g
- ✓ Diced Tomato 40g
- ✓ Sea Salt  $\frac{1}{2}$  tsp

- ✓ Pepper  $\frac{1}{2}$  tsp
- ✓ Garlic Powder  $\frac{1}{2}$  tsp
- ✓ Paprika  $\frac{1}{2}$  tsp

### Other Ingredients:

- ✓ Butter 10g
- ✓ Onion 20g
- ✓ Lettuce Leaves 2x large
- ✓ Pickled Cucumber ~15g
- ✓ Cheddar Cheese 30g
- ✓ Mayonnaise 20ml

Mix all 'patty' ingredients thoroughly in a mixing bowl, and then form the mix into two patties – Coat a heated frying pan with butter to lubricate, and place patties into the pan to cook – Place a little more butter onto the patties and allow it to melt through – After five minutes flip the patties to cook the other side, and also place the chopped onion into the frying pan to cook – Remove the patties and onion when cooked to your liking and place them on the lettuce leaves – Place the grated cheese, sliced pickled cucumbers, and then the mayo on top and serve.



## Salty Sausage & Cauliflower Mixed Bowl

Nutrients	
Fat	27g
Protein	18g
Net Carbs	7g
Calories / kj	332 / 1388
F / P Ratio	77% / 23%

### Ingredients:

- ✓ Low-Carb Sausage x1
- ✓ Whole Egg x1
- ✓ Lettuce ½ cup
- ✓ Cauliflower (grated, ½ cup)
- ✓ Avocado 50g
- ✓ Sea Salt
- ✓ Extra Virgin Olive Oil (10ml, or 2 tsp)

Place chopped lettuce into a serving bowl and cover lightly with sea salt – Boil and egg, and while this is happening coat a frying pan with the olive oil (or your cooking oil of choice) and cook the sausage – Place the pre-grated cauliflower into the pan and cook in the fat and oil left over by the sausages (do not let the cauliflower brown too much) – Place the cooked cauliflower onto the lettuce, then cut the sausage into slices and place on top of the cauliflower – Cover the sausage lightly with sea salt – Cut your boiled egg into slices, and cut the avocado into small chunks and place it all into the mixing bowl – Again cover lightly with sea salt, and a little pepper if you want to, then serve.