

Keto & Paleo Recipes

HEALTHY & FLAVOURFUL RECIPES



Keto Recipes

Breakfast Recipes

Omelet With Ham, Tomatoes, & Avocado

This is easy to make and a simple recipe that you can make in less than 15 minutes. Super nutritious and healthy, this breakfast is loaded with nutrients, minerals, and vitamins. The eggs are a great source of high-quality protein; the avocado is good for the heart and lowers cholesterol. Additionally, ham is also added to this recipe that contains all the essential amino acids and a high amount of iron.



Serves: 1

Total Time: 10

Calories/serving: 414 calories

Ingredients:

- 2 large eggs
- 2 tablespoons ham, chopped
- 1 small tomato, sliced
- ¼ avocado, sliced

- 1 tablespoon fresh parsley, chopped
- 1 tablespoon butter
- Salt and pepper to taste

Directions:

1. In a bowl, whisk eggs and ham; season with salt and pepper.
2. Heat butter in a nonstick pan over medium heat and pour egg and ham mixture in the pan; cook on medium heat until the bottom gets settled. Cover and cook for 2-3 minutes or until the eggs are slightly runny at the top.
3. Top with sliced tomatoes, sliced avocado, and fresh parsley. Sprinkle some freshly ground black pepper and serve.

Eggs With Spinach

One-pan eggs and spinach is a simple and flavourful recipe with only a few ingredients. Spinach is an excellent source of vitamin K, vitamin A, vitamin C, folate, manganese, magnesium, iron, and vitamin B2. Vitamin K, which is necessary for bone health, is not found abundantly in vegetables than spinach. The eggs combined with spinach give a crunchy and delicious taste making it a complete breakfast.



Serves: 2

Total Time: 15

Calories/serving: 278 calories

Ingredients:

- 5 large eggs
- 1 ½ tablespoon butter
- 4 cups baby spinach
- 1 clove garlic, minced
- 2 tablespoons shallots, chopped
- Salt and pepper to taste

Directions:

1. Heat butter in a large frying pan over medium heat until melted; add garlic and shallots. Saute until translucent and aromatic; add spinach and cook 2-3 minutes—season with salt and pepper.
2. Crack open eggs one by one in a small bowl. Pour in the cooking spinach one by one; cover and cook until eggs become cooked to your desired liking. Sprinkle some fresh black pepper and serve. Enjoy!

Lunch Recipes**Keto Buddha Bowl**

Keto Buddha bowl is a bowl with a variety of small portions of keto-friendly meat and vegetables. In this recipe chicken, pattie are used as meat and vegetables like avocado, olives, lettuce, and red radish. However, you can also replace the veggies with some other keto-friendly vegetables. The chicken is high in good quality protein necessary for muscle building. It is also a stress reliever and immunity booster, so you will be greatly satisfied eating this buddha bowl. The lettuce is an excellent source of providing the body with hydration and fiber; it is also a good vitamin K source that keeps your bones healthy.



Serves: 1

Total Time: 20

Calories/serving: 439 calories

Ingredients:

- 3/4(225g) cup chicken mince
- 1/8 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/3 teaspoon oregano, dried
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 teaspoon salt or to taste
- 1 tablespoon freshly chopped parsley
- 1 teaspoon olive oil

Salad

- 2 cups lettuce
- 2 red radish, sliced
- 1/4 avocado, sliced
- 2-3 olives
- 1 teaspoon lemon juice
- 1 teaspoon olive oil

Directions:

1. In a bowl, mix chicken mince and all spices; mix in the freshly chopped parsley and make one large pattie or two small patties.
2. Heat 1 teaspoon of oil in a pan over medium heat; place chicken patties in the pan and cook 3-4 minutes each side. Remove from pan and set aside.
3. In a bowl, arrange lettuce, avocado, sliced radish, and olives; place chicken patties in the bowl. Drizzle lemon juice and olive oil; serve with lemon wedges and Enjoy!

Garlic Shrimp Scampi

If you are looking for a quick and healthy meal, garlic shrimp scampi is the perfect option. It is garlicky, buttery, and juicy in taste; it has high protein and healthy fats and is ridiculously low in carb to go on the keto diet. You can pair zoodles with them to enjoy more flavors. Eating shrimps promote brain and heart health due to the presence of omega-3 and antioxidants.



Serves: 4

Total Time: 15

Calories/serving: 341 calories

Ingredients:

- 3 tablespoons olive oil
- 4 tablespoons unsalted butter
- 1 large shallot, sliced thinly
- 5 cloves garlic, minced
- 1/2 cup "No Sugar Added" chicken broth
- 1 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 lb shrimp
- 1/4 cup fresh parsley, chopped

Directions:

1. In a medium pan, heat olive oil and butter over medium heat until melted; add shallots and garlic; cook until translucent.
2. Add chicken broth, lemon juice, sea salt, and black pepper; cook for few minutes and then add shrimps; stir and cook until the shrimps no longer pink and the sauce reduces half or to your desired liking.
3. Add freshly chopped parsley and serve with zoodles if desired. Enjoy!

Dinner Recipes**Beef Hamburger**

If you want to enjoy a flavourful hamburger on a keto diet, you should know the seasoning that makes it juicy and mouthwatering. This recipe will give you a burst of flavors in every bite you eat. It is wrapped in lettuce and sliced cucumbers and tomatoes. Beef is a powerhouse of high-quality proteins, vitamins, and minerals; you will not be iron deficient if you include beef in your diet. The vegetables in which hamburger is wrapped in this recipe provide an excellent fiber source, thus keeping your tummy happy and healthy.



Serves: 3

Total Time: 15

Calories/serving: 479 calories

Ingredients:

- 1 pound ground beef
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Hamburger seasoning (See recipe below)
- Salt and pepper
- 1 tablespoon olive oil
- 1 large tomato sliced
- 1 medium cucumber, sliced
- 2 cups lettuce leaves

Hamburger Seasoning

- 1 tablespoon kosher salt
- 1 tablespoon black pepper
- 1 tablespoon garlic powder
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon onion powder
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme

Directions:

1. Combine all Hamburger seasoning ingredients in a small bowl and set aside. Use one tablespoon for the recipe and save the remaining in a glass bottle for later use.
2. Preheat the grill and grease with cooking oil. In a bowl, add ground beef, Worcestershire sauce, olive oil, and hamburger seasoning; mix well and shape three burgers by making a ball first and then pressing it with the palm of your hands.
3. Place on the grill and cook 5-6 minutes each side or until your desired doneness level.
4. Wrap each burger in lettuce and tomato slices, top with cucumber slices, and serve immediately. Enjoy!

Tuna & Egg Salad

It is a very light and easily digestible salad with a tempting and delicious taste. It is made with tuna, eggs, tomatoes, cucumbers, lettuce, purple cabbage, and red onions. Tuna is a rich source of omega-3 fatty acids that lowers the cholesterol levels in the blood, preventing your body from a heart attack. Whereas lettuce and other vegetables hydrate your body as well as provides essential antioxidants. The salad is paired with a delicious dressing that gives the salad a juicy texture.



Serves: 2

Total Time: 10

Calories/serving: 478 calories

Ingredients:

- 1/4 cup mayonnaise
- 1 tablespoon lemon juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chopped parsley
- 1/4 teaspoon each salt and pepper, or to taste
- 1 head romaine lettuce
- 1/2 small red onion, sliced
- 1 medium cucumber, sliced
- 2 medium tomatoes, cut into wedges
- 1 jar(150g) tuna, drained, sliced
- 2 large hard-boiled eggs

Directions:

1. In a mason jar, add mayonnaise, lemon juice, olive oil, parsley, salt, and pepper; cover and shake well.
2. In a serving bowl, add lettuce, sliced cucumbers, red onions, tomato wedges, and sliced tuna. Top with boiled eggs and serve with dressing. Enjoy!

Snack Recipe

Almond flour Cookies

These almond flour cookies taste like real butter cookies with a real sweet, satisfying taste. They have only one carb per cookie; although they are tricky to handle, you will make them more often once you taste these cookies. It is made by mixing the butter and sweetener, and then almond flour is added to create a dough. The dough is flattened with a rolling pin, and you can cut the cookies of your desired shape. The almond flour is rich in monosaturated fats that help lower cholesterol levels.



Serves: 34 cookies

Total Time: 1 hour

Calories/serving: 58 calories

Ingredients:

- 2 cups almond flour
- 6 tablespoons softened butter
- $\frac{1}{3}$ cup granulated monk fruit
- 2 teaspoon vanilla
- $\frac{1}{4}$ teaspoon salt
- Almonds for topping each cookie (optional)

Directions:

1. In a bowl combine, butter and monk fruit sweetener; whisk using an electric mixer until creamy. Add vanilla and mix again; add almond flour and salt; mix until it becomes a dough. The dough should be thick; cover with plastic wrap and refrigerate for 30 minutes.
2. Preheat the oven to 325 F and line a baking tray with butter paper. Roll the dough between two sheets of butter paper so that it does not stick to the surface.
3. Once the dough is flattened to about $\frac{1}{2}$ - $\frac{1}{4}$ inch thick, cut to your desired shape; carefully lift with a flat metal spatula and place in the baking tray. Top with one almond on each

cookie if using, and slightly press with your thumb on the cookie. Continue to make cookies until no dough is left.

4. Bake for 12-14 minutes or until edges of the cookies start to brown. Remove from oven and allow cooling completely before storing them in airtight jars. Enjoy!