

AVOCADO TOAST



INGREDIENTS

- 1 avocado medium
- 1 jalapeno small, diced
- ½ lime
- ¼ teaspoon salt
- 2 slices keto bread

Garnish (optional)

- Tomatoes
- Radish
- Cilantro
- Green onions

INSTRUCTIONS

1. With a knife, gently cut 1 avocado and remove flesh with a spoon.
2. 1 avocado
3. Mash avocado with a whisk or a fork. Add the juice of ½ lime, 1 jalapeno, and ¼ teaspoon salt. Mix well.
4. 1 jalapeno, ½ lime, ¼ teaspoon salt
5. Serve on 2 slices keto bread.
6. 2 slices keto bread
7. Top with preferred garnish (optional).
8. Tomatoes, Radish, Cilantro, Green onions



SAVORY EGG LOAF BREAKFAST

INGREDIENTS

- 5 eggs
- 1 cup cheddar cheese shredded
- 1 cup broccoli florets, lightly chopped
- 3 tablespoons coconut flour
- 2 teaspoons baking powder
- 1 pinch salt
- 1 pinch pepper
- 1 tablespoon coconut oil

INSTRUCTIONS

1. Preheat oven to 350 degrees F / 177 degrees C.
2. Combine 5 eggs, 1 cup cheddar cheese, 1 cup broccoli, 3 tablespoons coconut flour, and 2 teaspoons baking powder in a bowl. Add 1 pinch salt and 1 pinch pepper and mix until well combined.
3. 5 eggs, 1 cup cheddar cheese, 1 cup broccoli, 3 tablespoons coconut flour, 2 teaspoons baking powder, 1 pinch salt, 1 pinch pepper
4. Lightly grease a bread pan or loaf pan with 1 tablespoon coconut oil, then evenly distribute mixture into pan.
5. 1 tablespoon coconut oil
6. Bake for 30 to 35 minutes or until golden on top.
7. Let cool for a few minutes before slicing and serving.



VEGAN CARPACCIO SALAD

INGREDIENTS

Radishes
Beets
Carrots
Spring mix
Avocado
Olives
Sunflower seeds
Salt
¼ cup Vinaigrette

INSTRUCTIONS

1. Using a mandolin, CAREFULLY shave your veggies of choice into ice water to keep them crisp and fresh.
2. Cover in ¼ cup Vinaigrette.
3. ¼ cup Vinaigrette
4. Salt heavily.
5. Salt
6. Lay down greens, and place shaved vegetables on top of greens.
7. Cut avocado.
8. Garnish with Avocado, Sunflower seeds, and Olives.
9. Avocado, Sunflower seeds, Olives



SIMPLE KETO CABBAGE AND SALMON BOWL

INGREDIENTS

- 1 tablespoon avocado oil
- 3 ounces salmon filet skin-on
- ½ tablespoon coconut oil
- 1½ cups cabbage sliced
- ¼ cup white onion sliced
- 1 tablespoon butter
- ½ avocado sliced
- Salt and pepper to taste

INSTRUCTIONS

- 1.Heat 1 tablespoon avocado oil in large skillet over medium heat.
- 2.1 tablespoon avocado oil
- 3.Pat dry 3 ounces salmon filet with paper towel.
- 4.3 ounces salmon filet
- 5.Place salmon into skillet skin-side down and cook for 4 to 5 minutes. Flip and cook for another 3 to 4 minutes until fully cooked. Set aside and keep warm.
- 6.Add ½ tablespoon coconut oil to same skillet on medium heat.
7. ½ tablespoon coconut oil
- 8.Add 1½ cups cabbage and ¼ cup white onion and cook for 5 minutes, stirring occasionally.
- 9.1½ cups cabbage,¼ cup white onion
- 10.Reduce heat to low and add 1 tablespoon butter. Cook for 2 to 3 more minutes.
- 11.1 tablespoon butter
- 12.Plate cabbage and onions mix, top with salmon, add ½ avocado, and season with Salt and pepper to taste.
13. ½ avocado,Salt and pepper to taste