

Quick and Filling Meals

1. Bunless Burgers: Just skip the bun, keep the bacon, onions, mushrooms, cheese, lettuce, and tomato. Avoid ketchup and sugar-sweetened BBQ sauce. Enjoy mayo, mustard, dill pickles, and hot sauce. You can wrap it all in lettuce or just eat with a fork and knife. This is an easy fast food meal with a side caesar salad (no croutons). Go big on the burgers, protein is your friend!
2. Bacon and eggs: classic breakfast food, but tasty and satisfying for any meal. Skip the toast but fry the eggs in the bacon fat! So good! You could substitute ham or sausages, without sugar or starchy fillers added.
3. Chicken Alfredo: you can make a starch free Alfredo sauce or buy it jarred. Add $\frac{1}{4}$ - $\frac{1}{2}$ cup of sauce to 4-6oz of cooked chicken and serve over vegetable noodles, green beans, or sauteed cabbage. Add other low carb veggies with a bit of butter and parmesan cheese for a side.
4. Monster Salad: we're aiming for filling here, so start with just a few handfuls of salad greens, your favorite sliced up vegetables, and then add 4 or 5 ounces of cooked chicken or beef, grated cheese, hard-boiled eggs, or any other protein. Top with a rich, sugar-free dressing, toss, and enjoy!
5. Seasoned ground beef, sauce, and veggies: This is an easy make ahead combo. Cook up ground beef with salt and pepper, garlic and onion powders - or whatever seasoning you like. Steam your favorite veggies - a stir-fry mix will give you variety. Make a low-carb cheese sauce, Alfredo sauce, or flavored butter. Combine meat, veggies, and sauce and heat in the microwave or on the stove. Quick, easy, and infinitely customizable.



Keep it simple!

There are many, many low-carb and keto recipe sites out there. Don't get bogged down looking for the perfect recipes. If you have a family favorite that you'd like to make low-carb, google it as specifically as you can. Find a few favorite recipes and make them often! Especially when you're getting started it's easy to be overwhelmed if you feel like you need to make amazing recipes with 17 fancy ingredients for each and every meal of the day. It's perfectly OK to eat omelets, monster salads, and bunless burgers every day, really! Remember, prioritize protein, control carbohydrates, fill with fat - tasty and nourishing!

If you're used to having sweet treats daily, find a fat bomb or keto dessert recipe that will be a good substitute. I whipped heavy cream with cocoa and sweetener and used that to get past the initial sugar cravings. There are hundreds of "fat bomb" recipes available, find one or two that you like. Keep it simple!

Recipe Resources

DietDoctor.com - over 900 tasty low carb and keto recipes, divided into collections that make it easy to find new favorites

KetoConnect.net - Matt and Megha have hundreds of recipes, many with video tutorials

SeriousKeto.com - Steve really likes to experiment! Recipes on the website, video tutorials on YouTube

Ditchthecarbs.com - so many recipes and cool infographics, great kid-friendly recipes and meal prep ideas

Come hang out at KetoKind on FB and we'll share our favorite recipes and food prep hints!

Questions? Share them on KetoKind, or email me at info@kaylahunt.com