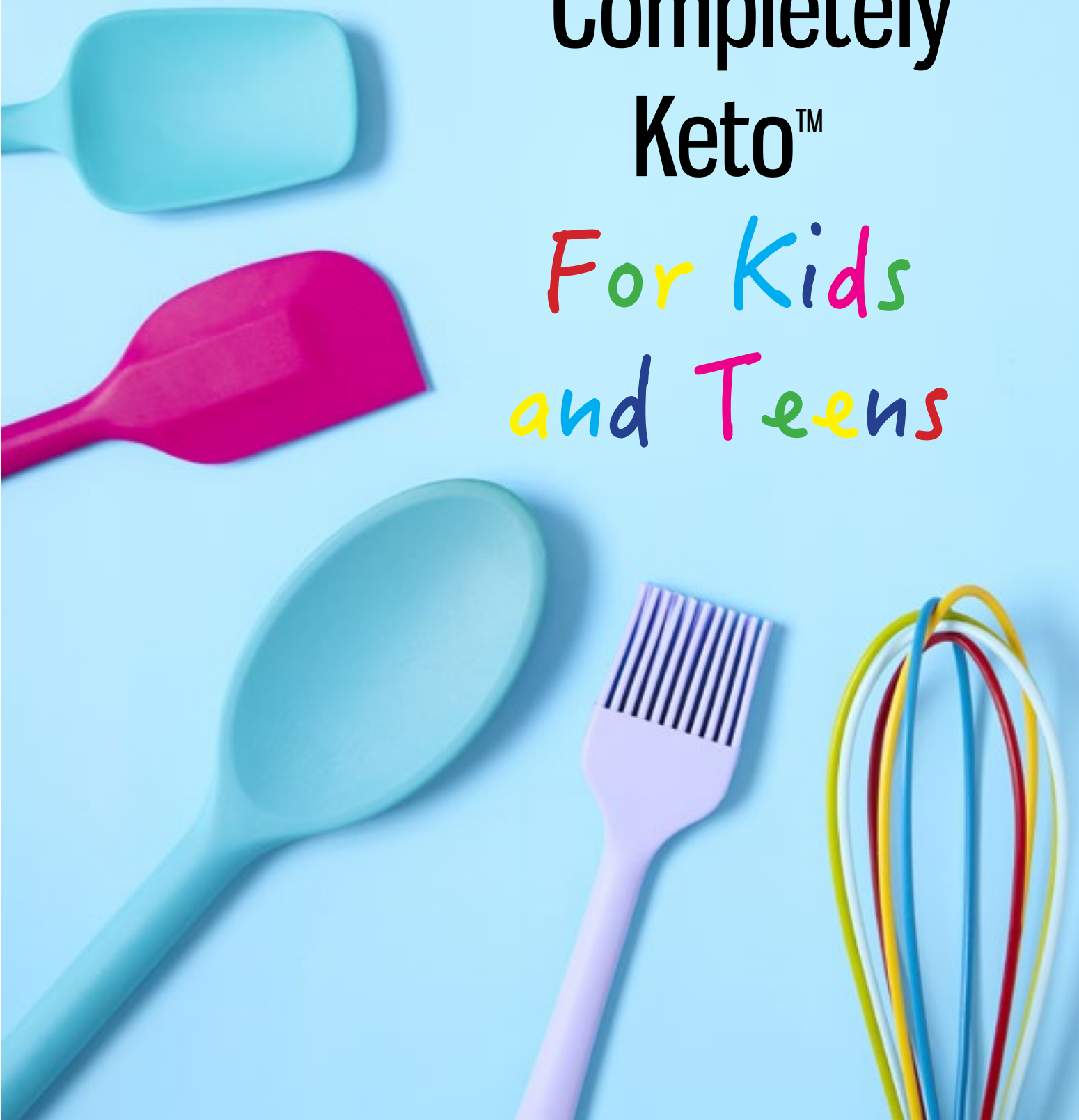


by Hanah Abehsera-Kilstein and Harlan Kilstein Ed.D.
Foreward by Aaron Kaweblum M.D.

Completely Keto™ For Kids and Teens



INTRODUCTION

My name is Aaron Kaweblum M.D. I am a pediatrician in private practice for over 30 years as a general pediatrician specializing in asthma and nutrition, as well as an emergency room pediatrician.

I have been named the top pediatrician in Palm Beach County Florida time and again for our extraordinary levels of care for each of our patients.

I am the author of a very successful parenting book named “Crystoppers” a step-by-step guide for wise parenting. In it I provide advice on how to successfully raise children from birth to age 18. I focused on sleeping and behavioral problems, with particular emphasis on nutrition. “Crystoppers” provides parents with the tools to prevent selective eating, AKA picky eaters. This is important, because even if you decide to change your family’s lifestyle to the Keto lifestyle, you must stop allowing children to be picky.

Very sadly I have seen the health of patients of all ages deteriorate. I am seeing more and more cases of childhood obesity and diabetes. Keto may be the answer for your child. I urge you to show this book to your pediatrician before starting Keto or any other changes in their daily routine or diet.

Starting at a very early age, I see parents and caregivers have an obsession of giving useless empty sugar foods or drinks. By the time I do routine checkups on 9-month-old patients I’ve already found most

parents have already started giving fruit juice, Cheerios, or “gold fish” crackers to their children.

The manufacturers of these products spend a lot of money advertising to parents. They deceive parents with terms like 100% fruit juice, oatmeal, and whole grains. The truth is these products are overloads of sugar. The manufactures deceive parents into thinking these foods are good for their children when that is not the case.

It doesn't matter whether the products are organic, all natural, or “heart healthy” they are still bad for your children. If you look at the nutritional labels, you'll see the amount of sugar in the product.

What could be bad about giving yogurt to young children? But if you look at the labels of the yogurts marketed for children – starting with toddlers – you will notice more sugar than a can of soda.

Bottom line avoid giving sugar to your children to prevent serious health consequences and bad eating habits down the road.

A new very alarming trend to deceive parents are the PORTABLE squeeze vegetables bags, that have mainly fruit juice and some vegetables, giving the mother the false sense of security that the child is actually eating vegetables.

Good parents are educated parents. You must read the nutritional labels of everything that will go into your child's mouth.

Therefore, once solid food is started make sure to feed the baby what is good for their health. It will become the foods they like. You will

shape their taste buds for their future. You will not only raise healthier children but wiser ones who can make better decisions when food is put in front of them.

Once you have introduced 3 items of each basic food group: 3 yellow vegetables, 3 fruits, 3 green vegetables and 3 proteins, you have to establish set meal times to build an inner clock so they will not be tempted to snack in between meals.

Around age 9 months the average breakfast should be an egg with vegetables, followed by a fruit and then nursing or formula. Lunch should be a green vegetable, animal protein and a fruit, then nursing or formula. Dinner should be the same as lunch. 70% of all lunches and dinners should have a green vegetable, only 30% of the times it should be a yellow vegetable.

Don't forget that eventually the baby will learn that a sweet potato tastes sweeter than spinach, and that corn may taste better than green peas. When that happens, it means that the "honeymoon" with food is over. At that moment the first episode of picky eating crisis will start. However, you can fix the problem in a matter of days.

For example, if the baby refuses to eat chicken with spinach, you simply take the baby out of the highchair. DO NOT offer something else, not even fruit or formula. Two hours later, you place the baby back on the highchair and offer THE SAME food item, repeat as many times as needed. During this time, you give the baby water only.

Sadly, most parents enter into panic mode and give the baby sweet potato, corn, fruit or worse. This is the beginning of a road to obesity,

constipation, chronic stomach problems, short stature, and possibly diabetes.

With respect to snacks: the national “sport” in the USA is SNACKING. From infants to toddlers, to school age children, there is a continuous parade of snacks, all day, mainly carbohydrates. Like I mentioned before, parents feel very proud when they give their children whole grain cereal, crackers, bread, organic fruit juice. Children may love candy, but continuous snacking and treats are a direct path to obesity.

Remember that fruits are mostly sugar. These should be limited for dessert (assuming the child ate green vegetables and protein before.)

Another very deceiving trap for parents are the potato chips with spinach, kale and other vegetables. Those are simply potato chips with a green color. These are simple carbohydrates that convert rapidly to sugar in the body.

From a very young age (assuming no food allergies are detected) you can teach children to snack on cheeses, cold cuts, sliced almonds, celery, and unsweetened peanut butter.

By age 3 the child should start doing sports. Get them used to moving their body.

Very few children – even those engaged in sports - need sugary electrolyte drinks. They have no benefit to children. Give your children water.

You may ask yourself how many carbohydrates a healthy child should consume. From age 6 years old, a very active child should be having 3 meals a day consisting of green vegetables, protein and fruit.

Otherwise estimate that an elementary/middle school child that is active should have an average of 50-80 grams of carbohydrates a day. A very active high school athlete could have about 100 grams of carbohydrates daily. Obviously high endurance swimmers and marathon runners can have as many carbohydrates as needed based on their caloric expenditure. Each child has a different routine and their eating should be discussed with their pediatrician.

The sedentary elementary/middle school child should have about 50 grams of carbohydrates a day. Sedentary teenagers during their accelerated growth stages may require more. Again, discuss this with your pediatrician to set this to your child's needs.

I've known Harlan Kilstein for more than twenty years. He is truly an expert in teaching Keto and especially preparing many delicious Keto recipes.

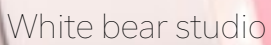
I've enjoyed eating in the Kilstein home and whether it's Harlan - or his wife Chana - doing the cooking I know the food is going to be healthy and delicious.

Completely Keto For Kids and Teens is an amazing source of ideas on how to maintain a healthy lifestyle for children of all ages. The recipes in this book will make sure your children never feel deprived of the things they like. This book is a great source of foods your children will enjoy such as bread, waffles, pizza, cakes, cookies and more. As your

children grow and attend birthday parties and school celebrations, you can provide their favorite Keto alternatives so they don't feel left out.

If you use these recipes, don't be surprised if your childrens' friends prefer your recipes to store bought options.

The recipes contained in this book will help keep your family healthy and never craving junk foods.



Low Carb for Kids, Not Your Mama's Keto

Helping your child reach and maintain a healthy weight can feel like a big undertaking. It's hard to deny our children the things that they want. It's even harder to convince them to eat things their bodies need when they'd rather be having something else.

You may have tried to get them on track with a bit of success before, only to have their body fat continue to rise after only a few short months. Well, today marks the end of that struggle. It doesn't matter if nothing you have tried up until this point has worked. It won't matter if your child is a picky eater and won't give up their favorite foods. Your kids can eat the things they enjoy while their bodies become healthier and healthier.

The weight loss industry is big business. Nutritionists, medical professionals, and government officials are guilty of promoting diet plans that keep you coming back. If their diet pills, shots, shakes or restrictive meal plans worked, they would run out of clients. In reality, the only thing you need is your grocery list and a kitchen.

This isn't an exercise program or a diet pill promising to eliminate the pounds effortlessly. This is a lifestyle change, an easy one, and it's working wonders for hundreds of thousands of people who've previously struggled to lose the weight and keep it off. The best thing is, once your kids learn how to cook the things they love with healthy ingredients, they can sustain a healthy body weight for life.

This is not just another diet. Your child won't have to slash calories or go hungry to lose body fat. Cutting calories doesn't work in the long

term, as the body goes into starvation mode and begins to hold onto every bit of fat it can. Your child needs proper nutrition in order to grow their muscles, bones, and body systems. There is a way kids can eat their way to a healthier body and actually enjoy it.

The skill of weight and health management is most important to the younger generation. The most telling indication that a person will be an overweight adult is their being overweight as a child. Having a large amount of excess fat around the midsection for such a prolonged amount of time does nearly irreparable damage to the body. Learning this valuable way of eating early on can save your child from a lifetime of struggle and disease.

Diabetes in children has skyrocketed with the popularity of processed foods and fast food served by the school system. About 193,000 people under 20 years of age have diagnosed diabetes in America. A study in 2012 reported the number of children annually diagnosed with type 1 diabetes was estimated to be 18,000 and 5,300 with type 2 diabetes. As recently as 1950 that number was as low as 350 children every 2 years.

Those numbers are quite telling. When we think about what could have changed to deteriorate our children's health at such a rapid rate, there is a glaring culprit. The American Diabetes Association says "Something changed in their environment". They state that it is important to understand this historical trend and put it in reverse.

An increase in carbohydrate and sugar-heavy nutrition, recommended by the government to families and schools across America placed its emphasis on the wrong types of nutrition. The ever

recognizable food pyramid places the most nutritious whole foods in the least important spot, with carbs vastly over recommended.

We were sold a dream that if we would only eat less fat we could actually have less body fat. Cue an endless supply of fat free, sugar free, prepackaged foods that are packed with carbs and artificial chemicals. They are fast, easy, and an absolute lie. They may be fat free, but putting fat on your body is what these foods do best.

Everything we have been told for years about what a nutritious diet looks like has turned out to be wrong. As a result, the choices available to kids during lunchtime at school are some of the last things they should be eating. Most items are processed, meats are always accompanied by bread of some kind, even the fruit is prepackaged and swimming in syrup. In many cases there is a salad bar available, however, there is also a select fast food chain option. Not many kids are going to choose a salad over pizza, hamburgers and French fries.

Childhood obesity is getting out of control, and in many cases, children are becoming obese before they even reach school age. 13.9% of children 2-5 years old are obese in the US. And the numbers keep climbing from there with 18.4% in 6-11 year olds and 20.6% among 12-19 year olds.

Not only is being obese damaging to the body's health, there is the social stigma and psychological damage of being overweight to contend with as well. Kids can be cruel to each other. They can also be very self-conscious and critical of themselves. Body image issues can lead to a host of psychological problems for children now and in the future. Yo-yo dieting at a young age can lead to eating disorders like anorexia, bulimia

and binge eating. A healthy relationship with food must be instilled at a young age. Mealtimes should be enjoyed, not feared, obsessed over or regretted. If your child is constantly asking for a treat or snack this means they aren't receiving proper nutrition. Their hormones are being tricked into triggering an endless hunger response.

Children being so physically and psychologically unhealthy at such a young age is something that has to change, and the good news is, change is easier than you've ever thought it could be.

By cutting out just one block of the inaccurate food pyramid, you can set your child on the path to health. The simple truth is, humans don't need grains, beans, potatoes, and most fruits in their diet to be healthy. You may think this would cut out many of their favorite foods, but that is not the case. Pizza, hamburgers, chicken nuggets, spaghetti, tacos, cookies, and cupcakes are still on the menu. Almost any food they love can be made in the kitchen using low carb ingredients. Therein lies the secret, cooking the food your family eats so that you know each and every ingredient comes from a nutritious whole food source.

So how does low carb for kids differ from low carb for adults?

Kids need a higher concentration of nutrients than adults, but that energy should come from healthy whole food sources. A child's brain uses twice the amount of glucose as the adult brain, topping out at 5 years of age. Throughout our lives, almost half of the energy from our daily food intake goes to brain activity. That brain activity is moving at a faster rate while children's bodies are growing and changing so rapidly.

Many kids are active, they participate in sports, ride bikes and play outside daily. Kids with an active lifestyle need 90 to 100 carbs a day. Potatoes and wheat aren't necessary to reach this carb count. As long as they are getting plenty of vegetables like cauliflower, spinach, broccoli and peppers their macros can easily include 100 carbs a day.

Kids who are not active and live a more sedentary lifestyle only require about 30 to 40 carbs a day. This is also easy to achieve by cooking nutrient rich recipes that they will love. Whether active or not kids do need plenty of fruit and should have a serving of berries with every meal.

The large amount of empty processed carbs, calories and sugar children would, and usually do have in their preferred diet are not examples of whole food. Kids need a full spectrum of vitamins and nutrients from their diet. The problem is that the way the foods they love are traditionally made have far beyond the recommended healthy level of carbohydrates and added sugar than what is needed for their growing bodies.

Fat is not bad for your child's body and eating fat will not make

them fat. The reason your child's appetite can seem insatiable is a direct result of the types of food they are eating. Processed foods high in saturated fat and refined starch or sugar can cause inflammation that disrupt the hormonal signals that tell your brain it's full. If there is one thing we want to flow naturally it is a growing child's hormones. The effect processed foods have on kid's hormones dull their neural responses when they eat. As a result, they don't know they are full and continue eating.

When your child's diet contains nutrient rich whole foods, their brain will let them know they are full. They can stop the cycle of overeating while fueling their bodies and brains.

While kids need a bit more energy intake than being in ketosis can provide, making a few selected tweaks in the low carb, low sugar direction will do wonders for their health.

These recipes are fun, easy, delicious and they can all fit into your own keto meal plan. The goal is not to get your child's body into ketosis, but to provide them with the right balance of nutrients. These are recipes that represent mindful choices while cooking the foods our kids already know and love.

Good
morning!



BREAKFAST

Breakfast is the most important meal of the day. The importance is in the name itself, upon waking your child is breaking a fast. What they eat before school sets their energy level for the entire day. This meal should be filling and full of vitamins and minerals. Many of these recipes can be made beforehand and saved in the refrigerator for up to 5 days. Some of them are even great on the go. You can send your kids out the door with a nutritious energy filled healthy meal that tastes amazing. Some kids aren't hungry in the morning, however, it's still important for them to have something in their stomach. If a whole meal is too much, start their day with one of these delicious smoothies packed with good fats, avocado, berries, nut butter and some secret spinach that they'll never taste. The energy will do them plenty of good.



Strawberry Milkshake Smoothie

1 serving, total per serving: net carbs 7g, total carbs 25g, fiber 17g, fat 26g, protein 3g, calories 298

Ingredients:

5 medium
strawberries (fresh
or frozen)

1/2 avocado

1 cup fresh baby
spinach

1 tbsp Choc Zero
strawberry syrup

4 ice cubes

1/2 cup
unsweetened
almond milk

1 tbsp MCT oil

Instructions:

1. Add all ingredients to a bullet style blender and pulse until smooth
2. Pour into a glass and enjoy!



PB&J Smoothie

1 serving, total per serving: net carbs 9g, total carbs 27g, fiber 18g, fat 28g, protein 9g, calories 355

Ingredients:

2/3 cup
blackberries

2 tbsp no sugar
added peanut
butter

1 tbsp Choc Zero
raspberry syrup

1/2 avocado

1/2 cup baby
spinach

4 ice cubes

1/2 cup
unsweetened
almond milk

Instructions:

1. Add all ingredients to a bullet style
blender and pulse until smooth

2. Pour into a glass and enjoy



Peanut Butter Cup Smoothie

1 serving, total per serving: net carbs 10g, total carbs 34g, fiber 24g, fat 31g, protein 8g, calories 398

Ingredients:

2 tbsp Choc Zero
chocolate syrup

2 tbsp no sugar
added peanut
butter

1 tbsp coconut oil

1/2 cup spinach

5 ice cubes

2/3 cup
unsweetened
almond milk

Instructions:

1. Add all ingredients to a bullet style
blender and pulse until smooth

2. Pour into a glass and enjoy



Chocolate Raspberry Smoothie

1 serving, total per serving: net carbs 9g, total carbs 40g, fiber 31g, fat 26g, protein 3g, calories 345

Ingredients:

1/2 avocado

3 tbsp Choc Zero
chocolate syrup

1/2 cup baby
spinach

1/2 cup
raspberries (fresh
or frozen)

1 tbsp coconut oil

1 tbsp MCT oil

4 ice cubes

1/2 cup
unsweetened
almond milk

Instructions:

1. Add all ingredients to a bullet style
blender and pulse until smooth

2. Pour into a glass and enjoy



Pancake/Sausage Pigs in a Blanket

6 servings, total per serving: net carbs 2.1g, total carbs 7.1g, fiber 1g, fat 24.8g, protein 13g, calories 296

Ingredients:

1/2 cup almond flour

2 eggs

1/4 cup room temperature cream cheese

1 tsp baking powder

9 drops liquid stevia

1 tbsp butter for frying

1/2 cup Choc Zero maple syrup

12 pork sausage links
toothpicks

Instructions:

1. Heat skillet to medium-high heat
2. Add sausage links to pan, cook covered until well done, turning halfway through. (about 10 minutes)
3. Remove and set to the side.
4. Using a bullet style blender, add cream cheese to the cup and microwave cream cheese for 30 seconds.
5. Add egg and mix with a spoon, scraping all cream cheese from the sides.
6. Add almond flour, baking powder and stevia, pulse in blender until smooth.
7. In the same skillet on medium-high heat, add butter to coat the pan.
8. Pour pancake mixture onto hot skillet, about the diameter of your fist. 3 should fit in a medium sized pan at one time.
9. Flip when edges start to dry and bubbles form on top, remove after cooking second side for 10-15 seconds.
10. After all pancakes are done, place sausage link in the middle and fold into a wrap, secure the pancake with a toothpick.
11. Serve with Choc Zero maple syrup and a side of blueberries



Cinnamon Twist Waffles

4 servings, total per serving: net carbs 5.24g, total carbs 6g, fiber 0.75g, fat 29g, protein 40.2g, calories 441

Ingredients:

2 cups finely
shredded
mozzarella cheese

4 eggs

4 tbsp almond
flour

1/2 tsp cinnamon

12 drops vanilla
liquid stevia

Choc Zero maple
syrup

Instructions:

1. Mix cheese, egg, stevia, cinnamon, and almond flour together.

2. Heat up your mini waffle maker and grease with cooking spray.

3. Spoon mixture into hot waffle maker.

4. Allow to cook for 2-3 minutes.

5. Let waffles rest 2-3 minutes after cooking.

6. Serve with butter and Choc Zero maple syrup.



Pancakes

4 servings, total per serving: net carbs 2.2g, total carbs 9.7g, fiber 1.5g, fat 17.5g, protein 7g, calories 210

Ingredients:

1/2 cup almond flour

2 eggs

1/4 cup room temperature cream cheese

1 tsp baking powder

9 drops liquid stevia

1 tbsp butter for frying

1/2 cup Choc Zero maple syrup

Instructions:

1. Using a bullet style blender, add cream cheese to the cup, microwave cream cheese for 30 seconds.
2. Add egg and mix with a spoon, scraping all cream cheese from the sides. add almond flour, baking powder, and stevia.
3. Add almond flour, baking powder, and stevia. Pulse until smooth.
4. Heat skillet to medium-high heat and add butter to coat the pan.
5. Pour pancake mixture from the blender cup onto hot the skillet, about the diameter of your fist (slowly, it will spread). 3 should fit in a medium pan at one time.
6. Flip when edges start to dry and bubbles form on top. Cook for 10-15 additional seconds.
7. Plate and top with Choc Zero maple syrup and blueberries.



Sausage, Egg and Cheese Muffins

12 servings, total per serving: net carbs 0.9g, total carbs 0.9g, fiber 0g, fat 11.4g, protein 10.2g, calories 150

Ingredients:

12 large eggs
1 cup shredded Colby jack cheese
1/4 lb ground pork sausage
1/2 tsp kosher salt
1/2 tsp black pepper

Instructions:

1. Preheat oven to 375.
2. Place cupcake liners in muffin tin, spray liners with olive oil spray.
3. Heat skillet to medium-high heat, add sausage, cook until well done, set aside.
4. Add eggs, salt and pepper in a measuring cup with a pour spout, whisk.
5. Evenly distribute sausage to muffin cups.
6. Sprinkle cheese on top of sausage.
7. Pour egg into each muffin cup until 3/4 full.
8. Stir each muffin cup lightly.
9. Place pan in oven and bake 25-30 minutes until muffins have risen and are slightly golden on top.
10. Remove and allow to rest on counter for 5 minutes before serving.
11. Store covered in refrigerator up to 5 days.



Breakfast Burrito

2 servings, total per serving: net carbs 6g, total carbs 15g, fiber 9g, fat 27g, protein 23g, calories 364

Ingredients:

2 coconut flour
tortillas

2 eggs

1/4 cup cheddar
cheese

4 oz ground mild
sausage

Instructions:

1. Heat skillet to medium-high heat.

2. Add sausage and break apart with spatula, cook until well done and set to the side.

3. Whisk eggs.

4. Add eggs to the same skillet using the grease left in the pan from cooking the sausage. Scramble eggs.

5. Plate tortillas, add 1/2 eggs and sausage to each, top with cheddar cheese.

6. Wrap and serve with blackberries on the side.



Brent Hofacker

Sausage Gravy Biscuit Pizza

8 servings, total per serving: net carbs 4.3g, total carbs 7.5g, fiber 3g, fat 46.2g, protein 21.1g, calories 518

Ingredients:

Crust:

2 cups almond flour
2 tsp baking powder
1½ tsp kosher salt
1½ tsp black pepper
2 eggs
1⅓ cup butter melted

Toppings:

1 cup mozzarella
cheese

Gravy:

1 tbsp olive oil
1½ cup heavy whipping
cream
¼ cup water
1 tbsp butter
1½ tsp black pepper
1½ tsp kosher salt
¼ tsp xanthan gum
1½ lb sausage

Instructions:

Gravy:

1. Heat skillet to medium-high.
2. Add sausage to the skillet and brown to well done, set aside.
3. Reduce skillet to medium-low heat.
4. Add olive oil, water, butter, and heavy whipping cream.
5. Whisk until butter is melted.
6. Add salt and pepper, whisking for another minute.
7. Add xanthan gum and continue stirring. Reduce until you reach a thick consistency.
8. Add back in the sausage and stir, set aside.

Make Pizza:

Preheat oven to 350

9. Mix almond flour, baking powder, salt, and pepper in one bowl.
10. Mix melted butter and egg in another bowl.
11. Pour the wet ingredients into the almond flour mixture and combine with a fork.
12. Line a baking tray with parchment paper and place dough on top, press into a semi-thick crust leaving a thicker lip around the perimeter.
13. Place into preheated oven, bake for 8 minutes and remove.
14. Pour sausage gravy mixture over the crust. Cover generously, but not so much that gravy spills over the sides of the crust. (You may have a little extra if so set aside) Top evenly with cheese.
15. Place back in oven, bake for an additional 10 minutes.
16. Remove and allow to rest for 5 minutes before serving.



Egg Muffins

1 serving, total per serving: net carbs 5g, total carbs 10g, fiber 4g, fat 50g, protein 27g, calories 589

Ingredients:

1/3 cup almond flour

2 eggs

1 tbsp butter

1/2 tsp baking powder

1 slice deli ham

1/2 tsp olive oil

1 slice American cheese

Instructions:

1. Melt butter in a large mug.

2. Whisk in 1 egg.

3. Stir in almond flour and baking powder, mix well.

4. Microwave on high for 90 seconds.

5. Tip mug over and shake out muffin

6. Slice in half and toast, set aside.

7. Heat skillet to medium-high heat, add olive oil.

8. Crack egg into heated skillet, break and spread yolk across the top of the white. Cook until egg can be flipped, cook another 30 seconds and remove, set aside.

9. Add a slice of ham to the same pan and brown on each side.

10. Add ham, folded egg, and cheese to the toasted muffin.

11. Serve with strawberries on the side.



LUNCH

It can be hard to provide our kids with the good whole food they need when it's lunchtime at school. There are many tempting treats in the lunch line. The key to keeping kids on track at school is making delicious meals to pack for them that will be just as tasty as anything they can find in the lunchroom. Invest in a cool lunchbox and some sturdy dishwasher and microwave safe tupperware. Make sure the lunchroom has a microwave available to them. The best part is that they won't have to stand in line and will have plenty of time to enjoy lunch with their friends.



Pizza Quesadilla

4 servings, total per serving: net carbs 6.25g, total carbs 15.2g, fiber 9g, fat 32.5g, protein 24g, calories 403

Ingredients:

4 whole coconut
flour tortillas

4 tbsp sugar free
marinara sauce

16 Pepperonis
sliced into 4th's

1 tbsp olive oil

1 cup shredded
mozzarella cheese

1 tbsp Italian
seasoning

Instructions:

Prepare one at a time

1. Heat skillet to medium-high heat.

2. Add $\frac{1}{4}$ tbsp olive oil.

3. Lay tortillas flat in pan to cover one entire side in oil.

4. Add 1 tbsp marinara sauce, $\frac{1}{4}$ cup mozzarella cheese, $\frac{1}{4}$ tbsp Italian seasoning and 4 chopped pepperonis to $\frac{1}{2}$ of the tortilla.

5. Fold the filled tortillas in half, cook until lightly browned (45-60 seconds) flip and brown the other side. Plate and enjoy!

6. Finish with strawberries and blueberries for dessert



Chicken Nuggets

4 servings, total per serving: net carbs 2g, total carbs 3.5g, fiber 1.5g, fat 31.5g, protein 27.25g, calories 405

Ingredients:

1½ lb chicken breast
½ cup fine powdered parmesan cheese
½ cup almond flour
1 tsp Italian seasoning
½ tsp Himalayan sea salt
½ tsp white pepper
¼ cup mayonnaise
1 tsp apple cider vinegar
2 tbsp olive oil
Ranch or Primal Kitchen's bbq sauce for dipping

Instructions:

1. Add chicken breast to a bowl of water with 2 tbsp sea salt, brine for 10 minutes to an hour.
2. Remove and pat dry.
3. Slice chicken into 2 inch pieces.
4. In one bowl mix parmesan, almond flour and Italian seasoning.
5. In another bowl mix mayonnaise and vinegar.
6. Heat skillet to medium-high heat and add olive oil.
7. Lightly coat each piece of chicken with mayonnaise mixture then press into the almond flour mixture, coat entirely.
8. Add each piece to the pan and cook about 1.5 minutes per side.
9. Serve with Primal Kitchens ketchup, BBQ sauce or ranch dressing.



Ham and Cheese Quesadilla

4 servings, total per serving: net carbs 5.25g, total carbs 14.25g, fiber 9g, fat 18g, protein 20.4g, calories 269

Ingredients:

4 coconut flour
tortillas

8 oz extra thick
deli ham sliced
into small cubes

8 thin slices or 4
thick slices Swiss
cheese

2 tbsp olive oil

Instructions:

1. Chop ham into small cubes.
2. Heat skillet to medium-high heat.
3. Add $\frac{1}{4}$ tbsp olive oil.
4. Lay tortillas flat in pan to cover one entire side in oil.
5. To $\frac{1}{2}$ of the tortilla add 2 slices of Swiss cheese and 2 oz cubed ham.
6. Fold filled tortilla in half, cook until lightly browned (45-60 seconds) flip and brown the other side. Plate and enjoy!
7. Serve with a side of chopped green peppers with ranch dressing for dipping.
8. Finish with raspberries for dessert.



Sloppy Joe Chaffles (fathead waffles)

4 servings, total per serving: net carbs 9.7g, total carbs 11.5g, fiber 1.7g, fat 41g, protein 70.7g, calories 712

Ingredients:

chaffles:

2 cup mozzarella cheese
4 eggs
4 tbsp almond flour

Sloppy joe mix:

1 lb ground beef
1 tbsp olive oil
1/2 large red bell pepper
1/2 small yellow onion chopped into small pieces
1 tbsp apple cider vinegar
1 tbsp Worcestershire sauce
1/2 cup tomato sauce
1/2 cup Primal kitchens ketchup
1/2 tbsp salt
1/2 tsp black pepper

Instructions:

Chaffles:

1. Mix mozzarella cheese, eggs and almond flour in a bowl.
2. Heat up mini waffle maker.
3. Spoon in 1/4 of the mixture and cook for 2 minutes or until golden and set aside.

Sloppy joe mixture:

4. Bring a deep skillet or medium pot to medium-high heat, add olive oil.
5. Add in chopped onion and pepper. Sauté for 1 minute.
6. Add ground beef to the same pan with the onion and pepper and cook until well done, drain excess grease.
7. Reduce heat to a simmer. Add in tomato sauce, ketchup, Worcestershire, vinegar, salt, and pepper.
8. Simmer until most of the moisture evaporates and mixture thickens (about 3-5 minutes) and remove from heat.
9. Plate one chaffle per plate and spoon 1/4 of the sloppy joe mixture over each chaffle.
10. Enjoy with a side of blackberries for dessert!



Cheese Steak Wrap

4 servings, total per serving: net carbs 5.75g, total carbs 15.5g, fiber 9.5g, fat 5g, protein 3.25g, calories 87

Ingredients:

4 coconut flour tortillas

3/4 lb thin shaved beef tenderloin

4 thin slices of provolone cheese

1/2 large green bell pepper

1/2 medium onion

1 tbsp olive oil

1/2 tsp Himalayan sea salt

1/2 tsp black pepper

1/4 tsp garlic powder

1 tsp balsamic vinegar

Instructions:

1. Slice onions and peppers into thin slices.

2. Heat skillet to medium-high heat.

3. Add olive oil, onions, and peppers. Sauté for 2 minutes.

4. Add beef to the same skillet.

5. Immediately add all spices and balsamic vinegar.

6. Cook 1-2 minutes until beef is no longer pink.

7. Plate tortillas, divide beef and pepper mixture evenly into each.

8. Add cheese on top of each one, roll up and serve



Chicken Teriyaki Sticks

6 servings, total per serving: net carbs 0g, total carbs 0g, fiber 0g, fat 3.3g, protein 23g, calories 130.8

Ingredients:

1 lb chicken breast

1/2 cup wheat free
tamari sauce

wooden skewers

Instructions:

soak wooden skewers in water for a minimum of 3 hours so they don't burn in the oven

1. Slice chicken breast into 1 inch cubes.
2. Place chicken cubes into a gallon ziplock bag and add in wheat free tamari sauce.
3. Allow to marinate for 1 hour.
4. Skewer chicken pieces leaving 1 inch at the top and bottom.
5. Preheat oven to 450.
6. Line a large baking sheet with parchment paper and place skewers on pan leaving 1 inch between each one.
7. Bake 20-30 minutes. Keep an eye on them to ensure they don't burn or dry out.
8. Remove from the oven and allow to rest 5 minutes before serving.
9. Serve with a side of chopped cauliflower florets with ranch dressing for dipping.
10. Finish with a fried berry pie. (Below in desserts)



Tacos

4 servings, total per serving: net carbs 6.7g, total carbs 16.2g, fiber 9.5g, fat 15.2g, protein 22g, calories 262

Ingredients:

4 coconut flour
tortillas

1/2 lb Ground beef

1/2 packet Taco
seasoning

1/2 medium
Tomato

1 1/2 cup chopped
Lettuce

1/2 cup Mexican
blend cheese

4 tbsp sour cream

Instructions:

1. Heat skillet to medium-high heat.

2. Add ground beef and taco
seasoning, cook until well done
remove and set aside.

3. Chop lettuce and tomato.

4. Separate ground beef onto tortillas.

5. Top with vegetables, cheese, and
sour cream.



Fried Shrimp

8 servings, total per serving: net carbs 0.75g, total carbs 1.6g, fiber 0.75g, fat 16g, protein 15.7, calories 209

Ingredients:

1 lb uncooked shrimp

1 cup almond flour

1/2 cup parmesan cheese

1/2 tsp salt

1/2 tsp pepper

1/2 tsp Italian seasoning

1/4 cup mayonnaise

1 tsp apple cider vinegar

1/4 cup olive oil for frying

Primal Kitchens ketchup for dipping

Instructions:

1. Wash shrimp and pat dry.

2. In one bowl add Parmesan, almond flour, salt, pepper, and Italian seasoning, mix well.

3. In another bowl add mayonnaise and apple cider vinegar, mix well.

4. Heat skillet to medium-high heat, add olive oil.

5. Coat each piece of shrimp with a thin layer of mayo.

6. Press shrimp into almond flour mixture and place in the frying pan.

7. Cook 1-2 minutes per side until golden brown. If breading is browning to quickly, reduce heat.

8. Remove and place on a paper towel.

9. Serve with Primal Kitchens ketchup, celery and carrot sticks.



Cheesy Tuna Patties

6 servings, total per serving: net carbs 1.3g, total carbs 2.5g, fiber 1.1g, fat 10.1g, protein 12.5g, calories 147

Ingredients:

2 cans chunk light tuna in water

1/2 cup almond flour

1 1/2 tbsp
Primal Kitchen
mayonnaise

1 egg

1/4 cup shredded cheddar cheese

1 tsp dried minced onion

1/2 tsp kosher salt

1/2 tsp pepper

1 tsp dried chives

1/2 tsp parsley

1/4 cup olive oil

Instructions:

1. Drain tuna well.

2. Empty cans into a medium mixing bowl.

3. Add all ingredients other than the olive oil to the mixing bowl.

4. Mix well. If mixture is too wet, add a bit more almond flour, if too dry add a bit more mayonnaise.

5. Separate tuna mixture into 6 balls.

6. Heat skillet to medium-high heat and add 1/2 of your olive oil.

7. Place 3 tuna balls into the pan, flatten gently with a spatula.

8. Cook 3-4 minutes per side until lightly crispy.

9. Remove and place on paper towels to cool. Add remaining olive oil and 3 tuna balls to the pan. Brown both sides.

10. Plate and serve with mayonnaise and mustard mixed.

11. Finish with blueberries topped with sugar free whipped cream for dessert.



DINNER

Dinner time is where the whole family can come together, discuss the day, spend time together and set good examples for each other. These are recipes that kids can't get enough of and you will be right there with them. Everyone loves these comfort food staples. Cooking is fun, and dinner time is an amazing opportunity to teach them a valuable life skill, as well as to help them learn the best way to cook their favorite meals.



Enchilada Pie

8 servings, total per serving: net carbs 9.1g, total carbs 16.6g, fiber 7.5g, fat 8g, protein 23.6g, calories 221

Ingredients:

6 coconut flour
tortillas

1 lb shredded
chicken breast or
ground beef

1 packet taco
seasoning

1 4 oz can green
chilies

1 can enchilada
sauce

1 cup Mexican
blend cheese

Round pie dish

Instructions:

Preheat oven to 350

1. Cut large chicken breast into 4 pieces for speedier cooking.
2. Heat skillet to medium-high heat.
3. Add chicken to pan, cook until juices run clear and no pink inside. About 10-15 minutes, turning halfway through, set aside.
4. With a fork, shred the chicken breast.
5. In a large bowl, add shredded chicken, $\frac{1}{2}$ packet of taco seasoning, can of green chilies and $\frac{1}{4}$ of the can of enchilada sauce, mix well.
6. In your casserole dish, spread 2 tbsp enchilada sauce in the bottom.
7. Cover the bottom of the dish with 3 tortillas. (2 if they are large)
8. Spoon $\frac{1}{2}$ of chicken mixture over tortillas evenly.
9. Next layer 3 more tortillas over chicken mixture, drizzle 4 tbsp enchilada sauce over tortillas.
10. Spread the remainder of the chicken mixture evenly over tortillas.
11. Bake in oven for 10 minutes, remove and sprinkle cheese evenly over top.
12. Bake for an additional 15 minutes.
13. Allow pie to rest on counter for 10 minutes before cutting and serving.
14. Garnish with sour cream, cilantro and a tbsp of enchilada sauce.



Pepperoni Pizza

4 servings, total per serving: net carbs 9.7g, total carbs 12g, fiber 2.5g, fat 49.7g, protein 56.5g, calories 710

Ingredients:

3/4 cup almond flour

3 1/2 cup mozzarella cheese

2 tbsp cream cheese

1 egg

1 tsp Italian seasoning

1 tsp olive oil

1/4 cup sugar free marinara sauce

1/4 cup sliced pepperoni

Instructions:

1. In a microwave safe bowl add 2 cups mozzarella cheese and cream cheese. Microwave for 1 minute, remove and stir. Microwave an additional 30 seconds until melted.

2. Add almond flour, egg and Italian seasoning, mix well.

3. Preheat oven to 425.

4. Place dough between 2 large sheets of parchment paper.

5. Begin by pressing dough flat with your hands, then use a rolling pin or spatula to flatten into a thin crust.

Transfer to your baking sheet and remove top sheet of parchment paper.

6. Brush entire crust with olive oil.

7. Bake for 10 minutes and remove.

8. Spread marinara sauce evenly over dough.

9. Sprinkle the remaining mozzarella cheese evenly over marinara sauce and

Add pepperoni.

10. Bake for an additional 10 minutes or until crust is a golden brown and remove.

11. Allow pizza to rest for 5 minutes before serving.

12. Finish with strawberries and fresh mozzarella cheese for dessert.



Cauliflower Mac & Cheese With Ham Casserole

10 servings, total per serving: net carbs 3.5g, total carbs 4.4g, fiber 1.9g, fat 19.7g, protein 10g, calories 244

Ingredients:

1 head cauliflower

1½ lb cut of ham,
cut into cubes

1 cup heavy
whipping cream

2 oz cream cheese

1 ½ tsp dijon
mustard

2 cup shredded
cheddar cheese

1 tbsp olive oil

¼ tsp black
pepper

¼ tsp garlic
powder

1 tsp kosher salt

Instructions:

1. Preheat oven to 350.

2. Grease casserole dish with olive oil.

3. Chop head of cauliflower into small florets including stalks, chop ham into medium sized cubes and set aside.

4. Bring a medium pot of water to a boil, add cauliflower. Boil until crisp and tender. (about 5 minutes)

5. Drain and pat dry with paper towels, place in a casserole dish and set aside.

6. Heat a medium pot on low. Add cream and bring to a simmer.

7. Whisk in cream cheese and mustard. Mix well until smooth.

8. Next stir in 1 cup cheddar cheese, salt pepper, and garlic. Whisk until smooth. (about 1-2 minutes)

9. Remove and pour over cauliflower, add chopped ham, mix well.

10. Sprinkle remaining cheddar cheese evenly over the casserole.

11. Place in preheated oven and bake until top is browned and bubbly. (about 20 minutes)

12. Remove from oven and allow to rest on counter for 10 minutes before serving.

13. Serve with a side of broccoli florets with ranch dressing for dipping.



Chili Baked Rutabaga

Ingredients:

3 medium
rutabagas

2 cans of sugar
free chili con carne

1 cup mild cheddar
cheese

2 tbsp olive oil

1 tsp kosher salt

1/2 tsp black
pepper

Instructions:

1. Preheat oven to 425
2. Peel and chop rutabagas into medium sized cubes and place into a large bowl.
3. Drizzle olive oil over, sprinkle in salt and pepper and toss to cover all rutabagas with olive oil.
4. Line a baking sheet with aluminum foil and pour in rutabaga cubes, try not to have them overlap.
5. Bake for 40 minutes or until golden and tender.
6. Remove from oven and transfer baked rutabaga to a medium casserole dish.
7. Add chili on top, spread evenly and sprinkle cheddar cheese to cover.
8. Place dish in oven and bake for an additional 5-10 minutes or until cheese bubbles.
9. Remove and allow to rest on counter for 10 minutes before serving
10. Plate and garnish with sour cream.



Meat Sauce Marinara Zoodles

4 servings, total per serving: net carbs 7g, total carbs 8.7g, fiber 1.7g, fat 14.7g, protein 19g, calories 250

Ingredients:

2 large zucchini

2 cups sugar free
marinara sauce

1/2 lb ground beef

4 tsp parmesan
cheese

1 tbsp olive oil

1 tsp garlic powder

vegetable
spiralizer

Instructions:

1. Heat a deep skillet or medium pot to medium-high heat, add ground beef and cook until well done. Drain excess oil.

2. Add marinara sauce to the beef, cover and reduce to simmer.

3. Cut ends off of zucchini and spiralize using the medium noodle blade.

4. Heat another skillet to medium-high heat, add olive oil.

5. Add zoodles to the pan, sprinkle evenly with garlic powder and sauté for 3-5 minutes, turning constantly with tongs. (do not overcook)

6. Separate zoodles onto 4 plates and spoon 1/2 cup meat sauce onto each.

7. Top with 1 tsp parmesan cheese and serve.



Elena Veselova

Butter Parmesan Spaghetti Squash

10 servings, total per serving: net carbs 8.2g, total carbs 10.3g, fiber 2.1g, fat 10.8g, protein 5.5g, calories 155

Ingredients:

1 large spaghetti squash

1 cup shredded parmesan cheese

2/3 stick of butter

1/2 tbsp garlic powder

1/2 tsp kosher salt

1/2 tsp black pepper

Instructions:

1. Preheat oven to 350.

2. Prick squash all over with a thin knife and place in a baking dish. 3. Bake in the oven for 1 hour or until soft.

4. Remove and cut in half, scoop out seeds and discard.

5. Using a fork scrape out strings of squash and place in a bowl.

6. While still hot toss with parmesan and butter. Sprinkle in salt, pepper and garlic powder. Mix gently. (if cheese is not melted, microwave for 1-2 minutes and stir)

7. Plate and serve.

8. Finish with chopped strawberries and blackberries for dessert.



Cheese Burger Chaffles

4 servings, total per serving: net carbs 6.25g, total carbs 7g, fiber 0.75g, fat 42g, protein 59g, calories 640

Ingredients:

2 cup finely
shredded
mozzarella cheese

4 eggs

4 tbsp almond
flour

1½ lb ground beef

1½ tsp garlic
powder

1½ tsp kosher salt

4 slices American
cheese

Instructions:

1. Add salt and garlic powder to ground beef and stir until mixed.

2. Heat skillet to medium-high heat

3. Cook burgers to your desired temperature, top with cheese and set aside.

4. Heat up your mini waffle maker and grease it's cooking spray.

5. Mix almond flour egg and mozzarella cheese.

6. Spoon mixture into waffle maker and allow to cook 2-3 minutes.

7. Let waffles rest 2-3 minutes after cooking.

8. Plate waffle, place burger on top, serve with Primal kitchens ketchup and mustard on the side.

9. Serve with a side of dill pickle spears.



Shepherds Pie

6 servings, total per serving: net carbs 6.5g, total carbs 8.6g, fiber 2.1g, fat 22.3g, protein 26.3g, calories 349

Ingredients:

1 lb ground beef

1 package
of mashed
cauliflower

1 small green
pepper

15 baby carrots

1/2 medium onion

1 cup cheddar
cheese

1 tbsp olive oil

1/2 cup prima
kitchens ketchup

2 tbsp
worcestershire
sauce

1/2 tsp salt

1/2 tsp garlic
powder

Instructions:

1. Preheat oven to 350.

2. Follow directions to cook mashed cauliflower on the package, set aside.

3. Chop green pepper, onion and baby carrots into small pieces and heat skillet to medium-high heat.

4. Add olive oil, peppers, onion and carrots to the pan and sauté for 1 minute.

Add ground beef to pan with the vegetables, increase heat to high and cook until beef is well done, drain excess juice from the pan.

5. Reduce heat to medium-low, add ketchup, worcestershire, salt, and garlic powder. Mix well for 2-4 minutes.

6. Pour mixture into a medium casserole dish.

7. Spread cauliflower mash evenly over the ground beef mixture.

8. Bake in preheated oven for 15 minutes.

9. Remove and spread cheese evenly over the top.

10. Place back into the oven and bake for an additional 10 minutes, until cheese begins to bubble.

11. Remove from the oven and allow to rest on countertop for 10-15 minutes before serving.

12. Finish with blueberries and raspberries topped with sugar free whipped cream for dessert.



Chicken Taco Bowl With Pork Rinds

6 servings, total per serving: net carbs 5.8g, total carbs 9.1g, fiber 3.1g, fat 24g, protein 53g, calories 470

Ingredients:

1 lb chicken breast cutlets

2 tbsp olive oil

1 package taco seasoning

2 tbsp water

8 oz pork rinds

1 bunch of romaine lettuce

1 medium tomato

4 oz Mexican blend cheese

4 tbsp sour cream

Instructions:

1. Heat skillet to medium-high heat.

2. Add olive oil and chicken.

3. Cook covered until juices run clear and there is no visible pink when cut, about 10 minutes.

4. Remove chicken from pan to a cutting board.

5. Chop chicken into small pieces and place back in pan.

6. Reduce heat to medium-low, add taco seasoning and 2 tbsp water.

7. Mix well on low heat until water is dissolved, remove and set to the side.

8. Chop lettuce and tomato and add to 4 bowls.

9. Add chicken and cheese.

10. Top with sour cream and crumbled pork rinds over top.

Mini Chicken Pot Pies

Ingredients:

Filling:

1 lb store bought rotisserie chicken
2 tbsp olive oil
1/2 cup grated carrots
1/2 small onion finely chopped
1 cup chopped celery
1/2 cup chicken stock
1/2 cup heavy whipping cream
1 tsp white vinegar
1 tsp kosher salt
1 tsp black pepper
1 tsp paprika
1 tsp ground parsley
1/2 tsp rosemary

Crust:

3 cups shredded mozzarella cheese
1 1/2 cup almond flour
2 tsp baking powder
1 tsp ground rosemary
1/2 tsp kosher salt
3/4 cup butter

Instructions:

Filling:

1. Preheat oven to 350.
2. Grease cups in your muffin pan.
3. Cut the meat from your rotisserie chicken and shred with a fork. Set to the side.
3. Heat a large skillet to medium-high heat and add olive oil.
4. Add chopped onion, carrot and celery and all filling spices. Sauté until onions are transparent and aromatic.
5. Stir in vinegar until the mixture is thickened.
6. Increase heat to high and stir in chicken broth, bring to a boil then reduce heat to low.
7. Continue stirring until moisture reduces and the mixture becomes thickened.
8. Stir in shredded chicken and cream, mix well.
9. Set filling aside.

Crust:

10. Add all dry crust ingredients to a large bowl, mix well.
11. In a separate bowl whisk eggs and pour into

Mini Chicken Pot Pies Continued

12 servings, total per serving: net carbs 3.9g, total carbs 5.8g, fiber 1.8g, fat 31.8g, protein 30.5g, calories 424.7

almond flour, mix well.

12. In another microwave safe bowl add butter and mozzarella cheese, microwave in 30 second intervals mashing in between to combine.
13. When cheese is melted add almond flour mixture. Mix well.
14. Place dough on a sheet of parchment paper, kneed while still hot to combine ingredients.
15. Once dough is combined, separate $\frac{1}{3}$ of dough and set aside.
16. Divide the large section of dough into 12 pieces.
17. Roll each piece of dough between 2 pieces of parchment paper then press each piece into muffin cups.
18. Roll remaining $\frac{1}{3}$ piece of dough between 2 pieces of parchment paper, cut into 12 circles large enough to cover your pot pie cups.
19. Spoon filling into muffin cups and cover each pie with a dough circle. Do not overfill.
20. Pinch edges all the way around to seal in filling.
21. Poke 2 holes in the top of each muffin with a knife to vent and place the muffin pan on top of a cookie sheet.
22. Bake pies for 15-20 minutes until edges of crust are golden and remove.
23. Allow muffins to rest in the pan for 5 minutes before serving.
24. Serve with a side of celery and carrot sticks with ranch dressing for dipping.



Chicken Parmesan

6 servings, total per serving: net carbs 7.6g, total carbs 10.6g, fiber 3g, fat 32.3g, protein 35.3g, calories 471

Ingredients:

1 lb chicken breast cutlets

1 cup almond flour

1/2 cup fine powdered parmesan cheese

1/2 tsp salt

1/2 tsp black pepper

1/2 tsp Italian seasoning

1/4 cup Primal Kitchens mayo

1/4 cup olive oil

1 cup sugar free marinara sauce

1/2 cup mozzarella cheese

Instructions:

1. Wash chicken cutlets and pat dry.

2. Cut chicken into medium strips.

3. In one bowl add apple cider vinegar to the mayo, mix well.

4. In another bowl add parmesan cheese, almond flour, salt, pepper, and Italian seasoning, mix well.

5. Coat each piece of chicken with a thin layer of mayo.

6. Press each piece into the almond flour mixture to cover entirely.

7. Heat pan to medium-low heat (depending on stove) and add olive oil.

8. Place coated chicken into pan, leaving room between each one.

9. Cook 2-4 minutes on each side. (if breading is cooking too quickly, reduce heat)

10. Plate and cover with 2 tbsp warm marinara sauce, top with mozzarella cheese.

11. Finish with strawberries dipped in Choc Zero chocolate syrup for dessert or a crispy fried berry pie. (below in desserts)



SNACKS

Snacking can be one of the sneakiest downfalls of any healthy eating journey. Sometimes the ease of snacking on something quick, easy and pre-packaged can derail an entire day of good choices. The best way to avoid this, especially for kids is to simply keep processed snacks out of the pantry. We adults love to snack just as much as our kids do. The small amount of extra time it will take to cook a delicious completely keto snack will make all the difference in helping your kids achieve their goals. These snack recipes include all of their favorites. Put them all together and you have the perfect party spread!



Cheese Sticks

2 cheese sticks per serving, 8 servings, total per serving: net carbs 2.8g, total carbs 3.6g, fiber 0.75g, fat 22.6g, protein 18g, calories 292.7

Ingredients:

16 mozzarella
cheese sticks

1/2 cup fine
powdered
parmesan cheese

1/2 cup almond
flour

1 tsp Italian
seasoning

3 tbsp Primal mayo

1 tsp apple cider
vinegar

2 tbsp olive oil

Sugar free
marinara sauce for
dipping

Instructions:

1. Freeze cheese sticks for at least 2 hours.

2. Heat skillet to medium-high heat, add olive oil.

3. In a bowl large enough to accommodate the entire cheese stick, add parmesan cheese, almond flour, and Italian seasoning, mix well.

4. In another bowl mix mayo and vinegar.

5. Lightly coat cheese stick with mayonnaise mixture.

6. Press cheese stick into almond flour and parmesan mixture, cover entirely.

7. Place each coated piece into the pan and turn to cook each side to a golden brown. (30-60 seconds per side)

8. Plate and serve with a side of marinara sauce.



Pigs in a Blanket

5 servings, total per serving: net carbs 4g, total carbs 7g, fiber 3g, fat 32.2g, protein 16g, calories 367

Ingredients:

15 mini pork
sausages

1 cup shredded
cheddar cheese

1.5 oz cream
cheese

3/4 cup almond
flour

1 tbsp psyllium
husk powder

1 egg

1/2 tsp kosher salt

1/2 tsp black
pepper

1/2 tsp garlic
powder

1 tbsp olive oil

Instructions:

Preheat oven to 425

1. In a microwave safe bowl, melt cheddar and cream cheese 20 seconds at a time until bubbling, mix well.

2. While cheese is hot add in all spices, egg, almond flour and psyllium. Mix well with a fork or spatula.

3. Place dough between 2 large pieces of parchment paper.

4. Begin by pressing with your hands to flatten, then use a rolling pin or spatula to smooth out any uneven spots.

5. Place dough onto a baking sheet with parchment paper still attached and remove top sheet of paper.

6. Place in the refrigerator to cool for 15 minutes.

7. Remove and transfer to a cutting board, remove the bottom piece of parchment paper.

8. Slice dough into strips and wrap each piece around the sausages.

9. Cover cookie sheet with aluminum foil and grease with olive oil.

10. Place sausage rolls on cookie sheet, spaced evenly.

11. Bake in oven about 12-15 minutes or until golden brown.

12. Serve with Primal Kitchens ketchup, mustard and pickle relish



Zucchini Wedges

10 servings, total per serving: net carbs 2.5g, total carbs 3.9g, fiber 1.75g, fat 6.4g, protein 4.6g, calories 86

Ingredients:

3 large zucchini's

2 eggs beaten

1 cup almond flour

1/2 cup fine powdered parmesan cheese

1 tsp Italian seasoning

1/2 tsp salt

1/2 tsp pepper

Instructions:

1. Preheat oven to 350 and line a baking sheet with parchment paper.

2. Cut ends off zucchini, slice in half then into wedges.

3. In one bowl mix all dry ingredients, whisk eggs in another bowl.

4. Dip each zucchini into the egg wash, then press into almond flour mixture.

5. Place each wedge onto the baking sheet.

6. Bake 30 minutes.

7. Remove and plate.

8. Serve with mustard and mayonnaise mixed.



Ham Doodles

8 servings, total per serving: net carbs 2g, total carbs 2g, fiber 0g, fat 11.3g, protein 7.6g, calories 140

Ingredients:

1/2 lb Thin sliced
deli ham

1 8 oz package of
cream cheese

Instructions:

1. Place a piece of ham on a cutting board.

2. Spread 1 heaping tbsp cream cheese down the middle.

3. Roll tightly.

4. Cut roll into 2 pieces.

5. Repeat until all ham and cream cheese is used.



Cauliflower Cheese Nuggets

4 servings, total per serving: net carbs 3.5g, total carbs 5g, fiber 1.5g, fat 25.7g, protein 12.7g, calories 298

Ingredients:

1½ medium head of cauliflower or bag of pre riced cauliflower

1 ½ cup shredded mild cheddar cheese

1 egg

1 tsp kosher salt

½ tsp black pepper

4 tbsp olive oil

Instructions:

1. Chop cauliflower and add to food processor, pulse until finely minced.

2. Pour onto a dish towel and press out excess moisture and transfer to a large bowl.

3. Add in egg, cheese, salt, and pepper, mix well.

4. Heat skillet to medium-high heat and coat pan with olive oil.

5. Spoon mixture onto hot skillet, 2 tbsp of cauliflower mixture per nugget.

6. Cook until browned and crispy on underside, flip and brown the other side, about 3-4 minutes total.

7. Repeat until all nuggets are cooked.

8. Serve hot with a side of primal mayo and mustard mixed.



DESSERT

Everyone loves sweets, especially kids! The thing is sugar is one of the very worst things your child can put into their body. When looking at the nutritional information for sugar you'll find there is very little, if any actual nutrition involved. Sugar is addicting and does nothing but damage to our bodies. Reaching the health goals you have for your child hinge on avoiding traditionally made sweets as well as the added hidden sugar in many foods you wouldn't suspect include any. Berries are an amazing source of nutrition, they are low in sugar in comparison to other fruits. Your child should have a serving of berries at every meal. However, other fruits are quite high in sugar and carbohydrates, they should be avoided to keep sugar intake low. These dessert recipes include stevia as the only added sweetener. Stevia is a natural, plant derived extract, it is not an artificial sweetener, and the best part is that it doesn't spike insulin levels like some other keto friendly sweeteners do. Your kids will never know the difference in these desserts compared to their high sugar, high carb counterparts. They're delicious, rich and decadent, be sure to make enough for the whole family!



Chocolate Mug Cake

1 serving, total per serving: net carbs 6g, total carbs 13g, fiber 8g, fat 41g, protein 13g, calories 450

Ingredients:

3 tbsp almond flour

1 tbsp coconut flour

2 tbsp butter

1 egg

1 ½ tbsp cocoa powder

11 drops liquid stevia

½ tsp baking powder

pinch of salt

Instructions:

1. Melt butter in a microwave safe bowl.

2. Whisk in egg.

3. Whisk in cocoa powder, baking powder, and stevia.

4. Next stir in almond flour and coconut flour, add a pinch of salt.

5. Pour mixture into a microwave safe mug.

6. Place in microwave with a paper towel underneath.

7. Microwave on high for 70-90 seconds.

8. Let mug stand for 1 minute before serving.

9. Top with sugar free whipped cream.



Chocolate Chip Cookies

3 cookies per serving, 16 servings, total per serving: net carbs 4.6g, total carbs 15.7g, fiber 7.3g, fat 46.g, protein 8.3g, calories 465

Ingredients:

12 ounces Lilly's chocolate chips

3 tsp pure vanilla extract

4 cups almond flour

2 eggs

1 tsp baking soda

1 1/2 tsp pink Himalayan salt

1 pound unsalted butter room temperature

3/4 cup granulated stevia

Instructions:

Makes between 40-50 cookies depending on size

Heat oven to 350

1. Line Baking Trays with parchment paper.

2. Using a large mixing bowl, combine flour, baking soda and salt and set aside.

3. In the cake mixer beat the butter for about a minute, add stevia and beat for 2-3 minutes until fluffy.

4. On a low speed combine the eggs, food coloring, vanilla, and 4 tbs water and mix well.

5. Add flour gradually until combined, ending with the chocolate chips.

6. Using a Tablespoon as a measurement place balls of dough 1 inch apart from each other.

Then, place the tray in the freezer between 15-18 minutes before baking.

7. Place tray in oven to bake for 10 minutes while preparing the 2nd tray of cookies.

8. When the 10 minutes are up, open oven and lift baking tray and drop it down onto the oven rack so the center of the cookies drop down. If necessary drop twice.

Repeat every 2-3 minutes until cookies are golden brown on the edges, soft in the center and spread out in size.

9. Bake 16-18 minutes total.

Since all ovens are different, watch your cookies carefully so they don't burn.

10. Allow to cool before removing from baking tray.



Peanut Butter Chocolate Cupcakes

12 servings, total per serving: net carbs 4.5g, total carbs 7.5g, fiber 3g, fat 18.9g, protein 6.75g, calories 220

Ingredients:

Cake:

1/4 cup granulated stevia
1/2 cup coconut flour
1 cup almond flour
1/4 cup cocoa powder
2 tbsp butter
4 large eggs
1/4 tsp natural baking soda
1/4 tsp fine pink Himalayan salt

Cream Cheese

Frosting:

1 cup heavy cream
1 tsp vanilla extract
8 oz cream cheese
1/4 cup granulated stevia
8 tbsp unsweetened peanut butter

Instructions:

1. Preheat oven to 350.
2. Prepare greased cupcake liners cups on the side in a cupcake mold tray. Set aside.
3. Using a cake mixer bowl with electric whisks, slowly whisk together all dry ingredients.
4. Add all of the wet ingredients into the batter and mix.
5. Divide batter evenly into cupcake cup liners.
6. Bake between 15-20 minutes depending on oven. Watch them carefully as some ovens vary in temperatures.
7. When a toothpick placed in the center comes out clean, it is ready to remove from oven.
8. Allow to cool for 15 minutes.
9. In a medium sized bowl whisk together all frosting ingredients.
10. Use a piping tip and bag to frost cupcakes in a spiral shape on top.



Strawberry Cream Filled Macaroons

6 servings, total per serving: net carbs 5.3g, total carbs 17g, fiber 11.1g, fat 57g, protein 9.3g, calories 117

Ingredients:

cookies:

6 egg whites

4 tbsp NuNaturals
liquid stevia

2 cup shredded
coconut

filling:

4 oz softened
cream cheese

1/8 cup heavy
whipping cream

6 large
strawberries

1 tbsp NuNaturals
liquid stevia

Instructions:

Cookies:

1. Whip 6 egg whites until they peak.
2. Add stevia.
3. Add 2 cup of shredded coconut. Fold together.
4. Use Tablespoon to place on oiled cookie sheets. (use coconut oil)
5. Bake in a 350 degree oven for about 10 minutes or until edges brown.
6. Allow to cool for 20 minutes before filling.

Filling:

7. Add all ingredients to a bullet blender.
8. Pulse until smooth.
9. Spoon about 1 tbsp of frosting onto one cookie and top with another.



Fried Fruit Pies

6 servings, total per serving: net carbs 5.1g, total carbs 12.3g, fiber 7.1g, fat 8.1g, protein 3g, calories 116

Ingredients:

3 coconut flour
tortillas cut in half

1 cup blackberries
(or berries of your
choice)

1/4 cup granulated
stevia

1/2 tbsp lemon
juice

1/8 tsp xanthan
gum

1/8 cup hot water

3 tbsp coconut oil
for frying

Instructions:

1. Heat skillet to medium-high heat.
2. Add in berries, stevia and lemon juice, mix gently.
3. Simmer until warm and juicy, stirring occasionally. (about 5-10 minutes)
4. In a small cup mix together xanthan gum and water.
5. Add xanthan gum mixture to the berries, stir and simmer until thickened. (about 2 minutes)
6. Remove and allow to cool for about 15 minutes.
7. Cut tortillas in half.
8. Spoon about 2 tbsp of the fruit mixture onto one side of the tortilla.
9. Wet your fingers and dampen the inside edges of the tortilla all the way around.
10. Fold tortilla in half over the fruit filling and press tightly with your thumb and index finger all around the outside to seal in the fruit. Prepare all pies before frying.
11. Heat a separate skillet to medium-high heat.
12. Melt 1 tbsp coconut oil in the hot pan, add 4 pies.
13. Cook for 1 minute or until the underside is browned, pressing the edges down occasionally to brown evenly, flip and brown the other side.
14. Repeat until all pies are cooked.
15. Allow pies to rest for 2-3 minutes before serving.

Front cover image by Becky Starsmore

