10 Delicious Low Carb and Keto Recipes
9 Breakfast Egg Muffin Cups

9 Breakfast Egg Muffin Cups are the perfect easy make-ahead breakfast for on the go. Best of all, they are packed with protein and so convenient for busy mornings, weekend or holiday brunch!

Ingredients:

- 10 large eggs
- 1 - 1 1/2 teaspoons sea salt, or to taste
- 1/4 - 1/2 teaspoon black pepper, or to taste

1. Preheat oven to 400 F. Line a 12 count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.
   In a large 4 cup measuring cup or mixing bowl, crack in eggs and whisk together with salt and black pepper.
   (SEE BELOW TO ADJUST FOR DIFFERENT FLAVORS OR LEAVE AS IS FOR PLAIN)

2. Divide evenly into muffin tins filling each about 2/3 full. Bake in preheated oven for 12-15 minutes, or until set.

3. Pick your flavor and choose the corresponding following ingredients/directions
Broccoli and Cheddar Cheese

1/2 tsp dried thyme
1/2 tsp garlic powder
1 1/2 cups broccoli, steamed and chopped (or frozen and thawed)
2/3 cup grated cheddar cheese, plus more for topping

Whisk in garlic powder and thyme until combined. Stir in broccoli and cheddar. Divide evenly into muffin tins filling each about 2/3 full.

Sprinkle with more cheddar if desired. Bake in preheated oven for 12-15 minutes, or until set.

Ham and Cheddar Cheese

1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 tsp dried mustard or Dijon Mustard (optional)
2/3 cup grated cheddar cheese, plus more for topping
3/4 cup chopped cooked or deli ham

Whisk in garlic powder and onion powder until combined. Stir in ham and cheddar cheese. Divide evenly into muffin cups filling each about 2/3 full.

Top with more ham and cheese if desired. Bake in preheated oven for 12-15 minutes, or until set.

Buffalo Chicken

1/2 tsp garlic powder
1/3 cup Buffalo Sauce (I used Frank's)
1/3 cup chopped green onions
1 cup chopped cooked (or rotisserie) chicken

Whisk in garlic powder and buffalo sauce until combined. Stir in green onions. Divide evenly into muffin cups filling each about 2/3 full.

Use a spoon to evenly distribute chicken into muffin cups (about 2-3 tablespoons each). Bake in preheated oven for 12-16 minutes, or until set. Serve with a drizzle of buffalo sauce if desired.

Kimchi

1/2 teaspoon toasted sesame oil
1/3 cup finely chopped kimchi
1/4 cup diced red peppers
1/3 cup crumbled cooked bacon (optional)

Whisk in sesame oil until combined. Stir in kimchi, cheese and bacon (if using). Divide evenly into muffin cups filling each about 2/3 full.

Top with more chopped kimchi & bacon if desired. Bake in preheated oven for 12-15 minutes, or until set.
### Jalapeño Popper

1/2 tsp garlic powder
1/2 tsp onion powder
3-4 Jalapeño peppers, de-seeded and chopped, plus round slices for topping (if desired)
1/3 cup softened cream cheese
1/2 cup grated cheddar cheese
1/3 cup cooked crumbled bacon

Whisk in garlic powder, onion powder and cream cheese until combined. Stir in cheddar cheese, chopped jalapeño and bacon. Divide evenly into muffin cups filling each about 2/3 full.

Place 1 round jalapeño slice on top in each muffin cup, if desired. Bake in preheated oven for 12-17 minutes, or until set.

### Mango, Pepper and Spinach

1/2 tsp smoked paprika
1/4 tsp chili powder (optional or to taste)
1 cup chopped mushrooms (white button or cremini)
1/2 cup diced green bell peppers
1 cup chopped spinach
1/4 cup diced cooked sausage (optional)

Whisk in Italian seasoning until combined. Stir in mushrooms, peppers and spinach (Add sausage if using). Divide evenly into muffin cups filling each about 2/3 full.

Bake in preheated oven for 12-16 minutes, or until set.

### Spinach and Cheese

1/2 teaspoon garlic powder
1/2 teaspoon dried basil
2 cups chopped spinach
1 1/2 cups grated Parmesan cheese, plus more for topping

Whisk in garlic powder and basil until combined. Stir in spinach and cheese. Divide evenly into muffin cups filling each about 2/3 full.

Sprinkle with more cheese if desired. Bake in preheated oven for 12-15 minutes, or until set.

### Sun-Dried Tomato, Parmesan and Spinach

1/2 cup 1/2 sun dried tomatoes, soaked in very warm water until tender and chopped (discard soaking water)
3/4 cup chopped spinach
1/4 cup loosely packed chopped fresh basil
1 cup grated Parmesan cheese, plus more for topping

Stir in sun-dried tomatoes, spinach, basil and cheese. Divide evenly into muffin cups filling each about 2/3 full.

Sprinkle with more cheese if desired. Bake in preheated oven for 12-16 minutes, or until set.
**9 Breakfast Egg Muffin Cups**

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**Tomato, Spinach and Parmesan**

- 1/2 tsp garlic powder
- 3/4 tsp Italian seasoning
- 1 cup diced ripe tomatoes
- 1 cup chopped spinach
- 3/4 cup grated Parmesan cheese, plus more for topping

Whisk in garlic powder and Italian seasonings until combined. Stir in tomatoes, spinach and cheese. Divide evenly into muffin cups filling each about 2/3 full.

Sprinkle with more cheese if desired. Bake in preheated oven for 12-16 minutes, or until set.
Avocado Egg Cups

Avocado Egg Cups baked with crispy bacon and bell pepper are a super healthy and easy breakfast to start the day. Best of all, this simple recipe comes together in less than 30 minutes. Low carb, keto and paleo friendly.

Ingredients:
2 avocados halved with pit removed
4 medium eggs
salt and pepper to taste

Optional toppings:
2 strips of bacon diced and cooked till crispy (optional)
1/2 red bell pepper finely chopped
1/4 cup spinach chopped

1. Preheat oven to 400 F degrees.
2. Line a baking sheet or baking pan with foil or parchment paper (for easier cleanup).
3. Cut avocados in half and scoop an additional 1-2 tablespoons of the avocado flesh out to create a larger nest for the eggs.
4. Position the avocado halves propped against the baking dish or touching the other avocados snugly to avoid spilling over. You can also place a small ramekin and prop them against the avocados.
5. Gently crack one egg in each avocado half - if needed - save some of the egg whites in another bowl if the avocado well is too small.
6. Bake for 13-18 minutes, or until the whites are set and the egg yolks are cooked to your liking.
13-14 min. - softer yolks
15-16 min. - medium yolks
17-18 min. - hard boiled yolks
7. Top with crispy bacon, chopped red bell pepper, spinach and fresh herbs. Serve immediately.
Breakfast Egg Casserole

Breakfast Egg Casserole - an easy and delicious breakfast bake packed with spinach, zucchini, ham, cheddar, tomatoes and goat cheese. Best of all, low carb and keto-friendly and perfect for weekend brunch.

Ingredients:

- 10 large eggs
- 2/3 cup heavy cream
- Himalayan salt & black pepper to taste
- 1/2 cup organic spinach
- 1 small zucchini sliced into rounds
- 1/3 cup chopped ham
- 1/3 cup grated cheddar cheese plus more for topping
- 3 cherry tomatoes sliced in half, vertically
- 1/4 cup crumbled goat cheese

1. Preheat oven to 350 F degrees.
2. Crack eggs into medium-sized bowl. Add cream and season with salt and pepper. Whisk until well-combined. Stir in spinach, zucchini, ham and cheddar.
3. Spray a 9x13 pan with avocado or coconut oil cooking spray. Pour egg mixture then top with more tomatoes, cheddar and goat cheese.
4. Bake for 30-35 minutes, or until eggs are set and not jiggly. Remove from oven once edges of casserole are golden brown.
5. Allow to cool before cutting and serving.
Grilled Chicken Cobb Salad

Grilled Chicken Cobb Salad has all the classic flavors of the popular favorite with a simple vinaigrette. Made with lettuce, tomatoes, bacon, cucumber, avocado and cheese – perfect for a healthy lunch, dinner or your next summer potluck!

**Ingredients:**

- 1-2 boneless skinless chicken breasts pounded to even thickness
- salt and black pepper to taste
- 1/2 teaspoon garlic powder
- 1 tablespoon fresh lemon juice
- 1 tbsp olive oil
- 2 avocados peeled, pitted and cut into slices or chopped
- 4 cups mixed green lettuce chopped
- 3 hard boiled eggs peeled and sliced
- 6 slices bacon cooked and chopped
- 1 cup grape or cherry tomatoes halved
- 1/2 cucumber sliced in rounds or chopped
- 1/2 cup crumbled feta or blue cheese

For the vinaigrette:
- 3-4 tbsp apple cider vinegar
- 2 tbsp sour cream
- 1/2 tsp garlic powder
- 3 tbsp extra virgin olive oil or avocado oil
- Salt and pepper to taste

1. In a resealable zip-top bag, add chicken, salt, pepper and garlic powder and marinate for at least 30 minutes. Drizzle with fresh lemon and olive oil.

2. Preheat grill to medium-high heat and cook for 4-5 minutes on each side or until the internal temperature reaches 165 F. Remove the chicken from the grill and tent with foil. Let it rest and cool a bit for about 10 minutes and then slice or chop into bite-sized pieces.

3. In a large bowl, add the lettuce, then top with cooked pasta, eggs, avocado, bacon, tomatoes, cucumber and cheese. Drizzle with dressing right before serving.
No Mayo Avocado Egg Salad

No Mayo Avocado Egg Salad is a healthier twist on the classic favorite and the perfect way to use up your hard boiled eggs. Best of all, it’s super creamy and mayo free.

**Ingredients:**

- 8 hard boiled eggs roughly chopped
- 2 ripe medium avocados
- 2 tablespoons Greek yogurt (or sour cream)
- 1-2 tablespoons Dijon mustard to taste
- juice of 1/2 lemon
- sea salt to taste
- freshly cracked black pepper to taste
- 1/2 - 1 tablespoon fresh dill chopped, to taste

Optional serving suggestions:
- sliced bread, pita or lettuce wraps
- kale and cabbage slaw

1. Cover the eggs with very hot tap water in a saucepan. Bring to a boil, turn heat off, cover with lid and remove from heat. Allow to sit for 18 minutes. Uncover and pour out hot water. Run under very cold water and allow to sit for 5-10 minutes until cool. Peel and chop.
2. In a large bowl, mash the avocados using a fork. Add the chopped eggs, yogurt, mustard and lemon juice and mix to combine. Season with salt, black pepper and dill, to taste.
3. Serve immediately at room temperature, or chill and serve cold.
4. Serving suggestions: Enjoy alone, spread between two slices of bread with kale & cabbage slaw for an Avocado Egg Salad Sandwich, add to pita or scoop into lettuce wraps for a low carb keto version.
Instant Pot Whole Chicken

**Ingredients:**

1. 3 1/2 - 4 lb whole chicken
2. 3 tablespoons olive oil, divided
3. 2 and 1/2 teaspoons sea salt
4. 1 teaspoon pepper
5. 1 tablespoon dried Greek seasoning
6. 1 teaspoon dried Italian seasoning
7. 2 teaspoons smoked paprika
8. 1 teaspoon garlic powder
9. 1/2 teaspoon onion powder
10. 1 lemon, halved optional
11. 2 garlic cloves
12. 1 lemon halved optional
13. 1 cup chicken stock or chicken broth

1. Gently loosen the skin from the chicken breast with your hands lifting and separating the meat. Rub 1 tablespoon of olive oil followed by a third (1/3) of the seasonings under the skin using your hands and fingers. Next, rub another tablespoon of olive oil and the rest of the seasonings over entire chicken and inside body cavity.

Optional: Place the onion, garlic cloves and lemon inside the cavity of the chicken. This helps to seal in the moisture and add flavor.

2. Press the SAUTE button HIGH. When the word “Hot” appears, swirl in 1 tablespoon olive oil.

3. Place the chicken - breast side down. In pot and seal for 5-7 minutes, or until a golden brown. Using tongs and spatula, flip chicken over and seal for another 5 minutes, or until brown.

4. Remove chicken and place on a large platter. Place a trivet [the one that came with the Instant Pot or use another] inside the inner pot of the Instant Pot. Pour chicken stock or broth in pot. Place trivet on top of the chicken broth then lay chicken on top of trivet, breast side up.

5. Cover and lock lid. Turn the valve to SEALING.

Press the MANUAL or HIGH PRESSURE button and set to 24 minutes if your chicken is four pounds. If it's smaller or larger, calculate how much time it should cook by multiplying the number of pounds by 6 minutes. So, a 3 pound chicken would be 18 minutes and a five pound chicken would be 30 for a FROZEN WHOLE CHICKEN - set to 42 minutes ON HIGH for a 4 lb chicken. Allow the Instant Pot to come to pressure (this may take about 10-15 minutes).

6. Once the 24 minutes is up and the Instant Pot beeps indicating the chicken is done, allow to naturally release for at least 15 minutes and then quick release for any extra pressure.

7. Open lid and transfer chicken to a platter or a large cutting board. Optional: Broil in the oven for 4-5 minutes to crisp up the skin.

8. Let chicken cool for 5-10 minutes. Slice or shred and serve with your favorite sides.
Skillet Shrimp Fajitas

Skillet Shrimp Fajitas – the perfect easy and healthy one pan meal for busy weeknights. Best of all, bursting with chili lime flavors & served with low carb tortillas. Ready in just 20 minutes and easy to customize with chicken or steak.

Ingredients:

SEASONINGS
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon garlic powder
1 teaspoon smoked paprika
1/2 teaspoon salt or to taste
1/4 teaspoon black pepper or to taste

1 - 1 1/2 pounds medium white shrimp peeled and deveined
4 medium bell peppers seeded and thinly sliced (used red, yellow, orange and green)
1 medium red onion thinly sliced
1/2 tablespoons unsalted butter

For serving
lime wedges
sliced avocado
warm tortillas flour or corn

FOR LOW CARB
low carb tortillas or cauliflower rice

1. Combine all the ingredients for the fajita seasonings. Reserve 1 1/2 teaspoons for the bell peppers.
2. In a medium bowl, combine 2 tablespoons of olive oil, lime juice and 5 teaspoons of the fajita seasonings.
3. Reserve 1 tablespoon of the marinade for drizzling at the end. Pour remainder of the marinade into a medium bowl with the shrimp. Toss to coat. Allow to marinate while you prepare the vegetables (or covered up in the refrigerator for no longer than 2 hours to avoid the juices breaking down).
4. Slice the onions and bell peppers.
5. Heat 1 tablespoon olive oil in a 12” skillet over medium high heat. Add the onions and allow to cook for about 5 minutes, or until softened and fragrant. Add the bell peppers and sprinkle with the reserved 1 1/2 teaspoons of fajita seasonings. If you like the peppers with a nice crunch - cook for about 5-5 minutes. And if you like them softer, leave them on for about 3 minutes longer. Transfer and set aside on a plate.
6. Melt butter on the same skillet and add the shrimp. Cook for 2-3 minutes, or until shrimp is opaque and no longer pink.
7. Add the vegetables back to the skillet and toss with remaining marinade and heat until just heated. Remove from heat.
8. Serve hot with warm tortillas, avocado slices and lime wedges.
Pan Seared Steak

Pan Seared Steak with Garlic, Herb Butter, Asparagus and Mushrooms – easy skillet recipe plus "how to" tips to cook the best tender steak at home. This easy to customize recipe is also gluten free, low carb, paleo and keto friendly.

Ingredients:

2 One and half inch (1 1/2) boneless New York strip or rib-eye steaks trimmed
1 1/2 tablespoons olive oil divided
Coarse salt and freshly ground pepper
2 tablespoons butter for serving (use ghee for dairy free version)
2 cloves garlic minced
2 sprigs fresh thyme or rosemary finely chopped
1/2 teaspoon fresh rosemary finely chopped

1. Pat steaks dry with a paper towel.
2. Heat a cast iron skillet over high heat for several minutes, until the pan begins to smoke.
3. Add 1 tablespoon of oil to the pan and brush on the remaining oil on the steak. Generously season the steak with salt and pepper.
4. Carefully place the steaks in the hot pan and allow to sear (undisturbed) on the first side until crust forms. About 3–4 minutes. Using tongs, flip the steaks over and continue to cook until desired doneness:
   For Medium Rare: 3 to 5 minutes (135 degrees F)
   For Medium: 5 to 7 minutes for medium (140 degrees F)
   For Medium Well: 8 to 10 minutes for medium-well (150 degrees F)
5. Once the steaks are almost done, reduce heat to low. Add butter, garlic, and herbs to the pan. Use an oven mitt or dish towel, grasp the than pan handle and tilt and swirl the pan to allow butter to melt. Use a spoon to drizzle and baste steaks until juicy on both sides (flip after 30 seconds) for about a minute.
6. Transfer the steaks to a cutting board or platter, tent loosely with foil and let rest 5 minutes before slicing.
Serve with roasted asparagus and sauteed mushrooms (if desired) along with any remaining sauce.
This Instant Pot Lemon Chicken with Garlic is the perfect easy low carb / keto-friendly meal for spring. Best of all, this chicken cooks up tender, juicy and full of flavor with instructions for the Instant Pot and stovetop.

**Ingredients:**
- 6-8 boneless chicken thighs skinless or with skin*
- sea salt and pepper to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red chilli flakes optional or to taste
- 2 tablespoons olive oil
- 3 tablespoons butter (swap with olive oil for paleo)
- 1/2 small onion chopped
- 4 garlic cloves sliced or minced
- 1 1/2 tablespoons Italian seasoning
- zest of half a lemon
- Juice of 1 lemon
- 1/3 cup homemade or low sodium chicken broth
- 2 tablespoons heavy cream leave out for paleo
- Chopped fresh parsley and lemon slices for garnish if desired

1. Press the Sauté function (Normal setting) on the Instant Pot and add the olive oil to the pot. I use a 6 Quart Instant Pot DUO.
2. Place chicken in the Instant Pot and sauté on each side for 2-3 minutes, or until golden brown. This helps to seal in the juices and keep it tender. (You may have to work in batches depending on the size and amount of chicken you are using). Once browned, remove from Instant Pot and set aside.
3. Melt butter in Instant Pot and stir in the onions and garlic. Add lemon juice to deglaze pan and cook for 1 minute. Add Italian seasoning, lemon zest and chicken broth.
4. Place the chicken back into the Instant Pot, lock the lid, and turn the valve to SEAL.
5. Select the Manual (older models) or Pressure Cook (newer models) button and adjust the timer to 7 minutes. It will take about 5-10 minutes to come to pressure and start counting down.
6. When done, release the pressure after 2 minutes, then remove your Instant Pot lid.
7. Remove chicken from Instant Pot using tongs and set aside on a large serving plate. Stir in heavy cream (if using) into the Instant Pot. If you like your sauce thicker - you can thicken with a cornstarch slurry (if not low carb) or arrowroot starch slurry (or xanthum gum) by mixing 1/2 teaspoon cornstarch (arrowroot starch) mixed with 1 teaspoon cold water. Turn Instant Pot to SAUTE and allow sauce to bubble and thicken. Turn off and add chicken back to the Instant Pot to coat with sauce. Sprinkle chicken with chopped parsley and serve hot with your favorite sides. Spoon sauce over chicken and garnish with lemon slices, if desired.
Chocolate Pecan Fat Bombs

Chocolate Pecan Fat Bombs – the perfect easy snack full of healthy fats and protein! Best of all, this recipe is made with only a few ingredients and is gluten-free, paleo, keto, low carb and vegan.

Ingredients:

NUT BUTTER LAYER:
- 3 tablespoons creamy pecan butter or nut butter of your choice (you can use homemade or your favorite brand)
- 1/2 cup coconut manna butter
- 1/2 tsp coconut oil
- 1/4 tsp MCT oil (optional)
- 1-2 drops liquid monk fruit or 1-2 teaspoons powdered erythritol (leave out if preferred or adjust to taste)
- pinch of Himalayan pink salt (optional)

CHOCOLATE LAYER:
- 2 tbs coconut manna butter
- 1/4 cup coconut oil
- 2 tbsp cacao powder or unsweetened cocoa powder
- 12 pecan halves for garnish (optional)

FOR THE NUT BUTTER LAYER:
1. Line a 12 cup muffin tin with parchment paper liners or silicone liners.
2. Heat pecan butter, coconut butter & coconut oil over a double boiler (or microwave) and stir until smooth.
3. Remove from heat & stir in MCT oil, sweetener (if using) and salt until smooth. Adjust sweetener according to taste.
4. Divide the nut butter mixture evenly into each muffin cup with a spoon. Tap the pan on the counter to smooth out layer. Freeze for 15 minutes or until firm.

FOR THE CHOCOLATE LAYER:
1. Meanwhile, heat coconut butter & coconut oil over a double boiler (or microwave) and stir until smooth.
2. Whisk in cacao powder (or sweetener if using) until smooth.
3. Remove muffin pan from freezer and spoon chocolate layer evenly over each nut butter layer - tap pan on counter to smooth out layer. Place pecan halves on top (if using). Freeze again for 30 minutes or until firm. Enjoy immediately or store in zip-top bags or airtight container in freezer until ready to enjoy. For a softer texture, remove from freezer and allow to sit at room temperature for 1-2 minutes.

1. Heat pecan butter, coconut butter & coconut oil over a double boiler (or microwave) and stir until smooth. Remove from heat & stir in MCT oil, sweetener (if using) and salt until smooth. Adjust sweetener according to taste.