



Ketogenic Recipe Guide



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Breakfast

Chorizo, Goat Cheese and Spinach Frittata

Serves 4

Ingredients

8 eggs
5 ounces chorizo
5 ounces crumbled goat cheese
½ lb fresh spinach
1 teaspoon fresh minced garlic
2 tablespoons Kerrygold butter
1 cup heavy whipping cream
¼ teaspoon cayenne pepper
Himalayan pink salt and pepper to taste



Directions:

- Preheat oven to 350 degrees
- Grease a baking dish with butter
- Saute chorizo and garlic in butter. Add in chopped up spinach and cook until soft
- Whisk eggs and heavy cream together in a bowl
- Add egg and heavy cream mixture and chorizo and spinach to baking dish
- Place in oven for 25-30 minutes

Cauliflower Hash Brown Cakes

Serves 4

Ingredients

1 lb cauliflower
3 eggs
½ finely chopped onion
2 cloves fresh garlic
Himalayan pink sea salt and pepper to taste
Kerrygold butter for frying
Optional: sprinkle with parmesan cheese after finished



Directions

- Using a food processor, finely grate cauliflower
- Finely chop onion and garlic
- Combine cauliflower, eggs, onion, garlic, salt and pepper in a bowl and allow to sit for five minutes.
- Heat a large frying pan or griddle to medium-high heat
- Line pan with ample butter
- Scoop ½ cup of mixture and flatten to pancake size and thickness. Fit as many as you can on your pan or griddle.
- Flip after about 4 minutes and allow an equal amount of time on the opposite side. Monitor to be sure not to burn the cakes. You want the cakes to be lightly browned, not burned, on each side.

Tip: Make this a meal with poached eggs and slabs of bacon!

Rich Coconut Porridge

Serves 2

Ingredients

4 tablespoons full-fat canned coconut milk

¼ cup Kerrygold butter

2 eggs

1 tablespoon coconut flour

½ teaspoon ground psyllium husk powder

Himalayan pink sea salt to taste

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Optional: Sprinkle of cinnamon, nutmeg and unsweetened coconut flakes

Directions:

- Combine all ingredients in a medium-sized pan and cook over low heat, stirring throughout until you reach your desired consistency
- Sprinkle with optional ingredients once ready



Lunch

5-Minute Egg Drop Soup

Serves 2

Ingredients

3 cups chicken broth
1 chicken bouillon cube
5 medium eggs
2 tablespoons kerrygold butter
2 teaspoons chili garlic paste
Optional: 1 cup cabbage

Directions:

- Bring a medium sized pan to medium-high heat
- Whisk eggs together in a mixing bowl - set aside
- Add chicken broth, bouillon cube and butter (and optional chopped up cabbage) to the pot and bring to a boil.
- Once boiling, add chili garlic paste and turn off stove top.
- Add egg mixture, stir and then allow to sit until ready.



Creamy Shrimp Tacos

Serves 4

Ingredients

Shells:

½ lb shredded cheese, preferably a hard goat cheese (for example, goat cheddar)

½ teaspoon cumin

Directions:

- Preheat oven to 400 degrees and line a baking sheet with parchment paper
- Mix cumin and shredded cheese together in a bowl
- Evenly space 8 piles of mixture onto the baking sheet
- Allow to cook for 10-15 minutes. They are done when there are some golden brown spots. Be sure not to allow to fully brown.
- Remove from oven and allow to cool on a cooling rack



Filling:

1 pound raw, shelled shrimp

2 tablespoons Kerrygold butter or coconut oil

2 garlic cloves, chopped

1 jalapeno pepper, chopped

1 cup mayonnaise

1 small lime, juiced

⅓ cup fresh cilantro

1 avocado

1 tomato

1 teaspoon coconut aminos

Optional: Himalayan pink sea salt and pepper



Directions:

- Heat saute pan over medium-high heat with either butter or coconut oil
- Add in shrimp, garlic and jalapeno. Saute until the shrimp turn a light pink color and are firm to the touch.
- Mix mayo, lime juice, cilantro and coconut aminos together in a bowl. Add the shrimp mixture.
- Scoop mixture into each taco shell and top with avocado and tomato.

Smoked Salmon and Goat Cheese Salad

Serves 4

Ingredients

4 ounces spinach or arugula
8 ounces smoked salmon (can also use grilled chicken), cut into 1 inch pieces
8 ounces goat cheese, crumbled
2 avocados, chopped
1 yellow bell pepper, chopped
4 ounces walnuts

Dressing

4 ounces mayonnaise (see recipe)
½ of a lemon, juiced
4 ounces coconut oil
2 tablespoons heavy whipping cream
Himalayan pink sea salt and pepper to taste

Directions:

- Combine all of the dressing ingredients into a blender and blend until smooth
- Add all of the ingredients for the salad in a large bowl. Pour dressing over and mix until well mixed



Dinner

Mushroom Bacon Cheeseburger

Serves 4

Burger Patties:

1.5 pounds grass-fed ground beef
¼ pound shredded cheddar cheese (use goat cheese if possible)
2 teaspoons onion powder
2 teaspoons garlic powder
2 teaspoons paprika
2 teaspoons oregano
2 tablespoon Kerrygold butter, for frying

Toppings:

8 slices of bacon
8 ounces mushrooms
Butter or coconut oil for sauteeing
2 avocados
1 Tomato
Lettuce
Pickles
Optional: Mayonnaise (see recipe)



Directions:

- Combine the beef, cheese and spices for the burger patties in a bowl and make 4 burger patties
- Fry patties on the grill on stove until done
- Saute bacon slices in butter over medium-high heat until crispy
- Remove bacon from pan and add sliced mushrooms. Over medium heat cook until they are soft, about 5 minutes
- Place burger on plate and top with bacon, cheese, avocado, lettuce, tomato and pickles

Truffled Mashed Cauliflower with Parmesan Cheese

Serves 4

Ingredients

1 pound cauliflower, cut into small florets
2 tablespoons Kerrygold butter
1 cup grated parmesan cheese
½ teaspoon truffle oil
1 tablespoon parsley
Himalayan pink sea salt and pepper to taste



Directions:

- Steam cauliflower by boiling water in the lower part of a steamer and placing florets in the top portion. Cover and steam for 10 to 13 minutes, or until tender
- Add cauliflower, butter, cheese, oil, salt and pepper to a food processor and process until smooth
- Add the parsley and pulse a few times to mix
- Serve as a side dish with other meals

Grass-fed beef coconut curry stew

Prep time: 30 minutes

Cook time: 8 hours

Serves: 6

Ingredients

2 tablespoons Kerrygold butter or coconut oil
2 lbs grass-fed, fatty cut of beef, cut into 2 inch cubes
2 bell peppers, chopped
1 yellow onion, chopped
2 cups asparagus, chopped
2 cups cauliflower, chopped
1 cup carrots, chopped
3 cups bone broth
1 tablespoon of braggs or coconut aminos
1 cup full fat canned coconut milk
3 tablespoons curry paste (red, green or yellow is fine. Mae Ploy is a great brand)
1 teaspoon turmeric
Himalayan pink sea salt and pepper to add taste



Directions:

- Add bone broth, coconut milk, curry paste, braggs or coconut aminos and turmeric to a 3 quart crock pot and stir to combine
- Heat butter or coconut oil in a large saute pan over medium-high heat
- Toss in beef cubes and saute until very lightly seared, not fully cooked. Transfer to crock pot
- Add onions and bell pepper to the saute pan with additional butter or coconut oil. Saute until slightly soft, around 5 minutes
- Add onions, bell peppers and the remainder of the ingredients into crock pot.
- Cook on a low setting for 8 hours or high setting for 4 hours.
- Flavor with pepper and salt

Dessert

Berry and Nut Mousse

Ingredients

1 cup heavy whipping cream
2 tablespoons chopped nuts (pecan or walnut)
1.5 tablespoons crushed raspberries
 $\frac{1}{8}$ teaspoon pure vanilla extract
Lemon zest from $\frac{1}{2}$ a lemon

Directions:

- In a chilled mixing bowl add heavy whipping cream and mix with a hand mixer until peaks begin to form.
- When peaks just begin to form, add vanilla and lemon zest and mix for an additional 30 seconds.
- Add crushed raspberries and stir in with a fork.
- Serve in small bowls and top with crushed nuts.



Molten Chocolate Cake

Serves - 4 to 6

Ingredients

2 ounces organic dark chocolate
2 tablespoons Kerrygold butter
3 medium eggs
¼ teaspoon pure vanilla extract
Coconut oil to line ramekins



Directions:

- Preheat oven to 400 degrees
- Add butter and dark chocolate together in a pan over medium heat. Stir until completely melted and combined.
- Remove pan from heat and add vanilla extract. Wait for 5-10 minutes until mixture is cool but not firm.
- In a separate medium mixing bowl break eggs and mix with hand mixer until fluffy, around 2 minutes.
- Add chocolate and butter mixture to mixing bowl with eggs and stir together until combined.
- Add mixture to small coconut oil lined ramekins - batter should fill 4 to 6 ramekins depending on the size.
- Place ramekins in the oven and cook until medium firm on the edges and still soft in the middle. This should take 5-7 minutes depending on ramekin size - 7 for bigger ramekins. Do not overbake.
- Remove from oven and allow to cool. Serve while still warm.

Snacks

Cheddar Cheese Chips

Serves 4

Ingredients

½ lb goat cheddar cheese, sliced
Paprika



Directions:

- Preheat oven to 400 degrees
- Line a baking sheet with parchment paper
- Spread out cheese slices on baking sheet and sprinkle each with paprika
- Bake for 8 to 10 minutes, checking at the end to be sure not to burn cheese

Tip: Great in place of carb heavy crackers for dipping in foods like guacamole!

Drinks

Easy Green Smoothie

Serves 1

Ingredients

½ cup canned regular coconut milk

½ cup water

1-tablespoon lime juice

2 ounces frozen spinach

1 teaspoon fresh ginger, chopped

Directions:

- Combine all of the ingredients in a blender and blend well.



Tip: If you have a powerful blender you will not need to pre-chop the ginger, however many blenders will struggle with whole pieces of ginger.

Condiments

Mayonnaise

Serves 4

Ingredients

1 egg yolk
1 cup light extra virgin olive oil
1 tablespoon dijon mustard
1-2 teaspoons lemon juice
Optional: Himalayan pink sea salt and pepper

Directions:

- Place egg yolk and dijon mustard in a mixing bowl and allow to reach room temperature
- With either a hand mixer or stick blender mix the egg yolk and dijon mustard and slowly add the oil
- Continue to mix until all of the oil has been added and your mixture is thick
- Add 1 teaspoon of lemon juice and salt and pepper to taste. If desired to texture or flavor, add the additional teaspoon of lemon juice
- Transfer to a storage container and move to the fridge.



Tip: It is best to allow it to sit for one day to allow it to thicken further. This will generally keep for 5 days or more.

