



THE KETO CHEF!

15 Easy To Make
Fat Burning Recipes



KONSCIOUS

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A TASTE OF WHAT'S TO COME

Bacon...

Eggs...

Dark chocolate...

Cheese...

Ribeyes...

Butter...

What do all these foods have in common?

They're all approved for you to eat and enjoy on the keto diet. You see, the keto diet has been around the 1920's. It's nothing new. But only now is it finally getting the recognition it deserves for all the wonderful health benefits it could bring into your life.

You see, we aren't just a bunch of men and women sitting behind a computer screen at Konscious Keto. We're full believers in the keto diet because we've seen the impact it could have on our health and well being first hand.

Some of us have lost over 20 lbs while following the keto diet and using Keto Activate. While almost all of us have noticed improved energy levels without extra caffeine, better focus during meetings, and even deeper sleep patterns.

We think it's remarkable and why we dove head first into the industry. Creating some of the highest quality products, training, and content for everything that has to do with the keto diet. We want to make it easy for anyone to enjoy the same success and we can't wait for you to notice these benefits too.

You see, we're convinced the keto can change the world one person at a time.

Unfortunately, obesity rates are at an all-time high along with diseases like high blood pressure, high cholesterol, heart disease, type II diabetes and even dementia. But here's the kicker... A lot of these diseases could be fought with the keto diet. Now, we know that sounds like a pie in the sky promise, but the science backs up these claims and that's why we're doing everything we can to help spread our Konscious Keto message.

And really, what other diets out there allows you to eat delicious and savory foods... foods so tasty you'll feel guilty every time you finish your meal... but wake up the next day to notice the scale heading closer towards your goal while the inches disappear from your frame.

Anyways, if you're just getting started, this is just a small taste of what you could experience while on the keto diet and using our products to help get you there like Keto Activate.

Plus, when you have an almost unlimited supply of keto-approved recipes and desserts at your disposal, like the recipes in this cookbook, you have no choice but to enjoy success. You can eat so many savory foods and meals that you'll never feel hungry while the weight just seems to fly off... And you'll never get bored of the same foods.

For many, this is the last diet they ever need. And for most, they stick with it for many months to years. The feeling of being in ketosis and the surge of clean, natural energy you gain is nothing short of amazing... and we believe, addicting... Just like some of these meals below.

Each one is impossibly hard to mess up. Meaning, if you're an alien in the kitchen, you'll still be able to create these recipes without sacrificing taste or quality. In fact, these recipes are so tasty and finger-licking good that your family will love them too. That's how confident we are in this cookbook...

And if you need any help at all, please feel free to reach out inside our [Facebook Group](#). We provide one-on-one support from our Konscious coaches and are there to help you every step of your journey.

Enjoy!

IMPOSSIBLY KETO BBQ CHICKEN



Nutrition Facts	
5 servings	
Serving size	2 pieces of chicken
Amount Per Serving	
Calories	220
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1190mg	52%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 17g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 320mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

IMPOSSIBLY KETO BBQ CHICKEN

This amazingly tasty chicken recipe tastes like it came right off the grill at your backyard barbeque. Thanks to a flavorful marinade and a little liquid smoke, you'll have a hard time believing this much flavor could come from your own kitchen. This main dish pairs well with keto-friendly sides like mashed cauliflower or can be enjoyed on top of your favorite salad.



PREP TIME
10m



TOTAL TIME
1h



MAKES
10 servings



SERVING SIZE
2 pcs of chicken

PREPARATION: Preheat oven to 350°F.

INGREDIENTS:

For the Chicken:

- 2 tbsp [organic lemon juice](#)
- 2 tsp [smoked paprika](#)
- 3 minced garlic cloves
- 4 tbsp [extra virgin olive oil](#)
- 10 pieces chicken thighs

For the Sauce:

- 15 oz canned tomato sauce
- 2 tbsp onion powder
- 1/2 teaspoon garlic powder
- 2 tbsp chili powder
- 4 tbsp Worcestershire sauce with no added sugar
- 3 tbsp mustard
- 1/2 tsp [liquid Stevia](#) to taste
- 2 tbsp [liquid smoke](#)
- 2 tbsp sea salt
- 4 tbsp [apple cider vinegar](#)

DIRECTIONS:

Step 1

Combine all of the sauce ingredients in a medium-sized saucepan. Bring to a boil over medium-high heat. Reduce to a simmer for 30 minutes. Taste sauce and adjust stevia for sweetness and liquid smoke for smokiness, if necessary.

Step 2

Remove chicken from oven, brush with sauce. Return to oven for 10 minutes. Remove chicken again, flip over, brush with sauce. Return to oven for 10 minutes. Remove chicken, flip again. Brush with more sauce and finish in oven for 5 minutes or until fully cooked.

Step 3

Combine lemon juice, smoked paprika, garlic cloves, and olive oil for the chicken.

Step 4

Marinate the chicken pieces in the mixture for at least 1 hour in the fridge.

Step 5

Season the chicken with salt and pepper and bake for 25 minutes.

TOO GOOD TO BE TRUE KETO BAGELS



CONSCIOUS

Nutrition Facts	
6 servings	
Serving size	1 bagel
Amount Per Serving	
Calories	440
	% Daily Value*
Total Fat 31g	40%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 720mg	31%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 31g	
Vitamin D 0mcg	0%
Calcium 920mg	70%
Iron 0.8mg	4%
Potassium 280mg	6%

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TOO GOOD TO BE TRUE KETO BAGELS

A true morning staple, bagels are loved for their portability and versatility but are usually really high in carbs and, therefore, prohibited on a keto diet. Thanks to this easy to make recipe, you can still enjoy your morning bagel and continue to remain in ketosis. Everything bagel seasoning gives these that familiar bakery taste and when you top it with grass-fed butter and cream cheese, you'll never crave a high-carb bagel again.



PREP TIME
10m



TOTAL TIME
30m



MAKES
6 servings



SERVING SIZE
1 bagel

PREPARATION:

- Preheat the oven to 400°F.
- Line a baking sheet with parchment paper.

INGREDIENTS:

- 1-½ cups [almond flour](#)
- 1 tbsp [gluten-free baking powder](#)
- ½ tsp [xanthan gum](#)
- 2-½ cups mozzarella cheese, shredded
- 3 oz cream cheese, cubed
- 2 large free-range eggs, beaten
- [Everything Bagel Seasoning](#)
- 1 egg, beaten, or egg wash

DIRECTIONS:

Step 1

Combine the shredded mozzarella and cubed cream cheese in a large bowl. Microwave for 2 minutes, stirring halfway through. Stir again at the end until well incorporated.

Step 2

Combine the almond flour, baking powder, and xanthan gum in a separate bowl. Add beaten egg to this mixture.

Step 3

Add the cheese mixture to the flour mixture. Mix well.

Step 4

Begin kneading the dough by first dipping your hands in water, to prevent dough from sticking to hands. Continue kneading until all ingredients are well incorporated.

Step 5

Divide dough into six equal parts. Shape parts into balls, then poke a hole in the middle to form a bagel shape.

Step 6

Place bagels on parchment paper. Brush with egg wash (just one beaten egg) and top with Everything Bagel seasoning or keto toppings of your choice.

Step 7

Bake for 12-15 minutes.

GOLDEN KETO CAULIFLOWER CASSEROLE



 KONSCIOUS

Nutrition Facts

8 servings.
Serving size 1/8 recipe

Amount Per Serving
Calories 360

% Daily Value*

Total Fat 28g **36%**

Saturated Fat 16g **80%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 640mg **28%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 19g

Vitamin D 0.1mcg **0%**

Calcium 370mg **30%**

Iron 0.9mg **6%**

Potassium 460mg **10%**

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GOLDEN KETO CAULIFLOWER CASSEROLE

This savory casserole is sure to become a family favorite. Made with rich cream cheese, heavy cream, and sour cream and topped with bacon, this hearty dish is great eaten alone or paired with your favorite protein. You can make a big batch ahead of time too – making it perfect for meal prep.



PREP TIME
10m



TOTAL TIME
20m



MAKES
8 servings



SERVING SIZE
1/8 casserole

PREPARATION: Preheat oven to 350°F.

INGREDIENTS:

- 1 head cauliflower, chopped
- 12 oz shredded sharp cheddar cheese (divided into 8 and 4 oz)
- 4 oz cream cheese
- 1/4 cup heavy cream
- 1/2 cup sour cream
- 10-12 bacon slices, cooked and crumbled (divided into 6-8 and 4-6 slices)
- 1-1/2 cup scallions, chopped (divided into 1 cup, plus 1/2 cup)
- 1 clove garlic, minced
- Salt and pepper, to taste

DIRECTIONS:

Step 1

Steam cauliflower for five minutes or until tender.

Step 2

With a hand mixer, mix 8 oz cheddar, cream cheese, heavy cream, and sour cream in a bowl.

Step 3

Add 6-8 slices crumbled bacon, 1 cup scallions, and garlic to the creamed mixture. Mix everything into the cauliflower. Top with remaining cheese and bacon.

Step 4

Pour the mixture into a baking pan prepped with cooking spray. Cover with foil and bake for 20 minutes.

Step 5

Remove foil and continue baking for 5-10 minutes or until ready and bubbling. Top with the remaining ½ cup of scallions. Enjoy!

BUTTER BELIEVE IT KETO PIZZA



Nutrition Facts

12 servings	
Serving size	1 slice
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 430mg	19%
Total Carbohydrate 6g	2%
Dietary Fiber <1g	3%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 18g	
Vitamin D 0mcg	0%
Calcium 450mg	35%
Iron 0.4mg	2%
Potassium 0mg	0%

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BUTTER BELIEVE IT KETO PIZZA

You really can have it all on a keto diet! This delicious pizza recipe is anchored by a keto-friendly, cheesy crust, which gives you the perfect base for toppings. Low-carb topping options range from pepperoni to veggies to chicken, but feel free to add any keto-approved toppings to personalize this amazing pizza recipe.



PREP TIME
10m



TOTAL TIME
30m



MAKES
12 servings



SERVING SIZE
1 slice

PREPARATION: Preheat oven to 425°F.

INGREDIENTS:

For the Crust:

- 3 cups shredded mozzarella
- 1-½ cups [almond flour](#)
- 4 tsp cream cheese, cubed
- 2 free-range eggs

For the Toppings:

- Shredded mozzarella
- [Low sugar pizza sauce](#)
- Keto toppings: pepperoni, sausage, veggies, chicken, etc.

DIRECTIONS:

Step 1

Put the mozzarella and cream cheese in a medium-sized bowl. Microwave for 1 min, stir and then microwave for another 30 seconds, stir. Continue until melted, and stir to combine.

Step 2

Stir egg and almond flour together. Mix egg and flour mixture into cheese mixture. Knead the dough with wet hands until fully combined and resembles a flour dough.

Step 3

Wet hands and spread “dough” thin on parchment paper. Poke rows of holes with a fork to avoid bubbles.

Step 4

Bake for 8-10 minutes. Check the crust and poke any holes if there are bubbles. Add desired toppings.

Step 5

Continue cooking for a total of 10 to 14 minutes or until slightly brown and golden.

PEPPERONCINI GREEK KETO BOWL



CONSCIOUS

Nutrition Facts

4 servings	
Serving size	1 bowl
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 720mg	31%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 20g	
Vitamin D 0.2mcg	0%
Calcium 210mg	15%
Iron 2.7mg	15%
Potassium 170mg	4%

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PEPPERONCINI GREEK KETO BOWL

Everyone loves a good, filling salad and the Pepperoncini Greek Keto Bowl fits the bill. Bursting with flavor, this recipe features Greek staples like kalamata olives, feta cheese, and pepperoncini, also known as banana peppers. The homemade dressing is the perfect compliment to this bowl and you won't have to worry about hidden ingredients that could knock you out of ketosis.



PREP TIME
5m



TOTAL TIME
15m



MAKES
4 servings



SERVING SIZE
1 bowl

INGREDIENTS:

For the Bowl:

- 3 cups kale or lettuce, divided into 4 bowls
- 1 cup organic grape tomatoes, quartered
- ½ organic cucumber, diced
- ⅓ cup red onion, chopped
- ¼ cup chopped [Kalamata olives](#)
- 1 cup crumbled organic feta cheese
- 2 cups cooked free-range chicken
- ¼ cup sliced [Pepperoncini](#) peppers
- Balsamic vinaigrette to taste

For the Balsamic Vinaigrette Dressing:

- ¼ cup balsamic vinegar
- 1 tsp [Dijon mustard](#)
- 1 garlic clove, minced
- ½ cup [extra virgin olive oil](#)
- Salt and pepper to taste

DIRECTIONS:

Step 1

Combine all ingredients in a large bowl. Divide into 4 servings and place in serving or storing bowls.

Step 2

For the dressing, whisk ingredients until blended. Top the bowl ingredients with the balsamic vinaigrette.

MUY KETO TACO BOWL



Nutrition Facts	
4 servings	
Serving size	1 bowl
Amount Per Serving	
Calories	400
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 11g	55%
Trans Fat 1g	
Cholesterol 95mg	32%
Sodium 250mg	11%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 30g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 3.5mg	20%
Potassium 850mg	20%

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MUY KETO TACO BOWL

A spin on the traditional taco salad, this one-dish meal has all the traditional taco flavor with absolutely none of the guilt. Homemade taco seasoning keeps this recipe low carb and the zesty chipotle ranch dressing adds a little heat and a lot of flavor. This keto-friendly bowl is easy to assemble quickly, making it the perfect lunch or dinner option on busy days.



PREP TIME
10m



TOTAL TIME
25m



MAKES
4 servings



SERVING SIZE
1 bowl

INGREDIENTS:

For the Salad:

- 1 head iceberg lettuce, shredded
- 1 lb grass-fed ground beef
- 1-½ cups cheddar jack cheese, shredded
- 2 Roma tomatoes, diced
- ¼ cup red onion, diced
- 1 jalapeño, diced
- 1 organic avocado, diced
- 1 yellow pepper, diced
- 2-4 tbsp chopped cilantro
- 1 tbsp tomato paste
- ⅓ cup water
- Taco seasoning

For the Taco Seasoning:

- 1 tbsp chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp red pepper flakes
- ¼ tsp dried oregano
- ½ tsp smoked paprika
- 1-½ tsp cumin
- 1 tsp salt
- 1 tsp pepper

INGREDIENTS:

For the Chipotle Ranch Dressing:

- 1 cup mayo
- ½ cup sour cream
- ⅓ cup chopped cilantro
- 1 chipotle pepper
- 1 tsp adobo sauce
- ½ a lime, juice
- ½ tsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- Salt and pepper to taste

DIRECTIONS:

Step 1

Mix all ingredients for taco seasoning and set aside

Step 2

Brown beef in oil in skillet. Add taco seasoning and 1 tbsp of tomato paste, and ⅓ cup of water. Stir and continue cooking for 3-5 minutes over a medium heat.

Step 3

Add lettuce to bowl, top with beef and all other ingredients.

Step 4

For the dressing, combine all ingredients in a blender or food processor until well blended.

Step 5

Top with chipotle ranch dressing.

ASIAN-INSPIRED KETO BOWL



Nutrition Facts

4 servings
Serving size 1 bowl

Amount Per Serving
Calories 250

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 450mg **20%**

Total Carbohydrate 21g **8%**

Dietary Fiber 9g **32%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 28g

Vitamin D 0mcg **0%**

Calcium 160mg **10%**

Iron 3mg **15%**

Potassium 1170mg **25%**

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ASIAN-INSPIRED KETO BOWL

Everyone loves a good bowl and this Asian-inspired keto bowl hits the spot. This dish is anchored with salmon marinated in a sweet yet savory glaze. The salad base contains traditional Asian staples like snap peas, cabbage, and sesame seeds and the soy ginger dressing tops it off with a little spice.



PREP TIME
15m



TOTAL TIME
35m



MAKES
4 servings



SERVING SIZE
1 bowl

INGREDIENTS:

For the Salmon Glaze:

- 6 tbsp organic soy sauce
- 2 tbsp fish sauce
- 1 tbsp sweet chili sauce
- 1 tbsp Hoisin sauce
- 2 tsp ginger paste
- 2 tsp minced garlic

For the Salad:

- 1 head organic cabbage, shredded
- 1 cup scallions, chopped
- 1/3 cup snap peas
- 1 cup mushrooms, sliced
- 2-4 tbsp cilantro, chopped
- 1/2 cup [raw almonds, flaked](#)
- 1 red pepper, sliced
- 1 lb salmon fillets
- 1 tbsp sesame seeds

INGREDIENTS:

For the Soy Ginger Dressing:

- ½ cup avocado oil
- 3 tbsp rice vinegar
- ¼ cup soy sauce
- 2 garlic cloves, minced
- 1 tsp fresh ginger paste
- 1 tsp toasted sesame oil
- 1 tbsp scallions, chopped
- 1 tbsp Hoisin sauce
- 1 tbsp sweet chili sauce

DIRECTIONS:

Step 1

Baste salmon with glaze, let sit about 15 minutes. Broil for 6-8 minutes, remove then baste again. Return to broiler until done.

Step 2

Add cabbage to the bowl. Top with scallions, snap peas, mushrooms, almonds, and red pepper. Place salmon on top of salad. Garnish with cilantro and sesame seeds.

Step 3

For the dressing, whisk all ingredients together.

Step 4

Pour soy ginger dressing over salad.

COUNTRY KETO COBB SALAD BOWL



Nutrition Facts

4 servings	
Serving size	1 bowl
Amount Per Serving	
Calories	530
	% Daily Value*
Total Fat 37g	47%
Saturated Fat 14g	70%
Trans Fat 1.5g	
Cholesterol 220mg	73%
Sodium 720mg	31%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes <1g Added Sugars	1%
Sugar Alcohol 0g	
Protein 41g	
Vitamin D 1.1mcg	6%
Calcium 280mg	20%
Iron 1.9mg	10%
Potassium 360mg	8%

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COUNTRY KETO COBB SALAD BOWL

Cobb salads are packed with keto ingredients that fill you up and you'll love this version. Made with traditional cobb salad ingredients like hard-boiled eggs, crumbled bacon, and red onion, this salad is a step up thanks to the addition of avocado and homemade ranch dressing for a dose of good fat and creaminess.



PREP TIME
10m



TOTAL TIME
15m



MAKES
4 servings



SERVING SIZE
1 bowl

INGREDIENTS:

For the Salad:

- 1 bag organic kale or lettuce
- 1 cup grape tomatoes, quartered
- 2 hard boiled organic eggs, diced
- 1/3 cup red onion, sliced
- 2 cups chicken, cooked
- 6-8 slices bacon, crumbled
- 1 organic avocado, sliced
- 1 cup Roquefort blue cheese, crumbled

For the Ranch Dressing:

- 1 cup keto-friendly mayo
- 1/2 cup sour cream
- 2 tsp organic lemon juice
- 3 tbsp fresh parsley, chopped
- 2 tsp chopped fresh dill
- 2 tbsp chopped fresh chives
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 cup almond milk
- Salt and pepper to taste

DIRECTIONS:

Step 1

Add lettuce to bowl, top with all other ingredients

Step 2

Whisk together all ranch dressing ingredients and drizzle over salad.

CARNE ASADA & KETO CHIMICHURRI SAUCE



Nutrition Facts

4 servings	
Serving size	4 ounce steak
Amount Per Serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 70mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 25g	
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 2.4mg	15%
Potassium 460mg	10%

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KONSCIOUS

CARNE ASADA & KETO CHIMICHURRI SAUCE

Keto isn't about depriving yourself of all the things you love. In fact, many of your favorites are totally keto-friendly. Take this carne asada recipe for example. Flank steak is marinated in a blend of herbs and spices then grilled to perfection. The easy to make chimichurri sauce balances out the spice of the steak and provides just the right amount of acidity. This is sure to become one of your keto-friendly favorites.



PREP TIME
5m



TOTAL TIME
15m



MAKES
4 servings



SERVING SIZE
4 oz steak

PREPARATION:

- You will need an indoor or gas grill heated to 450°F when you're ready to cook the steak.
- You will need a blender or food processor to make the sauce.

INGREDIENTS:

For the Carne Asada:

- 1 lb flank or skirt steak
- 1 tbsp lime juice
- 2 tbsp avocado oil
- 1 tbsp apple cider vinegar
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp dried oregano leaves
- 2 tbsp chopped cilantro
- ½ tsp cayenne pepper
- ½ tsp ground black pepper
- 1 tsp salt

INGREDIENTS:

For the Chimichurri Sauce:

- ½ cup chopped parsley
- 4 cloves garlic, chopped
- ⅓ cup olive oil
- 1 tsp lemon zest
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- ¼ cup red wine vinegar
- ½ tsp salt, to taste

DIRECTIONS:

Step 1

Combine the lime juice, avocado oil, cider vinegar, garlic, cumin, oregano, cilantro, cayenne, black pepper, and salt in a bowl or gallon-sized plastic bag.

Step 2

Mix well and add the steak to the marinade, turning to coat thoroughly.

Step 3

Seal the bag or bowl and marinate in the refrigerator for at least 2 hours, preferably overnight for the best flavor. Remove from the fridge 30 minutes prior to cooking.

Step 4

Grill the steaks on the heated grill for 2-3 minutes per side, or until done to your satisfaction.

Step 5

Remove the meat from heat and let it rest 10 minutes before slicing.

Step 6

For the Chimichurri sauce, blend all ingredients in a food processor or blender. Serve chilled or at room temperature.

BANG BANG SHRIMP KETO STYLE



 KONSCIOUS

Nutrition Facts

4 servings	
Serving size	4 ounces
Amount Per Serving	
Calories	350
	% Daily Value*
Total Fat 26g	33%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 750mg	33%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Sugar Alcohol 1g	
Protein 18g	
Vitamin D 0.2mcg	0%
Calcium 70mg	6%
Iron 0.3mg	2%
Potassium 140mg	4%

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BANG BANG SHRIMP KETO STYLE

Bang Bang Shrimp is a favorite when dining out and with a few quick modifications, it's super easy to make at home. The keto version is full of flavor, and the simple ingredients help you whip up this dish quick, which is perfect if you're short on time.



PREP TIME
5m



TOTAL TIME
10m



MAKES
4 servings



SERVING SIZE
4 oz

INGREDIENTS:

For the Shrimp:

- 1 lb shrimp, peeled and deveined
- 1/3 cup heavy cream
- 1 tsp apple cider vinegar (or lemon juice)
- 1/2 cup coconut flour
- Mild-flavored keto friendly oil (for frying)

For the Sauce:

- 1/3 cup mayonnaise
- 1/4 cup Sambal chili paste, garlic
- 1 tbsp Sriracha*
- 1 tsp Swerve, confectioners
- 1 tsp scallions (green part only), sliced

*for a less spicy version, add 1-2 tsp of Sriracha

DIRECTIONS:

Step 1

Add vinegar to heavy cream and set aside.

Step 2

In a separate bowl, add mayonnaise, Sriracha, Sambal, and Swerve. Mix to combine.

Step 3

Pour the cream and vinegar mixture over the shrimp and toss to coat.

Step 4

Heat a skillet on medium heat and add mild-flavored oil. Dredge the shrimp in coconut flour then fry in a skillet for 3-4 minutes or until pink.

Step 5

Coat the shrimp with the sauce, top with scallions, and serve over mixed greens.

GRILLED RIBEYE STEAK WITH KETO GORGONZOLA BUTTER



KONSCIOUS

Nutrition Facts	
1 serving	
Serving size	1 steak
Amount Per Serving	
Calories	510
	% Daily Value*
Total Fat 48g	62%
Saturated Fat 29g	145%
Trans Fat 2g	
Cholesterol 160mg	53%
Sodium 200mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 19g	
Vitamin D 0.8mcg	4%
Calcium 80mg	6%
Iron 3.7mg	20%
Potassium 400mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GRILLED RIBEYE STEAK WITH KETO GORGONZOLA BUTTER

As any steak lover knows, an awesome cut of steak is only enhanced by the seasonings and sauces used. This amazing recipe combines a high-quality cut with rich homemade gorgonzola butter that you'll want to put on everything! Once you try this, it's likely to be in your regular rotation of keto favorites.



PREP TIME
10m



TOTAL TIME
15m



MAKES
2 servings



SERVING SIZE
1 steak

PREPARATION:

- You will need a grill pan or outdoor grill for this recipe.
- You will need a food processor or blender to make the gorgonzola butter.

INGREDIENTS:

For the Steak:

- 2 USDA prime ribeye steaks
- salt and pepper to taste

For the Gorgonzola Butter:

- ½ cup butter, softened
- 2 oz Gorgonzola (or blue) cheese
- ¼ cup chopped parsley
- 1 clove garlic, crushed

DIRECTIONS:

Step 1

To make the gorgonzola butter, combine the butter, gorgonzola, parsley, and garlic in a small food processor or magic bullet. Pulse until fully combined then chill.

Step 2

Season the steaks generously with salt and pepper on both sides then grill on high heat until the desired temperature.

Step 3

Top with chilled gorgonzola butter and let rest for at least 5 minutes before serving.

BEEF SHAWARMA KETO BOWL



Nutrition Facts

4 servings
Serving size 1 bowl

Amount Per Serving
Calories 410

% Daily Value*

Total Fat 22g	28%
Saturated Fat 9g	45%
Trans Fat 1.5g	
Cholesterol 110mg	37%
Sodium 650mg	28%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 43g	

Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 4.3mg	25%
Potassium 800mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BEEF SHAWARMA KETO BOWL

A keto spin on the classic beef shawarma bowl, this keto version will fill you up and keep you on track. This budget-friendly meal is packed with simple yet flavorful ingredients and is ready in less than 30 minutes – perfect for busy weeknights.



PREP TIME
15m



TOTAL TIME
25m



MAKES
4 servings



SERVING SIZE
1 bowl

INGREDIENTS:

For the Shawarma Beef:

- 1-½ lbs 80/20 ground beef
- 1 tbsp garlic powder
- 1 tbsp onion powder
- ½ tbsp cumin
- ½ tbsp five spice powder
- ½ tbsp cayenne pepper
- 1 tsp salt
- ½ tsp ground black pepper
- 2 tbsp Greek yogurt
- 2 tbsp freshly squeezed lemon juice
- 2 tbsp butter

For the Cauliflower Rice:

- 455 grams (approx 16 oz) cauliflower rice
- 2 tbsp light tamari or coconut aminos

For the White Garlic Sauce:

- 2 tbsp garlic powder
- ½ tsp onion powder
- 4 tbsp Greek yogurt
- ½ tsp salt
- ½ tsp ground black pepper
- 2 tbsp water

INGREDIENTS:

For the Red Pepper Sauce:

- 1 tsp crushed red pepper flakes
- 1 tbsp sriracha
- 1 tbsp chili oil
- 2 tbsp Greek yogurt
- ½ tsp ground black pepper
- Optional toppings include finely sliced cabbage, cucumber, tomatoes, avocado, etc

DIRECTIONS:

Step 1

Combine the ground beef and the shawarma beef spices in a mixing bowl.

Step 2

In a separate container combine yogurt and lemon juice and mix well.

Step 3

Combine beef and yogurt mixture. Mix well until combined and sticky. Set aside in the refrigerator while preparing the sauces.

Step 4

Combine all white garlic sauce ingredients in a bowl and whisk, adding water a little at a time until you get the desired consistency. Transfer the sauce to a squeeze bottle or small mason jar.

Step 5

Mix all of the red pepper sauce ingredients, adding water until the desired consistency is achieved. Transfer to a squeeze bottle or small mason jar.

Step 6

Heat 2 tbsp of butter in a pan then add marinated ground beef and saute until cooked through. Transfer to a bowl and cover with foil to keep warm.

Step 7

Using the same pan used to cook the beef, add cauliflower rice and mix in the soy sauce. Continue stirring until almost dry.

Step 8

Layer the cauliflower rice, beef, toppings, and sauces and serve.

CHEESY SPINACH KETO PUFFS



 KONSCIOUS

Nutrition Facts	
30 servings	
Serving size	1 puff
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 45mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 0.5mg	4%
Potassium 40mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHEESY SPINACH KETO PUFFS

At first glance, these cheesy spinach puffs resemble meatballs but they're much different! Made with both feta and Parmesan cheeses, these amazing puffs are crunchy on the outside and cheesy on the inside. These puffs make great appetizers for parties and they're sure to be a hit, even for those who aren't following a keto diet.



PREP TIME
10m



BAKE TIME
12m



MAKES
30 servings



SERVING SIZE
1 puff

PREPARATION:

- Preheat the oven to 350°F.
- You will need a blender or food processor for this recipe.

INGREDIENTS:

- 16-ounce package frozen spinach, thawed and drained
- 1 cup almond flour
- 4 tbsp salted butter, melted
- 2 large eggs
- 1/3 cup grated Parmesan cheese
- 1/3 cup crumbled feta cheese
- 1/4 tsp ground nutmeg
- 1 tsp kosher salt
- 1/4 tsp ground black pepper
- 1 tsp garlic powder
- 1 tbsp onion powder
- 3 tbsp heavy whipping cream

DIRECTIONS:

Step 1

Squeeze the spinach in a paper towel to remove as much of the moisture as possible.

Step 2

Add all ingredients to a food processor or blender and puree until smooth.

Step 3

Chill for at least 15 minutes then form the mixture into 1-inch balls and place on a baking sheet.

Step 4

Bake for 12 minutes.

Step 5

Let cool slightly then serve.

SO KETO KIMCHI SALAD



 KONSCIOUS

Nutrition Facts	
8 servings	
Serving size	1/8 salad
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1210mg	53%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.9mg	4%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SO KETO KIMCHI SALAD

This traditional Korean dish is a refreshingly light option that can be made quickly after a hectic day. This recipe draws flavor from Napa cabbage, sesame oil, and Korean chili powder. This is an ideal meal prep recipe since it can be made ahead and stored in the fridge for up to a week.



PREP TIME
10m



TOTAL TIME
2h



MAKES
8 serving



SERVING SIZE
1/8 salad

PREPARATION:

You will need a blender or food processor for this recipe.

INGREDIENTS:

- 1 large head Napa cabbage
- 4 cups water
- 1-1/2 cups kosher salt
- 6 cloves garlic
- 3 tbsp chopped ginger
- 1/2 cup fish sauce
- 1/4 cup Korean chili powder (or substitute cayenne)
- 2 tbsp granulated sugar substitute
- 1 tsp sesame oil
- 6 scallions, sliced
- 3 tbsp radishes, sliced

DIRECTIONS:

Step 1

Cut the cabbage into quarters and remove the core. Drain and rinse the cabbage thoroughly.

Step 2

Separate the leaves and place in a large bowl. Mix the salt and water together and pour over the cabbage, making sure all of the cabbage is submerged. Marinate the cabbage for 1 to 2 hours.

Step 3

Place the cabbage in a colander and press down to drain as much liquid from it as possible. Meanwhile, combine the garlic, ginger, fish sauce, chili powder, sugar substitute, and sesame oil in a small blender or food processor. Puree until smooth.

Step 4

Place the cabbage into a large bowl and toss with the sliced scallions and radishes.

Step 5

Pour the dressing over the salad and mix well to ensure all of the leaves are coated. Marinate for at least one hour before serving.

HAM & GRUYERE KETO CASSEROLE



Nutrition Facts

Serving Size: 1 (0.0g)
Servings Per Container: 9

Amount Per Serving

Calories 290 Calories from Fat 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 11g **55%**

Trans Fat 0.5g

Cholesterol 180mg **60%**

Sodium 510mg **21%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 15g

Vitamin A 20% • Vitamin C 8%

Calcium 20% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

HAM & GRUYERE KETO CASSEROLE

This versatile one-dish wonder is the perfect option for any meal of the day. The flavor-packed crust uses both coconut flour and Parmesan cheese for added texture and the filling combines cheddar cheese, spinach, and ham for hearty flavor.



PREP TIME
20m



COOK TIME
90m



MAKES
9 servings



SERVING SIZE
3x3 inch square

PREPARATION: Preheat the oven to 400°F.

INGREDIENTS:

For the Crust:

- 4 cups celery root, peeled and shredded
- 4 tbsp butter, melted
- 1 tsp kosher salt
- ¼ tsp ground black pepper
- 2 tbsp coconut flour
- 2 tbsp grated Parmesan cheese
- 1 tbsp olive oil

For the Filling:

- 6 eggs
- 1 cup light cream
- ¾ cup unsweetened almond milk
- ¼ tsp ground nutmeg
- ½ tsp kosher salt
- ¼ tsp ground black pepper
- ½ cup chopped spinach
- 2 cups ham, chopped
- 1 cup sharp cheddar cheese, shredded

DIRECTIONS:

Step 1

For the crust, combine the crust ingredients in a medium-sized bowl and mix well. Press mixture firmly and evenly into a 9 x 9 baking dish, going up the sides at least 2 inches. Bake for 20 minutes or until slightly golden brown.

Step 2

Remove and reduce oven heat to 350°F.

Step 3

For the filling, beat the eggs in a large bowl and add the cream, almond milk, nutmeg, salt, and pepper. Stir in the spinach.

Step 4

Spread the ham and cheese evenly over the par-baked crust in the bottom of the pan. Gently pour the egg mixture over the ham and cheese.

Step 5

Bake the casserole at 350°F for 60 minutes or until the middle is set and doesn't jiggle when shaken.

Step 6

Cool for 10 minutes before cutting.

KONSCIOUS SHOPPING LIST

TOOLS:

[Cookie scoop](#)
[Electric Mixer](#)
[Food Processor](#)
[High-Speed Blender](#)
[Immersion Blender](#)
[Loaf Pan](#)
[Tube pan](#)

INGREDIENTS:

[Almonds, flaked](#)
[Almond, milk](#)
[Almond Flour](#)
[Baking powder, gluten free](#)
[Chocolate, bittersweet 60%](#)
[Chocolate, bittersweet 85% bar](#)
[Cacao, dark chocolate 85%, chips](#)
[Chia seeds](#)
[Cinnamon, organic](#)
[Coconut, flaked](#)
[Coconut Flour](#)
[Coconut Milk](#)
[Cocoa Powder, dark chocolate, unsweetened](#)
[Coffee, cold brew](#)
[Collagen](#)
[Erythritol Sweetener, granular](#)
[Flaxseed, meal](#)
[Ghee Butter, grass-fed, unsalted](#)
[Keto Activate](#)
[Macadamia nut, milk](#)
[Maple Syrup, sugar-free](#)

[MCT oil](#)
[Parchment paper](#)
[Peanut Butter, natural](#)
[Pecans, raw](#)
[Peppermint, extract](#)
[Pumpkin Seeds, raw](#)
[Stevia, liquid drops](#)
[Vanilla Extract, organic](#)
[Vanilla Whey Protein, powder](#)
[Walnuts](#)
[Whole Earth Sweetener, monk fruit/stevia](#)
[Xanthan gum](#)