

# KETO LOW-CARB ZERO CARB SNACKS AND HACKS COOKBOOK

CARB-FREE RECIPES TO SUPPORT KETOSIS



Shari MAC





EASY KETO LOW-CARB RECIPES

**KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*

# ZERO-CARB SNACKS & HACKS:

Easy Zero-carb Snacks to Support Your  
Ketosis

By Shari MAC

**©2023 Shari MAC**

[Ketolowcarbsharimac.com](http://Ketolowcarbsharimac.com)

All Rights Reserved

Zero-carb Snack Attacks© is solely owned by Shari MAC.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any mean-electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the publisher. This e-book is licensed for your personal enjoyment only. This e-book may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. All recommendations are made without guarantee on the part of the author.

Every effort has been made to ensure the information contained in this book is complete and accurate. However, neither the publisher nor the author is engaged in rendering professional advice or services to the individual reader. The ideas, procedures, and suggestions contained in this book are not intended as a substitute for consulting with your physician. All matters regarding your health require medical supervision. The author and publisher disclaim any liability in connection with the use of this information, and for any omissions that may have occurred.

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and

specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a physician and medical expert where appropriate. Neither the publisher nor the author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

For additional information please contact:

Shari MAC



EASY KETO LOW-CARB RECIPES

**KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*

[Ketolowcarbsharimac.com](http://Ketolowcarbsharimac.com)

ketolowcarbsharimac@gmail.com

All brand names and product names used in this book are trademarks, registered trademarks, or trade names of their respective holders.

**Special Thanks to Editor**

**SADIE DARBY**

# TABLE OF CONTENTS

INTRODUCTION .....	1
<b>PART ONE .....</b>	<b>8</b>
CHAPTER 1: THE RECIPES: .....	9
CHAPTER TWO: INGREDIENTS .....	15
CHAPTER THREE: RECIPE NUTRITIONAL INFORMATION: .....	20
CHAPTER FOUR: CHOOSING HEALTHY FATS: .....	22
<b>PART TWO: THE RECIPES .....</b>	<b>25</b>
CHAPTER 6: ZERO-CARB EGG SNACKS.....	26
CHAPTER 7: ZERO-CARB BACON SNACKS .....	45
CHAPTER 8: ZERO-CARB POULTRY SNACKS .....	62
CHAPTER 9: ZERO-CARB FISH AND SEAFOOD SNACKS .....	78
CHAPTER 10: ZERO-CARB EGG WHITE BREAD SNACKS .....	89
CHAPTER 11: ZERO-CARB MEAT-BASED SNACKS .....	104
CHAPTER 12: ZERO-SUGAR SNACKS.....	115

# INTRODUCTION

Welcome to “Zero-Carb Snacks and Hacks.” Thank you for allowing me to share some of my favourite zero-carb recipes with you.

A little about my weight loss journey: I have followed the Keto Low-Carb diet for over a decade.

Between 2012 and 2016, I lost 70 pounds and regained my health and self-esteem.

Feeling healthier, looking so much better, and having more energy incentivised me to continue living a low-carb lifestyle. I generally eat low-carb daily. And when I get lazy and gain a few pounds, I do strict Keto to get down to my comfortable weight.

In 2016 I also suffered a major shoulder injury from a car accident. My low-carb lifestyle helped to reduce inflammation dramatically and helped with the pain so that I could avoid major painkillers.

I have since had surgery on my shoulder and am back to regular life.

Now I live low-carb because of all the healthful benefits. My mother's and father's sides of the family have a history of genetic factors that influence various components of metabolic syndrome. These life-threatening issues include obesity, type 2 diabetes, insulin resistance, heart disease and strokes. Most family members have died in their 50s from the above issues. My father and younger brother passed away within the same year from heart attacks. At the time of writing this book my mom has



congestive heart failure and terminal cancer. My living siblings live with forms of metabolic syndrome.

At age 61, I am successfully battling metabolic syndrome. I am physically active, walking, sprinting, and lifting weights. I do not drink alcohol or smoke, or take any medications. Despite family genetics, I attribute my good health to this low-carb living philosophy. And I continue to regularly monitor my heart and brain health.

Enough about me.

Before using this cookbook and before starting your Keto diet, be sure to consult your doctor first.

Let your doctor know what you would like to do. Knowing if the Keto philosophy and diet are right for you and your health is important. There are groups of people who should not undertake the Keto diet.

Perhaps you have chosen to download this cookbook because you are just starting your Keto diet for the first time. Or maybe you have been living a low-carb lifestyle and using Ketosis to Kickstart a new journey. Or you might like to eat more zero-carb treats to support your long-term, low-carb lifestyle. Despite this reason, this cookbook will help your ketosis process be more enjoyable.

It is important to eat some carbs while focusing on Ketosis. When the body doesn't have sufficient carbs, amino acids from the proteins you eat can be turned into glucose through gluconeogenesis. This process may prevent your body from going into full Ketosis. The number of carbs you eat will be specific to

your keto metrics. Have this conversation with your nutritionist, coach, or doctor.

This book should not be used as a coaching guide or for a zero-carb diet. It is to support your ketosis journey based on your keto metrics.

My goal in sharing these recipes is to give you some zero-carb treat options.

On the internet, you can find zero-carb food lists and recipes here and there. I decided to create this one resource of zero-carb treat recipes you can turn to when desired.

If you are starting the Keto diet for the first time, I highly recommend you begin your journey with our 28-Day Keto Kickstarter. The 28-Day Kickstarter will give you the tools to begin the process. You can incorporate these zero-carb recipes into your Kickstarter program if you choose – once you have figured out your Keto metrics.

Here is the link:



EASY KETO LOW-CARB RECIPES

**KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*



This 28 Day Keto Kickstarter is a simple and easy to follow 28 day plan made up of a combination of low-carb, moderate protein, and high-fat to get that body you desire!

#### **WHAT ARE THE BENEFITS OF A 28-DAY KETO KICKSTARTER DIET?**

- Look Incredible and FEEL Incredible
- Reduce Your Appetite and Lose Weight

- Reduce the Risk of Type 2 Diabetes, Metabolic Syndrome, Heart Disease, Type 2 Diabetes
- Getting started can be overwhelming. It can be difficult to stay within the macronutrient guidelines of the Keto diet.

## **WHAT DO YOU GET WITH THE FREE 2-DAY KETO KICKSTARTER?**

### **In this program you get...**

- The weekly diet menu
- Grocery List
- Recipes
- Daily emails for encouragement
- Access to send me emails to answer questions
- FREE Membership with library of free cookbooks, lists, videos, and more!

**START NOW!** Choose right now to start your new life and get that new body!

<p><b>Consult Your Doctor:</b> Before starting this 28-Day Keto Kickstarter be sure to consult your doctor first. Not everyone can do this diet.</p>
--



EASY KETO LOW-CARB RECIPES

**KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*

**BECOME A  
MEMBER  
IT'S FREE**

**EXCLUSIVE FREE  
RESOURCES  
GET E-BOOKS, VIDEOS,  
PRINTABLE, MEAL PLANS  
AND MORE!**

**CLICK TO SUBSCRIBE**

FULL ACCESS AS LONG AS YOU'RE A SUBSCRIBER

Living a low-carb lifestyle need not be limited! You can enjoy everything you ate before your low-carb choice just by using different ingredients and following new

**WHAT DO YOU GET WITH THIS FREE MEMBERSHIP?** Being a member gives you access to our growing library. In this library you'll have access to:

- free cookbooks
- Keto Low-Carb lists
- Keto Low-Carb videos
- Tips

- New discoveries
- And more!

You'll receive emails letting you know what new information we have added to our library.

**START NOW!** Why do this alone? Join our membership and get the ideas, recipes, inspiration, and encouragement you need to maintain this incredible and healthy lifestyle.

**JOIN NOW FOR FREE!**

**Consult Your Doctor:** Before starting this 28-Day Keto Kickstarter be sure to consult your doctor first. Not everyone can do this diet.



# **PART ONE**

## CHAPTER 1: THE RECIPES:

I'm so excited to share my recipes with you. Prepare most recipes in minutes; others will take a little time. All the dishes are easy to make with readily available ingredients from your local supermarket.

I have also included recipes from some of my favourite Keto bloggers and Vloggers. I have given these recipes my own twist.

### WHAT DO I MEAN BY 'ZERO CARBS'?

I refer to zero carbs in this cookbook as "under 1 gram of net carbs per serving." I cannot guarantee that your recipes will have zero carbs. Why? Because you may eat more than one serving and, therefore, may add a few carbs to your meal. Or perhaps you choose ingredients that are not zero-carb, such as shredded cheeses, mayonnaise, and cream cheese, to name a few. Remember that even if you eat more than one serving of any of the recipes shared in this cookbook, your overall carb intake will be low.

Hunt for brands that have zero carbs per serving. Use your judgement.

### Equipment Needed:

To prepare the recipes, you will not need any fancy kitchen equipment.

**Air-Fryer:** In some cases, a recipe may call for air frying. If you do not have an air fryer, do not fret. You can always use your oven. In terms of temperature, air fryer recipes usually recommend a

temperature of 20 to 25 degrees lower than what you would use if cooking with a conventional oven. The same holds for convection ovens, so you can likely use the same temperature setting designated in an air fryer recipe.

**The Dash:** Some recipes call for the use of a Dash or waffle maker for making Chaffles. I love my Dash! I purchased it at my local second-hand store. I buy a lot of good quality pots and pans at this store, as well as on Facebook Market Place. The Dash Mini Waffle Maker is relatively inexpensive and available at Walmart.

Without a Dash, you can use a grill pan.

A grill pan makes some pretty cool-looking Chaffles. Preheat the grill pan to medium heat. Add non-stick cooking spray or butter to the pan. Add your Chaffle batter in a circle. Lower the heat to medium-low and leave the Chaffle to cook until golden. Flip the Chaffle to the other side and cook to golden. Let the Chaffle cool.

**Skillets:** While I use an iron skillet, you can use any pan you like.

### Cooling Oils & Smoke Points:

The smoke point refers to the temperature at which an oil heats up and starts to burn and smoke. When cooked past their smoke point, oils change to a burnt taste, and many beneficial nutrients get destroyed.

Heating oil to its smoke point will also increase the oxidation rate and release free radicals that can damage your cells.

You will know when you've reached an oil's smoke point because it will begin to smell and produce blueish smoke. Always watch

your skillet when heating oil to avoid this issue. In other words, don't walk away from the stove for any reason.

Oils with higher smoke points are the best for deep frying or high-heat cooking.

What is a smoke point? The smoke point relates to an oil's saturation. Oils from nuts or seeds are the most unstable. These oils are more susceptible to rancidity and oxidation. Use these oils for salad dressings and drizzles.

Some monounsaturated (avocado, canola, sunflower, sesame oil) and all saturated fats (ghee, avocado, tallow) have higher smoke points for high-heat cooking and deep frying.

**Avocado Oil (Smoke Point 475 to 520F):** Avocado oil is the safest oil for high heat cooking, like frying, due to its extremely high smoke point (as high as 520°F). Use avocado oil as your regular frying oil. It contains high levels of monounsaturated fat, which means that it stays fairly stable when heated. Avocado oil raises the levels of good cholesterol in the body and lowers the bad.

Even though our avocado oil is a raw oil, it does not need to be refrigerated. Avocado oil (in an oil form) is stable. Keep the oil at a consistent temperature, and out of direct sunlight. We suggest a dark cupboard for perfect storing conditions.

Use Avocado oil for cooking:

- meats
- seafood
- Keto vegetables

**Grass-Fed Ghee (Smoke Point 465F):** Ghee has clarified butter originating from India. In India, the hot climate requires a fat that is more shelf-stable than butter.

With its high smoke point and delicious buttery flavour, ghee quickly becomes a favourite high-heat cooking fat for Keto lovers.

Ghee is a healthier alternative to vegetable oil because it is free of fatty acids. It is also a healthy saturated fat containing vitamins A, D, E, and K2 and trace minerals. It also aids in body cleansing.

To make ghee, whole-fat butter is simmered until the milk solids rise to the top. Skimming off the solids leaves the ghee buttery golden and no longer contains lactose (which is great for lactose-intolerant Keto lovers).

Store Ghee in an airtight container at room temperature for up to a year or in the refrigerator to maintain freshness for longer.

Because of its versatility and flavour, use ghee for cooking:

- low-carb pancakes
- stir-fry Keto vegetables
- meats
- fried or scrambled eggs
- oven-roasted meats and Keto vegetables

**Grass-Fed Tallow Beef Fat (Smoke Point: 400F):** Tallow is rendered fat from animals and mostly derives from beef. It is a great fat for high-heat cooking or frying.

Grass-fed Tallow is high in vitamins D, A, E, and K and antioxidants. Tallow has amazing flavour, a high smoke point, and the ability to resist rancidity.

Store Tallow in an airtight container at room temperature for up to a year or in the refrigerator for a longer shelf life.

When cooking, Tallow is a great oil for deep frying:

- chicken/turkey
- fish
- stir-fried vegetables
- any egg dishes

**Coconut Oil (Smoke Point 350F):** Coconut oil is extremely stable as a cooking oil. It is rich in medium-chain fatty acids and easy for your body to digest. Coconut oil is also antimicrobial and antifungal and rich in lauric acid. Lauric acid is an immune booster.

If the strong coconut flavour puts you off, consider refined coconut oil for cooking. It has the same smoke point but without the coconut flavour.

Store Coconut oil in its jar at room temperature. It should last for up to two years. Use coconut oil to fry some of the following:

- eggs
- keto pancakes
- meats
- chicken wings
- coconut encrusted shrimp
- stir-fried Keto vegetables



- Keto doughnuts
- other Keto baked goods

## CHAPTER TWO: INGREDIENTS

When preparing zero-carb recipes, knowing what ingredients you can readily find is important. Here are some ideas:

### **ZERO-CARB CONDIMENTS:**

In time you will find everyday ingredients with zero carbs at your local grocery store or in box stores like Walmart. Here are some zero-carb condiments:

#### **Mustard (per teaspoon):**

- Dijon mustard: zero carbs
- German Mustard: zero carbs
- Spicy Brown mustard: zero carbs
- Sugar-free Honey Mustard (example: G Hughes): zero sugar (carbs from sweetener don't count)
- Whole Grain Dijon mustard
- Yellow mustard

#### **Soy Sauce & Alternatives (per teaspoon):**

- Soy Sauce -Artisanal Classic- 500 Days Aged, Japanese Premium Handmade, Naturally Brewed, No Additives, Non-GMO, Made in Japan (zero sugar)
- Braggs Liquid Aminos Original

### **ZERO-CARB CHEESE (1/4 cup/21g):**

Some cheeses have zero carbs. You will have to grate or shred these cheeses yourself freshly. A few to keep in mind are as follows:

- Asiago
- Brie
- Camembert
- Emmenthal (Swiss)
- Fresh Goat cheese
- Gorgonzola
- Gruyere
- Monterey Jack
- Parmigiano-Reggiano
- Pecorino Romano

Always read nutritional labels, as some brands may have carbs. Never take zero carbs in foods for granted.

**Shredded Cheese:** I found a few Canadian brands of shredded cheeses with zero carbs. One brand will show zero carbs on the nutritional label, while another offering the same product may show one or two net carbs. Be sure to check.

Other zero-carb cheeses to use are as follows:

- Philadelphia Original Lactose-Free Cream Cheese (per tablespoon)
- Kraft 100% Parmesan (per 2 teaspoons)
- Wegmans Italian Classic Parmigiano Reggiano Grated (per one ounce)
- Wegmans Italian Classics Pecorino Romano Grated (per one ounce)
- Wegmans Italian Classic Parmigiano Reggiano Wedge (per ounce)

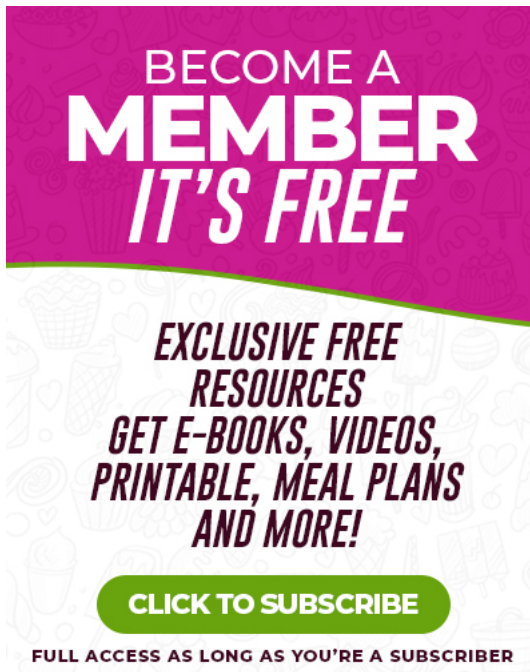
- Wegmans Italian Classic Pecorino Romano Wedge (per ounce)

Be careful, as seasonings also have carbs, even black pepper. To keep your count at zero, use only salt.

### **ZERO-CARB SEASONINGS:**

The recipes in this cookbook do not include the nutritional values of seasonings. The reason is that you will be adding your seasoning amounts. I could not possibly calculate the values of seasonings. Seasonings will increase the sodium content of a recipe, so be aware.

At [ketolowcarbsharimac.com](http://ketolowcarbsharimac.com), you can sign up FOR your FREE membership. With the membership, you can access a FREE library of e-cookbooks, charts, ideas, and lists regarding zero-carb and low-carb foods. Click this link to join:



Here are a few seasonings you can use within your zero-carb recipes:

- Pink Himalayan Salt (zero carbs)
- Old Bay Seasoning (zero carbs)
- McCormick Grill Mats Texas BBQ Seasoning (zero carbs)
- McCormick Grill Mates Montreal Steak Seasoning (zero carbs)
- Clubhouse Himalayan Pink Salt with Black pepper and Garlic
- Clubhouse Everything Bagel with Sesame Seed and Onion (zero carbs)
- Clubhouse Garlic and Onion with Black Pepper and Sea Salt
- Clubhouse Garlic and Herb with Black Pepper and Sea Salt
- Clubhouse Signature Caesar Rim

- Clubhouse Signature Cajun
- Clubhouse Signature Lemon and Herbs
- Clubhouse Signature Parmesan and Herbs
- Clubhouse Signature Rotisserie Chicken
- Clubhouse Signature Tex Mex

Watch out for black pepper. It has negligible carbs, but that can add up if you season your food heavily with pepper.



# **CHAPTER THREE: RECIPE NUTRITIONAL INFORMATION:**

## **NUTRITIONAL VALUES:**

The nutritional information provided in each recipe is a courtesy and is approximate only. I cannot guarantee the nutritional accuracy of any recipe. I cannot know what brands you use or how accurately you follow the recipe or what you like to add creatively to each dish. Use the information as a general guideline only.

The nutritional values of each recipe are based on specific brands that I use. Keep in mind that every brand has its own nutritional values. Be sure to take these into consideration when you prepare these recipes.

For example, most brands of Monterey Jack Cheese and Parmigiano-Reggiano have zero carbs. But not all!

Cream cheese and Caesar dressing brands can vary in carbs and net carbs. I choose brands with zero carbs. Cream cheese and Caesar dressing in general are very low in carbs anyway.

Just be sure to read the nutritional label before purchasing. The following brands have zero carbs and I used these brands in the nutritional value calculations of the recipes within this book:

- Mrs Taste – offering zero carb condiments
- Philadelphia Original Lactose Free Cream Cheese
- Kraft Monterey Jack Cheese Shredded
- Kraft 100% Parmesan

- Renee's Gourmet Caesar ½ Fat Dressing
- Wegmans Classic Parmigiano Reggiano
- Plumrose Lower Sodium Sugar-Free Bacon

Remember that even if you are eating zero carbs, you also have to remain within your macro limit for calories.

I've heard many people say that Keto doesn't work for them. I believe the reason is that they monitor their carb intake but not their fats and calories.

## **CHAPTER FOUR: CHOOSING HEALTHY FATS:**

When removing carbs as the energy source from your diet, you must replace them with fat. That's the Keto philosophy. It's important to eat healthy fats whenever you can. Doing so should be your priority. Choose foods that are:

- High in monounsaturated fat (olives, avocados, almonds, pumpkin and sesame seeds)
- High in polyunsaturated fat (Sunflower seeds, walnuts, flax seeds)
- Grass-fed saturated fats (meat and dairy from grass-fed animals, pasture-raised poultry and eggs, and wild fish.

Your high-fat diet should also include foods with monounsaturated fat, such as olives and avocados. Both possess zero carbs.

### **EAT ANIMAL AND PROCESSED FAT IN MODERATION:**

In the cookbook, you'll see recipes that use cured and processed meats like prosciutto and sugar-free bacon. Saturated fat is allowed on the Keto diet. You should limit your intake of these fats and focus on recipes with healthier fats most of the time.

Don't get me wrong, splurging within your guidelines is vital to reaching your health and weight goals. Deprivation can lead to yo-yo dieting, self-sabotage, consuming too many calories, or eating high-carb foods. Splurging within your Keto guidelines and metrics can keep you mentally healthy. And help you sustain the

measures to meet your long-term goals. So, a little bacon can go a long way in helping you sustain the measures to meet your long-term goals. The adage applies – “moderation in all things, especially moderation.”

I suggest grass-fed beef and dairy, pasture-raised poultry and eggs, and wild fish in the recipes. If you cannot afford these types of foods, don't fret. Buy whatever ingredient you can find and afford. Don't let my suggestions stop you from starting or maintaining your keto journey.

Remember, the foods you choose are an investment in your lifelong health!

## **WHY GRASS-FED BEEF AND DAIRY?**

Grass-fed cattle spend their lives outdoors in a more peaceful environment, eating a combination of grass and other available forage. As a result, beef is leaner and healthier. Grass-fed beef and dairy are higher in Omega 3, B vitamins, A and E vitamins and other antioxidants and significantly lower in saturated fat. Meat and dairy products from grass-fed animals are also the richest known source of another type of good fat called “conjugated linoleic acid”, or CLA. Cattle, sheep, and goats raised on fresh pasture alone produce proteins three to five times more CLA than grain-fed animal products.

## **WHY POULTRY AND EGGS?**

The term ‘pasture-raised’ is different from brand to brand. However, the general term means the hens can roam on grassy pastures daily. The flock has anywhere from 35 to 108 square feet of pasture.

Pasture-raised poultry and eggs have higher levels of vitamins and a healthier balance of omega-3 and omega-6 fats than conventional products.

### **WHY WILD FISH AND SEAFOOD?**

Wild fish and seafood have a more diverse diet in the wild. They offer a rich source of omega-3 fatty acids, vitamins A and D, B-complex vitamins, selenium, zinc, potassium, and iron.

## **PART TWO: THE RECIPES**

## CHAPTER 6: ZERO-CARB EGG SNACKS



An egg's colour does not alter its nutritional value. If your budget allows, purchase pasture-raised eggs.

Pasture-raised eggs come straight from chickens raised on a pasture. This system typically indicates that they can freely roam with full access to sunlight. These chickens eat an organic diet comprised of bugs and worms for nourishment. Lastly, pasture-raised eggs are free of hormones and antibiotics.

## Zero-Carb Caesar Devilled Eggs

8 (1/2 egg) Pieces



For the recipe video use this link:

<https://youtube.com/shorts/Jpb3TCqbWCU?feature=share>

4 hard-boiled eggs

¼ cup Caesar dressing\*

1.5 ounces crumbled cooked sugar-free bacon\*\* (for garnish)

\*Make sure your store-bought Caesar dressing has zero carbs (Renee's Gourmet Caesar ½ Fat). Or make your own. Here is the link for a homemade version:

[Zero-Carb Caesar Dressing](#)

\*\* Plumrose Premium Sugar-Free Low-Sodium Bacon

Peel the eggs. Cut the eggs in half. Cut off a thin slice from the bottom of half egg so it sits flat on the plate. Add a heaping



teaspoon of Caesar dressing to the top of each half egg. Sprinkle with bacon. Enjoy.

Per Serving (1 half egg):

Calories: 82

Fat: 7.2

Saturated Fat: 1.8

Cholesterol: 92 mg

Sodium: 142 mg

Total Carbs: 0.2

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0.2

Protein 4.6

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Renne's Caesar and Primrose Bacon

## HACK #1: MAKING HARD BOILED EGGS



Rapid cooling of your hard-boiled eggs helps prevent a green ring from forming around the yolks.

For the easiest peeling, use older eggs. The less fresh the egg, the easier it is to peel.

To peel, tap the egg on a hard surface to crack the shell. Then roll the egg between your hands to loosen the shell. Start to peel at the large end of the egg. Hold the egg under cold running water or dip it in a bowl of water to help remove the shell.

To store, keep the shell on eggs and refrigerate for up to 1 week.

To determine whether an egg is hard-boiled or raw, spin it! If the egg spins round and round evenly, it is hard-boiled. If it wobbles while spinning, it is raw.

## **Zero-Carb Cloud Buns**

Makes 10



4 large eggs, separated

1/2 teaspoon cream of tartar

¼ cup (2 ounces) cream cheese\*

1/2 teaspoon Pink Himalayan Salt

1 teaspoon Italian herbs (optional)

\*Philadelphia Original Lactose Free Cream Cheese has zero carbs.

Preheat the oven to 300F.

In 2 separate bowls, separate the egg whites from the yolks. In the bowl of egg whites add cream of tartar. Beat egg whites on high until stiff peaks form. In the other bowl of egg yolks add the cream cheese and salt. Beat on high to soften to a batter.

Carefully fold egg whites into the yolk mixture. Do not over mix or the whites will deflate.

Cover a baking sheet with parchment. Spoon 1/4 cup portions of the batter onto the sheet (about 4-inch circles). Leave a space between each circle.

Bake for 15 to 20 minutes until breads are golden brown and firm. The center should not jiggle when shaken. Cool for several minutes on the baking sheet, then move and serve! Enjoy.

Per Serving: 1 bun

Calories: 49

Fat: 4

Saturated Fat: 1.9

Cholesterol: 81

Sodium: 45

Total Carbs: 0.4

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0.2

Protein: 3

\*Nutritional values are approximate

\*\*Seasoning not included

## **Zero-Carb Egg and Avocado Dip**

Serves 8



For the recipe video click this link:

<https://youtube.com/shorts/Egg7YZellVl?feature=share>

4 hard boiled eggs

1 fresh avocado, peeled and pitted

¼ cup zero-carb mayonnaise\*

Clubhouse Garlic and Herb with Black Pepper and Sea Salt Seasoning

\*Choose a zero-carb mayonnaise (Mrs Taste Mayonnaise) or make your own. Here is the link:

[ZERO-CARB HOMEMADE MAYO](#)

In a bowl mash the hard-boiled eggs. Add avocado and mayo. Season. Serve with Zero-Carb Parmigiano crackers (recipe below). Or if you are adding a few carbs, serve with low-carb cucumber and radishes.

Per Serving: 1

Calories: 83

Fat: 7.1

Saturated Fat: 1.7

Cholesterol: 82

Sodium: 32

Total Carbs: 2.3

Dietary Fiber: 1.7

Net Carbs: 0.6

Total Sugars: 0.3

Protein: 3.3

\*Nutritional values are approximate

\*\*Seasoning sodium not included

\*\*\* Values based on Mrs Taste Mayo

## Zero-Carb Parmigiano Crackers

4 Crackers



1/2 cup freshly grated Parmigiano-Reggiano cheese

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

Place heaping tablespoons of the shredded parmesan cheese onto the sheet. Bake for about 3 to 4 minutes or until golden. Watch carefully. Remove the crisps from the oven and allow to cool. Enjoy. When cooled enjoy or store in a sealed container for up to 2 weeks at room temperature. Can freeze for up to 6 months.

Per Serving: 1

Calories: 40

Fat: 3

Saturated Fat: 2

Cholesterol: 10

Sodium: 60

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 4

\*Nutritional values are approximate

\*\*Values based on real Italian Parmigiano-Reggiano

## **HACK #2: EMPTY CUPBOARDS AND REFRIGERATOR OF CARBS**



Remove all high-carb foods from your kitchen to avoid temptations to cheat. Go through your cupboards and refrigerator and give away all the foods that are no longer part of your new lifestyle. This includes rice, bread, dried pasta, oatmeal, crackers, canned soups, condiments with sugar, cereals, etc.

## Zero-Carb Breakfast Bombs

10 Bombs



For the recipe video use this link:

[https://youtube.com/shorts/\\_Qh78sncteg?feature=share](https://youtube.com/shorts/_Qh78sncteg?feature=share)

4 hard-boiled eggs, peeled

1 large fresh avocado, peeled and pitted

¼ cup zero-carb mayonnaise\*

Clubhouse Garlic and Onion with Black Pepper and Sea Salt to taste

1/4 cup of sesame seeds or super seed mixture (white & black sesame seeds, chia, flax)

\*Choose a zero-carb mayonnaise (Mrs Taste) or make your own.  
Here is the link:

[ZERO-CARB HOMEMADE MAYO](#)



Place the hard-boiled eggs in a bowl and mash into small pieces. Add the avocado and mixed together. Add the mayonnaise and bring the mixture to a nice creamy paste. Place the seeds in a dish. Using a spoon scoop about one heaping tablespoon of the mixture and roll it into a ball. Next roll the mixture into the seeds and set on a baking sheet lined with parchment. Cover with plastic wrap and refrigerate for at least 3 to 4 hours. This allows the seeds to coagulate. The bombs will remain soft but can easily be lifted from the sheet to eat them. Enjoy.

Per Serving: 1

Calories 87

Fat: 7.5

Saturated Fat: 1.6

Cholesterol: 65

Sodium: 26

Total Carbs: 2.7

Dietary Fiber: 1.8

Net Carbs: 0.9

Total Sugars: 0.3

Protein: 3.2

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\* Values based on Mrs Taste Mayo

### **HACK #3: MAKE FAT BOMBS**



Fat bombs satisfy your cravings, boost your energy, and keep you on track with your goals. Healthful ingredients in fat bombs help you manage your weight, keep your blood sugar stable, boost your workouts, and help you feel fuller.

### **Zero-Carb Smoked Salmon Devilled Eggs**

8 (1 half egg) Pieces



For the recipe video click this link:

<https://youtube.com/shorts/jgBw3OaKCvg?feature=share>

4 hard-boiled eggs, peeled

1 ½ ounces (1 teaspoon per half egg) cream cheese, room temperature\*

4 thin slices of smoked salmon, each cut in half

1 tablespoon finely chopped fresh dill

\*Philadelphia Original Lactose Free Cream Cheese has zero carbs.

Cut hard-boiled eggs in half. Cut off a thin slice from the bottom of half egg so it sits flat on the plate. Add a heaping teaspoon of cream cheese to top of each half egg. Decorate with a piece of smoked salmon. Sprinkle with fresh dill. Enjoy.

Per Serving: 1 (2 half eggs)

Fat: 9.4

Saturated Fat: 4

Cholesterol: 182

Sodium: 693

Total Carbs: 0.6

Dietary Fiber: 0

Net Carbs: 0.6

Total Sugars: 0.4

Protein: 11.8

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Philadelphia Original Lactose Free Cream Cheese

## **HACK #4: HAVE ZERO-CARB SINGLE SNACKS AVAILABLE**



Keep on hand zero-carb foods to eat when you feel like cheating. Some foods include sardines, pork rinds, an avocado, hard-boiled eggs, or zero-carb cheeses can satisfy that craving.

### **Zero-Carb Devilled Eggs with Avocado and Bacon**

8 (1/2 egg) Pieces



For the recipe video click this link:

<https://youtube.com/shorts/SLc2hPJJBByA?feature=share>

2 (15 g) slices of cooked sugar-free bacon, crumbled\*

4 large eggs

1 fresh avocado, peeled and pitted

1/2 cup zero-carb mayonnaise\*

Clubhouse Signature Parmesan and Herbs to taste

Freshly ground black pepper to taste

\* Plumrose Premium Sugar-Free Low-Sodium Bacon

\*\*Choose a zero-carb mayonnaise (Mrs Taste) or make your own.  
Here is the link:

[ZERO-CARB HOMEMADE MAYO](#)

Crumble bacon. Set aside. Cut hard-boiled eggs in half. In a small bowl combine avocado, mash. Add mayo. Mix. Season with season salt and freshly ground black pepper. Cut eggs in half. Set on a plate. Top each half of egg with dollop of avocado mix. Sprinkle with bacon. Enjoy.

Per Serving: 1 (1 half egg)

Calories: 88

Fat: 7.5

Saturated Fat: 1.9

Cholesterol: 93

Sodium: 39

Total Carbs: 2.4

Dietary Fiber: 1.7

Net Carbs: 0.7

Total Sugars: 0.3

Protein: 3.7

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\* Values based on Mrs Taste Mayo and Plumrose Sugar-Free Bacon

## **HACK #5: COMBINE YOUR KETO DIET WITH INTERMITTANT FASTING**



Intermittent fasting reduces your overall calorie consumption and allows your body to use ketones instead of glucose for fuel.

## Zero-Carb Egg Salad Pickle Boats

Makes 6 (1/2 pickle) Pieces



For the recipe video click this link:

<https://youtube.com/shorts/CiVZVo-xJLg?feature=share>

3 dill pickles\*

3 hard-boiled eggs

3 tablespoons mayonnaise\*\*

2 tablespoons chopped green olives

Clubhouse Garlic and Herb with Black Pepper and Sea Salt to taste

\*Look for sour dill pickles with zero-carbs

\*\*Choose a zero-carb mayonnaise (Mrs Taste) or make your own.  
Here is the link:

## ZERO-CARB HOMEMADE MAYO

Slice pickles lengthwise. Scoop out centres to make boats. Add the scooped out pickle filling to a bowl. To the same bowl add your hard-boiled eggs and mayo. Mash together. Fold in olives. Season to taste. Fill each boat with egg salad. Enjoy.

Per Serving: 1 (1 half egg)

Calories: 40

Fat: 2.6

Saturated Fat: 0.8

Cholesterol: 82

Sodium: 503

Total Carbs: 1.2

Dietary Fiber: 0.4

Net Carbs: 0.5

Total Sugars: 0.5

Protein: 3

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\* Values based on Mrs Taste Mayo

## **HACK #6: STAY HYDRATED & GET YOUR ELECTROLYTES**





Stay hydrated throughout the day by drinking plain water. After exercise, replenish your body with a sugar-free electrolyte drink containing sodium, potassium, and magnesium.

## CHAPTER 7: ZERO-CARB BACON SNACKS



Look for sugar-free and nitrate-free bacon. But eat bacon sparingly as it is still animal-based saturated fat. While on the Keto diet and living a low-carb lifestyle, choose to eat healthy fats as much as possible and limit animal fats. Limit bacon! Saturated fat like coconut oil, olive oil, MCT oil and avocado oil are healthy.

## Zero-Carb Bacon Wrapped Chicken Drumsticks

Makes 8



8 chicken drumsticks

Clubhouse Signature Rotisserie Chicken Seasoning to taste

1 tablespoon olive oil

16 slices sugar-free bacon\*

Sprig fresh rosemary

**Plumrose Premium Sugar-Free Low-Sodium Bacon
--

Preheat your oven to 400F. Line a rimmed baking sheet with parchment. Cover with wire rack. Spray rack with non-stick cooking spray to make clean up easier.

Set drumsticks in a bowl and drizzle with olive oil to coat them. Season all sides.

Place a slice of bacon at the bone end of the drumstick and roll it up so that the bacon overlaps and covers the whole drumstick. Use 2 slices of bacon per drumstick.

Place drumsticks on wire rack. Bake for 35 minutes. If bacon is not yet crispy, set under the broiler for a few minutes. Internal temperature should reach 165F. Remove from the oven and serve immediately. Enjoy.

Per Serving: 1

Calories: 253

Fat: 18.4

Saturated Fat: 5.9

Cholesterol: 70

Sodium: 383

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 27

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Plumrose Sugar-Free Bacon

## Zero-Carb Bacon Parmesan Knots

Makes 8 Pieces



For the recipe video click this link:

<https://youtube.com/shorts/Neg2pgH8naA?feature=share>

8 slices sugar-free bacon\*

1/4 cup of grated Parmesan\*\*

\* Plumrose Premium Sugar-Free Low-Sodium Bacon. Use thin bacon as thicker slices cannot be tied into a knot

\*\*Make sure the already grated Parmesan is zero-carbs (Kraft 100% Parmesan)

Preheat oven to 400F. Line a rimmed baking sheet with parchment. Add a rack. Spray the rack with non-stick cooking spray for easy clean up. Tie a piece of bacon into a double knot and lie it on the rack. Repeat for all bacon slices. Bake 15 minutes until bacon is almost done. Remove from the oven. Sprinkle each

piece with Parmesan. Replace back into the oven for another 10 minutes until crispy. Let cool. Enjoy.

Per Serving: 1

Calories: 140

Fat: 11.5

Saturated Fat: 5.5

Cholesterol: 24

Sodium: 398

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 11

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Plumrose Sugar-Free Bacon

## HACK #7: KEEP EXOGENOUS KETONE DRINK ON HAND



Exogenous ketones (in the form of a drink) can lower appetite during a fast. Compared to the glucose drinkers, the ketone drinkers had lower insulin, lower ghrelin, greater satiety, and less hunger.

## Zero-Carb Bacon Wrapped Shrimp

16 Pieces



8 slices sugar-free bacon, halved crosswise\*

16 large raw shrimp peeled, deveined, tail on

1 tablespoon olive oil

Clubhouse Signature Lemon and Herbs Seasoning to taste

*Plumrose Premium Sugar-Free Low-Sodium Bacon
---

Preheat oven to 425F. Pre-cook bacon. Arrange bacon slices on a rack over a rimmed baking sheet lined with parchment. Spray rack with non-stick cooking spray to make clean up easier. Leave a space around each piece one. Bake 5 to 10 minutes (depending on bacon thickness). Remove bacon from oven when it is half cooked and pliable. Set aside.

Meanwhile, place shrimp in a medium bowl. Toss with olive oil to coat. Season.

Wrap each slice of bacon around one raw shrimp, securing with a toothpick. Place bacon wrapped shrimp back on the rack. Repeat process for all shrimp. Return baking sheet to oven. Bake 10 more minutes until shrimp are pink and bacon is crispy. Enjoy.

Per Serving: 1

Calories: 85

Fat: 4.8

Saturated Fat: 1.5

Cholesterol: 80

Sodium: 170

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 10.3

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Plumrose Sugar-Free Bacon



## HACK #8: BE AWARE OF HIDDEN CARB SOURCES



If struggling to reach ketosis, you may be eating sneaky carbs in unexpected foods. Here are just a few of the foods that may have hidden carbs:

Take-out lettuce wrapped burgers

Carton liquid eggs

Dried seasonings

Low-fat salad dressings

Condiments like ketchup and relish

Plain yoghurt

Store-bought coleslaw

No-sugar added products

Peanut butter

Nuts sold in bags

Milk

Milk alternatives

Vitamins and supplements

Protein bars

## Zero-Carb Bacon Tex Mex Twists

Makes 15 pieces (1 package)



For the recipe video use this link:

[https://youtube.com/shorts/NChAK9\\_vOAI?feature=share](https://youtube.com/shorts/NChAK9_vOAI?feature=share)

2 tablespoons of Swerve Brown Sugar

1 tablespoon Clubhouse Signature Tex Mex Seasoning

15 slices of thin sugar-free bacon\*

* Plumrose Premium Sugar-Free Low-Sodium Bacon
--

In a mortar and pestle, combine sweetener with cayenne and black pepper. Grind together to a fine seasoning. Set aside.

Preheat oven to 400F. Line rimmed baking sheet with parchment. Cover with rack. Spray rack with non-stick cooking spray to make clean up easier. Twist each piece of bacon and set

on the rack. Season each bacon twist. Bake for 20 minutes or until bacon is crispy. Cool. Enjoy.

Per Serving: 1

Calories: 82

Fat: 7

Saturated Fat: 2.5

Cholesterol: 15

Sodium: 189

Total Carbs: 0.3

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 5.1

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Plumrose Sugar-Free Bacon

## Zero-Carb Angels on Horseback

Makes 24 Pieces



## Recipe Video Click This Link

<https://youtube.com/shorts/UPRHbfzMINw?feature=share>

9 slices thin sugar-free bacon\*

1 (3.75 ounce) can smoked oysters (18 oysters)

1 package cream cheese, room temperature\*\*

\* Plumrose Premium Sugar-Free Low-Sodium Bacon

\*\*Philadelphia Original Lactose Free Cream Cheese has zero carbs.

Preheat oven to 400F. Slice the bacon in half. Place one smoked oyster and a ½ teaspoon of cream cheese at the end of one (half) bacon slice. Roll up the bacon around oyster and cream cheese. Secure with a toothpick. Repeat the process until all of the oysters and bacon are used up. Set aside. Line a rimmed baking sheet lined with parchment. Set a rack on baking sheet. Spray baking sheet with non-stick cooking spray to make clean up easier. Place all wrapped oysters on the rack. Bake for 20 minutes or until bacon is crispy. Let cool. Enjoy.

Per Serving: 1

Calories: 32

Fat: 4.45

Saturated Fat: 1.7

Cholesterol: 13.33

Sodium: 81.66

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 2.8

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\* Values based on Philadelphia Original Lactose Free Cream Cheese and Plumrose Sugar-Free Bacon

## HACK #9: GETTING INTO KETOSIS MORE QUICKLY



Here are a few tips to get more quickly into ketosis:

Fast at night and overnight for 12 hours before beginning the day with your first keto meal. Remember, if you eat even a small snack before bedtime, this will sabotage the process.

Take 2 teaspoons per day of MCT oil. After a week increase to 1 tablespoon per day. According to a study in The Journal of Nutrition, MCT oil increases blood levels of ketones 18-fold from one hour after ingesting it.

Do intense physical activity the day you begin your goal to ketosis.

Avoid all alcohol.

Avoid natural sweeteners!

Take exogenous ketones. (Limit your intake.)

## Bacon Wrapped Chicken Bites

Makes 18 Pieces



3 tablespoons Swerve Brown Sugar

1 tablespoon Clubhouse Signature Rotisserie Chicken Seasoning

1 pound boneless and skinless chicken breasts, cut into 1-inch cubes

10 slices of sugar-free bacon\*

2 tablespoons sugar-free maple syrup\*\*

\*Plumrose Premium Sugar-Free Low-Sodium Bacon

\*\*Log Cabin Sugar-Free Syrup

Preheat oven to 400 F. In a bowl mix together Swerve, cayenne and seasoning. Add chicken cubes and toss, coating well. Set aside.

Cut each bacon strip in half crosswise (about 5-inches long). Wrap half slice of bacon around each cube, securing with tooth pick. Repeat until all pieces used. Set aside.

Line a baking sheet with parchment. Put a rack on top. Spray rack with non-stick cooking spray to make clean up easier.

Arrange the wrapped chicken bites on the rack. Brush each cube with sugar-free maple syrup. Bake for 25-30 minutes until bacon is crisp and chicken is white. (If bacon is not crispy enough, place under broiler for a few minutes and watch carefully so bacon does not burn.)

Per Serving: 1

Calories: 153

Fat: 5.3

Saturated Fat: 1.4

Cholesterol: 66

Sodium: 180

Total Carbs: 0.3

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 26

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Plumrose Sugar-Free Bacon

## HACK #10: HOW TO MAXIMIZE KETOSIS PROCESS



To maximize weight loss while in ketosis, get adequate sleep, reduce stress, be more active and consume whole, nutritious, low-carb foods whenever possible.

### Zero-Carb Bacon Wrapped Brie

8 Wedges





For the recipe video click this link:

<https://youtube.com/shorts/tCxQSGqfa6s?feature=share>

10 slices sugar-free bacon\*

1 (8 ounce) Mini Brie

Sugar-Free Syrup for coating bacon\*\*

\* Plumrose Premium Sugar-Free Low-Sodium Bacon

\*\*Log Cabin Sugar-Free Syrup

Preheat oven to 350F. Spray iron skillet with non-stick cooking spray. Set aside.

On a cutting board lay out 5 slices of bacon. Weave another 5 slices of bacon through the first slices to make a criss-cross pattern in a square.

Lay Brie in the middle of the square. Wrap all 4 sides around the Brie. Lay Brie on skillet, folded-sides down on the bottom.

Bake for 30 to 35 minutes or until bacon is crispy. Serve hot with zero-carb Keto crackers.

Per Serving: 1

Calories: 195

Fat: 16.6

Saturated Fat: 8,1

Cholesterol: 47

Sodium: 394

Total Carbs: 0.1

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 12.1

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Plumrose Sugar-Free Bacon

## **HACK #11: WHAT IS NAKED BACON?**



Look for bacon with no sugar, nitrates, phosphates or chemical solutions.

## CHAPTER 8: ZERO-CARB POULTRY SNACKS



If your budget allows, buy pasture-raised poultry. If you cannot afford to buy pasture-raised, don't fret. Buy whatever you can afford within your budget. In other words, don't stop your keto commitment because of your budget. Pasturebird poultry (chicken and turkey) has been shown to have three times the omega-3s, 50 per cent more vitamins A, D, and E, and 21 per cent less saturated fat. Simply put, healthier chickens make for healthier proteins.

## Air-Fried Turkey Butterflied Drumettes and Wingettes



16 Wings and Drumsticks

8 turkey drumettes

8 turkey wingettes

2 tablespoon olive oil

Clubhouse Signature Rotisserie Chicken Seasoning (as needed)

Preheat the oven to 375F.

Line a baking tray with parchment. Place a metal rack on the tray. Spray rack with non-stick cooking spray to make clean up easier. Set aside.

Place 2 tablespoon of olive oil in a small bowl. Using a basting brush, coat both sides of wingettes and drumettes with oil. Sprinkle both sides of drumettes with seasoning. Set on rack. Bake until the meat is golden and crispy and has reached an internal temperature of 165F. When done remove. Enjoy.

Per Serving: 1

Calories: 555

Fat: 25.7

Saturated Fat: 6.3

Cholesterol: 225

Sodium: 195

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 72

\*Nutritional values are approximate

\*\*Seasoning not included

## **Zero-carb Parmesan Crusted Chicken Wings**

Makes 30 Wingettes & Drumettes



Recipe Video Click This Link:

<https://youtube.com/shorts/rZM0MZfrfvU?feature=share>

3 pounds of wings, cut into wingettes and drumettes (about 30),  
tails on or off

½ cup butter, melted

1 ½ cups freshly grated Parmigiano-Reggiano (or more as needed)

Clubhouse Garlic and Onion with Black Pepper and Sea Salt Seasoning as needed

Preheat the oven to 400F. Line a baking sheet with parchment. Set a rack on top of sheet. Spray the rack with non-stick cooking spray to make clean up easier. Set aside.

Place wingettes and drumettes in a large bowl and pour on melted butter. Using your hands mix the wingettes and drumettes coating completely with butter. Pull out one wingette or drumette and sprinkle with Parmigiano. Repeat process for all pieces, placing them on the rack. Once all the wings are coated in Parmigiano on the rack, sprinkle with seasoning.

Bake for 25 to 30 minutes until golden. Remove from oven. Turn the wings over and bake another 10 minutes until golden. If the pieces are still not crispy, place under the broiler for 5 minutes, watching closely so they don't burn. Remove from oven. Set on a plate. Enjoy!

Per Serving: 1 (one wing)

Calories: 212

Fat: 14.10

Saturated Fat: 7.11

Cholesterol: 65.63

Sodium: 103.51

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 9.39

\*Nutritional values are approximate

\*\*Seasoning not included

## HACK #12: DRINK PLENTY OF WATER FOR KETOSIS



The human body needs plenty of water to turn fat into ketones. This process doesn't just occur in the digestive tract—the body's fat stores are also converted to ketones, providing an extra energy boost between meals. Water is essential for getting the most out of your keto diet.

## Blackened Chicken (Low-Carb)



8 Pieces (1/2 Breast per serving)

The spices in this recipe do have carbs, albeit negligible. I wanted to include this recipe because it is so damn delicious!

For video (not recipe) click this link:

[https://youtube.com/shorts/xVH9ZlQxA\\_o?feature=share](https://youtube.com/shorts/xVH9ZlQxA_o?feature=share)

4 boneless skinless chicken breasts (about 1/2 breast each)

3 tablespoons olive oil (divided)

Spiceology Black Magic Cajun Blackening Seasoning as needed

Preheat the oven to 450 degrees F.

Dry chicken breasts with paper towels and using a brush coat with 1 tablespoon of olive oil on both sides of 4 breasts. Toss both sides in the seasoning, pressing with your fingers to help the coating adhere.



Heat a large cast-iron skillet over high heat until smoking hot, about 4 to 5 minutes. Add 2 tablespoon of olive oil and cover inside of skillet with oil.

Add the chicken breasts. Sear for about 30 seconds on each side to blacken. Transfer the skillet to the oven for another 12 to 15 minutes to finish cooking the chicken with an internal temperature of 160 degrees F.

Transfer chicken to a platter. Cover with foil and rest for 5 minutes before slicing in half. Then slice each ½ breast into slices. ½ breast, sliced per serving. Enjoy.

Per Serving: 1 (1/2 breast)

Calories: 153

Fat: 9.5

Saturated Fat: 1.9

Cholesterol: 50

Sodium: 49

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 16.4

\*Nutritional values are approximate

\*\*Seasoning not included

## Zero-Carb Mini Chicken & Monterey Cakes with Spinach Dip

Makes 6



I discovered the original chicken nugget recipe on [lowcarblove.com](http://lowcarblove.com) and have given the recipe my own twist and added a dip. The nuggets taste more like cakes to me. Thank you, Mayra!

1 (10 ounce) can of chicken breast, drained

1 egg

Clubhouse Signature Rotisserie Chicken Seasoning as needed  
2 tablespoons Parmigiano-Reggiano

2 tablespoons shredded Monterey Jack cheese

Spinach Dip

¼ cup of frozen spinach, thawed, drained

¼ cup cream cheese\*\*

Clubhouse Garlic and Onion with Black Pepper and Sea Salt Seasoning as needed

\*Philadelphia Original Lactose Free Cream Cheese has zero carbs.

Preheat oven to 425F or air-fryer. Open the can of chicken and squeeze the lid against the meat, removing the excess liquid. The dryer the meat the better.

In a bowl, combine the chicken, egg, seasonings, 2 cheeses. Mix the ingredients together. Line a baking sheet with parchment. Place a rack over the sheet. Spray the rack with non-stick cooking spray to make clean up easy.

Using a spoon, scoop about 1 tablespoon of the mixture and set into your palm. Mold mixture into an oval shape. Set the cake on the rack. Repeat the process, using up all the mixture. Bake the cakes for about 15 minutes in oven or 3 minutes or until golden. Let cool.

To make dip, allow frozen spinach to thaw in refrigerator. Transfer ¼ cup of spinach to colander. Press spinach with spoon removing all excess water. Transfer to a bowl. Add mayo. Season to taste. Serve with nuggets.

Per Serving: 1 cake

Calories: 103

Fat: 7.4

Saturated Fat: 3.8

Cholesterol: 61

Sodium: 192

Total Carbs: 0.5

Dietary Fiber: 0.1

Net Carbs: 0

Total Sugars: 0

Protein: 8.5

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Philadelphia Original Lactose Free Cream Cheese

## **Turkey Bacon Egg Wrap**

Makes 1 wrap (2 pieces)

This is a large wrap, too big for a “snack.” So, the wrap has been divided into 2 snacks.



For the recipe video click this link:

<https://youtube.com/shorts/ijM84WJlL4?feature=share>

6 eggs, beaten

4 ounces cooked turkey (dark or white meat)

¼ cup shredded iceberg lettuce

3 slices sugar-free bacon\*

2 tablespoons mayonnaise\*\*

1 ounce Emmental (Swiss) cheese

\* Plumrose Premium Sugar-Free Low-Sodium Bacon

\*\*Choose a zero-carb mayonnaise (Mrs Taste) or make your own.

Here is the link:

[ZERO-CARB HOMEMADE MAYO](#)

Preheat oven to 350F. In a bowl beat eggs together. Pour mixture into a baking sheet sprayed with non-stick cooking spray.

Bake for about 10 minutes until egg mixture is cooked and edges just beginning to curl. Do not turn golden. Remove from oven let cool. (Can be made in advance and refrigerated until needed.)

Set the wrap on a large piece of parchment. Make sure there is enough parchment on each end of the wrap, enough to twist. You may have to use 2 pieces overlapped.

On a small plate add turkey and top with mayo and cheese. Set turkey mixture in the microwave for 2 minutes to heat and melt cheese. Set lettuce on the wrap about 4-inches in from one end. Top the lettuce with turkey cheese mixture and bacon. Wrap up the egg wrap in the parchment. Twist the ends. Cut the wrap in half. Enjoy.

Per Serving: ½ wrap

Calories: 407

Fat: 26.6

Saturated Fat: 8.9

Cholesterol: 557

Sodium: 487

Total Carbs: 0.

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 40.9

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Plumrose Sugar-Free Bacon and Mrs Taste Mayo.

## **Lemon Ginger Garlic Chicken Thighs**

Makes 10



10 chicken thighs

1 tablespoon fresh lemon juice

½-inch piece of fresh ginger, finely chopped\*

1 teaspoon chili flakes

2 cloves garlic

2 tablespoons olive oil

Clubhouse Signature Rotisserie Chicken Seasoning as needed

\*1/2-inch piece of ginger is 0.85 grams of carbs

Preheat oven to 350F. Set chicken thighs on a baking sheet lined with parchment. In a small blender or Magic Blender add lemon juice, ginger, chili flakes, garlic olive oil and salt. Blend until pureed. Pour puree evening over chicken thighs. Bake for 45 to 50 minutes until chicken is cooked and juices run clear. Remove from oven. Let rest 5 minutes. Enjoy.

Per Serving: 1 thigh

Calories: 119

Fat: 8.6

Saturated Fat: 2

Cholesterol: 34

Sodium: 32

Total Carbs: 0.6

Dietary Fiber: 0.1

Net Carbs: 0

Total Sugars: 0.1

Protein: 9.4

\*Nutritional values are approximate

\*\*Seasoning not included

## Zero-Carb Chicken Caesar Pizza with Spinach and Yellow Pepper (with chicken crust)

Makes 8 Slices



$\frac{3}{4}$  pound cooked shredded chicken breasts (about 1-pound raw chicken breasts)

$\frac{1}{2}$  cup freshly grated Parmigiano

2 large eggs

Topping:

$\frac{1}{2}$  cup Caesar dressing\*

2 cooked chicken breasts, cut into strips

1 cup fresh Spinach\*\*\*

$\frac{1}{4}$  yellow pepper, sliced thinly\*\*\*

1 cup shredded Monterey Jack



\*Make sure your store-bought Caesar dressing is zero-carbs (Renee's Gourmet Caesar ½ Fat). Or make your own. Here is the link:

[Zero-Carb Caesar Dressing](#)

\*\*1 cup of fresh spinach contains 1.1 net carbs. Divided by 8 slices brings the net carb count to zero per slice.

\*\*\*1/4 of a yellow pepper has 2 net carbs. Divided by 8 slices brings the net carb count to zero per slice.

Preheat oven to 400F. Line pizza tray with parchment paper (cut in circle).

In a bowl mix together the shredded chicken, Parmesan and garlic.

Whisk the eggs lightly in a cup and then add to the bowl. Combine. It will form a mixture similar to chicken salad.

Spread the chicken mixture onto the parchment paper on the pizza tray and press out with your fingers. Make the dough as thin as possible, about 1/4-inch thick. Press down on the dough so that it presses together.

Bake for 15 to 20 minutes, until firm and golden on the edges. Remove from oven. Let rest for 10 minutes. Spread Caesar dressing over crust. Top with slices of cooked chicken, spinach and peppers. Top with shredded cheese. Return to the oven for 10 to 15 minutes, until the cheese is melted.

Per Serving: 1  
Calories: 293

Fat: 18.9

Saturated Fat: 6.7

Cholesterol: 140

Sodium: 395

Total Carbs: 0.7

Dietary Fiber: 0.1

Net Carbs: 0

Total Sugars: 0.1

Protein: 29.5

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Renee's Gourmet Caesar ½ Fat

## **HACK #13: INCORPORATE LOW-CARB VEGGIES INTO YOUR KETO MEALS**



While these foods are now zero, then are low in carbs and worth incorporating you're your diet to head to ketosis. Foods with the lowest carbs include spinach, green onion, avocado, cucumbers, zucchini, tomato, cabbage, kale, and broccoli.

## CHAPTER 9: ZERO-CARB FISH AND SEAFOOD SNACKS



Two meals per week of fatty fish, such as salmon, can reduce your risk of heart disease by 40%. A 3-ounce serving of salmon provides 1.9 grams of Omega 3 fatty acids. Salmon is one of the best sources of the long-chain omega-3 fatty acids EPA and DHA. It's also a great source of protein (3.5 ounces = 22 to 25 grams), vitamin B, potassium, and selenium. Salmon contains antioxidants that help to reduce high blood pressure, improve heart health, help to prevent diabetes, and aid in decreasing the risk of brain damage due to a stroke.

## Zero-Carb Crab Cakes

Makes 8 cakes



½ cup Keto dry bread crumbs\*

1 pound crabmeat (frozen or canned)\*\*

1 egg, beaten

1 tablespoon mayonnaise\*\*\*

1 teaspoon prepared Dijon-style mustard

1 teaspoon Worcestershire sauce\*\*\*\*

1 tablespoon Old Bay Seasoning

2 tablespoons butter

1 medium spring onion, finely chopped\*\*\*\*\*

Mayonnaise (for garnish)

2 tablespoons finely chopped fresh basil (for garnish)

\*Bread crumb recipe in Chapter 5.

\*\*Buy real not imitation crab meat. Imitation meat has carbs and sugar.

\*\*\*Choose a zero-carb mayonnaise (Mrs Taste) or make your own. Here is the link:

[ZERO-CARB HOMEMADE MAYO](#)

\*\*\*\*1 teaspoon of Worcestershire sauce is 1.1 net carbs. Divide this sauce by 8 servings and it comes to zero carbs per serving.

\*\*\*\*1 medium spring onion is 1.1 net carbs. Divide the onion by 8 servings and it comes to zero-carbs per serving.

In a bowl, combine the bread crumbs and crab meat. Stir in beaten egg, mayonnaise, mustard, Worcestershire, Old Bay Seasoning, and spring onion. Fold together. Do not over mix. Form the crab into 8 round, flat cakes.

In a large skillet add butter. Melt over medium heat. Do not let butter burn. Fry the cakes on both sides until crusty and golden. Serve warm. Enjoy.

Per Serving: 1

Calories: 80

Fat: 3.5

Saturated Fat: 2

Cholesterol: 130

Sodium: 270

Total Carbs: 0.3

Dietary Fiber: 0.1

Net Carbs: 0.1

Total Sugars: 0.2

Protein: 10.7

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Mrs Taste Mayo

## Zero-Carb Shrimp Salad on Romaine

Makes 4



2 cups shelled shrimp

½ cup mayonnaise\*

1 teaspoon sesame oil

1 tablespoon low-sodium soy sauce or coconut aminos

1 teaspoon apple cider vinegar

1 teaspoon wasabi paste

Old Bay Seasoning to taste

4 large Iceburg lettuce leaves

Hot sauce Mayo to taste\*\*

1 teaspoon Sesame seeds (for garnish)

\*Choose a zero-carb mayonnaise (Mrs Taste) or make your own.

Here is the link:

[ZERO-CARB HOMEMADE MAYO](#)

\*\*Hot Sauce Mayo:

3 tablespoons zero-carb mayo

2 teaspoons Frank's hot sauce

Pat dry shrimp with a paper towel. Chop the shrimp into small pieces. Add to a bowl. Add the mayo, sesame oil, soy sauce, apple cider vinegar, and wasabi paste. Mix well. Season with Old Bay. Spoon salad onto 4 large romaine leaves. Drizzle each one with hot sauce mayo and sprinkle with sesame seeds.

Per Serving: 1

Calories: 380

Fat: 2.7

Saturated Fat: 0.3

Cholesterol: 720

Sodium: 541

Total Carbs: 0.9

Dietary Fiber: 0.1

Net Carbs: 0.1

Total Sugars: 0.4

Protein: 68.4

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Mrs Taste Mayo

## HACK #14: ENJOY SEAFOOD MEDLEY



Load in that Omega 3 fatty acid. Stay on your zero-carb journey by enjoying a baked seafood medley.

## Cajun Shrimp

Makes 12 Pieces





For the recipe video click this link:

<https://youtube.com/shorts/ERqwcvkjRKQ?feature=share>

1 bag raw shrimp, deveined and tails removed

1 teaspoon Old Bay Seasoning

1 teaspoon avocado or olive oil

1 tablespoon butter

2 tablespoons Clubhouse Signature Cajun Seasoning

Preheat air-fryer. Add shrimp to a large bowl. Dry with a paper towel. Add seasoning and oil. Mix together. Line a baking tray with parchment. Add rack. Spray rack with non-stick cooking spray to make clean up easier. Air fry for about 7 minutes or until shrimp are pink. Remove from oven. In another clean bowl add butter and Cajun seasoning. Add air-fried shrimp. Toss together. Serve hot. Enjoy.

Per Serving: 1 Shrimp

Calories: 159

Fat: 2.6

Saturated Fat: 1.1

Cholesterol: 297

Sodium: 346

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 31.6

\*Nutritional values are approximate

\*\*Seasoning not included

## HACK #15: Feed Your Gut Microbiome



A microbiome is made up of microorganisms in a particular environment. Our gut has a microbiome. It is an environment that requires an army of microbes for us to stay alive, control digestion, boost immunity, and protect us from many health conditions, illnesses, germs, and more.

A Keto-healthy gut microbiome requires 3 things:

**Eliminate all sugar:** Choose natural sweeteners like Stevia, Xylitol, and Erythritol.

**Eat Keto Soluble Fiber:** Add Psyllium husks, chia seeds, Brussels sprouts and asparagus to your diet.

**Eat Keto Insoluble Fiber:** Consume flax seeds, avocado, almonds, peanuts, and pistachios.

**Eat Prebiotic Foods:** Eat fermented foods like sugar-free kimchi (Korean fermented Napa cabbage), sugar-free sauerkraut (German fermented green cabbage), tempeh (fermented soybeans) and other prebiotic ingredients, such as onions, garlic, asparagus, leeks.

**Eat Probiotic Foods:** Probiotics encourage diversity in your microbiome. Eat sugar-free yoghurt, drink sugar-free kefir, and drink sugar-free kombucha.

## Salmon and Avocado Lunch Bombs

Makes 10

When I made this bomb for the first time, I coated the balls in whole sunflower seeds. Since this time I now grind the sunflower seeds or use sesame seeds.



For the recipe video use this link:

<https://youtube.com/shorts/fcSwXNIPojc?feature=share>

1 avocado

1 can salmon

1/2 cup softened cream cheese\*

1/4 cup chopped cucumber

1 green onion, diced\*\*

Old Bay Seasoning to taste

1/4 cup sesame seeds, coarsely ground\*\*\*

\*Philadelphia Original Lactose Free Cream Cheese has zero carbs.

\*\*1 medium spring onion is 1.1 net carbs. Divided by 10 servings comes to zero-carbs per serving.

\*\*\*Use a coffee grinder to grind sesame seeds. 1/4 cup of sunflower seeds is 3 net carbs. Divided by 8 balls is zero carbs per ball. Can be replaced with sesame seeds.

Place all ingredients in a bowl. Mix together. Make bombs. Roll in seeds. Set on a plate. Cover plate and set in the refrigerator for an hour. Enjoy.

Per Serving: Per Bomb

Calories: 141

Fat: 10.3

Saturated Fat: 2.6

Cholesterol: 32

Sodium: 242

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 9.9

\*Nutritional values are approximate

\*\*Seasoning not included

\*\*\*Values based on Philadelphia Original Lactose Free Cream Cheese

## HACK #16: GET ENOUGH FIBER



Because Keto is a low-carbohydrate philosophy, you must ensure you get enough fibre. Women require about 25 grams of fibre per day. Men require 30 to 38 grams. Fibre helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check and to support weight loss. Be sure to include fibre in your diet. Keto foods high in fibre include Brussels sprouts, asparagus, leafy greens, artichokes, Chia seeds, blackberries, and raspberries.

## **CHAPTER 10: ZERO-CARB EGG WHITE BREAD SNACKS**

This chapter is dedicated to a delicious egg white bread originally developed by Keto expert and Vlogger Maria Emmerich ([mariamindbodyhealth.com](http://mariamindbodyhealth.com)).

I discovered the recipe from Vlogger Ketogenic Woman ([ketogenicwoman.com](http://ketogenicwoman.com)). Thank you, Maria and Anita!

Maria Emmerich promotes this original bread recipe as part of a Protein Sparing Modified Fast diet. The bread has zero-carbs, zero fat, and is low calories.

I do not follow a PSMF diet, but love the bread because it is zero carbs. I like to incorporate into the bread some healthy fats and other Keto-friendly ingredients.

Each loaf has 20 slices. Yes, the slices are small. Remember this is a snack, not a meal!

Let's start with the original recipe:

### **Classic Zero-Carb Egg White Bread**

Makes 12 slices



1 ½ cups fresh egg whites (equals whites from 12 eggs)

½ teaspoon cream of tartar

½ teaspoon salt

2 tablespoons allulose\*

1 cup powdered egg white protein

\*The allulose is optional. It gives the bread a lovely golden colour. It doesn't make the bread taste sweet.

Preheat oven to 325F.

Measure egg whites. Place them in your electric mixer and let them stand for 30 to 60 minutes to bring egg whites to room temperature for better results. Check the temperature of the egg whites before you begin to ensure they are room temperature. Turn on the mixer, beginning on levels 2 to 4. (On my kitchen aid, I mix on level 4 to get the bubbles.) Once the bubbles form, increase the speed a couple of levels. When the egg whites look

"soapy" increase the speed again. (Starting slowly and increasing the speed slowly helps increase your chances of getting stiff peaks.)

When the peaks of your egg whites are stiff, add the cream of tartar, salt, allulose, and dried egg whites. Keep the speed on level 2 to incorporate these ingredients. Don't overmix. Use a spatula to make sure nothing sticks to the sides of the bowl.

Spray your bread pan with non-stick cooking spray or line with parchment. Transfer the dough to the pan. Smooth the top. The pan will be heaping with dough. Bake for 30 minutes. Turn off the oven. Leave the bread to rest in the oven to cool down slowly for at least 30 minutes so the bread doesn't deflate. Enjoy toasted or use for sandwiches.

Per Serving: Per Slice of 20 Slices

Calories: 48

Fat: 0

Saturated Fat: 0

Cholesterol: 0

Sodium: 376

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 10

\*Nutritional values are approximate

\*\*Seasoning not included



## Zero-Carb Egg White Bread Crumbs For Other Recipes

Makes about 4 cups (1 Loaf/20 Slices)



20 (1/4-inch) slices egg white bread

Cut the slices from the bread. Place the slices in a toaster or toaster oven and toast until golden. Let cool. Break up slices with fingers and add to a small food processor. Process into bread crumbs.

Remove bread crumbs from food processor. They may still be soft because of the interior of the bread not being toasted. Lay the bread crumbs on a tray and bake in the toaster oven or oven for about 10 minutes until all bread crumbs are dry. Make sure the bread crumbs are completely cooled before storing them in an air tight container. The crumbs will last for several days on the counter.

Per Serving: 4 cups breadcrumbs
Calories: 48
Fat: 0

Saturated Fat: 0

Cholesterol: 0

Sodium: 376

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 10

\*Nutritional values are approximate

\*\*Seasoning not included

## HACK #17: ADDING LEMON TO YOUR WATER



Adding fresh lemon juice to your water has an alkaline effect on your body. When our body becomes too acidic, it can lead to inflammation and an increased risk for other diseases and disorders. Whereas an alkalizing diet helps to balance your pH level, reducing acidity. An alkaline body can function at optimal levels.

Alkaline water helps to neutralize the acidity of the stomach and allows the body to maintain the fat-as-fuel state

## Zero-Carb Egg White Italian Focaccia

20 Slices



1½ cups fresh egg whites (equals whites from 12 eggs)

½ teaspoon cream of tartar

½ teaspoon salt

2 tablespoons Allulose

1 cup powdered egg whites

1 small Italian tomato, sliced paper thin\*

Italian herbs to taste

Pink Himalayan Salt to taste

\*One Italian tomato has 2.43 net carbs. When sliced paper thin and added to the dough, the net carbs of tomato per slice is zero.

Preheat the oven to 325F.

Measure egg whites. Place them in your electric mixer and let them stand for 30 to 60 minutes to bring egg whites to room temperature for better results. Check the temperature of the egg whites before you begin to ensure they are room temperature. Turn on the mixer, beginning on levels 2 to 4. (On my kitchen aid, I mix on level 4 to get the bubbles.) Once the bubbles form, increase the speed a couple of levels. When the egg whites look "soapy" increase the speed again. (Starting slowly and increasing the speed slowly helps increase your chances of getting stiff peaks.)

Depending on the moisture in your home it may take from 8 to 20 minutes for your egg whites to form stiff peaks. When the peaks of the egg whites are stiff, add the cream of tartar, salt, allulose, and dried egg whites. Keep the speed on level 2 to incorporate these ingredients. Don't over mix. Use a spatula to make sure nothing sticks to the sides of the bowl.

Spray your focaccia pan with non-stick cooking spray or line with parchment.

Transfer the egg mixture to the pan. Spread out evenly. Add thinly sliced tomato to the top of the dough. Season with Italian herbs and salt. Bake for 30 minutes. Turn off the oven.

Leave the bread to rest in the oven to cool down slowly for at least 30 minutes so the bread doesn't deflate. Slice. Enjoy.

Per Serving: Per Slice of 20 Slices
Calories: 68
Fat: 0
Saturated Fat: 0
Cholesterol: 0

Sodium: 376

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 10

\*Nutritional values are approximate

\*\*Seasoning not included

## Zero-Carb Egg White Sausage Loaf

Makes 20 Pieces



For the recipe video use this link:

[https://youtube.com/shorts/kzZ4U2M\\_CB0?feature=share](https://youtube.com/shorts/kzZ4U2M_CB0?feature=share)

1 ½ cups fresh egg whites (equals whites from 12 eggs)

½ teaspoon cream of tartar

½ teaspoon Pink Himalayan Salt

2 tablespoons allulose

1 cup powdered egg whites

1/8<sup>th</sup> teaspoon active dried yeast

6 Italian sausages, cooked\*

1 cup Monterey Jack shredded cheese

2 tablespoons olive oil (for drizzle)

*Make sure sausage is zero-carbs and sugar-free
---

Preheat the oven to 325F. Measure egg whites. Place them in your electric mixer and let them stand for 30 to 60 minutes to bring egg whites to room temperature for better results. Check the temperature of the egg whites before you begin to ensure they are room temperature. Turn on the mixer, beginning on levels 2 to 4. (On my kitchen aid, I mix on level 4 to get the bubbles.) Once the bubbles form, increase the speed a couple of levels. When the egg whites look "soapy" increase the speed again. (Starting slowly and increasing the speed slowly helps increase your chances of getting stiff peaks.)

Depending on the moisture in your home it may take from 8 to 20 minutes for your egg whites to form stiff peaks. When the peaks of your egg whites are stiff, add the cream of tartar, salt, allulose, dried egg whites, and active dried yeast. Keep the speed on level 2 to incorporate these ingredients.

Don't over-mix. Use a spatula to make sure nothing sticks to the sides of the bowl. Spray your bread pan with non-stick cooking spray or line with parchment.

Transfer half the egg dough to the pan. Add sausage and cheese. Pour the rest of the dough on top. Drizzle with olive oil. Bake for 30 minutes. Turn off the oven. Leave the bread to rest in the oven to cool down slowly for at least 30 minutes so the bread doesn't deflate. Slice. Enjoy.

Per Serving: Per Slice of 20 Slices

Calories: 241

Fat: 15.6

Saturated Fat: 6.4

Cholesterol: 0

Sodium: 700

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 17.2

\*Nutritional values are approximate

\*\*Seasoning not included

## Zero-Carb Egg White Garlic Cheese Bread

Makes 20 Slices



1 ½ cups fresh egg whites (equals whites from 12 eggs)

½ teaspoon cream of tartar

½ teaspoon salt

2 tablespoons allulose

1 cup powdered egg white protein

1/8<sup>th</sup> teaspoon active dried yeast

2 cups shredded Monterey Jack

6 roasted cloves garlic, sliced\*

Coarse salt to taste

2 tablespoons virgin olive oil to taste

<p>*1 clove of garlic has 1 net carb. 6 cloves divided by 12 slices is 0.50 per slice.</p>
--

Preheat the oven to 325F. Measure egg whites. Place them in your electric mixer and let them stand for 30 to 60 minutes to bring egg whites to room temperature for better results. Check the temperature of the egg whites before you begin to ensure they are room temperature. Turn on the mixer, beginning on levels 2 to 4. (On my kitchen aid, I mix on level 4 to get the bubbles.) Once the bubbles form, increase the speed a couple of levels. When the egg whites look "soapy" increase the speed again. (Starting slowly and increasing the speed slowly helps increase your chances of getting stiff peaks.)



Depending on the moisture in your home it may take from 8 to 20 minutes for your egg whites to form stiff peaks. When the peaks of your egg whites are stiff, add the cream of tartar, salt, allulose, dried egg whites, and active dried yeast. Keep the speed on level 2 to incorporate these ingredients.

Don't over-mix. Use a spatula to make sure nothing sticks to the sides of the bowl. Spray your bread pan with non-stick cooking spray or line with parchment.

Transfer half the egg dough to the pan. Add garlic and cheese. Pour the rest of the dough on top. Sprinkle with salt. Drizzle with olive oil. Bake for 30 minutes. Turn off the oven. Leave the bread to rest in the oven to cool down slowly for at least 30 minutes so the bread doesn't deflate. Slice and enjoy.

If you want the cheese melted, warm slice or two in microwave.

Per Serving: Per Slice of 20 Slices

Calories: 131

Fat: 7

Saturated Fat: 3.7

Cholesterol: 18

Sodium: 509

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 14.3

\*Nutritional values are approximate

\*\*Seasoning not included

## Zero-Carb Egg White Chaffles

Makes 2



½ cup egg white bread crumbs

½ cup Monterey Jack shredded cheese

½ teaspoon xanthan gum\*

2 large egg yolks

\*Xanthan gum is optional. Gives the chaffle more bounce like gluten.

Heat mini waffle maker. In a bowl combine bread crumbs, cheese, xanthan gum, and yolks. Mix well. Dough should be moist and clumpy. Place half the dough into the waffle maker. Bake until waffle maker stops steaming and chaffle is golden. Set on a plate to cool and crisp. Repeat process for second chaffle.

Per Serving: 1 Waffle

Calories: 171

Fat: 13.1

Saturated Fat: 7

Cholesterol: 235

Sodium: 536

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 19.6

\*Nutritional values are approximate

\*\*Seasoning not included

## Hack #18: Create Zero-Carb Chaffle Sandwiches



A chaffle sandwich will hit the spot and satisfy any hunger you face. Enjoy the above chaffle recipe on its own or with other zero-carb foods. Here are a few examples:

Open-faced Chaffle with Eggs and Bacon

Chaffle Toasted Western

Open-faced chaffle with cream cheese and smoked salmon

Chaffle tuna sandwich (2 chaffles + canned tuna+ mayo+ ½ green onion)

Chaffle Ham and Cheese

Chaffle Grilled Cheese

Chaffle Egg Salad  
Chaffle Salmon Salad  
Chaffle Chicken Salad

## CHAPTER 11: ZERO-CARB MEAT-BASED SNACKS



Sometimes a piece of meat makes for a nice snack. Consuming protein can reduce your appetite and hunger, increase your strength and muscle mass, and rev up your metabolism!

Protein also helps stabilize blood sugars by blunting the absorption of carbs/sugars. As protein breaks down into glucose more slowly than carbohydrates, the effect of protein on blood glucose levels tends to occur gradually over a few hours.

The amino acids in protein can be converted to glucose, so a ketogenic diet specifies enough protein to preserve lean body mass including muscle, but that will still cause you to enter the ketosis state.

### **Zero-Carb Garlic & Herb Lamb Chops**

Makes 4 chops



4 (4-ounce ea.) lamb chops

Pink Himalayan Salt to taste

2 cloves garlic, minced\*

2 teaspoons chopped fresh rosemary

2 teaspoons chopped fresh thyme

1 teaspoon chopped fresh parsley

¼ cup extra-virgin olive oil (2 tbsp + 2 tbsp)

\*1 clove of garlic has 1 net carb. 2 cloves for 4 chops have 0.50 carbs per chop.

To marinate the chops, sprinkle both sides generously with salt. In a small bowl combine garlic, rosemary, thyme, parsley, and 2 tablespoons oil. Rub the paste over the chops on both sides. Let the chops sit out at room temperature for an hour.

To sear the chops, heat a large iron skillet over medium-high heat. Add 2 tablespoons olive oil. Once hot, add in the lamb chops. Sear chops until the surface is browned, about 2 to 3 minutes per side. Flip chops and continue to sear until the internal temperature reaches:

125°F (51°C) for medium-rare

135°F (57°C) for medium, about 3 to 4 minutes.

Let chops rest for 10 minutes before serving. Refrigerate and warm a chop as a snack. Enjoy.

Per Serving: 1 Chop

Calories: 1390

Fat: 116.6

Saturated Fat: 45.9

Cholesterol: 320

Sodium: 260

Total Carbs: 0.5

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 76.1

\*Nutritional values are approximate

\*\*Seasoning not included

## HACK # 18 REDUCING CARCINOGENS



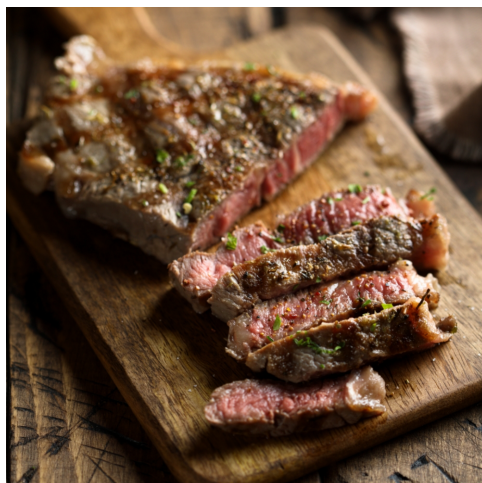
When searing steak in a fry pan add a sprig of rosemary. Rosemary makes a significant difference in reducing the carcinogens in the meat. Studies show that adding rosemary to meat before grilling, frying, broiling or barbecuing will significantly reduce heterocyclic amines.

Heterocyclic amines is a chemical that is formed when meat, poultry, or fish is cooked at high temperatures, such as frying, broiling, and barbecuing. Heterocyclic amines are carcinogens (substances that may cause cancer). Also called HCA.



## Butter Basted T-Bone Steaks Slices

4 Steaks



For video (not recipe) click this link:

<https://youtube.com/shorts/Q6MdEzpSHJs?feature=share>

4 large bone-in T-bone or ribeye steaks

Pink Himalayan salt to taste

2 tablespoons cup olive oil

4 tablespoons butter

2 sprigs fresh rosemary

Carefully pat steak dry with paper towels. Season liberally on all sides, including edges, with salt. Let steak rest at room temperature for 45 minutes.

In a large cast iron skillet, heat oil on high until just beginning to smoke. Carefully add the steaks and cook, flipping frequently,

until a pale golden-brown crust starts to develop (about 4 minutes total).

Add butter and rosemary. Fry, flipping steaks occasionally and basting frequently with foaming butter. If butter begins to smoke excessively or steak begins to burn, reduce heat to medium. To baste, tilt pan slightly so that butter collects by handle. Use a spoon to pick up butter and pour it over steak, aiming at light spots. Cut the steaks into slices and refrigerate. Warm a few slices as a snack. Enjoy.

Per Serving: 1 Steak

Calories: 1642

Fat: 146.5

Saturated Fat: 60.3

Cholesterol: 351

Sodium: 342

Total Carbs: 0.1

Dietary Fiber: 0.1

Net Carbs: 0

Total Sugars: 0

Protein: 72

\*Nutritional values are approximate

\*\*Seasoning not included

## HACK #19 BEST RESULTS FOR BUTTER BASTE STEAK



Using a larger, thicker steak (at least one and a half -inches thick and weighing between 24 and 32 ounces) makes it easier to achieve good contrast between the crust on the outside of the steak and the tender flesh within.

Basting the steak with butter deepens the crust on the outside and helps the steak cook more quickly.

Frequently flipping the steak while cooking will help it cook more evenly and gently and develop a flavourful and textured crust.

## JERK INSPIRED PORK BELLIE SKEWERS

Makes 6 Skewers



For recipe video use this link:

<https://youtube.com/shorts/4XYc6VnAE4Y?feature=share>

6 slices pork belly Pork belly (often comes in 1- inch strips)

Spiceology Jamaican Jerk Caribbean as needed

Cut excess fat of pork bellies. Cut strips into 1- inch cubes. Set aside. Preheat air fryer at 400F. Combine all seasonings in a bowl.

Place pork cubes on skewer. Dredge pork cubes in seasoning. About 4 to 6 cubes per skewer. One skewer should hold 1 pork belly slice.

Cover air-fryer pan with parchment. Set skewer on parchment. Air-fry for 20 minutes each side or until pork is done. Set on a plate and enjoy alone or with sugar-free BBQ sauce. Enjoy.

Per Serving: 1 Skewer

Calories: 588

Fat: 60.1

Saturated Fat: 21.9

Cholesterol: 80

Sodium: 36

Total Carbs: 0

Dietary Fiber: 0

Net Carbs: 0

Total Sugars: 0

Protein: 10.6

\*Nutritional values are approximate

\*\*Seasoning not included

## Meatball Mania

Makes 20 Medium-Sized Meatballs



1 pound ground pork

1 pound ground beef

½ cup finely chopped yellow onion

¼ cup Parmigiano

1 clove garlic, minced

1 tablespoon dried oregano

2 tablespoon chopped fresh parsley

½ teaspoon freshly ground black pepper

1 egg, beaten

1 tablespoon extra-virgin olive oil

¼ cup egg white bread crumbs (See Chapter 5 for recipe)

Preheat oven to 350F. Place all ingredients into a bowl. Mix well with your hands. Squeeze the air out of the mixture, throwing it back into the bowl. Refrigerate for one hour to let the mixture rest and let flavours come together. Make balls, about one ounce of meat, by rolling tightly to remove any air. Line rimmed baking tray with parchment paper.

In a large pot of boiling water, par-cook meatballs until they float, about two minutes. Transfer meatballs to the baking tray. Transfer to the oven and bake for 15 minutes, or until brown. Serve with sugar-free BBQ sauce. Enjoy.

Per Serving: 1 Meatball

Calories: 92

Fat: 1.1

Saturated Fat: 21.9

Cholesterol: 46

Sodium: 80

Total Carbs: 0

Dietary Fiber: 0.2

Net Carbs: 0

Total Sugars: 0

Protein: 14.5

\*Nutritional values are approximate

\*\*Seasoning not included

## CHAPTER 12: ZERO-SUGAR SNACKS



In the dessert chapter, we refer to zero sugar because Keto sweeteners have carbs but no sugar. Sweeteners, such as Stevia, Swerve, Erythritol, Xylitol, Swerve, etc., do not affect your blood sugar, so the carbohydrates are considered non-impact. No need to count the carbs from sweeteners. Pay attention to the sugar content rather than the carbs. The recipes in this chapter have zero sugar.

Keep in mind that sweeteners can affect some people's bodies from reaching ketosis. I am one of them. Not everyone has this same experience. You'll have to discover this for yourself.



## Zero-Sugar Protein Waffles with Butter and Maple Syrup

1 regular sized waffle or 2 mini



1 scoop whey protein powder (30 g)

1 egg

1 tablespoon butter, melted

¼ teaspoon baking powder

Pinch of Pink Himalayan Salt

Butter (for garnish)

Sugar-free maple syrup (for garnish)

2 tablespoons fresh blueberries\*\*

2 tablespoons toasted almond slivers\*\*

**\*\*Blueberries and almond slivers are Keto and low in carbs but NOT zero-carbs! However, you can also use a sugar-free blueberry syrup!**

Pre-heat waffle maker. In a bowl combine protein powder, egg, butter, baking powder, and salt. Mix together. Spray waffle maker with non-stick cooking spray. Cook until the batter stops steaming and the waffle is golden. Repeat for second waffle. Garnish with:

- butter and sugar-free maple syrup (zero sugar)
- butter and sugar-free blueberry syrup (zero sugar)
- crumbled sugar-free bacon and sugar-free maple syrup
- blueberries and toasted almonds (low-carb)

Per Serving: 1 waffle

Calories: 136

Fat: 8.3

Saturated Fat: 4.3

Cholesterol: 103

Sodium: 123

Total Carbs: 1.7

Dietary Fiber: 0

Net Carbs: 1.7 (from sweetener)

Total Sugars: 0.2

Protein: 14.7

\*Nutritional values are approximate

\*\*Garnishes not included

## Zero-Sugar Salted Caramel & Walnut Ice Cream

Makes 4 Servings



I discovered the original vanilla version of this ice cream on a website called <http://ketonaturopath.com/>

I've given this recipe my own twist.

3 cups unsweetened almond milk

½ cup Swerve

¼ cup refined coconut oil (or reg coconut oil)\*

1 teaspoon caramel extract

½ teaspoon Pink Himalayan Salt

1/8<sup>th</sup> teaspoon xanthan gum

¼ cup toasted walnuts\*\*

Zero-Carb Caramel sauce (for garnish)\*\*\*

\*Refined coconut oil adds the fat without the coconut flavour.

\*\*1/4 cup of toasted walnuts has 0.5 net carbs.

\*\*\*Mrs Taste Dolce de Leche

In a saucepan, over low heat, add almond milk, sweetener, coconut oil and caramel extract and salt. Simmer until sweetener dissolves. Adjust sweetener and extract and salt to your liking. Take off burner. Let cool.

Transfer the mixture to a blender. With blender running, sprinkle in xanthan gum and blend for a minute.

Churn mixture in an ice cream maker (following the manufacturer's instructions), then spoon it into a container and freeze until required.

Per Serving: 1 Serving

Calories: 95

Fat: 9.6

Saturated Fat: 6.7

Cholesterol: 0

Sodium: 142

Total Carbs: 1.7

Dietary Fiber: 1

Net Carbs: 0

Total Sugars: 0

Protein: 0.8

\*Nutritional values are approximate

\*\*Garnishes not included

## Zero-Sugar Chocolate Chia Pudding (Whipping Cream and Blueberries Optional)

Serves 2



1 bottle Premier Protein Chocolate protein shake

2 tablespoons Zero-Carb Chocolate Syrup\*

¼ cup chia seeds

2 tablespoons Zero Sugar Cool Whip (optional)\*\*

2 tablespoons fresh blueberries (optional)\*\*\*

\*Mrs Taste Chocolate Hazelnut syrup. It has zero sugar/zero carbs.

\*\*Zero Sugar Cool Whip has zero sugar.

\*\*2 tablespoons of blueberries have 2.2 net carbs and 1.8 grams of sugar.

In 2 cups add 2 tablespoons of each of Chia seeds. And ½ bottle of protein shake in each cup. Stir well. Cover cups and refrigerate for about 24 hours to thicken. Enjoy.

Per Serving: 1 Serving

Calories: 218

Fat: 910.2

Saturated Fat: 0

Cholesterol: 10

Sodium: 195

Total Carbs: 11.9

Dietary Fiber: 9.7

Net Carbs: 2.2

Total Sugars: 0

Protein: 19.7

\*Nutritional values are approximate

\*\*Garnishes not included

## **HACK #20: HAVE YOU TRIED KETO STICKS?**



If you are focused on going into a state of ketosis, consider having keto strips on hand. They are available at most pharmacies and are cheap.

A ketone strip, also known as ketone tests strips, are made of thin plastic with a small reactive pad at the end. You place the strip in your pee flow. This pad detects ketone presence in your urine. Being in ketosis or following a low-carb diet for an extended period of time causes a measurable increase of ketones in blood and urine. This should show on your strip.

Keep in mind that the strips will register a different colour at different types of the day, after exercise, or after eating. In other words, as long as you are in the ketosis state, it's okay for your levels to fluctuate.

Ketones register highest in the morning because you are basically fasting as you sleep and after exercise.

Do not compare your level of ketones to anyone else. Everyone moves into ketosis at a different rate based on many factors.

## **CRUSTLESS STRAWBERRY CHEESECAKE**

Serves 8



1.5 cups full fat whipping cream (plus ½ tsp xanthan gum if needed)

2 packages of Jell-o Sugar-Free Strawberry

1 package Philadelphia Original Lactose Free cream cheese

For the topping:

6 fresh strawberries, mashed

Note: You can add a chocolate crust by melting 1 cup of sugar-free chocolate chips in microwave and pouring onto the bottom of pan. Refrigerate until chocolate is hard. Add filling on top of hardened crust.

Spray a 4-inch spring form pan with non-stick cooking spray and then line it with parchment. (The spray allows the parchment to stick to the sides of the pan.) Set aside.

In a large mixing bowl, whip the whipping cream until stiff. (If the cream won't stiffen add a ½ teaspoon of xanthan gum.) Add the two packages of Jello. Mix well. Add the cream cheese. Continue to blend until well incorporated. The mixture will be thick. If too thick add a little more cream cheese. Pour the mixture into the pan. Refrigerate for 4 hours.

After the cheesecake has firmed up, remove from the refrigerator. Insert a knife between the cheesecake and springform pan walls. Open the latch. Extend the latch so that the sides of the pan separate from the cheesecake. Using both hands, gently lift the metal bottom holding the cheesecake upward from the sides. Place on a plate. Slice. Drizzle in sauce, if desired. Enjoy.

Cut the cheesecake. Drizzle with whatever sugar-free topping you desire. Enjoy.



Per Serving: 1 Serving

Calories: 284

Fat: 25.7

Saturated Fat: 15.9

Cholesterol: 71

Sodium: 451

Total Carbs: 7

Dietary Fiber: 0

Net Carbs: 7

Total Sugars: 0

Protein: 7.3

\*Nutritional values are approximate

\*\*Garnishes not included

## Sugar-Free Salted Caramel Panna Cotta

Serves 8



1 tablespoon gelatin (1 ounce envelope)

2 tablespoon cold water

3 cups heavy cream\*

1/3 cup Swerve powdered sugar

2 teaspoon caramel extract

Pink Himalayan Salt (for garnish)

Sugar-free caramel sauce\*\*

\*Make sure cream is zero carbs.

\*\*Mrs Taste Dulce de Leche is a zero calorie and zero-sugar sauce.

Spray an 8-inch spring form pan with non-stick cooking spray and then line it with parchment. (The spray allows the parchment to stick to the sides of the pan.) Set aside.

In a small bowl, whisk together your gelatin with cold water. Let it sit to thicken.

In a saucepan, over medium heat, add remaining ingredients. While stirring regularly, bring to a boil. Once it begins to boil, reduce the heat to very low and let it simmer for several minutes. Remove from the heat.

Add the gelatin mixture into the saucepan and whisk until well combined and smooth.

Pour mixture into the pan. Let cool to room temperature. Once cool, sprinkle with salt. Place pan in the refrigerator for 24 hours.

After the panna cotta has firmed up, remove from the refrigerator. Insert a knife between the panna cotta and

springform pan walls. Open the latch. Extend the latch so that the sides of the pan separate from the panna cotta. Using both hands, gently lift the metal bottom holding the panna cotta upward from the sides. Place on a plate. Slice. Drizzle in caramel sauce. Enjoy.

Per Serving: 1 Serving

Calories: 246

Fat: 23.4

Saturated Fat: 17.7

Cholesterol: 65

Sodium: 47

Total Carbs: 18.4

Dietary Fiber: 9

Net Carbs: 9.4

Total Sugars: 0

Protein: 3.7

\*Nutritional values are approximate

\*\*Garnishes not included

## THE END



EASY KETO LOW-CARB RECIPES

**KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*