



30 DINNERS in 30 MINUTES

30 Easy Low Carb Recipes in 30 Minutes or Less



BY MAYA KRAMPF – FROM WHOLESOME YUM

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Italian Meatballs

This 15-minute chicken cabbage stir fry recipe makes a quick & easy dinner everyone will love. Naturally low carb, paleo, & whole 30 - but so delicious!



SERVING SUGGESTIONS

- Serve over veggie noodles like spiralized zucchini or spaghetti squash.
- Top with mozzarella and melt in the oven for a few minutes.

NUTRITION INFO

Servings: 7 **Serving size:** 5 meatballs
Per serving: 204 calories ▪ 14g fat ▪ 16g protein ▪ 2g net carbs

INGREDIENTS

1 1/2 cup	Mozzarella cheese (shredded)	3 tbsp.	Onion (grated)
		1 large	Egg
1/4 cup	Grated Parmesan cheese	3 cloves	Garlic (minced)
		2 tbsp.	Fresh parsley (chopped)
1/4 cup	Golden flaxseed meal	1 lb	Ground beef
1 tbsp.	Italian seasoning	3/4 cup	Marinara sauce
3/4 tsp	Sea salt		
1/2 tsp	Black pepper		
1/4 cup	Unsweetened coconut milk (or milk of choice)		

INSTRUCTIONS

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper or foil (grease if using foil).
2. In a large bowl, stir together the grated Parmesan cheese, golden flaxseed meal, Italian seasoning, sea salt, and black pepper.
3. Whisk in the milk, grated onion, egg, garlic, and fresh parsley. Let the mixture sit for a couple of minutes.
4. Mix in the ground beef using your hands, until just incorporated. (Don't over-mix to avoid tough meatballs.)
5. Form the mixture into 1-inch balls and place on the lined baking sheet. (A small cookie scoop works well for this. If using your hands, use a gentle touch and don't pack the meatballs too tightly.)
6. Bake for 10-12 minutes, until the meatballs are barely done. (If you want them more golden, you can place them under the broiler for a couple of minutes.)
7. Top each meatball with marinara sauce. Return to the oven and bake for 3-5 minutes, until the sauce is hot and meatballs are cooked through. Garnish with additional fresh parsley.

Chicken Cabbage Stir Fry

This 15-minute chicken cabbage stir fry recipe makes a quick & easy dinner everyone will love. Naturally low carb, paleo, & whole 30 - but so delicious!



SERVING SUGGESTIONS

- Add more veggies, like broccoli or carrots, for a splash of color and flavor.
- Drizzle in a little sriracha for a kick.

NUTRITION INFO

Servings: 4 **Serving size:** 1/4 entire recipe
Per serving: 214 calories ▪ 11g fat ▪ 18g protein ▪ 5g net carbs

INGREDIENTS

2 tbsp.	Olive oil (divided)	1/2 large	Bell pepper (chopped)
3 cloves	Garlic (minced)		
1/2 large	Onion (diced)	1/4 cup	Coconut aminos
1 lb	Chicken breast (cut into bite size pieces)	1/2 tsp	Ground ginger Sea salt Black pepper
5 cups	Cabbage (shredded)	2 tbsp.	Chives (chopped)

INSTRUCTIONS

1. Heat a tablespoon of olive oil in a large skillet or wok, over medium heat. Add the garlic and cook for 30 seconds, until fragrant. Add onion. Cook for 5-7 minutes, until translucent.
2. Increase heat to medium-high. Add the remaining olive oil and the chicken. Stir fry for 3-5 minutes, until the chicken is just golden. (Don't overcook to avoid drying it out. You want it to be about 80%-90% done.)
3. Add the cabbage, bell pepper, and coconut aminos. Season with ground ginger, sea salt, and black pepper. Stir fry for 3-5 minutes, until the cabbage is tender. Garnish with chives.

Fathead Pizza

This low carb keto Fathead pizza crust recipe with coconut flour is so easy with only 4 ingredients! It's nut-free and gluten-free, too.



SERVING SUGGESTIONS

- Top the crust with sauce like alfredo or marinara, herbs & spices like basil or red pepper, and lots of meat & veggies.
- Serve with a side salad to get your greens.

NUTRITION INFO

Servings: 8 **Serving size:** 1 slice (1/8 pizza)
Per serving: 110 calories ▪ 7g fat ▪ 9g protein ▪ 2g net carbs

INGREDIENTS

1 1/2 cup	Mozzarella cheese (shredded)
2 tbsp.	Cream cheese (cut into cubes)
2 large	Eggs (beaten)
1/3 cup	Coconut flour

INSTRUCTIONS

1. Preheat the oven to 425 degrees F. Line a baking sheet or pizza pan with parchment paper.
2. Combine the shredded mozzarella and cubed cream cheese in a large bowl. Microwave for 90 seconds, stirring halfway through. Stir again at the end until well incorporated.
3. Stir in the beaten eggs and coconut flour. Knead with your hands until a dough forms. If the dough becomes hard before fully mixed, you can microwave for 10-15 seconds to soften it.
4. Spread the dough onto the lined baking pan to 1/4" or 1/3" thickness, using your hands or a rolling pin over a piece of parchment (the rolling pin works better if you have one). Use a toothpick or fork to poke lots of holes throughout the crust to prevent bubbling.
5. Bake for 6 minutes. Poke more holes in any places where you see bubbles forming. Bake for 3-7 more minutes, until golden brown.

Garlic Bagel Dogs

These simple garlic bagel dogs are made with just 7 ingredients. Grass-fed hot dogs wrapped in garlic Fathead dough are absolutely delicious!



SERVING SUGGESTIONS

- Dip in mustard or a garlic sauce.
- Serve with some low carb veggie fries, made out of parsnips or jicama.

NUTRITION INFO

Servings: 6 **Serving size:** 1 bagel dog
Per serving: 355 calories ▪ 28g fat ▪ 19g protein ▪ 4g net carbs

INGREDIENTS

1 1/2 cup	Mozzarella cheese (shredded)
2 tbsp.	Cream cheese
2 large	Eggs
1/3 cup	Coconut flour
1/2 tsp	Garlic powder (divided)
6 medium	Hot dogs (preferably grass fed)
1 tbsp.	Butter (melted)

INSTRUCTIONS

1. Preheat the oven to 425 degrees F. Line a baking sheet or pizza pan with parchment paper.
2. Combine the shredded mozzarella and cubed cream cheese in a large bowl. Microwave for 90 seconds, stirring halfway through. Stir again at the end until well incorporated.
3. Whisk together the coconut flour, eggs, and half of the garlic powder in a bowl. Stir the mixture into the cheese mixture. Knead with your hands until a dough forms. If the dough becomes hard before fully mixed, you can microwave for 10-15 seconds to soften it.
4. Divide the dough into 6 portions. Grab one portion, form a thin rectangle, and wrap it around a hot dog, pressing together to seal. Place on the baking sheet. Repeat with the remaining hot dogs.
5. Whisk together the melted butter and remaining garlic powder. (If using unsalted butter, you can sprinkle in a little salt.) Brush the garlic butter over each bagel dog.
6. Bake for 10-12 minutes, until golden on top.

Chicken Marsala

This easy, one-pan low carb chicken marsala recipe is gluten-free, paleo, whole 30, and made with just six ingredients in a skillet.



SERVING SUGGESTIONS

- For a low carb take on Italian pasta, serve chicken Marsala over spaghetti squash noodles.
- Add some caramelized onions for even more flavor.

NUTRITION INFO

Servings: 4 **Serving size:** 1 chicken breast
Per serving: 332 calories ▪ 19g fat ▪ 29g protein ▪ 7g net carbs

INGREDIENTS

4 medium Chicken breasts
10 oz Portobello mushrooms (sliced)
1/2 cup Marsala cooking wine
1/2 cup Chicken broth
1 tbsp. Arrowroot powder (or xanthan gum - see notes*)
1/4 cup Butter (or ghee)
Sea salt
Black pepper

*You can omit the arrowroot powder altogether if desired, to reduce carbs to 5g per serving, but the sauce won't be as thick. Alternatively, you can replace it with a smaller amount of xanthan gum (a little goes a long way, so start with 1/4 tsp and only add more if the sauce doesn't thicken to your liking after simmering).

INSTRUCTIONS

1. Heat a tablespoon of butter in a pan over medium-high heat. Season both sides of the chicken breast lightly with sea salt and pepper. Cook the chicken in a single layer for about 3-5 minutes on each side, until golden and cooked through. Transfer the chicken to a plate and cover to keep warm.
2. Add another tablespoon of butter to the pan. Add the mushrooms and saute for about 5 minutes, stirring occasionally, until the mushrooms are golden brown and their liquid has evaporated.
3. Add the Marsala wine to the pan. Bring to a boil, turning up the heat to do so if necessary. Simmer for a few minutes, until the the volume of the liquid is reduced by half.
4. Whisk the arrowroot powder and chicken broth in a small bowl. Add the chicken broth mixture and remaining butter to the pan. Simmer, stirring and scraping any browned bits from the bottom, for a few more minutes, until the sauce thickens.
5. Add the chicken back to the pan. Heat for a minute or two until the chicken is heated through. Garnish with fresh parsley.

Taco Salad

This easy, gluten-free, low carb, and healthy taco salad recipe is like a beef taco in a bowl. Just 10 ingredients and ready in 20 minutes!



SERVING SUGGESTIONS

- Use a spicy salsa for a kick, or salsa verde for a unique twist.
- Top your salad with pork rinds for a tortilla-chip-like crunch.

NUTRITION INFO

Servings: 6

Serving size: 1/6 entire recipe

Per serving: 332 calories ▪ 25g fat ▪ 20g protein ▪ 5g net carbs

INGREDIENTS

1 lb	Ground beef
1 tsp	Avocado oil (or any oil of choice)
1 tbsp.	Taco seasoning
8 oz	Romaine lettuce (chopped)
1 1/3 cup	Grape tomatoes (halved)
3/4 cup	Cheddar cheese (shredded)
1 medium	Avocado (cubed)
1/2 cup	Scallions (chopped)
1/3 cup	Salsa (your favorite)
1/3 cup	Sour cream

INSTRUCTIONS

1. Heat oil in a skillet over high heat. Add ground beef. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and moisture has evaporated.
2. Stir taco seasoning into the ground beef until well combined.
3. Meanwhile, combine all remaining ingredients in a large bowl. Add the ground beef. Toss everything together.

Salmon Milano

This easy pesto salmon Milano recipe with tomatoes goes from preparation to your table in only 30 minutes. Low carb & gluten-free, with only 4 ingredients.



SERVING SUGGESTIONS

- Make a one-pan meal by adding some veggies in the foil.
- Make it your own with a [homemade pesto](#) – make it using unusual nuts like macadamias, or kale instead of basil.

NUTRITION INFO

Servings: 7

Serving size: 6 oz

Per serving: 449 calories ▪ 31g fat ▪ 37g protein ▪ 2g net carbs

INGREDIENTS

2 1/2 lb	Salmon (large filet)
1/2 cup	Basil pesto
1/2 cup	Butter (softened)
2 medium	Tomatoes (sliced)

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Line a 18x13 baking pan with foil, making sure it covers the sides. Place another large piece of foil onto the baking sheet and place the salmon filet on top of it. The top piece of foil should be large enough to wrap around the salmon to enclose it completely, with a little extra to tent over the top. If you don't want the salmon touching the foil during cooking, you can line it with parchment paper on the inside.
2. Puree the basil pesto and softened butter in a blender the mixture is smooth.
3. Spread the pesto butter evenly over the salmon filet. Arrange the tomato slices on top. Wrap the foil around the filet, tenting around the top so that as little of the foil is touching the top as possible, and seal the edges.
4. Bake for 15-25 minutes (depending on filet thickness), until the salmon is just opaque and flakes easily with a fork. Open a corner of the foil around the thickest part of the salmon to test for doneness; if not done yet, reseal and return to the oven until done.

Creamy Sun-dried Tomato Chicken

This creamy sun-dried tomato chicken skillet is a perfect low carb, paleo dinner that's on the table in under 20 minutes.



SERVING SUGGESTIONS

- This recipe has easy swaps like heavy cream for coconut cream, or vegetable broth for chicken broth – use whatever you have on hand.
- Add some extra veggies to the pan for a one-pan meal.

NUTRITION INFO

Servings: 4

Serving size: 1/4 recipe

Per serving: 295 calories ▪ 17g fat ▪ 29g protein ▪ 7g net carbs

INGREDIENTS

1 tbsp.	Olive oil
4 large	Chicken breasts (whole or cut into strips)
1/4 cup	Chicken broth
1 tbsp.	Arrowroot powder
2 cloves	Garlic (minced)
1/2 cup	Coconut cream
1/2 cup	Sun-dried tomatoes (drained if packed in oil)
1/2 cup	Fresh basil (chopped)
	Sea salt
	Black pepper

INSTRUCTIONS

1. Season chicken breasts on both sides with sea salt and black pepper.
2. Heat olive oil in a large skillet over medium-high heat. Add chicken breasts and sear on both sides until golden (about 3 minutes on each side). Remove, cover with foil to keep warm, and set aside.
3. Meanwhile, in a small bowl, vigorously whisk the arrowroot powder into the chicken broth. (Sprinkle it evenly on top, then whisk fast - don't just dump it in.)
4. Add the minced garlic to the skillet (add a little more oil if it's dry). Cook for about 30 seconds, until fragrant. Add the arrowroot/broth mixture, coconut cream, sun dried tomatoes, and half of the fresh basil. Increase the heat to bring to a gentle boil, then reduce heat and simmer for 2-3 minutes, until the sauce thickens. Season with sea salt and black pepper to taste.
5. Add the chicken back to the pan and spoon the sauce over it. Cook for about 1 minute. Top with the remaining fresh basil before serving.

Beef Taco Skillet

This easy low carb, paleo taco skillet recipe infuses a medley of ground beef and vegetables with the rich flavors of garlic and taco seasoning.



SERVING SUGGESTIONS

- This one-pan stir fry is easy to customize with any veggies you have at home.
- Pre-make your own taco seasoning to save time & money.

NUTRITION INFO

Servings: 4

Serving size: 1/4 recipe

Per serving: 305 calories ▪ 19g fat ▪ 23g protein ▪ 8g net carbs

INGREDIENTS

1 lb	Ground beef
3 cloves	Garlic (minced)
1 tsp	Olive oil
1 cup	Carrots (shredded)
2 large	Roma tomatoes (chopped)
1 large	Bell pepper (chopped)
1/2 cup	Green onions (chopped)
2 tbsp.	Fresh parsley
2 tbsp.	Taco seasoning
	Sea salt

INSTRUCTIONS

1. Heat a skillet on medium-high heat. When it's hot, add olive oil and garlic, and sauté about 1 minute, until fragrant.
2. Add ground beef and cook about 10 minutes, breaking apart the beef with a spatula or spoon, until lightly browned.
3. Reduce heat to medium. Stir the taco seasoning into the ground beef. Add carrots, tomatoes, sweet pepper, and green onions. Season with sea salt to taste. Stir fry until vegetables turn brighter in color (they should be softened but still crunchy), about 5-7 minutes. Sprinkle with fresh parsley before serving.

Juicy Baked Chicken Breast

Learn how to make juicy baked chicken breast in the oven – 3 easy steps! Delicious with Italian seasoning, and naturally healthy, low carb, paleo & gluten-free.



SERVING SUGGESTIONS

- Customize your chicken to any cuisine by adjusting the combination of spices.
- Serve with [roasted veggies](#), or slice to add to a meal salad.

NUTRITION INFO

Servings: 4 **Serving size:** 1 6 oz chicken breast
Per serving: 226 calories ▪ 12g fat ▪ 27g protein ▪ 1.8g net carbs

INGREDIENTS

Brined chicken

4 large Chicken breasts
2 tbsp. Sea salt

Preparation

4 tsp Olive oil
4 tsp Italian seasoning
2 tsp Garlic powder
 Sea salt
 Black pepper

INSTRUCTIONS

1. To brine the chicken breasts, place them in a large bowl with enough water to cover them. Add sea salt and stir to mostly dissolve. Let sit for 10 minutes at room temperature, or for up to a day in the refrigerator.
2. Preheat the oven to 450 degrees F. Line and lightly grease a baking sheet.
3. Pat dry the chicken and place on the lined baking sheet. Brush with olive oil. Sprinkle with Italian seasoning (1/2 teaspoon per side), garlic powder (1/4 teaspoon per side), sea salt, and black pepper to taste. Repeat on the other side.
4. Bake for 15-18 minutes, until firm and no longer pink.

Philly Cheesesteak Zucchini Boats

These filling, easy zucchini boats are like the best part of a Philly Cheesesteak sandwich - no bread required.



SERVING SUGGESTIONS

- Make these even more rich by adding a buttery provolone sauce to go over them.
- Cook the caramelized onions, mushrooms, and peppers in advance for ultra-fast prep on the day-of.

NUTRITION INFO

Servings: 6 **Serving size:** 1 zucchini boat
Per serving: 278 calories ▪ 20g fat ▪ 20g protein ▪ 5g net carbs

INGREDIENTS

- 3 large Zucchini (centers hollowed out)
- 2 tbsp. Olive oil (divided)
- Sea salt
- Black pepper
- 1/2 large Onion (chopped)
- 5 oz Mushrooms (sliced)
- 1/2 large Green pepper (chopped)
- 12 slices Roast beef (cut into long, skinny slices, about 3/4 width of the zucchini)
- 6 slices Provolone cheese (cut into long, skinny slices, about 3/4 width of the zucchini)

INSTRUCTIONS

1. Preheat the oven to 425 degrees F. Line a baking sheet with foil (greased lightly) or parchment paper.
2. Slice each zucchini in half lengthwise. Use a spoon or melon baller to scoop out a hollow area in the middle for the filling.
3. Arrange the zucchini cut side up on the lined baking sheet. Brush or spray with olive oil (about a tablespoon total). Sprinkle with sea salt and black pepper.
4. Bake the zucchini in the oven for about 15 minutes, until softened.
5. Meanwhile, heat olive oil in a skillet over medium heat. Add the onions and mushrooms. Saute for 12-15 minutes. Add the green peppers. Season everything with sea salt and black pepper. Saute for another 5-8 minutes, until the peppers are tender.
6. Line the bottom of each zucchini boat with provolone cheese. Top with onion/mushroom/pepper mixture. Place roast beef over that, then more provolone cheese.
7. Bake for 5-10 minutes, until the cheese is melted and golden.

Chicken Cheddar Nachos

This low carb nachos recipe is made with cheddar cheese and smothered with a spicy taco seasoned chicken topping. Naturally gluten-free.



SERVING SUGGESTIONS

- If you're bored with chicken, swap it with ground beef, ground turkey, or even pulled turkey
- Transform these into tacos by using larger cheese shells.

NUTRITION INFO

Servings: 8 **Serving size:** 1 slice (1/8 pizza)
Per serving: 330 calories ▪ 23g fat ▪ 27g protein ▪ 2g net carbs

INGREDIENTS

6 slices	Cheddar cheese
1 1/2 cups	Chicken breasts (cooked, diced or shredded)
1/2 large	Avocados (diced)
1/2 cup	Roma tomatoes (diced)
3 tbsp.	Sweet onions (minced)
1 tsp	Paprika
1/2 tsp	Garlic salt
1/2 tsp	Cumin
1/4 tsp	Cayenne pepper (or more to taste)
1/4 cup	Mozzarella cheese (shredded)

INSTRUCTIONS

1. To make the cheese chips, preheat the oven to 400 degrees F. Cut the cheese slices into quarters and place on baking sheets lined in parchment paper, about 2 inches apart. Bake 5-8 minutes, until crispy and slightly browned. Pat lightly with a paper towel to soak up excess oil. Set aside to cool.
2. Meanwhile, finely dice the chicken, avocado, tomatoes, and onions. Mix the spices together (garlic salt, paprika, cumin, and cayenne pepper), then stir into the chicken mixture.
3. After the chips have cooled for at least 15 minutes and are crispy, top them with spoonfuls of the chicken mixture. Sprinkle a couple shreds of mozzarella cheese on top of each chip.
4. If desired, place in the oven for a couple of minutes, just enough to melt the mozzarella cheese on top. Check on them often, and don't heat them too long, or the chips will melt.

Buffalo Turkey Meatballs

These buffalo turkey meatballs are even more flavorful than buffalo chicken meatballs! And they're low carb, gluten-free, nut-free, and healthy, too.



SERVING SUGGESTIONS

- Use ground chicken or ground beef instead of turkey, to use up any meat you have.
- Serve with [sugar-free coleslaw](#) to mellow out the heat.

NUTRITION INFO

Servings: 6

Serving size: 4 meatballs

Per serving: 332 calories ▪ 20g fat ▪ 34g protein ▪ 0.8g net carbs

INGREDIENTS

1 1/2 lb	Ground turkey
1/4 cup	Egg whites
1/2 cup	Blue cheese (crumbled)
1/2 cup	Scallions (chopped)
1/2 cup	Cayenne pepper sauce (such as Frank's Red Hot)
1 tbsp.	Olive oil

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper or a silicone mat.
2. Combine the turkey, egg whites, blue cheese, scallions, and 3/4 of the cayenne pepper sauce in a bowl. Form into 1-inch balls and place on the lined baking sheet. Bake for 12-15 minutes, until barely done.
3. Meanwhile, whisk together the remaining cayenne pepper sauce with the olive oil.
4. Drain the fluid released by the meatballs and transfer them to a clean sheet of parchment paper (still on the baking sheet). Drizzle a small amount of the cayenne olive oil mixture over each meatball. Bake for 2-3 minutes.

Sheet Pan Tilapia & Veggies

This lemon butter tilapia makes a super easy dinner made on a single sheet pan. It's light, low carb, paleo and gluten-free.



SERVING SUGGESTIONS

- This one-pan recipe works equally well with salmon, as well as with other veggies that have similar cook times.
- Squeeze more fresh lemon over the dish at the end.

NUTRITION INFO

Servings: 4 **Serving size:** 6 oz fish + 1/4 recipe veggies
Per serving: 307 calories ▪ 15g fat ▪ 38g protein ▪ 5g net carbs

INGREDIENTS

1/4 cup	Butter (melted)
1 tbsp.	Lemon zest
1/2 tsp	Garlic powder
1 1/2 lb	Tilapia (filets)
2 cup	Grape tomatoes
1 lb	Asparagus (trimmed and cut into bite-size pieces)
	Sea salt
	Black pepper

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Line a large baking sheet with foil or parchment paper.
2. Whisk together the melted butter, lemon zest, and garlic powder.
3. Arrange the tilapia filets on the lined baking sheet. Brush both sides with the lemon butter, using up about half of the lemon butter. Sprinkle both sides with sea salt and black pepper.
4. Toss the asparagus and grape tomatoes with the remaining lemon butter. Sprinkle with sea salt and black pepper also. Arrange the vegetables amongst the tilapia filets in a single layer.
5. Bake for 11-14 minutes, until the fish flakes easily with a fork.

Coconut Chicken Tenders

This healthy, baked coconut chicken tenders recipe needs only 6 ingredients. Naturally low carb, paleo, and gluten-free.



SERVING SUGGESTIONS

- Dip in a mustard dipping sauce, or even a little sriracha.
- Serve with cauliflower rice or broccoli slaw for a perfect pairing.

NUTRITION INFO

Servings: 3 **Serving size:** 2 chicken tenders
Per serving: 315 calories ▪ 22g fat ▪ 25g protein ▪ 5g net carbs

INGREDIENTS

2 large	Chicken breasts
1/4 cup	Coconut flour
2 large	Eggs (beaten)
1 cup	Coconut flakes (unsweetened)
1/4 tsp	Garlic powder
1/4 tsp	Smoked paprika
	Sea salt
	Black pepper

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Place a nonstick wire rack onto a lined baking sheet. Spray or brush the rack with oil.
2. Pound the chicken breasts to an even thickness, then cut into tenders (about 3 tenders per chicken breast). Season both side with sea salt and black pepper.
3. Optional step if you have big flakes: Pour the coconut flakes into a ziploc bag and seal. Pound the bag several times to break up the flakes into smaller pieces.
4. Arrange three bowls - one with beaten eggs, one with coconut flour, and one with a mixture of coconut flakes, garlic powder, smoked paprika, sea salt, and black pepper.
5. Dredge each chicken tender in the coconut flour, dip in the egg shaking off the excess), and finally press/roll in the coconut flakes. Place on the wire rack.
6. Bake the chicken tenders for 15-20 minutes, flipping halfway through, until firm and cooked through.
7. Optional: Turn the oven to the broil setting. Broil on the top rack for about one minute, until one side is crispy. Flip the tenders over, then broil one minute on the other side.

Crab Cakes

These paleo, gluten-free, and low carb crab cakes are richly seasoned and super easy to make. Only 10 simple ingredients!



SERVING SUGGESTIONS

- Serve with homemade sugar-free tartar sauce and freshly squeezed lemon wedges.
- Feel free to have a couple servings, and add some [cheesy asparagus](#) or green beans on the side.

NUTRITION INFO

Servings: 8

Serving size: 1 crab cake

Per serving: 106 calories ▪ 7g fat ▪ 9g protein ▪ 1.6g net carbs

INGREDIENTS

1 lb	Lump crab meat
1/2 cup	Sweet onions (chopped finely)
3 tbsp.	Almond flour (or Golden flaxseed meal)
1/4 cup	Egg whites
2 tbsp.	Mayonnaise
1 tsp	Worcestershire sauce
1 tsp	Mustard
1 tbsp.	Dried parsley
1 tbsp.	Old Bay seasoning
2 tbsp.	Olive oil (divided)

INSTRUCTIONS

1. Heat two teaspoons of olive oil in a skillet over medium heat. Sauté chopped onion for about 10 minutes, until translucent and lightly browned.
2. Meanwhile, mix all other ingredients except the crab meat and remaining olive oil. When everything is well combined, add the sautéed onions, and finally fold in crab meat very gently. Try to avoid breaking up the lumps of crab meat.
3. Form 8 patties and place on a lined baking sheet or cutting board. If possible, refrigerate for at least 30 minutes (this will help the crab cakes stay together when frying).
4. Fry crab cakes on a skillet over medium heat, in two batches of four. Use about two teaspoons of oil for each batch, and cook for about 3-5 minutes per side, until browned.

Zucchini Stir Fry with Beef & Pesto

This easy zucchini stir fry recipe with beef and pesto requires just a few simple ingredients and comes together in only 20 minutes. Low carb and gluten-free!



SERVING SUGGESTIONS

- Add some tomatoes or red peppers for color variety.
- Keep it simple with a store bought pesto, or [make your own](#) and freeze it to always have on hand.

NUTRITION INFO

Servings: 6

Serving size: 1/6 recipe

Per serving: 325 calories ▪ 25g fat ▪ 20g protein ▪ 4g net carbs

INGREDIENTS

1 lb	Ground beef
2 medium	Zucchini (sliced)
2 cloves	Garlic (minced)
1/2 cup	Basil pesto
1/2 cup	Goat cheese (crumbled)
2 tbsp.	Fresh parsley
	Sea salt
	Black pepper

INSTRUCTIONS

1. In a large skillet over medium heat, cook minced garlic for about one minute, until fragrant.
2. Add ground beef. Sprinkle with sea salt and black pepper to taste. Increase heat to medium high. Cook for 7-10 minutes, breaking part with a spoon or spatula, until browned.
3. Add zucchini. Cook, stirring occasionally, for 5-7 minutes, until zucchini is starting to soften (but not soggy) and golden.
4. Remove from heat. Stir in basil pesto. Toss with goat cheese and fresh parsley.

Bacon Crusted Chicken

This paleo, low carb chicken breast recipe is coated with a crispy bacon crust.



SERVING SUGGESTIONS

- Add your favorite seasonings to the bacon mixture.
- Serve with a side salad or quick [mashed cauliflower](#).
- These are very filling - halve the serving size if needed!

NUTRITION INFO

Servings: 4 **Serving size:** 1 large chicken breast (6 oz)
Per serving: 606 calories ▪ 43g fat ▪ 45g protein ▪ 0.4g net carbs

INGREDIENTS

4 large	Chicken breasts (6 oz each)
1/4 cup	Mayonnaise
1 1/2 cups	Bacon bits (pre-cooked)
2 cloves	Garlic (minced)
1/4 tsp	Sea salt

INSTRUCTIONS

1. Preheat the oven to 450 degrees F. Line a baking sheet with foil and grease lightly.
2. In a blender or food processor, pulse the bacon bits, garlic, and sea salt, until pieces are very small. Transfer the mixture to a large bowl.
3. Place the mayonnaise in a medium bowl. Dip each chicken breast into the mayo (coating with a thin layer only), then roll in the bacon mixture to coat all sides. Place on the baking sheet. Repeat with all the chicken.
4. Bake for 15-18 minutes, until the chicken is cooked through and the bacon is crispy.

Turkey Stuffed Mushrooms

These turkey stuffed portobello mushrooms with marinara and cheese make an easy, healthy main dish. Naturally low carb and gluten-free.



SERVING SUGGESTIONS

- The meat mixture works just as well with ground beef.
- Serve with a side of sautéed veggies or an Italian salad.

NUTRITION INFO

Servings: 4 **Serving size:** 1 stuffed mushroom
Per serving: 336 calories ▪ 19g fat ▪ 33g protein ▪ 6g net carbs

INGREDIENTS

4 jumbo	Portobello mushrooms (caps)
1 lb	Ground turkey
1 cup	Pepper jack cheese (shredded)
1 1/2 cup	Marinara sauce
1/4 cup	Fresh basil (chopped)
2 cloves	Garlic (minced)
1/2 tsp	Sea salt
1/4 tsp	Black pepper

INSTRUCTIONS

1. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper, foil, or a silicone mat.
2. Remove stems from mushroom caps. Bake face up on a silicone lined baking sheet until softened (about 15-20 minutes).
3. Meanwhile, cook turkey in a skillet on medium-high heat, stirring frequently, until browned (about 7-10 minutes).
4. Reduce heat to medium. Add garlic and saute for one minute, until fragrant. Add marinara sauce, basil, sea salt, and black pepper. (Adjust seasonings to taste depending on the marinara sauce you use.) Cook for another 2-3 minutes, until heated through.
5. Set the oven to the broil setting. Drain or blot extra fluid from mushroom caps. Fill mushroom caps with turkey marinara mixture. Top with shredded cheese. Broil on the top rack until cheese is melted and slightly browned (about 3 minutes).

Big Mac Salad

This easy low carb Big Mac salad recipe is ready in just 20 minutes! A gluten-free, keto cheeseburger salad like this makes a healthy lunch or dinner.



SERVING SUGGESTIONS

- Top the salad with sesame seeds in lieu of the bun.
- Serve with [low carb biscuits](#).

NUTRITION INFO

Servings: 6 **Serving size:** 1/6 recipe
Per serving: 368 calories ▪ 31g fat ▪ 18g protein ▪ 2g net carbs

INGREDIENTS

Salad

1 lb Ground beef
1 tsp Sea salt
1/4 tsp Black pepper
8 oz Romaine lettuce
(or iceberg if desired)
1 cup Tomatoes (chopped)
3/4 cup Cheddar cheese
(shredded)
1/2 cup Pickles (diced)

Dressing

1/2 cup Mayonnaise
2 tbsp. Pickles (diced)
2 tsp Mustard
1 tsp White vinegar
1/2 tsp Smoked paprika
1 1/2 tbsp. Powdered erythritol
(or any sweetener of
choice; adjust to
taste)

INSTRUCTIONS

1. Cook ground beef in a skillet over high heat. Season with sea salt and black pepper. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and moisture has evaporated.
2. Meanwhile, puree all the dressing ingredients in a blender. If dressing is thicker than you like, thin out with water or oil and puree again. Adjust sweetener to taste. Refrigerate until ready to serve.
3. Combine the remaining salad ingredients in a large bowl. Add the ground beef. Toss with dressing.

Chicken Nuggets

This paleo, low carb chicken nuggets recipe is easy to prepare with just 5 ingredients. You can make them fried or baked!



SERVING SUGGESTIONS

- Dip in mustard or sugar-free BBQ sauce.
- Serve with a side salad and [low carb mozzarella sticks](#).

NUTRITION INFO

Servings: 8 **Serving size:** 4 chicken nuggets
Per serving: 196 calories ▪ 17g fat ▪ 9g protein ▪ 1g net carbs

INGREDIENTS

2 medium	Chicken breasts
1/4 cup	Mayonnaise
1 tsp	White vinegar (or any vinegar of choice – use apple cider vinegar for paleo)
1 cup	Almond flour
1/2 tsp	Sea salt (plus more for brine in step 1)
1/4 tsp	Black pepper
2 tbsp.	Olive oil (or any oil of choice)

INSTRUCTIONS

Prep

1. Fill a large bowl with water and a few tablespoons of sea salt. Place chicken in the salt water and let it brine for at least 10 minutes, up to an hour. Drain and pat dry. Cut the chicken into nugget sized pieces.
2. In a small bowl, whisk together the mayonnaise and vinegar.
3. In another bowl, mix the almond flour with a little sea salt and black pepper. (I used 1/2 tsp sea salt and 1/4 tsp black pepper, but you can adjust as desired.) Feel free to throw any other spices you like in there.
4. Coat each piece of chicken in a thin layer of the mayonnaise mixture, then press into the almond flour mixture.

Frying instructions

1. Heat the oil in a skillet over medium-high heat. (Use a generous amount of oil - at least 2 tablespoons per batch.) Cook the chicken nuggets in a single layer in batches, about 2-3 minutes per batch, on both sides, until golden.

Baking instructions

1. Preheat the oven to 450 degrees F. Line a baking sheet with parchment paper and arrange chicken nuggets in a single layer. Bake for 6-8 minutes, until the bottom is golden. Carefully flip, then bake for another 6-8 minutes, until cooked through.

Hunan Beef

This easy Hunan beef recipe takes less than 15 minutes to make! Naturally paleo, gluten-free, and low carb Chinese food that's full of flavor.



SERVING SUGGESTIONS

- This dish is spicy! Adjust the Thai chile peppers based on your desired level of spiciness.
- Serve with a steamed or [roasted broccoli](#), or cauli rice.

NUTRITION INFO

Servings: 4 **Serving size:** 1/4 recipe
Per serving: 317 calories ▪ 21g fat ▪ 24g protein ▪ 4g net carbs

INGREDIENTS

- 2 tbsp. Coconut aminos
- 2 tbsp. Sherry cooking wine (or Shaoxing if not paleo)
- 1 tbsp. Arrowroot powder
- 1 lb Flank steak (sliced very thin, against the grain)
- 3 tbsp. Avocado oil
- 2 medium Dried Thai chile peppers (crushed or minced)*
- 2 cloves Garlic (minced)
- 1/2 tsp Ground ginger
- 1/4 tsp Black pepper

INSTRUCTIONS

1. In a medium bowl, stir together the coconut aminos, cooking wine, and arrowroot powder. Add the sliced beef and toss to coat. Set aside to marinate for 30 minutes.
2. Heat avocado oil in a large wok over high heat. Add the beef and stir fry for about a minute.
3. Add the crushed Thai chile peppers, minced garlic, ground ginger, and black pepper. Stir fry for about another minute.
4. Serve with cooked broccoli. Garnish with fresh chives and sesame seeds if desired.

Chicken Caesar Salad

This delicious low carb Caesar salad features crunchy parmesan crisps, chicken, and creamy homemade Caesar dressing. Just 10 ingredients including dressing!



SERVING SUGGESTIONS

- Keep your prep super quick on the day-of by making the Parmesan crisps, dressing, and chicken in advance.
- Make it a bit different with breaded or blackened chicken.

NUTRITION INFO

Servings: 6

Serving size: 1/6 entire recipe

Per serving: 368 calories ▪ 27g fat ▪ 25g protein ▪ 5g net carbs

INGREDIENTS

Salad

- 1 head Romaine lettuce (chopped)
- 2 cup Grape tomatoes (halved)
- 8 oz Parmesan cheese (shredded)
- 2 large Chicken breasts (grilled or roasted, sliced or cubed)

Caesar dressing

- 3 tbsp. Mayonnaise
- 1 tbsp. Olive oil
- 1 tsp Lemon juice
- 1 tsp Anchovy paste
- 1 tsp Worcestershire sauce
- 1 clove Garlic (minced)
- Sea salt
- Black pepper

INSTRUCTIONS

1. Whisk together all dressing ingredients until smooth. Thin out with additional oil or water if needed. Cover and refrigerate.
2. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
3. To make parmesan crisps, place tablespoon-size circles of shredded parmesan cheese onto the lined baking sheet, 2 inches apart. Bake for 6-8 minutes, until the cheese is melted and golden at the edges. Cool completely in the pan, or until crispy.
4. Meanwhile, toss together the romaine lettuce, grape tomatoes, and cooked chicken.
5. Once the cheese crisps are ready, use your hands to crumble them into smaller pieces into the salad. Drizzle dressing on top, then toss again.

Bacon Cheeseburger Soup

This easy bacon cheeseburger soup recipe is like comfort in a bowl. Low carb, gluten-free, keto, and healthy. No crockpot required.



SERVING SUGGESTIONS

- Add some caramelized onions for even more flavor, or throw in some broccoli for a twist on broccoli cheese soup.
- Serve with your favorite [big salad](#).

NUTRITION INFO

Servings: 10

Serving size: 1 cup

Per serving: 277 calories ▪ 21g fat ▪ 18g protein ▪ 2g net carbs

INGREDIENTS

1 lb	Ground beef
1/2 cup	Bacon bits
1 head	Cauliflower (chopped into florets)
3 1/2 cups	Chicken broth
1 cup	Unsweetened almond milk
1 tsp	Dried parsley
3/4 tsp	Sea salt
1/4 tsp	Black pepper
2 cups	Cheddar cheese (shredded)
1/2 cup	Heavy cream

INSTRUCTIONS

1. In a large pot, cook bacon bits for a couple of minutes over medium heat, until crispy.
2. Increase the heat to medium-high. Add the ground beef. Cook for 8-10 minutes, stirring occasionally and breaking apart with a spoon or spatula, until browned.
3. Add the cauliflower, chicken broth, almond milk, dried parsley, sea salt, and black pepper. Bring to a boil, then reduce heat to medium and simmer for 10-15 minutes, until cauliflower is tender.
4. Remove pot from heat. Stir in the cheddar cheese and heavy cream, until the soup is smooth and the cheese is melted.

Pesto Chicken Casserole

This cheesy pesto chicken bake recipe with cauliflower requires only 6 ingredients & 10 minutes prep. An easy, healthy, low carb & gluten-free dinner!



WHOLESONE *Yum*

SERVING SUGGESTIONS

- Toss in some extra veggies, or swap the chicken with ground beef – perfect to use up whatever you have.
- This casserole makes a great freezer meal!

NUTRITION INFO

Servings: 8

Serving size: 1 cup

Per serving: 270 calories ▪ 19g fat ▪ 16g protein ▪ 6g net carbs

INGREDIENTS

1 head	Cauliflower (cut into florets)
1 tbsp.	Olive oil
1 lb	Shredded or cubed chicken (cooked, packed tightly to measure)*
3/4 cup	Basil pesto
1/4 cup	Heavy cream (or coconut cream)
1 cup	Mozzarella cheese (shredded, divided)
	Sea salt
	Black pepper
	Fresh basil (cut into ribbons for garnish - optional)

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Lightly grease a 9"x13" casserole dish. (You can line with foil or parchment paper if desired. I used a stoneware dish so it wasn't necessary.)
2. Toss the cauliflower with olive oil. Sprinkle lightly with sea salt and black pepper. Roast for 15-20 minutes, stirring halfway through, until crisp-tender.
3. Reduce oven temperature to 350 degrees F.
4. Mix the shredded chicken and half of the shredded mozzarella into the pan with the cauliflower.
5. Stir together the basil pesto and cream. Pour evenly over the casserole, and mix until everything is coated evenly. Sprinkle remaining shredded mozzarella cheese on top.
6. Return the casserole to the oven. Bake for 10-15 minutes, until the cheese is melted and bubbly. Garnish with fresh basil ribbons if desired.

Juicy Burgers

Learn how to make a deliciously juicy burger every time, on the grill or the stove. This recipe has two secret ingredients, plus preparation & cooking tips!



SERVING SUGGESTIONS

- Serve your burger in a lettuce wrap, or using a low carb biscuit in lieu of a bun.
- Enjoy some grilled veggies or [zucchini fries](#) on the side.

NUTRITION INFO

Servings: 4 **Serving size:** 1 burger (1/4 lb)
Per serving: 278 calories ▪ 20g fat ▪ 21g protein ▪ 0.9g net carbs

INGREDIENTS

1 lb	Ground beef
1 tbsp.	Olive oil
1 tbsp.	Worcestershire sauce
1/2 tsp	Garlic powder
1 tsp	Sea salt
1/2 tsp	Black pepper

INSTRUCTIONS

1. Place all ingredients in a large bowl. Work through using your hands until just combined, being careful not to overwork the meat.
2. Shape into 1/2-inch thick patties, about 1/4 pound each. Make a thumb print in the center of each patty to keep the burgers from bulging out when cooking.
3. Preheat a grill or pan to medium-high heat. Add the burgers and cook 4-5 minutes with the lid closed, until browned on the bottom and the only juices visible are no longer red. Do not push down on the burgers or move them around. Flip over and cook 2-3 minutes for medium, or until done as desired.
4. Remove burgers from heat. Let the burgers rest for a few minutes before serving.

Chicken Herb Salad

This easy chicken salad recipe is packed with flavorful herbs. Learn how to make simple, healthy, & naturally low carb chicken salad in just a few minutes!



SERVING SUGGESTIONS

- Make chicken herb salad lettuce wraps. They're even better with a slice of bacon in each!
- Stuff the chicken salad into hollowed out tomatoes.
- For dinner, there's room to have a couple servings!

NUTRITION INFO

Servings: 8

Serving size: 1/2 cup

Per serving: 123 calories ▪ 8g fat ▪ 11g protein ▪ 2.6g net carbs

INGREDIENTS

1/4 cup	Mayonnaise
2 tbsp.	Mustard
2 tbsp.	Fresh dill (chopped)
2 tbsp.	Fresh parsley (chopped)
2 cloves	Garlic (minced)
3 cups	Pulled chicken (cooked)
1/2 cup	Scallions (chopped)
	Sea salt
	Black pepper

INSTRUCTIONS

1. Stir together the mayonnaise, mustard, fresh dill, fresh parsley, and garlic, until smooth.
2. Stir in the chicken and scallions. Season with sea salt and black pepper to taste.
3. Refrigerate for at least two hours before serving.

Salmon Teriyaki

This low carb, paleo salmon teriyaki recipe requires just five minutes of prep. Flavorful and sweet, yet sugar-free!



SERVING SUGGESTIONS

- Make a sheet pan meal by tossing your favorite veggies in the sauce and including them on the pan with the salmon.
- Prep some extra sauce for drizzling before serving.

NUTRITION INFO

Servings: 8

Serving size: 5 oz

Per serving: 248 calories ▪ 12g fat ▪ 31g protein ▪ 1g net carbs

INGREDIENTS

1/3 cup	Coconut aminos
2 tbsp.	Olive oil
1/3 cup	Sukrin Gold
2 cloves	Garlic (minced)
1/2 tsp	Ground ginger
1 tsp	Arrowroot powder
2 1/2 lb	Salmon (cut into 2" wide slices)
	Sesame seeds (optional - for garnish)

INSTRUCTIONS

1. In a large bowl, whisk together the coconut aminos, olive oil, Sukrin Gold, minced garlic, ground ginger, and arrowroot powder.
2. Add the salmon slices to the bowl and mix to coat in marinade. Marinate for at least 10 minutes (or longer if you have time).
3. Meanwhile, preheat the oven to 400 degrees F. Line a baking pan with foil or parchment paper.
4. Transfer the salmon to the baking sheet. Pour any remaining marinade on top. Bake for 15-20 minutes, until the fish flakes easily with a fork. Garnish with sesame seeds if desired.

Sesame Chicken & Kelp Noodles

This easy, paleo skillet stir-fry is the best kelp noodles recipe – tender chicken, crisp veggies, light kelp noodles & naturally sweet Asian sesame sauce.



SERVING SUGGESTIONS

- Throw in some extra veggies when stir frying.
- If you don't have kelp noodles, try spaghetti squash or zucchini noodles instead.

NUTRITION INFO

Servings: 4

Serving size: 1/4 recipe

Per serving: 394 calories ▪ 21g fat ▪ 38g protein ▪ 6g net carbs

INGREDIENTS

Stir fry

- 1 lb Chicken breast
(cut in bite size pieces)
- 12 oz Kelp noodles
- 10 oz Mushrooms (sliced)
- 2 cup Broccoli
(cut in small florets)
- 3 large Carrots
(cut in bite size pieces)
- 1 tsp Olive oil

Sauce

- 1/3 cup Coconut aminos
- 2 tbsp. Toasted sesame oil
- 2 cloves Garlic
(minced or crushed)
- 3 tbsp. Sesame seeds

INSTRUCTIONS

1. Heat the olive oil in a large skillet or wok over medium heat. Fry the mushrooms for about 5-8 minutes, until the liquid from the mushrooms has evaporated.
2. Add the chicken pieces, carrots, and broccoli (focus on the chicken touching the pan). Stir fry for 6-8 minutes, until the chicken is almost cooked through but not dry.
3. To make the sauce, whisk together the coconut aminos, toasted sesame oil, garlic, and sesame seeds.
4. Add the kelp noodles and sauce mixture to the pan. Stir fry for about 5 minutes, until heated through. Season with sea salt to taste if needed.

Filet Mignon

Make a gourmet restaurant-quality meal at home for a fraction of the price. Quality meat and timing are key to cooking the perfect filet mignon.



SERVING SUGGESTIONS

- Make it a gourmet meal with crispy roasted brussels sprouts.
- Add a steakhouse wedge salad – iceberg lettuce, tomatoes, bacon bits, and chunky blue cheese dressing.

NUTRITION INFO

Servings: 8 **Serving size:** 4 oz (1/2 of 8-oz filet)
Per serving: 350 calories ▪ 29g fat ▪ 20g protein ▪ 0.2g net carbs

INGREDIENTS

2 tbsp. Butter (softened, divided)
1/2 tbsp. Fresh rosemary
1/2 tbsp. Fresh thyme
1 clove Garlic (minced)
4 8-oz Filet mignon / beef tenderloin steaks
 (at room temperature)
 Sea salt
 Black pepper

INSTRUCTIONS

1. Mash together half of the butter (2 tablespoons), rosemary, thyme, and garlic. (Sprinkle in a little sea salt if using unsalted butter.) Form into a log and refrigerate until the last step.
2. Preheat the oven to 400 degrees F.
3. Season the filets liberally with sea salt and black pepper on both sides.
4. Heat the remaining butter (2 tablespoons) in a cast iron skillet over medium-high heat, until the skillet is very hot.
5. Add the filets. Sear for 2 minutes on each side, without moving them around.
6. Transfer the skillet to the preheated oven. Bake to desired level of doneness - 5 minutes for rare, 6 minutes for medium rare, 7 minutes for medium, or 8 minutes for medium well.
7. Remove the filets from the oven and transfer to a plate. Top each with 1/2 tablespoon of herb butter (slice the log of herb butter into four parts and put one on each steak). Tent with foil and let rest, covered, for 5 minutes before serving.

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