



KETO ZONE

21 DAY CHALLENGE RECIPE BOOK



Lemon Garlic Rosemary Chicken

INGREDIENTS

- 2 lbs organic chicken legs
- 2 tbsp organic olive oil
- 8 cloves organic garlic, chopped
- 1 organic lemon, juiced
- ½ cup fresh organic rosemary, chopped
- 4 tbsp grass-fed butter
- Sea salt, to taste
- Organic black pepper, to taste

NUTRITON FACTS

Per Serving:

Calories: 550 kcal

Total Carbs: 5 g

Net Carbs: 4 g

Fiber: 1 g

Fat: 40 g

Protein: 42 g

Servings: 4



INSTRUCTIONS

- 1 Preheat oven to 450°F.
- 2 In a large mixing bowl, combine chicken legs, olive oil, lemon juice, chopped rosemary, garlic, sea salt, and black pepper.
- 3 Mix until chicken is fully coated in oil seasoning mixture.
- 4 Arrange chicken legs on an oiled baking tray.
- 5 Place chicken in preheated oven and bake for about 40 minutes or until chicken begins to turn golden brown.
- 6 Once cooked, remove chicken from oven.
- 7 Serve and enjoy!

Slow Cooker Keto Chili

INGREDIENTS

- 2 1/2 lbs grass-fed steak, cut into 1-inch cubes
- 1 tbsp organic chili powder
- 1/2 tsp organic ground cumin
- 1/2 tsp sea salt
- 1/4 tsp organic ground cayenne pepper
- 1 tsp organic ground black pepper
- 1/2 cup organic sliced leeks
- 2 cups organic canned tomatoes, whole with juice
- 1 cup organic chicken or beef stock

NUTRITON FACTS

Per Serving:

Calories: 478 kcal

Total Carbs: 5 g

Net Carbs: 5 g

Fiber: 1 g

Fat: 38 g

Protein: 29 g

Servings: 12



INSTRUCTIONS

- 1 Place all ingredients in the slow cooker.
- 2 Stir, cover, and set the slow cooker to high.
- 3 Cook for about 6 hours, or until the steak is tender.
- 4 Use a fork to shred some of the steak cubes if and break up any tomatoes that remain intact.
- 5 Serve the chili hot in bowls with any desired toppings (grass-fed cheese, sour cream, avocado, chopped cilantro, etc.)

Leftover Keto Turkey Bone Broth

INGREDIENTS

- Turkey carcass
- 3 quarts filtered water
- 4 medium organic carrots, chopped
- 4 stalks organic celery, chopped
- 1 medium organic onion, chopped
- 6 cloves organic garlic, chopped
- 1 bunch organic parsley, chopped
- 3 tbsp organic apple cider vinegar
- 2 tsp sea salt
- 1 tsp organic black pepper corns

NUTRITON FACTS

Per Serving:

Calories: 275 kcal

Total Carbs: 5 g

Net Carbs: 4 g

Fiber: 1 g

Fat: 5 g

Protein: 42 g

Servings: 8



INSTRUCTIONS

- 1 Add all parts of turkey carcass and vegetables into a large stock pot.
- 2 Pour in enough water to cover all ingredients.
- 3 Put the pot on the stove over medium heat.
- 4 Add in apple cider vinegar, sea salt, and black pepper corns.
- 5 Bring water to a boil then reduce heat to low and cover pot.
- 6 Allow mixture to simmer for 6-12 hours, adding more water as needed.
- 7 Once cooked, remove broth from heat and allow to cool for about 30 minutes.
- 8 Strain vegetables and bones from the broth.
- 9 Store broth in 1 quart glass jars or other airtight containers.

Healthy Green Bean Casserole

INGREDIENTS

- 1 lb fresh green beans (washed, ends trimmed, and cut in half)
- ½ cup blanched almond flour
- 1 tsp of sea salt
- ½ tsp black pepper
- 1 small onion, sliced thinly
- 2 large shallots, sliced thinly
- 1 tbsp of avocado oil or coconut oil
- 8 ounces cremini mushrooms, rough chopped
- 2 tbsp butter
- 3 cloves garlic, minced
- ½ cup chicken or vegetable stock
- ½ cup heavy cream or canned coconut milk (the thickest portion)
- ¼ cup grated Parmesan cheese (optional)
- avocado oil or coconut oil
- 6 strips cooked bacon (optional), crumbled

NUTRITON FACTS

Per Serving (No bacon) (~1 cup):

Calories: 155 kcal
Total Carbs: 6 g
Net Carbs: 4 g
Fiber: 2 g
Fat: 11 g
Protein: 4 g

Servings: 6



INSTRUCTIONS

- 1 Preheat oven to 400°F.
- 2 Heat water in a large pot over high heat to boil. Once boiling, add green beans and boil 5 minutes.
- 3 Remove from heat, drain in a colander and place in ice water (this stops the cooking process and maintains a great texture).
- 4 After 3 minutes in ice water, drain and set aside.
- 5 Combine almond flour, salt, and pepper in a large mixing bowl. Add onions and shallots. Toss and coat well.
- 6 Place avocado or coconut oil in a large skillet and heat over medium heat.
- 7 Once hot, add onions and shallots. Saute/fry until crispy and golden.
- 8 Remove from oil and place on paper towels to drain.
- 9 Drain skillet. Add mushroom, butter, and garlic. Saute for 5 minutes, stirring throughout.
- 10 Add heavy cream or coconut milk and reduce heat until sauce has thickened about 5 additional minutes.
- 11 Stir in optional parmesan cheese. Add green beans to skillet, stir to mix, and then pour the entire mixture into a casserole dish.
- 12 Spread onions and shallots, and optional bacon crumbles, over top of green beans and bake for 15 minutes.

Cranberry Roasted Walnut Brussel Sprouts

INGREDIENTS

- 8 cups organic brussel sprouts, trimmed and halved
- 1/4 cup organic walnuts, chopped
- 1/4 cup organic cranberries (frozen or fresh)
- 1/4 cup organic olive oil
- 2 tbsp organic apple cider vinegar
- 1 tbsp fresh organic thyme, chopped
- 2 tsp sea salt
- 1/2 tsp organic black pepper

NUTRITON FACTS

Per Serving:

Calories: 130 kcal
Total Carbs: 13 g
Net Carbs: 3 g
Fiber: 6 g
Fat: 8 g
Protein: 6 g

Servings: 6



INSTRUCTIONS

- 1 Preheat your oven to 425°F.
- 2 In a large bowl, combine brussel sprouts and walnuts.
- 3 Add in olive oil, apple cider vinegar, thyme, sea salt, and black pepper and toss mixture until well combined.
- 4 Spread mixture out on a large baking sheet and place into preheated oven.
- 5 Bake for 15 minutes.
- 6 Remove from oven add in cranberries and stir.
- 7 Bake for another 10-15 minutes or until brussel sprouts begin to turn golden brown.
- 8 Remove from oven and allow brussel sprouts to cool for 5 minutes.
- 9 Serve and enjoy!

Keto Zone Blueberry Muffins

INGREDIENTS

- 1 cup blanched almond flour
- 2 tsp baking powder
- 1/4 cup grass-fed butter, melted
- 2 tsp almond milk
- 2 large organic eggs
- 1/4 cup erythritol
- 2/3 cup organic frozen blueberries
- 1 tsp vanilla extract
- 1/4 tsp sea salt

NUTRITON FACTS

Per Serving (1 Muffin):

Calories: 154 kcal
Total Carbs: 4 g
Net Carbs: 3 g
Fiber: 1 g
Fat: 3 g
Protein: 4 g

Servings: 8



INSTRUCTIONS

- 1 Preheat your oven to 350°F.
- 2 Prepare a muffin tin with grease or muffin cups.
- 3 In a small skillet, melt the butter on the stove over medium-low heat.
- 4 Combine all of the remaining ingredients, except for the blueberries, in a large mixing bowl.
- 5 Mix using a hand mixer, slowly pouring in butter as you go.
- 6 Once mixture is well combined, gently fold in the blueberries.
- 7 Distribute the batter evenly between 8 muffins.
- 8 Bake in the oven for 22-25 minutes or until a toothpick comes out of the center clean.
- 9 Allow muffins to cool for about 5 minutes before handling.
- 10 Sprinkle each muffin with extra erythritol powder (optional).
- 11 Serve and enjoy.
- 12 May be stored in a zip lock bag or airtight container in the fridge for up to 5 days.

Hearty Healthy Oatmeal Cookies

INGREDIENTS

- 2 1/4 cups old-fashioned rolled oats (gluten-free)
- 1 cup oat flour or almond flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp sea salt
- 6 tbsp coconut oil
- 2 tbsp butter (organic, grass-fed if possible)
- 1 cup erythritol
- 2 egg whites (about 1/3 cup)
- 1 tsp vanilla extract
- 4 scoops Hydrolyzed Collagen (use any flavor for extra protein)
- 1/2 cup 70%+ cocoa chips (optional)

NUTRITON FACTS

Serving Size: 1 Cookie with coconut sugar and without cocoa chips

Per Serving:
Calories: 125 kcal
Fat: 4 g
Total Carbs: 9 g
Fiber 1 g
Net Carbs: 8 g
Protein: 6 g

Servings: 12



INSTRUCTIONS

- 1 First, preheat the oven to 350°F.
- 2 Line 2 cookie sheets with parchment paper or spray them with cooking spray. Set aside.
- 3 In a medium bowl, mix together oats, flour, baking soda, baking powder, cinnamon, nutmeg, collagen powder, and salt. Set aside.
- 4 In a large mixing bowl, beat together oil, butter, sugar, egg whites, and vanilla until fluffy and smooth.
- 5 Slowly add in the oat mixture, stirring to combine.
- 6 Add and lightly stir in cocoa chips.
- 7 Using a spoon, drop a tablespoonful cookie dough on sheet, about 2 inches apart. Press down with a fork.
- 8 Bake for ~10 minutes, or until golden brown. Don't worry if cookies seem a bit soft, they will harden up. Don't over-bake.
- 9 Remove from the oven and let cool on sheet for about 5 minutes.
- 10 Transfer to wire rack and allow to cool completely.

Keto Zone Salted Chocolate Toffee

INGREDIENTS

- 3/4 cup non-GMO erythritol
- 1/2 cup grass-fed butter
- 1/2 tsp organic vanilla extract
- 1/2 tsp sea salt
- 2 tbsp non-GMO erythritol
- 1/2 cup sugar-free chocolate, melted
- 1/2 tbsp grass-fed butter
- 1/2 cup toasted pecans, chopped

NUTRITON FACTS

Per serving:
Calories: 160 kcal
Total Carbs: 5 g
Fat: 15 g
Fiber: 2 g
Net Carbs: 3 g
Protein: 2 g

Servings: 12



INSTRUCTIONS

- 1 Cover a 9×13 inch pan with parchment paper.
- 2 Heat a medium saucepan over medium heat.
- 3 In the saucepan, combine 3/4 cup erythritol and 1/2 cup butter.
- 4 Stir until sweetener dissolves.
- 5 Without stirring, bring the mixture to a boil.
- 6 Remove mixture from heat.
- 7 Add in vanilla extract and salt.
- 8 Stir until well combined.
- 9 Pour the mixture on to the parchment lined pan.
- 10 Allow to cool completely.
- 11 In a small saucepan, melt chocolate and butter.
- 12 Add in 2 tablespoons erythritol to chocolate mixture and whisk until well combined.
- 13 Spread chocolate mixture over the cooled toffee.
- 14 Sprinkle with chopped pecans.
- 15 Place in the freezer for 1-2 hours or until fully set.
- 16 Remove from freezer.
- 17 Serve and enjoy!

Simple Keto Zone Hot Chocolate

INGREDIENTS

- 2 cups organic grass-fed whole milk or full-fat coconut cream
- 2 tbsp raw cocoa powder
- 1/2 tsp vanilla extract
- 1 scoop Hydrolyzed Collagen
- 1 scoop French Vanilla MCT Oil Powder
- 1 tsp keto sweetener
- 1/8 tsp sea salt

NUTRITON FACTS

Servings: 2

Per serving:
Calories: 205 kcal
Total Carbs: 8 g
Fat: 18 g
Fiber: 5 g
Net Carbs: 3 g
Protein: 18 g

Servings: 2



INSTRUCTIONS

- 1 Pour the milk into a large saucepan and bring to a simmer.
- 2 Add chocolate powder and vanilla to the milk and stir until combined.
- 3 Remove the pan from heat.
- 4 Combine MCT Oil Powder and collagen in a large blender.
- 5 Pour milk into the blender and blend until well combined.
- 6 Pour in to your favorite mugs and enjoy!

Immune Boosting Ginger Tea

INGREDIENTS

- 2 cups filtered water
- 2 tbsp fresh organic ginger root, chopped
- 1 organic cinnamon stick
- 1/2 organic lemon, juiced
- 1/2 tsp organic apple cider vinegar
- 1/4 teaspoon raw honey

NUTRITON FACTS

Per Serving:

Calories: 110 Kcal

Fat: 10 g

Total Carbohydrates: 8 g

Fiber: 3 g

Net Carbs: 5 g

Protein: 1 g

Servings: 1



INSTRUCTIONS

- 1 Add 2 cups of water to a pot over medium heat.
- 2 Add chopped ginger and cinnamon stick to the water.
- 3 Cover the pot and bring water to a simmer.
- 4 Allow water to simmer for at least 5 minutes.
- 5 Remove water from the heat.
- 6 Pour water through a fine mesh strainer in to your favorite tea cup.
- 7 Add in lemon, apple cider vinegar, and raw honey.
- 8 Stir until well combined (or blend for a frothier consistency).
- 9 Enjoy!