



Easy & Delicious
KETO
RECIPES

KETO

KETOSIS WEIGHT LOSS FORMULA

Easy & Delicious **KETO RECIPES**

by

PUREHEALTH[®]
RESEARCH

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TABLE OF CONTENTS

11 SIMPLE KETO-BOOSTING BREAKFAST RECIPES!

1.	3 EASY, ENERGIZING & REFRESHING SMOOTHIES:	8
	A. SOOTHING CHOCOLATE CINNAMON SMOOTHIE	8
	B. KALE & SPINACH SMOOTHIE	9
	C. REFRESHING STRAWBERRY-LIME SMOOTHIE	9
2.	KETO FRIENDLY FRENCH TOAST (+SUGAR-FREE MAPLE SYRUP).	10
3.	KETO FUELING AVOCADO & QUESO BREAKFAST FRITTATA	11
4.	HEARTY BREAKFAST BURRITO	12
5.	FAN-FAVORITE KETO OMELETS:	13
	A. KETO-WESTERN OMELET	13
	B. SPICY & CHEESY CHORIZO OMELET	13
	C. SAUSAGE SPINACH & FETA OMELET	14
6.	ON-THE-GO-BREAKFAST-BOWL	15
7.	HEALTHY HASH BROWNS	15

5 KETO-FUELING SNACK RECIPES

1.	FRESH LIME GUACAMOLE & KETO-FRIENDLY TORTILLA CHIPS	18
2.	HEALTHY CAULIFLOWER HUMMUS & SEA SALT, FLAX SEED CRACKERS	20
3.	CRUNCHY & CRISPY KALE CHIPS	21
4.	SIMPLE SUGAR-FREE PROTEIN BARS:	22
	A. SIMPLE YET SAVORY KETO PROTEIN BAR	23
	B. SUGAR-FREE PEANUT BUTTER PROTEIN BAR	24

9 SAVORY YET LEAN KETO LUNCH OPTIONS

1.	CREAMY CAULIFLOWER MAC "N" CHEES	26
2.	KETOGENIC CHICKEN ENCHILADA BOWL	27
3.	SPICY CHIPOTLE PORK WRAP	28
4.	QUICK CHICKEN SALAD RECIPE	29
5.	ALL-NATURAL AHI-TUNA POKE-BOWL	30
6.	BOLD & DELICIOUS BONE BROTH SOUP	31
7.	FAT-BURNING BUTTERNUT SQUASH SOUP	32
8.	CRISPY CAULIFLOWER FRIED RICE	33
9.	2 LOW-CARB/GUILT-FREE HEALTHY PIZZA RECIPES	34
	A. KETO MEATLOVER'S PIZZA	34
	B. MARGHERITA PIZZA RECIPE	35

10 MOUTHWATERING KETO-FRIENDLY APPETIZERS

1.	BANG-BANG CAULIFLOWER BITES	37
2.	CRISPY GARLIC CHICKEN WINGS (+3 SAUCE RECIPES)	38
	A. BUFFALO	39
	B. SWEET THAI CHILI	39
	C. PARMESAN GARLIC	39
3.	EASY AVOCADO DEVEILED EGGS	40
4.	NUTRITIOUS NACHOS!	41
5.	BACON WRAPPED STUFFED JALAPENO POPPERS	42

6.	SCRUMPTIOUS KETO CAULIFLOWER SAMOSAS	43
7.	KETO CHICKEN POTSTICKERS (+DIPPING SAUCE)	45
8.	KETO SHRIMP SPRING ROLLS (+PEANUT DIPPING SAUCE)	46
9.	SATISFYING & SAVORY SPINACH DIP	47
10.	OLD-BAY SEASONED CRAB DIP	48

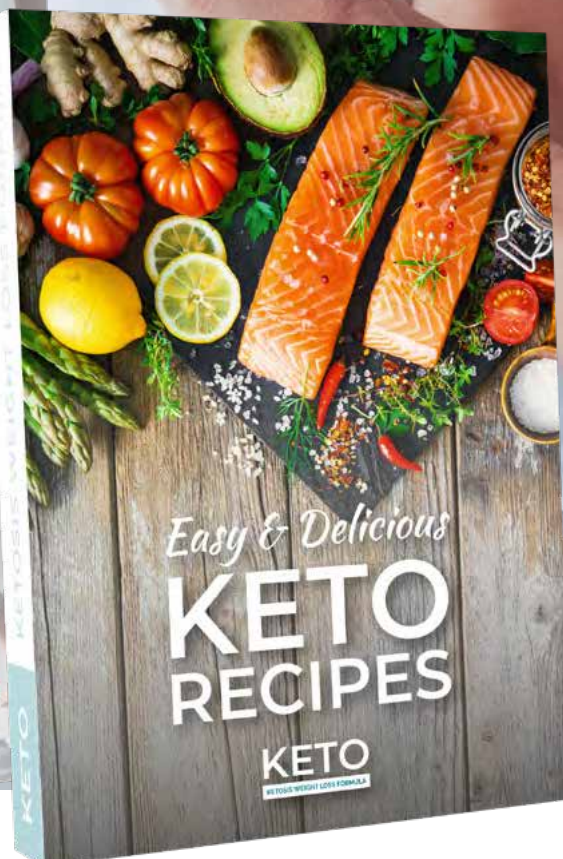
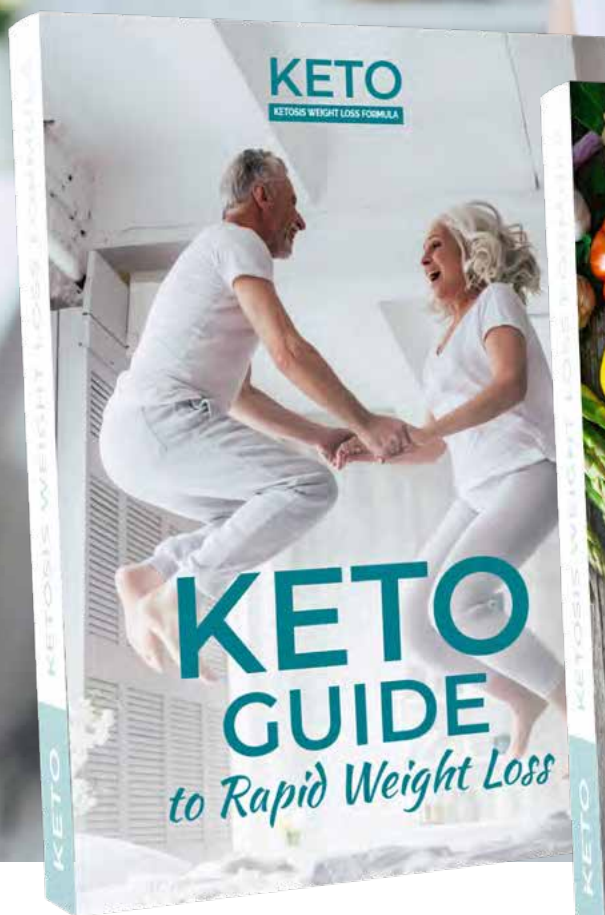
13 DELICIOUS & LOW-CARB DINNER ENTREES 49

1.	BODY SLIMMING STUFFED PEPPERS	50
2.	SIZZLING TACO SKILLET	51
3.	GREEN CHILI CARNE ENCHILADAS	52
4.	GRILLED CARNE ASADA	53
5.	GOURMET GENERAL TSO'S CHICKEN	54
6.	KETO SESAME CHICKEN & BROCCOLI	55
7.	SIMMERING SAAG PANEER	56
8.	CREAMY COCONUT CHICKEN CURRY	57
9.	TANTALIZING TANDOORI CHICKEN (+GARLIC NAAN RECIPE)	58
10.	SPAGHETTI & MEATBALLS (+GARLIC BREAD RECIPE)	59
11.	CLASSIC CHICKEN PARMIGIANA (+ SUGAR-FREE MARINARA SAUCE)	63
12.	SAUTÉED KETO SHRIMP SCAMPI & CARBONARA SPAGHETTI SQUASH	65
13.	BAKED SALMON IN A LEMON BUTTER SAUCE	66

7 HEAVENLY DESSERTS W/ NO ARTIFICIAL SUGARS! 67

1.	CRAVING KICKING CHOCOLATE CUPCAKES (+CHOCOLATE FROSTING)	68
2.	ZESTY BLUEBERRY LEMON MUFFINS	69
3.	DELECTABLE DEATH BY CHOCOLATE CAKE	70
4.	SUPER-SOFT KETO CHOCOLATE-CHIP COOKIES	71
5.	PUMPKIN CHEESECAKE MOUSSE	72
6.	SIN/SUGAR-FREE SUPER FUDGE BROWNIES	73
7.	KETO CARROT CAKE (W/ SUGAR-FREE CREAM CHEESE FROSTING)	74

BECOME
HAPPY
HEALTHY
& FIT
WITH



11 SIMPLE KETO-BOOSTING *breakfast* RECIPES!

STOP SKIPPING BREAKFAST with these 11 simple keto boosting recipes that are guaranteed to kick your mornings into gear. Listen, PureHealth knows the chaos of the morning commute and how hectic it can get to get up and to move on schedule that is why we found easy, yet delicious breakfast options that will have you leaping out of bed for the flavor alone! Stop feeling anxious, groggy and with no motivation as a result of the Dawn Effect (**IMPORTANT! SEE YOUR KETO GUIDE!**) and reclaim your health with these simple breakfasts that jumpstart your body into ketosis!





3 EASY, ENERGIZING & REFRESHING SMOOTHIES

QUICK REMINDER... A smoothie mixed with **KETO FORMULA** is the perfect way to kickstart your morning, just keep in mind that certain fruits like bananas can contain a lot of natural sugars that can equally cause glucose crashes... (See your **KETO GUIDE** for more.) Switch up your morning smoothie routine with these fun and quick recipes!



SOOTHING CHOCOLATE CINNAMON SMOOTHIE



INGREDIENTS: (MAKES 1 SERVING)

- 3/4 CUP COCONUT MILK
- 1/2 AVOCADO
- 1/4 TSP VANILLA EXTRACT
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 2 TSP CACAO POWDER (UNSWEETENED)
- 1 TSP CINNAMON POWDER
- 1 DASH OF ALL-NATURAL STEVIA

DIRECTIONS:

1. Peel & pit your avocado.
2. Add all of the ingredients into a blender and mix until your desired consistency.

KALE & SPINACH SMOOTHIE

INGREDIENTS: (MAKES 2 SERVING)

- 1 CELERY STICK
- 1/4 CUCUMBER
- 1 SERVING OF KETO FORMULA (PER SMOOTHIE SERVING)
- 1 CUP OF ALMOND MILK (UNSWEETENED)
- 1 TBSP ALMOND BUTTER
- JUICE FROM 1/2 LEMON
- 1 HANDFUL OF FRESH KALE
- 1 HANDFUL OF FRESH SPINACH LEAVES
- 1/2 AVOCADO

OPTIONAL: ADD 1 HANDFUL OF MINT FOR AN EXTRA REFRESHING BURST OF FLAVOR!

DIRECTIONS:

1. Add all of the ingredients into a blender and mix until your desired consistency.



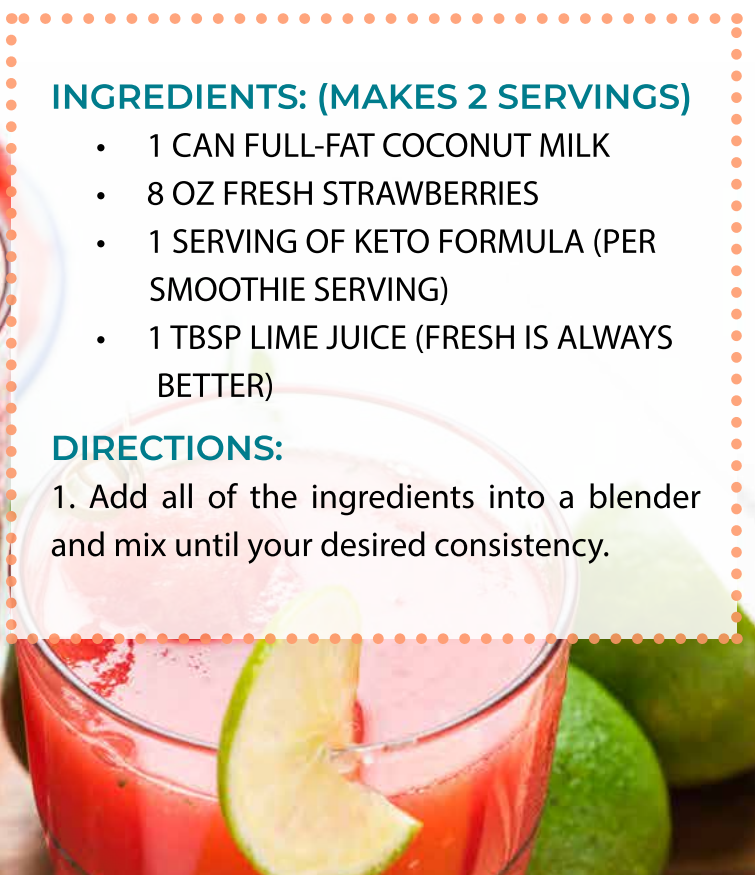
REFRESHING STRAWBERRY-LIME SMOOTHIE

INGREDIENTS: (MAKES 2 SERVINGS)

- 1 CAN FULL-FAT COCONUT MILK
- 8 OZ FRESH STRAWBERRIES
- 1 SERVING OF KETO FORMULA (PER SMOOTHIE SERVING)
- 1 TBSP LIME JUICE (FRESH IS ALWAYS BETTER)

DIRECTIONS:

1. Add all of the ingredients into a blender and mix until your desired consistency.



KETO-FRIENDLY CINNAMON FRENCH TOAST



INGREDIENTS: (MAKES 3-4 SERVINGS)

- 1 LARGE EGGPLANT
- 2 MEDIUM SIZED ORGANIC EGGS
- 1 TSP CINNAMON
- 1/4 CUP MILK
- 1 SERVING OF KETO FORMULA (MIX IN BATTER)
- 1 TSP CINNAMON OR PUMPKIN PIE SPICE
- 1/8 TSP NUTMEG (OMIT IF USING PUMPKIN PIE SPICE)
- 1 TSP VANILLA EXTRACT
- COCONUT OIL (FOR FRYING)

EGGPLANT PREP:

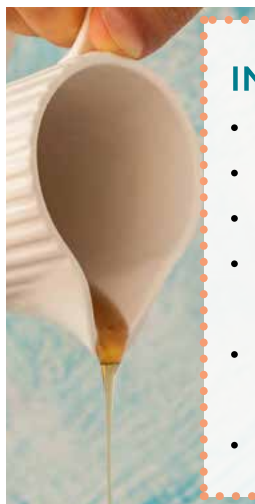
1. Peel, then slice your eggplant into 1/2-inch circles.
2. Lightly sprinkle both sides with salt and let sit as you prepare the batter.

BATTER PREP:

- Add your eggs, milk, spices, and vanilla to the bowl and whisk well. Then, start heating a pan on a medium flame.
- Blot both sides of the eggplant with a paper towel and remove any excess moisture.
- Add the eggplant to bowl of batter and poke a few small holes in the eggplant. (This allows the moisture and flavor to soak in thoroughly.) Cook as you would typical French toast, flipping when one side appears golden and repeating when needed.

BONUS RECIPE: SUGAR-FREE MAPLE SYRUP

(AFTER ALL... WHAT'S FRENCH TOAST WITHOUT A LITTLE MAPLE SYRUP?)



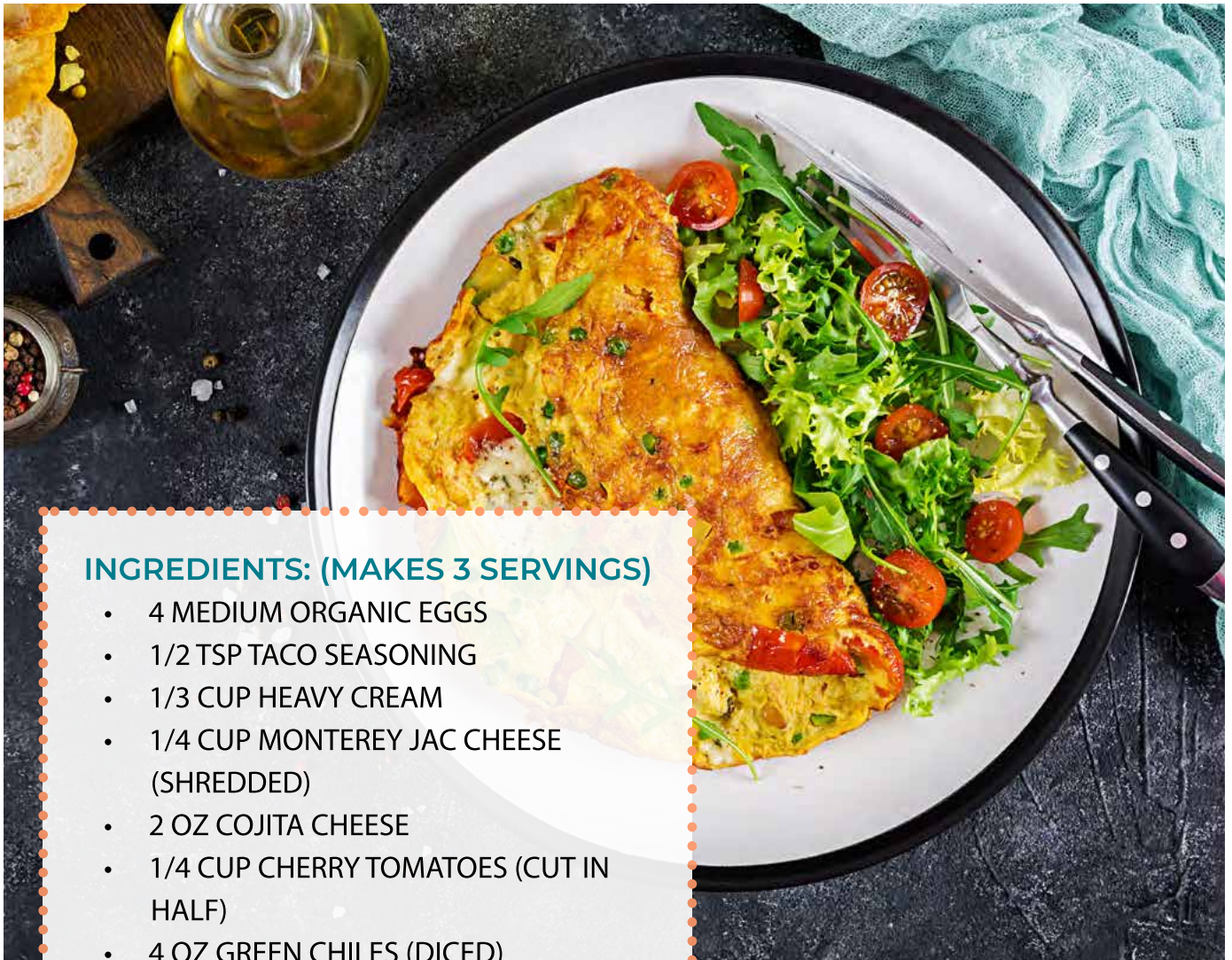
INGREDIENTS:

- 2 CUPS COLD WATER
- 1/8 TSP XANTHAN GUM
- 1/4 TSP MINERAL SALT
- 2/3 CUP ALL-NATURAL STEVIA
- 1 TBSP ORGANIC MAPLE FLAVORING
- 1/2 TSP VANILLA EXTRACT

DIRECTIONS:

1. Mix 1/4 cup cold water with your xanthan gum.
2. Mix the remaining water & salt in a saucepan and bring your mix to a boil.
3. Mix in the xanthan gum water mix from earlier and whisk well.
4. Stir until you feel a thick texture forming.
5. Remove from the heat, then slowly add in the maple flavoring & vanilla.
6. Let sit and cool. (You should have a thick texture after it cools.)
7. Store in an airtight container in your fridge.

KETO-FUELING AVOCADO & QUESO BREAKFAST FRITTATA



INGREDIENTS: (MAKES 3 SERVINGS)

- 4 MEDIUM ORGANIC EGGS
- 1/2 TSP TACO SEASONING
- 1/3 CUP HEAVY CREAM
- 1/4 CUP MONTEREY JACK CHEESE (SHREDDED)
- 2 OZ COJITA CHEESE
- 1/4 CUP CHERRY TOMATOES (CUT IN HALF)
- 4 OZ GREEN CHILES (DICED)
- 1/3 CUP GREEN ONIONS (SLICED)
- 1/2 AVOCADO (SLICED)
- 2 BACON STRIPS

DIRECTIONS:

1. Preheat your oven to 400 degrees (F.) Then, in a large bowl whisk together your eggs, cream & spices.
2. Cook bacon in a cast iron skillet over medium-high heat until crispy.
3. Chop the bacon and drain all but two TBSP of the fat.
4. Add the onion, green chilis, jack cheese, and eggs into the skillet and top with bacon crumbles, avocado slices, cherry tomatoes halves, and the crumbled cotija cheese.
5. Bake for 10-12 mins.
6. Let cool, slice, and serve!

HEARTY BREAKFAST BURRITO

KETO TORTILLA RECIPE

INGREDIENTS: (MAKES 1 SERVING)

- 2 MEDIUM ORGANIC EGGS
- 1 TBSP OF CREAM (FULL-FAT)
- 1 TBSP ORGANIC BUTTER
- 1 TBSP CHIVES (CHOPPED)
- 1 TBSP FRESH ROSEMARY (CHOPPED)
- 1 TSP ONION FLAKES
- 1 PINCH CHILI FLAKES
- 1/4 TSP CORIANDER (DRIED)
- 1/4 TSP CUMIN (DRIED)
- 1/4 CUP CHEESE (SHREDDED)

DIRECTIONS:

1. Whisk your eggs, cream, and chosen herbs and spices together in a small bowl.
2. Melt the butter in the frying pan then pour in the above burrito egg mixture.
3. Spread the mix and make sure it is evenly layered thin.
4. Place a lid over the mix and let cook for 2 mins.
5. Lift the burrito from the frying pan with a spatula.
6. Add your favorite fillings
7. Roll up & enjoy!



POSSIBLE BURRITO FILLINGS:

- BACON
- EGGS
- CHEESE
- SAUSAGE
- CANADIAN BACON
- SOUR CREAM/CREAM CHEESE
- GUACAMOLE/AVOCADO
- SPINACH/LETTUCE
- HORSERADISH SAUCE
- HAM

FAN-FAVORITE KETO OMELETS

KETO-WESTERN OMELETE:

INGREDIENTS: (MAKES 1 SERVING)

- 3 MEDIUM ORGANIC EGGS
- 1 TBSP SOUR CREAM
- SALT & PEPPER
- 1.5 OZ CHEESE OF CHOICE (SHREDDED)
- 1 OZ BUTTER
- 1/4 YELLOW ONION (FINELY CHOPPED)
- 1/4 GREEN BELL PEPPER (CHOPPED)
- 2.5 OZ SMOKED DELI-HAM (DICED)



DIRECTIONS:

1. In a mixing bowl, whisk eggs & cream/sour cream until fluffy. Add salt & pepper.
2. Add half of your shredded cheese & mix well.
3. Melt the butter in a frying pan on medium heat; and use it to sauté the diced ham, onion & peppers.
4. Add your egg mix & fry until almost firm.
5. Lower the heat then, sprinkle the rest of the cheese on top & fold the omelet over.
6. Serve immediately for best taste.

SPICY & CHEESY CHORIZO OMELET:



INGREDIENTS: (MAKES 1 SERVING)

- 2 LARGE ORGANIC EGGS
- 1/4 CUP FRESH SPINACH (CHOPPED)
- 2 TBSPS WHITE ONION
- 2 TBSP HEAVY WHIPPING CREAM
- 2 OZ OF CHORIZO (CHOPPED)
- 1/4 CUP CHEDDAR CHEESE (SHREDDED)
- SALT & PEPPER (TO TASTE)

DIRECTIONS:

1. Prepare the chorizo by following the packages instructions.
2. Whisk the eggs, spinach, heavy whipping cream & onion.
3. Pour the mixture into a non-stick skillet & cook at a low to medium heat.
4. Flip omelet & cover briefly with a lid.
5. Sprinkle cheese on other side & cook evenly.
6. Remove from heat & place on a plate.
7. Add cooked chorizo to omelet & roll egg.
8. Top with sour cream, diced avocado, bacon or even more chorizo.

Toppings: (OPTIONAL)

- 1 TBSP SOUR CREAM
- AVOCADO
- 1 SLICE OF BACON (CRUMBLED)

SAUSAGE, SPINACH & FETA OMELET:



INGREDIENTS: (MAKES 1 SERVING)

- 3 LARGE SIZED ORGANIC EGGS
- 2 SMALL BREAKFAST SAUSAGE
- 1 CUP SPINACH LEAVES
- 1/4 CUP HALF N' HALF
- 1 TBSP FETA CHEESE
- 1/2 TBSP OLIVE OIL
- PINCH SALT
- PINCH FRESHLY GROUND

DIRECTIONS:

1. Heat 2 pans on a medium flame & add olive oil to only one of them.
2. Scramble your eggs and add half and half and seasonings to the bowl.
3. Add sausage & let it cook while you prepare the rest of the dish.
4. Next, sauté your spinach with salt & pepper in the oiled pan.
5. Once cooked, put them in a bowl together and transfer the olive oil to the pan with the sausage fat.
6. Pour your eggs into your pan with drippings.
7. Cook and once the edges of the omelet start to curl, add the sausage, spinach, and cheese.
8. Flip half of the omelet over and after 1 min. flip it again and once more to close it after 2-3 mins.
9. Steam your omelet by covering the first pan with the second pan.

ON-THE-GO KETO BREAKFAST-BOWL



INGREDIENTS: (MAKES 1 SERVING)

- 2 MEDIUM SIZED ORGANIC EGGS
- 2 TBSP ALL-NATURAL BUTTER
- 1/2 AVOCADO (SLICED)
- 3 STRIPS OF BACON (CRUMBLED)
- 1/2 CUP CHEDDAR CHEESE (SHREDDED)
- 1/4 CUP SALSA

DIRECTIONS:

1. In a medium-sized skillet, melt the two TBSP of butter on medium flame.
2. In a separate bowl, scramble your two eggs.
3. Place the eggs into the skillet.
4. Once cooked to your preferred consistency, place the eggs at the bottom of a soup bowl.
5. Top the eggs with the shredded cheese & bacon.
6. Slice the avocado & then place its slices on top.
7. Top your bowl with salsa & enjoy!

HEALTHY HASH BROWNS



INGREDIENTS: (MAKES 3-4 SERVINGS)

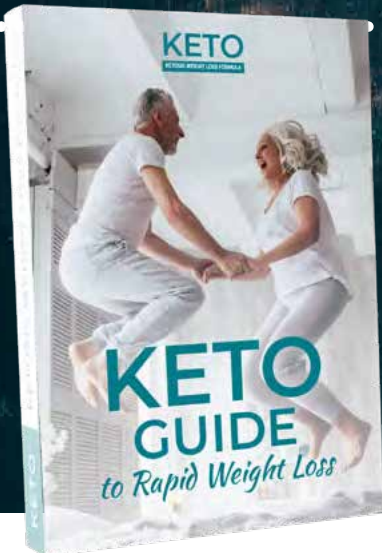
- 3 CUPS CAULIFLOWER (GRATED)
- 1 CUP CHEDDAR CHEESE (SHREDDED)
- 1 LARGE ORGANIC EGG
- 1/4 CUP BACON BITS
- 1 TBSP CHIVES (DICED)
- 1/2 TSP SALT
- 1/8 TSP GROUND BLACK PEPPER

DIRECTIONS:

1. Preheat your oven to 400 degrees (F).
2. Grate your cauliflower and place in a microwave-safe bowl. Then, cook on high for 2 mins then, let cool for 5 mins.
3. Wring your cauliflower in a clean dish towel by squeezing out as much moisture as possible.
4. Transfer the cauliflower to a large mixing bowl and add your cheddar cheese, egg, bacon bits, chives, salt, pepper, and cayenne. (Mix well.)
5. Spray a large baking sheet with cooking spray and divide cauliflower mixture into 6 equal portions, making sure to leave space between each one. Then, flatten with your hands and shape into ovals.
6. Bake until it appears brown (should take around 15 mins.) Then, turn the broiler on low and broil until crispy (usually around 5 mins.)
7. Cool for 5 mins.

KETO-FUELING SNACK RECIPES

Stop mid-day sugar crashes with these healthy keto-fueling snack recipes! PureHealth knows how easy it is to cave into a bag of chips or a candy bar for a quick pick me up. Now is the time to remember that your body spends way, way too much time breaking down unnecessary sugars that it causes you to **LOSE** energy when you might need it the most. Your body will feel the side effects as you try and push through your day while fueled on false energy. Here are safe keto snacks to eat if you find your stomach grumbling before lunch at work. (**WAIT!** Discover more keto snacks to choose from in your easy to ready **KETO GUIDE!**)



FRESH LIME GUACAMOLE & KETO-FRIENDLY TORTILLA CHIPS



KETO TORTILLA CHIPS:

INGREDIENTS: (MAKES 3-4 SERVINGS)

- 1.5 CUPS PART-SKIM MOZZARELLA (SHREDDED)
- 1/2 CUP ALMOND FLOUR (SEE NOTE)
- 1 TBSP GOLDEN FLAXSEED MEAL
- 1/4 TSP SALT
- 1/8 TSP BLACK PEPPER

DIRECTIONS:

1. Preheat your oven to 375 (F.) Then, line 2 large baking sheets with parchment paper.
2. Melt your cheese in a double boiler.
3. Fork the melted cheese into the almond flour, flaxseed meal, salt, and pepper. (Knead until it forms a dough.)
4. Cut the dough into 2 equal balls and roll each out onto the prepared baking sheets into two 8x10-inch rectangles.
5. Cut each into square or triangle-shaped chips and spread the chips out on the baking sheets so they're not touching.
6. Bake until the chips are golden brown on both sides. (Typically takes around 10-15 mins. with flipping the chips once halfway through.) Serve & Enjoy!

Note* Chips stay fresh for up to 3 days in an airtight container at room temperature. To re-crisp, the chips, bake them for 5 mins. at 350 degrees (F.)

SEE FRESH LIME GUACAMOLE RECIPE IN NEXT PAGE!



FRESH LIME GUACAMOLE:

INGREDIENTS:

(MAKES 3-4 SERVINGS)

- 1-2 MEDIUM AVOCADOS
- 2 TSP OF FRESH LIME JUICE
- SALT & PEPPER (TO TASTE)
- 1/4 TSP OF CUMIN (GROUND)
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1 GARLIC CLOVE (CRUSHED)
- 1/8 TSP OF CHILLI POWDER
- 1/8 TSP OF SMOKED PAPRIKA
- 1 TBSP OF CILANTRO (CHOPPED FINELY)
- 2 TBSP OF SCALLIONS (THINLY SLICED)
- 1 TBSP OF SOUR CREAM

DIRECTIONS:

1. Spilt the avocados in half and removed the pit. Scoop the inside into a bowl and add lime juice.
2. Add all the rest of the ingredients & mix well.
3. Serve with your homemade tortilla chips from earlier!

Note* WHILE ALMOND FLOUR & COCONUT FLOUR IS "HEALTHIER" IT'S BEST TO USE ANY TYPE OF FLOUR ONLY ON OCCASION.

HEALTHY CAULIFLOWER HUMMUS & SEA SALT, FLAX SEED CRACKERS



SEA SALT, FLAX SEED CRACKERS:

INGREDIENTS: (MAKES 3 SERVINGS)

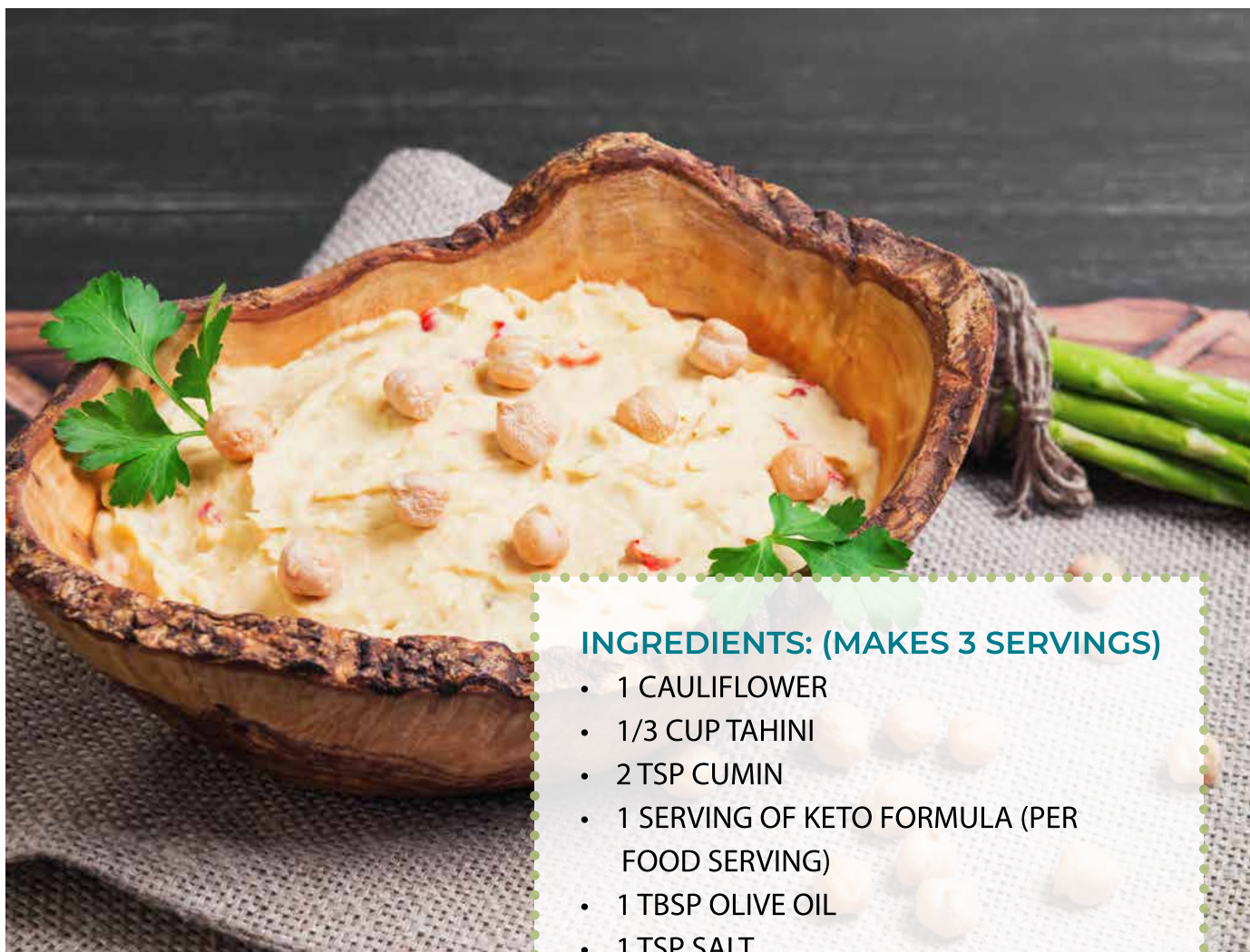
- 1 CUP FLAX SEEDS (GROUND OR MILLED)
- 2 MEDIUM SIZED ORGANIC EGGS
- 1/2 CUP CHOICE OF PARMESAN OR ROMANO CHEESE (GRATED)
- 1 TSP FRESH ROSEMARY (MINCED)
- SEA SALT

DIRECTIONS:

1. Preheat your oven to 350 degrees (F.) & spray a cooking sheet with a nonstick spray.
2. Add all of the ingredients (minus the salt) to a medium bowl and stir. Then, let your mix sit for about 5 mins.
3. Spray a clean countertop or large cutting board with nonstick spray.
4. Form your dough into a ball and place on the greased counter or large cutting board.
5. Use a biscuit or cookie cutter, or just use a sharp knife to cut a grid of 1-inch squares. Use a small spatula to transfer the individual squares onto your pan. (Keep rerolling and cutting your scraps until the dough is all gone.)
6. Lightly sprinkle salt on top and bake for 10 mins. Then, remove flip, and bake for another 3 mins. (Cook longer if you would like the crackers crispy.)

HEALTHY CAULIFLOWER HUMMUS RECIPE IN NEXT PAGE!

HEALTHY CAULIFLOWER HUMMUS:



INGREDIENTS: (MAKES 3 SERVINGS)

- 1 CAULIFLOWER
- 1/3 CUP TAHINI
- 2 TSP CUMIN
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1 TBSP OLIVE OIL
- 1 TSP SALT
- 1/2 TSP SMOKED PAPRIKA
- 2 CLOVES GARLIC (CRUSHED)

DIRECTIONS:

1. Preheat your oven to 355 (F.) and remove the florets from the cauliflower.
2. Place the cauliflower on a baking tray and cover with your cumin. (Bake for 30 mins. letting all the water evaporate from the cauliflower.)
3. Remove the cauliflower and blend until you have a chunky consistency.
4. Add your tahini, crushed garlic, paprika, and salt and blend again.
5. Serve in a small bowl, covering with olive oil, and coriander.



CRUNCHY & CRISPY KALE CHIPS

INGREDIENTS: (MAKES 12 SERVINGS)

- 2 BUNCHES KALE
- 2 TBSP ALMOND BUTTER
- 1 TBSP OLIVE OIL
- 1/2 TSP GROUND CUMIN
- 1/2 TSP CHILI POWDER
- 1/2 TSP GARLIC POWDER
- 1/8 TSP OF CAYENNE PEPPER
- 1/2 TSP SALT

DIRECTIONS:

1. Preheat your oven to 350 degrees (F) and wash the kale. Dry thoroughly with paper towels afterward.
2. Mix the nut butter, oil, spices, and salt and pour over the plucked kale. Then, use your hands to cover the kale leaves until each one is evenly coated with your mix.
3. Lay your kale leaves out flat on 3-4 full sized baking sheets. Do not overlap. Bake for 10-11 mins until crisp.
4. Cool for a few mins and enjoy!

SIMPLE SUGAR-FREE PROTEIN BARS

A SIMPLE YET SAVORY KETO PROTEIN BAR



INGREDIENTS: (MAKES 5 SERVINGS)

- 1 CUP RAW ALMONDS (CHOPPED)
- 1 CUP SLIVERED ALMONDS
- 1 CUP COCONUT FLAKES (UNSWEETENED)
- 1 LARGE ORGANIC EGG
- 4 TBSP MONK FRUIT
- 1 SERVING OF **KETO FORMULA** (PER FOOD SERVING)
- 2 TBSP ALMOND BUTTER
- 1 TBSP COCONUT OIL
- 3/4 TSP SEA SALT
- 1/4 CUP STEVIA SWEETENED CHOCOLATE CHIPS



DIRECTIONS:

1. Heat your oven to 375 (F.) degrees and line an 8 x 8-inch pan with parchment paper. (LEAVE YOURSELF SOME ROOM NEAR THE EDGES FOR HANDLES.)
2. Place the chopped almonds, slivered almonds and coconut flakes on 3 separate small baking sheets. Bake until golden brown and toasted. (Coconut takes 2-4 mins, slivered almonds 3-5 mins & chopped almonds 7-12 mins.) Let cool completely and reduce the oven temperature to 350 (F.)
3. In a large bowl, whisk together the egg and monk fruit.
4. In a separate small, microwave-safe bowl, melt the almond butter and coconut oil until smooth then, whisk your melted butter into the egg mixture.
5. Add in all the nuts, coconut and salt and stir until well combined and stir in the chocolate chips.
6. Press FIRMLY into the prepared pan. I like to hold a little piece of parchment paper to make this easier. Put some muscle into it because you need to pack these in, so they stick together.
7. Bake for about 15 mins. at 350 degrees (F.)

SUGAR-FREE PEANUT BUTTER PROTEIN BAR:



INGREDIENTS: (MAKES 8 SERVINGS)

- 3/4 CUP PEANUT BUTTER (WE SUGGEST USING CREAMY)
- 1/3 CUP ORGANIC HONEY
- 2 TBSP COCONUT OIL
- 2 CUPS ROLLED OATS
- 1 SERVING OF **KETO FORMULA** (PER FOOD SERVING)
- 3 TBSP FLAXSEED MEAL
- 1/4 TSP GROUND CINNAMON
- 1/4 TSP KOSHER SALT
- 1/3 CUP MINI CHOCOLATE CHIPS (SUGAR-FREE)



DIRECTIONS:

1. Line an 8 x 8-inch baking pan with parchment paper. (LEAVE YOURSELF SOME ROOM NEAR THE EDGES FOR HANDLES.)
2. Place the peanut butter, honey, and coconut oil in a medium heat resistant bowl and set the bowl over a saucepan of simmering water. (DO NOT LET THE WATER BOIL & make sure the water does not touch the bottom of your mixing bowl.) Stir and heat until the mixture is smoothly combined then, remove the bowl from the saucepan and turn off the heat.
3. Add the oats, protein powder, flaxseed, cinnamon, and salt to your peanut butter bowl and stir. (The mixture may seem dry but will loosen as you stir.) If the mixture is too warm, put your bowl into the refrigerator to let it cool for a few mins then, stir in the chocolate chips.
4. Press the mix firmly into your prepared pan and refrigerate for 1 hr.
5. Transfer the bars onto a cutting board, slice and enjoy!

SAVORY YET LEAN KETO

Lunch OPTIONS

Discover how to make all-natural lunch recipes that will never drastically throw you off ketosis! PureHealth knows lunchtime meal decisions can be rough, especially if you are at work or are on the road with limited options available to you. That's why prepping these quick, fresh and savory lunch ideas is the next level of commitment that will honestly seem effortless. Look below and see how easy it is to give up mid-day carbs so ketosis can carry on and so you can burn natural energy and achieve the power to be the most productive you possible. Plus, as an added perk you will start developing a better idea of your meal plan for the week as you begin preparing your lunches. A step that will help ensure ketosis is on track for your entire week! (If you need help choosing food lunch options at restaurants then, quickly consult your KETO GUIDE!)



CREAMY CAULIFLOWER MAC “N” CHEESE



INGREDIENTS: (MAKES 4 SERVINGS)

- 4 BACON STRIPS
- 4 CUPS WATER
- 1 LARGE HEAD CAULIFLOWER
- 2 TSP KOSHER SALT (DIVIDED)
- 4 OZ CREAM CHEESE
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1/3 CUP HEAVY CREAM
- 1/4 TSP CAYENNE PEPPER
- 1 TSP PAPRIKA
- 2 CUPS CHEDDAR CHEESE (SHREDDED)

DIRECTIONS:

1. Heat a large pan over a medium-high flame and cook the bacon until crispy. (Remove the bacon from the pan and blot the excess grease with a paper towel. Chop your bacon and set aside for later.)
2. Add in the 4 cups of water and bring to a boil.
3. Chop the cauliflower into small florets.
4. Add 1 tsp of salt and the cauliflower to the boiling water then, cover and cook for 4 mins. Then, drain the cauliflower.
5. Use that same saucepan and add in the cream cheese, heavy cream, remaining salt, the cayenne, and paprika. Stir and cook for 4 mins. (Texture should appear smooth and thick.)
6. Drop in the cauliflower and add your cheddar cheese. (Once the cheese is melted you can add your chopped bacon from earlier.)
7. Serve in bowls and garnish with parsley. (Optional)

KETOGENIC CHICKEN ENCHILADA BOWL

INGREDIENTS:

- 2 TBSP COCONUT OIL (FOR SEARING CHICKEN)
- 1 LBS CHICKEN THIGHS (BONELESS & SKINLESS)
- 3/4 CUP RED ENCHILADA SAUCE (RECIPE FROM LOW CARB MAVEN)
- 1/4 CUP WATER
- 1/4 CUP ONION (CHOPPED)
- 4 OZ GREEN CHILES (DICED)



DIRECTIONS:

1. Warm a pot over medium heat melt and the coconut oil and cook the chicken thighs until they turn light brown.
2. Pour in enchilada sauce and water then add onion and green chilis. Reduce heat to a simmer and cover. Cook chicken for 20-25 mins. (Chicken should be tender and fully cooked through to at least 165 degrees (F.)
3. Carefully remove the chicken from the stove and chop (or shred) it back into the pot.
4. Let the chicken simmer (uncovered) for 10 mins. (To absorb flavor.)
5. Serve topped with avocado, cheese, jalapeno, sour cream, tomato, or any other desired toppings.

TOPPINGS (OPTIONAL):

- 1 AVOCADO (DICED)
- 1 CUP CHEDDAR CHEESE (SHREDDED)
- 1/4 CUP JALAPENOS (CHOPPED)
- 1/2 CUP SOUR CREAM
- 1 ROMA TOMATO (CHOPPED)

SPICY CHIPOTLE PORK WRAP



INGREDIENTS: (MAKES 6 SERVINGS)

- 5 PULLED PORK RIBS
- 2 TSP LOW CARB KETCHUP
- 6 LETTUCE LEAVES
- 1/3 GREEN BELL PEPPER
- 1/4 MEDIUM ONION
- 1/2 TSP RED PEPPER FLAKES

DIRECTIONS:

1. Slice the onion and pepper into thin pieces. Set aside.
2. Prepare the ribs. You can either heat the meat.
3. Cut the ribs and separate the meat from the bones. Pull the meat by hand or scrape it using a sharp knife.
4. Chop the meat into bite-sized pieces and place a spoonful of meat onto a lettuce leaf.
5. Top with low carb ketchup and sliced onion and pepper.
6. Roll the leaf carefully and sprinkle some red pepper flakes on top to add more flavor.

QUICK CHICKEN SALAD RECIPE



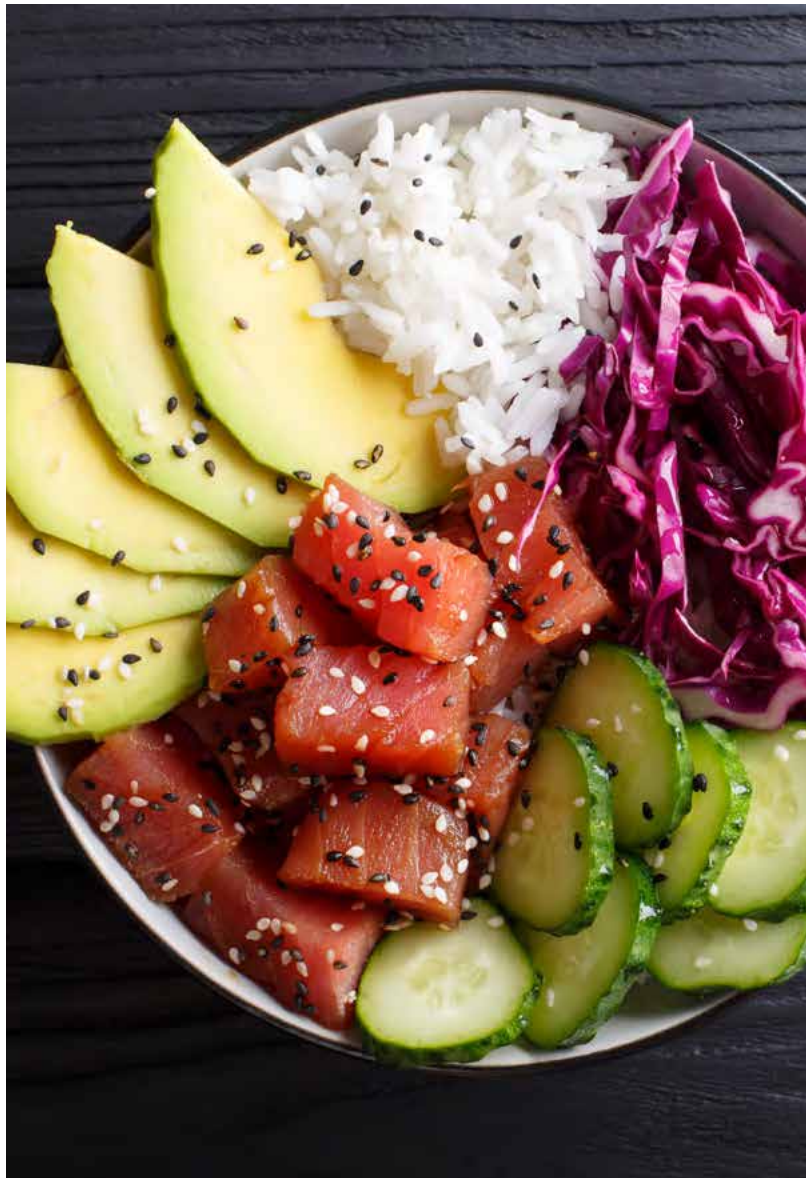
INGREDIENTS: (MAKES 6 SERVINGS)

- 6 CHICKEN BREASTS (SKINLESS)
- 3 RIBS CELERY (DICED)
- 1/2 CUP MAYO
- 2 TSP BROWN MUSTARD
- 1/2 TSP SEA SALT
- 2 TBSP FRESH DILL (CHOPPED)
- 1/4 CUP CHOPPED PECANS
- FRESH PARSLEY (CHOPPED FOR GARNISH)

DIRECTIONS:

1. Preheat oven to 450 degrees (F.) and line baking sheet with parchment paper. (LEAVE ROOM NEAR THE EDGES FOR HANDLES.)
2. Bake chicken breast until it is fully cooked. (15 mins.)
3. Cool and cut the chicken into bite-sized pieces.
4. Add chicken, celery, mayo, brown mustard, and salt into a large bowl and toss until chicken is fully coated and ingredients are well-combined.
5. Cover the bowl with plastic wrap and refrigerate for 1-2 hours.
6. Serve chilled and lightly tossed with your fresh dill and chopped pecans.

ALL-NATURAL AHI-TUNA POKE-BOWL



MARINADE RECIPE:

INGREDIENTS: (MAKES 1 SERVING)

- 4 OZ RAW TUNA
- 2 TBSP LIQUID AMINOS
- 1 TSP SESAME OIL
- 1 TSP RICE WINE VINEGAR
- 1 TSP CHILI GARLIC SAUCE
- 1 DROP LIQUID STEVIA

BOWL FILLINGS:

INGREDIENTS: (MAKES 1 SERVING)

- 1/4 CUP CUCUMBER (DICED OR SLICED)
- 1/2 AVOCADO
- 1 CUPS CABBAGE
- 1/2 TSP SESAME OIL
- 1/2 TSP RICE WINE VINEGAR
- 1/4 TSP SESAME SEEDS
- 2 TBSP CHOPPED NORI WRAPPER (OPTIONAL)
- 1 TBSP CHOPPED SCALLIONS (OPTIONAL)
- 1 TSP CRUSHED PEANUTS (OPTIONAL)

DIRECTIONS:

1. Cut tuna steak into bite-sized pieces then, put aside for later.
2. Add the ingredients for the marinade together into a medium-sized bowl and toss in the tuna. Cover the bowl with plastic wrap making sure there is wrap is pressing against the tuna. (Let sit in your fridge for 2+ hours.)
3. Slice cucumber & avocado and put aside for later.
4. Take the bowl out of the fridge and add cabbage then, lightly drizzle with sesame oil and rice wine vinegar and toss. Garnish with cucumber and avocado.
5. Once tuna has been marinating for at least 2 hours remove from bowl leaving excess marinade in bowl and place on top of the cabbage.
6. Sprinkle with sesame seeds, sushi nori, and scallions. (Optional)

BOLD & DELICIOUS BONE BROTH SOUP



INGREDIENTS: (MAKES 8 SERVINGS)

- 4 OZ BUTTER
- 2 CELERY STALKS
- 6 OZ MUSHROOMS (SLICED)
- 2 GARLIC CLOVES (MINCED)
- 2 TBSP DRIED ONION (MINCED)
- 2 TSP PARSLEY (DRIED)
- 1 SERVING OF PureHealth Bone Broth (PER FOOD SERVING)
- 1 TSP SEA SALT
- 1/4 TSP GROUND BLACK PEPPER
- 8 CUPS CHICKEN BROTH
- 1 MEDIUM CARROT
- 1.5 ROTISSERIE CHICKEN (PULLED OR SHREDDED)
- 2 CUPS GREEN CABBAGE (SLICED)

DIRECTIONS:

1. Melt the butter in a large pot.
2. Slice the celery stalks and mushrooms into small pieces.
3. Add dried onion, celery, mushrooms and garlic into the pot and cook for 3-4 mins.
4. Add broth, carrot, parsley, salt, and pepper. (Cook on a simmer until vegetables feel tender.)
5. Add cooked chicken and sliced cabbage and simmer for 8-12 mins.

FAT-BURNING BUTTERNUT SQUASH SOUP



INGREDIENTS: (MAKES 10 SERVINGS)

- 3 LBS BUTTERNUT SQUASH (PEELED, SEEDED, CUBED)
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- 1 GARLIC CLOVE (MINCED)
- 1 CUP ONION (CHOPPED)
- 1 SERVING OF KETO Bone Broth (PER FOOD SERVING)
- 3 CUPS WATER
- 1/2 TSP MARJORAM
- 1/4 TSP GROUND NUTMEG
- 1/2 TSP SALT
- 1/2 TSP PEPPER
- 1/8 TSP CAYENNE PEPPER
- 1 TBSP BUTTER

DIRECTIONS:

1. In a large pot heat your oil and cook the garlic and the onion until it becomes translucent.
2. Add the squash and broth and water to the pot.
3. Bring the pot to a boil and simmer for 15-20 mins.
4. Remove squash with a slotted spoon and puree in the blender.
5. Return squash to pot and add seasonings and butter.
6. Top with sour cream and toasted pumpkin seeds & serve!

CRISPY CAULIFLOWER FRIED RICE



INGREDIENTS: (MAKES 4 SERVINGS)

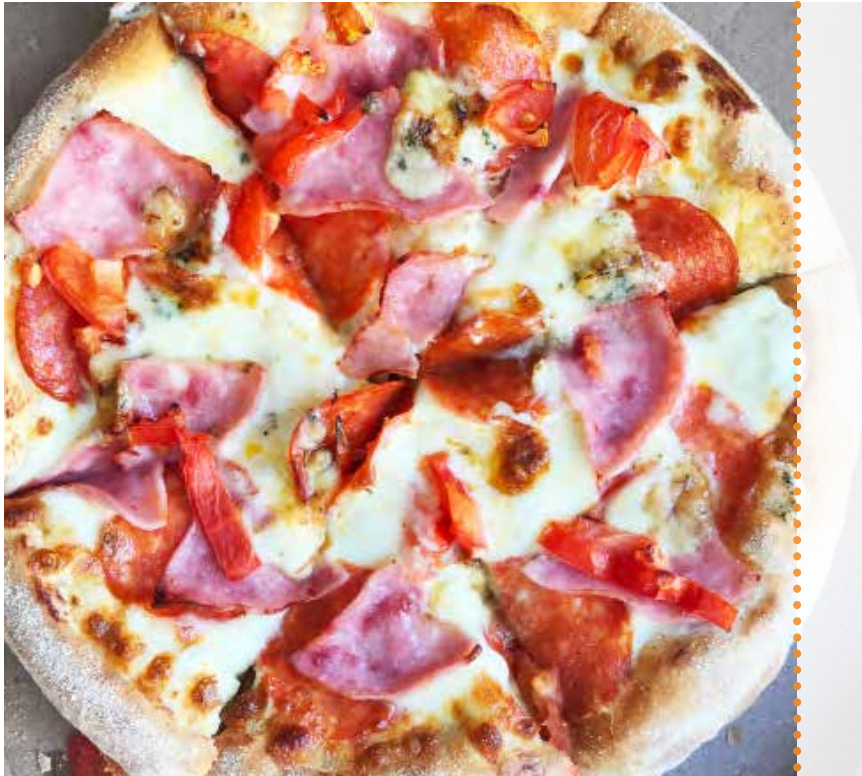
- 1 SMALL-MEDIUM CAULIFLOWER (RICED)
- 1 TBSP COCONUT OIL
- 1/4 CUP ONION (CHOPPED)
- 1 LB CHICKEN BREAST (CUBED)
- 1/2 TSP GARLIC POWDER
- SALT & PEPPER (TO TASTE)
- 1 TBSP SRIRACHA
- 2 TBSP SOY SAUCE
- 2 CUPS BROCCOLI
- 2 TBSP WATER
- 1 MEDIUM ORGANIC EGG
- 1 STALK GREEN ONION (SLICED)

DIRECTIONS:

1. Remove core & leaves from cauliflower and cut into florets. Then, place them into a food processor and pulse until it becomes a rice-like texture. (Set aside in a large bowl for later)
2. Warm a skillet over a medium flame and heat your coconut oil. When melted, add onion to the pan and sauté until fragrant.
3. Add chicken to skillet and sprinkle with garlic powder, salt, and pepper. (Cook chicken until golden.)
4. Pour sriracha and half your soy sauce portion into the pan to coat chicken.
5. Add broccoli and water to pan and steam for about 5-7 mins.
6. Place the cauliflower rice into a pan with a little bit of salt and your remaining soy sauce.
7. Gently stir so cauliflower rice is coated and continue cooking for about 15-20 mins.
8. Move the cauliflower rice and veggies so there is a hole in the center. Then, crack an egg open in the center of the pan and let it fry. (Break the yolk apart with a fork.)
9. Gently mix it in with the cauliflower rice once your egg is fully cooked and garnish with sliced green onions and sesame seeds (OPTIONAL.)

LOW-CARB/GUILT-FREE HEALTHY PIZZA...

KETO MEATLOVER'S PIZZA:



INGREDIENTS: (MAKES 6 SLICES)

- 6 OZ PRE-SHREDDED GRATED CHEESE
MOZZARELLA IS THE BEST OR EDAM/MILD CHEESE
- 3 OZ ALMOND FLOUR
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 2 TBSP CREAM CHEESE
- 1 MEDIUM ORGANIC EGG
- PINCH SALT (TO TASTE)
- HERBS AND SPICES
- HAM, PEPPERONI & SAUSAGE

DIRECTIONS:

1. Mix the shredded cheese with your almond flour in a microwaveable bowl. Add the cream cheese and microwave on high for 1 minute.
2. Remove and stir, then microwave on high for an extra 30 seconds.
3. Add in the egg, salt, herbs, spices or flavorings and gently mix.
4. Place in between 2 pieces of baking parchment/paper and roll into a circular pizza shape. Remove the top baking paper/parchment. (We suggest making fork holes all over the pizza base to ensure it can cook evenly.)
5. Slide the baking paper or a baking tray and bake at 425 degrees (F.) for 12-15 mins.
6. Once cooked, remove from the oven and add all the meat and toppings you like. Make sure any meat is pre-cooked and bake again at 425 degrees (F.) for 5 mins.



MOUTHWATERING KETO-FRIENDLY

Appetizers

Classic crispy chicken wings, nachos, pot stickers, spring rolls... Almost any appetizer is possible with keto and supplementing with your **KETO FORMULA**! Never worry about having to miss out on the fun of watching a sports game with friends and never go empty-handed to a cocktail party with these easy, but more importantly mouthwatering keto-friendly appetizers that will **WOW!** everyone. Remember, appetizers are the perfect time to fuel your body before dinner, just choose light, low-carb “apps” that won’t weigh you down or ruin your appetite. Have a favorite pre-meal snack that you don’t see in this cookbook? Turns out that it might already be **KE-TO-FRIENDLY!** Maximize your metabolism with help from **KETO FORMULA** & check your **Keto Guide** for more delicious appetizers ideas to bring to a party or to prepare while you cook dinner.

MARGHERITA PIZZA RECIPE:



INGREDIENTS: (MAKES 6 SLICES)

- 1 1/2 CUPS PART SKIM SHREDDED MOZZARELLA CHEESE
- 3/4 CUP ALMOND FLOUR
- 2 TBSP CREAM CHEESE
- 1 MEDIUM ORGANIC EGG
- 1/2 TSP GARLIC POWDER
- 1/2 TSP DRIED OREGANO (YOU CAN ALSO USE ROSEMARY, THYME, ETC...)
- 1/2 TSP SALT
- 1/4 TSP FRESH GROUND PEPPER
- 1/3 CUP TOMATO SAUCE
- 4 OZ FRESH MOZZARELLA (CUT INTO 4 SLICES)
- 4 FRESH BASIL LEAVES
- GRATED PARMESAN CHEESE

DIRECTIONS:

1. Preheat the oven to 400 degrees (F.)
2. Add shredded mozzarella cheese and cream cheese to a non-stick skillet; heat over medium heat and stir until melted.
3. Remove and let sit for 30 seconds then, stir in almond flour, egg, garlic powder, dried seasonings, salt, and pepper.
4. Transfer the dough to a parchment paper lined pan.
5. Add another piece of parchment paper over the dough. Take a rolling pin and place over the top parchment paper; start rolling into a circle until the dough is thin. (Remove top paper and slide the dough onto a baking sheet.)
6. Put your dough in the preheated oven for 10 mins.
7. Spread a thin layer of tomato sauce over the pizza crust and top with mozzarella cheese and bake for 7 -8 mins.
8. Remove from oven, and garnish with fresh basil leaves, parmesan cheese, and oregano.

BANG-BANG CAULIFLOWER BITES



INGREDIENTS:

(MAKES 4 SERVINGS)

- 3 TBSP EXTRA-VIRGIN OLIVE OIL
- 2 TBSP SWEET CHILI SAUCE
- 1 TBSP SRIRACHA
- JUICE OF 1 LIME
- 3 CLOVES GARLIC (MINCED)
- 1 MEDIUM CAULIFLOWER (CUT INTO FLORETS)
- 1 DASH OF SEA SALT
- FRESHLY GROUND BLACK PEPPER
- 1 TSP CILANTRO (CHOPPED FOR GARNISH)

DIRECTIONS:

1. Preheat oven to 425 degrees (F.) and in a small bowl, whisk together your olive oil, sweet chili sauce, Sriracha, lime juice, and garlic.
2. Toss cauliflower in your sauce and spread into an even layer on a large baking pan and roast for 30-35 mins.
3. Garnish with cilantro and serve.

CRISPY GARLIC CHICKEN WINGS (+3 SAUCE RECIPES)



INGREDIENTS: (MAKES 10 WINGS)

- 10 CHICKEN WINGS
- 1 TSP GARLIC POWDER
- 1/2 TSP SALT & PEPPER
- 3 OZ TALLOW

DIRECTIONS:

1. Separate the wings, keeping the drumettes and the middle section. Discard the tip (you'll now have 20 pieces)
2. In a mixing bowl, marinate the chicken wings in the garlic powder, salt, and pepper and allow to set aside for 15 mins.
3. Add the tallow to a large non-stick frying pan and heat over medium to high heat.
4. Add the wings when the tallow and fry for 5 mins.
5. Flip the wings over and place a lid on the pan. (Let fry for 5 mins.)
6. Remove the lid, rotate the wings, and cook without the lid for a further 5 mins.

3 SAUCE RECIPES IN THE NEXT PAGE!

SEE OUR GUAC RECIPE IN PAGE 19!

3 KETO-FRIENDLY SAUCE RECIPES

BUFFALO SAUCE RECIPE:

- 1/2 CUP FRANK'S RED-HOT SAUCE
- 1/4 CUP GRASS-FED BUTTER (UNSALTED)
- 1/4 TSP WORCESTERSHIRE SAUCE
- 1/4 TSP CAYENNE PEPPER
- 1 PINCH OF SALT

SWEET CHILI THAI SAUCE RECIPE:

- 1 CUP SUGAR-FREE ORANGE MARMALADE
- 1 TBSP LIME JUICE
- 1 TBSP FISH SAUCE
- 1/4 TSP HABANERO (MINCED)
- 1/2 TSP DRIED RED PEPPER FLAKES
- 1 PINCH OF SALT
- 1/4 TSP SESAME OIL

PARMESAN GARLIC SAUCE RECIPE:

- 1/2 CUP SALTED BUTTER (MELTED)
- 1/2 CUP PARMESAN CHEESE (GRATED)
- 1 CLOVE GARLIC (MINCED)
- 1 TBSP FLAT-LEAF PARSLEY (CHOPPED)
- 1.5 TSP GARLIC POWDER
- 1/2 TSP ONION POWDER
- 1/4 TSP GROUND BLACK PEPPER

EASY AVOCADO DEVEILED EGGS



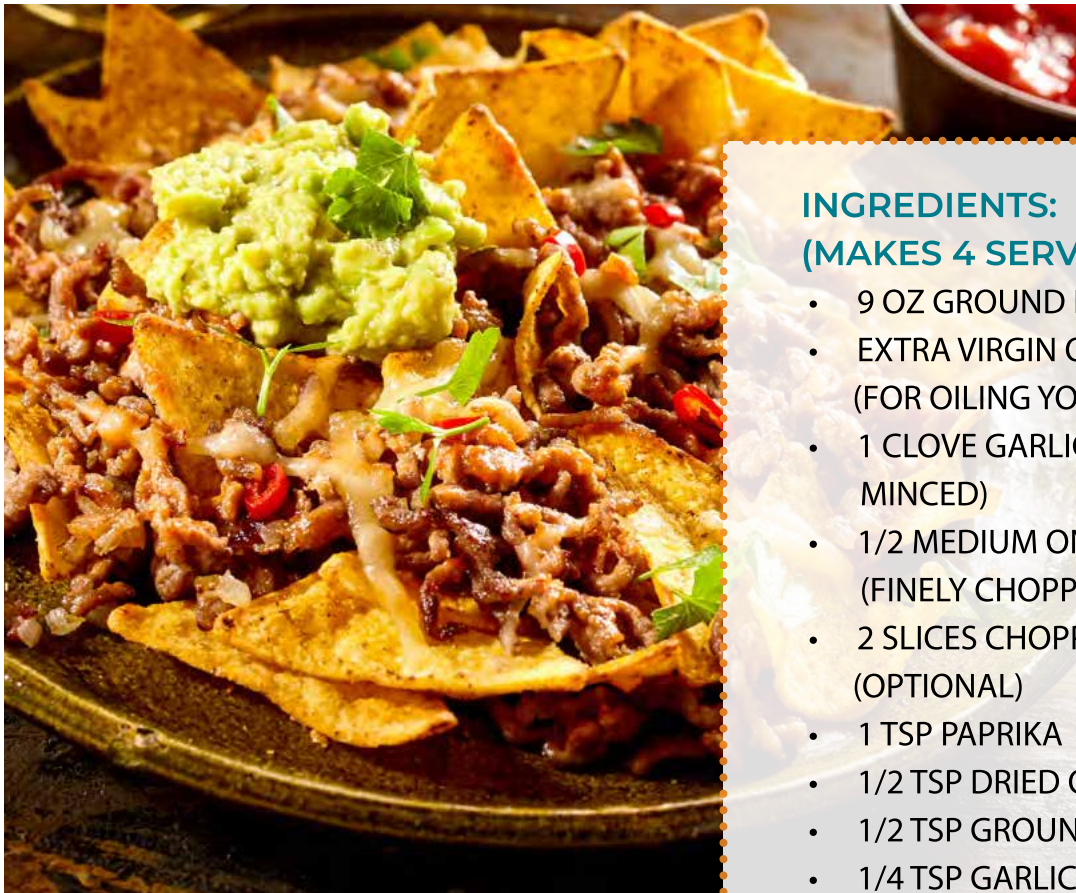
INGREDIENTS: (MAKES 6 EGGS)

- 6 MEDIUM SIZED ORGANIC EGGS
- 1 AVOCADO
- 1/4 TSP SEA SALT
- 1/4 TSP PEPPER
- 1/4 TSP GARLIC
- 1/4 TSP CHILI POWDER
- 1/4 TSP CUMIN
- 1/4 TSP SMOKED PAPRIKA (OPTIONAL)
- 2 TBSP CILANTRO

DIRECTIONS:

1. In a medium, pot add your eggs and cover them with water until they become fully submerged.
2. Bring the water to a boil, then remove from heat and cover for 12–13 mins.
3. Fill a large bowl with ice water and use a slotted spoon to place your eggs into the bowl. (Allow eggs to chill for 5 mins.)
4. Remove casing from eggs and slice in half to remove the yolk.
5. Add the yolk, along with the avocado and spices into a bowl and mix well.
6. Add the mixture into the egg halves & drizzle with lime juice and cilantro.

NUTRITIOUS NACHOS!



INGREDIENTS: (MAKES 4 SERVINGS)

- 9 OZ GROUND BEEF
- EXTRA VIRGIN OLIVE OIL (FOR OILING YOUR PAN)
- 1 CLOVE GARLIC (FINELY MINCED)
- 1/2 MEDIUM ONION VERY (FINELY CHOPPED)
- 2 SLICES CHOPPED BACON (OPTIONAL)
- 1 TSP PAPRIKA
- 1/2 TSP DRIED OREGANO
- 1/2 TSP GROUND CUMIN
- 1/4 TSP GARLIC POWDER
- KOSHER SALT (TO TASTE)
- BLACK PEPPER FRESHLY GROUND (TO TASTE)

DIRECTIONS:

1. Make a batch of our keto tortilla chips. (SEE GUAC RECIPE!)
2. Heat up your oil in a skillet over medium heat. Cook your beef
3. Heat up a second pan and cook your onion and bacon in garlic for 7-10 mins. Add in the ground beef with the spices.
4. Remove from flame and Try and drain any extra juices so it doesn't turn your tortilla chips soggy.
5. In a baking sheet or oven-proof skillet, arrange a layer of tortilla chips, followed by cheese, beef and other optional toppings. (Repeat with a second layer and broil until the cheese melts.)
6. Add toppings of choice and serve right away!

TOPPING SUGGESTIONS:

- JALAPEÑOS (SLICED)
- GUACAMOLE (SEE RECIPE IN THIS GUIDE)
- FRESH PICO DE GALLO
- SOUR CREAM

BACON WRAPPED STUFFED JALAPENO POPPERS



INGREDIENTS:

- 6 JALAPEÑOS
(REMEMBER...FRESH IS ALWAYS BETTER!!!)
- 16 STRIPS OF BACON
- 4 OZ CREAM CHEESE
- 1/4 CUP CHEDDAR CHEESE (SHREDDED)
- 1 TSP SALT
- 1 TSP PAPRIKA

DIRECTIONS:

1. Preheat oven to 350 degrees (F.) and slice the bacon in halves.
2. Slice each jalapeno in half length-wise and remove seeds.
3. Mix the cream cheese and cheddar cheese together in a bowl.
4. Fill each jalapeno halfway with the cheese mix and wrap each piece in bacon.
5. Place all your bacon-wrapped jalapeno poppers on a baking sheet lined with aluminum foil and bake for 20-25 mins.
6. Add salt, paprika and any other spices to taste. Enjoy!

SCRUMPTIOUS KETO CAULIFLOWER SAMOSAS



FILLINGS: INGREDIENTS:

- 1 TBSP BUTTER
- 6 OZ CAULIFLOWER (CHOPPED)
- 1 MEDIUM ONION
- 1 TBSP FRESH GINGER ROOT (MINCED)
- 1/2 TSP CORIANDER (GROUND)
- 1 TSP GARAM MASALA (GROUND)
- 1 TSP CUMIN (GROUND)
- 1/4 TSP WHOLE CUMIN SEEDS
- 1/8 TSP RED CHILI FLAKES
- 1/4 CUP FRESH CILANTRO (CHOPPED)

FOR THE DOUGH: INGREDIENTS:

- 3/4 CUP SUPER FINE ALMOND FLOUR
- 1/4 TSP CUMIN
- 1/2 TSP SALT
- 8 OZ PART-SKIM MOZZARELLA CHEESE (SHREDDED)
- SALT (TO TASTE)

DIRECTIONS:

1. Preheat a large skillet over medium heat and melt your butter then, add the cauliflower and onions.
2. Sprinkle the salt over the vegetables. Stirring occasionally, until the edges have started to brown.
3. Stir in ginger root, coriander, garam masala, ground cumin, cumin seeds, and chili flakes and continue stirring for 1-2 mins. to allow the spices to toast then, turn off the heat.
4. Mix in the cilantro and season to taste.
5. Preheat oven to 375 degrees (F.) and get a rolling pin, 2 pieces of parchment, and a baking sheet ready!

PREPPING THE DOUGH:

1. Set up a double boiler with about 1-2-inches of water in it and a medium mixing bowl that fits on top. Bring the water in the lower part of the double boiler to a simmer over high heat. Once it is simmering, turn heat to low.
2. Place the almond flour, cumin, salt, and mozzarella in the top part of the double boiler and stir.
3. Place the bowl containing the almond flour mixture over the simmering water.
4. Stirring the mixture constantly, heat until the mozzarella cheese melts and the mixture forms a dough.
5. Put the dough onto one of the pieces of parchment and knead so you can equally distribute the ingredients.
6. Shape the dough into a thick rectangle and cover with the second sheet of parchment and roll the dough into a rectangle about 8 x 16-inches long.
7. Cut the dough rectangle in half lengthwise, then in half cross-wise. Then cut each of the four sections in half crosswise to form 8 four-inch squares.



HOW TO ASSEMBLE YOUR SAMOSAS:

1. Spoon some filling into the center of each square. Fold the squares on the diagonal to form triangles and pinch the edges closed. Place one of the pieces of parchment used to roll out the dough onto a baking sheet, then place the samosas on the sheet.
2. Poke fork holes in each samosa to provide a place for steam to release. Bake for 15-20 mins. or golden brown.

KETO CHICKEN POTSTICKERS (+DIPPING SAUCE)



CHICKEN DUMPLINGS INGREDIENTS:

- 2 CUPS CHICKEN (MINCED)
- 1 LARGE ONION (GRATED)
- 1 TSP GINGER GARLIC PASTE
- 1 TSP FRESH CORIANDER
- 10 CABBAGE LEAVES
- 1/8 TSP SICHUAN PEPPER POWDER
- 1/8 TSP PANDAN POWDER
- 1/8 TSP CAYENNE PEPPER
- 1 TBSP SESAME OIL
- SALT (TO TASTE)

DIPPING SAUCE INGREDIENTS:

- 1 TSP PEANUT BUTTER
- 1 TSP SRIRACHA SAUCE
- 1 TSP OLIVE OIL
- 1/2 TSP SOY SAUCE
- 1/2 TSP RICE WINE VINEGAR
- JUICE OF HALF A LIME
- SALT (TO TASTE)
- 1/2 TSP GINGER GARLIC PASTE

DIRECTIONS:

1. Peel your cabbage leaves and boil in water for 5 mins.
2. Then, mix the chicken mince, onion, ginger garlic paste, spring onion, coriander, and spices
3. Stuff the cabbage leaves with the mince filling and roll into dumplings and steam for 10 mins. over boiling water.
4. Serve with dipping sauce below.

DIRECTIONS:

1. Mix together.
2. Serve.

KETO SHRIMP SPRING ROLLS (+PEANUT DIPPING SAUCE)



DIRECTIONS:

1. Mix the sauce ingredients together, with enough water to create a thick, creamy, pourable dipping sauce.
2. Fill a large bowl with warm water.
3. Fully submerge a single sheet of rice paper in the water.
4. Place three cooked shrimp, side by side, on the top portion of the bottom third of the rice paper.
5. Turning a lettuce leaf to form a cup, add 1/8 of the carrots, 1/8 of the cucumber portion, 2 cilantro sprigs, and 3 mint leaves. Then, roll the leaf to create an enclosed packet.
6. Place the lettuce and the packed veggies over the shrimp.
7. Pull the bottom of the moistened rice paper firmly over the shrimp & packed veggie. Then fold the left & right sides of the rice paper towards the middle to cover the open ends of the shrimp & veggies.
8. Roll the bundle towards the top of the rice paper until you have a neatly wrapped roll.
9. Wrap the spring roll in plastic wrap to prevent the rice paper from drying and become leathery.
10. Refrigerate until you are ready to serve with your peanut dipping sauce.

PEANUT DIPPING SAUCE:

INGREDIENTS:

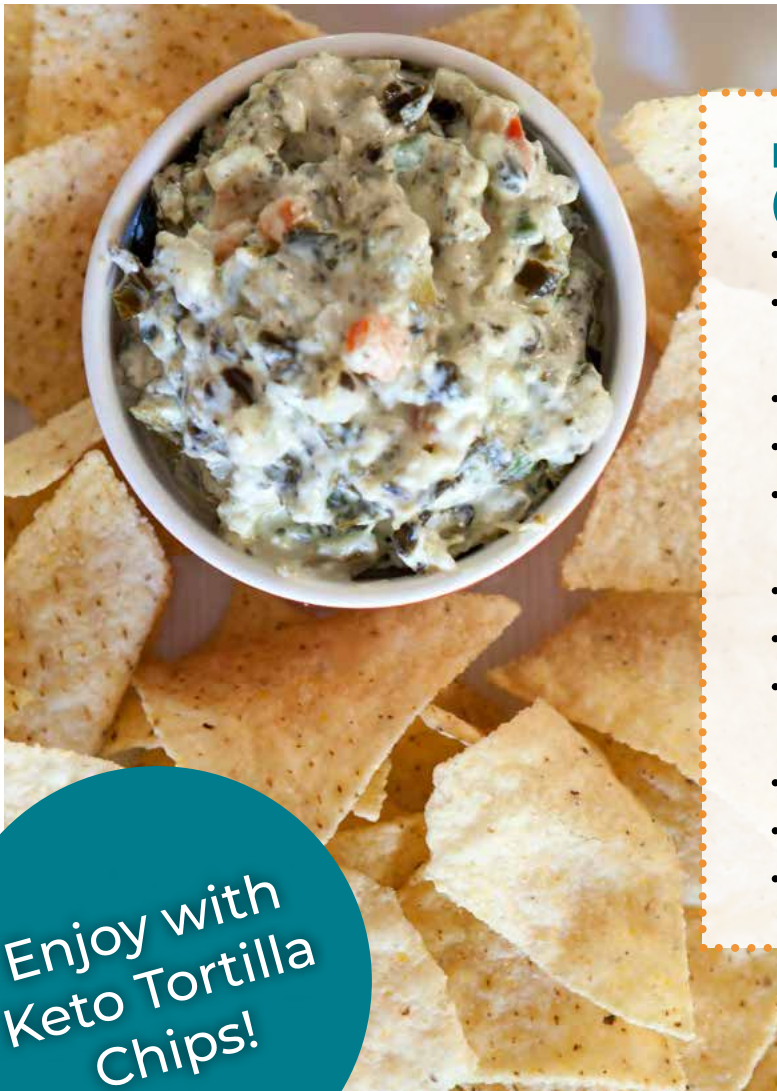
- 5 TSP OF WATER
- 2 TBSP PEANUT BUTTER (CREAMY)
- 1.5 TBSP HOISIN SAUCE
- 2 TSPS FRESH LIME JUICE
- 1 MEDIUM GARLIC (DICED)
- SRIRACHA HOT SAUCE (OPTIONAL)

FOR THE SPRING ROLLS:

INGREDIENTS:

- 8 RICE PAPER SHEETS
- 4 OZ JULIENNED CARROTS OR 2 MEDIUM CARROTS)
- 8 OZ CUCUMBER (WITHOUT SEEDS)
- 8 BUTTER LETTUCE LEAVES
- 24 MINT LEAVES
- 16 CILANTRO STEMS
- 24 STEAMED SHRIMP (REMOVE TAILS)

SATISFYING & SAVORY SPINACH DIP



INGREDIENTS: (MAKES 6 SERVINGS)

- 2 TBSP LIGHT OLIVE OIL
- 2 OZ FRESHLY FROZEN SPINACH
- 2 TBSP DRIED PARSLEY
- 1 TBSP DRIED DILL
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1 TSP ONION POWDER
- 1/2 TSP SALT
- 1/4 TSP GROUND BLACK PEPPER
- 1 CUP MAYONNAISE
- 4 TBSP SOUR CREAM
- 2 TSP LEMON JUICE



Enjoy with
Keto Tortilla
Chips!

DIRECTIONS:

1. Thaw your frozen spinach and drain excess water.
2. Place in a bowl and mix with the rest of your ingredients.
3. Let sit for 10 mins.

OLD-BAY CRAB DIP

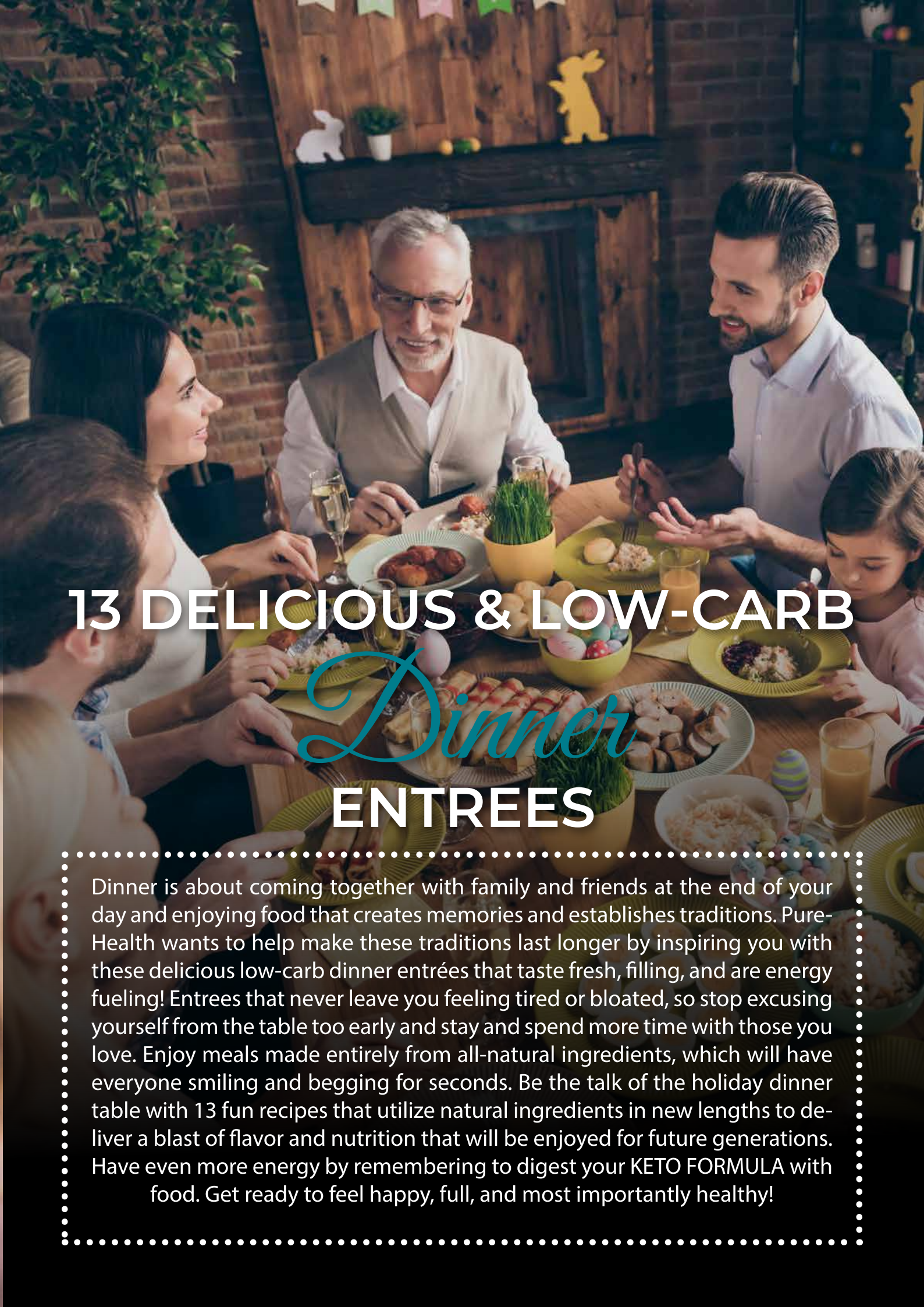


INGREDIENTS: (MAKES 15 SERVINGS)

- 1/2 LBS LUMP CRAB MEAT
- 8 OZ CREAM CHEESE
- 2 CUPS PLAIN GREEK YOGURT OR SOUR CREAM
- 1 TSP WORCESTERSHIRE SAUCE
- 1 CUP WHITE CHEDDAR CHEESE (SHREDDED)
- 1 CUP CHEDDAR CHEESE (SHREDDED)
- 1/4 CUP PARMIGIANO REGGIANO CHEESE (SHREDDED)
- 1/4 CUP MUENSTER CHEESE (CHOPPED)
- 2 TBSP GREEN ONIONS (CHOPPED)
- 1 TSP RED PEPPER FLAKES (OPTIONAL FLAVOR BOOSTER)
- 1 TSP OLD BAY SEASONING
- SALT & PEPPER (TO TASTE)
- 1/2 JUICE OF A LEMON

DIRECTIONS:

1. Preheat oven to 375 degrees (F.)
2. Microwave the cream cheese in a small bowl for 20-25 seconds.
3. Mix the cream cheese, Keto Formula, and Greek yogurt together well in a medium-sized bowl.
4. Add the remaining ingredients, and 1/2 of the cheese and mix well.
5. Spray a small casserole dish with organic cooking spray and add the dip.
6. Top with the shredded cheese and place remaining chunks of muenster cheese throughout your dip.
7. Bake for 20-25 mins. or until the cheese has fully melted. Then, sprinkle on the remaining green onions.



13 DELICIOUS & LOW-CARB *Dinner* ENTREES

Dinner is about coming together with family and friends at the end of your day and enjoying food that creates memories and establishes traditions. Pure-Health wants to help make these traditions last longer by inspiring you with these delicious low-carb dinner entrées that taste fresh, filling, and are energy fueling! Entrees that never leave you feeling tired or bloated, so stop excusing yourself from the table too early and stay and spend more time with those you love. Enjoy meals made entirely from all-natural ingredients, which will have everyone smiling and begging for seconds. Be the talk of the holiday dinner table with 13 fun recipes that utilize natural ingredients in new lengths to deliver a blast of flavor and nutrition that will be enjoyed for future generations. Have even more energy by remembering to digest your KETO FORMULA with food. Get ready to feel happy, full, and most importantly healthy!

BODY SLIMMING STUFFED PEPPERS



INGREDIENTS: (MAKES 6 SERVINGS)

- 6 MEDIUM PEPPERS (SEEDED)
- 1 TBSP OLIVE OIL
- 3 CLOVES GARLIC (MINCED)
- 1 LBS GROUND BEEF
- 14.5 OZ TOMATOES (DICED)
- 2 TSP ITALIAN SEASONING
- 1/2 TSP SEA SALT
- 1/2 TSP ONION POWDER
- 3/4 CUP TOMATO SAUCE (DIVIDED)
- 3 SLICES COLBY JACK CHEESE (CHOPPED)
- 3 SLICES MOZZARELLA CHEESE (CHOPPED)

DIRECTIONS:

1. Cut tops off the peppers and hollow out the inside by discarding the seeds. Chop up half the tops and set aside for later.
2. In skillet, sauté garlic in olive oil until fragrant then, add in chopped green peppers from the tops and cook for 5 mins and add in ground beef and cook until browned.
3. Mix in the diced tomatoes, Italian seasoning, sea salt, and onion powder and cook for another 5 mins.
4. Take the beef mixture and use it to stuff into each of the hollowed out green peppers. Top each with 1 TBSP of tomato sauce then sprinkle with the shredded cheese.
5. Combine the remaining tomato sauce with any liquid remaining in the pan used to cook the beef mixture and pour it into an 11 x 7-inch baking dish and place your stuffed peppers on top.
6. Bake at 375 degrees (F.) for about 20 mins.

SIZZLING TACO SKILLET



INGREDIENTS: (MAKES 4 SERVINGS)

- 1 TBSP AVOCADO OIL
- 1 LBS GROUND BEEF
- 1/2 WHITE ONION (DICED)
- 1/2 BELL PEPPER (DICED)
- 4 OZ GREEN CHILIS
- 3 TBSP TACO SEASONING
- 2 ROMA TOMATOES (SEEDED & DICED)
- 12 OZ CAULIFLOWER RICE
- 1 CUP MEXICAN BLEND CHEESE (SHREDDED)

DIRECTIONS:

1. Heat your oil in a large cast iron skillet over medium-high flame. Once hot enough add in the beef and crumble it while cooking until it begins to brown.
2. Add in your onion, bell pepper, and seasonings and cook for 3 mins.
3. Stir in the green chilis and tomatoes along with the cauliflower rice. Cook for 5-10 mins. until a lot of the moisture has evaporated.
4. Sprinkle with cheese and cover until the cheese melted.
5. Top with desired toppings and serve.

TOPPINGS:

- 1 AVOCADO (DICED)
- 1 JALAPEÑO (SLICED)
- SOUR CREAM (DESIRED AMOUNT)
- CILANTRO (GARNISH)

GREEN CHILI CARNE ENCHILADAS



INGREDIENTS: (MAKES 4 SERVINGS)

- 2 TBSP COCONUT OIL
- 1 LBS OF GROUND BEEF
- 3/4 CUP RED ENCHILADA SAUCE
- 1/4 CUP WATER
- 1/4 CUP ONION (CHOPPED)
- 4 OZ GREEN CHILES (DICED)

DIRECTIONS:

1. Melt the coconut oil in a medium-sized pan. Once hot, sear the ground beef until they turn a light shade of brown.
2. Pour in your enchilada sauce and water then add onion and green chilis. Reduce heat to a simmer and cover. (Cook chicken for 18-25 mins.
3. Carefully remove the meat, chop it then, add it back into the pot. Then, let the meat simmer uncovered for an additional 10 mins.
4. Serve topped with avocado, cheese, jalapeno, sour cream, tomato, or any extra toppings.

TOPPINGS:

- 1 AVOCADO (DICED)
- 1 CUP CHEDDAR CHEESE (SHREDDED)
- 1/4 CUP JALAPENOS (PICKLED & CHOPPED)
- 1/2 CUP SOUR CREAM
- 1 ROMA TOMATO (CHOPPED)

GRILLED CARNE ASADA

***IMPORTANT NOTE:** THIS PARTICULAR RECIPE DOES TAKE LONGER THAN MOST!



INGREDIENTS: (MAKES 6 SERVINGS)

- 2 LBS OF FLANK STEAK

ASADA MARINADE:

- 1/2 CUP JUICE FROM AN ORANGE OR LIMES
- 1/4 CUP OF WORCESTERSHIRE SAUCE
- 2 TBSP OF WHITE WINE VINEGAR
- 1/4 CUP CILANTRO
- 1/2 TSP CAYENNE PEPPER
- 6 CLOVES OF GARLIC
- 1/4 ONION
- 2 TBSP OF BLACK PEPPER
- 1 TSP SALT
- 1 TSP CUMIN

FOR FAJITA VEGETABLES:

- 2 TBSP OLIVE OIL
- 7 SWEET MINI-PEPPERS
- 2 FRESH JALAPENO PEPPERS (SLICED)
- 1.5 ONIONS (THINLY SLICED)

DIRECTIONS:

1. Place flank steak on cutting board & remove the silver skin or any excess fat.
2. Mix your marinade ingredients in a blender.
3. Add in your steak and marinade in a bag or covered bowl. Let marinate for at least 5 hrs.
4. Heat grill to medium-high heat and add steaks and vegetables to grill and cook until the desired temperature.
5. Remove and place on baking sheet or cooling rack with foil and let cool.
6. Slice steak into strips cutting against the grain.

GOURMET GENERAL TSO'S CHICKEN



CHICKEN: INGREDIENTS: (MAKES 6 SERVINGS)

- 6 CHICKEN BREASTS
- 3/4 CUP CRUSHED PORK RINDS
- 1/3 CUP ALMOND FLOUR
- 2 LARGE SIZED ORGANIC EGGS
- 2 TBSP OLIVE OIL
- 1 TBSP COCONUT OIL

GENERAL TSO'S SAUCE:

- 1/4 CUP CHICKEN BROTH
- 3 TBSP RICE VINEGAR
- 2.5 TBSP SOY SAUCE
- 2 TBSP REDUCED SUGAR KETCHUP
- 2 TBSP ERYTHRITOL
- 2 TSP SESAME OIL
- 1 TSP HOISIN SAUCE
- 1 TSP RED CHILI PASTE
- 1 TSP RED CHILI FLAKES
- 1 TSP GARLIC POWDER
- 1/2 TSP GINGER (MINCED)
- 1/4 TSP XANTHAN GUM

DIRECTIONS:

1. Put pork rinds in the food processor and pulse them until crushed.
2. Combine almond flour with pork rinds in one bowl, scramble 2 eggs in another bowl.
3. Preheat oven to 325 (F.) Wash and cube chicken breasts.
4. Dip chicken in egg, dip chicken in pork rinds and almond flour.
5. Fry chicken in olive and coconut oil.
6. Make sauce and cover chicken with sauce.
7. Bake chicken in sauce for 1 hr. turning/mixing chicken every 15 mins.

KETO SESAME CHICKEN & BROCCOLI



INGREDIENTS: (MAKES 4 SERVINGS)

- 1 LBS BONELESS, SKINLESS CHICKEN BREAST (CUBED)
- 12 OZ BROCCOLI FLORETS
- 1/4 CUP SOY SAUCE
- 1 TBSP AVOCADO OIL
- 1 TSP SESAME OIL
- 1.5 TSP ARROWROOT POWDER
- 1 CLOVE GARLIC (MINCED)
- 1/2 TSP SESAME SEEDS (PUT ASIDE EXTRA FOR GARNISH)
- SALT & PEPPER (TO TASTE)
- RED PEPPER FLAKES (OPTIONAL GARNISH)
- GREEN ONIONS (SLICE FOR OPTIONAL GARNISH)

DIRECTIONS:

1. Place the broccoli florets in a microwave safe bowl with 1 TBSP of water and cover with a damp paper towel. Place in microwave for 2 mins. or until the broccoli is just about tender.
2. In a small bowl, mix the coconut aminos and arrowroot powder and set aside
3. In a large skillet over medium heat, add the avocado oil and garlic and sauté until fragrant, about 1 minute.
4. Add the chicken to the skillet along with the salt and pepper, and sauté until cooked through about 6 mins.
5. Once the chicken is just about done, add in the sesame oil and broccoli to the pan.
6. Sauté for an additional minute and pour the coconut mixture on top.
7. Sauté for 1-2 mins.
8. Garnish with red pepper flakes, sesame seeds, and green onions.

SIMMERING SAAG PANEER



DIRECTIONS:

1. Cut the cauliflower into small chunks. (We suggest using a food processor to get food to be the size of grains of rice.)
2. Prepare a heavy-bottomed saucepot over a medium-high flame and put in your avocado oil.
3. Dice the onion and add it into the oil.
4. Mince the garlic & ginger and add them into the pot.
5. Sauté this mixture until it starts to caramelize then, mix in the garam masala and remaining spices. Stir the mixture well and let the spices toast for 1-2 mins.
6. Turn the heat down and add the stock and all of the spinach. (Cook till excess is evaporated.)
7. Once the spinach is wholly wilted, add the coconut milk and continue stirring.
8. Turn the heat down again to low and let the Saag simmer for 5 mins.
9. In a separate nonstick cast iron or frying pan add the other 1/4 cup of avocado oil. Cut the Paneer cheese into 3/4-inch square cubes.
10. Heat the oil to medium-high and fry the Paneer on every side until golden brown.
11. Blend the Saag sauce to a puree. (Add salt to taste.)
12. Add the fried Paneer to the Saag sauce and let it simmer over a low flame for 10 mins.
13. In the same frying pan that you fried the Paneer cheese add 2 TBSP of avocado oil and heat it over medium-high heat. Add the cauliflower rice with salt to taste and cook until it becomes tender.
14. Serve the Saag Paneer over a scoop of cauliflower rice and enjoy!

INGREDIENTS:

(MAKES 8 SERVINGS)

SAAG SAUCE:

- 1/4 CUP AVOCADO OIL
- 1 LARGE ONION
- 8-10 CLOVES OF FRESH GARLIC
- 1 TSP FRESH GINGER (GRATED)
- 1 TBSP FIRE CIDER SPICE BLEND
- 1 TBSP GARAM MASALA
- 1 TSP TURMERIC (GROUNDED)
- 1 TSP CUMIN (GROUNDED)
- 1 TSP CORIANDER (GROUNDED)
- 1 LBS FRESH BABY SPINACH
- 1 CUP CHICKEN (OR VEGGIE STOCK)
- 11 OZ COCONUT MILK
- 2 TSP SALT

FRIED PANEER:

- 1/4 CUP AVOCADO OIL
- 1.5 LBS PANEER CHEESE
- 1/2 TSP SALT

CAULIFLOWER RICE:

- 2 TBSP AVOCADO OIL
- 1 CAULIFLOWER (OR 6 CUPS DICED & RICED CAULIFLOWER)
- 1/2 TSP SALT

CREAMY COCONUT CHICKEN CURRY



INGREDIENTS: (MAKES 5 SERVINGS)

- 5 RAW BONELESS SKINLESS CHICKEN THIGHS
- 1 CAN COCONUT MILK
- 1 CUP CHICKEN BROTH
- 2.5 TBSP COCONUT OIL
- 1 TBSP CURRY POWDER
- 3 CLOVES GARLIC
- 1 TSP GRATED GINGER
- 1/2 TSP GROUND CINNAMON
- 1/2 TSP PINK HIMALAYAN SALT
- 1/4 MEDIUM RED ONION

DIRECTIONS:

1. Finely chop onion and garlic and grated ginger root.
2. Chop chicken into 1-inch cubes.
3. Add coconut oil to medium-high heat skillet or pot.
4. Add chicken and cook partially.
5. Add onion, ginger, garlic, curry powder & cinnamon to the pan with the chicken and cook for 3 mins.
6. Add coconut milk and broth and stir.
7. Reduce for 40-60 mins until desired consistency is achieved.

TANTALIZING TANDOORI CHICKEN (+GARLIC NAAN RECIPE)



INGREDIENTS: (MAKES 4 SERVINGS)

- 1.5 LBS OF CHICKEN LEGS OR 4 SMALL CHICKEN BREASTS
- 1 TSP OF GARLIC (CRUSHED)
- 1 TSP OF GINGER (CRUSHED)
- 1 TSP OF KASHMIRI CHILLY POWDER
- 1 TSP OF SALT
- 1 TSP OF LEMON JUICE
- 2 TSP OF OLIVE OIL

MARINADE:

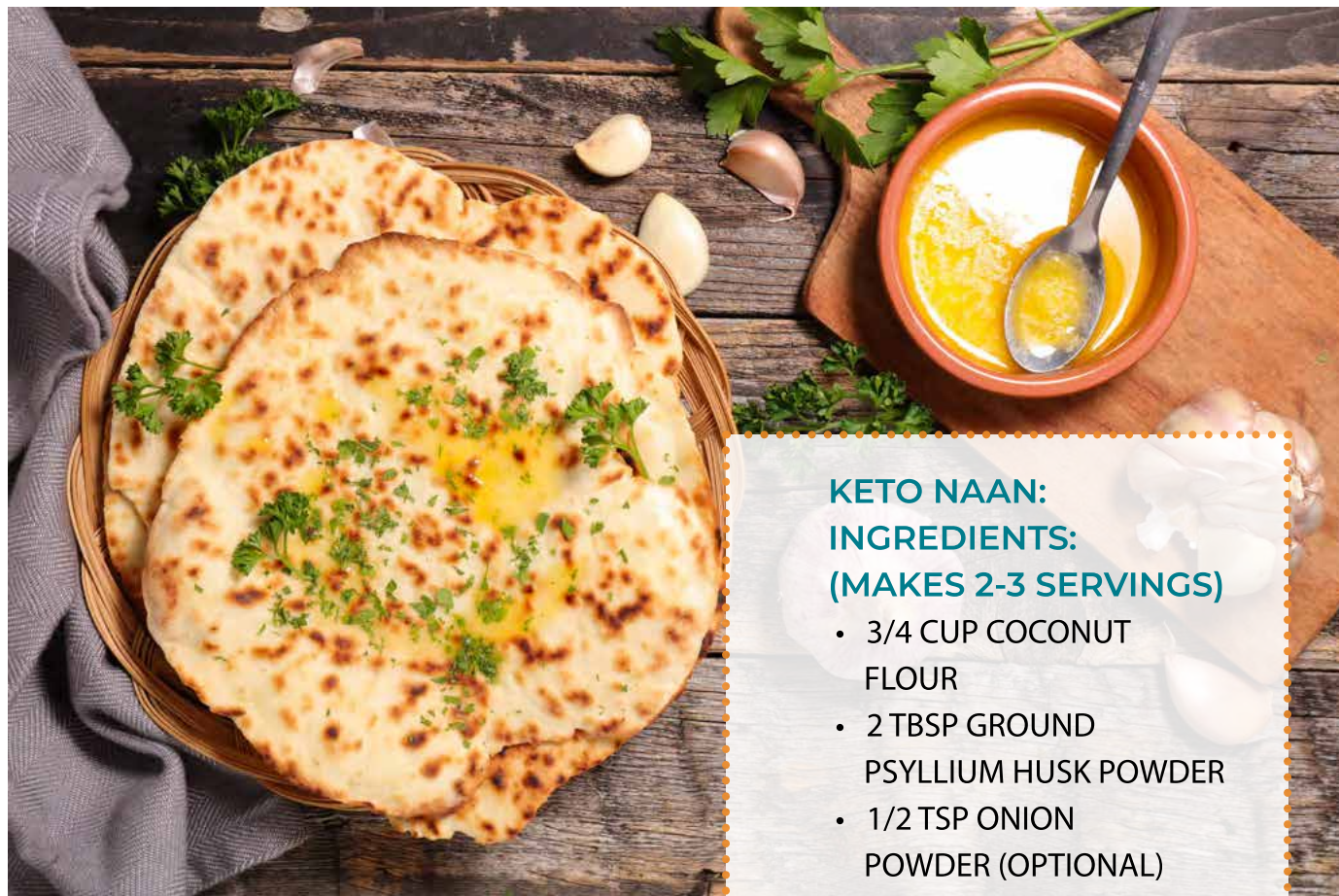
- 1/4 CUP OF FULL FAT GREEK OR NATURAL YOGURT
- 1 TSP OF GARLIC (CRUSHED)
- 1 TSP OF GINGER (CRUSHED)
- 1 TSP OF KASHMIRI CHILLY POWDER
- 1 TSP OF SALT
- 1/2 TSP OF CINNAMON (GROUNDED)
- 1/2 TSP OF CUMIN (GROUNDED)
- 1/2 TSP OF PAPRIKA (GROUNDED)
- 1/2 TSP OF ALLSPICE
- 1/2 TSP OF GARAM MASALA
- 1 TSP OF LEMON JUICE

DIRECTIONS:

1. Cut 4-5 slits in each piece of chicken.
2. Mix together all ingredients in the marinade and rub over the chicken legs.
3. Marinate in the fridge for at least 30 mins.
4. Mix together all the ingredients for the marinade and pour over the chicken.
5. Rub the marinade all over the chicken and leave to marinate in the fridge for another 30 mins.
6. Preheat fan forced oven to 375 degrees (F.)
7. Lay the pieces of chicken on a baking pan lined with parchment paper.
8. Roast the chicken pieces for 30-45 mins.
9. Squeeze lime on top and serve!

**BONUS RECIPE: KETO NAAN WITH
MELTED GARLIC BUTTER SAUCE
IN THE NEXT PAGE!**

BONUS RECIPE: KETO NAAN WITH MELTED GARLIC BUTTER SAUCE



KETO NAAN: INGREDIENTS: (MAKES 2-3 SERVINGS)

- 3/4 CUP COCONUT FLOUR
- 2 TBSP GROUND PSYLLIUM HUSK POWDER
- 1/2 TSP ONION POWDER (OPTIONAL)
- 1/2 TSP BAKING POWDER
- 1 TSP SALT
- 1/3 CUP MELTED COCONUT OIL
- 2 CUPS BOILING WATER
- COCONUT OIL (FOR FRYING/OPTIONAL)
- SEA SALT

MELTED GARLIC BUTTER:

- 4 OZ BUTTER
- 2 GARLIC CLOVES (MINCED)

DIRECTIONS:

1. Mix all your dry ingredients in a medium bowl and add oil and boiling water.
2. Stir well and allow to rise for 5 mins.
3. Divide into 6 or 8 pieces and form into balls that you flatten with your hands directly on parchment paper or on the kitchen counter.
4. Fry rounds in a skillet over medium heat until the Naan turn a nice golden color. Depending on your skillet you can add some coconut oil to it, so the bread doesn't stick.
5. Heat the oven to 140 degrees (F.) and keep the bread warm while you make more.
6. Melt the butter and stir in the freshly squeezed garlic.
7. Brush the melted butter on the bread pieces using a brush.

SPAGHETTI & MEATBALLS (+BONUS GARLIC BREAD RECIPE)



GRASS-FED GROUND BEEF MEATBALLS

INGREDIENTS: (MAKES 10 SERVINGS)

- 2.5 LBS GRASS-FED GROUND BEEF
- 4 OZ FRESH PARMESAN CHEESE (GRATED)
- 4 MEDIUM SIZED ORGANIC EGGS
- 1/2 CUP ONION (FINELY CHOPPED)
- 1/4 CUP FRESH PARSLEY (CHOPPED)
- 1/4 CUP FRESH BASIL (CHOPPED)
- 1 TSP SEA SALT
- 1/4 TSP FRESH GROUND PEPPER

DIRECTIONS:

1. Preheat the oven to 325 degrees (F.)
2. In a medium-sized bowl, mix all ingredients until well combined.
3. Shape into 1-inch balls.
4. Place the meatballs on a cookie sheet about 1-inch apart from each other.
5. Bake in a preheated oven for 15 to 20 mins.
6. Remove meatballs from oven and place over sautéed cabbage noodles. Serve with marinara sauce. (See next page!)

**SEE SIMPLE 2 INGREDIENT “PASTA”,
GARLIC MARINARA SAUCE & BONUS
RECIPE IN THE NEXT PAGE!**

DIRECTIONS:

1. Add the mozzarella to a large microwave-safe bowl and microwave for about 1 min. Stir until cheese is completely melted. If needed, heat for an additional 30 seconds or until cheese is completely melted.
2. Allow the mozzarella to cool for 1 min. so that it will not cook the egg. You don't want to cool the cheese too long though because it needs to stay melted.
3. Add in egg and stir and mix into the cheese, until you have a uniform yellow dough.
4. Place your dough on a flat surface lined with parchment paper. Place another parchment paper on top of the dough.
5. Use a rolling pin over the top piece of parchment paper, and roll dough until it is 1/8-inch thick.
6. Remove the top piece of parchment and cut the dough into 1/2-inch wide strips. Refrigerate the pasta for at least 6-12 hrs. or overnight.
7. When ready to cook, bring a pot of water to boil. Do not add salt to the water. Add in pasta and cook for 1 min.
8. Remove pasta from the pot and run under cold water to cool it down. Gently separate strands sticking together.
9. Let cool and serve with your favorite pasta sauce.

DIRECTIONS:

1. In a large saucepan, over low heat, combine crushed tomatoes, tomato paste, garlic, basil, parsley, oregano, garlic powder, onion powder, sea salt, and crushed red pepper flakes. (Simmer for 15 mins. & stir frequently.)
2. Mix in the Parmesan, mozzarella, and Romano cheeses and stir until cheeses are fully melted.

SEE BONUS RECIPE IN THE NEXT PAGE!



SIMPLE 2 INGREDIENT "PASTA"

INGREDIENTS:

(MAKES 10 SERVINGS)

- 10 CUPS MOZZARELLA CHEESE (SHREDDED)
- 10 LARGE ORGANIC EGGS

GARLIC MARINARA SAUCE INGREDIENTS:

(MAKES 6 SERVINGS)

- 28 OZ TOMATOES (CRUSHED)
- 6 OZ TOMATO PASTE
- 4 CLOVES GARLIC (MINCED)
- 1.5 TSP DRIED BASIL
- 1 TSP DRIED PARSLEY
- 1 TSP DRIED OREGANO
- 1/2 TSP GARLIC POWDER
- 1/2 TSP ONION POWDER
- 1/2 TSP SEA SALT
- 1/4 TSP CRUSHED RED PEPPER FLAKES
- 1/4 CUP PARMESAN CHEESE (SHREDDED)
- 1/4 CUP MOZZARELLA CHEESE (SHREDDED)
- 1/4 CUP ROMANO CHEESE (SHREDDED)

BONUS RECIPE: GARLIC BREAD



GARLIC BREAD: INGREDIENTS: (MAKES 2-3 SERVINGS)

- 2.5 CUPS
MOZZARELLA (SHREDDED)
- 2 OZ CREAM CHEESE
- 3 MEDIUM ORGANIC EGGS
- 1.5 CUPS ALMOND FLOUR
(SUPER-FINE)
- 1 TSP BAKING POWDER
- 1/3 CUP COOKED BACON
BITS
- 1/2 CUP GRATED
PARMESAN
- 1 TSP ITALIAN SEASONING

GARLIC BUTTER:

- 1/4 cup browned butter
- 4 garlic cloves, finely
minced
- 1/2 cup fresh parsley,
chopped

DIRECTIONS:

1. Grease a medium cast-iron skillet with oil, butter or cooking spray and set aside. In a shallow plate, combine parmesan and Italian seasoning.
2. Melt Mozzarella and cream cheese in a large bowl for one minute in the microwave. Mix well with a spatula until smooth.
3. Combine the melted cheese, eggs, baking powder, almond flour, and bacon. Mix until smooth.
4. Using a large cookie scoop, scoop dough and roll into the parmesan and Italian seasoning mix. Place each ball into the prepared cast iron skillet. Sprinkle with more parmesan cheese. Place skillet in the refrigerator for 10 mins. In the meantime, preheat your oven to 400 degrees (F.)
5. Remove the cast iron skillet from the refrigerator. Bake the garlic butter bread for 20 to 25 mins.
6. Brush the baked garlic keto bread with the garlic butter sauce, serve and enjoy!

CLASSIC CHICKEN PARMIGIANA (+ SUGAR-FREE MARIANARA SAUCE)



INGREDIENTS: (MAKES 4 SERVINGS)

- 1/2 CUP ALMOND FLOUR
- 1/4 CUP OF GRATED PARMESAN CHEESE
- 1/2 TSP OF SALT
- 1/2 TSP OF PARSLEY (DRIED)
- 1/2 TSP OF GARLIC POWDER
- 1/2 TSP OF PAPRIKA
- 1/8 TSP OF GROUND BLACK PEPPER
- 1/4 OLIVE OIL
- 1 LARGE EGG (WHISKED)
- 4 CHICKEN BREASTS (POUNDED 1/2-inch THICK)
- 1.5 CUPS OF MARINARA SAUCE (SEE BELOW)
- 4 OZ OF WHOLE-MILK MOZZARELLA CHEESE (SLICED THIN)
- FRESH BASIL OR PARSLEY FOR GARNISH (CHOPPED)

DIRECTIONS:

1. Pre-heat the oven to 375 degrees (F.) and line a plate with paper towels. (For fried chicken later.)
2. Make your breading by whisking together the almond flour, parmesan, salt, dried parsley, garlic powder, paprika, and black pepper.
3. Heat the oil in. large sauté pan over medium-high heat.
4. Beat the egg.
5. Dip each piece of chicken in the egg so that it is fully covered and then dip it in the breading so that it is fully covered on all sides in the breading.
6. Fry the chicken in the hot oil for 3 mins. on each side or until a nice golden brown. Once done, place the chicken on the paper towel-lined plate you prepared from earlier.
7. Spread 1/2 cup of the marinara sauce on the bottom of a casserole dish or ovenproof skillet and spread the remaining marinara sauce evenly on top. Then, place sliced mozzarella on top of the chicken and bake for 20 mins.
8. Finally, garnish with herbs & enjoy!!

**SEE BONUS SUGAR FREE
MARINARA RECIPE IN THE
NEXT PAGE!**

BONUS RECIPE: CHEESY GARLIC MARINARA SAUCE RECIPE

INGREDIENTS: (MAKES 16 SERVINGS)

- 28 OZ TOMATOES (CRUSHED)
- 6 OZ CAN TOMATO PASTE
- 4 CLOVES GARLIC (MINCED)
- 1.5 TSP BASIL (DRIED)
- 1 TSP PARSLEY (DRIED)
- 1 TSP OREGANO (DRIED)
- 1/2 TSP GARLIC POWDER
- 1/2 TSP ONION POWDER
- 1/2 TSP SEA SALT
- 1/4 TSP RED PEPPER FLAKES (CRUSHED)
- 1/4 CUP PARMESAN CHEESE (SHREDDED)
- 1/4 CUP MOZZARELLA CHEESE (SHREDDED)
- 1/4 CUP ROMANO CHEESE (SHREDDED)



DIRECTIONS:

1. In a large saucepan, over low heat, combine crushed tomatoes, tomato paste, garlic, basil, parsley, oregano, garlic powder, onion powder, sea salt, and crushed red pepper flakes. (Simmer for 15 mins. & stir frequently.)
2. Mix in the Parmesan, mozzarella, and Romano cheeses and stir until cheeses are fully melted.

SAUTÉED KETO SHRIMP SCAMPI & CARBONARA SPEGHETTI SQUASH

SAUTÉED SHRIMP: INGREDIENTS: (MAKES 4 SERVINGS)

- 2 TBSP BUTTER
- 2 TBSP OLIVE OIL
- 1 TBSP GARLIC (MINCED)
- 1/2 CUP DRY WHITE WINE (OF CHOICE)
- KOSHER SALT (TO TASTE)
- 1/8 TSP GROUND BLACK PEPPER
- 1/4 TSP RED PEPPER FLAKES (OPTIONAL)
- 2 LBS EXTRA-LARGE SHRIMP (PEELED)
- 1/3 CUP FRESH PARSLEY, CHOPPED
- 2 TBSP LEMON JUICE
- 1 TSP LEMON ZEST



CARBONARA SPAGHETTI SQUASH: INGREDIENTS:

- 1 LARGE SPAGHETTI SQUASH
- 1/2 CUP BACON BITS (COOKED)
- 4 CLOVES GARLIC (MINCED)
- 3/4 CUP GREEN PEAS (RAW OR COOKED)
- 1 LARGE ORGANIC EGGS
- 3 TBSP HEAVY CREAM
- 3 TBSP ALMOND MILK (UNSWEETENED)
- 1/2 CUP GRATED PARMESAN CHEESE
- SEA SALT (TO TASTE)

DIRECTIONS:

1. Heat the butter and oil in a large sauté pan.
2. Add the garlic and cook for 2-3 mins.
3. Add the wine, salt, black pepper, red pepper and cook for 2 mins.
4. Add the shrimp and cook for 2-3 mins.
5. Remove from the heat and mix in the parsley, lemon juice, and lemon zest.
6. Serve over hot, cooked spaghetti squash.
7. Top with parmesan cheese. (Optional)

BAKED SALMON IN A LEMON BUTTER SAUCE



INGREDIENTS: (MAKES 4 SERVINGS)

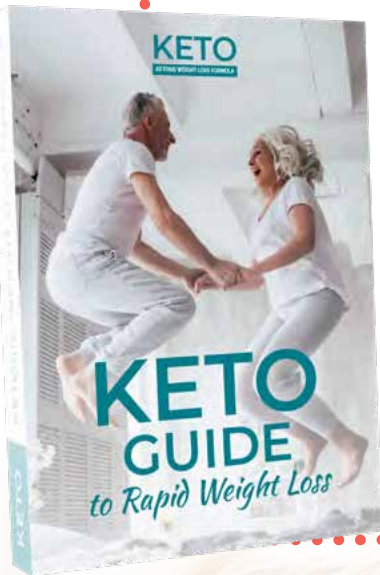
- 1 TBSP OLIVE OIL
- 2 LBS SALMON
- 1 TSP SEA SALT
- GROUND BLACK PEPPER
- 7 OZ BUTTER
- 1 LEMON

DIRECTIONS:

1. Preheat the oven to 400 degrees (F.)
2. Grease a large baking dish with olive oil and place the salmon (skin-side down) in the prepared baking dish. Season with salt and pepper.
3. Slice your lemon thinly and place it on top of the salmon.
4. Cut half your butter into thin slices and cover.
5. Bake on the middle rack for about 20-30 mins.
6. Heat the rest of the butter in a small saucepan.
7. Remove from heat and let cool a little.
8. Squeeze in lemon juice to taste.

HEAVENLY *Desserts* W/ NO ARTIFICIAL SUGARS!

Enjoy the delicacy of dessert without ruining a whole day's worth of hard work. Remember night is when you need to focus on protecting ketosis the most. That's because a high dose of glucose from sweets late at night can easily cause a delayed sugar crash that causes feelings of depression and anxiety first thing when you wake up in the morning. (See your PureHealth Keto Rapid Weight Loss Guide for more info on the DAWN EFFECT!) Avoid cancer-causing artificially processed desserts and find comfort knowing you can enjoy birthday parties, a late-night treat with coffee, and kick unhealthy cravings to the curb with these delicious recipes.



CRAVING-KICKING CHOCOLATE CUPCAKES

CHOCOLATE CUPCAKES: INGREDIENTS: (MAKES 8 MUFFINS)

- 5 MEDIUM SIZED ORGANIC EGGS
- 1/4 CUP COCONUT FLOUR
- 1/4 CUP COCONUT OIL OR BUTTER (SOFTENED)
- 4 TBSP COCOA POWDER
- 1 TSP BAKING POWDER
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1 TSP CINNAMON
- 1 TSP VANILLA EXTRACT
- 4 TBSP GRANULATED SWEETENER
- 2 OZ DARK CHOCOLATE (CHOPPED)



DIRECTIONS:

1. Heat your oven to 350 degrees (F.)
2. Mix your wet ingredients; eggs and coconut oil/butter plus vanilla extract.
3. Add your dry ingredients; cocoa powder, baking powder, coconut flour, cinnamon, and erythritol. (Stir in your chopped dark chocolate last.)
4. Fill into a silicone mold or into a regular cupcake mold using paper cups and bake for 20 mins.
5. Remove from the oven and cool.

CHOCOLATE FROSTING: INGREDIENTS:

- 2 OZ DARK CHOCOLATE (MELTED)
- 3 TBSP CREAM (HEAVY)
- 1/4 CUP CONFECTIONERS ERYTHRITOL
- 2 TBSP BUTTER

DIRECTIONS:

1. Melt the other half of the chocolate bar in the microwave or in a pan. Stir in the heavy cream, butter, and powdered sweetener.
2. Let it sit and cool until it starts to thicken.
3. Spread over the cupcakes.

ZESTY BLUEBERRY LEMON MUFFINS



INGREDIENTS: (MAKES 12 MUFFINS)

- 4 OZ BUTTER MELTED
- 4 TBSP STEVIA
- 1.5 OZ COCONUT FLOUR
- 1 TSP BAKING POWDER
- 1 TSP VANILLA
- 2 TBSP LEMON JUICE
- 2 TBSP LEMON ZEST
- 6 MEDIUM SIZED ORGANIC EGGS
- 4 OZ BLUEBERRIES

DIRECTIONS:

1. Mix the melted butter, sweetener, coconut flour, baking powder, vanilla, lemon juice, and zest together.
2. Add the eggs in one at a time and stir as you go.
3. Add a few fresh blueberries in the batter.
4. Bake at 350 degrees (F.) for 15 mins.
5. Garnish with fresh blueberries and lemon zest.

DELECTABLE DEATH BY CHOCOLATE CAKE



DIRECTIONS:

1. Preheat the oven to 350 degrees (F.)
2. In a large bowl, mix the almond flour, erythritol, cocoa powder, and baking powder until fully combined.
3. Mix in the butter and vanilla and the eggs into the bowl and stir until completely combined, then stir in your almond milk.
4. Prepare three 6-inch round cake pans (or work in batches if needed) butter or spray three 6-inch round cake pans. (One used repeated is fine.) Pour batter between three pans.
5. Place the pans into the oven and bake for 20-25 mins.
6. Let cool completely before removing from the pan.

DIRECTIONS:

1. Whisk all ingredients together until fluffy.
2. Spread evenly over cake.

CHOCOLATE CAKE RECIPE: INGREDIENTS: (MAKES 16 SERVINGS)

- 2 CUPS ALMOND FLOUR
- 1 CUP STEVIA
- 1/2 CUP COCOA POWDER (UNSWEETENED)
- 1 TSP BAKING POWDER
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1/2 CUP BUTTER (SOFTENED)
- 1 TSP VANILLA EXTRACT
- 2 MEDIUM ORGANIC EGGS
- 1 CUP ALMOND MILK (UNSWEETENED)

CHOCOLATE FROSTING RECIPE: INGREDIENTS: (MAKES 12 MUFFINS)

- 8 OZ CREAM CHEES (SOFTENED)
- 1/2 CUP BUTTER (SOFTENED)
- 1/3 CUP POWDERED ERYTHRITOL
- 1 TSP VANILLA EXTRACT
- 3 TBSP COCOA POWDER (UNSWEETENED)
- 2 TBSP HEAVY WHIPPING CREAM (SUGAR-FREE)

SUPER-SOFT KETO CHOCOLATE-CHIP COOKIES



INGREDIENTS: (MAKES 12 COOKIES)

- 6 OZ ALMOND MEAL
- 3.5 OZ SALTED BUTTER
- 4.5 OZ CONFECTIONERS ERYTHRITOL
- 1 TSP VANILLA EXTRACT
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1 LARGE ORGANIC EGG
- 1/2 TSP BAKING POWDER
- 1/4 TSP SALT
- 3 OZ SUGAR-FREE CHOCOLATE CHIPS

DIRECTIONS:

1. Preheat your oven to 355 degrees (F.) and microwave the butter for 30 seconds. (Melted but not hot.)
2. Place the butter into a mixing bowl with the erythritol then, add the vanilla and egg and mix on low for another 15 seconds.
3. Add the almond flour, xanthan gum, baking powder, and salt and mix well.
4. Press the dough then, add the chocolate chips.
5. Roll the dough and make 12 balls. Place them on a baking tray and cook for 10 mins.
6. Let them cool and serve.

PUMPKIN CHEESECAKE MOUSSE



DIRECTIONS:

1. Combine the cream cheese and pumpkin puree into a large bowl and hand mix until the mixture is smooth and creamy.
2. Add the erythritol, vanilla extract, pumpkin pie spice, and heavy cream. (Mix well.)
3. Refrigerate for an hour before serving.

INGREDIENTS: (MAKES 10 SERVINGS)

- 12 OZ CREAM CHEESE (SOFTENED)
- 15 OZ PUMPKIN PUREE (UNSWEETENED)
- 1/2 CUP CONFECTIONERS ERYTHRITOL
- 2 TSP PURE VANILLA EXTRACT
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 2 TBSP PUMPKIN PIE SPICE
- 3/4 CUP HEAVY CREAM

SIN/SUGAR-FREE SUPER FUDGE BROWNIES



INGREDIENTS:

(MAKES 16 SERVINGS)

- 6 OZ BUTTER UNSALTED (SOFTENED)
- 1 CUP POWDERED SWEETENER
- 3 MEDIUM SIZED ORGANIC EGGS
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1/3 CUP COCOA POWDER (UNSWEETENED)
- 6 OZ DARK CHOCOLATE (MELTED)
- 3/4 CUP ALMOND FLOUR

DIRECTIONS:

1. Preheat your oven to 350 degrees (F.)
2. Break the chocolate into squares and place in a small bowl. Then, place that bowl inside a larger bowl filled with boiling water. (This will melt and not burn your chocolate.)
3. Melt the butter and add it to the mix along with your; powdered sweetener, eggs and cocoa. (We suggest using a blender or in a food processor.)
4. Add the melted chocolate and almond flour and mix until you have a thick, smooth batter.
5. Line a small baking dish with parchment paper. (Grease the sides if needed.)
6. Fill the batter into the dish and smoothen the top. Bake 25 mins. and make sure the top is firm.
7. Let the brownies cool and remove them from the baking tin and enjoy guilt-free!

KETO CARROT CAKE w/ SUGAR-FREE CREAM CHEESE FROSTING



KETO CARROT CAKE

INGREDIENTS: (MAKES 12 SERVINGS)

- 1/2 CUP CONFECTIONERS ERYTHRITOL
- 5 TBSP BUTTER (SOFTENED)
- 4 LARGE SIZED ORGANIC EGGS
- 2 TBSP ALMOND MILK (UNSWEETENED)
- 1 TSP VANILLA
- 1 SERVING OF KETO FORMULA (PER FOOD SERVING)
- 1.5 CUPS ALMOND FLOUR
- 2 TBSP COCONUT FLOUR
- 1 TBSP BAKING POWDER
- 1.5 TSP CINNAMON (GROUNDED)
- 1/4 TSP ALLSPICE (GROUNDED)
- 1 LARGE CARROT (FINELY GRATED)

DIRECTIONS FOR CAKE:

1. Preheat the oven to 350 degrees (F.) Line the bottom of a 9" pan with parchment paper and spray with non-stick spray.
2. In a large bowl, mix together the erythritol and butter until you have a fluffy consistency.
3. Mix the eggs in and then add your almond milk and vanilla.
4. Blend in the almond flour, coconut flour, baking powder, and remaining spices.
5. Lightly fold in the shredded carrot.
6. Transfer to prepared pan and bake for 18-25 mins.
7. Cool completely and frost.

DIRECTIONS FOR FROSTING:

1. In a medium bowl, blend the butter and cream cheese until the mix becomes smooth.
2. Add the erythritol and vanilla and continue mixing and add in the heavy cream and stir until smooth.
3. Add more heavy cream if needed.
4. Let completely cool and top with the frosting and chopped pecans. (Optional)

SUGAR-FREE CREAM CHEESE FROSTING

INGREDIENTS: (MAKES 12 SERVINGS)

- 4 OZ CREAM CHEESE (SOFTENED)
- 2 TBSP BUTTER (SOFTENED)
- 1 TSP VANILLA
- 1 TBSP HEAVY CREAM
- 1/4 CUP CONFECTIONERS ERYTHRITOL
- 1/4 CUP PECANS (CHOP FOR OPTIONAL FOR GARNISH)



A BRIEF THANK YOU FROM

PUREHEALTH®
RESEARCH

This **“EASY & DELICIOUS KETO RECIPE GUIDE”** was created with love by **THE PUREHEALTH RESEARCH FAMILY** as a special gift to you & yours. There’s absolutely no way in which we can measure our gratitude for the inspiration you’ve given us. After all... It’s your passion for health & your lust for life that fuels our mission for ultimate nutrition and total wellness. The fun and easy to make all-natural recipes in this guide partnered with your **“KETO RAPID WEIGHT LOSS GUIDE”** are the two tools you need to be successful at helping to shed pounds almost effortlessly and naturally while on keto, so go out and conquer this world in the best body possible!

P.S. Remember, health is a life-long journey, so as long as you continue your mission, you can guarantee that PureHealth will be by your side to deliver you more **EXCLUSIVE & FREE** content that will help guide you in making the body of your dreams become a reality sooner than you can imagine!

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