

# No carb

RECIPES THAT WILL TAKE YOUR  
DIET THROUGH A LIFT!!

DO YOU WANT  
TO KICK AWAY CARBS  
FROM YOUR DIET?

THIS COOKBOOK  
IS THE RIGHT  
TOOL FOR YOU!

by  
**KEANU**  
wood



# No Carb Recipes That Will Take Your Diet Through a Lift!!

Do You Want to Kick Away Carbs from Your Diet? This Recipe Book is The Right Tool for You!

BY: Keanu Wood



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# Introduction



Contrary to popular beliefs that if you get rid of carbs from your diet, your diet is going to nosedive into depression, that is a huge lie!

If you want to live a healthy life, banishing carbs from the classes of food you ingest is a beautiful decision.

And if you think that your diet will be relegated to boring and bland cuisines, that is another lie!

Cutting off Carbs from your diet doesn't mean that you are saying goodbye to exciting and delicious meals. No!

Carbs are not the only food groups that make up delicious and tantalizing cuisines! The other classes of food make up extremely amazing cuisines that would have you wondering why you didn't get off the Carb diet since.

Explore the best of a no-carb diet as you familiarize yourself with nice cuisines that are devoid of carbs!!!

oo



# 1) Chia Seed Pudding with Nuts and Seeds



I wouldn't ask you to load your chia seed pudding with plenty of nuts and seeds if it was satisfying, nourishing, and delicious. You may make this the night before for better result and enjoy them the next morning.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 1 hour or overnight

**Ingredient List:**

- 1 ½ cups unsweetened almond milk
- 1 teaspoon vanilla extract
- 4 teaspoons maple (sugar-free) syrup
- ½ cup Greek yogurt
- 7 tablespoons chia seeds
- Chopped pecans, for topping
- 2 tablespoons mixed seeds
- Desiccated coconut shaving, for topping

oo

**How to Cook:**

1. In a bowl, combine the almond milk, vanilla extract, maple syrup, and Greek yogurt. Mix in the chia seeds and set aside.
2. Divide the mixture into 4 medium mason jars, close the lids, and refrigerate for 1 hour or overnight.
3. Remove the jars, uncover and divide the pecans, mixed seeds, and coconut shavings on top.
4. Serve the pudding immediately.

**Nutritional Facts per Serving:**

- Calories 309
- Total Fat 26.12g
- Protein 7.1g

## 2) Spinach & Pork Frittata



There's a way to load up a frittata without falling to the carbs and on the other hand, not making the dish dull. Pork has an intense, inviting flavor, which is fantastic for this bake. Add some spinach because they are deficient in calories and enjoy this dish in the morning.

**Yield:** 4

**Duration:** 12 minutes

**Total Prep Time:** 50 minutes

### Ingredient List:

- 3 tablespoons olive oil, divided
- ½ lb. ground pork
- 1 small brown onion, thinly sliced
- 2 cloves garlic, minced
- 1 large green bell pepper, deseeded and chopped
- ¼ cup white button mushrooms, sliced
- ¼ teaspoons dried oregano
- Salt and freshly ground black pepper to taste
- 6 oz spinach, chopped
- 12 eggs
- 3 tablespoons unsweetened coconut milk
- ¼ cup grated gruyere cheese

oo

### How to Cook:

1. Preheat an oven to 350 F and grease a baking dish with cooking spray. Set aside.
2. Heat 1 tablespoon of olive oil in a medium skillet (oven safe) over medium heat, add and cook the pork (season with salt and black pepper) until browned, 10 minutes. Transfer to a plate and set aside.
3. Add the remaining olive oil to heat and sauté the onions, garlic, bell pepper, and mushrooms until softened, 7 minutes. Season with oregano, salt, and black pepper; cook for 3 minutes.
4. Add the spinach in batches while allowing wilting and cook for 5 minutes with occasional stirring. Mix in the pork.
5. In a large bowl, beat the eggs with the coconut milk, salt, and black pepper. Mix the eggs into the spinach mixture, along with two-thirds of the gruyere cheese.
6. Pour the mixture into the baking dish, top with the remaining cheese and bake in the oven until the eggs set, 25 minutes.
7. Remove the dish from the oven, slice the frittata, and serve warm.

### Nutritional Facts per Serving:



- Calories 477
- Total Fat 35.88g
- Protein 28.22g

### 3) Chili Tofu Scramble



This hearty dish is one excellent for the vegan and vegetarian dieter, which sits flavorful ingredients that will satisfy you quickly at breakfast. Enjoy the love made in a bowl.

**Yield:** 4

**Duration:** 25 minutes

**Total Prep Time:** 20 minutes

#### Ingredient List:

- 8 oz water-packed extra firm tofu
- 2 tablespoons ghee
- 1 medium red bell pepper, deseeded and finely chopped
- 1 small red onion finely chopped
- 2 garlic cloves, minced
- 1 teaspoon fresh ginger puree
- 1 long red chili, minced
- 1 tomato, finely chopped
- ½ cup baby spinach
- 1 tablespoon cumin powder
- Salt and freshly ground black pepper to taste
- 3 oz grated Pecorino Romano cheese
- 2 tablespoons freshly chopped scallions to garnish

oo

#### How to Cook:

1. Place the tofu in between two paper towels and allow liquid soaking for 15 minutes.
2. After that, melt the ghee in a medium skillet, add and sauté the bell peppers, onion, garlic, and ginger until the bell peppers are soft, 6 minutes.
3. Remove the parchment papers off the tofu and crumble into the vegetables. Fry until the tofu turns golden brown on all sides, occasionally stirring while breaking the tofu into scrambled-egg like pieces, 5 minutes.
4. Stir in the red chili, tomato, spinach and cook until the tomatoes and spinach soften, 4 minutes. Add the cumin powder, salt, black pepper, and stir in the Pecorino Romano cheese to blend in until melted and fragrant, 2 minutes.
5. Divide the food into 4 serving plates and serve warm.

#### Nutritional Facts per Serving:

- Calories 219
- Total Fat 15.33g
- Protein 12.94g

## 4) Mushroom and Olives Shakshuka



I love me some shakshuka for brunch, and because I can have them topped with my favorite ingredients, I made sure to introduce some mushrooms and olives. The result? Irresistible!

**Yield:** 2

**Duration:** 20 minutes

**Total Prep Time:** 34 minutes

**Ingredient List:**

- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 small red onion, chopped
- 1 medium orange bell pepper, deseeded and chopped
- 1 medium green bell pepper, deseeded and chopped
- ¼ cup cremini mushrooms, chopped
- 1 red chili, deseeded and minced
- ½ cup unsweetened tomato sauce
- 1 cup diced tomatoes
- Salt and freshly ground black pepper to taste
- 1 teaspoon coriander powder
- 1 tablespoon chopped basil
- 1 tablespoon chopped parsley + extra to garnish
- 4 large whole eggs
- ¼ cup pitted black olives, pitted and sliced

oo

**How to Cook:**

1. Heat the olive oil in a medium deep skillet and sauté the onion, garlic, bell peppers, mushrooms, and red chili until softened, 10 minutes.
2. Mix in the tomato sauce, tomatoes, salt, black pepper, and coriander powder. Cover the skillet and cook for 10 to 12 minutes or until the fresh tomatoes soften and exude juices.
3. Stir in the basil and using a spoon, create four holes in the sauce. Break an egg into each hole, and sprinkle each with the basil and two-thirds of the parsley. Cover the skillet with a lid and cook until the eggs are firm, 10 to 12 minutes. Turn the heat off.
4. Divide the shakshuka onto 4 plates, adjust the taste with salt and black pepper, and garnish with the reserved parsley.
5. Serve immediately with Greek yogurt.

**Nutritional Facts per Serving:**

- Calories 320
- Total Fat 16.96g
- Protein 10.8g



## 5) Herby Bacon & Eggs in Avocado



I don't think baked eggs in avocado will ever fall out of my league of favorite foods. Topping these with crunchy bacon pieces adds on that shine that gets everyone gladdened at breakfast.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 14 minutes

**Ingredient List:**

- 1 tablespoon olive oil
- 4 bacon slices, chopped
- 2 large ripe avocados, halved and pitted
- 4 eggs
- 2 tablespoons fresh Italian herb blend
- Salt and freshly ground black pepper to season
- ¼ cup grated cheddar cheese

oo

**How to Cook:**

1. Preheat the oven to 400 F.
2. Heat the olive oil in a small skillet and fry the bacon until brown and crispy, 7 minutes. Transfer onto a paper towel-lined plate and set aside.
3. Crack an egg into each avocado half and place the avocados on a baking sheet. Sprinkle with the herb blend, salt, black pepper, and divide the cheddar cheese on top.
4. Bake in the oven until the egg whites set but the yolks still runny, 5 to 7 minutes.
5. Remove the baking sheet; plate the avocados and scatter the bacon on top.
6. Serve warm with low carb bread.

**Nutritional Facts per Serving:**

- Calories 338
- Total Fat 29.99g
- Protein 11.89g

## 6) Ricotta Avocado Scones



Scones are one of the easiest things to make for breakfast. They are a simple combination and cook quickly. Making these with almond flour is the way to go on the no-carb diet and filling them with cheese and avocado crowns these hearty pieces.

Servings Size: 4

**Duration:** 8 minutes

**Total Prep Time:** 25 minutes

**Ingredient List:**

- ½ cup cold butter
- 3 teaspoons baking powder
- 2 cups almond flour
- 1 medium red bell pepper, deseeded and finely chopped
- 1 ripe avocado, pitted and mashed
- 2 chives, chopped
- 1 cup crumbled ricotta cheese
- 1 large egg
- 1/3 cup buttermilk

oo

**How to Cook:**

1. Preheat the oven to 350 F and line a baking sheet with baking paper. Set aside.
2. In a medium bowl, mix the baking powder and almond flour. Add the butter, and using your hands, mix and break the butter.
3. Add the bell pepper, avocado, chives, ricotta cheese, and mix again.
4. In a small bowl, lightly beat the egg with the buttermilk and mix into the flour ingredients using a fork. Using your hands, mold 8 to 10 scones out of the batter and place on the baking sheet.
5. Bake in the oven until the scones turn are golden, 20 to 25 minutes.
6. Remove from the oven, allow cooling for 5 minutes, and serve.

**Nutritional Facts per Serving:**

- Calories 432
- Total Fat 41.98g
- Protein 10.79g



## 7) Mushroom Tofu Soup with walnuts



I love how silken tofu replaces heavy cream in this soup for the vegan or vegetarian no-carb dieter. Top the soup with some walnuts and enjoy the chunky pieces in this brown soup.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 30 minutes

**Ingredient List:**

- 2 tablespoons butter
- 1 teaspoon freshly grated ginger
- 1 large yellow onion, finely chopped
- 1 garlic clove, minced
- 2/3 cup cremini mushrooms, sliced
- 1 cup chicken stock
- 2 (14 oz) silken tofu, drained and rinsed
- Salt and freshly ground black pepper to taste
- 2 cups unsweetened almond milk
- 1 tablespoon freshly chopped sage
- Chopped toasted walnuts for topping
- Finely chopped parsley to garnish

oo

**How to Cook:**

1. Melt the butter in a medium saucepan over medium heat and sauté the ginger, onion, garlic, and mushrooms until fragrant and soft. Spoon half of the mushrooms onto a plate and reserve.
2. Pour in the chicken stock, silken tofu, salt, and black pepper. Cook for 8 minutes and using an immersion blender, puree the ingredients until very smooth.
3. Stir in the reserved mushrooms and simmer with the lid covered for 7 minutes while frequently stirring to prevent the tofu from curdling.
4. Mix in the almond milk, heat for 2 minutes, and adjust the taste with salt and black pepper. Mix in the sage and dish the soup into serving bowls.
5. Top with the walnuts, garnish with some parsley and serve.

**Nutritional Facts per Serving:**

- Calories 923
- Total Fat 8.59g
- Protein 23.48g



## 8) Creamy Onion Soup



Got a bunch of onions? Make onion soup and stir in a good measure of almond milk and gruyere cheese. You will enjoy every scoop of spoon.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 1 hour 5 minutes

### Ingredient List:

- 1 tablespoon butter
- 2 tablespoons olive oil
- Salt and freshly ground black pepper to taste
- 3 cups thinly sliced yellow onions
- 2 garlic cloves, thinly sliced
- 2 teaspoons almond flour
- ½ cup dry white wine
- 2 sprigs chopped thyme
- 2 cups hot vegetable stock
- 1 cup grated gruyere cheese + extra for topping
- 2 cups unsweetened almond milk

oo

### How to Cook:

1. Heat the butter and olive oil in a medium pot over medium heat. Add and sauté the onions until softened while stirring regularly to avoid browning, 10 minutes. Reduce the heat to low and simmer for 15 minutes, stirring occasionally.
2. Mix in the garlic, continue cooking until the onions caramelize, 10 minutes (keep stirring).
3. Stir in the almond flour until adequately mixed, pour in the white wine, and increase the heat. Season with salt, black pepper, thyme, and pour in the hot vegetable stock. Close the lid and bring to a boil, then simmer for 30 minutes.
4. Add half of the cheese and almond milk. Stir until the cheese melts and adjust the taste with salt and black pepper.
5. Spoon the soup into serving bowls, sprinkle with more cheese, and serve warm.

### Nutritional Facts per Serving:

- Calories 340
- Total Fat 23.43g

- Protein 15.15g

## 9) Nutty Avocado Salad with Goat-Feta Cheese



Avocado, two-cheeses, and nuts all in a blend with broccoli slaw and cranberries, what more could you ask for in a salad. It is an excellent dish for small garden lunches.

**Yield:** 4

**Duration:** 15 minutes

**Total Prep Time:** 0 minutes

**Ingredient List:**

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 2 tablespoons sesame seeds
- Salt and freshly ground black pepper to taste
- 2 cups broccoli slaw
- 2 cups watercress leaves
- 1/3 cup chopped pecans
- 1/3 cup chopped macadamia nuts
- 1/3 cup cranberries
- 1/3 cup crumbled goat cheese
- 2/3 cup diced feta cheese

oo

**How to Cook:**

1. In a small bowl, beat the olive oil, red wine vinegar, sesame seeds, salt, and black pepper. Set aside.
2. In a large salad bowl, mix the remaining ingredients. Drizzle with the olive oil mixture (dressing), toss with two spoons and divide into salad bowls.
3. Serve immediately.

**Nutritional Facts per Serving:**

- Calories 397
- Total Fat 3.87g
- Protein 8.93g



# 10) Asparagus & Pistachios Salad with Chicken



When you load a salad with different textures, count me a part of that party. Enjoy this salad for lunch or dinner.

**Yield:** 4

**Duration:** 20 minutes

**Total Prep Time:** 15 minutes

**Ingredient List:**

- 2 tablespoons olive oil
- 4 chicken breasts, cut into 1-inch cubes
- Salt and freshly ground black pepper to taste
- 2 tablespoons butter
- 1 ½ lb. asparagus, trimmed and halved
- 1 long red chili, deseeded and sliced
- ½ lemon, juiced
- 4 tablespoons chopped pistachios

oo

**How to Cook:**

1. Heat the 1 tablespoon of olive oil in a medium skillet over medium heat, season the chicken with salt and black pepper, and fry in the oil until golden on all sides, 10 minutes. Transfer to a paper towel-lined plate, and then set it aside.
2. Heat the remaining olive oil and butter in the skillet, add the asparagus and red chili; season with salt and black pepper, and stir-fry until the vegetables soften.
3. Stir in the chicken and continue cooking for 5 minutes. Turn the heat off.
4. Plate, drizzle with some lemon juice and scatter the pistachios on top.
5. Serve warm.

**Nutritional Facts per Serving:**

- Calories 237
- Total Fat 19.57g
- Protein 12.75g

# 11) Mozzarella Pork Loaf



Mold some ground pork into a loaf and make sure to fill and crust it with some mozzarella cheese. The effort used for this dish is worth every bite of it.

**Yield:** 4

**Duration:** 8 minutes

**Total Prep Time:** 55 minutes

**Ingredient List:**

- 1 cup unsweetened tomato sauce, divided
- 1 ½ lb. ground pork
- 5 garlic cloves, minced
- 2 large yellow onions, chopped
- 2 tablespoons freshly pureed ginger
- ½ cup golden flaxseed meal
- 1 cup grated mozzarella cheese, divided
- Salt and freshly ground black pepper
- 2 teaspoons red chili flakes
- ½ teaspoons dried sage
- 1/3 cup chopped parsley, divided
- 2 egg whites

oo

**How to Cook:**

1. Preheat the oven to 450 F and grease a 9 x 5-loaf pan with cooking spray. Set aside.
2. In a medium bowl, combine all the ingredients while reserving half of the mozzarella cheese, half of the parsley, and a quarter of the tomato sauce.
3. Spoon the meat mixture into the loaf pan and brush the top with the remaining tomato sauce. In a small bowl, mix the remaining parsley and mozzarella cheese; sprinkle on top of the meat.
4. Place the loaf pan in the oven and bake until the cheese melts and the pork cooks through, 55 minutes.
5. Remove the loaf pan, allow cooling, and run a butter knife along the edges of the pan. Empty the meatloaf onto a clean surface.
6. Slice and serve with fresh collards salad.

**Nutritional Facts per Serving:**

- Calories 731
- Total Fat 41.38g
- Protein 55.14g



## 12) Grilled Pork Loin with Kale & Feta Quenelles



A combination like this is sure to earn you a kind word from your eaters. These quenelles are completely carb-free and complement this barbecued pork loin well.

**Yield:** 4

**Duration:** 1 hour 40 minutes

**Total Prep Time:** 24 minutes

**Ingredient List:**

**For the grilled pork loins:**

- 2 teaspoons sweet paprika
- ½ teaspoons ginger powder
- ½ teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ cup sugar-free barbecue sauce
- 1 tablespoon maple (sugar-free) syrup
- 4 (6 oz) thick- cut pork loin chops, boneless

**For the kale and feta quenelles:**

- 3 cups chopped kale, frozen and defrosted
- 1 cup crumbled feta cheese
- ¼ cup grated Parmesan cheese + extra for garnishing
- Salt and freshly ground black pepper to taste
- ¼ teaspoons nutmeg powder
- 1 egg, cracked into a bowl
- Almond flour (optional), for thickening
- 2 ½ cups water
- 3 heaped tablespoons butter

oo

**How to Cook:**

**For the grilled pork loins:**

1. In a small bowl, combine the sweet paprika, ginger powder, garlic powder, salt, and black pepper. Season the pork on both sides with the spice mix and wrap in cling film. Place in the fridge to marinate for 1 hour and 30 minutes.
2. In a small bowl, combine the barbecue sauce, maple syrup, and any leftover spice rub (if you have some left).



3. Preheat the grill to 450 F and take out the meat. Remove the wrap and put the pork on the grill. Cook for 2 minutes on each side. Reduce the temperature, brush the top of the meat with the barbecue sauce mixture, cover the lid and grill for 3 minutes. Flip the pork, brush again with more sauce, cover the lid, and cook further for 3 minutes.
4. Transfer the meat to a serving platter and place in a warmer to keep warm.

**For the kale and feta quenelles:**

5. Squeeze the kale to release as much liquid as possible and put in a medium bowl.
6. Mix in the feta cheese, half of the Parmesan cheese, salt, black pepper, nutmeg powder, and egg. Add 1 to 2 tablespoons of almond flour if the mixture is too soft to thicken as mashed potatoes.
7. Using two tablespoons, form quenelles out of the mix and set aside on a clean flat surface.
8. Boil the water in a large saucepan over medium heat and place one quenelle in the water. If the quenelle rises to the top of the water without breaking, you can continue making the remaining quenelles. If it breaks, crumble the other quenelles in the bowl, add one 1 to 2 tablespoons of almond flour, mix and re-mold the quenelles.
9. Add the some to the boiling water and continue poaching until the quenelles rise to the top. Using a slotted spoon, remove the cooked quenelles onto a serving platter, and cook the remaining quenelles.
10. Divide into 4 plates and set aside.
11. Place the butter in a small safe microwave bowl and melt in the microwave for 30 seconds. Take out the bowl and drizzle the butter all over the quenelles. Sprinkle with extra Parmesan cheese.
12. Serve the quenelles with the pork loin.

**Nutritional Facts per Serving:**

- Calories 508
- Total Fat 30.76g
- Protein 52.47g

# 13) Mushroom & Turkey Casserole



If you will somewhat reduce your fat intake and consume more protein, then turkey serves as a better option than chicken. It is a loaded casserole with excellent tastes and flavors.

**Yield:** 4

**Duration:** 15 minutes

**Total Prep Time:** 37 minutes

**Ingredient List:**

- 1 large zucchini, thinly sliced
- Salt to taste
- 3 tablespoons olive oil
- 1 garlic clove, minced
- 1 medium brown onion, chopped, divided
- 1 lb. ground turkey
- Freshly ground black pepper to taste
- 1 cup chopped baby bella mushrooms
- ½ cup golden flaxseed meal, divided
- 1 (15 oz) can diced tomatoes
- 1/3 cup chicken broth
- 1/4 cup chopped parsley
- 1 cup cottage cheese
- 1 cup Italian cheese blend

oo

**How to Cook:**

1. Preheat the oven to 375 F and lightly grease a baking dish with the cooking spray. Set aside.
2. Put the zucchini slices in a colander, sprinkle with some salt, and allow liquid draining while you cook the other ingredients.
3. Heat half of the olive oil in a medium skillet; add garlic, half of the onions, and cook for 3 minutes. Stir in the turkey and cook over medium heat. Season with salt and black pepper and cook until no longer pink while breaking the lumps that form, 7 minutes. Transfer the meat to a plate and set aside.
4. Heat the remaining olive oil in the skillet and cook the mushrooms until softened, 7 minutes. Mix in 2 tablespoons of golden flaxseed meal and continue cooking for 5 minutes.
5. Stir in the tomatoes, chicken broth, and half of the parsley. Cook for 3 minutes, and then turn the heat off.
6. Mix in the turkey, remaining parsley, cottage cheese, and two-thirds of the Italian cheese blend. Set the pot aside.
7. Sprinkle 3 tablespoons of golden flaxseed meal on the bottom of the baking dish, pat the zucchini dry using a paper towel and arrange half on top of the flaxseed meal in the dish. Season with salt and top with half of the turkey

mixture. Repeat the layering process a second time in the same proportions. Sprinkle with the remaining cheese blend.

8. Cover the baking dish with aluminum foil and bake in the oven for 20 minutes. Remove the foil and brown the top of the casserole using the broiler side of the oven, 2 minutes.

9. Remove the dish afterward, allow cooling for 3 minutes and spoon the food into serving plates. Serve warm.

**Nutritional Facts per Serving:**

- Calories 787
- Total Fat 59.02g
- Protein 49.14g



## 14) Sweet & Hot Mahi-Mahi Tuna



I like to have Mahi Mahi at most Asian restaurants and found it worth the try glazing this fish pieces with a hot and sweet sauce. The outcome is unexplainable; you'll have to make them already to experience the taste.

**Yield:** 4

**Duration:** 5 minutes

**Total Prep Time:** 8 minutes

**Ingredient List:**

- 4 fresh mahi-mahi tuna fillets
- Salt and freshly ground black pepper
- 2 tablespoons melted butter
- 4 garlic cloves, minced
- 1 ¼ -inch ginger, grated
- 1 tablespoon hot sauce
- 2 tablespoons chili powder
- 1 ½ tablespoons maple (sugar-free) syrup
- 1 lime, juiced

oo

**How to Cook:**

1. Preheat the grill to 350 F.
2. Season the fish all around with salt and black pepper. Set aside.
3. In a small bowl, mix the butter, garlic, ginger, hot sauce, chili powder, maple syrup, and lime juice. Brush the sauce all over the fish.
4. Place the fish on the grill and cook uncovered on both sides or until the fish cooks through and no longer pink within, 3 to 4 minutes.
5. Plate the tuna; sprinkle with black pepper and serve warm.

**Nutritional Facts per Serving:**

- Calories 487
- Total Fat 11.35g
- Protein 87.96g

# 15) Maple Glazed Pork Ribs



And who says we can’t enjoy some sweetened meat on the no-carb diet? Thanks to maple (sugar-free) syrup, there so much goodness to explore in this softly cooked ribs.

**Yield:** 4

**Duration:** 1 hour 35 minutes

**Total Prep Time:** 13 minutes

**Ingredient List:**

- ½ teaspoons garlic powder
- ½ teaspoons ginger powder
- 1 teaspoon dried oregano
- 1/3 cup + 3 tablespoons maple (sugar-free) syrup
- A pinch nutmeg powder
- 1 teaspoon dried rosemary
- Salt and freshly ground black pepper to taste
- 2 lb. spare ribs, sliced into 16 ribs
- ¼ cup melted butter
- Freshly chopped scallions for garnishing

oo

**How to Cook:**

1. Preheat the grill to 400 F.
2. In a bowl, mix garlic, ginger, oregano, 1/3 cup of maple syrup, nutmeg, rosemary, salt, and black pepper.
3. Place the spare ribs on a clean flat surface; use a paper towel to pat dry and brush the spice mixture on every side of the meat. Wrap in cling film and place in the refrigerator to marinate for 30 minutes to 1 hour.
4. Remove, unwrap the ribs and place on the grill. Close the cover and cook for 4 minutes. Open the lid, turn the ribs and cook further for 4 minutes.
5. While the meat cooks, in a small bowl, mix the butter with the remaining maple syrup. Open the lid and brush the meat with the mixture. Close and cook for 3 minutes. Flip, brush, and continue cooking (covered) for 2 minutes.
6. Remove the ribs onto serving plates, garnish with some scallions, allow cooling for 5 minutes, and serve.

**Nutritional Facts per Serving:**

- Calories 606
- Total Fat 47.23g
- Protein 44.94g

# 16) Spinach & Cream Stuffed Chicken with Bacon



I love to stuff chicken breasts with cream and greens because they have an appetite-whetting reveal when sliced. Wrap the chicken in bacon for added flavor, tastes, and fats.

**Yield:** 4

**Duration:** 15 minutes

**Total Prep Time:** 22 minutes

**Ingredient List:**

- 2 tablespoons olive oil
- 1 small red onion, finely chopped
- 3 garlic cloves, minced
- 2 cups spinach, chopped
- Salt and black pepper to taste
- 2 lemons, zested
- 1 (8 oz) pack cream cheese
- 4 tablespoons dried Italian mixed herbs
- 4 chicken breasts
- 8 slices bacon

oo

**How to Cook:**

1. Preheat the oven to 350 F.
2. Heat the olive oil in a small skillet, add and sauté the onion and garlic until softened, 3 minutes. Add the spinach, drizzle with 1 tablespoon of water and allow wilting for 6 minutes. Season with salt, black pepper, and add the lemon zest; continue cooking for 1 minute.
3. Turn the heat off and stir in the cream cheese and the Italian mixed herbs. Set aside.
4. Place the chicken on a chopping board, use a knife to score a wide hole in the center of the meat, remove the cut part and reserve.
5. Spoon the cream cheese mixture into the chicken and cover with the reserved pieces. Wrap each chicken breast with 2 bacon slices each and secure with toothpicks. Place the meat on the baking sheet, grease with cooking spray and place in the oven to bake until the bacon browns and the chicken cooks, 10 to 12 minutes.
6. Remove the baking sheet; allow resting for 5 minutes and serve.

**Nutritional Facts per Serving:**

- Calories 742
- Total Fat 45.71g
- Protein 73.26g



# 17) Creamy Chocolate Truffles with Crushed Nuts



Melt some unsweetened chocolate with coconut cream, form into balls, and roll these in a blend of crushed nuts. Serve them immediately.

**Yield:** 6

**Duration:** 5 minutes

**Total Prep Time:** 1 minute

**Ingredient List:**

- 2/3 cup coconut cream
- 2 tablespoons unsalted butter
- 2/3 cup unsweetened dark chocolate, roughly chopped
- 2 tablespoons maple (sugar-free) syrup
- ¼ cup toasted pecans and walnuts, crushed finely

oo

**How to Cook:**

1. In a medium safe microwave bowl, add the coconut cream, butter, chocolate, and maple syrup. Melt in the microwave until fully melted, 1 minute; stir at every 10-seconds interval.
2. Remove the bowl and allow cooling for touching.
3. Line a baking tray with baking paper and using a tablespoon, scoop and use your hands to form bite-size balls from the batter.
4. Place the truffles on the baking sheet and refrigerate for 30 minutes.
5. Remove, roll each truffle in the crushed nuts and serve immediately.

**Nutritional Facts per Serving:**

Calories 143  
Total Fat 12.68g  
Protein 2.41g

# 18) Matcha Fudge with Pistachios



It is a green affair here with good vibes. Make and serve these as often as you like.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 18 minutes

**Ingredient List:**

- ¼ cup melted unsalted butter
- A pinch of salt
- 4 tablespoons swerve sugar
- 1 egg
- 1 tablespoon matcha powder
- ¼ cup almond flour
- ½ teaspoons baking powder
- ¼ cup chopped pistachios

oo

**How to Cook:**

1. Preheat the oven to 350 F and line a square baking sheet with baking paper. Set aside.
2. In a medium bowl, mix the butter, salt, and swerve sugar.
3. Crack in the egg and beat until properly combined.
4. Pour the matcha powder, almond flour, and baking powder into a fine sieve and sift onto the egg batter.
5. Stir in the pistachios and pour the mixture onto the baking sheet. Place in the oven and bake for 18 minutes or until a toothpick inserted comes out clean.
6. Remove the baking sheet, allow cooling, and cut into square pieces.
7. Serve warm.

**Nutritional Facts per Serving:**

- Calories 134
- Total Fat 12.66g
- Protein 3.22g

# 19) Lemon Cheesecake Fat Bombs



I love to serve kids fat bombs because it distracts them from a being a bug to me. Infusing these cheese pieces with lemon juice creates an exciting tang and flavor.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 40 minutes

**Ingredient List:**

- 4 tablespoons unsalted butter, room temperature
- 2 (8 oz) cream cheese, room temperature
- 2/3 cup almond flour, very fine
- 2 tablespoons maple (sugar-free) syrup
- 1 lemon, zested and juiced
- 1 teaspoon vanilla extract

oo

**How to Cook:**

1. In a medium bowl, combine all the ingredients evenly and spoon the mixture into the holes of a silicon muffin tray. Refrigerate until the mixture hardens, 40 minutes.
2. Remove the tray, take out the fat bombs onto a plate, and garnish with the lemon zest. Serve immediately.

**Nutritional Facts per Serving:**

- Calories 227
- Total Fat 14.8g
- Protein 4.68g



## 20) Coconut–Raspberry Parfait



With coconut cream and raspberries at your disposal, load up tall dessert glasses with layers of coconut cream, chilled raspberries, and chia seeds. You will love these and will be making them often.

**Yield:** 4

**Duration:** 5 minutes

**Ingredient List:**

- 2 cups coconut yogurt, cold
- ¼ cup fresh raspberries, halved and chilled
- ½ lemon, juiced
- 2 tablespoons chia seeds
- Maple (sugar-free) syrup to taste
- Unsweetened chocolate sprinkles, to garnish

oo

**How to Cook:**

1. Into 4 medium serving glasses, layer half of all the ingredients except the chocolate sprinkles in this order - coconut yogurt, raspberries, lemon juice, chia seeds, and maple syrup. Repeat with a second layer of the remaining ingredients.
2. Garnish with the chocolate sprinkles and serve immediately.

**Nutritional Facts per Serving:**

- Calories 105
- Total Fat 7.82g
- Protein 5.24g

## 21) Three Cheese-Garlic Chicken Wings



I love cheese in different foods. Melting a blend of three cheese with butter and fresh herbs make these wings pop. Dig into the hot sauce and meaty texture of the wings.

**Yield:** 4

**Duration:** 12 minutes

**Total Prep Time:** 20 minutes

**Ingredient List:**

- 2 lb. chicken wings, cut into halves and tips removed
- Salt and freshly ground black pepper to taste
- 2 tablespoons garlic paste
- ½ cup melted butter
- 1 ½ tablespoons Italian seasoning
- 1 ½ cups combined cheese (Parmesan (extra for garnishing) + Monterey Jack + mozzarella)
- ¼ teaspoons red chili flakes
- 2 tablespoons freshly chopped scallions

oo

**How to Cook:**

1. Preheat the oven to 400 F and lightly grease a baking sheet with cooking spray.
2. Pat the wings dry with a paper towel and season both sides with salt and black pepper. Place on the baking sheet, grease lightly with cooking spray, and bake in the oven for 20 minutes until golden brown and cooked through (turning once after 12 minutes).
3. While cooking, in a blender, add the garlic, butter, Italian seasoning, cheeses, and red chili flakes; process until smooth.
4. Pour the mixture into a large mixing bowl, remove the chicken from the oven and add to the sauce. Toss until evenly coated.
5. Put the chicken in serving plates, drizzle generously with some sauce and garnish with some Parmesan cheese and scallions.
6. Serve immediately.

**Nutritional Facts per Serving:**

- Calories 412
- Total Fat 21.74g
- Protein 41.71g



## 22) Bacon Wrapped Avocados



On a no-carb diet, it is essential to feed on highly fatty foods, sourced naturally. This way, your body fills its fat reserves to fuel the body with steady energy flow. Avocados and bacon are rich in fats and highly recommended for this diet. Meanwhile, they are delicious and run out fast.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 10 minutes

**Ingredient List:**

- 3 firm, ripe avocados
- 12 bacon slices
- 1/3 teaspoons salt
- 1/3 teaspoons cayenne pepper
- 1/3 teaspoons coriander powder
- ½ teaspoons dried basil

oo

**How to Cook:**

1. Preheat the oven to 350 F.
2. Cut the avocados into halves, take out the pit, skin and slice each flesh half into 4 pieces to make 24 avocado strips in total.
3. Stretch the bacon slices carefully to slightly elongate and cut each into two halves to make 24 pieces.
4. In a small bowl, mix the salt, cayenne pepper, coriander, and basil. Set aside.
5. Wrap each avocado strip with a bacon slice, arrange on a baking sheet, and sprinkle both sides of each wrapped avocado with the spice mixture.
6. Place in the oven and bake until the bacon browns and crisps, 10 minutes.
7. Remove the baking sheet from the oven and transfer the avocados to a wire rack to drain grease.
8. Plate and serve with ranch dip.

**Nutritional Facts per Serving:**

- Calories 560
- Total Fat 52.8g
- Protein 12.86g



# 23) Buffalo Beef Balls



Are beef balls overrated? Not at all! Make these spicy, buttery meatballs for your guests and experience the heart-warming smiles on their faces.

**Yield:** 4

**Duration:** 10 minutes

**Total Prep Time:** 20 minutes

**Ingredient List:**

- 1 lb. ground beef
- 1 large egg, slightly beaten
- 2 tablespoons finely chopped green onions
- 2 garlic cloves, minced
- ½ cup grated Parmesan cheese
- Salt and freshly ground black pepper to taste
- ¼ cup melted butter
- 3 tablespoons plain vinegar
- 3 tablespoons hot sauce
- 1 ½ teaspoons freshly squeezed lemon juice
- 3 tablespoons maple (sugar-free) syrup
- ½ cup sugar-free Worcestershire sauce
- ¼ teaspoons mustard powder

oo

**How to Cook:**

1. Preheat the oven to 350 F and grease a baking sheet with cooking spray. Set aside.
2. In a medium bowl, mix the beef, egg, green onions, garlic, Parmesan cheese, salt, and black pepper. Using your hands, form 1-inch meatballs from the mixture, place on the baking sheet, and grease with cooking spray. Bake in the oven until golden brown and cooked through, 15 to 20 minutes.
3. Meanwhile, in another medium bowl, mix the butter, vinegar, hot sauce, lemon juice, maple syrup, Worcestershire sauce, mustard powder, salt, and black pepper.
4. When the meatballs are ready, pour half into the hot (buffalo) sauce and toss to coat thoroughly. Plate and coat the remaining meatballs with the rest of the sauce.
5. Plate the meatballs and serve immediately with blue cheese dip.

**Nutritional Facts per Serving:**

- Calories 426
- Total Fat 30.37g
- Protein 28.85g

## 24) Shrimp with Coconut Crusting



While shrimp aren't quite fatty, crusting these pieces with desiccated coconut makes up for the needed fat count. Serve these with a hot or tomato sauce for the maximum enjoyment.

**Yield:** 4

**Duration:** 15 minutes

**Total Prep Time:** 16 minutes

**Ingredient List:**

- 2 lb. jumbo shrimp, peeled, tails kept, and deveined
- 1/3 cup arrowroot starch
- 1 cup coconut milk
- 1 ½ tablespoons swerve sugar
- ½ cup grated Pecorino Romano cheese
- ½ cup shredded coconut, unsweetened
- 2 to 3 tablespoons coconut oil

oo

**How to Cook:**

1. Pat the shrimp dry with a paper towel and place in a large zipper bag. Pour on the arrowroot starch, close the bag, and shake vigorously until the shrimp is fully coated with the arrowroot starch.
2. In a small bowl, combine the coconut milk and swerve sugar. Set aside.
3. In a medium bowl, mix the Pecorino Romano cheese and shredded coconut.
4. Open the zipper bag, remove each shrimp, shake off the excess starch and place on a plate.
5. Heat the coconut oil in a medium, deep skillet over medium heat.
6. Dip each shrimp into the coconut milk mixture, then in the shredded coconut mixture while pressing loosely to trap up enough coconut flakes and cheese.
7. Fry the coated shrimp in the oil in two batches until golden brown, flipping once, 8 minutes.
8. Put the shrimp on a serving plate and serve with sweet chili sauce.

**Nutritional Facts per Serving:**

- Calories 418
- Total Fat 18.68g
- Protein 52.54g

# 25) Tangy Salmon Croquettes



What better way to make croquettes than with salmon and lemon? Salmon is a fatty fish, which nourishes the body well on the no-carb diet. Enjoy these crunchy on the outside, soft on the inside bites.

**Yield:** 4

**Duration:** 5 minutes

**Total Prep Time:** 30 minutes

**Ingredient List:**

- 3 (12 oz) tinned salmon, flaked
- 4 tablespoons mayonnaise
- 3 large eggs
- 4 tablespoons golden flaxseed meal
- 1 tablespoon Italian seasoning
- 1 large red onion, grated
- 1 ½ tablespoons chopped scallions
- Salt and freshly ground black pepper to taste
- ½ lemon, juiced
- 4 tablespoons olive oil, for frying

oo

**How to Cook:**

1. In a medium bowl, combine the salmon, mayonnaise, eggs, flaxseed meal, Italian seasoning, onions, scallions, salt, black pepper, and lemon juice until evenly mixed.
2. Using your hands, mold 2-inch patties from the salmon mixture and place on a baking sheet. Chill in the refrigerator until compacted, 45 minutes.
3. Heat half of the olive oil in a medium non-stick skillet, add and fry half of the patties on both sides until golden brown, 4 minutes per side.
4. Put the patties on a serving platter, heat the remaining oil in the skillet and fry the rest of the patties.
5. Serve with dill yogurt dip.

**Nutritional Facts per Serving:**

- Calories 663
- Total Fat 42.51g
- Protein 57.9g



# 26) Keto Sangria



Did you think you could enjoy sangria on the low-carb diet? Well, yes and as much as your body can handle. Sip this berry-infused drink, and you’ll be making it often.

Makes: 4

**Duration:** 15 minutes

**Total Prep Time:** 40 minutes

**Ingredient List:**

- 1 ½ cups red wine
- 3 tablespoons berry vodka
- ¼ teaspoons berry extract
- 1 cup unsweetened soda water
- ¼ cup ice cubes

oo

**How to Cook:**

1. In a pitcher, mix all the ingredients except the ice cubes until evenly combined.
2. Share the ice cubes between 2 wine glasses and pour the drink over.
3. Serve immediately.

**Nutritional Facts per Serving:**

- Calories 84
- Total Fat 0g
- Protein 0.07g

## 27) Thai Iced Coffee



Indulge in the use of cardamom with your coffee. Ice up the drink and enjoy with coconut milk. Coconut milk is rich in fats, making it an essential ingredient for this cup and diet.

**Yield:** 4

**Duration:** 5 minutes

**Total Prep Time:** 0 minutes

**Ingredient List:**

- 4 cups freshly brewed coffee
- 1 ½ cups unsweetened coconut milk, warmed
- 1 teaspoon almond extract
- ½ teaspoons cardamom powder
- 2 cups ice cubes

oo

**How to Cook:**

1. In a large pitcher, add all the ingredients except the ice cubes. Stir until properly mixed.
2. Fill 4 glasses halfway with ice cubes and share the drink among the glasses.
3. Stir and serve immediately.

**Nutritional Facts per Serving:**

- Calories 212
- Total Fat 21.67g
- Protein 2.44g

## 28) Creamy Vanilla Latte



Cream up regular coffee with some heavy cream and enjoy the sip as you work.

**Yield:** 2

**Duration:** 5 minutes

**Total Prep Time:** 1 minute

**Ingredient List:**

- 1 cup heavy cream
- Swerve sugar to taste
- 1 ½ teaspoons vanilla extract
- ½ cup freshly brewed coffee

oo

**How to Cook:**

1. Heat the heavy cream in the microwave until very hot, 30 seconds to 1 minute.
2. Transfer to a blender; add the swerve sugar and vanilla extract. Process over medium speed until smooth and frothy.
3. Share the cream mixture into 2 coffee glasses and gently pour the coffee into the cups.
4. Serve immediately.

**Nutritional Facts per Serving:**

- Calories 217
- Total Fat 22.21g
- Protein 1.3g



## 29) Blackberry Spritzer



As simple as can be, combine all the ingredients in a jar and arrive at this purple, luscious drink.

**Yield:** 4

**Duration:** 3 minutes

**Total Prep Time:** 0 minutes

**Ingredient List:**

- 4 shots blueberry vodka, chilled
- 2/3 cup unsweetened soda water
- 3 fresh blackberries, halved

oo

**How to Cook:**

1. Divide the vodka into 4 drinking glasses and top with the soda water.
2. Drop in 2 blackberries each, mix with a spoon, and serve.

**Nutritional Facts per Serving:**

- Calories 65
- Total Fat 0.01g
- Protein 0.02g

## 30) Bulletproof Coffee



Enjoy coffee on the no-carb diet while you enrich it with some butter and coconut oil. Bulletproof coffee beans have no carbs purposed for this type of diet. Enjoy as much of it as you desire.

**Yield:** 4

**Duration:** 5 minutes

**Total Prep Time:** 5 minutes

**Ingredient List:**

- 4 tablespoons ground bulletproof coffee beans
- 1 cup water
- 1 tablespoon coconut oil
- 2 tablespoons unsalted butter, melted

oo

**How to Cook:**

1. Using a coffee maker, brew the coffee beans with water to make 2 cups of coffee.
2. Transfer the coffee into a blender and add the coconut oil and butter. Process on medium speed until frothy and smooth.
3. Pour the drink into 4 medium coffee cups and serve immediately or chilled.

**Nutritional Facts per Serving:**

- Calories 64
- Total Fat 7.26g
- Protein 0.25g

## Afterthought



Do you have any comments about my book? It's been an overwhelmingly long month putting together this book, and your opinion would make me glad. Also, many people are seeking the right book, and your feedback is vital in helping me know how to be better and guiding others to the perfect book.

***Thank you,***  
***Keanu Wood***



# Biography

The food industry looked like the perfect place to showcase his love for food, coming from the fashion industry. We would like to say that he did not make a mistake as he immediately made his mark as a fine dining restaurant extraordinaire.

Being an Asian-American also made customers fall in love with his dishes, as Keanu carefully combined these two cultures, cuisines, ingredients, flavors, and cooking styles to deliver mouth-watering and rich, decadent food for everyone.

Will Cook learn how to mix flavors to invoke taste, and using the Yin and Yang symbol, his business balanced food with impeccable precision. While customers loved the décor, ambiance, and good service, it was the food that made all the difference.

He moved back to his hometown to bring his talent, skills, and diverse food to a new palate. His uncanny mastery of organization and putting that extra effort

