INSIDE HEALTH

# Meal Ideas

Use Google or YouTube for recipes. Search for keto, carnivore, or animal-based recipes for more ideas.

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## Breakfast Ideas

- 3-5 Eggs and avocado
- Ground beef, green peppers, onions, and fajita seasoning
- Beef or bison patty, fried egg, avocado, hollandaise sauce (egg and butter)
- Steak/veggies and eggs
- Omlet - green chiles, shallots, avocado, cheese
- Chicken sausage, cottage cheese, tomato slices
- Plain full fat Greek yogurt and blueberries (occasionally)
- Turkey bacon, nitrate free bacon or beef bacon with zucchini, onion hash
- Egg frittata
- Crustless quiche



## Lunch

- Baked chicken breast or thighs with veggies cooked in butter: leeks, onions, mushrooms
- 2 Beef or bison patties add fixings
- Ground beef taco bowl with avocado, tomato, onion, etc.
- Nitrate free deli meat and cheese rollups with cucumbers, pickles, olives, avocado
- Salmon salad
- Chicken salad
- Tuna salad
- Egg salad
- Taco salad, no tortilla or chips
- Cucumber, red onion, tomato feta, vinegar and olive oil salad



## Eating Out

- Burger, no bun, extra patty or two, cottage cheese, side salad
- Steak, chicken, salmon salad
- Steak and veggies
- Fish and veggies



## Dinner

- Steak and veggies non starchy veg
- Pot roast with veggies
- Slow cooked short ribs with French onion soup
- Meatballs, red sauce, parmigiano, side salad
- Steak and veggie stir fry
- Cilantro, lime chicken with avocado
- Chicken wings with a dry rub of salt, pepper, garlic
- All beef chili with bone broth base
- Garlic shrimp and zucchini noodles
- Egg drop soup: eggs and bone broth, green onion, garlic
- Beef stew
- Chicken and veggie soup
- Grilled shish kabobs
- Egg roll in a bowl: ground chicken, cabbage, and aminos

# Recipe Ideas

## Healthy Comfort Foods

*Use these, and similar options, to help conquer sugar cravings. Enjoy in moderation, once or twice per month at most.*

**Pot roast:** Roast with onion, watermelon radishes, pepperoncinis and bone broth. Cook for 4-6 hours and you have yourself an instant dinner!

**Hollandaise:** Only egg yolk, butter and lemon. (Find instructions on the web)

**Egg clouds:** Whip the egg whites until stiff peaks form. Gently fold in cooked bacon or turkey bacon, grated parmesan, chopped chives, and a pinch of salt. Spoon the mixture onto a parchment-lined baking sheet, forming small "clouds." Use the back of a spoon to create a shallow well in the center of each. Bake at 400°F for 3 minutes, then remove from the oven and carefully place an egg yolk into each well. Return to the oven and bake for another 3–5 minutes, until the yolk is just set. Serve warm and dip into hollandaise for extra richness.

**Egg frittata:** Line a baking dish with bacon, turkey bacon, or crushed pork rinds to create a crust. Whisk eggs, then mix in your choice of meat and vegetables. Pour over the crust and bake at 375°F for 20–25 minutes, until set.

**Slow cooker chicken:** Place onions and leeks in butter, put a whole chicken on top. Top chicken with rosemary and lemon slices. Cook 4-6 hours and voila! Instant dinner.

## Yogurt Bread

- 2 cups self rising gluten free flour
- 2 cups Greek yogurt
- 1 egg or melted butter to brush on top

To make your own self rising flour, for every 1 cup of gf flour add 1½ tsp of aluminum free baking powder and ¼ tsp sea salt.

1. Preheat oven to 350°F
2. Knead flour into yogurt in a large bowl until dough forms
3. Add dried apples and cinnamon, or blueberries and vanilla, or whatever else you want
4. Form into biscuits, place on bleach-free parchment, brush with egg/butter
5. Bake 25-30 min

## Chocolate Cake with Coconut Caramel Frosting

- 1 cup pumpkin puree
- ¾ cup red cocoa powder
- 1 egg white
- 2 tbsp nut butter (I use sunflower butter)
- ½ tsp aluminum free baking soda
- Optional: date chocolate chips/sweetener

I like to top mine with cooked blueberries/strawberries and a little cream cheese.

Mix everything and pour into a small greased baking dish. Bake at 350°F for 20-30 min.

### Frosting

Soak 8-10 dates in warm water and strain. Blend with ½ cup water, cream, coconut cream, sea salt and chill before frosting.

