

# KETO BURN BLUEPRINT

## 30 KETO DINNER RECIPES

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By [KetoBurnBlueprint.com](https://KetoBurnBlueprint.com)



### 30 Tasty Keto Dinner Recipes

Below are 30 original keto-friendly dinner recipes, each designed to be low-carb, high-fat, and moderate in protein to align with a ketogenic diet. Each recipe includes ingredients and

step-by-step instructions. Serving sizes are for 2-4 people unless otherwise noted, and macros (approximate net carbs, protein, and fat) are provided per serving.

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## 1. Creamy Garlic Butter Tuscan Shrimp

**Description:** Succulent shrimp in a rich, creamy garlic sauce with spinach and sun-dried tomatoes.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 25g protein, 35g fat

### Ingredients:

- 1 lb (450g) large shrimp, peeled and deveined
- 2 tbsp butter
- 3 cloves garlic, minced
- 1 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 1/4 cup sun-dried tomatoes (packed in oil, drained, chopped)
- 2 cups fresh spinach
- 1 tsp Italian seasoning
- Salt and pepper to taste

### Instructions:

1. Melt butter in a large skillet over medium heat. Add shrimp, season with salt and pepper, and cook for 2-3 minutes per side until pink. Remove and set aside.
  2. In the same skillet, sauté garlic for 1 minute until fragrant. Add heavy cream, Parmesan, and Italian seasoning, stirring until thickened (about 3-4 minutes).
  3. Add sun-dried tomatoes and spinach, cooking until spinach wilts (1-2 minutes).
  4. Return shrimp to the skillet, stir to coat, and simmer for 2 minutes. Serve hot.
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## 2. Keto Bacon-Wrapped Meatloaf

**Description:** A juicy meatloaf wrapped in crispy bacon, served with a sugar-free ketchup glaze.

**Servings:** 6

**Macros (per serving):** ~3g net carbs, 30g protein, 40g fat

**Ingredients:**

- 1.5 lbs (680g) ground beef (80/20)
- 8 slices bacon
- 1/4 cup almond flour
- 1 large egg
- 1/4 cup sugar-free ketchup (plus 2 tbsp for glaze)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp Worcestershire sauce (optional, check for sugar)
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 375°F (190°C). Line a loaf pan with parchment paper.
  2. In a bowl, mix ground beef, almond flour, egg, 1/4 cup sugar-free ketchup, garlic powder, onion powder, Worcestershire sauce, salt, and pepper.
  3. Shape into a loaf and place in the pan. Wrap bacon slices around the loaf, tucking ends underneath.
  4. Brush with 2 tbsp sugar-free ketchup. Bake for 50-60 minutes until internal temperature reaches 160°F (71°C). Let rest for 10 minutes before slicing.
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### 3. Lemon Herb Grilled Chicken with Asparagus

**Description:** Zesty marinated chicken thighs paired with tender grilled asparagus.

**Servings:** 4

**Macros (per serving):** ~4g net carbs, 28g protein, 32g fat

**Ingredients:**

- 4 boneless chicken thighs (skin-on)
- 1 lb (450g) asparagus, trimmed

- 1/4 cup olive oil
- Juice and zest of 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp dried rosemary
- Salt and pepper to taste

**Instructions:**

1. In a bowl, whisk olive oil, lemon juice, zest, garlic, thyme, rosemary, salt, and pepper. Marinate chicken thighs in half the mixture for 30 minutes.
  2. Preheat a grill or grill pan to medium-high. Grill chicken for 6-8 minutes per side until cooked through (165°F/74°C internal temperature).
  3. Toss asparagus with the remaining marinade. Grill for 4-5 minutes, turning occasionally. Serve chicken and asparagus together.
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## 4. Cheesy Broccoli and Cauliflower Casserole

**Description:** A creamy, cheesy casserole with tender broccoli and cauliflower.

**Servings:** 6

**Macros (per serving):** ~6g net carbs, 10g protein, 25g fat

**Ingredients:**

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 cup heavy cream
- 1.5 cups shredded cheddar cheese
- 1/4 cup cream cheese
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 375°F (190°C). Steam broccoli and cauliflower for 5-6 minutes until tender. Drain and place in a baking dish.
  2. In a saucepan, heat heavy cream, cream cheese, garlic powder, and smoked paprika over medium heat, stirring until smooth.
  3. Remove from heat, stir in 1 cup cheddar cheese, and season with salt and pepper. Pour over vegetables.
  4. Top with remaining cheddar. Bake for 20-25 minutes until bubbly and golden.
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## 5. Keto Beef and Zucchini Skillet

**Description:** A one-pan dish with ground beef, zucchini, and a spicy tomato sauce.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 27g protein, 33g fat

### Ingredients:

- 1 lb (450g) ground beef (80/20)
- 2 medium zucchini, sliced into half-moons
- 1/2 cup diced tomatoes (no sugar added)
- 1/4 cup beef broth
- 1 tsp chili powder
- 1 tsp cumin
- 2 tbsp olive oil
- Salt and pepper to taste

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add ground beef, season with salt and pepper, and cook until browned (6-8 minutes). Drain excess fat.
  2. Add zucchini, chili powder, and cumin. Cook for 3-4 minutes until zucchini softens.
  3. Stir in diced tomatoes and beef broth. Simmer for 5-7 minutes until sauce thickens. Serve hot.
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## 6. Pork Rind Crusted Pork Chops

**Description:** Crispy pork chops coated in crushed pork rinds for a keto-friendly crunch.

**Servings:** 4

**Macros (per serving):** ~2g net carbs, 35g protein, 28g fat

**Ingredients:**

- 4 bone-in pork chops (1-inch thick)
- 1 cup crushed pork rinds
- 1 large egg
- 1 tsp garlic powder
- 1 tsp paprika
- 2 tbsp avocado oil
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 400°F (200°C). Season pork chops with salt and pepper.
  2. Whisk egg in a shallow bowl. In another bowl, mix crushed pork rinds, garlic powder, and paprika.
  3. Dip each pork chop in egg, then coat with pork rind mixture.
  4. Heat avocado oil in an oven-safe skillet over medium-high heat. Sear pork chops for 2-3 minutes per side.
  5. Transfer skillet to oven and bake for 8-10 minutes until internal temperature reaches 145°F (63°C). Rest for 5 minutes before serving.
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## 7. Avocado Stuffed Chicken Breast

**Description:** Chicken breasts filled with creamy avocado and wrapped in prosciutto.

**Servings:** 4

**Macros (per serving):** ~4g net carbs, 32g protein, 30g fat

**Ingredients:**

- 4 boneless chicken breasts
- 1 ripe avocado, mashed
- 8 slices prosciutto
- 1/4 cup shredded mozzarella
- 1 tsp garlic powder
- 2 tbsp olive oil
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 375°F (190°C). Cut a pocket into each chicken breast.
  2. Mix mashed avocado with mozzarella, garlic powder, salt, and pepper. Stuff each pocket with the mixture.
  3. Wrap each breast with 2 slices of prosciutto.
  4. Heat olive oil in an oven-safe skillet over medium heat. Sear chicken for 2-3 minutes per side.
  5. Bake for 15-20 minutes until chicken reaches 165°F (74°C). Serve immediately.
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## 8. Keto Coconut Curry Salmon

**Description:** Salmon fillets in a fragrant coconut curry sauce with bell peppers.

**Servings:** 4

**Macros (per serving):** ~6g net carbs, 30g protein, 38g fat

**Ingredients:**

- 4 salmon fillets (4-6 oz each)
- 1 cup coconut milk (full-fat)
- 1 red bell pepper, sliced
- 1 tbsp red curry paste
- 1 tbsp fish sauce
- 1 tbsp lime juice
- 2 tbsp coconut oil
- Fresh cilantro for garnish

**Instructions:**

1. Heat coconut oil in a skillet over medium heat. Season salmon with salt and sear for 3-4 minutes per side. Remove and set aside.
  2. In the same skillet, add curry paste and cook for 1 minute. Stir in coconut milk, fish sauce, and lime juice.
  3. Add bell peppers and simmer for 5 minutes until softened.
  4. Return salmon to the skillet, spoon sauce over fillets, and cook for 2-3 minutes. Garnish with cilantro and serve.
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## 9. Zesty Sausage and Kale Soup

**Description:** A hearty, spicy soup with Italian sausage and nutrient-packed kale.

**Servings:** 6

**Macros (per serving):** ~5g net carbs, 20g protein, 30g fat

**Ingredients:**

- 1 lb (450g) Italian sausage (no sugar added)
- 4 cups kale, chopped
- 4 cups chicken broth
- 1 cup heavy cream
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp red pepper flakes
- 2 tbsp olive oil

**Instructions:**

1. Heat olive oil in a large pot over medium heat. Add sausage and cook until browned, breaking it apart (6-8 minutes). Remove and set aside.
2. Sauté onion and garlic in the same pot for 3-4 minutes. Add red pepper flakes and kale, cooking until kale wilts (2-3 minutes).
3. Pour in chicken broth and bring to a simmer. Add sausage back to the pot and simmer for 10 minutes.



4. Stir in heavy cream and cook for 2-3 minutes. Adjust seasoning and serve hot.
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## 10. Keto Philly Cheesesteak Stuffed Peppers

**Description:** Bell peppers stuffed with classic Philly cheesesteak flavors.

**Servings:** 4

**Macros (per serving):** ~6g net carbs, 28g protein, 35g fat

**Ingredients:**

- 4 green bell peppers, halved and seeded
- 1 lb (450g) thinly sliced ribeye steak
- 1 cup shredded provolone cheese
- 1/2 cup sliced mushrooms
- 1/2 onion, sliced
- 2 tbsp butter
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 375°F (190°C). Place pepper halves in a baking dish.
  2. Melt butter in a skillet over medium heat. Sauté onions and mushrooms for 5-6 minutes until soft.
  3. Add steak, season with salt and pepper, and cook for 3-4 minutes until browned.
  4. Divide steak mixture among pepper halves. Top with provolone cheese.
  5. Bake for 20-25 minutes until peppers are tender and cheese is melted.
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## 11. Garlic Butter Steak Bites with Zucchini Noodles

**Description:** Tender steak bites in a rich garlic butter sauce, served over zucchini noodles.

**Servings:** 4

**Macros (per serving):** ~4g net carbs, 30g protein, 40g fat

**Ingredients:**

- 1 lb (450g) sirloin steak, cut into bite-sized pieces
- 4 medium zucchini, spiralized
- 3 tbsp butter
- 3 cloves garlic, minced
- 1 tsp dried parsley
- 2 tbsp olive oil
- Salt and pepper to taste

**Instructions:**

1. Heat olive oil in a large skillet over high heat. Season steak with salt and pepper, then sear for 2-3 minutes per side. Remove and set aside.
  2. In the same skillet, melt butter and sauté garlic for 1 minute. Add steak back and toss with parsley.
  3. In a separate pan, sauté zucchini noodles with 1 tbsp olive oil for 2-3 minutes until just tender.
  4. Serve steak bites over zucchini noodles, drizzling with garlic butter.
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## 12. Keto Chicken Alfredo with Spaghetti Squash

**Description:** Creamy Alfredo sauce over roasted spaghetti squash with grilled chicken.

**Servings:** 4

**Macros (per serving):** ~7g net carbs, 35g protein, 38g fat

**Ingredients:**

- 1 medium spaghetti squash
- 2 chicken breasts, grilled and sliced
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 tsp Italian seasoning

- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 400°F (200°C). Halve spaghetti squash, remove seeds, and roast cut-side down for 40-45 minutes. Shred into strands.
  2. In a skillet, melt butter over medium heat. Sauté garlic for 1 minute.
  3. Add heavy cream and Italian seasoning, simmering for 3-4 minutes. Stir in Parmesan until thickened.
  4. Toss spaghetti squash with sauce. Top with grilled chicken and serve.
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## 13. Spicy Chorizo and Cauliflower Rice Bowl

**Description:** A vibrant bowl with spicy chorizo and seasoned cauliflower rice.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 25g protein, 35g fat

**Ingredients:**

- 1 lb (450g) chorizo sausage, crumbled
- 4 cups cauliflower rice
- 1/2 cup diced tomatoes (no sugar added)
- 1 avocado, sliced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp cumin
- Fresh cilantro for garnish

**Instructions:**

1. Heat olive oil in a skillet over medium heat. Cook chorizo until browned (6-8 minutes). Remove and set aside.
2. In the same skillet, add cauliflower rice, smoked paprika, and cumin. Cook for 5-6 minutes until tender.
3. Stir in diced tomatoes and chorizo. Cook for 2 minutes.

4. Serve in bowls, topped with avocado slices and cilantro.
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## 14. Keto Eggplant Parmesan

**Description:** Breaded eggplant slices baked with marinara and mozzarella.

**Servings:** 4

**Macros (per serving):** ~8g net carbs, 15g protein, 30g fat

**Ingredients:**

- 1 large eggplant, sliced into 1/4-inch rounds
- 1 cup almond flour
- 2 large eggs
- 1 cup sugar-free marinara sauce
- 1.5 cups shredded mozzarella
- 1/4 cup grated Parmesan
- 2 tbsp olive oil
- 1 tsp Italian seasoning

**Instructions:**

1. Preheat oven to 400°F (200°C). Sprinkle eggplant slices with salt and let sit for 20 minutes to release moisture. Pat dry.
  2. Whisk eggs in a bowl. In another bowl, mix almond flour and Italian seasoning.
  3. Dip eggplant slices in egg, then coat with almond flour mixture.
  4. Heat olive oil in a skillet and fry eggplant for 2-3 minutes per side.
  5. In a baking dish, layer eggplant, marinara, and mozzarella. Top with Parmesan. Bake for 20-25 minutes until bubbly.
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## 15. Butter-Basted Ribeye with Brussels Sprouts

**Description:** A perfectly seared ribeye with roasted Brussels sprouts in garlic butter.

**Servings:** 2

**Macros (per serving):** ~5g net carbs, 40g protein, 50g fat

**Ingredients:**

- 2 ribeye steaks (8 oz each)
- 1 lb (450g) Brussels sprouts, halved
- 4 tbsp butter, divided
- 2 cloves garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts with 2 tbsp butter, garlic, thyme, salt, and pepper. Roast for 20-25 minutes.
  2. Season steaks with salt and pepper. Heat a cast-iron skillet over high heat.
  3. Sear steaks for 3-4 minutes per side. Add 2 tbsp butter and baste steaks for 1 minute.
  4. Let steaks rest for 5 minutes. Serve with Brussels sprouts.
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## 16. Keto Chicken Cordon Bleu

**Description:** Chicken breasts stuffed with ham and Swiss, coated in a crispy almond flour crust.

**Servings:** 4

**Macros (per serving):** ~3g net carbs, 38g protein, 35g fat

**Ingredients:**

- 4 boneless chicken breasts
- 4 slices ham
- 4 slices Swiss cheese
- 1 cup almond flour
- 1 large egg
- 2 tbsp butter
- 1 tsp Dijon mustard

- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 375°F (190°C). Cut a pocket into each chicken breast.
  2. Stuff each with 1 slice ham and 1 slice Swiss cheese. Secure with toothpicks.
  3. Whisk egg with Dijon mustard. Dip chicken in egg, then coat with almond flour.
  4. Melt butter in an oven-safe skillet. Sear chicken for 2-3 minutes per side.
  5. Bake for 20-25 minutes until chicken reaches 165°F (74°C). Remove toothpicks and serve.
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## 17. Creamy Mushroom Pork Chops

**Description:** Juicy pork chops in a rich mushroom cream sauce.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 30g protein, 40g fat

**Ingredients:**

- 4 bone-in pork chops
- 2 cups sliced cremini mushrooms
- 1 cup heavy cream
- 1/4 cup beef broth
- 2 cloves garlic, minced
- 2 tbsp butter
- 1 tsp thyme
- Salt and pepper to taste

**Instructions:**

1. Season pork chops with salt and pepper. Melt butter in a skillet over medium-high heat and sear chops for 3-4 minutes per side. Remove and set aside.
2. In the same skillet, sauté garlic and mushrooms for 5-6 minutes until softened.
3. Add beef broth and heavy cream, stirring in thyme. Simmer for 4-5 minutes until thickened.

4. Return pork chops to the skillet, spoon sauce over them, and cook for 2-3 minutes. Serve hot.
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## 18. Keto Shrimp and Avocado Salad

**Description:** A refreshing salad with grilled shrimp, avocado, and a lemon vinaigrette.

**Servings:** 4

**Macros (per serving):** ~4g net carbs, 20g protein, 30g fat

**Ingredients:**

- 1 lb (450g) shrimp, peeled and deveined
- 2 avocados, diced
- 4 cups mixed greens
- 1/4 cup olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- Salt and pepper to taste

**Instructions:**

1. Whisk olive oil, lemon juice, Dijon mustard, garlic, salt, and pepper to make a vinaigrette.
  2. Season shrimp with salt and pepper. Grill or sauté for 2-3 minutes per side until pink.
  3. Toss mixed greens and avocado with half the vinaigrette.
  4. Top with shrimp and drizzle with remaining vinaigrette. Serve immediately.
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## 19. Keto BBQ Pork Ribs

**Description:** Tender ribs with a sugar-free BBQ sauce, slow-cooked to perfection.

**Servings:** 6

**Macros (per serving):** ~4g net carbs, 35g protein, 45g fat

**Ingredients:**

- 2 lbs (900g) pork ribs
- 1/2 cup sugar-free BBQ sauce
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 275°F (135°C). Rub ribs with olive oil, smoked paprika, garlic powder, onion powder, salt, and pepper.
  2. Wrap ribs in foil and place on a baking sheet. Bake for 3-3.5 hours until tender.
  3. Preheat grill to medium-high. Unwrap ribs and brush with BBQ sauce.
  4. Grill for 5-7 minutes, turning and basting with sauce. Serve hot.
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## 20. Keto Creamy Spinach Stuffed Salmon

**Description:** Salmon fillets stuffed with a creamy spinach and feta filling.

**Servings:** 4

**Macros (per serving):** ~4g net carbs, 32g protein, 38g fat

**Ingredients:**

- 4 salmon fillets (4-6 oz each)
- 2 cups fresh spinach, chopped
- 1/4 cup cream cheese
- 1/4 cup crumbled feta
- 1 clove garlic, minced
- 2 tbsp olive oil
- Salt and pepper to taste

**Instructions:**



1. Preheat oven to 375°F (190°C). Cut a pocket into each salmon fillet.
  2. In a skillet, sauté garlic and spinach in 1 tbsp olive oil until wilted (2-3 minutes). Mix with cream cheese and feta.
  3. Stuff salmon pockets with the mixture. Season salmon with salt and pepper.
  4. Heat 1 tbsp olive oil in an oven-safe skillet. Sear salmon for 2-3 minutes per side.
  5. Bake for 8-10 minutes until salmon is cooked through. Serve immediately.
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## 21. Keto Chicken Fajita Lettuce Wraps

**Description:** Spicy chicken fajitas served in crisp lettuce wraps.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 28g protein, 30g fat

**Ingredients:**

- 1 lb (450g) chicken breast, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1/2 onion, sliced
- 2 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- 8 large romaine lettuce leaves

**Instructions:**

1. Heat olive oil in a skillet over medium-high heat. Add chicken, chili powder, and cumin. Cook for 5-6 minutes until browned.
  2. Add bell peppers and onion. Sauté for 4-5 minutes until tender.
  3. Spoon chicken mixture into lettuce leaves. Serve immediately.
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## 22. Keto Mushroom and Spinach Stuffed Chicken Thighs

**Description:** Chicken thighs stuffed with a savory mushroom and spinach filling.

**Servings:** 4

**Macros (per serving):** ~4g net carbs, 30g protein, 35g fat

**Ingredients:**

- 4 bone-in, skin-on chicken thighs
- 2 cups sliced mushrooms
- 2 cups fresh spinach
- 1/4 cup cream cheese
- 1 clove garlic, minced
- 2 tbsp olive oil
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 375°F (190°C). Sauté garlic, mushrooms, and spinach in 1 tbsp olive oil for 5-6 minutes. Mix with cream cheese.
  2. Lift skin of each thigh and stuff with mushroom mixture. Season with salt and pepper.
  3. Heat 1 tbsp olive oil in an oven-safe skillet. Sear thighs skin-side down for 3-4 minutes.
  4. Bake for 20-25 minutes until internal temperature reaches 165°F (74°C). Serve hot.
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## 23. Keto Lemon Garlic Butter Scallops

**Description:** Tender scallops seared in a zesty lemon garlic butter sauce.

**Servings:** 4

**Macros (per serving):** ~3g net carbs, 20g protein, 30g fat

**Ingredients:**

- 1 lb (450g) sea scallops
- 3 tbsp butter
- 2 cloves garlic, minced
- Juice of 1 lemon
- 1 tsp dried parsley
- 2 tbsp olive oil

- Salt and pepper to taste

**Instructions:**

1. Pat scallops dry and season with salt and pepper.
  2. Heat olive oil in a skillet over high heat. Sear scallops for 2-3 minutes per side until golden. Remove and set aside.
  3. In the same skillet, melt butter and sauté garlic for 1 minute. Add lemon juice and parsley.
  4. Return scallops to the skillet, coat with sauce, and serve immediately.
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## 24. Keto Buffalo Chicken Casserole

**Description:** A spicy, cheesy casserole with shredded chicken and cauliflower.

**Servings:** 6

**Macros (per serving):** ~6g net carbs, 25g protein, 35g fat

**Ingredients:**

- 4 cups shredded cooked chicken
- 4 cups cauliflower florets
- 1/2 cup buffalo sauce (no sugar added)
- 1 cup shredded cheddar cheese
- 1/2 cup cream cheese
- 1/4 cup heavy cream
- 1 tsp garlic powder

**Instructions:**

1. Preheat oven to 375°F (190°C). Steam cauliflower for 5-6 minutes until tender.
  2. In a bowl, mix chicken, buffalo sauce, cream cheese, heavy cream, and garlic powder.
  3. Combine with cauliflower in a baking dish. Top with cheddar cheese.
  4. Bake for 20-25 minutes until bubbly and golden. Serve hot.
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## 25. Keto Garlic Herb Lamb Chops

**Description:** Juicy lamb chops with a garlic and herb crust, served with roasted radishes.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 30g protein, 40g fat

**Ingredients:**

- 8 lamb chops
- 1 lb (450g) radishes, halved
- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried rosemary
- 1 tsp dried thyme
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 400°F (200°C). Toss radishes with 1 tbsp olive oil, salt, and pepper. Roast for 25-30 minutes.
  2. Mix 2 tbsp olive oil, garlic, rosemary, thyme, salt, and pepper. Rub over lamb chops.
  3. Heat a skillet over high heat. Sear chops for 2-3 minutes per side.
  4. Serve lamb chops with roasted radishes.
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## 26. Keto Creamy Tuscan Chicken

**Description:** Chicken breasts in a creamy sauce with sun-dried tomatoes and spinach.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 32g protein, 38g fat

**Ingredients:**

- 4 boneless chicken breasts
- 1 cup heavy cream
- 1/4 cup sun-dried tomatoes (packed in oil, drained, chopped)

- 2 cups fresh spinach
- 1/4 cup grated Parmesan
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper to taste

**Instructions:**

1. Season chicken with salt and pepper. Heat olive oil in a skillet and sear chicken for 4-5 minutes per side. Remove and set aside.
  2. Sauté garlic for 1 minute. Add heavy cream, Parmesan, and sun-dried tomatoes, stirring until thickened (3-4 minutes).
  3. Add spinach and cook until wilted (1-2 minutes).
  4. Return chicken to the skillet, spoon sauce over, and simmer for 2-3 minutes. Serve hot.
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## 27. Keto Bacon and Brussels Sprout Skillet

**Description:** Crispy bacon and roasted Brussels sprouts in a one-pan dish.

**Servings:** 4

**Macros (per serving):** ~6g net carbs, 15g protein, 30g fat

**Ingredients:**

- 1 lb (450g) Brussels sprouts, halved
- 8 slices bacon, chopped
- 1/4 cup grated Parmesan
- 2 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste

**Instructions:**

1. Heat olive oil in a large skillet over medium heat. Cook bacon until crispy (6-8 minutes). Remove and set aside.
2. Add Brussels sprouts to the skillet, season with garlic powder, salt, and pepper. Cook for 8-10 minutes until tender and caramelized.

3. Stir in bacon and sprinkle with Parmesan. Serve hot.
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## 28. Keto Pesto Zucchini Noodles with Grilled Shrimp

**Description:** Zucchini noodles tossed in homemade pesto with grilled shrimp.

**Servings:** 4

**Macros (per serving):** ~4g net carbs, 22g protein, 35g fat

**Ingredients:**

- 1 lb (450g) shrimp, peeled and deveined
- 4 medium zucchini, spiralized
- 1/2 cup keto-friendly pesto (basil, olive oil, Parmesan, pine nuts)
- 2 tbsp olive oil
- Salt and pepper to taste

**Instructions:**

1. Season shrimp with salt and pepper. Grill or sauté in 1 tbsp olive oil for 2-3 minutes per side until pink.
  2. In a skillet, heat 1 tbsp olive oil and sauté zucchini noodles for 2-3 minutes until tender.
  3. Toss noodles with pesto. Top with shrimp and serve immediately.
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## 29. Keto Beef and Broccoli Stir-Fry

**Description:** A quick stir-fry with tender beef and crisp broccoli in a savory sauce.

**Servings:** 4

**Macros (per serving):** ~5g net carbs, 28g protein, 30g fat

**Ingredients:**

- 1 lb (450g) flank steak, thinly sliced
- 4 cups broccoli florets
- 1/4 cup soy sauce (or coconut aminos)

- 2 tbsp avocado oil
- 1 tbsp sesame oil
- 1 tsp erythritol (optional)
- 2 cloves garlic, minced
- 1 tsp ginger, grated

**Instructions:**

1. Heat avocado oil in a wok or skillet over high heat. Sear beef for 2-3 minutes until browned. Remove and set aside.
  2. Add broccoli and stir-fry for 3-4 minutes.
  3. Mix soy sauce, sesame oil, erythritol, garlic, and ginger. Pour into the skillet.
  4. Return beef to the skillet, toss to coat, and cook for 2 minutes. Serve hot.
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## 30. Keto Stuffed Avocado with Tuna

**Description:** Creamy tuna salad stuffed in avocados for a quick, no-cook meal.

**Servings:** 4

**Macros (per serving):** ~3g net carbs, 20g protein, 30g fat

**Ingredients:**

- 2 large avocados, halved and pitted
- 2 cans (5 oz each) tuna, drained
- 1/4 cup mayonnaise
- 1 tbsp Dijon mustard
- 1/4 cup diced celery
- 1 tbsp lemon juice
- Salt and pepper to taste

**Instructions:**

1. Scoop out a bit of avocado flesh to create a larger cavity, reserving the flesh.
2. In a bowl, mix tuna, mayonnaise, Dijon mustard, celery, lemon juice, reserved avocado flesh, salt, and pepper.

3. Spoon tuna mixture into avocado halves. Serve immediately.