

The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet

Keep up with keto on even your busiest days with *The Easy 5-Ingredient Ketogenic Diet Cookbook*

Finding quick and easy keto recipes that fit with your lifestyle and schedule can be difficult. That's why Jen Fisch, the blogger behind *Keto in The City* and a busy working mom, shares her favorite stress-free keto meals in *The Easy 5-Ingredient Ketogenic Diet Cookbook*. With 130 recipes that require no more than 5-ingredients, including many one-pot or 30-minute recipes, this cookbook offers a simple solution to keeping the ketogenic diet easy.

The Easy 5-Ingredient Ketogenic Diet Cookbook includes:

- 130 Recipes for keto-friendly breakfasts, lunches, dinners, and snacks
- 5-Ingredient Recipes for stress-free cooking
- One Pot Meals for fast prep and clean-up
- Time Saving for ready-made meals in 30-minutes or less

Ketogenic diet recipes include: BLT Breakfast Salad, Broccoli-Cheese Soup, Baked Zucchini Gratin, Garlic Butter Shrimp, Barbacoa Beef Roast, Berry Cheesecake Fat Bomb, and much more!

Stay on the ketogenic diet with these hassle-free recipes for hectic schedules.

Crispy Keto Fried Chicken

Ingredients

- 6 chicken thighs boneless
- 1 large egg
- 30 ml unsweetened almond milk
- 2 cloves garlic
- 1/2 tbsp basil
- 1/2 tsp thyme
- 1/3 tsp oregano
- 1 tbsp celery salt
- 1 tsp black pepper
- 1 tsp powdered mustard
- 1 tsp paprika powder
- 1 tsp ginger powder
- 1 tsp garlic powder
- 1 tsp fresh turmeric optional
- 1 tsp white pepper
- 1 tsp chili red flakes optional
- salt to taste

Coating and Frying

- 50 g unflavored whey protein isolate powder (you can also use almond flour for coating)
- coconut oil (or your choice of oil for deep frying)

Instructions

1. Before chopping the chicken thighs into small chunks, make sure to thoroughly wash and dry them.
2. Grind the garlic cloves and all the spices with a blender or a mortar. Flavor the chicken with this spice mix. Crack in the egg and pour the milk into the seasoned chicken pieces. Stir well to marinate well.
3. Transfer the chicken to a covered container and let it chill in the fridge for around an hour. Flip the chunks occasionally.
4. Pour the protein powder in a plastic container with a lid. Put the chicken in the container before replacing the lid. Shake well to coat the chicken entirely.
5. Set a deep fryer to 375 degrees and heat the oil in the fryer. Crispy fry the chicken for 5-7 minutes. Wait till the chunks become golden brown and crispy enough to your liking.
6. Transfer to a platter with any keto-approved dip of your choice.

This recipe is enough for 6 people to enjoy. The macros info below is for 6 servings and it doesn't include the oil you use for deep frying.

Macros (per serving): *Calories: 226 – Fat: 13.7g – Net carbs:*

1.3g (total carbs: 1.7g, dietary fiber: 0.4g) – Protein: 23g

Blueberry Cream Cheese Muffins!!

These were so yummy! Made them last night, having them for breakfast this morning!!

Tip: these are made to MY preferred sweetness, which has proven to be less sweet than some other may prefer. If you like your muffins sweeter, I'd add another 1/4 cup sweetener.

Makes 12 muffins

Per muffin: 121 calories / 10F / 4P / 3NC

Ingredients

- 6 oz cream cheese, softened
- 3 tbsp butter, softened
- 1/2 cup erythritol/monkfruit
- 2 eggs
- 1 tsp vanilla extract
- 1/8 tsp salt

- 1/3 cup + 1 tbsp coconut flour
- 1/3 cup golden flaxseed meal

- 1 tbsp baking powder
 - 3/4 cup blueberries
1. Beat the cream cheese and butter in a bowl until creamed. Add your sweetener and beat until mixed.
 2. Add your eggs and vanilla extract to the bowl and beat for 2 minutes. You'll notice the consistency begin to get thicker. This is what you want.
 3. Add your salt, coconut flour, flaxseed and baking powder and mix until well incorporated. Mix for 30-45 seconds. Your batter should become light and fluffy.
 4. Fold in 1/2 cup blueberries until well distributes.
1. Evenly distributed the batter in your lined muffin tins and place remaining 1/4 cup blueberries on top of your 12 muffins. (You can skip this part, I just like to make the tops prettier this way!)
 2. Bake at 350F for 25 minutes until top is golden. Remove and let cool at least 10 minutes before serving.

Easy 7-day ketogenic meal that helped me to get started with keto

I've got a confession to make. I used to hate cooking meals while being on a diet.

Doing all this work and getting bland, tasteless food in return? Yuck!

When I first discovered the ketogenic diet, I was mesmerized. Wait, you can eat all that tasty bacon every day and lose weight? Where do I sign up?

The important thing for me was that I started enjoying cooking again and, in the process, created this easy 7-day ketogenic diet meal plan to lose weight. It is dead simple to make, and it won't break your bank.

The first week is all about starting out with ketogenic foods, getting your bacon on, and reaching ketosis fast!

It took me 4 days to get into ketosis with this diet plan, and let me tell you, once I got there, my food cravings and stress eating went away, my energy levels are in all-time high, and here is the cherry on top of the regular cherry on a Sunday, I started losing weight fast.

Let me start with my keto shopping list that you can use at any supermarket. I usually go to Kroger, but all of these keto friendly foods can be purchased at your local grocery store. No fancy items on the list. Just the basics to get into ketosis and minimize keto flu.

When I first went to the store to shop for keto friendly foods, I spent 2 hours going from isle to isle and reading all nutritional labels. I quickly realized that there are not that many foods out there to fit my new ketogenic diet meal plan.

I don't want you to spend 2 hours at the store, but what I want you to do is to look at foods that you usually eat, and try to find keto friendly equivalents for your future recipes.

Ok, let's do this...

Shopping List:

Keto Breakfast, Lunch, and Dinner

- 1 can of minced garlic
- 1 pound of white mushrooms
- 6 avocados
- 1 large onion
- 2 zucchini
- 2 green peppers
- 1 can of grated parmesan

- 6 pack of boneless, skinless chicken thighs
- 2 pounds of ground chuck (70/30)
- 1 pack of bacon bites
- 12 large eggs
- 2 bags of spinach or your favorite salad mix
- 1 pound of bacon
- low carb condiments (Creamy Ranch, Caesar Dressing, Mayo)
- coffee/tea
- heavy cream

Easy Keto Snacks:

- A bag of almonds. Cheaper alternatives are walnuts and peanuts.
- Hot or BBQ pork rinds for crunchy cravings.
- Atkins Bars for your sweet tooth.

Minimize Keto Flu:

- Bottled Water
- Chicken Stock Cubes (Knorr)
- A 12 pack of Powerade ZERO

Besides all of that yummy food, we need some keto cooking essentials that I have been using every day. You don't need to purchase them right away, but they helped me tremendously to reduce cooking and prep time.

Keto Cooking Essentials:

- Resealable sandwich bags for lunches
- Brown paper bags
- 12 medium sized Tupperware containers
- Freezable lunch bags
- Quart casserole dish
- 12 mason jars for salads
- Crockpot for future recipes

I don't know your weekly schedule, but I usually try to buy and prep my ketogenic diet meal plan on the same day. For me, it takes around 40 min to get my groceries. I know, I am a slow grocery shopper...

The total prep and cooking time for ketogenic meals takes me about 1.5 hours.

Can you imagine being done with cooking for the whole week under 2 hours? Now you can spend that extra 40 min per day watching Netflix or reading a book. #WINNING

Keto Cooking and Prep:

1. Turn on the oven to 390F, put chicken thighs in a gallon bag or a large container. Season your chicken thighs, add 3 tbsp of ranch or caesar dressing, 1 tsp of worchestire sauce, 2 tbsp of minced garlic, and mix all the content really well. Let it all sit in the fridge until the oven is ready.
2. The best way to cook bacon is not on a skillet but in the oven. Open up a bag of bacon that you just purchased. Make sure that your cooking sheet has rolled edges, so juices will not run off the pan. Cover a cooking sheet with aluminum foil, add as many slices of bacon as you can with minimum space in between slices.
3. While oven is still getting ready, put 12 eggs in a pot of water. Once the water's boiling, use a large spoon to gently lower the eggs into the water. Lower the heat to maintain a simmer and set a timer for 12 minutes. After that, put eggs under cold until shells are cold.
4. When the oven is ready, It is time to put bacon and chicken thighs in the oven. Cover chicken thighs with parmesan cheese. Set the timer for 15 min. Flip bacon after 15-20 min. The chicken will be ready within an

hour or so.

5. While chicken and bacon are cooking, let's prepare ground beef and veggies. Season your ground beef. Steak seasoning for ground beef is my favorite. Cook seasoned beef until it is brown with no pink spots left on medium heat.
6. Dice onion, pepper, zucchini, and mushrooms. Add 1 tbsp of real butter on a hot skillet, add diced onion and mushrooms. Cook it until it is goldish brown color, add zucchini, pepper, and 1 tbsp of garlic. For seasoning, I use garlic salt, but you can experiment with your veggie mix. Mixed it all up and let it simmer for 15-20 min.
7. After veggies and ground beef are ready, mix them all together.
8. Get the bacon and chicken out of the oven when it is ready. Let it cool for 15-20 minutes. Dry bacon with a paper towel from extra grease.

Keto Meal Portioning

1. Get 6 resealable sandwich bags. Put 2 hard boiled eggs and 4 slices of bacon in each bag. Your weekly keto breakfast is ready! (320 calories each)
2. Get 12 resealable sandwich bags and portion 1 pound of nuts that we bought. These bags should last you for at least two weeks. (200 calories each)
3. Put your veggie/meat mix in 6 Tupperware containers. You can use it either for lunches or dinners. (490 calories each)
4. Let's divide chicken thighs and put them in our other 6 Tupperware containers. Before leaving for work, just add

plenty of salad mix to it, 1 tbsp of bacon bites, 1 tbsp of your favorite low carb dressing, and 1 tsp of grated parmesan, and a whole avocado. (490 calories each)

5. For snacks and cravings use Quest bars (170-250 calories per bar) and/or pork rinds (140 calories per 14 pieces)

Daily Keto Macros

- 2 boiled eggs and bacon – 320 calories, 2g net carbs, 0g fiber, 26g fat, 31g protein
- Veggies and ground beef – 490 calories, 5.2g net carbs, 4.2g fiber, 33g fat, 42g protein
- Almonds – 200 calories, 4g net carbs, 3g fiber, 18g fat, 7g protein
- Chicken salad with bacon – 490 calories, 4g net carbs, 11g fiber, 36g fat, 17g protein

Optional: Quest Bar – 190 calories, 4g net carbs, 17g fiber, 9g fat, 21g protein

Daily Nutritional Totals without Quest Bars:

- 1500-1690 calories
- 15.2g of net carbs
- 113g of fat
- 97g of protein

Minimizing Keto Flu

I remember my experience with keto flu. It hit me like a ton

of bricks. I had full-blown, flu-like symptoms.

It wasn't pretty, but it doesn't mean that it will happen to you. Symptoms vary from person to person. One of my friends didn't even have any symptoms.

Nonetheless, there are techniques to minimize the severity of ketogenic flu, especially during your first week of your ketogenic diet journey.

The main reason for keto flu symptoms is electrolytes imbalance. To minimize these symptoms I recommend to ramp up on your sodium intake. There is actually a very easy way of doing it. Just boil up a cup of water in a microwave, throw a Knorr cube, and you have a tasty cup of soup with 68% of daily sodium value.

If you want something sweeter and cooler, then blue Powerade ZERO is your friend. Also, I am a big fan of sunflower seeds. It takes a long time to eat a lot of them and it has enormous amounts of sodium. Double Win!!!

Last, but not least, don't forget to stay hydrated and drink plenty of water. The rule of thumb is to do "8x8" (8 cups of 8oz). I think it is too many cups to track. I would recommend investing in 32oz bottle of water and just having two of those daily.

Conclusion

This week is all about starting with the ketogenic diet meal plan and trying to get into ketosis. You have 6 breakfasts, 6 lunches, and 6 dinners. I left one day out intentionally, so you can start finding recipes that you like. This week try to keep up with you electrolytes and water intake to minimize keto flu.

Enjoy your new bacon-filled life and keto on.

Week One Keto Meal Plan

Shopping List

1. A dozen eggs.
2. A package of your favorite bacon.
3. A box of butter. (Real butter)
4. A 12 pack of boneless/skinless chicken thighs. (If you can somehow find boneless thighs that still have their skin, go ahead and use them)
5. 1 onion.
6. 1 bell pepper (Green, red, yellow, that's your choice.)
7. Two bulbs of garlic. (Optional, but very heart healthy.)

1. A bottle of water.
2. A big bag of frozen vegetables, at least 12 cups worth. I buy Bird's Eye Normandy blend: It's a mixture of zucchini, summer squash, cauliflower, broccoli and carrots. If you don't like those veggies, just pick something else that's keto friendly like Frozen Broccoli.)
3. Either a) a bag of pork rinds, b) a bag of almonds, c) a jar of almond butter (very expensive).
4. A container of beef. Bear with me on this one: You want to find some kind of beef that meets the following criteria: A) Is in your budget. B) You can imagine cutting/dividing into 6 equal portions. C) Has some fat.

You can do this with simple tubes of ground beef if you want. Two 1 pound tubes mean's roughly a 1/3 of a pound will be going to each portioned meal. I use carne picada. It's a thinly sliced meat with some fat that is designed to be used

in fajitas or burritos. I like the texture when it's cooked, and if you shop when the food is marked down it always seems to be the cheapest.

Others

This isn't food, just stuff to help you portion it. 1. Brown lunch bags. You can get like 200 of these for a few dollars 2. Some cheap small sandwich bags. 3. 12 ziplock "tupperware" containers. (The cheap kind that's okay to lose.) 4. A coffee thermos. 7. A lunch pail/bag.

The Cooking

(End Results is 18 meals, 6 breakfasts, 6 lunches, 6 dinners)

1. Put the 12 thighs in to the oven with all the cloves from a bulb of garlic. You should separate the cloves, but you don't need to skin them. The heat from the oven will do that nicely, and you can peel them when you eat it. This will take about 2 hours to cook, depending on your oven, and if the chicken is frozen at all.
2. While the thighs are cooking, hard boil the eggs. Then set them aside to cool.
3. Take a skillet, put some butter on it, and then fry up the bacon. (Note: Some might argue that the butter isn't needed. In my experience you can either grease up that pan somehow, or your first strips of bacon will come out burnt.) When the bacon is done, put it on some paper towels, and pat it dry a bit.
4. Dice up half the onion, save the other half for next week.
5. Cut up the pepper as well.
6. You might need to take the chicken out at this point. If it's done, pull it out, and let it cool.
7. In the skillet (I like to use that bacon grease as a base but it isn't needed) sauté the pepper and half

onion, and another bulb's worth of garlic cloves. (leave the skin on, just like before.)

8. Add the beef and brown it.

The Portioning

1. Wash/rinse out the 12 Ziploc containers.
2. In 6 of them, put 2 chicken thighs each. Share the garlic between them, and evenly divide the fat juice.
3. In the other 6 evenly spoon out the beef/pepper/onion mix.
4. Take the veggie blend, evenly pour it across the 12 containers, right on top of the meat.
5. Put them all in your fridge. If you have minimal fridge space you could just put some in there, and then rest in your freezer. Just pull another out when you pull from the fridge.
6. Pull out six plastic bags and put 2 hard boiled eggs in each.
7. Evenly divide your remaining bacon (You totally snacked on some of it, don't deny) by 6.
8. You can put this in the same bag as your eggs, or separate sandwich bags, it doesn't matter.
9. Now brown bag it, and put it in your fridge.

Conclusion & Things

At this point you now have 6 day's worth of meals in your fridge (6 containers of Thighs/Veggies, 6 containers Beef/Veggies, and 6 bags with 2 hardboiled eggs and bacon.) This gives you 1 free day a week to cook whatever you want for each meal. (I find it best to do this on a day other than Sunday, because after all that above I'm pretty tired of cooking.)

The pork rinds/nuts/almond butter are there in case you find

yourself having cravings. Between staying on top of your water intake and small snacks of these you shouldn't be overly hungry. If you got hungry on Day One between breakfast and lunch, or lunch and supper while you're still at work—then portion out some nuts (15 of them) or some pork rinds to add to your brown bag.

We all should be aiming for at least 8 cups of water a day. I've found personally that a bottle of water helps me keep track of this. My bottle is 1 liter, formally housing "smart water". So I know if I drink two of it, I've met my 8 cup mark. No more diet soda.

Make a thermos of coffee in the morning to take to work with you. It'll help with any caffeine withdrawal headaches. Don't make this coffee too strong. You're making some diet changes, and coffee is a natural laxative. If you vacate your GI tract because of it's going to offset your meals. Better 8 cups of medium to weak coffee in my thermos instead of 4 strong ones in my opinion.

Bonus: If you cleaned up your kitchen, and then take care of the dishes from the day's cooking. That means you'll have a clean kitchen aaaallll week except for the stack of Ziploc containers that will slowly accumulate.

Disclaimer: Some might not like that this meal plan has some onion and carrots—both of which have naturally occurring sugar in them. However, each of the beef meals has only a 6th of an onion, and the Normandy blend contains only small amount of carrots—you probably eat less than 1/3 of a carrot per meal. You can certainly not user either. On Week Four I've switched over to pure frozen broccoli, and I toss a $\frac{1}{4}$ cup of shredded cheddar cheese in each container with it. Cooks wonderfully with the chicken in the microwave.

Nutritional Breakdown

Assumptions made:

- You're using large eggs.
- You're cooking a 500g pack of bacon (like from Costco).
- No butter used (who uses butter to make bacon?)
- You're using 150g of medium ground beef (70% lean) per dinner.
- You're using large boneless skinless chicken thighs (~90g each).
- You're putting in one cup of the Kirkland Signature Normandy vegetables blend (also from Costco) per lunch/dinner.

Breakfast: 545 kcal, 2.5g carbohydrates, 0g fiber, 40g fat, 41g protein

Lunch: 360 kcal, 9.0g carbohydrates, 4.0g fiber, 11g fat, 53g protein

Dinner: 448 kcal, 9.4g carbohydrates, 4.2g fiber, 27g fat, 42g protein

For a daily total of: 1354 kcal, 12.2g net carbs, 78g fat, 136g protein

It's worth pointing out that you may want to consider taking a multi-vitamin with this meal plan. It is very low on Vitamins B1, D, E, and K. Calcium, Magnesium, Manganese, and Potassium are also very low, but we need to manage those as part of our electrolyte strategy anyways on keto.

The meal plan has a good amount of calories for a woman of average height and a healthy weight, but will likely be on the low side for taller women and most men. The almond strategy mentioned on the wiki will help a little with increasing the calorie count. You may also want to consider adding these

calorie boosting strategies:

- Cream in the coffee.
- Put a tablespoon of mayonnaise on the chicken while it's baking. Tasty and it will fit your macros!
- Top the vegetables with some cheese before reheating.
- Cook more beef. Who doesn't want more beef?