

CHAPTER 5,

Salads

Macros in this book are estimates from the ingredient quantities. Brands vary, and real food varies a little by handful, I would rather tell you that than print fake precision.

These are the salads I actually make when I want something fresh, fast, and filling, no sad lettuce leaves, no going hungry an hour later. Every one of them is a real meal: protein, good fat, and crunch. Make the dressing your own, taste as you go, and don't be shy with the herbs.

1.

Tuna, Egg & Avocado Salad

This one is my five-minute rescue lunch. A can of tuna, a couple of eggs, half an avocado, and suddenly you have a proper plate instead of a snack that leaves you hunting for more.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 1 can tuna in water, drained, 120 g
- 3 eggs, hard-boiled
- 1/2 avocado, 75 g
- 10 green or black olives, 30 g
- 1 cucumber, 150 g
- 2 tbsp fresh dill, chopped, 8 g
- 2 tbsp homemade low-carb mayo, 30 g
- Salt and black pepper, to taste

METHOD:

1. Mash the drained tuna lightly with a fork in a bowl, you want flakes, not paste.
2. Chop the eggs and the cucumber into small cubes and add them to the tuna.
3. Dice the avocado, halve the olives, and fold them in gently so the avocado keeps its shape.
4. Stir in the dill and the mayo, season with salt and pepper, and mix just until everything is coated.
5. Taste and adjust, a little more mayo if it feels dry, a squeeze of lemon if you want it brighter. Serve right away.

ESTIMATED MACROS PER SERVING: 4 g net carbs, 25 g protein, 24 g fat, ~360 kcal

2.

Shrimp Caesar-Style Salad

All the joy of a Caesar, garlicky shrimp, salty Parmesan, creamy dressing, crunchy croutons, without the heavy bread bowl situation. This is the one I make when friends come over and I want it to look like I tried really hard.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 300 g large shrimp, peeled
- 1 tbsp olive oil, 14 g
- 1 garlic clove, sliced
- 60 g mixed salad leaves
- 150 g cherry tomatoes
- 2 eggs, hard-boiled
- 40 g Parmesan, half grated and half shaved
- 40 g low-carb bread, cut into small cubes, for croutons
- 2 tbsp homemade low-carb mayo, 30 g
- 1 tbsp lemon juice, 15 g
- 1 garlic clove, minced, for the dressing
- Salt and black pepper, to taste

METHOD:

1. Warm the olive oil in a skillet over medium-high heat with the sliced garlic. Add the shrimp and cook 2-3 minutes per side, just until pink and curled. Set aside.
2. In the same pan, toast the low-carb bread cubes for 3-4 minutes until golden and crisp.
3. Whisk the mayo with the lemon juice, the minced garlic, and half the grated Parmesan. Season with salt and pepper, this is your dressing.
4. Lay the salad leaves on a wide flat plate. Scatter the croutons over them, then arrange the shrimp, halved cherry tomatoes, and quartered eggs on top.
5. Drizzle with the dressing and shower with the remaining Parmesan. Serve immediately, while the shrimp are still warm.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 42 g protein, 19 g fat, ~380 kcal

3. Shrimp, Cherry Tomato & Avocado Salad

This is sunshine on a plate, sweet shrimp, creamy avocado, juicy tomatoes, and a zippy mustard dressing. It takes fifteen minutes and it looks like a restaurant salad, which is exactly the point.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 250 g shrimp, peeled
- 1 tbsp butter, 14 g
- 1 garlic clove, minced
- 200 g cherry tomatoes
- 1 avocado, 150 g
- 40 g pitted olives
- 60 g mixed salad leaves
- 30 g arugula
- 2 tbsp olive oil, 28 g
- 1 tbsp apple cider vinegar, 15 g
- 1 tbsp soy sauce, 15 g
- 1 tsp Dijon mustard, 5 g
- Salt and black pepper, to taste

METHOD:

1. Melt the butter in a skillet over medium-high heat, add the garlic, then the shrimp. Cook 2-3 minutes per side until pink. Set aside to cool slightly.
2. Quarter the cherry tomatoes, dice the avocado, and halve the olives.
3. Whisk the olive oil, vinegar, soy sauce, and mustard into a dressing. Taste, it should be bright and a little salty.
4. Spread the salad leaves and arugula on a big platter. Top with the tomatoes, avocado, olives, and warm shrimp.
5. Drizzle the dressing over everything and serve right away.

ESTIMATED MACROS PER SERVING: 6 g net carbs, 26 g protein, 20 g fat, ~350 kcal

4.
Bacon, Cucumber & Egg Salad

Salty, crispy bacon, cool cucumber two ways, jammy eggs, and a creamy garlicky sauce with a little crunch from pumpkin seeds on top. This is the salad for when you want something that eats like comfort food.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 4 slices raw bacon, 60 g
- 1 fresh cucumber, 150 g
- 1 pickled cucumber, 80 g
- 2 eggs, hard-boiled
- 40 g arugula
- 2 tbsp fresh cilantro, chopped, 8 g
- 20 g pumpkin seeds
- 2 tbsp homemade low-carb mayo, 30 g
- 1 tbsp soy sauce, 15 g
- 1 tbsp lemon juice, 15 g
- 1 small garlic clove, minced
- Salt, black pepper, and your favorite spices, to taste

METHOD:

1. Fry the bacon in a dry skillet over medium heat until crisp, then chop it into small squares.
2. Dice both cucumbers and the eggs.
3. Whisk the mayo with the soy sauce, lemon juice, garlic, and spices, this is your sauce.
4. Lay the arugula on a serving plate. Pile on the cucumbers, bacon, and eggs.
5. Drizzle with the sauce, sprinkle with cilantro and pumpkin seeds, and serve.

ESTIMATED MACROS PER SERVING: 4 g net carbs, 17 g protein, 28 g fat, ~350 kcal

5. Cabbage & Avocado Salad with Creamy Green Dressing

The lightest salad in this chapter, and honestly one of my favorites. Crunchy cabbage, a silky green avocado dressing you blitz in the blender, and seeds for bite. It goes with everything and it never sits heavy.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 150 g white cabbage, finely shredded
- 1/2 cucumber, 75 g
- 1/2 avocado, 75 g
- 20 g fresh cilantro and dill, mixed
- 1 tbsp olive oil, 14 g
- 1 tbsp lemon juice, 15 g
- 20 g pumpkin seeds or chopped nuts
- Salt and your favorite spices, to taste

METHOD:

1. Shred the cabbage as finely as you can and cut the cucumber into thin matchsticks. Put both in a bowl.
2. In a blender, blitz the avocado with the herbs, pumpkin seeds, olive oil, lemon juice, salt, and spices until you have a thick, creamy green dressing. Add a splash of water if it needs loosening.
3. Pour the dressing over the cabbage and cucumber.
4. Toss really well so every strand gets coated, taste for salt and lemon, and serve.

ESTIMATED MACROS PER SERVING: 4 g net carbs, 4 g protein, 17 g fat, ~200 kcal

6.

Arugula, Strawberry & Mozzarella Salad

Sweet strawberries, peppery arugula, soft mozzarella, and crunchy almonds, this is the pretty one. It tastes like early summer and it is lovely next to grilled meat, or honestly all on its own.

SERVES:	TIME:
2	10 minutes

INGREDIENTS:

- 60 g arugula
- 150 g strawberries
- 125 g fresh mozzarella ball
- 30 g almonds, roughly chopped
- 1 tbsp olive oil, 14 g
- 1 tbsp apple cider vinegar, 15 g
- 1 tsp chia seeds, 5 g
- A pinch of salt and black pepper

METHOD:

1. Spread the arugula on a serving plate.
2. Slice the strawberries and lay them over the greens. Tear or slice the mozzarella and tuck it in between.
3. Whisk the olive oil, vinegar, chia seeds, salt, and pepper into a light dressing.
4. Drizzle the dressing over the salad, scatter the chopped almonds on top, and serve immediately.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 14 g protein, 28 g fat, ~350 kcal

7. Summer Eggplant & Chicken Salad

Warm, smoky eggplant pulled into soft ribbons, tender chicken, sweet tomato, and walnuts for crunch, all pulled together with a spoonful of mayo and a lot of garlic and herbs. This is a full meal, not a side.

SERVES:	TIME:
2	25 minutes

INGREDIENTS:

- 1 eggplant, 300 g
- 200 g chicken breast, cooked
- 1 tomato, 150 g
- 30 g walnuts, chopped
- 2 tbsp fresh herbs (parsley, dill, or cilantro), chopped, 8 g
- 1 garlic clove, minced
- 1 tbsp homemade low-carb mayo, 15 g
- 1 tbsp olive oil, for frying, 14 g
- Salt and black pepper, to taste

METHOD:

1. Slice the eggplant lengthwise into thin strips. Fry in the olive oil over medium-high heat until golden on both sides, then pull the strips apart into soft ribbons with two forks.
2. Slice the cooked chicken and the tomato into thin strips.
3. Put the eggplant, chicken, and tomato in a bowl. Add the herbs, garlic, and walnuts.
4. Stir in the mayo, season generously with salt and pepper, and toss gently.
5. Serve warm or at room temperature, both are wonderful.

ESTIMATED MACROS PER SERVING: 6 g net carbs, 33 g protein, 22 g fat, ~365 kcal

8.

Warm Squid & Avocado Salad

Squid cooks in about ninety seconds, so this feels fancy but it is genuinely one of the fastest dinners here. Warm rings over cool avocado and cucumber, sesame on top, and a bright lemon-soy dressing.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 350 g squid, cleaned
- 1 avocado, 150 g
- 1 cucumber, 150 g
- 60 g mixed salad leaves
- 1/4 red onion, 40 g
- 2 tbsp fresh cilantro, chopped, 8 g
- 1 tbsp sesame seeds, 10 g
- 2 tbsp olive oil, 28 g
- 1 tbsp lemon juice or apple cider vinegar, 15 g
- 1 tbsp soy sauce, 15 g
- 1 tbsp olive oil, for frying, 14 g
- Salt and black pepper, to taste

METHOD:

1. Slice the squid into rings. Heat the oil in a skillet over high heat and fry the rings for 1-2 minutes only, the second they turn opaque, they are done. Overcooked squid goes rubbery, so don't walk away.
2. Whisk the olive oil, lemon juice, and soy sauce into a dressing.
3. Spread the salad leaves on a platter. Top with the diced avocado, sliced cucumber, thinly sliced red onion, and cilantro.
4. Lay the warm squid rings over the top, drizzle with the dressing, and sprinkle with sesame seeds. Serve right away.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 30 g protein, 20 g fat, ~375 kcal

9. Mushroom, Egg & Cucumber Salad

Earthy fried mushrooms, eggs, crunchy cucumber, and grated cheese in a tangy sour cream and mustard dressing. It is simple, it is filling, and it is the kind of salad that disappears from the bowl before you even sit down.

SERVES:	TIME:
3	20 minutes

INGREDIENTS:

- 300 g mushrooms
- 3 eggs, hard-boiled
- 3 cucumbers, 450 g
- 100 g hard cheese, grated
- 1/4 red onion, 40 g
- 2 tbsp fresh herbs, chopped, 8 g
- 2 tbsp sour cream, 30 g
- 1 tbsp mustard, 15 g
- 1 garlic clove, minced
- 1 tbsp olive oil, for frying, 14 g
- Salt and black pepper, to taste

METHOD:

1. Slice the mushrooms and fry them in the olive oil over medium-high heat until golden and all their liquid has cooked off. Let them cool a little.
2. Dice the eggs, cucumbers, and red onion.
3. Whisk the sour cream with the mustard, garlic, salt, and pepper.
4. Combine the mushrooms, eggs, cucumbers, onion, and grated cheese in a big bowl. Add the herbs and the dressing.
5. Toss gently and serve, it is best the same day, while the cucumber is still crisp.

ESTIMATED MACROS PER SERVING: 4 g net carbs, 17 g protein, 21 g fat, ~315 kcal

10.

Beef Salad with Green Radish & Olives

This one started as a whatever-is-in-the-fridge dinner and turned into a keeper. Tender leftover beef, peppery green radish, briny olives, and a sharp mustard dressing over salad leaves. If you have roast beef or boiled beef from soup night, this is what it was made for.

SERVES:	TIME:
2	20 minutes (plus time to cook the beef, if starting from raw)

INGREDIENTS:

- 300 g cooked beef (boiled or roasted), sliced or cubed
- 80 g mixed salad leaves
- 150 g green radish, peeled and cut into thin matchsticks
- 60 g pitted olives
- 2 tbsp olive oil, 28 g
- 1 tbsp apple cider vinegar, 15 g
- 1 tsp mustard, 5 g
- 1/2 tsp garlic powder
- Salt and black pepper, to taste

METHOD:

1. If you are starting from raw beef, simmer or roast it until tender, let it rest, then slice it thinly. Leftover beef works beautifully here.
2. Whisk the olive oil, vinegar, mustard, garlic powder, salt, and pepper into a dressing.
3. Spread the salad leaves on a platter. Top with the beef, green radish, and olives.
4. Drizzle the dressing over everything, toss lightly, and serve.

ESTIMATED MACROS PER SERVING: 3 g net carbs, 40 g protein, 30 g fat, ~475 kcal

11.

Egg, Avocado & Cabbage Salad with Garlic Shrimp

Soft eggs, creamy avocado, crunchy napa cabbage, and garlicky butter-fried shrimp piled on top. It looks gorgeous served in a ring on a plate, but honestly it tastes just as good scooped straight from the bowl.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 3 eggs, hard-boiled
- 1 avocado, 150 g
- 150 g napa cabbage leaves
- 60 g mixed salad leaves and arugula
- 40 g pitted olives
- 100 g green bell pepper
- 100 g cucumber
- 2 tbsp homemade low-carb mayo, 30 g
- 200 g shrimp, peeled
- 1 tbsp butter, 14 g
- 1 garlic clove, minced
- Salt, black pepper, and garlic powder, to taste

METHOD:

1. Chop the eggs, avocado, napa cabbage, salad leaves, olives, bell pepper, and cucumber into small pieces. Toss with the mayo, salt, pepper, and garlic powder.
2. If you have a ring mold, press the salad into it on a serving plate and lift the ring away. If not, just mound it on the plate, it will still look lovely.
3. Melt the butter in a skillet over medium-high heat, add the garlic, then the shrimp. Cook 2-3 minutes per side until pink.
4. Arrange the warm shrimp over the salad and serve immediately.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 30 g protein, 28 g fat, ~475 kcal

12.

Festive Egg & Avocado Salad

This is my party-table salad, the one that looks rich and celebratory but takes fifteen minutes. Creamy eggs and avocado, cool cucumber, and silky cured salmon (or whatever good cooked meat, chicken, or tuna you have). Nobody at the table needs to know how easy it was.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 2 eggs, hard-boiled
- 1 avocado, 150 g
- 1 cucumber, 150 g
- 150 g lightly cured salmon (or cooked meat, chicken, tongue, shrimp, or tuna)
- 2 tbsp homemade low-carb mayo, 30 g
- Salt and black pepper, to taste

METHOD:

1. Dice the eggs, avocado, and cucumber into neat little cubes.
2. Cut the salmon (or your chosen protein) into cubes the same size.
3. Put everything in a bowl, add the mayo, and fold gently until coated, don't stir hard or the avocado turns to mush.
4. Season with salt and pepper, taste, and chill for 10 minutes if you have time. Serve in a small bowl or pressed into a ring on a plate.

ESTIMATED MACROS PER SERVING: 3 g net carbs, 25 g protein, 33 g fat, ~450 kcal

13. Warm Chicken Liver Salad

If you think you don't like liver, make this one before you decide. The liver is fried until just tender and served warm over spinach and arugula, with sweet cherry tomatoes and a sharp mustard dressing. It is rich, fast, and surprisingly elegant.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 300 g chicken liver, trimmed
- 60 g baby spinach
- 40 g arugula
- 150 g cherry tomatoes
- 100 g red bell pepper
- 20 g Parmesan, shaved
- 1 tbsp ghee or olive oil, for frying, 14 g
- 2 tbsp olive oil, 28 g
- 1 tbsp apple cider vinegar, 15 g
- 1 tbsp soy sauce, 15 g
- 1 tsp Dijon mustard, 5 g
- Salt and black pepper, to taste

METHOD:

1. Cut the liver into small pieces and pat dry, dry liver browns, wet liver steams.
2. Heat the ghee or oil in a skillet over medium-high heat. Fry the liver in a single layer for 2-3 minutes per side until browned outside and just pink inside. Season with salt and pepper.
3. Whisk the olive oil, vinegar, soy sauce, and mustard into a dressing.
4. Spread the spinach and arugula on a plate. Top with the hot liver, halved cherry tomatoes, and sliced bell pepper.
5. Drizzle with the dressing, scatter the Parmesan over the top, and serve while the liver is still warm.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 32 g protein, 20 g fat, ~375 kcal

14. Chicken & Parmesan Caesar-Style Salad

A proper Caesar-style salad with real chicken, not a sad little garnish. Marinated, pan-fried chicken, crunchy leaves, cherry tomatoes, olives, and a creamy Parmesan sauce with a sprinkle of chia on top for texture.

SERVES:	TIME:
2	25 minutes

INGREDIENTS:

- 300 g chicken breast
- 1 tbsp olive oil, for the marinade, 14 g
- 1 tsp mixed spices (paprika, dried herbs, garlic powder)
- 40 g Parmesan, half grated and half shaved
- 2 eggs, hard-boiled
- 80 g mixed salad leaves
- 30 g arugula
- 150 g cherry tomatoes
- 40 g pitted olives
- 2 tbsp homemade low-carb mayo, 30 g
- 1 tbsp lemon juice or apple cider vinegar, 15 g
- 1 garlic clove, minced
- 1 tsp chia seeds, 5 g
- 1 tbsp ghee, for frying, 14 g
- Salt and black pepper, to taste

METHOD:

1. Cut the chicken into small pieces. Toss with the olive oil, spices, and salt, and leave to marinate for 10 minutes.
2. Fry the chicken in the ghee over medium-high heat until golden and cooked through, about 5-6 minutes. In the last minute, add half the minced garlic and a pinch of dried herbs.
3. Whisk the mayo with the lemon juice, the rest of the garlic, and the grated Parmesan. Season to taste, this is your sauce.
4. Spread the salad leaves and arugula on a platter. Top with the cherry tomatoes, olives, warm chicken, and quartered eggs.
5. Drizzle with the sauce, scatter the shaved Parmesan and chia seeds over the top, and serve.

ESTIMATED MACROS PER SERVING: 4 g net carbs, 55 g protein, 25 g fat, ~550 kcal

15. Grilled Beef, Eggplant & Tomato Salad

Big flavors, very little effort: a grilled steak, golden fried eggplant, ripe tomato, and a bright oil-and-vinegar dressing. Serve it warm, straight off the grill pan, and let everyone help themselves.

SERVES:	TIME:
2	25 minutes

INGREDIENTS:

- 300 g beef steak
- 1 eggplant, 300 g
- 1 tomato, 150 g
- 40 g arugula
- 40 g mixed salad leaves
- 100 g bell pepper
- 40 g red onion
- 2 tbsp olive oil, 28 g
- 1 tbsp apple cider vinegar, 15 g
- 1 tbsp soy sauce, 15 g
- 1 tbsp olive oil, for frying the eggplant, 14 g
- Salt and black pepper, to taste

METHOD:

1. Season the steak with salt and pepper. Grill or pan-fry over high heat for 3-4 minutes per side for medium-rare, then rest for 5 minutes and slice thinly.
2. Cut the eggplant into large chunks and fry in the olive oil until golden and soft. Season lightly.
3. Slice the tomato, bell pepper, and red onion.
4. Whisk the olive oil, vinegar, and soy sauce into a dressing.
5. Spread the arugula and salad leaves on a platter. Top with the tomato, bell pepper, onion, sliced beef, and warm eggplant. Drizzle with the dressing and serve.

ESTIMATED MACROS PER SERVING: 7 g net carbs, 40 g protein, 32 g fat, ~525 kcal

6

CHAPTER 6,

Soups

Soup is where this way of eating gets cozy. A good broth, a pot that simmers while you get on with your day, and a bowl that actually fills you up. These soups skip the potato and the noodles, zucchini and cabbage do the job better anyway, and every one of them is built on real broth and real meat. Make a big pot. Future you will be grateful.

16.

Hearty Pickle & Meat Soup

This is the soup for cold days and big appetites, rich beef broth, smoky meat, mushrooms, pickles, olives, and a wedge of lemon at the table. Salty, sour, smoky, and deeply satisfying. Don't skip the lemon; it wakes the whole bowl up.

SERVES:	TIME:
4	1 hour 30 minutes (40 minutes with ready broth)

INGREDIENTS:

- 500 g beef ribs or beef on the bone
- 1.5 liters water
- 1 bay leaf
- 100 g mushrooms
- 1/2 onion, 50 g
- 30 g carrot
- 100 g bell pepper
- 150 g pickled cucumbers
- 50 g smoked bacon or smoked pork belly, diced
- 100 g tomato, diced (or 1 tbsp tomato paste, 15 g)
- 60 g pitted black olives
- 1 tbsp ghee, 14 g
- 1 lemon, cut into wedges, to serve
- Salt and black pepper, to taste

METHOD:

1. Put the beef in a pot with the water and the bay leaf. Bring to a boil, skim off any foam, then lower the heat and simmer gently for about 1 hour until the meat is tender. Lift the meat out, cut it off the bone into bite-size pieces, and return it to the pot. Discard the bay leaf.
2. While the broth simmers, make the fry-up: melt the ghee in a skillet over medium heat. Add the smoked bacon and cook for 2 minutes, then add the sliced mushrooms, onion, carrot, bell pepper, and pickled cucumber. Cook 6-8 minutes until softened and fragrant, then stir in the tomato and cook 2 minutes more.
3. Tip the whole skillet into the broth and simmer for 10 minutes so the flavors come together.
4. Stir in the olives, taste, and season with salt and pepper, remember the pickles and olives are already salty, so taste first.
5. Serve hot, with a lemon wedge on the side for each bowl. Squeeze it in at the table.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 28 g protein, 20 g fat, ~350 kcal

17. Cold Summer Soup

The summer soup. Cool, creamy, crunchy, and ready in twenty minutes, no stove required if your meat and eggs are already cooked. Everything chopped small, everything cold, and a fizzy mineral-water dressing that makes it taste like a hot day handled properly.

SERVES:	TIME:
4	20 minutes, plus 30 minutes chilling

INGREDIENTS:

- 300 g cooked meat, tongue, or fish, diced
- 4 eggs, hard-boiled
- 300 g cucumbers
- 150 g radishes
- 40 g green onions
- 20 g fresh dill and parsley, chopped
- 1 avocado, 150 g, diced (in place of potato)
- 200 g sour cream
- 500 ml sparkling mineral water
- 2 tsp apple cider vinegar, 10 g
- 1/2-1 tsp salt
- 1 tsp mustard or grated horseradish, optional (check the label, no added sugar)
- Black pepper, to taste

METHOD:

1. Dice the meat, eggs, cucumbers, radishes, and avocado into small, even cubes. Slice the green onions and chop the herbs.
2. Put everything in a big bowl or soup pot.
3. In a jug, whisk the sour cream with the mineral water, vinegar, salt, and mustard or horseradish if using. It should be light and pourable, like thin cream.
4. Pour the dressing over the chopped ingredients and stir gently.
5. Chill for at least 30 minutes, this soup is always better cold. Taste before serving and add more salt, vinegar, or herbs if it needs it.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 22 g protein, 25 g fat, ~360 kcal

18.

Quick Minced-Meat Soup

The weeknight soup. Browned mince, a quick fry-up of onion, carrot, and tomato, then broth and zucchini, and dinner is ready in half an hour. Even little kids love this one, it is mild, soft, and friendly.

SERVES:	TIME:
4	30 minutes

INGREDIENTS:

- 400 g ground beef (or mixed ground beef and pork)
- 1 tbsp butter or ghee, 14 g
- 1 small onion, 80 g, finely chopped
- 1 small carrot, 50 g, finely diced
- 1 tomato, 150 g, finely diced
- 300 g zucchini, diced into small cubes
- 1.2 liters water or meat broth
- Salt and black pepper, to taste
- Fresh herbs, to serve

METHOD:

1. Melt the butter in a pot over medium-high heat. Add the mince and brown it, breaking it up with a spoon, for about 5 minutes.
2. Add the onion and carrot and cook for 2-3 minutes until softened. Stir in the tomato and cook 1-2 minutes more.
3. Pour in the water or broth and bring to a boil.
4. Add the zucchini, lower the heat, and simmer for 10-12 minutes until the zucchini is tender.
5. Season with salt and pepper, scatter with fresh herbs, and serve hot.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 22 g protein, 17 g fat, ~275 kcal

19. Beet & Cabbage Soup (No Potato)

Deep red, rich, and properly filling, a real beet and cabbage soup, just without the potato. Zucchini steps in for the potato and nobody misses it, I promise. This is a pot to make on a Sunday and eat all week.

SERVES:	TIME:
6	1 hour 45 minutes

INGREDIENTS:

- 400 g beef, on the bone if you have it
- 300 g pork, on the bone if you have it
- 2 liters water
- 2 bay leaves
- 300 g beets, peeled and grated or cut into thin sticks
- 300 g white cabbage, shredded
- 200 g zucchini, diced (in place of potato)
- 1 onion, 100 g, finely chopped
- 1 carrot, 80 g, grated
- 1 bell pepper, 100 g, diced
- 2 tomatoes, 300 g, diced (or 2 tbsp tomato paste, 30 g)
- 3 garlic cloves, minced
- 1 tbsp ghee or olive oil, 14 g
- 1 tbsp apple cider vinegar, 15 g
- Salt and black pepper, to taste
- 90 g sour cream, to serve (1 tbsp per bowl)
- Fresh dill, to serve

METHOD:

1. Put the beef and pork in a large pot with the water and bay leaves. Bring to a boil, skim off the foam, then simmer gently for about 1 hour until the meat is tender. Lift the meat out, cut it into bite-size pieces, and return it to the pot. Discard the bay leaves.
2. Add the cabbage and zucchini to the broth and simmer for 15 minutes.
3. While that cooks, make the fry-up: heat the ghee in a skillet over medium heat. Cook the onion and carrot for 3-4 minutes, then add the beets, bell pepper, and tomatoes. Cook 8-10 minutes until softened, stirring now and then, and stir in the vinegar, it keeps the beets beautifully red.
4. Tip the fry-up into the pot and simmer for another 15-20 minutes until the beets are tender and the flavors have married.
5. Stir in the garlic, cook 1 minute more, then taste and season with salt and pepper.
6. Serve hot with a spoonful of sour cream and a shower of dill in each bowl.

ESTIMATED MACROS PER SERVING: 7 g net carbs, 30 g protein, 15 g fat, ~330 kcal

20.
Cabbage Soup

The simplest soup in this chapter and one of the most comforting. A good rich broth, a whole lot of cabbage, zucchini instead of potato, and a golden fry-up for sweetness and color. Sour cream on top, crusty low-carb bread on the side if you like, and that's dinner.

SERVES:	TIME:
6	1 hour 45 minutes

INGREDIENTS:

- 400 g beef, on the bone if you have it
- 300 g pork, on the bone if you have it
- 2 liters water
- 2 bay leaves
- 500 g white cabbage, shredded
- 300 g zucchini, diced (in place of potato)
- 1 onion, 100 g, finely chopped
- 1 carrot, 80 g, grated
- 1 bell pepper, 100 g, diced
- 2 tomatoes, 300 g, diced (or 2 tbsp tomato paste, 30 g)
- 3 garlic cloves, minced
- 1 tbsp ghee or olive oil, 14 g
- Salt and black pepper, to taste
- 90 g sour cream, to serve (1 tbsp per bowl)
- Fresh dill or parsley, to serve

METHOD:

1. Put the beef and pork in a large pot with the water and bay leaves. Bring to a boil, skim off the foam, then simmer gently for about 1 hour until the meat is tender. Lift the meat out, cut it into bite-size pieces, and return it to the pot. Discard the bay leaves.
2. Add the cabbage and zucchini to the broth and simmer for 15 minutes.
3. While that cooks, make the fry-up: heat the ghee in a skillet over medium heat. Cook the onion and carrot for 3-4 minutes, then add the bell pepper and tomatoes. Cook 6-8 minutes until softened and sweet.
4. Tip the fry-up into the pot and simmer for another 15 minutes until the cabbage is tender and the soup tastes rounded and rich.
5. Stir in the garlic, cook 1 minute more, then taste and season with salt and pepper.
6. Serve hot with a spoonful of sour cream and fresh herbs in each bowl.

ESTIMATED MACROS PER SERVING: 6 g net carbs, 30 g protein, 14 g fat, ~315 kcal

21.
Cabbage & Zucchini Soup

This one is lighter than the two soups before it, same good broth and cabbage, but quicker, brighter, and finished with smoky paprika and sour cream. Perfect for a weeknight when you want soup but you want it now.

SERVES:	TIME:
4	1 hour 15 minutes (30 minutes with ready broth)

INGREDIENTS:

- 300 g beef, plus 1.5 liters beef broth (or 300 g beef on the bone simmered in 1.5 liters water for 1 hour)
- 300 g white cabbage, shredded
- 300 g zucchini, diced
- 1 small onion, 80 g, finely chopped
- 1 bell pepper, 100 g, diced
- 150 g tomatoes, diced
- 1 tbsp ghee, 14 g
- 1 tsp smoked paprika, 3 g
- Salt and black pepper, to taste
- 60 g sour cream, to serve (1 tbsp per bowl)

METHOD:

1. If you are starting from raw beef, simmer it in the water for about 1 hour until tender, then cut it into pieces and return it to the pot. If you have ready broth and cooked beef, simply bring the broth to a simmer and add the beef.
2. Add the cabbage and zucchini to the broth and simmer for 10 minutes.
3. While that cooks, heat the ghee in a skillet over medium heat. Cook the onion, bell pepper, and tomatoes for 6-8 minutes until softened, then stir in the smoked paprika and cook 30 seconds more.
4. Tip the fry-up into the pot and simmer for another 10 minutes until the vegetables are tender.
5. Taste and season with salt and pepper. Serve hot with a spoonful of sour cream in each bowl.

ESTIMATED MACROS PER SERVING: 6 g net carbs, 22 g protein, 15 g fat, ~300 kcal

22.

Quick Meatball Soup

Same family as the mince soup, but with little meatballs, which, let's be honest, makes everything better. Roll them small, brown them quickly, and let them finish cooking in the broth with the zucchini. Half an hour, one pot, happy table.

SERVES:	TIME:
4	30 minutes

INGREDIENTS:

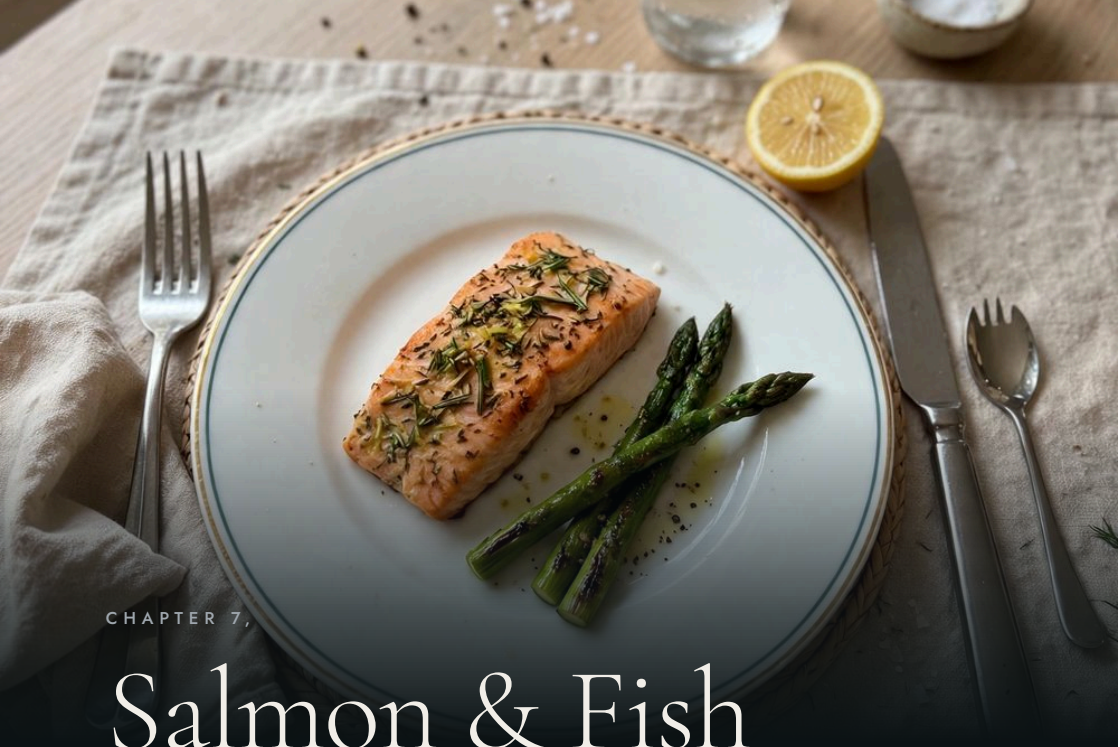
- 400 g ground beef (or mixed ground beef and pork)
- 1 egg
- 1 tbsp butter or ghee, 14 g
- 1 small onion, 80 g, finely chopped
- 1 small carrot, 50 g, finely diced
- 1 tomato, 150 g, finely diced
- 300 g zucchini, diced into small cubes
- 1.2 liters water or meat broth
- Salt and black pepper, to taste
- Fresh herbs, to serve

METHOD:

1. Mix the mince with the egg, half the onion, salt, and pepper. Roll into small meatballs, about the size of a walnut, you should get around 20.
2. Melt the butter in a pot over medium-high heat. Brown the meatballs in batches for 2-3 minutes, just to get some color. Lift them out and set aside.
3. In the same pot, cook the rest of the onion and the carrot for 2-3 minutes. Stir in the tomato and cook 1-2 minutes more.
4. Pour in the water or broth, bring to a boil, and return the meatballs to the pot. Add the zucchini.
5. Simmer for 10-12 minutes until the meatballs are cooked through and the zucchini is tender. Season, scatter with fresh herbs, and serve hot.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 24 g protein, 16 g fat, ~280 kcal

Macros in this book are estimates from the ingredient quantities. Brands vary, and real food varies a little by handful, I would rather tell you that than print fake precision.



CHAPTER 7,

Salmon & Fish

Fish is where low-carb eating feels easy. Good fat, real protein, dinner on the table in twenty minutes, and nobody at the table feels like they are on a diet. Keep a bag of shrimp and a fillet of salmon in the freezer and you are never more than half an hour from a proper meal.

23. Two-Hour Salted Mackerel

Mackerel is one of the fattiest, most satisfying fish you can buy, and this is the simplest way to treat it well. Salt, two hours, a little onion and oil, that is the whole trick. It comes out silky and rich, perfect sliced thin with cucumber or a boiled egg.

SERVES:	TIME:
4	15 minutes hands-on, plus 4 hours waiting (2 hours curing, 2 hours chilling)

INGREDIENTS:

- 1 whole mackerel (about 400 g), cleaned and gutted
- 1 1/2 tbsp fine sea salt (25 g)
- 1 tsp fish seasoning blend
- 1 small onion (70 g), sliced into thin rings
- 1 tbsp olive oil (15 ml)

METHOD:

1. Pat the mackerel dry with paper towels, then cut it into pieces about 3 cm wide.
2. Mix the salt and fish seasoning together in a small bowl.
3. Roll each piece of fish in the salt mixture so it is coated all over, then lay the pieces in a shallow dish. Leave at room temperature for 2 hours.
4. Rinse the fish briefly under cold running water and pat very dry with paper towels.
5. Layer the pieces in a glass container with the onion rings, drizzle over the olive oil, cover, and chill for at least 2 hours before serving. It keeps beautifully in the fridge for 2-3 days.

ESTIMATED MACROS PER SERVING: net carbs 1 g, protein 18 g, fat 20 g, 255 kcal

24. Lazy Salmon Rolls

This is my answer to sushi night when I want the flavor without the rice and without the fuss. The filling is a creamy salmon, avocado and egg mash, and the nori just holds it together. Make them for lunch, or cut them small and put them out as party food, they disappear either way.

SERVES:
2 as a light meal, or 4 as an appetizer

TIME:
15 minutes

INGREDIENTS:

- 150 g lightly salted salmon, chopped
- 1/2 ripe avocado (75 g)
- 2 eggs, hard-boiled
- 1 tbsp cream cheese (15 g)
- 1/2 cucumber (75 g), diced small
- 2 nori sheets
- 1 tsp lemon juice
- 1/4 tsp garlic powder
- Salt and black pepper, to taste
- Fresh herbs (dill or chives), chopped, to taste

METHOD:

1. Mash the avocado in a bowl with a fork, then add the lemon juice so it stays bright.
2. Chop the eggs and the salmon, and fold them in with the cream cheese, cucumber, garlic powder, salt, pepper and herbs.
3. Blitz briefly with a stick blender if you like it smooth, or leave it chunky, both are lovely.
4. Lay a nori sheet shiny-side down, spread half the filling in a line across the lower third, and roll it up firmly. Repeat with the second sheet.
5. Slice each roll into 6-8 pieces with a sharp, slightly damp knife and serve right away.

ESTIMATED MACROS PER SERVING (AS A LIGHT MEAL FOR 2): net carbs 3 g, protein 20 g, fat 20 g, 280 kcal

25. Smoked Mackerel Pâté

Two ingredients, ten minutes, and you have something that tastes like you fussed for hours. Smoky, buttery, salty in the best way. Spread it on low-carb bread, spoon it next to a boiled egg, or eat it straight from the bowl standing at the counter, I have done all three.

SERVES:	TIME:
6 (about 50 g each)	15 minutes

INGREDIENTS:

- 1 hot-smoked mackerel (about 300 g whole; about 200 g fillet once boned)
- 100 g butter, softened

METHOD:

1. Flake the smoked mackerel off the bone, checking carefully for any small bones as you go.
2. Put the fish in a food processor or blender with the soft butter and blitz until smooth and whipped. If you do not have a blender, mash it very well with a fork and then beat it with a spoon, it will be a little more rustic and just as good.
3. Taste and add a squeeze of lemon or a crack of pepper if you like, though it rarely needs anything.
4. Spoon into a small bowl or jar and chill for 30 minutes to firm up. Serve with boiled eggs, cucumber slices, low-carb pancakes or low-carb bread.

ESTIMATED MACROS PER SERVING: net carbs 0 g, protein 9 g, fat 18 g, 200 kcal

26.

Salmon Zucchini Pasta

When you want pasta night without the pasta, this is the one. The zucchini stays just barely crisp, the salmon cooks in minutes, and the coconut cream pulls it all together into something silky. It tastes like a restaurant dish and takes fifteen minutes.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 1 medium zucchini (250 g)
- 175 g salmon fillet, cut into bite-size pieces
- 1 tbsp coconut cream (15 g)
- 1 small tomato (80 g), diced
- 1 garlic clove, minced
- 1 tbsp olive oil (15 ml)
- Salt, black pepper and a squeeze of lemon, to taste

METHOD:

1. Peel the zucchini and cut it into long thin strips, a spiralizer or a vegetable peeler works beautifully.
2. Warm the olive oil in a wide pan over medium heat and brown the garlic for 30 seconds, just until fragrant.
3. Add the salmon, season with salt and pepper, and cook for about 2 minutes, turning the pieces once.
4. Add the zucchini strips and the tomato, and cook for 2 more minutes. You want the zucchini tender-crisp, not soft.
5. Stir in the coconut cream and a squeeze of lemon, simmer for 1 more minute, and serve right away.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 20 g, fat 14 g, 225 kcal

27. Mussels with Green Beans

This is a proper plate of food, warm garlicky mussels and green beans over cool greens, avocado and cherry tomatoes, with a sharp little dressing. It looks like something from a beach café and it is done in twenty minutes from frozen mussels.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 400 g frozen mussel meat, defrosted
- 200 g green beans, trimmed
- 1 tbsp ghee (15 g)
- 2 garlic cloves, sliced
- 150 g cherry tomatoes, halved
- 50 g arugula
- 1 ripe avocado (150 g), sliced
- Salt, to taste

FOR THE DRESSING:

- 1 tbsp olive oil (15 ml)
- 1 tsp apple cider vinegar
- 1 tsp soy sauce

METHOD:

1. Put the defrosted mussels in a dry pan over medium heat with the lid on for 3-4 minutes, until the water they give off has evaporated. Set them aside.
2. Melt the ghee in the same pan, add the garlic, and cook for 30 seconds until fragrant.
3. Add the mussels and green beans, season with salt, and sauté for 4-5 minutes until the beans are tender-crisp.
4. Whisk the dressing ingredients together in a small bowl.
5. Divide the arugula, cherry tomatoes and avocado between two plates, spoon the warm mussels and beans over the top, and drizzle with the dressing. Serve immediately.

ESTIMATED MACROS PER SERVING: net carbs 6 g, protein 25 g, fat 22 g, 320 kcal

28.

Seafood Paella with Cauliflower Rice

All the joy of paella, the pan, the saffron-colored spices, the pile of seafood, with grated cauliflower standing in for the rice. It soaks up the juices exactly the way rice would, and nobody misses the carbs.

SERVES:	TIME:
3	25 minutes

INGREDIENTS:

- 400 g mixed seafood (shrimp, squid rings, mussels), defrosted
- 400 g cauliflower, grated into rice-size crumbs
- 2 tbsp ghee (30 g)
- 1/2 tsp smoked paprika
- 1/4 tsp turmeric
- Salt and black pepper, to taste
- Fresh parsley, chopped, to serve

METHOD:

1. Defrost the seafood and pat it dry.
2. Melt half the ghee in a wide pan over medium-high heat. Add the seafood and cook for 3-4 minutes, just until it turns opaque. Lift it out and set aside.
3. Melt the rest of the ghee in the same pan, add the cauliflower rice, paprika, turmeric, salt and pepper, and cook for 4-5 minutes, stirring, until it starts to soften.
4. Return the seafood to the pan, add a splash of water if the pan looks dry, cover, and cook for 3-4 more minutes until everything is hot through and the cauliflower is tender.
5. Shower with parsley and serve straight from the pan.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 28 g, fat 14 g, 260 kcal

29. Cod Liver and Egg Pâté

This is old-school in the best way, a tiny can of cod liver and two eggs turn into the richest, silkiest spread. It is full of good fats and it takes ten minutes. Keep a can in the cupboard for the days when lunch needs to happen fast.

SERVES:	TIME:
2	10 minutes

INGREDIENTS:

- 2 eggs, hard-boiled
- 1 small can cod liver (120 g)
- Salt and black pepper, to taste
- Fresh dill, chopped, to taste (optional)

METHOD:

1. Drain the cod liver, but keep a spoonful of the oil from the can, that is liquid gold and it makes the pâté.
2. Put the eggs and cod liver in a bowl and mash them together with a fork.
3. Add the reserved oil and blitz with a stick blender until smooth and creamy.
4. Season with salt and pepper, stir in the dill if you are using it, and serve on cucumber rounds, low-carb bread, or lettuce leaves.

ESTIMATED MACROS PER SERVING: net carbs 1 g, protein 12 g, fat 25 g, 280 kcal

30. Shrimp-Stuffed Mushrooms

These are the kind of thing you make "for guests" and then eat half of yourself before anyone arrives. Big mushrooms, a garlicky shrimp and cream cheese filling, parmesan on top, twenty minutes in the oven. They work as a starter, a snack, or dinner with a salad.

SERVES: 4 (2-3 mushrooms each)

TIME: 30 minutes

INGREDIENTS:

- 10 large mushrooms (about 300 g)
- 200 g shrimp, peeled and chopped
- 100 g cream cheese
- 50 g parmesan, grated
- 20 g butter
- 1 garlic clove, minced
- 1 tbsp lemon juice (15 ml)
- Salt, black pepper and fresh herbs, to taste

METHOD:

1. Heat the oven to 200°C (400°F). Pull the stems out of the mushrooms and chop them finely.
2. Melt the butter in a pan, add the chopped stems, shrimp and garlic, and cook for 3-4 minutes until the shrimp turn pink.
3. Take the pan off the heat and stir in the cream cheese, lemon juice, salt, pepper and herbs.
4. Spoon the filling into the mushroom caps, place them on a baking tray, and sprinkle the parmesan over the top.
5. Bake for 20 minutes until golden and bubbling. Serve warm.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 18 g, fat 13 g, 200 kcal



31. Red Fish Bake with Broccoli

This is a throw-it-in-a-dish, dinner-is-done bake. Broccoli and mushrooms roast first so they get a little golden, then the fish goes in under a creamy egg topping with parmesan. It is the kind of one-dish dinner that makes a weeknight feel handled.

SERVES:	TIME:
4	40 minutes

INGREDIENTS:

- 400 g salmon or other red fish fillet, cut into chunks
- 300 g broccoli, cut into small florets
- 150 g mushrooms, sliced
- 150 g cherry tomatoes, halved
- 50 g parmesan, finely grated
- 2 eggs
- 3 tbsp low-carb mayonnaise (45 g)
- 1 tbsp olive oil (15 ml), for the dish
- Salt, black pepper and your favorite fish seasoning, to taste

METHOD:

1. Heat the oven to 200°C (400°F). Oil a baking dish, scatter in the broccoli and mushrooms, and bake for 15 minutes.
2. Take the dish out, tuck the fish pieces and cherry tomatoes in among the vegetables, and season everything.
3. Whisk the eggs with the mayonnaise, pour the mixture evenly over the dish, and sprinkle the parmesan on top.
4. Bake for 10 more minutes, until the fish is cooked through and the top is golden. Serve hot, straight from the dish.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 28 g, fat 20 g, 310 kcal

32. Cucumber Boats with Guacamole and Fried Shrimp

Crisp cucumber, creamy guacamole, warm garlicky shrimp on top, this is fresh, pretty, and fun to eat. Make them for a light lunch, or cut the boats shorter and serve them as finger food.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 1 long cucumber (250 g)
- 1 ripe avocado (150 g)
- 1 tbsp lemon juice (15 ml)
- 1 garlic clove, minced (plus 1 extra clove for the shrimp)
- 1 small red chili, deseeded and finely chopped (or a pinch of chili flakes)
- 2 cherry tomatoes (30 g), finely diced
- 1 tbsp olive oil (15 ml)
- Fresh cilantro, chopped, to taste
- Salt, to taste
- 200 g shrimp, peeled
- 1 tbsp butter (15 g), for frying

METHOD:

1. Cut the cucumber in half lengthwise and scoop out the seeds with a spoon to make two boats. Pat the insides dry.
2. Scoop the avocado into a bowl, add the lemon juice, and mash with a fork.
3. Stir in the garlic, chili, cherry tomatoes, cilantro, olive oil and salt. Taste, it should be bright and a little bit fiery.
4. Melt the butter in a pan, add the extra garlic clove and the shrimp, and fry for 2-3 minutes until pink and just cooked.
5. Spoon the guacamole into the cucumber boats, top with the warm shrimp, and serve right away.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 22 g, fat 22 g, 300 kcal

33. Salmon-Avocado-Egg Spread

My favorite five-minute breakfast. Everything goes in one bowl, one quick blitz, and you have a creamy, savory spread that is honestly good on anything, low-carb bread, cucumber slices, a spoon. Make it the night before and breakfast is already done.

SERVES:	TIME:
2	10 minutes

INGREDIENTS:

- 100 g lightly salted salmon, chopped
- 1/2 ripe avocado (75 g)
- 2 eggs, hard-boiled
- 1 tbsp cream cheese (15 g)
- 1/2 cucumber (75 g), diced
- 1 tsp lemon juice
- 1/4 tsp garlic powder
- Salt, black pepper and fresh herbs, to taste

METHOD:

1. Mash the avocado in a bowl with a fork and add the lemon juice.
2. Add the eggs, salmon, cream cheese and cucumber, and season with garlic powder, salt, pepper and herbs.
3. Blitz briefly with a stick blender until creamy, or mash it all together with a fork if you like it chunky.
4. Spread on low-carb bread or serve with cucumber rounds and enjoy immediately, avocado waits for no one.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 17 g, fat 18 g, 245 kcal

34. Coconut-Crusted Tiger Shrimp

Crunchy outside, juicy inside, and baked instead of fried. The psyllium in the batter is the clever part, it helps the coconut stick and gives the crust that golden crunch. Serve with a squeeze of lemon and a little mayo for dipping.

SERVES:	TIME:
4	25 minutes

INGREDIENTS:

- 400 g tiger shrimp, peeled and deveined, tails left on
- 2 eggs
- 100 g unsweetened coconut flakes
- 2 tbsp psyllium husk (20 g)
- 1 tbsp lemon juice (15 ml)
- 2 tbsp water
- 1 tbsp olive oil (15 ml), for drizzling
- Salt and black pepper, to taste

METHOD:

1. Heat the oven to 200°C (400°F) and line a baking tray with parchment paper.
2. Season the shrimp with salt, pepper and lemon juice, and let them sit for 5 minutes.
3. Whisk the eggs with the water and psyllium in a bowl until smooth. Put the coconut flakes in a second bowl.
4. Dip each shrimp first in the egg mixture, then in the coconut, pressing gently so the flakes stick. Lay them on the tray.
5. Drizzle with olive oil and bake for 5 minutes, flip, and bake 5 more minutes until golden and crisp. Serve hot.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 24 g, fat 14 g, 235 kcal



35.
Red Fish and Broccoli Pie

This is a real pie, a coconut-flour crust, a generous fish and broccoli filling, and a creamy egg topping that sets like a quiche. It slices cleanly, it is wonderful warm or cold, and it makes lunch for days.

SERVES:	TIME:
6	1 hour

INGREDIENTS:

FOR THE CRUST:

- 100 g coconut flour
- 50 g butter, melted
- 2 eggs
- Salt and a pinch of baking powder, to taste

FOR THE FILLING:

- 300 g salmon or other red fish fillet, diced
- 300 g broccoli, cut into small florets
- 1 tomato (120 g), diced
- 100 g hard cheese or mozzarella, grated

FOR THE TOPPING:

- 100 g full-fat sour cream or coconut cream
- 3 eggs
- Salt and black pepper, to taste

METHOD:

1. Heat the oven to 180°C (350°F). Mix the crust ingredients together, let the dough rest for 10 minutes so the coconut flour absorbs the moisture, then press it into a pie dish, building up the sides.
2. Bake the crust for 10 minutes.
3. Meanwhile, boil the broccoli in salted water for 5 minutes, then drain.
4. Whisk the sour cream with the 3 eggs, salt and pepper for the topping.
5. Layer the fish, broccoli and tomato over the crust, sprinkle with the cheese, and pour the topping over everything.
6. Bake for 25 minutes until set and lightly golden. Let it rest for 10 minutes before slicing.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 22 g, fat 26 g, 340 kcal

36. Seafood Mix in Coconut Cream

A pan full of salmon, shrimp and squid simmered in coconut cream, rich, fragrant, and ready in under half an hour. This is the kind of dinner that makes you feel like you cooked something special when really you just threw beautiful things in a pan.

SERVES:	TIME:
4	25 minutes

INGREDIENTS:

- 250 g salmon fillet, cut into chunks
- 200 g king prawns, peeled
- 200 g squid, cleaned and cut into rings
- 1 onion (100 g), finely chopped
- 2 garlic cloves, minced
- 150 g mushrooms, sliced
- 200 ml coconut cream
- 1 tbsp coconut oil (15 g), for frying
- Salt and black pepper, to taste
- Fresh cilantro and parsley, chopped, to serve

METHOD:

1. Warm the coconut oil in a wide pan over medium-high heat. Add the onion and mushrooms and cook for 4-5 minutes until softened.
2. Add the salmon, season with salt and pepper, and cook for 3-4 minutes until it is just cooked through.
3. Stir in the garlic, prawns and squid, and cook for 2-3 more minutes until the prawns turn pink.
4. Pour in the coconut cream, lower the heat, cover, and simmer for 3-4 minutes until everything is hot and the sauce has thickened slightly.
5. Shower with cilantro and parsley and serve right away, on its own or over cauliflower rice.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 30 g, fat 22 g, 335 kcal

37. Spinach Egg Wrap with Cream Cheese and Red Caviar

A two-egg spinach wrap, soft and green and delicate, rolled around cream cheese and red caviar. It feels fancy enough for a celebration breakfast, but it is just eggs, spinach and a hot pan.

SERVES:	TIME:
2 (1 wrap each)	15 minutes

INGREDIENTS:

- 2 eggs
- 50 g fresh spinach
- Salt, to taste
- 10 g butter, for the pan
- 100 g cream cheese
- 40 g red caviar

METHOD:

1. Blitz the eggs, spinach and salt in a blender until smooth and bright green.
2. Melt the butter in a nonstick pan over medium heat. Pour in half the mixture and tilt the pan to spread it thin, like a crêpe. Cook for 1-2 minutes until set, flip gently, and cook 30 seconds more. Repeat with the rest.
3. Let the wraps cool for a minute, spread each with cream cheese, spoon the red caviar over the top, and roll up gently.
4. Slice in half on the diagonal and serve right away.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 14 g, fat 20 g, 245 kcal



CHAPTER 8,

Meats & Poultry

Meat is the backbone of this way of eating, the thing that keeps you full, keeps dinner satisfying, and keeps you from standing in front of the fridge at ten o'clock. These are the recipes I come back to: cutlets and meatballs for busy nights, slow roasts and jellied meat for the weekend, and a few clever tricks (cabbage leaves instead of pastry, zucchini instead of rice) that make old favorites fit this life.

38. Turkey-Zucchini Cutlets

Soft, juicy cutlets with grated zucchini mixed right into the meat, they keep the turkey moist and you would never guess there is a vegetable hiding in there. Fry a big batch, keep some in the fridge, and lunch is sorted for days.

SERVES:	TIME:
4 (makes 8 cutlets)	25 minutes

INGREDIENTS:

- 400 g raw turkey mince
- 1 small zucchini (200 g), grated
- 1 egg
- 1 tbsp ghee or butter (15 g), for frying
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Grate the zucchini, squeeze it well in your hands or a clean towel to get the water out, and put it in a big bowl.
2. Add the turkey mince, egg, salt and seasoning, and mix everything together with your hands until just combined.
3. Shape into 8 oval cutlets, about the size of your palm.
4. Melt the ghee in a pan over medium heat and fry the cutlets for 4-5 minutes per side until golden and cooked through.
5. Serve with homemade mayonnaise, a simple sauce, or a green salad.

ESTIMATED MACROS PER SERVING (2 CUTLETS): net carbs 2 g, protein 26 g, fat 8 g, 180 kcal

39. Cabbage Rolls with Cauliflower Rice

Soft cabbage leaves wrapped around seasoned mince and cauliflower rice, simmered in a tomato-cream sauce until everything is tender and the flavors have melted together. This is comfort food, the kind that makes the whole house smell like Sunday.

SERVES:	TIME:
5	1 hour 15 minutes

INGREDIENTS:

- 1 medium white cabbage (about 800 g)
- 500 g mince (beef, pork, or a mix)
- 200 g cauliflower, grated into rice-size crumbs
- 1 egg
- 1/2 tsp paprika
- Salt and black pepper, to taste

FOR THE SAUCE:

- 2 tbsp tomato paste (30 g)
- 2 tbsp heavy cream (30 ml)
- 150 ml water
- 1 bay leaf
- Salt, to taste

METHOD:

1. Cut the core out of the cabbage and lower the whole head into a big pot of boiling water for 5-7 minutes. Peel off 10-12 softened leaves and trim the thick vein at the base of each one.
2. Mix the mince, egg, cauliflower rice, paprika, salt and pepper together in a bowl.
3. Put about 2 tablespoons of filling on each leaf, fold in the sides, and roll up snugly like an envelope.
4. Pack the rolls seam-side down in a deep pan or pot.
5. Whisk the tomato paste, cream and water together with a little salt, pour it over the rolls until they are about half covered, and tuck in the bay leaf.
6. Cover and simmer on low heat for 30-50 minutes until the cabbage is silky and the filling is cooked through. Rest for 10 minutes before serving.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 24 g, fat 16 g, 260 kcal

40. Stuffed Grape Leaves

Little parcels of seasoned beef wrapped in tender grape leaves, simmered gently until soft, served with a dollop of sour cream. They take a little patience to roll, so put on some music and make it a slow, happy job, or rope in a friend.

SERVES:	TIME:
4	1 hour

INGREDIENTS:

- 500 g beef mince
- 1 small zucchini (150 g), finely grated
- 30 brined grape leaves (about 100 g), rinsed
- 2 tbsp ghee (30 g)
- 150 ml water
- Salt, black pepper and your favorite seasoning, to taste
- Sour cream, to serve

METHOD:

1. Grate the zucchini on the fine side of the grater, salt it lightly, leave for 5 minutes, then squeeze out all the liquid.
2. Mix the mince with the zucchini, salt and seasoning, and knead well with your hands until it holds together.
3. Lay a grape leaf shiny-side down, put a small spoonful of filling near the stem end, fold in the sides, and roll up tightly. Repeat until the filling is used up.
4. Melt the ghee in a deep pan or slow cooker, pack the rolls in snugly seam-side down, and pour in the water.
5. Cover and simmer on low heat for 35-40 minutes until the leaves are tender. Serve warm with sour cream, the little bit of tang is everything.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 26 g, fat 16 g, 260 kcal

41. Cauliflower Pilaf with Meat

This is my pilaf: juicy pieces of meat browned in ghee, then grated cauliflower stirred in to soak up all the juices and spices. It is ready in half an hour, it feeds a family, and it scratches the exact itch that rice used to.

SERVES:	TIME:
3	30 minutes

INGREDIENTS:

- 400 g meat (pork, beef or chicken), cut into small pieces
- 400 g cauliflower, grated into rice-size crumbs
- 2 tbsp ghee (30 g)
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Cut the meat into small bite-size pieces and season with salt and pepper.
2. Melt the ghee in a wide pan over medium-high heat, add the meat, and cook for 6-8 minutes until browned and cooked through.
3. Stir in the cauliflower rice, add the seasoning, and cook for 4-5 minutes, stirring, until the cauliflower is tender.
4. If the pan looks dry, add a splash of water and a little more ghee, cover, and cook for 2-3 more minutes until everything is hot and fragrant. Serve right away.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 30 g, fat 18 g, 300 kcal

42. Meat Soufflé

Light, soft, almost fluffy, this little soufflé is mince and cauliflower whipped up with egg and cream, baked in small molds. It is gentle food, perfect for a light dinner or when you want something warm and easy that still feels like a real meal.

SERVES:	TIME:
2	40 minutes

INGREDIENTS:

- 200 g turkey mince
- 100 g cauliflower, boiled until soft
- 1 egg
- 1 tbsp heavy cream (15 ml)
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Heat the oven to 180°C (350°F). Boil the cauliflower until soft, then drain well.
2. Put the mince, cauliflower, egg, cream, salt and seasoning in a blender and blitz until smooth and airy.
3. Spoon the mixture into silicone molds or small ramekins.
4. Bake for 30 minutes until puffed and set. Serve warm with homemade mayonnaise or your favorite low-carb sauce.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 22 g, fat 9 g, 180 kcal

43. Meat Pizza

Yes, pizza, with a crust made of seasoned turkey mince. Bake the base first so it firms up, pile on mushrooms, peppers and tomato, then finish with a blanket of melted cheese. It is pizza night, just without the part that makes you feel heavy afterwards.

SERVES:	TIME:
2	35 minutes

INGREDIENTS:

FOR THE BASE:

- 200 g turkey mince
- 1 egg
- Salt, black pepper and Italian seasoning, to taste

FOR THE TOPPING:

- 50 g mushrooms, sliced
- 1/2 bell pepper (60 g), diced
- 1 tomato (100 g), diced
- 2 tbsp tomato sauce (30 g)
- 60 g cheese, grated

METHOD:

1. Heat the oven to 180°C (350°F). Mix the mince, egg, salt and seasoning together with your hands.
2. Press the mixture into a thin round on a parchment-lined baking tray or silicone mat, and bake for 10 minutes.
3. While the base bakes, slice the mushrooms and dice the pepper and tomato.
4. Take the base out, brush it with the tomato sauce, and scatter the vegetables over the top.
5. Bake for 15 more minutes, then sprinkle generously with cheese and bake 5 more minutes until melted and bubbling. Slice and serve hot.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 28 g, fat 14 g, 255 kcal



44. Slow-Roast Cold-Cut Meat

Forget store-bought cold cuts, this is the real thing. A piece of meat rubbed with salt, garlic and smoked paprika, roasted low and slow, then cooled and sliced thin. It keeps in the fridge for days and turns breakfast, lunch and snacks into something worth sitting down for.

SERVES:	TIME:
8	20 minutes hands-on, plus several hours marinating and 1 1/2 hours roasting

INGREDIENTS:

- 1 kg pork neck or beef roast (in one piece, no bigger than 1 kg)
- 1 tbsp fine sea salt (15 g)
- 3 garlic cloves, minced
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1 tbsp olive oil (15 ml)

METHOD:

1. Rinse the meat and pat it completely dry with paper towels.
2. Mix the salt, garlic, paprika, pepper and olive oil into a paste, and rub it all over the meat, into every crease.
3. Leave the meat to marinate for several hours in the fridge, overnight is even better.
4. Heat the oven to 180°C (350°F). Wrap the meat tightly in foil or put it in a roasting bag.
5. Roast for 1 to 1 1/2 hours, then open the foil or bag and roast for 10 more minutes so the outside gets a little color.
6. Leave the meat to cool completely in the oven, then chill in the fridge before slicing thin. Store wrapped in the fridge for up to 5 days.

ESTIMATED MACROS PER SERVING (ABOUT 125 G): net carbs 1 g, protein 28 g, fat 18 g, 275 kcal

45. Chicken Liver Cake with Mushroom-Cheese Filling

This one is for the table that needs a showpiece, thin liver layers stacked with garlicky mushrooms, cheese and mayo. It looks impressive, it tastes rich and savory, and it is secretly one of the easiest festive dishes you will ever make.

SERVES:	TIME:
4	45 minutes

INGREDIENTS:

FOR THE LIVER LAYERS:

- 400 g chicken liver, cleaned
- 1 egg
- 1 tbsp psyllium husk (10 g)
- Salt, garlic and fresh herbs, to taste
- 1 tbsp ghee (15 g), for frying

FOR THE FILLING:

- 200 g mushrooms, finely chopped
- 100 g cheese, grated
- 2 tbsp low-carb mayonnaise (30 g)
- Fresh herbs, to garnish

METHOD:

1. Blitz the liver in a blender or food processor until smooth. Stir in the egg, psyllium, salt, garlic and herbs, and let it sit for 5 minutes so the psyllium thickens it.
2. Melt the ghee in a small pan over medium heat. Pour in a thin layer of the liver mixture and fry like a pancake, 2-3 minutes per side, until set. Repeat to make 3-4 thin layers.
3. For the filling, fry the mushrooms in a little ghee until golden, then take off the heat and stir in the cheese and mayonnaise.
4. Stack the liver layers with the mushroom filling spread between them, like a little cake.
5. Garnish with fresh herbs and chill for 30 minutes before slicing, so it cuts cleanly.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 26 g, fat 18 g, 280 kcal



46. Pork Neck with Sauerkraut

Five ingredients, one pan, twenty minutes. Juicy pork, tangy sauerkraut, sweet pepper, smoked paprika, this is the kind of quick dinner that tastes like it cooked all afternoon.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 200 g pork neck, cut into small pieces
- 200 g sauerkraut, drained
- 1/2 bell pepper (75 g), diced
- 1 tbsp ghee (15 g)
- 1/2 tsp smoked paprika
- 1 garlic clove, minced
- Salt and black pepper, to taste

METHOD:

1. Season the pork pieces with salt and pepper.
2. Melt the ghee in a pan over medium-high heat and fry the pork until browned and cooked through, about 6-7 minutes.
3. Add the sauerkraut and diced pepper, and cook, stirring, for 5 minutes.
4. Stir in the smoked paprika and garlic, cook for 1 more minute, taste and adjust the salt, and serve hot.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 20 g, fat 16 g, 240 kcal

47. Crispy Meat Pastries

All the joy of a hot, crispy pastry, juicy meat inside, golden crunch outside, with soft cabbage leaves doing the job of dough and a light egg batter for the crunch. They are best eaten hot, straight from the pan, with your fingers.

SERVES:	TIME:
4 (makes 8 pastries)	40 minutes

INGREDIENTS:

- 400 g mince (beef, pork, or a mix)
- 8 large white cabbage leaves
- 1 egg
- 1 tbsp psyllium husk (10 g)
- 1 tbsp ghee (15 g), for frying
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Boil the cabbage leaves in salted water for 3-4 minutes until soft and pliable. Drain, cool, and trim the thick vein at the base of each leaf.
2. Season the mince with salt and pepper.
3. Lay a cabbage leaf flat, spread a thin layer of mince over one half, and fold the other half over to make a half-moon. Press the edges gently.
4. Whisk the egg with the psyllium, salt and seasoning to make a batter, and let it sit for 2 minutes to thicken.
5. Dip each pastry in the batter and fry in hot ghee for 3-4 minutes per side until golden and the meat inside is cooked through. Serve hot.

ESTIMATED MACROS PER SERVING (2 PASTRIES): net carbs 4 g, protein 26 g, fat 14 g, 250 kcal

48.

Chicken Liver with Mushrooms in Coconut Cream

Tender chicken liver, golden mushrooms, and a silky coconut cream sauce. It is rich and comforting, it takes twenty-five minutes, and it is the kind of dinner that makes you wonder why liver ever got a bad name.

SERVES:	TIME:
2	25 minutes

INGREDIENTS:

- 200 g chicken liver, cleaned and cut into pieces
- 200 g mushrooms, sliced
- 100 ml coconut cream
- 1 tbsp ghee (15 g)
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Melt the ghee in a pan over medium-high heat. Add the liver pieces and fry for 4-5 minutes until browned on the outside and just pink inside. Lift them out and set aside.
2. In the same pan, fry the mushrooms for 4-5 minutes until golden.
3. Return the liver to the pan, season with salt and pepper, pour in the coconut cream, and simmer for 3-4 minutes until the sauce thickens slightly and everything is cooked through.
4. Serve hot, on its own or with cauliflower mash.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 22 g, fat 20 g, 285 kcal

49.
"Hedgehog" Meatballs with Vegetables

Little meatballs with grated zucchini mixed in, the "spikes", browned in the pan, then finished with cabbage and tomato under a lid until everything is soft and juicy. A one-pan dinner that feeds a family and makes the kitchen smell wonderful.

SERVES:	TIME:
4	40 minutes

INGREDIENTS:

- 400 g mince (beef, pork, turkey, or a mix)
- 1 zucchini (200 g), finely grated
- 1 egg
- 200 g white cabbage, chopped
- 1 tomato (120 g), chopped
- 1 tbsp ghee (15 g), for frying
- 1 garlic clove, minced
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Grate the zucchini finely, squeeze out the water, and mix it into the mince with the egg, garlic, salt and seasoning.
2. Shape into small round meatballs, about 12.
3. Melt the ghee in a wide pan and brown the meatballs on all sides, about 5-6 minutes.
4. Scatter the cabbage and tomato around the meatballs, add a splash of water and a little more ghee if the pan looks dry, cover with a lid, and simmer for 15-20 minutes until the vegetables are soft and the meatballs are cooked through.
5. Serve hot, straight from the pan.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 25 g, fat 13 g, 235 kcal

50. Meat Waffles

Mince, eggs, cheese and a spoonful of psyllium, baked in the waffle iron. They come out crisp at the edges, soft inside, and completely addictive. Make them as waffles, or fry the same mixture as little pancakes, either way, have the mayo ready.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 200 g raw turkey mince
- 2 eggs
- 50 g cheese, grated
- 1 tbsp psyllium husk (10 g)
- 1 garlic clove, minced
- Salt and black pepper, to taste

METHOD:

1. Put everything in a bowl and mix well with a fork until combined. Let it sit for 2-3 minutes so the psyllium thickens the mixture.
2. Heat the waffle iron (or a frying pan with a little ghee) and spoon in the mixture.
3. Cook until golden and set, about 4-5 minutes in the waffle iron, or 3 minutes per side as pancakes.
4. Serve warm with homemade mayonnaise or your favorite sauce.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 28 g, fat 14 g, 245 kcal

51. Chicken and Mushroom Julienne in Zucchini Boats

A creamy little chicken and mushroom filling, tucked into roasted zucchini boats and finished with melted cheese. It is light, it is pretty, and it is exactly the kind of lunch that makes you feel like you are taking good care of yourself.

SERVES: 2 as a light lunch (1 boat each)

TIME: 35 minutes

INGREDIENTS:

- 1 medium zucchini (300 g)
- 100 g chicken breast, finely diced
- 70 g mushrooms, finely chopped
- 30 g cheese, grated
- 1 tbsp full-fat sour cream or low-carb mayonnaise (15 g)
- 1 tsp olive oil (5 ml), for frying
- Salt, garlic powder and your favorite seasoning, to taste

METHOD:

1. Heat the oven to 180°C (350°F). Cut the zucchini in half lengthwise and scoop out the middle, keeping the flesh.
2. Season the zucchini boats with salt and garlic powder and bake for 15-20 minutes until just tender.
3. Meanwhile, finely chop the chicken, mushrooms and the scooped-out zucchini flesh. Fry in olive oil over medium heat for 5-6 minutes until cooked through.
4. Stir in the sour cream, take off the heat, and season to taste.
5. Fill the zucchini boats with the mixture, sprinkle with cheese, and bake for 5-10 more minutes until the cheese is melted and golden.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 16 g, fat 8 g, 150 kcal

52. Homemade Beef-Turkey Sausages

Once you have made your own sausages, the store-bought ones will never taste the same. Just good meat, egg, butter and cream, seasoned the way you like them. No fillers, no mystery ingredients, and they are juicier than anything from a packet.

SERVES:	TIME:
4 (makes 8 sausages)	40 minutes

INGREDIENTS:

- 250 g beef fillet
- 250 g turkey fillet
- 1 egg
- 50 g butter, softened
- 50 ml heavy cream
- 1 garlic clove, minced
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Mince the beef and turkey together, a meat grinder is best, a food processor works too.
2. Add the egg, soft butter, cream, garlic, salt and seasoning, and knead the mixture really well with your hands, or blitz briefly in a blender, until it is smooth and sticky.
3. Shape into 8 sausages. If you have a sausage mold, use it; otherwise roll them by hand on a lightly oiled board, or pipe the mixture into cling film, twist the ends, and chill for 20 minutes to firm up before unwrapping.
4. Grill or bake at 180°C (350°F) for 20-25 minutes, turning once, until cooked through and lightly golden.
5. Serve hot with vegetables or a salad.

ESTIMATED MACROS PER SERVING (2 SAUSAGES): net carbs 1 g, protein 26 g, fat 16 g, 250 kcal

53. Chicken Hearts in Sour Cream

Do not skip this one because of the name. Chicken hearts are tender, mild and deeply savory, and simmered in sour cream with onion and mustard they turn into one of the coziest, cheapest dinners in this book. Serve with cauliflower mash and thank me later.

SERVES:	TIME:
2	50 minutes

INGREDIENTS:

- 300 g chicken hearts, cleaned
- 1 small onion (70 g), finely chopped
- 1 small carrot (50 g), finely diced
- 1 garlic clove, minced
- 1 tsp mustard
- 1 tbsp ghee (15 g)
- 100 g full-fat sour cream (at least 30% fat)
- 50 ml water
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Clean the hearts, trimming any tough bits, and pat them dry.
2. Melt the ghee in a pan over medium-high heat and fry the hearts for 5-6 minutes until browned.
3. Add the onion, carrot, salt and seasoning, and cook for 3-4 more minutes.
4. Pour in the water, cover, and simmer on low heat for 25 minutes until the hearts are tender.
5. Stir in the sour cream, garlic and mustard, and simmer for 5 more minutes. Do not let it boil hard, gentle heat keeps the sauce silky. Serve with cauliflower mash.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 24 g, fat 18 g, 275 kcal

54. Stuffed Peppers, Low-Carb Style

Sweet peppers stuffed with seasoned beef and zucchini, simmered in a creamy tomato sauce until soft. It is the same stuffed-pepper joy you grew up with, just with zucchini standing in for the rice, and honestly, you will not miss it.

SERVES:	TIME:
4	50 minutes

INGREDIENTS:

- 400 g beef mince
- 1 small zucchini (150 g), finely grated
- 7 small bell peppers (about 350 g total)
- 1 egg
- 1/2 tbsp ghee (7 g), for the pot
- 1 tbsp full-fat sour cream (15 g)
- 3 tbsp tomato sauce (45 g)
- 150 ml water
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Grate the zucchini finely, squeeze out the water, and mix it into the mince with the egg, salt and seasoning.
2. Cut the tops off the peppers and scoop out the seeds and membranes.
3. Stuff each pepper generously with the filling.
4. Grease a deep pot or slow cooker with the ghee and stand the peppers upright inside, snugly together.
5. Whisk the sour cream, tomato sauce and water together with a little salt and seasoning, and pour it over the peppers.
6. Cover and simmer on low heat for 20-30 minutes until the peppers are soft and the filling is cooked through. Serve warm with a spoonful of the sauce.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 25 g, fat 14 g, 245 kcal

55. Turkey Mince Muffins with Mushrooms, Spinach and Cheese

Little savory muffins, baked in silicone molds, with mushrooms and spinach folded through the meat and a molten cheese center. They are perfect for meal prep, make a batch on Sunday and lunch is done for days.

SERVES: 4 (makes 8 muffins)

TIME: 45 minutes

INGREDIENTS:

- 400 g turkey mince
- 150 g mushrooms, finely chopped
- 100 g fresh spinach, chopped
- 100 g cheese (half grated into the mix, half for the centers and topping)
- 2 garlic cloves, minced
- 1 tbsp ghee (15 g), for frying
- Salt, black pepper and your favorite seasoning, to taste

METHOD:

1. Heat the oven to 180°C (350°F).
2. Fry the mushrooms in ghee for 4-5 minutes until golden, add the spinach at the end and cook just until wilted. Let it cool slightly.
3. Mix the mince with the mushroom-spinach mixture, half the cheese, garlic, salt and seasoning.
4. Press the mixture into silicone muffin molds, tucking a small cube of cheese into the center of each one.
5. Bake for 30 minutes, then sprinkle the remaining cheese on top and bake for 2-3 more minutes until melted.
6. Serve warm with homemade mayonnaise or your favorite sauce. They keep in the fridge for 3-4 days and reheat beautifully.

ESTIMATED MACROS PER SERVING (2 MUFFINS): net carbs 2 g, protein 28 g, fat 13 g, 240 kcal

56.
Jellied Meat (Four Meats)

This is a celebration dish, four kinds of meat simmered low and slow for hours until the broth turns to a rich, savory jelly all on its own. It takes time, but almost none of it is your time: the pot does the work while you get on with your day. Make it the day before a gathering and slice it cold with mustard.

SERVES:	TIME:
12	30 minutes hands-on, plus at least 4 hours simmering and overnight chilling

INGREDIENTS:

- 1 turkey drumstick (about 600 g)
- 4 chicken legs (about 600 g)
- 1.5 kg beef joint (with bone, such as knuckle)
- 1 pork knuckle (about 1 kg)
- 1 carrot (100 g), peeled
- 1 onion (100 g), peeled
- 4 garlic cloves
- 2 bay leaves
- Salt and black peppercorns, to taste
- Mustard, to serve

METHOD:

1. Put all the meat in a very deep pot and cover with cold water so the water sits about 5 cm above the meat.
2. Bring to a boil over high heat, then turn the heat right down, skim off the foam, and season with salt.
3. Add the onion, carrot and bay leaves, and simmer on the lowest possible heat, barely a bubble, for at least 4 hours. After about 1 1/2 hours, lift out the chicken legs so they do not overcook.
4. When the meat is falling off the bone, strain the broth through a fine sieve. Pick all the meat off the bones and shred it into bite-size pieces.
5. Press the garlic into the hot broth and stir it through.
6. Divide the meat between shallow dishes, ladle the broth over it, and let it cool to room temperature before chilling in the fridge for 4-8 hours, or overnight, until set.
7. Before serving, skim any fat off the top. Slice and serve cold with mustard.

ESTIMATED MACROS PER SERVING (ABOUT 200 G): net carbs 1 g, protein 30 g, fat 12 g, 235 kcal

57. Chicken Baked on Salt

The simplest roast chicken you will ever make, and one of the best. The chicken sits on a bed of salt, which draws out moisture from the skin so it goes golden and crisp while the meat inside stays juicy. One ingredient, one pan, no basting, no fuss.

SERVES:	TIME:
4	1 hour 15 minutes

INGREDIENTS:

- 1 whole chicken (about 1.5 kg)
- 1 kg coarse salt

METHOD:

1. Heat the oven to 180°C (350°F). Wrap the wing tips in small pieces of foil so they do not burn.
2. Tie the legs together crosswise with kitchen string, this keeps the juices inside and the chicken extra moist. Place the chicken breast-side up on a bed of salt in a roasting pan, so it sits on its back.
3. Roast for 40-50 minutes per kilogram, about 60-75 minutes for a 1.5 kg chicken, until the skin is deep golden and the juices run clear when you pierce the thickest part of the thigh.
4. Rest the chicken for 10 minutes before carving. The salt underneath is discarded, not eaten. Serve with a green salad or roasted vegetables.

ESTIMATED MACROS PER SERVING: net carbs 0 g, protein 35 g, fat 18 g, 300 kcal

Macros in this book are estimates from the ingredient quantities. Brands vary, and real food varies a little by handful, I would rather tell you that than print fake precision.



CHAPTER 9,

Desserts

Sweet does not have to mean sugar, and it does not have to mean flour either. These are the desserts I actually make when I want something sweet after dinner and still want to feel good the next morning, creamy cheesecakes, light meringue, ice cream you can scoop straight from the freezer, and a few old-fashioned celebration cakes. Most of them are very low in carbs. Three of them are richer and sweeter, and I have marked those clearly: they stay in the book because they are wonderful for a birthday or a holiday, in a small slice, once in a while, not as an everyday dessert.

A few notes before you start baking. Almond flour here means fine blanched almond flour, not almond meal with the skins on. Liquid stevia is strong, so measure it, a gram or two really is enough. Allulose melts and browns a little like sugar, which is why I use it for caramel and halva; erythritol works too, but it can recrystallize a little as things cool, so I keep it for bakes where that does not matter. Cream cheese means the full-fat block kind, and heavy cream means 33-36% cream. Let cheesecakes and mousse cakes chill overnight whenever the recipe says so, that night in the fridge is not optional fuss, it is what makes them slice cleanly and taste like a real patisserie cake.

58. New York Cheesecake

This is the one I make when people are coming over and I want dessert to feel like an occasion. A buttery almond crust, a tall creamy filling, and that pale golden top. Make it the day before, it only gets better overnight in the fridge.

SERVES:	TIME:
12 slices	30 minutes hands-on, about 1 hour 10 minutes baking, plus overnight chilling

FOR THE CRUST:

- 300 g almond flour
- 120 g butter, softened
- 2 eggs (about 100 g)
- 1 g liquid stevia
- 5 g baking powder
- 1 g salt

FOR THE FILLING:

- 600 g full-fat cream cheese
- 500 g heavy cream (33%)
- 4 eggs (about 200 g)
- 3 g liquid stevia
- 10 g lemon juice
- 1.5 g vanilla extract

1. Heat the oven to 170°C (340°F).
2. For the crust, mix the almond flour, eggs, stevia, salt, soft butter, and baking powder with your hands until you have a soft, even dough.
3. Line a baking sheet with parchment. Spread the dough out on it and bake for 15-20 minutes, until lightly golden.
4. Let it cool a little, then crumble it into fine crumbs. Press the crumbs into a 20 cm (8-inch) springform or ring mold, pushing them up the sides with the back of a spoon to make a neat edge.
5. For the filling, beat the cream cheese with the heavy cream and stevia until smooth. Add the eggs one at a time, then the lemon juice and vanilla, and beat until everything is silky and combined.
6. Pour the filling into the crust. Bake at 180°C (355°F) for 30 minutes, then turn the oven down to 150°C (300°F) and bake for 30 minutes more. The center should still wobble just a little when you nudge the pan.
7. Let the cheesecake cool to room temperature, then chill it in the fridge overnight. Run a thin knife around the edge before you take the ring off, and slice with a warm, dry knife.

ESTIMATED MACROS PER SERVING: net carbs 8 g, protein 12 g, fat 50 g, 535 kcal

59. Nut Meringue Layer Cake

Crisp hazelnut meringue layers, a silky custard-butter cream, and a crunchy crumb coating, this is a celebration cake, the kind with candles on it. It takes time, mostly waiting while the layers dry in the oven, so start it in the morning for the evening.

SERVES:	TIME:
10 slices	45 minutes hands-on, about 2 hours baking, plus overnight chilling

FOR THE MERINGUE LAYERS:

- 7 egg whites (about 230 g)
- 190 g roasted hazelnuts
- 50 g almond flour
- 5 g liquid stevia
- 3 g lemon juice
- 1 g xanthan gum
- 1.5 g vanilla extract
- 1 g salt

FOR THE CHARLOTTE CREAM:

- 7 egg yolks (about 120 g)
- 500 g heavy cream (33%)
- 200 g butter, softened
- 3 g liquid stevia
- 1.5 g vanilla extract
- 20 g cocoa powder

FOR THE CRUMB COATING:

- 50 g roasted cashews

1. Heat the oven to 150°C (300°F). Draw two 20 cm (8-inch) circles and one 12 cm (5-inch) circle on parchment paper.

2. Chop the hazelnuts into small pieces and toss them with the almond flour, vanilla, and xanthan gum.

3. Beat the egg whites with the salt and stevia for a minute, add the lemon juice, and keep beating until you have a thick, glossy foam that holds its shape.

4. Fold the nut mixture into the whites gently with a silicone spatula, slow, wide strokes, so you keep the air in.

5. Spread the meringue evenly over the three circles. Bake for 40 minutes at 150°C (300°F), then turn the oven down to 130°C (265°F) and bake for 80 minutes more, until the layers are dry and crisp.

6. For the cream, warm the heavy cream with the vanilla and stevia in a saucepan until it just comes to a boil. Whisk the yolks in a bowl, then pour the hot cream over them in a thin stream, whisking all the time. Put it back on low heat for a minute if needed, then cover with plastic wrap pressed right onto the surface and let it cool completely.

7. Beat the soft butter until pale and fluffy, then add the cooled custard a spoonful at a time, beating until smooth.

8. Divide the cream: set aside 260 g for between the layers, 400 g for the top and sides, and 100 g for decoration. Beat the cocoa into the 400 g portion.

9. Break the small meringue layer into pieces and blitz it in a blender with the cashews into a coarse crumb.

10. Stack the two big layers with the white cream between them. Spread the chocolate cream over the top and sides, pipe a border if you like, and press the crumb all around the sides.

11. Chill overnight. Slice with a sharp, dry knife.

ESTIMATED MACROS PER SERVING: net carbs 7 g, protein 12 g, fat 50 g, 515 kcal

60.

Raspberry Meringue Roll

The lightest dessert in this chapter, and one of the prettiest. A soft, pillowy meringue sheet, whipped cream-cheese filling, and fresh raspberries rolled up inside. It looks like it took all day. It did not.

SERVES:	TIME:
8 slices	20 minutes hands-on, 30 minutes baking

FOR THE MERINGUE:

- 230 g egg whites (about 7 whites)
- 2 g liquid stevia
- 2 g xanthan gum
- 1 g vanilla extract
- 1 pinch citric acid (or a squeeze of lemon juice)

FOR THE FILLING:

- 380 g full-fat cream cheese
- 100 g heavy cream (33%)
- 80 g fresh raspberries
- 2 g liquid stevia
- 1 g vanilla extract

1. Heat the oven to 150°C (300°F) and line a baking sheet with parchment.
2. Beat the egg whites with the stevia, vanilla, citric acid, and xanthan gum until you have a firm, glossy meringue that holds stiff peaks.
3. Spread it evenly over the parchment in a rectangle, about 1 cm thick. Bake for 30 minutes, it should be set and very lightly golden, still soft underneath.
4. While it bakes, whip the cream cheese with the heavy cream, stevia, and vanilla until smooth and spreadable.
5. Turn the warm meringue out onto a clean sheet of parchment and peel the baking parchment off the top.
6. Spread the cream over it, scatter the raspberries on top, and roll it up snugly, using the parchment to help you. Chill for at least 30 minutes before slicing, and use a sharp knife wiped clean between cuts.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 6 g, fat 16 g, 175 kcal

61.

Avocado Ice Cream

Yes, avocado ice cream, and before you wrinkle your nose, try it. Frozen avocado whips up unbelievably creamy, and with vanilla and cream it tastes like the richest soft-serve, not like salad. Four ingredients, five minutes, freezer does the rest.

SERVES:	TIME:
2	10 minutes hands-on, plus 1 hour freezing

- 115 g ripe avocado flesh (about 1 medium avocado)
- 200 g heavy cream (33%)
- 2 g liquid stevia
- 1 g vanilla extract

1. Peel the avocado, take out the pit, and cut the flesh into chunks. Pop the chunks in a bag and freeze until solid, at least 1 hour, or use avocado you froze earlier.
2. Tip the frozen avocado into a blender with the cream, stevia, and vanilla.
3. Blend until completely smooth and thick, scraping down the sides once or twice. Taste and add a drop more stevia if you like it sweeter.
4. Serve right away as soft-serve, or freeze for another hour for a firmer scoop. Let it sit on the counter for 5 minutes before scooping if it has been in the freezer a while.

ESTIMATED MACROS PER SERVING: net carbs 8 g, protein 3 g, fat 44 g, 440 kcal

62. Chocolate Eclairs

Real eclairs, with that hollow, crisp shell and a proper chocolate filling, just without the flour and sugar. The choux pastry is easier than it sounds: one pan, one spoon, and a piping bag. Make the shells in the morning and fill them just before serving so they stay crisp.

SERVES:	TIME:
7 (2 eclairs each)	40 minutes hands-on, 25 minutes baking, plus 1 hour chilling the cream

FOR THE SHELLS:

- 60 g almond flour
- 30 g coconut flour
- 60 g butter
- 3 eggs (about 150 g)
- 200 g water
- 10 g psyllium husk
- 3 g xanthan gum
- 1 pinch salt

FOR THE CHOCOLATE CREAM:

- 160 g full-fat cream cheese
- 125 g heavy cream (33%)
- 90 g sugar-free dark chocolate
- 40 g butter, softened
- 3 g liquid stevia

FOR THE GLAZE:

- 40 g light cream (10%)
- 50 g butter
- 15 g cocoa powder
- 1 g liquid stevia

1. Heat the oven to 200°C (400°F) and line a baking sheet with parchment.

2. Stir the almond flour, coconut flour, psyllium, xanthan gum, and salt together.

3. Put the water and butter in a saucepan and bring to a boil. Tip in the dry ingredients all at once and stir hard with a wooden spoon for about a minute, until the dough pulls away from the sides. Take it off the heat and let it cool for a few minutes.

4. Beat in the eggs one at a time, the dough will look split at first, then come back together smooth and glossy.

5. Spoon the dough into a piping bag and pipe 14 finger-length eclairs onto the parchment. Bake for 25 minutes until puffed and golden. Do not open the oven early. Let them cool completely.

6. For the cream, melt the chocolate with the heavy cream in the microwave in short bursts, stirring until smooth. Beat in the soft butter, cover with plastic wrap pressed onto the surface, and chill for 1 hour.

7. Beat the chilled chocolate mixture with the cream cheese and stevia until fluffy. Fill a piping bag fitted with a small round tip, poke a hole in the end of each eclair, and pipe the cream in.

8. For the glaze, warm the light cream, butter, and stevia in a small pan until it just boils, take it off the heat, and whisk in the cocoa until smooth.

9. Dip the top of each filled eclair into the glaze and set it on a rack to set.

ESTIMATED MACROS PER SERVING: net carbs 9 g, protein 10 g, fat 43 g, 460 kcal

63. Chocolate Macarons

Little almond sandwich cookies with a chocolate-coconut filling. They are delicate and a little fussy, pipe them the same size, let them bake until just set, but honestly, even the slightly wonky ones disappear in minutes.

SERVES:	TIME:
9 macarons	30 minutes hands-on, 12-15 minutes baking

FOR THE COOKIES:

- 180 g almond flour
- 70 g butter, melted
- 2 eggs (about 100 g)
- 2 g liquid stevia
- 0.5 g vanilla extract
- 1 pinch salt
- 2 drops food coloring (any color you like)

FOR THE FILLING:

- 120 g full-fat cream cheese
- 60 g heavy cream (33%)
- 30 g sugar-free dark chocolate
- 30 g coconut paste (coconut butter)
- 1 g liquid stevia
- 1 g vanilla extract

1. Heat the oven to 160°C (320°F) and line a baking sheet with parchment.
2. Stir the almond flour, salt, and vanilla together.
3. Beat the eggs with the stevia and a couple of drops of food coloring until pale and frothy. Beat in the melted butter.
4. Fold the almond flour into the egg mixture gently with a spatula until just combined.
5. Spoon the batter into a piping bag and pipe small, even rounds onto the parchment, a shot glass makes a handy size guide. You should get about 18 shells. Bake for 12-15 minutes, until set but not browned. Cool completely on the tray.
6. For the filling, whip the cream cheese with the cream, stevia, and vanilla until smooth. Melt the chocolate with the coconut paste in the microwave, stir until smooth, and beat it into the cream-cheese mixture.
7. Sandwich the shells together with a generous spoonful of filling. Chill for 30 minutes before serving so the filling firms up.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 9 g, fat 27 g, 285 kcal

64. Cottage Cheese Crepes

Thin, tender crepes wrapped around sweet cottage cheese, then pan-fried until golden on the outside. This is my weekend breakfast-dessert, the kind of thing that makes a slow morning feel special.

SERVES:	TIME:
4	25 minutes

FOR THE CREPES:

- 6 eggs (about 300 g)
- 180 g light cream (10%)
- 30 g almond flour
- 10 g psyllium husk
- 1 g liquid stevia
- 1 g vanilla extract
- 1 g salt
- 10 g butter, for the pan

FOR THE FILLING:

- 300 g cottage cheese (9% fat)
- 20 g heavy cream (33%)
- 2 g liquid stevia
- 1 g vanilla extract
- 20 g olive oil, for frying the filled crepes

1. Whisk the almond flour, psyllium, stevia, vanilla, and salt with the light cream and eggs until smooth. Let the batter rest for 5 minutes, it will be thin, that is right.
2. Heat a crepe pan or small nonstick skillet over medium heat and brush it lightly with butter. Pour in a thin layer of batter, swirl to coat, and fry until golden on both sides. Repeat, you should get about 8 thin crepes.
3. For the filling, blend the cottage cheese with the heavy cream, stevia, and vanilla until completely smooth and creamy.
4. Spoon filling down the center of each crepe and roll it up.
5. Warm the olive oil in the pan and fry the rolled crepes on both sides until golden and crisp at the edges. Serve warm, on their own or with a few berries.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 25 g, fat 29 g, 395 kcal

65. Sunflower Seed Halva

If you grew up with halva, this one will make you smile, nutty, sweet, crumbly-creamy, and it sets in the fridge overnight into a sliceable block. The trick is to grind the toasted seeds until they turn into a thick, almost playdough-like paste. Do not rush that step.

SERVES:	TIME:
8	25 minutes hands-on, plus overnight chilling

- 400 g raw shelled sunflower seeds
- 200 g allulose
- 1 egg white (about 35 g)
- 2 g salt
- 1.5 g vanilla extract

1. Line a small loaf pan or glass dish with plastic wrap.
2. Toast the sunflower seeds in a dry skillet over low heat, stirring constantly, until fragrant and lightly golden. Spread them on parchment to cool completely.
3. Blitz the cooled seeds in a strong blender or food processor until they turn into a thick, smooth, slightly oily paste, this takes a few minutes, so stop and scrape down the sides as needed.
4. Beat the egg white with the vanilla and salt until you have a thick, fluffy foam.
5. Put the allulose in a small saucepan over medium heat and melt it, stirring, until it bubbles and turns syrupy.
6. Pour the hot allulose syrup into the beaten egg white in a thin stream, beating all the time, like making a meringue.
7. Fold the sunflower paste into the meringue with a spatula until evenly combined.
8. Press the mixture firmly into the lined pan, smooth the top, cover with plastic wrap, and chill overnight. Slice with a sharp knife.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 11 g, fat 26 g, 290 kcal

66. Walnut & Cherry Pie

Three layers of tender almond pastry, a walnut-meringue filling, and a bright cherry layer in the middle. It is a proper celebration pie, rich, fruity, a little old-fashioned in the best way.

Occasional treat, small portion.

SERVES:	TIME:
10 slices	30 minutes hands-on, 35-40 minutes baking

FOR THE PASTRY:

- 450 g almond flour
- 100 g butter, softened
- 150 g plain kefir (2.5% fat)
- 50 g sour cream (15% fat)
- 1 egg (about 50 g)
- 2 g liquid stevia
- 6 g baking soda
- 2 g salt

FOR THE WALNUT FILLING:

- 100 g walnuts
- 1 egg white (about 35 g)
- 2 g liquid stevia

FOR THE CHERRY FILLING:

- 200 g frozen cherries, thawed
- 2 g liquid stevia

TO FINISH:

- 1 egg yolk (about 18 g), for brushing

1. Heat the oven to 180°C (355°F).
2. For the pastry, mix the kefir, baking soda, egg, sour cream, salt, stevia, soft butter, and almond flour with your hands until you have a soft dough that holds together.
3. Divide the dough into three equal pieces. Roll each one out on parchment into a 24 cm (9.5-inch) round.
4. For the walnut filling, blitz the walnuts in a blender until finely ground. Beat the egg white with the stevia until foamy, then fold in the ground walnuts.
5. For the cherry filling, toss the thawed cherries with the stevia.
6. Lay the first pastry round on a lined baking sheet and spread the walnut filling over it. Cover with the second round, spread the cherries over it, and top with the third round. Seal the edges gently and brush the top with the egg yolk.
7. Bake for 35-40 minutes, until deep golden and set. Cool before slicing, the cherry layer needs time to settle.

ESTIMATED MACROS PER SERVING: net carbs 13 g, protein 13 g, fat 39 g, 435 kcal

67. Cherry Mousse Cake

Layers of chocolate sponge, a jewel-bright cherry center, and a cloud of white mousse under a thin chocolate glaze. This is the prettiest cake in the chapter, and it slices like a dream once it has chilled.

SERVES:	TIME:
10 slices	45 minutes hands-on, plus 1 hour freezing the cherry layer and overnight chilling

FOR THE SPONGE:

- 3 eggs (about 150 g)
- 50 g almond flour
- 25 g cocoa powder
- 1 g liquid stevia
- 1 g salt

FOR THE CHERRY LAYER:

- 250 g frozen cherries, thawed
- 8 g gelling pectin (jam sugar setting agent)
- 2 g liquid stevia

FOR THE MOUSSE:

- 500 g heavy cream (33%)
- 245 g full-fat cream cheese
- 10 g gelatin
- 50 g cold water
- 1.5 g vanilla extract
- 1 g liquid stevia

FOR THE GLAZE:

- 25 g sugar-free dark chocolate
- 20 g light cream (10%)
- 5 g butter

1. Heat the oven to 170°C (340°F).
2. For the sponge, separate the eggs. Beat the whites with the stevia and salt until you have firm, glossy peaks, then beat in the yolks. Fold in the almond flour and cocoa gently with a spatula. Pour into a 20 cm (8-inch) silicone pan and bake for 20 minutes. Cool completely.
3. For the cherry layer, blend the cherries with the stevia and pectin until smooth. Pour into a saucepan, bring to a boil, stirring, and pour into a 16 cm (6-inch) silicone mold. Freeze for 1 hour until firm.
4. For the mousse, whip the cream, cream cheese, vanilla, and stevia until smooth. Soak the gelatin in the cold water, warm it gently in the microwave (do not boil), and whisk it into the mousse in a thin stream.
5. Slice the sponge in half horizontally. Place the bottom half in a 19 cm (7.5-inch) cake ring. Spread over half the mousse, lay the frozen cherry disc on top, spread over the rest of the mousse, and cap with the second sponge half.
6. For the glaze, melt the chocolate with the cream and butter in the microwave and stir until smooth. Pour it evenly over the top of the cake.
7. Chill in the fridge overnight before slicing.

ESTIMATED MACROS PER SERVING: net carbs 9 g, protein 8 g, fat 29 g, 325 kcal

68.

Lemon Cheesecake with Crumble

Bright, lemony, and creamy, with a buttery crumb topping that goes golden and crisp in the oven. The lemon curd layer in the middle is the surprise, a little sunshine in every slice.

SERVES:	TIME:
10 slices	40 minutes hands-on, 55 minutes baking, plus overnight chilling

FOR THE CRUST:

- 200 g almond flour
- 100 g butter, softened
- 1 egg (about 50 g)
- 1 g sweetener (stevia or erythritol)
- 1 g salt

FOR THE FILLING:

- 380 g full-fat cream cheese
- 80 g heavy cream (33%)
- 2 eggs (about 100 g)
- 2 g sweetener
- 20 g lemon juice
- 1 g lemon zest

FOR THE LEMON CURD:

- 30 g lemon juice
- 1 egg (about 50 g)
- 40 g butter
- 1 g liquid stevia

FOR THE CRUMBLE:

- 100 g almond flour
- 60 g butter, cold
- 1 g liquid stevia
- 1 g salt

1. Heat the oven to 180°C (355°F).
2. For the crust, rub the almond flour, butter, sweetener, egg, and salt together with your hands into a dough. Press it into a 19 cm (7.5-inch) ring mold, building up a small edge, and prick the base with a fork. Bake for 15 minutes, it will look underdone, and that is exactly right.
3. For the crumble, rub the almond flour, cold butter, stevia, and salt together into a crumbly dough. Put it in a bag in the freezer for 1 hour.
4. For the curd, whisk the lemon juice, egg, and stevia in a small saucepan. Cook over low heat, stirring with a spatula, until it thickens. Take it off the heat and stir in the butter until melted and glossy.
5. For the filling, beat the cream cheese with the eggs, heavy cream, lemon juice, lemon zest, and sweetener until smooth.
6. Pour the filling over the warm crust, spoon the lemon curd over the top in dollops, and grate the frozen crumble dough over everything.
7. Bake at 170°C (340°F) for 40 minutes. Cool to room temperature, then chill overnight. Slice with a warm, dry knife.

ESTIMATED MACROS PER SERVING: net carbs 9 g, protein 13 g, fat 49 g, 525 kcal

69. Anthill Cake

Crunchy little baked crumbs piled into a dome and glued together with salted caramel cream and walnuts, it really does look like a little anthill, and it is dangerously easy to keep picking at. Make it the day before a party and let it set overnight.

Occasional treat, small portion.

SERVES: 10 slices

TIME: 45 minutes hands-on, plus 1 hour chilling the dough and overnight setting

FOR THE CARAMEL:

- 180 g allulose
- 225 g heavy cream (33%)
- 75 g butter
- 3 g salt

FOR THE CREAM:

- 440 g caramel (from above)
- 100 g butter, softened
- 100 g walnuts, chopped

FOR THE DOUGH:

- 600 g almond flour
- 200 g butter, softened
- 200 g sour cream (15% fat)
- 2 g liquid stevia
- 2.5 g baking soda
- 5.5 g vinegar (9%)
- 2 g salt

1. Heat the oven to 180°C (355°F) and line a baking sheet with parchment.
2. For the dough, mix the almond flour, soft butter, sour cream, stevia, salt, baking soda, and vinegar with your hands into a soft dough. Divide it into three pieces, wrap each in a bag, and freeze for 1 hour.
3. For the caramel, melt the allulose in a saucepan over medium heat until it turns a deep caramel color. Stir in the butter, then the cream, and simmer for a couple of minutes, stirring, until smooth. Take it off the heat.
4. Beat the caramel with the soft butter using a hand blender until glossy. Stir in the chopped walnuts.
5. Grate one piece of frozen dough coarsely onto the lined baking sheet and bake for 13-15 minutes until golden. Repeat with the other two pieces.
6. Break the baked crumbs into a big bowl with your hands. Pour over the caramel-walnut cream and fold everything together gently with a spatula.
7. Line a deep bowl with plastic wrap, press the mixture in firmly, and chill overnight. Turn it out onto a plate to serve, and slice with a sharp knife.

ESTIMATED MACROS PER SERVING: net carbs 15 g, protein 15 g, fat 77 g, 805 kcal

70. Fairy-Tale Cake

A soft almond sponge soaked with a whisper of brandy, layered with a silky custard-butter cream, and finished with pastel swirls. It is a birthday cake from another era, sweet, nostalgic, and very, very pretty on the table.

SERVES:	TIME:
10 slices	45 minutes hands-on, 30 minutes baking, plus overnight chilling

FOR THE SPONGE:

- 6 egg whites (about 200 g)
- 4 egg yolks (about 70 g)
- 150 g almond flour
- 2 g liquid stevia
- 1 g vanilla extract
- 1 g salt

FOR THE CREAM:

- 2 egg yolks (about 35 g)
- 250 g heavy cream (33%)
- 200 g butter, softened
- 3 g liquid stevia
- 1 g vanilla extract
- 10 g brandy (optional)
- 20 g cocoa powder
- 2 drops pink food coloring
- 2 drops green food coloring

FOR THE SOAK:

- 100 g water, boiled and cooled
- 1 g liquid stevia
- 10 g brandy (optional)

1. Heat the oven to 160°C (320°F). Line a 22 × 22 cm (9 × 9-inch) pan with parchment.

2. Beat the egg whites with the stevia and salt until you have firm, glossy peaks. Beat the yolks separately, then fold the whites and yolks together. Fold in the almond flour gently with a spatula.

3. Pour into the pan and bake for 30 minutes. Cool completely, then slice the sponge in half horizontally and cut each half in two, so you have four thin layers. Trim the edges into a neat shape and blitz the trimmings into crumbs.

4. For the cream, whisk the cream, yolks, stevia, and vanilla in a saucepan and bring to a boil, stirring constantly. Cover with plastic wrap pressed onto the surface and let it cool completely.

5. Beat the soft butter until pale and fluffy, then add the cooled custard in a thin stream, beating all the time. Beat in the brandy if you are using it.

6. Set aside 180 g of cream for decoration. Stir the cocoa into 120 g of it for the chocolate cream, and split the remaining 60 g in two, tinting one pink and one green.

7. For the soak, stir the stevia and brandy into the cooled boiled water.

8. Stack the sponge layers, brushing each one with the soak and spreading it with cream. Cover the top and sides with a thin layer of chocolate cream, press the sponge crumbs around the edges, and decorate with the remaining colored creams however you like.

9. Chill overnight before slicing.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 9 g, fat 37 g, 390 kcal

71. Chocolate Cookies with Barberries

Dark, crumbly, a little tart from the dried barberries, these are the cookies I bake when I want something chocolatey with my coffee and nothing fussy. One bowl, one baking sheet, fifteen minutes.

SERVES:	TIME:
10 cookies	10 minutes hands-on, 15 minutes baking

- 150 g almond flour
- 100 g ghee (clarified butter), melted
- 2 eggs (about 100 g)
- 20 g dried barberries
- 20 g cocoa powder
- 10 g baking powder
- 3 g stevia
- 1 pinch vanilla extract
- 1 pinch salt

1. Heat the oven to 200°C (400°F) and line a baking sheet with parchment.
2. Stir the melted ghee into the almond flour, eggs, cocoa, baking powder, stevia, vanilla, salt, and barberries until you have a firm dough that does not stick to your hands.
3. Roll the dough into 10 balls, place them on the baking sheet, and flatten each one gently with your palm.
4. Bake for 15 minutes, until set and fragrant. Cool on the tray for 5 minutes, then move to a rack. They firm up as they cool.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 5 g, fat 18 g, 210 kcal

72. Chocolate Truffle Cakes

These little no-bake cakes taste like the chocolate truffles from a sweet shop, dense, dark, and rich, rolled in cocoa. They take ten minutes and no oven at all, which makes them perfect for a hot day or a last-minute dessert.

SERVES: 6 cakes

TIME: 10 minutes hands-on, plus 30 minutes chilling

- 150 g almond flour
- 50 g butter, melted
- 20 g cocoa powder, plus extra for rolling
- 3 g stevia, to taste
- 1 pinch salt
- Flaked almonds or a little extra butter, to decorate (optional)

1. Melt the butter and stir it into the almond flour, cocoa, stevia, and salt until you have a firm, dense dough that holds together when you squeeze it.
2. Roll the dough into 6 balls with your hands.
3. Roll each ball in cocoa powder until coated all over.
4. Chill for 30 minutes so they firm up. Decorate with a flaked almond or a tiny curl of butter if you like, and serve cold.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 5 g, fat 19 g, 220 kcal

73. Chocolate Layer Cake

Dark chocolate sponge, a cloud of chocolate cream-cheese filling, and a dusting of cocoa on top. This is the cake for chocolate lovers, not too sweet, deeply chocolatey, and it holds up beautifully in the fridge for days.

SERVES: 8 slices

TIME: 20 minutes hands-on, 20-25 minutes baking, plus cooling

FOR THE SPONGE:

- 150 g almond flour
- 15 g psyllium husk
- 2 eggs (about 100 g)
- 100 g sour cream (20% fat)
- 40 g ghee (clarified butter), melted
- 25 g cocoa powder
- 10 g baking powder
- 2 g stevia
- 0.5 g vanilla extract
- 1 g salt

FOR THE FILLING:

- 400 g full-fat cream cheese
- 25 g cocoa powder
- 2 g stevia
- 0.5 g vanilla extract

1. Heat the oven to 170-180°C (340-355°F) and line an 18 cm (7-inch) round pan with parchment.
2. Whisk the almond flour, psyllium, cocoa, baking powder, stevia, vanilla, and salt together. Beat in the eggs, sour cream, and melted ghee until smooth.
3. Pour into the pan and bake for 20-25 minutes, until a skewer comes out clean. Cool completely in the pan, then turn out.
4. For the filling, beat the cream cheese with the cocoa, stevia, and vanilla until smooth and fluffy.
5. Slice the sponge horizontally into three thin layers. Brush each layer lightly with a spoonful of cream, then spread the filling between the layers and over the top.
6. Dust with a little extra cocoa, chill for at least an hour, and slice.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 8 g, fat 30 g, 325 kcal

74. Three Chocolates Cake

Three layers of mousse, white chocolate and coconut, milk chocolate, and dark chocolate, over a thin chocolate base. It sets in the fridge overnight and slices into the most beautiful stripes. This one always gets asked about.

SERVES:	TIME:
8 slices	40 minutes hands-on, plus overnight chilling

FOR THE BASE:

- 1 egg (about 50 g)
- 80 g sour cream (20% fat)
- 30 g coconut flour
- 30 g butter
- 20 g cocoa powder
- 4 g baking powder
- 0.5 g stevia
- 1 pinch vanilla extract
- 1 pinch salt

FOR THE MOUSSE:

- 300 g full-fat cream cheese
- 250 g heavy cream (33%), divided
- 20 g gelatin
- 200 g water, divided
- 50 g coconut paste (coconut butter)
- 50 g sugar-free milk chocolate
- 50 g sugar-free dark chocolate
- 4 g stevia

1. Heat the oven to 200°C (400°F). For the base, mix the egg, sour cream, coconut flour, cocoa, baking powder, stevia, vanilla, and salt (everything except the butter) and bake in a small pan for 10 minutes.

2. While it is still warm, crumble the base into a bowl and work in the butter until you have a moist, even crumb. Press it into a 14.5 cm (5.75-inch) springform, building up a small edge with the help of a glass. Chill for 30 minutes.
3. Whip 150 g of the heavy cream to soft peaks, then beat in the cream cheese until smooth.
4. Soak the gelatin in 100 g cold water, then add 100 g hot water and stir until completely dissolved. Stir in the stevia.
5. Stir the dissolved gelatin into the cream-cheese mixture and mix well. Divide the mousse into three equal parts.
6. Melt the coconut paste gently in the microwave and stir it into the first third. Spread it over the chilled base and refrigerate until set, about 30 minutes.
7. Melt the milk chocolate with 50 g of the remaining cream over a double boiler, stir it into the second third of the mousse, spread it over the first layer, and chill again.
8. Melt the dark chocolate with the last 50 g of cream, stir it into the final third, and spread it on top. Chill overnight.
9. Run a thin knife around the edge to release the cake, and decorate with berries if you like.

ESTIMATED MACROS PER SERVING: net carbs 6 g, protein 7 g, fat 32 g, 375 kcal

75. Lemon Mousse Cake

A light almond sponge, a sharp lemon curd, and a white-chocolate mousse that tastes like the filling of the fanciest patisserie cake. It needs a night in the fridge for the mousse to set, so plan ahead, it is worth it.

SERVES:	TIME:
8 slices	45 minutes hands-on, plus overnight chilling for the mousse and 2 hours setting

FOR THE SPONGE:

- 3 eggs (about 150 g)
- 75 g almond flour
- 1 g liquid stevia
- 0.5 g vanilla extract
- 1 g salt

FOR THE LEMON CURD:

- 60 g lemon juice (about 1 large lemon)
- 100 g butter
- 2 eggs (about 100 g)
- 2 g liquid stevia
- 5 g gelatin
- 20 g cold water

FOR THE WHITE-CHOCOLATE MOUSSE:

- 200 g heavy cream (33%)
- 100 g sugar-free white chocolate
- 1 g vanilla extract
- 1 g liquid stevia
- 5 g gelatin
- 20 g cold water

1. The night before, or at least 4 hours ahead, make the mousse: warm the cream with the vanilla and stevia in a saucepan until it just boils. Pour the hot cream over the white chocolate and stir until smooth.

2. Soak the gelatin in the cold water, warm it gently in the microwave (do not boil), and blend it into the chocolate cream with a hand blender. Cover with plastic wrap pressed onto the surface and chill overnight.

3. Heat the oven to 170°C (340°F) and line a baking sheet with parchment.

4. For the sponge, separate the eggs. Beat the whites with the salt and stevia to firm peaks. Beat the yolks separately, fold them into the whites on low speed, then fold in the almond flour and vanilla with a spatula.

5. Spread the batter over a 30 × 25 cm (12 × 10-inch) rectangle on the parchment and bake for 10 minutes. Cool completely.

6. For the curd, strain the lemon juice into a saucepan. Whisk in the eggs and stevia, cook over low heat, stirring, until thick. Take it off the heat, stir in the butter, then the soaked and gently melted gelatin. Cover with plastic wrap pressed onto the surface and chill for 1 hour.

7. Whip the chilled white-chocolate mousse until fluffy and spoon it into a piping bag. Spoon the curd into a second piping bag.

8. Cut the sponge into three squares to fit a 14.5 × 14.5 cm (5.75-inch) square frame (one square can be pieced together from offcuts). Layer sponge, mousse, curd, sponge, mousse, curd, sponge, finishing with a smooth layer of mousse on top.

9. Decorate with a little lemon zest and chill for at least 2 hours before slicing.

ESTIMATED MACROS PER SERVING: net carbs 9 g, protein 10 g, fat 38 g, 420 kcal

76. Opera Cake

Thin almond sponge, coffee cream, and a dark chocolate top, layer after layer, in that classic striped slice. It is the richest cake in this chapter, so I keep it for special occasions and cut it thin.

Occasional treat, small portion.

SERVES:	TIME:
10 slices	50 minutes hands-on, 30 minutes baking, plus 4 hours chilling the cream and overnight setting

FOR THE SPONGE:

- 3 whole eggs (about 150 g)
- 3 egg whites (about 100 g)
- 140 g almond flour
- 25 g butter, melted
- 5 g xanthan gum
- 2 g liquid stevia
- 1 pinch salt

FOR THE COFFEE CREAM:

- 230 g heavy cream (33%)
- 150 g sugar-free white chocolate
- 5 g instant coffee

FOR THE CHOCOLATE CREAM:

- 3 egg yolks (about 55 g)
- 110 g sugar-free dark chocolate
- 110 g light cream (10%)
- 110 g heavy cream (33%)
- 2 g liquid stevia

1. For the coffee cream, bring the heavy cream to a boil in a saucepan. Pour it over the white chocolate, add the coffee, and stir until completely smooth. Cover with plastic wrap pressed onto the surface and chill for 4 hours, then whip until fluffy.
2. Heat the oven to 200°C (400°F). Draw three 20 × 20 cm (8 × 8-inch) squares on parchment paper.
3. Beat the egg whites with the salt and stevia to firm peaks. Melt the butter.
4. Stir the xanthan gum into the almond flour. Beat the whole eggs, add them to the flour, and mix. Fold in the beaten whites gently with a spatula, then fold in the melted butter.
5. Divide the batter between the three squares, spread it thin and even, and bake each layer for 10 minutes. Peel off the parchment and cool completely.
6. For the chocolate cream, warm both creams together in a saucepan. Beat the yolks with the stevia, whisk them into the warm cream, and cook, stirring, until it just boils and thickens. Take it off the heat and pour it over the dark chocolate, stirring until smooth.
7. Stack the layers: sponge, coffee cream, sponge, coffee cream, sponge, chocolate cream on top. Chill overnight before slicing thin.

ESTIMATED MACROS PER SERVING: net carbs 15 g, protein 10 g, fat 35 g, 405 kcal

77. Blueberry Ice Cream

Four ingredients, one blender, and the prettiest purple ice cream you have ever scooped. The trick is to blend, freeze for an hour, then blend again, that second blend is what makes it silky instead of icy.

SERVES:	TIME:
3 scoops	10 minutes hands-on, plus 1 hour freezing

- 100 g frozen blueberries
- 200 g heavy cream (33%)
- 2 g liquid stevia
- 0.5 g vanilla extract

1. Put the frozen blueberries, cream, stevia, and vanilla in a blender and blend until completely smooth.
2. Put the blender jug (or the mixture in a container) in the freezer for 1 hour.
3. Take it out and blend again until smooth and creamy.
4. Serve right away as soft-serve, or freeze a little longer for firmer scoops. If it has been in the freezer a while, let it sit on the counter for 5 minutes before scooping.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 2 g, fat 22 g, 230 kcal

10

CHAPTER 10,

Breads

Bread on this way of eating is not the bread from the bakery, it is better than going without, and honestly, some of these are genuinely good in their own right. A warm slice with butter, a roll to mop up a sauce, a flatbread to wrap around something delicious. Two things to know: grind your flaxseed fresh (the ready-ground kind goes stale fast and tastes bitter), and let psyllium doughs rest, they need those ten minutes to thicken up, or they will be sticky and sad. The microwave breads are single servings for busy mornings; the loaf is for the week.

78. Microwave Flaxseed Bread

Three minutes, one mug, and you have bread. Slice it, toast it, put butter and cheese on it, it does the job of bread without any of the fuss.

SERVES:	TIME:
1	5 minutes

- 1 egg (about 50 g)
- 30 g flaxseed, freshly ground
- 15 g oil (coconut, butter, ghee, or olive oil)
- 15 g hot water
- 1 g baking powder
- 1 pinch salt
- Garlic, herbs, or seeds, to taste (optional)

1. Crack the egg into the mug or small dish you will bake in and whisk it with a fork.
2. Stir in the freshly ground flaxseed, oil, baking powder, salt, and any garlic or herbs you like. Add a splash of hot water so the dough is soft, not stiff.
3. Microwave for 3 minutes. If you do not use a microwave, bake it in the oven for 15 minutes at 180°C (355°F).
4. Let it cool for a couple of minutes, then slice it crosswise into 3-4 thin slices. Toast the slices if you like them crisp.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 11 g, fat 32 g, 330 kcal

79. Psyllium Rolls

Soft, warm, bready rolls with almost no carbs at all, just eggs, psyllium, and a little patience while the dough rests. They are wonderful warm from the oven with butter melting into them.

SERVES:	TIME:
3 rolls	10 minutes hands-on, 30-35 minutes baking, plus 15 minutes resting

- 3 eggs (about 150 g)
- 30 g psyllium husk
- 30 g boiling water
- 2 g baking powder
- 1 pinch salt
- Herbs or spices, to taste (optional)

1. Heat the oven to 180°C (355°F).
2. Beat the eggs, then stir in the psyllium, baking powder, salt, spices, and boiling water. Mix well, it will thicken quickly.
3. Let the dough rest for 15 minutes so the psyllium swells and the dough firms up.
4. Shape into 3 rolls with wet hands and place them on a silicone mat or in muffin molds.
5. Bake for 30-35 minutes, until firm and lightly golden. Cool for a few minutes before eating, they are best warm.

ESTIMATED MACROS PER SERVING: net carbs 1 g, protein 6 g, fat 5 g, 70 kcal

80.

Flaxseed Loaf with Coriander

A real loaf you can slice all week, with a warm, dark-bread flavor from the coriander. It bakes in the microwave in minutes or in the oven if you prefer, and it toasts beautifully.

SERVES:	TIME:
6 slices	10 minutes hands-on, 5-7 minutes in the microwave or 30 minutes in the oven, plus resting and cooling

- 4 eggs (about 200 g)
- 70 g flaxseed, freshly ground
- 40 g butter or olive oil
- 10 g psyllium husk (about 1 tablespoon)
- 4 g baking powder
- 1 pinch salt
- 2 g ground coriander (or your favorite spices)

1. Beat the eggs with a mixer, then add the butter, psyllium, freshly ground flaxseed, salt, coriander, and baking powder. Mix well.
2. Let the dough rest for 10-15 minutes so the psyllium thickens it.
3. Pour into a small loaf pan greased with oil. Microwave for 5-7 minutes, or bake in the oven at 180°C (355°F) for 30 minutes.
4. Do not take it out right away, let it cool in the pan so it does not sink. Slice once completely cool, and toast slices to serve.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 6 g, fat 14 g, 160 kcal

81.

Parmesan Almond Bread

One egg, a little almond flour, a little parmesan, three minutes in the microwave, and you have a cheesy little bread that is perfect under a fried egg or next to soup. You can even make a sweet version with a pinch of erythritol and vanilla.

SERVES:	TIME:
1	5 minutes

- 1 egg (about 50 g)
- 20 g almond flour
- 20 g parmesan, finely grated
- 10 g butter
- 1 g baking powder
- 1 pinch salt
- Erythritol and vanilla, to taste (optional, for a sweet version)

1. Mix everything together right in the mug or small dish you will bake in.
2. Microwave for 3 minutes.
3. Let it cool for a couple of minutes, then slice it and toast the slices in a dry pan if you like them crisp and golden.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 17 g, fat 29 g, 345 kcal

82.

Coconut Flour Flatbread

Soft, bendy flatbreads with no eggs at all, good for wrapping, scooping, or tearing into pieces with a curry or a dip. Brush them with melted butter and herbs while they are still warm.

SERVES:	TIME:
3 flatbreads	15 minutes hands-on, 10 minutes resting, about 20 minutes frying

- 50 g coconut flour
- 10 g psyllium husk (about 1 tablespoon)
- 30 g butter or coconut oil, melted, plus a little extra for the pan
- 200 g warm water
- 1 pinch garlic powder
- 2 g salt
- 1 g baking powder

1. Stir the coconut flour, psyllium, garlic powder, salt, and baking powder together. Add the melted butter and warm water and mix with a spatula.
2. Let the dough rest for about 10 minutes. It will turn thick and a little like modeling clay, that is right.
3. Divide into 3 pieces and flatten each one into a thin round with your hands.
4. Fry in a lightly oiled skillet over medium heat for 3-4 minutes per side, until golden in spots.
5. Serve warm, brushed with a little more melted butter, and with chopped dill and garlic stirred in if you like.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 2 g, fat 9 g, 135 kcal



CHAPTER 11

Eggs & Breakfast

Breakfast is where this way of eating is easiest, because eggs, cheese, and a hot pan are already everything you need. These are the breakfasts I make on repeat, cheese pancakes with spinach, a baked cheese cake for the weekend, fritters with a garlicky sauce, and an omelette rolled around melted mozzarella. Most of them take fifteen minutes. All of them keep you full until lunch, which is the whole point.

83. Cottage Cheese Muffins

Soft, golden, lightly sweet muffins made mostly from cottage cheese and almond flour. They are lovely warm from the oven, and they keep well in a lunchbox for the next day.

SERVES:	TIME:
6 muffins	10 minutes hands-on, 30-40 minutes baking

- 180 g cottage cheese
- 100 g almond flour
- 70 g butter, softened
- 2 eggs (about 100 g)
- 4 g baking powder
- 3 g erythritol or stevia, to taste
- 1 g vanilla extract
- 1 pinch salt

1. Heat the oven to 180°C (355°F) and line a muffin pan with paper cases or grease it well.
2. Beat the soft butter with the sweetener until creamy, then beat in the cottage cheese.
3. Add the eggs one at a time, beating well after each one.
4. Stir in the almond flour, baking powder, vanilla, and salt until just combined.
5. Spoon into the muffin pan and bake for 30-40 minutes, until risen and golden and a skewer comes out clean. Cool for 5 minutes in the pan, then on a rack.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 9 g, fat 21 g, 235 kcal

84. Cheese Pancakes with Spinach

Soft little cheese pancakes, green-flecked with spinach and savory with hard cheese, fried until golden. They are breakfast and lunch at once, serve them hot with sour cream and eat them with your hands if you like.

SERVES:	TIME:
2	20 minutes

- 200 g cottage cheese
- 1 egg (about 50 g)
- 50 g fresh spinach (about 1 small bunch)
- 30 g hard cheese, grated
- 10 g coconut flour, plus a little extra for dusting
- 4 g psyllium husk (about 1 teaspoon)
- 1 pinch salt
- 15 g ghee or coconut oil, for frying
- Sour cream, to serve

1. Blitz the spinach in a blender until finely chopped.
2. Put the cottage cheese, egg, spinach, grated cheese, coconut flour, psyllium, and salt in a bowl and mix with a spoon, no mixer, you want to keep it a little rustic.
3. With wet hands, shape the mixture into 4-6 small round cakes and flatten them gently on a plate dusted with a little coconut flour.
4. Heat the ghee or coconut oil in a skillet over medium heat and fry the cakes for 3-4 minutes per side, until golden and set.
5. Serve hot with a spoonful of sour cream.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 18 g, fat 12 g, 220 kcal

85. Low-Carb Waffles

Crisp outside, soft inside, and ready in minutes, these are the waffles I make when I want breakfast to feel like a treat. Eat them plain with butter, or with berries and a little whipped cream.

SERVES:	TIME:
2 waffles	10 minutes

- 2 eggs (about 100 g)
- 30 g full-fat sour cream
- 30 g almond flour
- 4 g psyllium husk (about 1 teaspoon)
- 2 g erythritol, to taste
- 1 g baking powder
- 1 pinch vanilla extract
- 1 pinch salt
- Butter, for the waffle iron

1. Whisk the eggs, sour cream, almond flour, psyllium, erythritol, baking powder, vanilla, and salt together until smooth. Let it sit for 2-3 minutes to thicken slightly.
2. Heat the waffle iron and brush it lightly with butter.
3. Pour in the batter and cook until golden and crisp, about 3-4 minutes depending on your iron.
4. Serve right away, while they are still crisp.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 8 g, fat 16 g, 190 kcal

86. Royal Cheese Cake

A crumbly butter crust, a thick layer of sweet baked cottage cheese, and more crumble on top, like a cheesecake and a crumble had a baby. It slices beautifully once it has cooled, and it is just as good cold the next day.

SERVES:	TIME:
6 slices	15 minutes hands-on, 30 minutes baking

FOR THE CRUMBLE:

- 70 g almond flour
- 30 g coconut flour
- 70 g butter, cold
- 3 g erythritol or stevia, to taste
- 1 g vanilla extract
- 1 pinch salt

FOR THE FILLING:

- 200 g full-fat cottage cheese
- 1 egg (about 50 g)
- 2 g erythritol or stevia, to taste

1. Heat the oven to 180°C (355°F) and grease a small baking dish or 18 cm (7-inch) pan with butter.
2. For the crumble, mix the almond flour, coconut flour, sweetener, vanilla, and salt, then rub in the cold butter with your fingertips until you have coarse crumbs.
3. For the filling, blend the cottage cheese with the egg and sweetener until smooth.
4. Press two-thirds of the crumble into the bottom of the dish. Spread the cottage-cheese filling over it, then scatter the remaining crumble on top.
5. Bake for 30 minutes, until the top is golden and the filling is set. Cool for at least 20 minutes before slicing.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 8 g, fat 19 g, 215 kcal

87. Easter Spice Cake

A single-serving spiced cake baked in a tall glass in the microwave, three minutes and you have a little festive cake with dried cranberries and a lemon glaze. It is the Easter cake for one person, on any day you fancy one.

SERVES:	TIME:
1	5 minutes

- 1 egg (about 50 g)
- 15 g almond flour (about 1.5 tablespoons)
- 15 g butter, melted
- 15 g dried cranberries, unsweetened if you can find them
- 3 g erythritol, to taste
- 2 g baking powder
- 3 g lemon juice (about 1/2 teaspoon)
- 1 pinch vanilla extract (optional)

FOR THE GLAZE:

- 10 g powdered erythritol
- 5 g lemon juice

1. Whisk the egg, melted butter, almond flour, erythritol, baking powder, lemon juice, and vanilla together in a bowl. Stir in the cranberries.
2. Pour into a tall glass or mug, a tall, narrow one makes the cake rise high and look like a proper little festive cake.
3. Microwave for 3 minutes. Let it cool for a few minutes, then turn it out onto a plate.
4. For the glaze, stir the powdered erythritol with the lemon juice until smooth and drizzle it over the top.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 9 g, fat 24 g, 300 kcal

88. Zucchini Fritters

Grated zucchini, egg, and cheese, fried until golden and crisp at the edges, with a cool, garlicky sour-cream sauce for dipping. The secret is squeezing the zucchini really well, or the fritters will be soggy instead of crisp.

SERVES:	TIME:
2	20 minutes, plus 10 minutes resting

- 200 g zucchini (about 1 medium)
- 1 egg (about 50 g)
- 40 g hard cheese, grated
- 10 g psyllium husk (about 1 tablespoon)
- 15 g oil, for frying
- 1 clove garlic, minced
- 1 pinch salt
- Fresh herbs, to taste

FOR THE SAUCE:

- 60 g full-fat sour cream
- 5 g chia seeds
- 10 g pitted olives, finely chopped
- 1 clove garlic, minced
- 1 pinch salt

1. Grate the zucchini on a fine grater, leave it for 5 minutes, then squeeze it really well in your hands or in a clean cloth, get as much water out as you can.
2. Mix the squeezed zucchini with the egg, grated cheese, psyllium, garlic, salt, and herbs. Let the mixture rest for 10 minutes so the psyllium swells.
3. While it rests, stir the sauce ingredients together.
4. Heat the oil in a skillet over medium heat. Spoon in the mixture and flatten each fritter gently. Fry for 3-4 minutes per side, until deep golden and crisp.
5. Serve hot with the sauce.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 8 g, fat 14 g, 180 kcal

89. Eggplant Fritters

The same beloved fritter idea, but with eggplant instead of zucchini, a little meatier, a little smokier, and just as good with sour cream or mayo for dipping. Cut the eggplant into the thinnest strips you can; it makes all the difference.

SERVES:	TIME:
2	20 minutes, plus 10 minutes resting

- 250 g eggplant (about 1 medium)
- 1 egg (about 50 g)
- 40 g hard cheese, grated
- 10 g psyllium husk (about 1 tablespoon)
- 15 g oil, for frying
- 1 clove garlic, minced
- 1 pinch salt
- Sour cream or mayo, to serve

1. Peel the eggplant and slice it into the thinnest rings you can manage. Cut the rings into thin strips, about 1-1.5 cm long.
2. Mix the eggplant strips with the egg, grated cheese, psyllium, garlic, and salt. Let the mixture rest for 10 minutes so the psyllium swells and binds everything.
3. Heat the oil in a skillet over medium heat. Spoon in the mixture and flatten each fritter gently. Fry for 3-4 minutes per side, until golden and set.
4. Serve hot with sour cream or mayo.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 8 g, fat 14 g, 190 kcal

90. Classic Cheese Pancakes

The sweet, classic version, soft cottage-cheese cakes, golden on the outside, tender inside, dusted with a little coconut flour. The quality of the cottage cheese matters here more than anything else, so use the full-fat, good kind.

SERVES:	TIME:
3	20 minutes

- 300 g full-fat cottage cheese
- 1 egg (about 50 g)
- 10 g coconut flour, plus 5 g extra for dusting
- 4 g psyllium husk (about 1 teaspoon)
- 3 g erythritol or stevia, to taste
- 1 g vanilla extract
- 1 pinch salt
- 15 g ghee or coconut oil, for frying

1. Put the cottage cheese, egg, coconut flour, psyllium, sweetener, vanilla, and salt in a bowl and mix with a spoon, no mixer. It should hold together but stay soft.
2. With wet hands, shape the mixture into 6 small round cakes and flatten them gently on a plate dusted with coconut flour.
3. Heat the ghee or coconut oil in a skillet over medium heat and fry the cakes for 3-4 minutes per side, until golden.
4. Serve warm, on their own or with sour cream and a few berries.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 13 g, fat 8 g, 160 kcal

91. Broccoli-Cheese Egg Cups

Little baked egg cups with broccoli and melted cheese, like mini crustless quiches you can hold in your hand. Make a batch on Sunday and reheat them for breakfast all week.

SERVES:	TIME:
3	10 minutes hands-on, 15-20 minutes baking

- 3 eggs (about 150 g)
- 80 g broccoli florets
- 80 g hard cheese, grated
- 40 g butter, melted
- 1 pinch salt

1. Heat the oven to 180°C (355°F) and grease silicone muffin molds or line them with paper cases.
2. Steam or boil the broccoli for 3-4 minutes until just tender, then blitz it in a blender until finely chopped.
3. Beat the eggs with the salt, then stir in the melted butter, grated cheese, and broccoli until evenly mixed.
4. Divide between the molds and bake for 15-20 minutes, until puffed and set and lightly golden on top.
5. Cool for a few minutes in the molds, then turn out. Serve warm or at room temperature.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 13 g, fat 25 g, 280 kcal

92. Zucchini Omelette with Cheese

A soft zucchini omelette, rolled up around melted mozzarella while it is still in the pan. It is breakfast, but it eats like a proper meal, and it is on the table in fifteen minutes.

SERVES:	TIME:
1	15 minutes, plus 10 minutes resting

- 200 g zucchini (about 1 medium)
- 2 eggs (about 100 g)
- 50 g mozzarella, torn into pieces
- 10 g psyllium husk (about 1 tablespoon)
- 10 g oil, for frying
- 1 clove garlic, minced
- 1 pinch salt
- Fresh herbs, to taste

1. Grate the zucchini on a fine grater, leave it for 5 minutes, then squeeze it really well to get the water out.
2. Mix the squeezed zucchini with the eggs, psyllium, garlic, salt, and herbs. Let it rest for 10 minutes so the psyllium swells.
3. Heat the oil in a skillet over medium heat. Pour in the mixture and spread it into a flat round. Fry until set on the bottom and golden underneath.
4. Scatter the mozzarella over the middle, fold the omelette in half or roll it up, cover with a lid, and leave it on low heat for a minute or two until the cheese has melted.
5. Slide onto a plate and serve right away.

ESTIMATED MACROS PER SERVING: net carbs 4 g, protein 22 g, fat 29 g, 350 kcal



CHAPTER 12,

Snacks & Sides

This chapter is for the in-between moments: something to spread on bread, something to put next to a piece of meat, something to snack on while dinner is cooking. A good mash, a good pesto, a good pâté, these small things are what make a plate feel finished instead of just functional. Most of them keep for days in the fridge, so make a batch and let future-you say thank you.

93. Cauliflower Mash

If you close your eyes, this really does taste like mashed potatoes, fluffy, buttery, and comforting, and it goes with absolutely everything. Make it fresh each time if you can; it only takes ten minutes.

SERVES:	TIME:
2	10 minutes

- 400 g cauliflower florets
- 30 g butter
- 1 pinch salt

1. Boil the cauliflower in salted water for about 5 minutes, until very tender. Drain it really well, watery mash is the enemy here.
2. Blitz it in a blender until smooth.
3. Add the butter and salt and blitz again until fluffy and creamy. Taste and add a little more butter or salt if you like.
4. Serve hot, next to meat, fish, or meatballs.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 3 g, fat 11 g, 160 kcal

94. Breaded Cabbage Steaks

Thick slices of cabbage, dipped in egg and coated in a savory crumb, then fried until golden and tender. They are a proper side dish, hearty, a little crunchy, and wonderful next to meat.

SERVES:	TIME:
2	20 minutes

- 400 g white cabbage (2 thick steaks, about 200 g each)
- 1 egg (about 50 g)
- 15 g psyllium husk (for the coating)
- 20 g almond flour
- 15 g oil (ghee is lovely here), for frying
- 2 g nutritional yeast (optional)
- 1 pinch Himalayan or sea salt
- Garlic powder and spices, to taste

1. Cut the cabbage into steaks about 1-1.5 cm thick, keeping the core intact so the slices hold together.
2. Beat the egg in a shallow bowl. On a plate, mix the psyllium, almond flour, nutritional yeast if using, salt, garlic powder, and spices.
3. Dip each cabbage steak in the egg, then press it into the crumb mixture on both sides.
4. Heat the oil in a skillet over medium heat and fry the steaks for 4-5 minutes per side, until golden and tender when pierced with a knife. You can also bake them at 180°C (355°F) for about 25 minutes.
5. Serve hot, with meat.

ESTIMATED MACROS PER SERVING: net carbs 5 g, protein 6 g, fat 15 g, 210 kcal

95. Sun-Dried Tomatoes

Slow-roasted until chewy and intensely sweet, then stored in olive oil with garlic and herbs. A spoonful of these lifts a salad, a piece of cheese, or a plain piece of chicken into something special, and a jar in the fridge lasts for weeks.

SERVES: 4 (as a side or topping)

TIME: 15 minutes hands-on, 3 hours in the oven, plus cooling

- 500 g small plum tomatoes
- 30 g olive oil, plus extra to cover in the jar
- 2 cloves garlic, sliced
- 2 g salt
- 1 g dried basil
- 1 g Herbes de Provence

1. Heat the oven to 120°C (250°F). Halve the tomatoes and lay them cut-side up on a baking sheet lined with parchment or a silicone mat.
2. Sprinkle with salt, dried basil, and garlic.
3. Roast for 2 hours, opening the oven door every now and then to let the steam out.
4. Turn the oven down to 100°C (210°F) and leave the tomatoes for another hour. You can leave them in the oven until completely cool.
5. Pack the tomatoes into a clean jar, add the sliced garlic and Herbes de Provence, and pour over enough olive oil to cover. Keep in the fridge.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 1 g, fat 8 g, 90 kcal

96. Dill Pesto

Not the classic basil pesto, this one is made with dill, walnuts, and parmesan, and it is fresh, green, and a little bit different. Spoon it over eggs, fish, chicken, or zucchini noodles, or just eat it with a spoon while nobody is watching.

SERVES:	TIME:
4 (about 2 tablespoons each)	10 minutes

- 40 g fresh dill (about 1 large bunch)
- 30 g walnuts (pine nuts are lovely too, if you have them)
- 30 g parmesan, grated
- 50 g olive oil
- 2 cloves garlic
- 1 pinch salt

1. Put the dill, garlic, walnuts, parmesan, olive oil, and salt in a blender.
2. Blend until smooth and bright green, scraping down the sides once or twice. If it is too thick, add a spoonful more olive oil.
3. Taste and add salt if needed. Keep in a jar in the fridge for up to a week, with a thin layer of olive oil on top.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 4 g, fat 19 g, 195 kcal

97. Cheese Boat with Egg

A soft cheese boat with a runny egg yolk in the middle, break the yolk, let it run into the melted cheese, and scoop it all up with the warm bread. This is the kind of thing you make when you want breakfast to feel like a hug.

SERVES:	TIME:
1	10 minutes hands-on, 20 minutes baking, plus 10 minutes resting

FOR THE DOUGH:

- 100 g smooth cottage cheese or ricotta
- 1 egg (about 50 g)
- 10 g almond or coconut flour (about 1 tablespoon)
- 4 g psyllium husk (about 1 teaspoon)
- 30 g hard cheese, grated
- 2 g baking powder
- 1 pinch salt

TO FINISH:

- 30 g hard cheese, grated
- 1 egg

1. Heat the oven to 180°C (355°F).
2. Mix the cottage cheese, egg, flour, psyllium, grated cheese, baking powder, and salt into a soft dough. Let it rest for 10 minutes.
3. On a silicone mat, shape the dough into a boat, an oval with raised edges and a hollow in the middle.
4. Bake for 20 minutes, until set and lightly golden.
5. Take it out, sprinkle the extra grated cheese over the top, crack the egg into the hollow, and put it back in the oven for just a couple of minutes, the yolk should stay runny and the cheese should be melted.
6. Serve right away, while the yolk is still liquid.

ESTIMATED MACROS PER SERVING: net carbs 3 g, protein 38 g, fat 40 g, 540 kcal

98. Mushroom Pâté

Earthy mushrooms, soft butter, boiled eggs, and a handful of walnuts, blitzed into a smooth, savory pâté. It is wonderful on bread or crackers, next to pickles, or just eaten straight from the fridge with a spoon.

SERVES:	TIME:
4	20 minutes hands-on, plus at least 1 hour chilling

- 225 g button mushrooms
- 100 g butter, divided
- 2 boiled eggs (about 100 g)
- 25 g walnuts
- 1 pinch salt
- Spices, to taste (black pepper and a little paprika are lovely)

1. Slice the mushrooms and cook them in half the butter (50 g) over medium heat until soft and all the liquid has cooked off. Let them cool completely.
2. Chop the boiled eggs and the walnuts.
3. Put the cooled mushrooms, eggs, walnuts, salt, and spices in a blender and blitz until smooth.
4. Add the remaining soft butter (50 g) and blitz again until creamy and spreadable.
5. Spoon into a jar or a small dish. Serve right away, or chill for at least 1 hour so it firms up and the flavors settle. It keeps in the fridge for 3-4 days.

ESTIMATED MACROS PER SERVING: net carbs 2 g, protein 6 g, fat 25 g, 270 kcal

99. Ratatouille

Slow-baked vegetables in a rich tomato sauce, sweet peppers, zucchini, eggplant, and tomatoes, arranged in pretty overlapping rows and baked until meltingly tender. It is as beautiful as it is delicious, and it tastes even better the next day.

SERVES:	TIME:
4	30 minutes hands-on, 50 minutes baking

- 300 g tomatoes, divided
- 200 g zucchini
- 200 g eggplant
- 150 g sweet pepper
- 50 g onion (about 1/2 onion)
- 4 cloves garlic, divided
- 30 g olive oil, divided
- 3 g salt
- Fresh thyme sprigs, to taste

1. Heat the oven to 230°C (450°F). Halve the peppers, lay them on a baking sheet, and roast for 15-20 minutes. Cool, peel off the skins, and dice.
2. While they roast, heat half the olive oil in a skillet. Cook the chopped onion and 3 cloves of garlic until soft. Peel and chop 150 g of the tomatoes, add them with the thyme, and simmer on low heat. Stir in the roasted pepper and salt, and cook until you have a thick, fragrant sauce.
3. Spread the sauce over the bottom of a baking dish.
4. Slice the zucchini, eggplant, remaining 150 g of tomatoes, and any leftover pepper into thin rounds. Arrange them over the sauce in overlapping circles or neat rows.
5. Mix the remaining olive oil with 1 minced clove of garlic, a pinch of salt, and thyme leaves, and brush it over the vegetables.
6. Cover with foil and bake at 180°C (355°F) for 30 minutes. Take the foil off and bake for 20 minutes more, until the vegetables are completely tender when pierced with a knife.
7. Serve warm or at room temperature, as a side or on its own.

ESTIMATED MACROS PER SERVING: net carbs 6 g, protein 2 g, fat 7 g, 120 kcal

100.

Eggplant Mini-Pizzas

Thin slices of roasted eggplant topped with a mushroom-cheese filling, all the joy of pizza, none of the dough. They are perfect as a snack, a starter, or a light dinner with a salad.

SERVES:	TIME:
2	15 minutes hands-on, 25-30 minutes baking

- 500 g eggplant (about 2 medium)
- 80 g button mushrooms (about 4)
- 150 g tomato (about 1 medium)
- 100 g mozzarella, grated
- 30 g cream cheese
- 15 g olive oil
- 1 clove garlic, minced
- Fresh herbs, to taste
- 1 pinch salt

1. Heat the oven to 180°C (355°F) and oil a baking sheet.
2. Slice the eggplants lengthwise into thin slices. Lay them on the baking sheet, brush with a little olive oil, and sprinkle with salt. Bake for 10-15 minutes, until softened.
3. While they bake, chop the mushrooms, tomato, and herbs finely. Mix with the garlic, grated mozzarella, and cream cheese.
4. Spread the filling over the eggplant slices and bake for another 15 minutes, until the cheese is melted and bubbling.
5. Serve hot, scattered with a few more fresh herbs.

ESTIMATED MACROS PER SERVING: net carbs 6 g, protein 12 g, fat 22 g, 295 kcal