

Italian KETO

RECIPES



Dr. Harlan Kilstein

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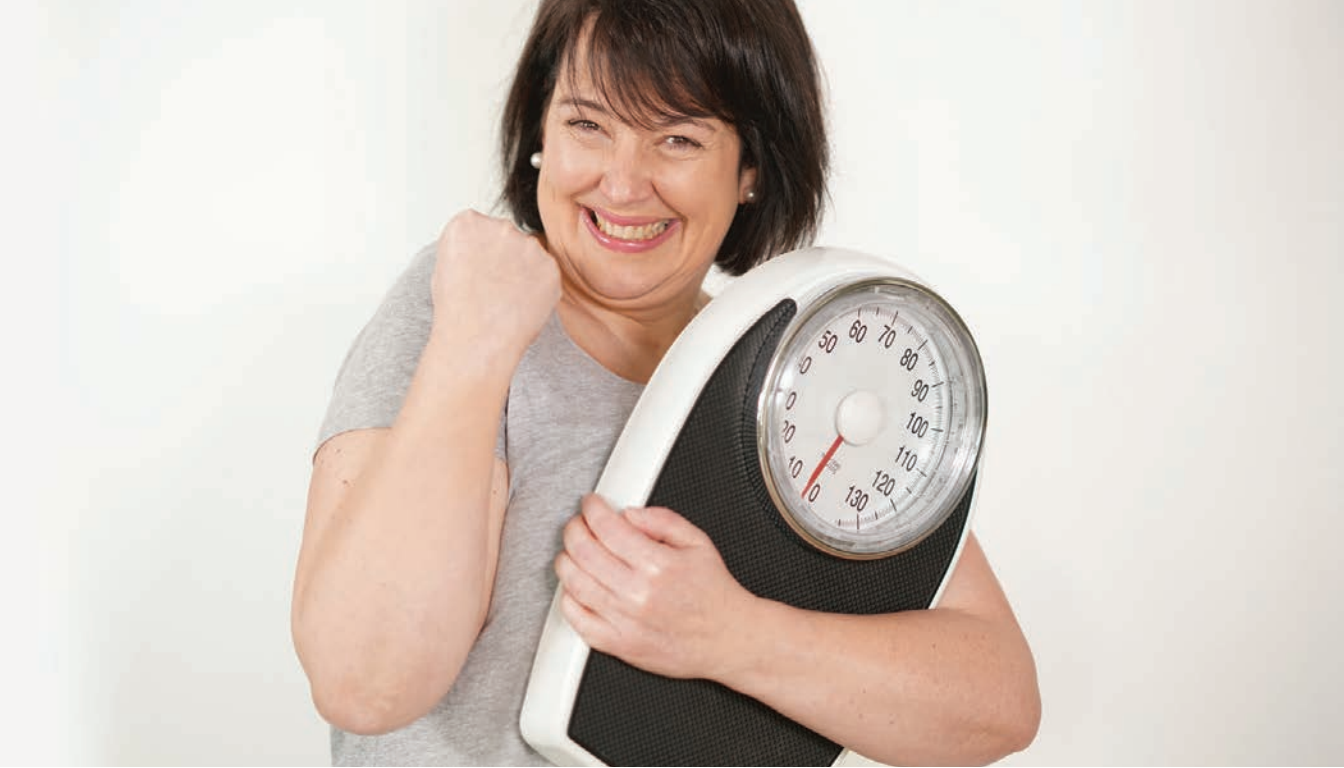
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Breakfast

Parsley Omelet

Cauliflower Polenta Breakfast Bowl

Lemon Blackberry Ricotta Mousse

Creamy Marinara Egg Bake

Prosciutto Frittata

Warm Vanilla Cinnamon Noatmeal

Roasted Tomato Spinach Omelet

Raspberry Nut Parfait

Bagels with Spinach Pinole Crumble

Limoncello Chia Ricotta

Sausage Ricotta Eggs and Marinara

Prosciutto Gruyere Egg Bites

Balsamic Strawberries and Cottage Cheese

Meat Lover's Frittata



Parsley Omelet

Ingredients

- 6 large eggs
- 1 cup fresh parsley, chopped and divided, reserving 1 Tbsp for garnish
- 5 Tbsp pecorino cheese, grated
- 2 Tbsp olive oil
- 1 tsp sea salt
- 1 Tbsp Parmesan, grated
- Cracked black pepper to taste

Preparation

1. Whisk eggs, salt, pepper, pecorino, and parsley together
2. Over medium heat, warm olive oil and then add egg mix gently
3. Let eggs sit for 10-20 seconds and then start pulling in edges of egg into middle so that the raw egg flows out to the edges and continues cooking
4. Without scrambling the eggs, gently poke and prod and swirl the pan so that any raw egg moves to the edges, leaving the complete omelet intact
5. Flip over onto plate and then return to the hot pan upside down until remaining raw egg is cooked
6. Serve hot and garnish with Parmesan and parsley

(Serves 2)



Cauliflower Polenta Breakfast Bowl

Ingredients

- 2 Tbsp butter or ghee
- 1/2 white onion, diced
- 8 oz mushrooms, sliced
- 4 cups cauliflower, minced
- 2 Tbsp olive oil
- 3 Tbsp heavy cream
- 1 tsp garlic salt
- Cracked black pepper, to taste
- 2 Tbsp chicken broth
- 1/2 cup finely grated Parmesan cheese
- 1/4 cup almond flour
- 1/4 cup coconut milk

Preparation

1. Melt butter and cook onion, salt and pepper until translucent. Add mushrooms and sauté until browned and remove from pan
2. Add oil to pan and then cauliflower, cream, pepper, broth and garlic salt. Sauté on low heat, stirring frequently until tender
3. Blend in a food processor until smooth (add more broth if needed)
4. Add back to sauté pan with almond flour, Parmesan, and milk for another 2 mins until warm
5. Garnish with parsley, mushrooms and onions and serve warm

(2 servings)



Lemon Blackberry Ricotta Mousse

Ingredients

- 1 cup lemon curd
- 1 cup ricotta cheese
- 1 cup fresh blackberries
- Optional: 1/2 cup pecans, chopped

Preparation

1. Mix ricotta and lemon curd together and divide between two bowls
2. Divide berries and serve with nuts

(2 servings)



Creamy Marinara Egg Bake

Ingredients

- 1 cup marinara sauce
- 1/4 cup heavy cream
- 4 large eggs
- 1/2 cup provolone, grated
- 2 Tbsp Parmesan
- Salt and cracked ground black pepper, to taste
- 1/2 tsp fresh basil

Preparation

1. Mix marinara and heavy cream and divide between 2 ramekins
2. Top each with 2 eggs and then divide provolone and Parmesan between each
3. Sprinkle with salt and pepper
4. Bake at 425°F until cheese starts to brown (10 mins)
5. Garnish with basil and dip with roasted asparagus or Parmesan crisps

(Serves 2)



Prosciutto Frittata

Ingredients

- 1 Tbsp olive oil
- 4 oz prosciutto, chopped
- 2 garlic cloves, minced
- 10 eggs
- 3 cups baby spinach
- 1/2 cup heavy cream
- 2 Tbsp Parmesan
- 1 tsp salt
- Cracked black pepper to taste
- Optional: fresh parsley, sour cream

Preparation

1. Preheat oven to 350°F:
2. Mix eggs, cream and salt in a bowl
3. In a hot cast iron pan, sauté prosciutto in oil for 2-3 mins until slightly crispy
4. Add garlic and spinach and stir quickly for 30 seconds
5. Turn down heat, add egg mix and let sit for 2-3 mins without stirring
6. Move pan to oven and cook until set (about 10 mins)
7. Garnish with Parmesan, sour cream and parsley

(Serves 4)



Warm Vanilla Cinnamon Noatmeal

Ingredients

- 1 cup ricotta cheese
- 4 Tbsp grass-fed butter or ghee
- ¼ tsp vanilla extract
- Sweetener to taste
- Cinnamon sprinkled on top

Preparation

1. Combine ingredients and cook over low heat in a saucepan (alternately microwave covered for about 30 seconds to 1 minute)
2. Sprinkle cinnamon and serve while hot

(2 servings)



Roasted Tomato Spinach Omelet

Ingredients

- 1 Tbsp olive oil
- 4 eggs, beaten
- 3 Tbsp heavy cream
- 1/2 tsp sea salt
- 1 cup baby spinach, chopped
- 1/2 cup roasted tomatoes, chopped
- 1/4 cup feta cheese, crumbled

Preparation

1. Chop spinach and sprinkle generously with salt, let sit for 5-10 mins and then rinse and dry well
2. Beat eggs, salt and cream together
3. Warm oil in a non-stick pan
4. Cover pan with spinach and tomatoes and then pour in egg mix
5. Let sit on medium-low heat for 2 mins and then sprinkle with feta
6. Fold in half and cook another minute covered
7. Serve warm

(2 servings)



Raspberry Nut Parfait

Ingredients

- 2 cups Greek yogurt
- 2 Tbsp [raspberry jam](#)
- 2 Tbsp almonds, chopped
- 2 Tbsp flax seed, ground
- 2 Tbsp coconut, shredded
- Optional: whipped cream, fresh raspberries

Preparation

1. Mix dry ingredients almonds, flax, coconut together
2. In two parfait glasses, divide 1 Tbsp of nut mix as the first layer
3. Divide 1/2 cup yogurt between both glasses
4. Add a 1/2 Tbsp of raspberry jam to both portions
5. Add another layer of nuts, yogurt and jam
6. Top with whipped cream and raspberries and serve

(2 servings)



Bagels with Spinach Pinole Crumble

Ingredients

- 4 Tbsp unsalted butter
- 1/4 cup pine nuts
- 2 T coconut flour
- 1/2 cup pork rinds, ground
- 1/2 cup green olives, diced
- 1 Tbsp finely chopped fresh parsley
- 1/4 teaspoon crushed red pepper
- Salt and cracked black pepper, to taste

For the Lemon spritz:

- 1/2 cup frozen spinach, thawed
- 8 oz ricotta
- 1/2 tsp garlic salt

Preparation

1. Pinole salsa: Mix butter, pine nuts, flour, pork rinds, green olives, parsley, red pepper, salt and pepper in a bowl and then spread on parchment and bake for 10 mins, stir and then bake another 5-10 mins until fragrant. Spritz with lemon and cool
2. Squeeze spinach in a cotton towel until very dry and then add to ricotta
3. Smash and mix well with fork and then add garlic salt
4. Spread keto bagel with ricotta mix and then top with pinole salsa

(Serves 4)



Limoncello Chia Ricotta

Ingredients

- 1 cup full fat Greek yogurt
- 1/2 cup full fat ricotta
- 1/2 Tbsp lemon zest + 1 tsp juice
- Swerve sweetener to taste
- 1/4 raspberries
- 1 Tbsp chia seed
- 2 Tbsp pecans, chopped
- 2 Tbsp almonds, chopped
- 1 Tbsp shaved coconut
- 1 Tbsp ground flax seed

Preparation

1. Mix nuts, coconut and flax in a small bowl and then divide mix into two servings
2. Separately mix ricotta, sweetener, yogurt, chia and zest and juice, and then layer on top of each bowl
3. Divide and layer raspberries on top of each bowl

(Serves 2)



Sausage Ricotta Eggs and Marinara

Ingredients

- 1 lb Italian sausage
- 1 Tbsp olive oil
- 2 cups marinara sauce
- 1 cup ricotta cheese
- 8 eggs
- 1/4 tsp salt
- Cracked black pepper, to taste
- Optional: Fresh parsley or Parmesan

Preparation

1. In a large oven safe skillet, sauté sausage in olive oil until cooked through and crumbled
2. Add marinara sauce and spoon ricotta cheese throughout
3. Break eggs into crevices between ricotta and sausage and season with salt and pepper
4. Bake at 350°F for 20-30 mins, until whites are set, and yolks cooked to preferred thickness
5. Serve warm with fresh parsley and Parmesan

(4 servings)



Soft Boiled Eggs with Pinole Sauce

Ingredients

- 4 large eggs
- 8 oz pine nuts, soaked overnight
- 2 tsp ground black pepper
- 10 drops Stevia liquid
- 4 Tbsp anchovy paste
- Fresh Parmesan
- Optional: avocado, cherry tomatoes

Preparation

1. Add eggs to cool water, bring to boil for 3 ½ minutes and then ice immediately
2. Grind or process nuts, spices, sweetener and paste
3. Add sauce to bottom of a bowl, with peeled eggs on top
4. Garnish with avocado or tomatoes and fresh Parmesan

(2 servings)



Prosciutto Gruyere Egg Bites

Ingredients

- 8 eggs
- 1 cup heavy cream
- 8 oz Gruyere, grated
- 12 oz prosciutto
- 1 tsp salt
- Cracked black pepper to taste

Preparation

1. Sauté prosciutto slightly and then cool and dice
2. Beat eggs and add cream, cheese, salt and pepper and prosciutto together
3. Portion out mix into a 12-portion silicone muffin pan
4. Put muffin tin on a larger baking tray and add about 1/4-1/2" water to the tray as a water bath
5. Cook at 350°F for about 20-30 mins until middle of bites are set, let cool and serve

(12 egg bites)



Balsamic Strawberries and Cottage Cheese

Ingredients

- 2 tsp olive oil
- 1 lb strawberries, halved
- 2 Tbsp swerve sweetener
- Pinch salt
- 2 Tbsp balsamic vinegar
- 2 cups cottage cheese (full fat)
- Optional: chopped almonds or pecans

Preparation

1. Toss everything except the cottage cheese, together
2. Spread out and roast on parchment paper for 30 mins (375°F) until soft
3. Cool and add to cottage cheese, divided into 2 bowls and add nuts to your liking

(2 servings)



Meat Lover's Frittata

Ingredients

- 2T butter
- 1 T olive oil
- 1 cup smoked pork chop, diced
- 1/2 cup [marinara sauce](#)
- 12 eggs
- 1/2 cup heavy cream
- 1 cup mozzarella
- 1 cup pepperoni, diced
- 1/2 tsp salt
- Cracked black pepper, to taste
- Optional: fresh basil

Preparation

1. Preheat cast iron in oven at 350°F
2. Sauté pork chops in olive oil until lightly browned and then add marinara until warm
3. Whisk eggs, cream, salt and pepper in a separate bowl
4. Add butter to heated cast iron. Once melted, add egg mix and layer cheese and pepperoni on top
5. Bake about 20 mins until middle is no longer jiggly
6. Garnish with basil and enjoy on top of a bed of greens with a spritz of olive oil

(Serves 4)



Sides & Appetizers

Charred Peppers and Onion

Hot Escarole Salad

Italian Ceviche

Italian Spiced Bell Peppers

Grilled Artichokes with Aioli

Traditional Italian Salad

Prosciutto Stuffed Sweet Peppers

Marinated Zucchini Salad

Creamy Baked Ricotta Dip

Pine Nuts and Wilted Spinach

Zesty Ricotta Cheese Spread

Fresh Mozzarella Caprese

Roasted Parmesan Kale

Creamy Panna Acida Onion Dip



Charred Peppers and Onion

Ingredients

- 1/2 red bell pepper, sliced
- 1/2 yellow bell pepper, sliced
- 1/2 white onion, sliced
- 1 Tbsp olive oil
- 1/2 tsp sea salt
- Cracked black pepper to taste

Preparation

1. Warm oil in a very hot sauté pan
2. Add all veggies, salt and pepper
3. Cook vegetables quickly, about 2-3 minutes until slightly charred, not soft
4. Serve warm with meatballs or side of salami and cheese

(Serves 2)



Hot Escarole Salad

Ingredients

- 1 Tbsp olive oil
- 1 tsp garlic, minced
- 1 Tbsp pine nuts
- 1/2 cup black olives, sliced in half lengthwise
- Head escarole, chopped
- Sea salt and cracked black pepper, to taste
- 1/4 cup Parmesan, shaved

Preparation

1. Warm skillet with oil and cook garlic and pine nuts 30 seconds
2. Add escarole, olives, salt and pepper
3. Sauté and toss 3 mins until escarole starts to wilt
4. Serve warm with shaved Parmesan

(2 servings)



Italian Ceviche

Ingredients

- 12oz sea bass or white fillet, sliced thin
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1/4 tsp sea salt
- Cracked black pepper to taste
- 2 Tbsp red onion, sliced
- Crushed red pepper, to taste
- Fresh parsley

Preparation

1. Sprinkle salt, black pepper, lemon and red pepper, evenly over sliced fillets
2. Cover with lemon juice and then oil, and toss with sliced red onions
3. Let sit 10 minutes in the refrigerator and then serve raw with Parmesan crisps

(4 servings)



Pistachio Soup

Ingredients

- 1 cup pistachios, shelled
- 1/4 cup onion, diced
- 1/2 cup celery, chopped
- 2 cloves garlic, minced
- 2 Tbsp butter or ghee
- 2 Tbsp olive oil
- 1/4 cup dry white wine
- 6 cups chicken broth
- 1/4 fresh parsley, chopped
- 1 cup heavy cream
- 1 tsp sea salt
- Cracked black pepper, to taste
- Optional: crushed red pepper and sour cream

Preparation

1. Remove skins from pistachios and then pulse in food processor until finely ground
2. In a large pot, warm oil and butter, and then add onion and celery until soft
3. Add garlic, white wine and stir constantly for 1 minute
4. Add pistachios, broth and half the parsley and bring to a boil
5. Reduce heat, cover and simmer for 20 mins
6. Add cream, salt and pepper and cook 5 more minutes, stirring frequently
7. Garnish with parsley and serve warm with a dollop of panna acida or sour cream

(4 servings)



Grilled Strawberries and Asiago

Ingredients

- 10 large strawberries
- 2 oz asiago cheese
- 1 oz ricotta
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- Salt and pepper to taste

Preparation

1. Mix asiago and ricotta together
2. Cut off tops of strawberries and slit to create a pocket, coat lightly with olive oil
3. Stuff each pocket with a spoonful of cheese, salt and pepper
4. Grill over charcoal for 5-6 mins until softened
5. Serve on a platter drizzled with balsamic vinegar

(2 servings)



Creamy Artichoke Dip

Ingredients

- 8 oz cream cheese, softened
- 1/4 cup mayonnaise
- 1/2 cup Pecorino or Parmesan cheese
- 1 tsp garlic powder
- 1 Tbsp fresh parsley, chopped
- 1 can artichoke hearts
- 2 cups frozen spinach, thawed
- 1/4 cup mozzarella, shredded
- 1/4 cup Gruyere, shredded

Preparation

1. Boil artichoke hearts and then drain and cool
2. In a food processor, mix everything except mozzarella and Gruyere
3. Add to a casserole dish and top with mozzarella and Gruyere
4. Bake at 350°F for 20-25 mins until browned
5. Serve warm with celery, asparagus or Parmesan crisps

(6 servings)



Dill Cucumber Salad

Ingredients

- 4 medium cucumbers, sliced
- 1/4 red or white onion, sliced
- 1 tsp salt
- 3 Tbsp red wine vinegar
- 3 Tbsp olive oil
- 1 tsp Swerve
- 1 1/2 Tbsp fresh parsley, chopped
- 1 Tbsp fresh dill, chopped
- Cracked black pepper, to taste
- Optional: Greek yogurt or sour cream

Preparation

1. Salt cucumbers and let sit for 30 minutes, set aside
2. In a separate bowl, whisk vinegar, oil, sweetener, parsley, dill and pepper
3. Pat dry cucumbers and add with onions to dressing bowl
4. Toss to mix and or serve chilled with a dollop of Greek yogurt or sour cream

(4 servings)



Italian Spiced Bell Peppers

Ingredients

- 12 bell peppers assorted colors, halved and seeded
- 2 Tbsp Extra virgin olive oil
- 4 Tbsp fresh basil
- 6 garlic cloves chopped
- 8 tomatoes halved
- Pink Himalayan Salt
- Black pepper

Preparation

1. Preheat the broiler of the oven. Put the bell peppers open side down on the cookie sheet and broil for 10 minutes.
2. Add the tomatoes to the cookie sheet also and broil for 5 minutes.
3. Put the peppers into a plastic bag for 10 minutes.
4. Remove the skins from pepper and slice into strips. Remove skin from tomatoes and chop roughly.
5. Heat up the oil in a large pan and sauté the garlic for 4 minutes.
6. Add the tomatoes and bell peppers into the pan and cook for another 5 minutes. Mix in the fresh basil and season with salt and pepper.
7. Serve warm.

(6 servings)



Grilled Artichokes with Aioli

Ingredients

- 4 large artichokes
- 1 lemon
- 3/4 cup olive oil
- 4 cloves garlic, minced
- Sea salt and black pepper, to taste
- 2 Tbsp [Aioli](#)

Preparation

1. Cut off thorns from leaves with scissors, cut off 3/4" from the tip and cut off the stalk
2. Spritz hearts with lemon juice
3. Steam artichokes in water for 15 mins until tender. Mix garlic and oil together.
4. Brush the artichokes with garlic oil, and then grill on high heat
5. Turn and add more garlic oil frequently so they don't burn
6. Sprinkle with sea salt and serve warm with aioli

(2 servings)



Pesto Burrata with Roasted Tomatoes

Ingredients

- 1 1/2 cups roasted tomatoes
- 8 oz burrata cheese, whole
- 3 Tbsp pesto
- 2 garlic cloves
- Fresh basil
- Sea salt to taste

Preparation

1. On a platter, add roasted tomatoes and burrata
2. Sprinkle burrata with salt
3. Spoon or drizzle pesto on top and garnish with basil
4. Spoon onto cucumber slices or serve with a salad

(Serves 4)



Traditional Italian Salad

Ingredients

- 1 garlic clove, smashed
- 2 tablespoons mayonnaise
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon oregano
- 1/4 cup olive oil
- 1 head Romaine, chopped
- 1/2 head radicchio, chopped
- 1/2 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup green olives, sliced
- 1/4 cup black olives, sliced
- 1 cup Parmesan cheese, shaved
- Pepperoncini to taste
- Sea salt and cracked black pepper, to taste

Preparation

1. Mash the garlic with flat side of a knife, mince, sprinkle with salt and mash again
2. Combine mayo, olive oil, vinegar, oregano, garlic, salt and pepper in a bowl
3. Add all lettuce and veggies, and toss to incorporate the dressing
4. Garnish with cheese and pepperoncini
5. Serve immediately

(Serves 4)



Prosciutto Stuffed Sweet Peppers

Ingredients

- 4 oz cured prosciutto, diced
- 4 oz cream cheese, softened
- 4 oz goat cheese
- 1/2 tsp salt
- 1 tsp olive oil
- Cracked black pepper to taste
- 12-16 mini sweet peppers, cut in half and seeds removed
- Optional: fresh parsley

Preparation

1. Lightly sauté prosciutto in olive oil until slightly crispy. Cool and then dice.
2. Mix cheeses, prosciutto, salt and pepper until well combined
3. Add 1-2 tsp of mix to each pepper
4. Arrange peppers on parchment paper
5. Roast at 350°F for about 20 mins until peppers are softened and start to brown
6. Sprinkle with fresh parsley and serve warm

(24 peppers)



Marinated Zucchini Salad

Ingredients

- 6 small Italian zucchini, sliced thin
- 1/2 tsp salt

For the marinade:

- 1 1/4 cups vinegar
- 1 cup olive oil
- 5 garlic cloves, peeled
- 1 1/2 tsp salt
- 2 tsp Italian spice

Preparation

1. Sprinkle zucchini with salt and let sit for at least 30-60 mins
2. In a saucepan combine vinegar, oil, garlic, salt and Italian spice. Bring to a boil for 3 mins and then remove from heat
3. Strain zucchini and remove all water and then divide evenly between 2 jars
4. Divide vinegar mix between the 2 jars and leave 1/2" space at top of jar
5. Marinate at a minimum, overnight (and up to 7 days)
6. Serve on a bed of arugula lettuce with fresh Parmesan, black olives, fresh mozzarella and pine nuts. Salt and pepper to taste

(6 servings) (2 jars)



Creamy Baked Ricotta Dip

Ingredients

- 1 cup ricotta cheese, full fat
- 2 Tbsp olive oil
- 1 garlic clove, minced
- 1 large lemon, zested
- 1 tsp chives or rosemary
- Cracked pepper and salt to taste
- Optional: crushed red pepper

Preparation

1. In a food processor blend all ingredients well
2. Spread out in an oven safe bowl and drizzle more olive oil and cracked pepper on top
3. Bake at 375°F for about 15 mins, or until heated through
4. Serve with Parmesan crisps, artichokes, celery, bell peppers or [Keto crackers](#)

(2 servings)



Pine Nuts and Wilted Spinach

Ingredients

- 1/2 onion, sliced
- 1 Tbsp olive oil
- 1 Tbsp pine nuts
- 1 bunch spinach, coarsely chopped and dried
- 1 clove garlic, minced
- 1 Tbsp grated Parmesan
- 1/2 tsp Kosher salt
- Cracked black pepper to taste
- Optional: crushed red pepper

Preparation

1. In a sauté pan with oil, cook onion on medium until it becomes translucent
2. Turn down heat and add garlic, pine nuts and red pepper, if using, for about 30 seconds
3. Add dried spinach, salt and pepper and toss or stir quickly about 10-15 seconds
4. Remove from heat and add Parmesan and serve immediately

(Serves 2)



Zesty Ricotta Cheese Spread

Ingredients

- 4 oz cream cheese, room temperature
- ¼ cup ricotta
- 2 Tbsp Parmesan
- ½ lemon, zested
- ¼ tsp garlic salt

Preparation

1. Mix together all ingredients
2. Spread onto celery or Parmesan crisps

(12 portions)



Fresh Mozzarella Caprese

Ingredients

- 2 large ripe tomatoes, sliced
- 12 oz fresh mozzarella, sliced
- ¼ cup fresh basil leaves
- 2 Tbsp olive oil, for drizzling
- Cracked black pepper and salt, to taste
- Optional: 1 Tbsp balsamic vinegar

Preparation

1. Drizzle platter with balsamic vinegar, if using
2. Arrange tomatoes and cheese around the platter
3. Season to taste with salt and pepper
4. Drizzle with olive oil and garnish with basil leaves

(2 servings)



Roasted Parmesan Kale

Ingredients

- 1 bunch kale, chopped
- 1 clove garlic, minced
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- ½ cup Parmesan
- ½ tsp salt
- Ground black pepper to taste
- Optional: crushed red pepper
- ½ cup roasted tomatoes

Preparation

1. Whisk oil, garlic, lemon juice, red pepper (if using), Parmesan, salt and pepper
2. Sauté or grill kale, until wilted and about half the volume and then chop coarsely
3. Add roasted tomatoes to kale and drizzle with dressing, toss to coat and serve warm

(Serves 4)



Creamy Panna Acida Onion Dip

Ingredients

- 1 Tbsp olive oil
- 1 Tbsp butter or ghee
- 1 medium onion, diced
- 1 cup Panna Acida (sub sour cream or creme fraiche)
- 1 cup mayonnaise
- 1 tsp anchovy paste
- ¼ tsp garlic powder
- ¼ tsp paprika
- 2 Tbsp Parmesan cheese
- ½ tsp swerve sweetener
- Garnish fresh parsley
- Cracked black pepper and salt to taste

Preparation

1. Mix anchovy paste, spices, cheese and sweetener together
2. Add oils and butter, onion, mayo, cream and cheese until blended
3. Garnish with fresh parsley and serve with Parmesan crisps or veggies

(1 ½ cups)



Meals

Cauliflower Alfredo Bake

Chicken Cacciatore

Wedding Meatball Soup

Chicken Marsala

Zoodle Carbonara

Chicken Parmy

Shrimp Zucchini Gamberetti

Gorgonzola Prosciutto Salad

Mock Porchetta Pork Roast

Sea Bass Italiano

Slimhead Pizza

Tuscan Steaks with Pistachio Butter

Roasted Squash Salad

Bolognese Pancetta Ragu

Lemon Butter Salmon

Asiago Stuffed Portobello



Cauliflower Alfredo Bake

Ingredients

- 1/2 onion, diced
- 1 Tbsp olive oil
- 2 cups cauliflower, chunks/florets
- Optional: crushed red pepper
- 2 Tbsp chicken broth
- 1lb chicken breast
- 1 tsp garlic salt
- 1 tsp Italian spice
- 2 cups alfredo sauce
- 2 cups mozzarella, grated
- 8 oz fresh mozzarella

Preparation

1. Season chicken with salt, pepper and then sauté slowly until internal temperature is 165°F, set aside
2. Warm olive oil and sauté onions until translucent
3. Add cauliflower, broth and red pepper and cook slowly until tender
4. Combine chicken, cauliflower, garlic salt, Italian spice and alfredo sauce in a casserole dish and top with cheeses
5. Bake at 350°F until cheese is melted and starting to brown, 30 mins

(4 servings)



Creamy Artichoke Chicken

Ingredients

- 16 oz chicken breasts, thinly cut
- 1 Tbsp olive oil
- 1 cup Parmesan, grated
- 1/2 tsp garlic powder
- 1 tsp sea salt
- Cracked pepper, to taste
- 1/4 cup dry white wine
- 1/2 Tbsp mustard
- 1 Tbsp butter or ghee
- 1 cup heavy cream
- 2 cups fresh spinach
- 1 cup artichoke hearts
- 3 Tbsp sundried tomatoes in oil or rehydrated
- Fresh basil, chopped

Preparation

1. Mix together Parmesan, salt, garlic powder and pepper
2. Dredge chicken in spices and then sauté in oil over medium heat until browned on both sides, but not cooked through
3. Remove from pan and add mustard, butter or ghee, and wine to deglaze the pan
4. Stir in cream, spinach, artichokes, and tomatoes and then add chicken back to the pan
5. Cook until sauce reduces slightly, and internal temp of chicken is 165° F
6. Serve warm with fresh basil and extra Parmesan

(4 servings)



Chicken Cacciatore

Ingredients

- 3 cups marinara sauce
- 28oz stewed tomatoes
- 4 cups chicken broth
- 2 Tbsp tomato paste
- Optional: 1/2 tsp red pepper flakes
- 2 Tbsp olive oil + 2 Tbsp
- 1lb chicken thighs + 1lb chicken breast, seasoned with salt/pepper
- 1 white onion, diced
- 4 cloves garlic, minced
- 1 green bell pepper, diced
- 1 tsp thyme
- 1 tsp oregano
- 4 tsp salt
- 1 bay leaf
- Optional: black or green olives and Parmesan

Preparation

1. Warm 1/2 oil in a heavy skillet, brown both sides of chicken quickly and set aside
2. Add remaining oil to the pan and sauté green pepper and onion until onion is transparent
3. Add garlic and crushed red pepper, stirring frequently for 30 seconds
4. Pour in broth, scrape pan and cook 5 mins
5. Add tomatoes, tomato paste, marinara, salt, thyme, oregano and bay leaf, cover and reduce heat
6. Let simmer gently for 30-40 mins until meat is very tender
7. Serve with Palmini noodles, Parmesan and olives

(4 servings)



Wedding Meatball Soup

Ingredients

- 10 meatballs
- 1 Tbsp olive oil
- 2 onions, diced
- 4 cloves garlic, minced
- 1 zucchini, diced
- 1 cup fresh spinach, roughly chopped
- 4 cups chicken broth
- 1 tsp sea salt
- Cracked black pepper, to taste

Preparation

1. Warm olive oil in sauté pan and cook onion and zucchini 5 mins
2. Add garlic and stir quickly for 30 seconds
3. Add broth, spinach, salt and pepper and meatballs, bring to a gentle simmer, and cook another 10 mins
4. Serve warm and garnish with fresh Parmesan

(4 servings)



Chicken Marsala

Ingredients

- 2 lbs chicken breast, sliced thin
- 1/2 cup olive oil
- 1 Tbsp mayonnaise
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 cup Parmesan, shredded
- 1 Tbsp butter or ghee
- 1 small onion, diced
- 1 cup mushrooms, sliced
- 1/2 cup Marsala wine
- 1/2 cup chicken broth
- 1/2 cup heavy cream
- 1 tbsp fresh parsley chopped

Preparation

1. Mix salt, pepper, garlic powder and Parmesan in a bowl
 2. Pound each chicken breast thin and then cover with a spoonful of mayonnaise on both sides
 3. Dredge in Parmesan mix and set aside
 4. Warm oil in a skillet and brown chicken on each side 5 mins without moving, until browned
 5. Remove from heat and set aside, covered
 6. Add butter to skillet along with onions and cook until translucent
 7. Add mushrooms and cook for 2 mins
 8. Add wine and chicken broth, scrape bottom of pan for extra flavor and reduce liquid by half
 9. Add heavy cream and cook 2 more mins and then remove from heat and garnish with parsley
 10. Serve with a bed of fresh greens or Palmini noodles
- (4 servings)



Zoodle Carbonara

Ingredients

- 4 Tbsp olive oil
- 8 oz pancetta, chopped
- Optional: 1 tsp crushed red pepper
- 6 cloves garlic, minced
- 1/2 cup dry white wine
- 3 egg yolks
- 4 eggs, cooked over easy
- 1/2 cup pecorino or romano cheese, grated
- Fresh parsley
- Salt and freshly ground black pepper, to taste
- 4 cups zoodles

Preparation

1. Beat egg yolks and then add 2 tbsp very hot water to temper the eggs while beating, set aside
2. Coat bottom of large skillet with oil and cook pancetta 2 mins
3. Add garlic and red pepper and cook 30 seconds
4. Add wine and stir about 2 mins
5. Add zoodles and stir another 2 mins
6. Pour egg mix over and toss quickly 10-15 times and then remove from heat
7. Add cheese and generous amounts of black pepper and toss again, sauce will thicken slightly
8. Garnish with parsley and serve warm with over easy egg served on top

(4 servings)



Chicken Parmy

Ingredients

- 3 lb boneless skinless chicken
- 1/2 tsp Pink Himalayan Salt
- 1/8 tsp black pepper
- 3 tsp Extra virgin olive oil
- 1 3/4 cup Italian peeled tomatoes and juice cut up roughly
- 1 large onion sliced thin
- 2 garlic cloves chopped
- 1/4 cup Parmesan cheese
- 1/4 cup dry white wine
- 1/4 lb mushrooms sliced
- 1 Tbsp parsley chopped
- 1/2 tsp dried thyme

Preparation

1. Season all the chicken with salt and pepper.
2. Put a large frying pan over medium flame with the oil, then cook the chicken until browned in it for about 8 minutes a side. Take out of the pan and leave aside for now.
3. Sauté the mushrooms, garlic and onion in the same pan for around 5 minutes or until they soften up.
4. Rejoin the chicken with them into the pan and add in all the rest of the ingredients. Cover partially and cook on low for 60 minutes.

(6 servings)



Shrimp Zucchini Gamberetti

Ingredients

- 1 Tbsp olive oil
- 2 Tbsp shallot, chopped
- 2 garlic, minced
- 1 medium zucchini, chopped
- 1/4 dry white wine
- 8 oz shrimp, frozen and defrosted
- 1/4 cup heavy cream
- 1/2 tsp sea salt
- Cracked black pepper, to taste
- Optional: crushed red pepper
- Fresh basil
- 8 oz Palmini noodles, cooked

Preparation

1. Sauté oil and shallots, red pepper and garlic on medium heat for 1 minute
2. Add zucchini and wine and cook until soft
3. Add cream, shrimp and salt and cook another 2 mins
4. Toss with Palmini noodles, black pepper and fresh basil leaves and serve warm

(2 servings)



Antipasto Salad

Ingredients

- 4 cups romaine lettuce, chopped
- 1/2 cup black olives, sliced
- 1/2 cup green olives, sliced
- 1/2 cup tomatoes, diced
- 1/2 cup bell peppers, chopped
- 1/2 cup fresh mozzarella, chunked
- 1/2 cup salami, chopped
- 1/2 cup pepperoni, chopped
- 1/2 cup prosciutto, chopped
- 1/4 cup white onion, sliced
- Sea salt and black pepper, to taste
- 3 Tbsp olive oil, or to taste
- Optional: fresh basil and Parmesan

Preparation

1. Combine all ingredients together
2. Toss for 2 mins with olive oil and gently bruise lettuce while tossing
3. Salt and pepper generously to taste and garnish with fresh basil or Parmesan

(4 servings)



Gorgonzola Prosciutto Salad

Ingredients

- 4 cups mixed baby greens
- 1 cup arugula
- 8 oz prosciutto, sliced
- 1/2 onion, sliced
- 1/4 cup pecans
- 4 oz gorgonzola, chunked
- 1 Tbsp balsamic vinegar
- 4 Tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp sea salt
- Cracked black pepper, to taste
- Optional: Parmesan

Preparation

1. Mix vinegar, oil, oregano, salt and pepper in a small container and shake vigorously
2. Toss first 6 ingredients gently and then add dressing
3. Toss for another minute, bruising lettuce gently with tongs
4. Add salt and pepper if needed and serve with Parmesan

(4 servings)



Mock Porchetta Pork Roast

Ingredients

- 1 lb pork shoulder or tenderloin, salted 3 days prior
- 1/2 Tbsp dried sage
- 1 tsp fennel seed
- 1/2 Tbsp rosemary, chopped
- 1/2 Tbsp capers, drained
- 1/2 Tbsp lemon zest
- 2 cloves garlic, minced
- 1 tsp sea salt + 1 tsp
- 1/2 Tbsp cracked black pepper
- 1 Tbsp olive oil

Preparation

1. Salt pork with 1 tsp salt and refrigerate 2-3 days prior
2. Blend sage, rosemary, garlic, fennel, capers, oil, pepper and 1 tsp salt
3. Score the top of the loin and then massage in all spices well
4. In a roasting pan, tie up the tenderloin so it has an even thickness all around
5. Roast at 325 F for 2-3 hours. Ready when meat falls apart and internal temperature reads at least 145 F.
6. Let rest 15 mins and then slice and serve warm

(4 servings)



Fish Brodetto Stew

Ingredients

- 4 Tbsp olive oil
- 1 onion, chopped
- 1 lb white fish fillet, 2"-inch pieces
- 2 cups whole clams + 2 Tbsp clam juice
- 1" piece of ginger, peeled
- 3 cloves garlic, minced
- 2 bay leaves
- 2 Tbsp clam juice
- 28 oz stewed tomatoes
- 1 cup water
- 1 cup dry white wine
- Optional: red pepper flakes, to taste
- Fresh parsley, diced
- Sea salt and cracked black pepper, to taste

Preparation

1. Over low heat, warm olive oil and then add onion, ginger and cook until softened
2. Add red pepper, garlic and bay leaves and stir continuously for 1 min
3. Add fish, clams, tomatoes, salt, pepper, and clam juice and cook another 5 mins
4. Add water and wine and bring to boil, and then turn down heat, cover and simmer 10 mins
5. Garnish with parsley and serve with slimhead bread

(4 servings)



Sea Bass Italiano

- 3 sea bass fillets
- 1 Tbsp olive oil
- 1/4 cup raisins
- Juice and zest of 1 lemon
- 1 lemon sliced
- 4 stalks of fresh thyme
- 1 tsp black pepper crushed
- Pink Himalayan Salt
- Crushed red pepper

Preparation

1. Best to remove all bones from the fillets to avoid choking hazards.
2. Heat the olive oil in a pan and add the lemon zest, juice, raisins.
3. Top the fish a bit with the salt, black and red pepper.
4. Add the lemon slices and thyme to the sauce and mix well. Then put the fish fillets on top of the sauce.
5. Cover the pan and let the fish cook for about 6 minutes or until the fish develops a firm feeling

(4 servings)



Slimhead Pizza

Ingredients

- 1 3/4 Cups shredded mozzarella cheese
- 3 Tsp grated Pecorino Romano cheese
- 1 Tsp basil
- 1/2 Tsp garlic powder
- 1/4 Tsp sea salt
- 1/2 Tsp black pepper
- 1/4 Tsp oregano
- 2 Eggs

For the toppings:

- 1 bunch fresh basil leaves
- 15 cherry tomatoes
- 1 Cup shredded mozzarella cheese
- 3/4 Cup no sugar added tomato sauce

Preparation

1. Preheat oven to 350
2. Cover a pizza tray using parchment paper
3. Use some olive oil to grease well
4. Mix all ingredients to make pizza dough in a large bowl
5. Place ball of dough in center of pizza tray
6. Drizzle some olive oil over the dough and place a sheet of parchment paper over
7. Work the dough into a flat pizza using a roller over the parchment paper
8. Remove paper
9. Bake in oven 15-20 minutes, or until golden brown
10. Remove from oven
11. Turn oven up to 425
12. Top pizza crust with sauce, cheese, cherry tomatoes sliced in halves and basil leaves
13. Bake in oven 5 minutes
14. Allow to cool 5 minutes before serving

(Serves 8)



Tuscan Steaks with Pistachio Butter

Ingredients

- 1/4 cup unsalted pistachios, shelled
- 1 cup spinach
- 1/4 cup butter, softened
- 1 tsp salt
- 2- 8oz steaks to preference
- 2 cups Tuscan marinade

Preparation

1. Marinate steaks overnight
2. In a food processor, blend pistachios, spinach and butter until smooth
3. Grill steaks to preferred temperature
4. Add dollop of butter to steaks and cover, let rest 5 mins
5. Serve warm with roasted asparagus or broccoli

(Serves 2)



Roasted Squash Salad

Ingredients

- 1/2 cup water
- 3 Tbsp erythritol, granulated
- 1 cinnamon stick
- 1/2 cup white wine vinegar
- 1 1/2 lbs squash, halved and seeded
- 2 Tbsp olive oil
- Sea salt and cracked ground pepper, to taste
- 1 inch piece fresh ginger, peeled and grated
- 1 cup ricotta salata or feta cheese
- 1/2 pecans
- Fresh lemon juice
- 2 tablespoons sour cream or panna acida
- Mixed greens

Preparation

1. Bring sweetener, vinegar, and cinnamon to simmer for 5 mins and then let cool
2. Remove cinnamon stick and reserve liquid
3. Add 1 Tbsp olive oil to the reserved liquid
4. Rub oil, ginger and salt/pepper on each half of squash and turn cut side down on parchment paper
5. Roast at 325 F for 15 mins and then turn over and roast another 15 mins until softened
6. Let cool and slice into 1" pieces and then rub with oil again
7. Roast at 400 F for another 25 minutes until golden
8. Arrange mixed greens, cooked squash, pecans and cheese on a plate and drizzle with reserved liquid
9. Serve with panna acida a spritz of lemon and salt/pepper to taste

(Serves 2)



Bolognese Pancetta Ragu

Ingredients

- 2 Tbsp olive oil
- 1/4 cup butter
- 1 medium onion, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 1 cup pancetta or bacon, diced
- 1 tsp sea salt
- Cracked ground black pepper to taste
- 2 lbs ground beef or pork
- 1/2 cup dry red wine
- 1 cup heavy cream
- 1 can (28 oz) stewed tomatoes
- 1 cup beef or chicken stock

Preparation

1. Saute celery, garlic, and onion in butter and oil for 5 mins until soft, season with 1/2 tsp salt
2. Add pancetta and cook about 10 mins, until crisp
3. Add ground meat and then cook for 10 mins until golden and crispy
4. Lower heat and add wine and deglaze pan by scraping with spoon until wine has reduced
5. Add tomatoes, broth, black pepper and 1/2 tsp salt and bring to boil
6. Lower heat and simmer gently 1.5 hours, stirring occasionally
7. Add heavy cream and simmer another 20 mins
8. Serve with Palmini noodles or Italian flatbread and salad

(Serves 4)



Lemon Butter Salmon

Ingredients

- 6 oz salmon fillets
- Sea salt and cracked black pepper, to taste
- 2 Tbsp olive oil
- 1 shallot, diced
- 2 Tbsp chicken broth
- 2 Tbsp capers
- 1 tsp lemon juice + zest
- 2 Tbsp butter
- 1 Tbsp Dijon mustard
- 2 Tbsp fresh parsley, chopped
- Roasted asparagus

Preparation

1. Over medium heat, add oil and let warm
2. Add seasoned salmon to skillet and leave for 3-4 mins until golden
3. Flip carefully and cook another minute until middle of salmon starts to flake, remove immediately to rest
4. In the same pan, add shallot, 1/2 tsp salt and additional oil, stir frequently until fragrant
5. Add the broth, capers, lemon juice, zest and simmer for 2 minutes to reduce slightly
6. Whisk in the butter and mustard until smooth
7. Spoon sauce over the salmon, garnish with parsley and serve with roasted asparagus

(Serves 2)



Asiago Stuffed Portobello

Ingredients

- 4 portobello mushrooms
- 1/2 mayo
- 1/2 cup Asiago cheese
- 1/2 cup fresh basil, chopped
- 1/4 cup pine nuts, roasted
- 1/4 Parmesan, grated
- Cracked black pepper, to taste

Preparation

1. Roast mushroom cap, with stems removed at 375° F for 10 mins
2. Mix mayo, asiago, basil, Parmesan, black pepper with a fork until well combined
3. Fill each mushroom with 2 spoons of mixture
4. Bake again until cheese is lightly browned, about 10 mins
5. Serve warm on a bed of mixed greens with pine nuts, parsley and Parmesan garnish

(Serves 2)



Simplified Beef Braciola

Ingredients

- 1 cup Parmesan cheese, shredded
- 1/2 cup fresh basil, chopped
- 1/2 cup provolone cheese, shredded
- 1/2 fresh parsley
- 5 cloves garlic, minced
- 1/4 cup olive oil
- Salt and pepper to taste
- 1 lb flank steak
- 2 Tbsp avocado oil
- 1/2 cup dry white wine
- 2 cups marinara
- Oven safe twine, food grade

Preparation

1. Combine first 7 filling ingredients and mix well
2. Pound flank steak until thin (1/4") and then season with salt and pepper
3. Spread out filling to cover meat, edge to edge
4. Roll tightly into a log, tie up with twine and then season again
5. Heat oil in a cast iron pan and brown each side of the roll carefully, set aside
6. Add marinara to the pan with wine and deglaze the pan
7. Add roll back to pan, move to oven and cook at 350°F for 45-60 mins, or until cooked to desired temperature. Add more water or marinara if it starts to dry out
8. Serve with Palmini noodles or on a bed of arugula

(Serves 4)



Chicken Piccata with Capers

Ingredients

- 4 chicken breasts, thinly sliced
- 1/4 cup olive oil
- 1/2 cup coconut flour
- 1 tsp garlic salt
- 1/2 cup Parmesan
- 2 Tbsp butter
- 1 Tbsp chicken stock
- 2 Tbsp capers + 2 Tbsp juice
- 1 Tbsp lemon juice
- Salt and cracked black pepper, to taste
- Fresh parsley garnish

Preparation

1. Pound butterflied chicken breasts with a mallet to tenderize until about 1/4" thick
2. Mix coconut flour, garlic salt, pepper, and Parmesan together
3. Soak each chicken piece in olive oil briefly and then dredge in coconut flour mixture and add to hot oil
4. Working in batches on medium-high heat, cook on each side until cooked through (at least 165 internal temp) and then keep warm on a platter
5. Lower heat on the pan and melt 1 Tbsp butter and then add caper juice and stock. Whisk 4-5 mins until it starts to thicken
6. Add remaining butter, capers and lemon juice and stir until completely melted
7. Pour all sauce over the chicken platter and serve with Palmini noodles or a green salad

(4 servings)



Grilled Tagliata Steak Strips

Ingredients

- 12 oz Flank steak or NY strip, divided into two cuts
- Salt and pepper to taste
- 3 cups mixed greens
- 1/2 tsp lemon juice
- 6 tbsp Parmesan
- 1/2 Tbsp balsamic vinegar + 1 Tbsp olive oil

Preparation

1. Season steak with salt and pepper and cook on the grill to desired temperature. Let rest for 5 mins
2. Mix lettuce with olive oil, lemon juice, salt and pepper and arrange on a platter with Parmesan on top
3. Slice steak and then season with salt and pepper and arrange on top of lettuce
4. Drizzle oil/vinegar mix on top and serve

(Serves 2)



Ginger Shrimp Pasta

Ingredients

- 16 whole shrimp
- Sea salt and pepper to taste
- 2 Tbsp olive oil
- 2 cloves garlic, crushed
- 1" fresh ginger, sliced
- 1 Tbsp anchovy paste
- 2 Tbsp water
- 2 Tbsp pesto
- 3 medium tomatoes, in chunks
- 8 oz Palmini noodles
- Parmesan or pecorino

Preparation

1. Warm oil in sauté pan and add ginger, seasoned shrimp and garlic, cook for 2 mins each side
2. Add anchovy paste and water and cook another 10 mins until pink
3. Toss shrimp, pesto, tomatoes and noodles in a bowl
4. Garnish with Parmesan or pecorino, correct flavor with salt and pepper to taste, and serve warm

(4 servings)



Chicken Anchovy Milanese

Ingredients

- 2-3 chicken breast, very thinly sliced
- 2 eggs + 1 Tbsp water, beaten
- 1 cup Parmesan + salt and pepper to taste
- 1 Tbsp olive oil
- 1/2 onion, diced
- 2-3 sardines in oil
- 3 cloves of garlic, minced
- 20 oz tomato puree
- 1/8 tsp fennel
- 1 tsp basil, chopped
- 1/2 cup mozzarella, shredded
- 2 cups zoodles (spiralized zucchini)

Preparation

1. Sauté onions in oil until they become golden
2. Add sardines and garlic and stir frequently until garlic starts to brown
3. Add tomato puree and bring to a boil
4. Lower heat and simmer 10-15 mins
5. Add fennel and let cook another 30 mins
6. Cook zoodles and prepare chicken
7. Dip chicken in egg wash and then Parmesan, salt and pepper
8. Cook in olive oil over medium high heat until cooked through (5-6 mins)
9. Add mozzarella and let melt
10. Plate chicken and then sauce and basil. Serve immediately

(Serves 2)



Asiago Prosciutto Pasta

Ingredients

- 1 cup asiago cheese, shredded
- 8 oz prosciutto
- 3 cups heavy cream
- 1 Tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp sea salt
- Cracked black pepper, to taste
- 8 oz Palmini noodles, cooked

Preparation

1. Mince garlic, sprinkle with salt and then smash together with knife
2. Warm oil in a sauté pan and then add garlic and prosciutto and stir continuously for 30 seconds
3. Add cream and stir until it becomes hot and steamy about 3 mins
4. Add 1/2 cup cheese, stir for 30 seconds and then another 1/2 cup and continue stirring for 5 minutes
5. Season with black pepper and more salt if preferred
6. Serve warm over noodles

(4 servings)



Southern Italian Clam Chowder

Ingredients

- 1 slice of bacon, diced
- 1/2 cup onion, chopped
- 2 garlic cloves, minced
- 1 celery stalk, chopped
- 1 can stewed or diced tomatoes and juice (14.5 oz)
- 1 can tomato sauce (8 oz)
- 1 bottle clam juice (8 oz)
- 1 can clams and juice (6.5 oz)
- 1/4 cup parsley
- 1 bay leaf
- 1 tsp salt
- 1 tsp Italian spice
- Ground black pepper to taste
- Optional: 1 tsp crushed red pepper

Preparation

1. Sauté bacon until crisp, and then add celery, onion until they become tender. Add garlic and pepper the last 2 mins and stir until fragrant
2. Add tomato sauce, tomatoes, clam juice, bay leaf and spices and bring to a boil
3. Cover, reduce heat and simmer for 15 mins
4. Add clams and simmer for 5 more mins
5. Garnish with fresh parsley for color
6. Serve with Keto French Bread or Parmesan crisps

(4 servings)



Marinara Meatball Parm

Ingredients

- 1 lb ground beef or pork
- 1 Tbsp dried parsley
- 1/2 Tbsp Italian spice
- 1/4 cup coconut flour
- 1/2 cup water
- 2 eggs
- 1/2 onion, diced
- 1 tsp garlic salt
- 3/4 cup grated Parmesan cheese
- Cracked black pepper to taste
- 1 Tbsp olive oil
- 8 oz mozzarella
- 1 cup marinara

Preparation

1. Mix all ingredients except mozzarella and marinara in a bowl, until well incorporated
2. Preheat oven to 375° F
3. Form 12-15 meatballs
4. Brown meatballs with oil in a hot cast iron pan
5. Add 1/4 cup water, cover and simmer for 8-10 mins, until insides are barely pink
6. Add marinara sauce and mozzarella, bake in oven for 10-15 mins until cheese is melted
7. Garnish with Parmesan and serve with zoodles or Palmini noodles

(Serves 4)



Sicilian Marinated Fish

Ingredients

- 1 lb white fish fillets
- 1/2 Tbsp lemon juice + spritz
- 1 Tbsp fresh thyme
- 1 Tbsp mustard
- 2 tablespoons unsalted butter, softened
- 2 Tbsp olive oil
- 1/2 tsp salt
- Cracked pepper to taste

Preparation

1. Salt and pepper fillets and spritz with lemon juice, cover and marinate for 30 mins
2. Combine lemon juice, thyme, mustard and salt and pepper in a food processor. Add butter and mix until smooth and then slowly stream in olive oil until well combined. Leave at room temperature
3. Bake fillets at 400°F until flaky, approximately 8-10 mins depending on thickness
4. Pour sauce over fish and serve immediately over a bed of greens

(Serves 2)



Eggplant alla Norma

Ingredients

- 2 Tbsp olive oil
- 1 eggplant, cubed
- Sea salt and cracked black pepper, to taste
- 14 oz can stewed tomatoes
- 1 Tbsp garlic, minced
- 1/4 cup fresh basil, chopped
- 1 tsp Italian spice
- Optional: crushed red pepper
- 8 oz ricotta salata
- 8 oz Palmini noodles or zoodles

Preparation

1. In colander, sprinkle eggplant generously with salt and let sit 10 mins
2. Rinse eggplant, pat dry and sauté in olive oil in batches
3. Warm 1 Tbsp oil over medium heat, toast garlic and red pepper for about 30 seconds
4. Add tomatoes, basil, Italian spice and salt and bring to boil
5. Reduce heat, add eggplant and simmer for 15 minutes
6. Serve warm with ricotta salata and fresh basil over noodles

(4 servings)



Italian Sausage and Peppers

Ingredients

- 4 links Italian sausage, sliced
- 1 Tbsp olive or avocado oil
- 2 red, orange or yellow bell peppers, sliced
- 1 small onion, sliced
- Cracked black pepper and salt to taste

Preparation

1. In a hot skillet add olive oil and char the sausages, 1 minute
2. Add vegetables, salt and pepper and mix well
3. Stir every few minutes until peppers start to get soft and slightly charred
4. Serve while hot

(4 servings)



Spicy Shrimp Fra Diavolo

Ingredients

- 1 lb medium shrimp, cleaned
- 2 tsp kosher salt
- 1 tsp crushed red pepper, or to taste
- 2 + 2 Tbsp olive oil
- 1 onion, sliced
- 1 can (14.5 oz) stewed or diced tomatoes (with juices)
- 1 cup dry white wine
- 3 large cloves garlic, minced
- 1/2 tsp dried Italian spice
- Optional: fresh parsley and basil
- 8 ounces Palmini noodles, cooked and drained

Preparation

1. Combine shrimp, salt and red pepper until evenly coated
2. Warm oil in skillet and sauté shrimp about 2 mins until pink, keep warm on a side plate
3. Add 1 Tbsp olive oil and onion to the same skillet and cook until onion becomes translucent (3-5 mins)
4. Add tomatoes, tomato juice, wine, garlic and Italian spices, reduce heat and simmer 10 mins
5. Add shrimp and cooked pasta to tomato mixture and toss well
6. Garnish with fresh basil and parsley and serve immediately

(Serves 4)



Halibut Puttanesca

Ingredients

- 1 lb Halibut or white fish
- 2 Tbsp olive oil
- 1 Tbsp anchovy oil
- 1 cup white onion, diced
- 8 cloves garlic, minced
- 2 ounces anchovies (oil reserved)
- ¼ cup dry white wine
- 28 oz stewed tomatoes
- 1 tsp oregano
- Optional: crushed red pepper
- ½ cup green olives, halved
- 1 Tbsp capers, drained
- 2 Tbsp fresh parsley, chopped
- Salt and cracked pepper to taste

Preparation

1. Season fish with salt and pepper
2. In a large sauté pan, heat oils and cook onion for 4-5 mins until soft
3. Add garlic, oregano and red pepper and cook 1 minute
4. Add anchovies and once warm they should start splitting apart
5. Add white wine and cook for 2 mins and then add tomatoes
6. Bring to a simmer and then stirring frequently cook 8-10 mins
7. Add olives, capers, parsley, salt and pepper to taste and cook and additional 2 mins
8. Add fish fillets on top of the sauce, basting the fillets with sauce
9. Cover pan until fish becomes flaky, about 6-8 mins depending on size of fillet
10. Add sauce to bottom of bowl, and layer fish on top and then serve warm with zoodles or Slimhead garlic bread

(Serves 4)



Caramelized Onion and Pancetta Salad

Ingredients

For the salad mix:

- 1 Tbsp olive oil
- ½ medium onion, sliced
- 5 slices pancetta or bacon
- 2 cloves garlic, minced
- 2 Tbsp swerve brown sugar
- ¼ teaspoon salt
- Cracked black pepper to taste
- 5-6 cups of mixed salad greens or your favorite
- Garnish Parmesan slices

For the Apple Cider Vinaigrette:

(Mix well)

- 2 Tbsp apple cider vinegar
- ¼ cup extra-virgin olive oil
- 1 tsp mustard
- ½ teaspoon Nature's Hollow Sugar Free Honey Substitute
- ½ teaspoon salt
- Cracked black pepper to taste

Preparation

1. Toss together onion, pancetta, garlic, brown sugar, olive oil, salt, and pepper.
2. Spread out the ingredients on a baking sheet with parchment paper.
3. Bake at 400°F until the pancetta is crisp (20 mins) and let cool.
4. Toss cooled pancetta and onion with salad greens and vinaigrette for 30 seconds, garnish with Parmesan and serve.

(Serves 4)

A glass jar filled with a bright yellow liquid, likely olive oil, sits on a wooden surface. A fresh sprig of rosemary is placed inside the jar, its green needles pointing upwards. In the blurred background, a whole yellow lemon is visible on the left, and a white ceramic bowl is on the right.

Staples

Essential Alfredo Sauce

Simple Italian Meatballs

Quick Balsamic Dressing

Roasted Broccoli

Tuscan Meat Marinade

Whipped Cream

Garlic Parsley Aioli

Zucchini Zoodles

Simple Lemon Vinaigrette

Italian-Style Mayonnaise

Slimhead Garlic Bread

Roasted Tomatoes

Spinach Pinole Pesto

Salty Parmesan Cheese Crisps

Essential Marinara Sauce

Italian Flat Bread

Simple Lemon Curd



Essential Alfredo Sauce

Ingredients

- 3 Tbsp butter or ghee
- 2 garlic cloves, minced
- 2 cups heavy cream
- 4 oz cream cheese, room temp
- 8oz Parmesan, grated
- 1/8 tsp ground nutmeg
- Sea salt and cracked black pepper, to taste

Preparation

1. Melt butter in a sauté pan, add garlic for 30 seconds
2. Add heavy cream and cream cheese and bring to simmer, stirring frequently
3. Add Parmesan and nutmeg, salt and pepper and cook 8 mins, until it thickens
4. Save in refrigerator for up to 7 days

(4 cups)



Simple Italian Meatballs

Ingredients

- 1 lb ground beef or pork
- 3 Tbsp almond flour
- 1/4 cup nut milk
- 1 egg
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp Italian spice
- 1 cup onion
- 2 garlic cloves, minced
- Optional: crushed red pepper, to taste
- 1 cup marinara

Preparation

1. Mix all ingredients and mold meatball to preferred size
2. Cook meatballs in water until cooked through
3. Warm favorite sauce in a sauté pan, add meatballs and serve warm

(4 servings)



Quick Balsamic Dressing

Ingredients

- 1 Tbsp balsamic vinegar
- 4 Tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp sea salt
- Cracked black pepper, to taste

Preparation

1. Mix all ingredients in a small container and shake vigorously
2. Serve on your favorite salad or as a dip

(4 servings)



Roasted Broccoli

Ingredients

- 1 lb broccoli (or asparagus), 2" pieces
- 2 Tbsp olive oil
- Sea salt and pepper, to taste
- 1/2 Tbsp Italian spice
- 1 Tbsp Parmesan, grated

Preparation

1. Salt and pepper and spice the olive oil on a non-stick baking sheet
2. Add veggies to oil and toss to coat evenly
3. Cut garlic in half and rub each piece with garlic
4. Bake 10 mins at 425°F until softened and starting to brown
5. Garnish with Parmesan and keep warm until ready to serve

(4 servings)



Tuscan Meat Marinade

Ingredients

- 3 Tbsp olive oil
- 1 tsp lemon juice
- 8 cloves garlic, minced
- 1 Tbsp rosemary
- 1 Tbsp dried oregano
- 2 tsp sea salt
- 1 tsp black pepper
- Optional: 2 tsp crushed red pepper

Preparation

1. Mix all ingredients with protein of choice
2. Let marinade overnight or at least 2 hours

(1/4 cup)



Whipped Cream

Ingredients

- 1 cup heavy cream, cold
- 1 Tbsp swerve confectioners' sugar
- 1 tsp vanilla extract
- 1/4 tsp cream of tartar

Preparation

1. Place bowl and whisk or beaters in a freezer for 20 mins
2. Whip heavy cream, sweetener, cream of tartar and vanilla on high until stiff peaks form
3. Avoid over mixing and serve cold
4. Store in refrigerator up to 5 days

(5 servings)



Garlic Parsley Aioli

Ingredients

- 6 garlic cloves, minced
- 2 tsp lemon juice
- 1 cup mayonnaise
- 1/2 Tbsp fresh parsley, chopped
- 1/2 tsp kosher salt

Preparation

1. Sprinkle garlic with salt and then press down with knife
2. Add lemon juice and let soak for 10 mins
3. Strain the garlic and reserve the remaining lemon juice
4. Mix lemon juice, parsley and mayo
5. Spritz with lemon juice to taste and garnish with parsley

(1 cup)



Zucchini Zoodles

Ingredients

- 2 medium zucchini
- 1 Tbsp olive oil
- Sea salt and pepper, to taste

Preparation

1. Cut off ends of zucchini
2. Spiralize your noodles, or use a peeler and create long strands from the zucchini and add to a large bowl
3. Sprinkle zucchini generously with salt and let sit for 10 mins
4. Press with paper towels to release the extra moisture
5. Sauté with oil over medium heat 5 mins or until tender, to your liking
6. Sprinkle with salt and pepper, add your favorite sauce and serve

(2 cups)



Simple Lemon Vinaigrette

Ingredients

- 2 tsp of finely grated lemon zest
- 4 Tbsp fresh lemon juice
- 1/4 cup fresh parsley
- 2 garlic cloves, minced
- 1/2 tsp sea salt
- Cracked black pepper, to taste
- 4 Tbsp extra virgin olive oil

Preparation

1. Mix all ingredients, except oil in blender
2. Gradually add olive oil while blender is running
3. Keep refrigerated up to 12-15 days

(1 cup)



Italian-Style Mayonnaise

Ingredients

- 2 egg yolks + 1 whole egg, room temp
- 1 cup olive oil
- Spritz lemon juice
- 1/4 tsp sea salt

Preparation

1. In a blender, mix egg, lemon and salt until frothy
2. Add olive oil very gradually, starting with drops and continue blending as the oil absorbs into the egg mix
3. Continue blending and adding olive until it is gradually absorbed
4. Mayo is ready once olive oil is incorporated and it becomes a thick, creamy sauce
5. Store in refrigerator up to 7-10 days

(1 cup)



Slimhead Garlic Bread

Ingredients

- 1 3/4 cups mozzarella cheese, shredded
- 3 tsp Romano cheese
- 1 tsp basil
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- 1/2 tsp black pepper
- 1/4 tsp oregano
- 2 eggs

Preparation

1. Mix all ingredients well
2. On baking sheet with parchment paper, drizzle ball of dough with olive oil
3. Add 2nd parchment paper on top and start working dough into a flat shape with hands or roller
4. Once flat or desired thickness, remove top sheet of parchment
5. Options: Use as pizza crust, slice in strips and twist as breadsticks, or cut up into 8 smaller portions and form rolls
6. Bake at 350°F for about 15-20 mins or until golden brown
7. Dip in fresh marinara sauce, ghee garlic butter or your favorite Keto topping

(8 servings)



Roasted Tomatoes

Ingredients

- 3 cups tomatoes, in large chunks
- 3 garlic cloves, thinly sliced
- 2 Tbsp olive oil
- Optional: 2 Tbsp balsamic vinegar
- 1/2 tsp sea salt
- Cracked black pepper, to taste

Preparation

1. Toss all ingredients together until well coated in a baking dish
2. Stirring occasionally, roast on 400°F for 20 mins
3. Serve with a bed of greens or with fresh mozzarella

(4 servings)



Spinach Pinole Pesto

Ingredients

- 2 cups fresh spinach, loosely packed
- 2 cups fresh basil, loosely packed
- 4 garlic cloves, minced
- 1/2 cup pine nuts
- 3/4 cup Romano cheese
- 1 cup olive oil
- 1/2 tsp salt
- Cracked black pepper, to taste
- Fresh lemon

Preparation

1. Pulse basil, spinach, garlic, pine nuts, and Romano cheese in a food processor
2. Drizzle the oil into the mix, slowly while the processor is running
3. Add salt, pepper and a spritz of lemon
4. Keep covered and refrigerated for up to 7-10 days

(8 servings)



Salty Parmesan Cheese Crisps

Ingredients

- 2 cups Parmesan
- Optional spices: basil, Italian seasoning, whole jalapenos, green olives, cracked pepper

Preparation

1. Using parchment paper, make 12 small piles of Parmesan cheese
2. Flatten out, trying to keep the pile intact
3. Sprinkle spices or add jalapenos or olives as desired
4. Cook at 350°F until the edges get crispy (about 5-7 mins)
5. Serve with cream cheese spread, cheese or sour cream
6. Store in sealed container for up to 7-10 days

(24 crisps)



Essential Marinara Sauce

Ingredients

- 4 garlic cloves, minced
- 2 Tbsp olive oil
- 1 tsp crushed red pepper
- 1 tsp Italian seasoning, oregano or basil
- 2 - 28 oz cans of crushed or whole tomatoes
- 2 Tbsp butter
- 1 tsp salt

Preparation

1. Sauté garlic cloves and red pepper in olive oil for about 30 seconds on med-low heat
2. Add tomatoes with sauce, salt and seasoning and let simmer 20 minutes
3. Add butter, turn off heat and stir until melted
4. Keep refrigerated for up to 7 days

(8-10 Servings)



Italian Flat Bread

Ingredients

- 2 cups mozzarella
- 8 oz cream cheese (1/2 package)
- 1 tsp baking powder
- 2 eggs
- 1 cup almond flour
- 1 tsp Italian seasoning
- 1/2 tsp garlic salt
- 1/2 tsp rosemary
- Olive oil to taste

Preparation

1. In a microwave or double boiler, melt the mozzarella and cream cheese together
2. Separately, mix remaining ingredients well and combine with cheese mix
3. Lay the dough out evenly and dimple with fingers on a non-stick (6x4) pan with edges
4. Optional: drizzle with olive oil
5. Bake at 350°F for 10-12 minutes or until golden brown
6. Let cool and serve warm or reheat as needed
7. Serve with fresh marinara or Southern [Italian Clam Chowder](#)

(4 servings)



Simple Lemon Curd

Ingredients

- 4 Tbsp lemon juice
- 2 tsp lemon zest
- 1 egg
- 1 egg yolk
- 2 Tbsp Swerve granulated sweetener
- 2 Tbsp cold butter

Preparation

1. In a glass bowl whisk lemon juice, zest, egg, egg yolk, and sweetener
2. Set bowl over a double boiler or a pan of simmering water and whisk continuously until thickened
3. Remove from heat and stir in the butter until melted
4. Strain the curd into another serving glass, cover and refrigerate until cool
5. Refrigerate covered for up to 7-10 days

(4 servings)



Dessert

Raspberry Limone Popsicles

Zabaglione Custard

Mascarpone Hot Chocolate

Cinnamon Affogato

Ricotta Chocolate Mousse

Hazelnut Vanilla Panna Cotta

Strawberry Spritzer

Lemon Mint Chia Ice Cream

Panna Cotta and Raspberries

Lemony Berries and Mascarpone

Tiramisu Mousse

Sicilian Lemon Ricotta Cheesecake

Coffee Ganache Truffles

Lemony Mascarpone Cream

Mascarpone Cinnamon Pudding

Bubbly Spritzer Limonata



Raspberry Limone Popsicles

Ingredients

- 1/2 cup Swerve sweetener
- 1/2 cup water + 1/2 cup water
- 1/2 cup lemon juice
- 1/2 cup ice
- 1 cup raspberries

Preparation

1. Combine sweetener, 1/2 cup water, and 1 cup raspberries in a saucepan and bring to simmer for 10 mins
2. Remove from the heat and stir in the lemon juice, remaining water and ice to cool
3. Strain out pulp and divide liquid among 10 popsicle molds or paper cups and freeze

(10 servings)



Zabaglione Custard

Ingredients

- 6 egg yolks, room temp
- 3/4 cup marsala wine
- 4 Tbsp Swerve
- 2 cups raspberries, sliced
- 1 Tbsp lemon zest

Preparation

1. Over a double boiler on low heat, combine the yolks, zest, wine and sweetener in a bowl
2. Continuously beat the egg mix until it warms and triples in volume, about 5 mins
3. Let cool or serve warm over raspberries

(4 servings)



Mascarpone Hot Chocolate

Ingredients

- 8 oz Lily's Dark Chocolate chips
- 4 Tbsp Swerve, granulated
- 1 1/2 cup heavy cream
- 1 1/2 cup water
- 2 Tbsp mascarpone cheese

Preparation

1. Heat up dark chocolate and Swerve until it starts to steam
2. Add heavy cream and water and let cook about 5 mins on low heat
3. Divide between two cups with a dollop of mascarpone and serve

(2 servings)



Cinnamon Affogato

Ingredients

- 2 scoops ice cream
- 1 cup coffee, hot brewed
- 1 stick cinnamon

Preparation

1. Brew coffee with cinnamon stick added to coffee pot
2. Divide ice cream between 2 glasses
3. Pour 1/2 cup hot coffee into each glass and serve quickly

(2 servings)



Ricotta Chocolate Mousse

Ingredients

- 2 cups ricotta cheese, strained
- 2 egg yolks
- 1/4 cup Swerve confectioners
- 1 Tbsp coffee, brewed hot
- 1 Tbsp cocoa powder
- Pinch salt
- Optional: whipped cream

Preparation

1. Drain ricotta for an hour prior
2. Beat egg yolks and sweetener until completely smooth
3. Add ricotta, salt, coffee and espresso
4. Refrigerate ideally overnight but at least an hour
5. Serve chilled with whipped cream and cocoa powder

(4 servings)



Hazelnut Vanilla Panna Cotta

Ingredients

- 1/2 Tbsp gelatin
- 1 Tbsp cold water
- 1 cup heavy cream
- 1/2 cup almond milk
- 4 Tbsp Swerve sweetener
- 1 tsp cinnamon
- 1 vanilla bean, seeds scrapped
- 1 tsp hazelnuts or almonds, ground

Preparation

1. Whisk together gelatin and cold water and let sit to thicken
2. Warm remaining ingredients (except nuts) in a saucepan, stirring constantly until boiling
3. Reduce heat and simmer for 2-3 mins. Remove bean pod and then remove from heat
4. Add gelatin mix and whisk until smooth
5. Divide among 2 greased ramekins, let cool and then place in refrigerator at least 4 hours to overnight
6. Remove panna cotta from ramekins, usually served upside down on a plate
7. Garnish with hazelnuts

(2 servings)



Strawberry Spritzer

Ingredients

- 6 medium strawberries
- 10 oz water
- 6 oz lemonade
- 2 green tea bags + 3 oz warm water
- 12 ounces sparkling water or seltzer
- Optional: Rosemary, lemon or mint garnish

Preparation

1. Steep tea bags in warm water for 10 mins. While tea is steeping, cut green tops off of the strawberries and blend them into the water, using an immersion blender or blender.
2. Combine strawberry/water mixture, lemonade, tea and sparkling water in a pitcher. Add sweetener to taste.
3. To serve over ice, add lemon slices, rosemary or mint for garnish and top off glass with spritzer

(1 quart)



Lemon Mint Chia Ice Cream

Ingredients

- 1 lemon, zest and juice
- 3 large eggs, room temperature (separated)
- 1/4 tsp cream of tartar
- 1 tsp chia seeds
- 1 sprig mint
- 1/3 cup erythritol
- 1 3/4 cups heavy whipping cream

Preparation

1. Soak lemon in warm water and then zest. Add yolks, sweetener, lemon juice, zest and chia, whisk well and set aside to soak for 2 mins
2. In a separate metal or glass bowl, beat egg whites and cream of tartar until stiff and then add yolk mixture carefully
3. In a third bowl, whip heavy cream to soft peaks
4. Combine heavy cream and egg mix carefully and move to freezer
5. Stir every 30 mins until it thickens (1-2 hours, before fully freezing)
6. Garnish with mint and serve

(6 servings)



Panna Cotta and Raspberries

Ingredients

- 1/2 Tbsp gelatin
- 1 Tbsp cold water
- 1 cup heavy cream
- 1/2 cup coconut milk
- 4 Tbsp Swerve sweetener
- 1 tsp vanilla

Preparation

1. Whisk together gelatin and cold water and let sit to thicken
2. Warm remaining ingredients in a saucepan, stirring constantly until boiling
3. Reduce heat and simmer for 2-3 mins and then remove from heat
4. Add gelatin mix and whisk until smooth
5. Divide among 2 greased ramekins, let cool and then place in refrigerator at least 4 hours to overnight
6. Remove panna cotta from ramekins, usually served upside down on a plate
7. Garnish with fresh raspberries or Keto [raspberry sauce](#)

(Serves 2)



Lemony Berries and Mascarpone

Ingredients

- 2 Tbsp [lemon curd](#)
- 4 oz mascarpone
- 1/2 cup heavy cream, chilled + 1 tsp Swerve sweetener

Preparation

1. Whip heavy cream and sweetener until peaks form
2. Gently fold whipped cream into mascarpone and then add lemon curd
3. Serve with fresh blueberries and additional whipped cream

(2 servings)



Tiramisu Mousse

Ingredients

- 3/4 tsp instant coffee
- 2 Tbsp hot water
- 1/2 cup cold heavy cream
- 3/4 cup Swerve confectioner's sweetener
- 3 oz mascarpone cheese
- 1/2 tsp vanilla extract
- 1/2 Tbsp unsweetened cocoa powder

Preparation

1. Combine instant coffee in the hot water, and then cool
2. Beat cold heavy whipping cream until stiff peaks form and keep chilled
3. Mix sweetener and mascarpone until smooth
4. Add vanilla extract and coffee
5. Fold in whipped cream gently
6. Divide half of the mascarpone mousse between 2 glasses
7. Add a layer of cocoa powder
8. Divide another layer of mascarpone mousse between the 2 glasses
9. Add another layer of cocoa powder
10. Chill until ready to serve

(2 servings)



Sicilian Lemon Ricotta Cheesecake

Ingredients

- 1 Tbsp melted butter
- 1 1/2 cups ricotta cheese
- 1 tsp erythritol
- 1 tsp vanilla extract
- 1 tsp lemon curd
- 2 Tbsp coconut flour
- 1 Tbsp lemon zest
- 4 eggs, room temp

Preparation

1. Mix ricotta, sweetener, vanilla, flour and lemon zest and then eggs until combined
2. In a 9" cheesecake pan (buttered with parchment paper)
3. Bake at 350°F for 40-45 mins until center is firm and sides are browned
4. Cool on a cotton towel to absorb moisture and then refrigerate overnight, before serving
5. Garnish with fresh lemon slices

(Serves 4)



Coffee Ganache Truffles

Ingredients

- 1 Tbsp butter
- 8 oz Lilly's dark chocolate or milk chocolate chips
- 2 Tbsp heavy cream
- 1 tsp instant coffee granules
- Optional: 1/4 cup Cocoa Powder, Swerve confectioner's sweetener, coconut shavings or nuts

Preparation

1. Combine heavy cream, butter and coffee until it shows signs of simmer
2. Remove from heat and pour over chocolate in a separate bowl. Let sit as chocolate starts to melt
3. Add vanilla
4. Refrigerate in a shallow dish for 2 hours until pliable
5. With a scoop or spoon, shape balls and arrange on parchment paper
6. Roll balls in preferred coating and keep chilled until ready to eat

(9 truffles)



Lemony Mascarpone Cream

Ingredients

Prep lemon curd:

- 3 large whole eggs
- $\frac{3}{4}$ cup stevia powder
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{2}$ Tbsp lemon zest
- Pinch of salt
- 4 Tbsp cold butter, diced

For the mascarpone mix:

- 2 cups heavy cream (chilled)
- $\frac{1}{2}$ cup stevia powder
- 16 oz mascarpone cheese (chilled)
- 1 cup lemon curd

Preparation

For the lemon curd:

1. Whisk eggs, sweetener, salt, juice, and zest
2. Over low heat, stir continuously until it thickens slightly (3-4 mins)
3. Reduce heat and add butter, stir until melted
4. Let cool (reserve remaining curd for another snack)
5. Start mixing the mascarpone

For the mascarpone mix:

1. Mix cold cream and sweetener on high until peaks form
2. Separately combine mascarpone and lemon curd until well blended
3. Fold whipped cream into mascarpone mixture gently
4. Keep chilled until ready to serve

(2 servings)



Mascarponi Cinnamon Pudding

Ingredients

- 1/2 cup heavy cream
- 1/2 tsp vanilla extract
- 2 egg yolks
- 1 1/2 Tbsp of erythritol
- 1 cups mascarpone cheese
- 1/4 tsp cinnamon, ground
- Pinch of salt

Preparation

1. Mix egg and erythritol together
2. Warm heavy cream to a simmer stirring frequently
3. Remove from heat and pour gently and gradually over the egg mix, while whisking constantly
4. Put the mix back on low heat until it just begins to simmer again, stirring constantly
5. Remove from heat and stir in mascarpone, cinnamon, salt and vanilla
6. Separate into ramekins or bowls, cover with plastic wrap and chill until ready to serve
7. Garnish with cinnamon and Keto friendly whipped cream

(Serves 2)



Bubbly Spritzer Limonata

Ingredients

- 1 cup of freshly squeezed lime juice, strained
- 2 cups natural water
- 2 cups sparkling water
- 1/2 cup Swerve, confectioner's
- Pinch of salt
- 2 Tbsp mint

Preparation

1. Simple syrup: combine sweetener and natural water in a saucepan on medium heat until sugar is dissolved. Let cool
2. In a pitcher, combine all remaining ingredients and simple syrup and stir well
3. Prep the glasses: add a few sprigs of mint to the bottom of each glass and lightly smash with the end of a wood spoon to release flavor
4. Add ice to each glass on top of the mint, pour limeade, stir gently and serve

(Serves 2)

Italian KETO RECIPES

Dr. Harlan Kilstein has been helping people lose weight since 1979. He opened up two weight loss clinics in South Florida that saw over 300 clients a day.

Working with thousands of patients, Dr. Kilstein discovered that losing weight was much more than what you ate. Most people struggled with problems such as:

- ✔ fear of failure
- ✔ fear of success
- ✔ family sabotage
- ✔ self sabotage
- ✔ perfectionist syndrome
- ✔ falling off the wagon

Dr. Harlan Kilstein leads a large online community of people following the Keto way of life, has published the Completely Keto™ Cookbook, and reversed his own weight gain and pre-diabetes diagnosis by following a Ketogenic diet.

Get a Free Keto Recipe Daily. Just go to [CompletelyKeto.com](https://completelyketo.com) and enter your email address. And while you are there look over the hundreds of delicious recipes including Cheesecakes, Thanksgiving dinners (with all the trimmings), Pies, Brownies, Barbecued Ribs and more. All kitchen tested and delicious. (And don't miss our Bye Bye Rye - you'll think it's real rye bread!)

To work directly with Dr. Kilstein visit:

completelyketo.shop/insidersclub