

Monday



Keto turkey burgers with tomato butter

Tuesday



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Cajun chicken salad with guacamole

Wednesday



Cajun chicken salad with guacamole



Keto beef with gravy and cabbage mash

Thursday



Keto beef with gravy and cabbage mash



Keto fried chicken with cabbage

Friday



Keto fried chicken with cabbage



Crispy keto chicken thighs with lemon butter caper sauce

Saturday



Crispy keto chicken thighs with lemon butter caper sauce



Slow-cooked keto pork roast with creamy gravy

Sunday



Slow-cooked keto pork roast with creamy gravy



Keto chicken with herb butter

Keto turkey burgers with tomato butter

Monday dinner, Tuesday lunch



1 + 1 serving (dinner + lunch)

Ingredients

Chicken patties

325 g ground turkey or ground chicken

½ eggs

¼ (28 g) yellow onions, grated or finely chopped

½ tsp kosher or ground sea salt

¼ tsp ground black pepper

½ tsp dried thyme or crushed coriander seed

28 g butter, for frying

Fried cabbage

325 g green cabbage

45 g butter

½ tsp salt

¼ tsp ground black pepper

Whipped tomato butter

55 g butter

½ tbsp tomato paste

½ tsp red wine vinegar (optional)

🕒 10 + 30 m | medium

These amazingly juicy keto burgers come together in a snap! They're loaded with flavor and when you combine them with decadent butter fried cabbage? Oh, yeah.

Instructions

- 1 Preheat the oven to 220°F (100°C). Mix all ingredients for the patties in a bowl.
- 2 Shape the ground turkey into patties using wet hands. Fry in butter on medium-high heat until golden brown and fully cooked through. Place in the oven to keep warm.
- 3 Shred the cabbage using a sharp knife, mandolin slicer, or food processor.
- 4 Fry the cabbage in a generous amount of butter on medium-high heat until browned on the edges, but still has somebody. Stir occasionally to make sure it cooks evenly. Season with salt and pepper. Lower the heat towards the end.
- 5 Place all ingredients for the tomato butter in a small bowl and whip them together using an electric hand mixer. Plate the turkey patties and fried cabbage and place a dollop of tomato butter on top.

Tip

sea salt and pepper to
taste

If you want an even creamier tomato butter, try replacing half of the butter with
cream cheese.

Recommended special equipment

Mandolin slicer or food processor

Cajun chicken salad with guacamole

Tuesday dinner, Wednesday lunch



1 + 1 serving (dinner + lunch)

Ingredients

Cajun spice mix

4 tsp sweet paprika powder
2 tbsp dried thyme
2 garlic cloves, minced
1 pinch cayenne pepper
1 tbsp olive oil

Chicken

450 g chicken breasts
200 g sugar snap peas
2 (230 g) tomatoes
3 tbsp olive oil
salt and ground black pepper
1 (200 g) avocados
1 limes, the juice
55 g (650 ml) arugula lettuce

🕒 20 + 15 m | easy

Your dinner salad just got a fresh flavor upgrade! This satisfying cajun chicken salad has it all, spicy chicken, guacamole, and a homemade ripe tomato vinaigrette. This low carb salad is a keeper!

Instructions

- 1 In a bowl, mix all the ingredients for the cajun mix, combine well. Cut the chicken into long strips. Coat the chicken with the spice mixture and marinate for at least 5 minutes (see tip).
- 2 Bring a saucepan of water to a boil. Add the peas, and cook until al dente. Drain well.
- 3 Quarter, core, and seed the tomatoes. Slice the tomatoes into thin wedges. Do this over a strainer and keep the juices for the vinaigrette.
- 4 Make a vinaigrette with the tomato juice, 2/3 of the olive oil, and salt and pepper.
- 5 Halve, pit, and peel the avocado; put the flesh in a bowl and add the lime juice. Season with salt and pepper, mash until done.
- 6 In a skillet over medium heat, cook the chicken in the rest of the olive oil for 10 to 15 minutes, until cooked through.
- 7 Toss the tomatoes and peas with the arugula, and arrange them on plates.

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Divide the guacamole and chicken strips between the plates. Serve the vinaigrette separately or on drizzle on top, as you wish.

Marinating tip

You can even start marinating the day before and leave it overnight in the fridge, which will make this more flavorful.

About the recipe

This recipe is part of a collaboration with Pascale Naessens and comes from her book "Pure & Simple"

Keto beef with gravy and cabbage mash

Wednesday dinner, Thursday lunch



🕒 10 + 20 m | medium

A tasty gem from Sweden's classic culinary culture, originally called 'shoemaker's box'. We're not sure how the shoemaker comes into the picture, however we're sure that this keto dish will sweep you off of your feet.

1 + 1 serving (dinner + lunch)

Ingredients

Cabbage mash

325 g green cabbage

28 g butter

½ pinch ground nutmeg (optional)

salt and pepper to taste

Parsley butter

45 g butter, at room temperature

1 ½ tbsp fresh parsley, finely chopped

salt and ground black pepper

Meat, leek and gravy

70 g bacon, chopped

45 g leeks, chopped

1 tbsp butter

325 g sirloin steaks or beef, tenderloin

40 ml red wine

40 ml water

salt or ground black pepper

Instructions

- 1 Start with the mash. Divide the cabbage in the middle, cutting from the center of the head outward. Remove the stem and tough core of each half and shred the leaves. Put into lightly salted boiling water and cook until soft. Drain off the water.
- 2 Add butter and use an immersion blender or hand mixer to blend until smooth and creamy. Add salt, pepper, and nutmeg. Keep warm.
- 3 For the parsley butter, combine the soft butter with the finely chopped parsley, salt, and pepper.
- 4 Fry the bacon and leek in butter until golden and crispy. Remove from the pan and keep warm.
- 5 In the same frying pan, fry the beef steaks for 2-3 minutes on each side, depending on how well done you want them. Remove from the pan and keep warm.
- 6 In the same pan, combine the cooking juices with equal parts of water and red wine. Bring to a boil and allow to simmer until the sauce thickens.

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Serve the meat with the gravy, fried leek and bacon, and the cabbage mash. Top with a dollop of parsley butter.

Keto fried chicken with cabbage

Thursday dinner, Friday lunch



🕒 5 + 15 m | easy

Another one-skillet wonder. It's keto; it's quick; it's easy and affordable, too. All you need is three ingredients, one pan, and 20 minutes. Then (chicken) dinner is served.

1 + 1 serving (dinner + lunch)

Ingredients

350 g green cabbage

85 g butter or olive oil

350 g boneless chicken thighs

salt and pepper to taste

Instructions

- 1 Shred the cabbage finely using a sharp knife or a food processor.
- 2 Heat up butter or oil in a frying pan large enough to fit both the chicken and the cabbage.
- 3 Season the chicken. Fry over medium heat for about 4 minutes on each side or until golden brown and fully cooked through.
- 4 Add more butter or oil and add the cabbage to the same pan. Fry for another 5 minutes.
- 5 Season the cabbage and serve with the remaining butter.

Tip!

This keto dish can be cooked with other low-carb vegetables such as zucchini, asparagus, broccoli and spinach. Feel free to use your favorite spices to give this dish more flavor—chili and paprika powder, curry powder, some herbs, or perhaps onion and/or garlic powder can make this dish sing.

Crispy keto chicken thighs with lemon butter caper sauce

Friday dinner, Saturday lunch



🕒 15 + 30 m | easy

This quick and easy chicken thigh recipe has all the delicious flavors of a traditional chicken piccata, but instead of dredging thinly pounded chicken breasts in flour and sautéing them, we used chicken thighs and made them with a perfectly crispy skin.

1 + 1 serving (dinner + lunch)

Ingredients

450 g chicken thighs
(bone-in with skin)
1 tsp sea salt
½ tsp garlic powder
½ tsp Italian seasoning
¼ tsp ground black pepper
1 tbsp olive oil
21 g butter
1 tbsp lemon juice
1 ½ tbsp capers
½ lemons, sliced into
wheels

Serving

28 g (120 ml) leafy greens

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Season the chicken thighs on both sides with salt, pepper, garlic powder and Italian seasoning.
- 3 Heat the olive oil in a large oven-proof skillet over medium heat. Add the chicken to the skillet, skin side down. Cook for 5 to 6 minutes until the skin is nice and crispy.
- 4 Flip the chicken thighs over to the other side and transfer the skillet to the oven. Bake for 15 to 20 minutes, until the chicken is cooked all the way through.
- 5 Transfer the skillet back to the stovetop. Remove the chicken from the pan, set aside, and cover to keep warm.
- 6 To the same skillet, over medium high heat, add the butter, lemon juice, lemon slices and capers. Stir until sauce thickens, scraping up any bits stuck to the bottom of the pan with a spatula.

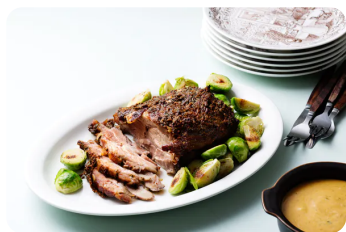
- ⑦ Plate the chicken and pour the sauce over top. Garnish with fresh parsley, if desired and serve with leafy greens.

Tip

This is a great recipe for weekly meal prep as it requires minimal ingredients and reheats very well.

Slow-cooked keto pork roast with creamy gravy

Saturday dinner, Sunday lunch



🕒 15 + 450 m | medium

Let time do the cooking instead of you! Slow-roasted meat gets all the love in this recipe. Succulent garlic, savory rosemary, and even the humble bay leaf create a mélange of flavors that melt in your mouth. And the pan drippings make the base for an out-of-this-world cream gravy.

1 + 1 serving (dinner + lunch)

Ingredients

Pork roast

300 g pork shoulder or pork roast

$\frac{1}{6}$ tbsp salt

$\frac{1}{3}$ bay leaves

1 $\frac{2}{3}$ black peppercorns

200 ml water

$\frac{2}{3}$ tsp dried thyme or dried rosemary

$\frac{2}{3}$ garlic cloves

14 g (35 ml) fresh ginger

$\frac{1}{3}$ tbsp olive oil or coconut oil

$\frac{1}{3}$ tbsp paprika powder

$\frac{1}{6}$ tsp ground black pepper

Creamy gravy

drippings from the meat

120 ml heavy whipping cream

Instructions

- 1 Preheat the oven to low heat: 200°F (100°C).
- 2 Place the meat in a deep baking dish and season with salt. Add water to cover $\frac{1}{3}$ of the meat. Add bay leaf, peppercorns, and thyme. Place the baking dish in the oven for 7–8 hours, covered with aluminum foil.
- 3 If you're using a slow cooker, do the same thing in step 2 but only add 1 cup of water. Cook for 8 hours on low or 4 hours on high.
- 4 Remove the meat from the baking dish, and reserve the pan juices in a separate pan.
- 5 Turn the oven up to 450°F (220°C).
- 6 Grate or finely chop garlic and ginger in a small bowl. Add oil, paprika, and pepper and stir well to combine.
- 7 Rub the meat with the garlic/herb mixture.

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- 8 Return the meat to the baking dish and roast for about 10–15 minutes, or until golden brown.
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- 9 Cut the meat into thin slices and serve with the creamy gravy and side dishes of your choice.

Gravy

- 1 Strain the reserved pan drippings to remove any solids. Boil and reduce to about half the volume.
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- 2 Pour into a pot with the whipping cream and bring to a boil. Reduce the heat and let simmer for about 20 minutes or to your preferred consistency.

Tip!

Let the recipe work for you! There are a few different ways to use the long-cooking time to your advantage. You can either start it early in the morning and put the finishing touches on in time for dinner. Or you can start in the evening: slow-cook it overnight, and just set the roast aside in the fridge during the day. Make the sauce and do the final cooking when you get home.

Keto chicken with herb butter

Sunday dinner



🕒 10 + 10 m | easy

This keto meal is so quick and delectable, you'll be singing its praises to family and friends! Melt a large dollop on top of this mouthwatering butter-fried chicken. You'll be getting your butter on in no time — and loving it!

1 serving

Ingredients

Herb butter

45 g butter, at room temperature

¼ garlic cloves, minced

⅛ tsp garlic powder

15 ml (1 g) fresh parsley, finely chopped

¼ tsp lemon juice

⅛ tsp salt

Fried chicken

½ tbsp butter or olive oil

1 (220 g) chicken breasts, bone-in with skin

salt and pepper to taste

Serving

55 g (230 ml) leafy greens, for example baby spinach

Instructions

- 1 Start with the herb butter. Mix all ingredients thoroughly in a small bowl and let sit until it's time to serve.
- 2 In a large frying pan, over medium heat, melt the butter. Season the chicken with salt and pepper. Fry in butter until the filets are cooked through, and register 165°F (75°C) with a meat thermometer. Lower the temperature towards the end to avoid dry chicken filets.
- 3 Serve the chicken on a bed of leafy greens and place a generous amount of herb butter on top.

Tips

It's easy to keep this delicious herb butter on hand! You can make it ahead of time and store it in the refrigerator for up to 3 days.

This butter pairs marvelously with other meats — try it on steak, turkey, or pork chops.