

"Just Like the Real Thing" Low Carb Keto Lasagna

2 large eggs
4 oz cream cheese, softened
1/4 cup Parmesan cheese, grated
1 1/4 cup mozzarella cheese, shredded
1/4 tsp Italian seasoning
1/4 tsp garlic powder
1/4 tsp onion powder
1 lb ground beef
1 1/2 cups Three Cheese Marinara Sauce, divided (get the recipe here)
3/4 cup mozzarella cheese, shredded
6 tbsp whole milk ricotta cheese
1 tbsp minced onion flakes (I use this brand)
1 tsp dried oregano
1 tsp garlic powder
1 tsp dried basil
1 tsp Italian seasoning

Cheesy Mexican Chicken Skillet {Low Carb/Keto}

1 tablespoon butter
1/3 cup diced onion
1/3 cup diced green pepper
3 garlic cloves, minced
2 cups cooked chicken, shredded (I prepared mine in the slow cooker)
1 can Rotel tomatoes
1 12 oz bag steamed riced cauliflower
2 tablespoons homemade taco seasoning (or taco seasoning packet)
3/4 cup chicken broth
1 1/2 cups cheddar cheese
1/2 cup Monterrey jack cheese

Chicken Breasts with Jalapeño Cheese Sauce

4 teaspoons olive oil, divided
4 (5-6 oz.) boneless, skinless chicken breasts
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
3/4 teaspoon chili powder
3/4 teaspoon cumin
1/2 cup onion, finely diced
3 medium jalapeños, seeds and membranes removed, finely diced
2 cloves garlic, minced
1/2 cup low-sodium chicken broth
4 oz. cream cheese (I use 1/3 less fat)
1 heaping cup shredded cheddar cheese

Creamy Skillet Pesto Chicken

3-4 boneless skinless chicken breasts, pounded to even thickness
1/4 cup flour
1/4 teaspoon salt

1/4 teaspoon black pepper
1/2 teaspoon garlic powder
1/3 cup shredded parmesan cheese
1/3 cup basil pesto
1 cup heavy cream
salt and pepper to taste
optional: fresh basil or parsley, chopped

Instant Pot Garlic Parmesan Chicken

2 Tbsp butter
1 small yellow onion, diced
4 large garlic cloves, minced
1/2 cup chicken broth
1/2 tsp garlic powder
1/4 tsp pepper
1/2 tsp salt
8 oz sliced mushrooms (optional)
1 1/2 lbs boneless skinless breasts sliced into 1/2 inch filets
1 cup half and half
2 Tbsp flour
1/2 cup parmesan cheese
3 oz coarsely chopped spinach
Salt and freshly ground pepper

Keto Buffalo Chicken Meatballs- Low Carb, Higher Fat, Moderate Protein!

1 lb ground chicken
1 egg beaten
2 sprigs of green onion finely chopped
1 celery stalk trimmed and finely diced
1 tablespoon almond or coconut flour
1 tablespoon mayonnaise
1 tsp onion powder
1 tsp garlic powder
1 tsp pink sea salt
1 tsp ground black pepper
1 cup of buffalo wing sauce

Low Carb Cheeseburger Pie

2 lbs ground beef
4 eggs
8 oz cream cheese
16 oz shredded cheddar
1/2 cup heavy cream
1 tbsp Worcestershire sauce
1 tbsp onion powder
1 tbsp garlic powder
1/2 tsp salt
1/2 tsp pepper

Pizza Chicken Casserole

1.5-2 lb chicken breast sliced or cubed

8 oz cream cheese
1 tsp dried minced garlic
1 cup marinara sauce no sugar added
8 oz shredded mozzarella