

### **"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

### **Creamy Garlic Mushroom Chicken**

1½ pounds boneless skinless chicken thighs, or breasts  
2 Tablespoons olive oil  
8 ounces sliced mushrooms  
3 garlic cloves, minced or whole (whatever your preference is)  
1 cup chicken broth  
½ cup heavy cream  
2 ounces cream cheese, softened  
1 teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon pepper  
1 Tablespoon flour

### **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

### **Delicious Low-Carb Crustless Taco Pie**

1 pound ground beef preferably grass-fed  
1 packet taco seasoning (be sure it is free of MSG, starches, and any additives)  
3 green onions thinly sliced  
1/4 cup salsa  
1 cup Mexican blend cheese finely shredded, quantity divided

4 large eggs  
2/3 cup heavy cream preferably grass-fed  
1/2 teaspoon sea salt

### **French Onion Chicken Skillet**

2 pounds Vidalia onions, sliced  
2 pounds boneless, skinless chicken breasts or thighs  
2 cups beef broth  
1 cup swiss cheese, grated  
1/3 cup extra-virgin olive oil, divided  
2 tablespoons all-purpose flour  
2 teaspoons balsamic vinegar  
1/2 teaspoon dried thyme  
1/2 teaspoon dried sage  
kosher salt and freshly ground pepper, to taste

### **Low Carb Beef Stroganoff Meatballs**

1 lb ground beef (80/20)  
1 egg  
1/4 cup almond flour  
1 tsp kosher salt  
1/4 tsp black pepper  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1 tsp dried parsley  
1 tsp Worcestershire sauce  
2 Tbsp butter (for frying)  
1 Tbsp butter  
2 cups sliced mushrooms (white or cremini)  
1 cup sliced onions  
1 clove garlic, minced  
1 1/2 cups beef broth  
3/4 cup sour cream  
1/4 tsp xanthan gum  
salt and pepper to taste  
2 Tbsp fresh parsley, chopped

### **Slow cooker Carnita "Nachos"**

2 pound pork loin roast or lean pork shoulder roast  
1 onion, sliced  
4 garlic cloves  
2 Tablespoons Chipotle peppers in Adobo sauce  
6 oz chicken broth  
1 Tablespoon cumin  
3/4 teaspoon salt  
1 teaspoon ground coriander  
1 teaspoon oregano  
1 bag of mini bell peppers  
2 cups of Colby Jack cheese

### **The Best Instant Pot Stuffed Peppers for Clean Eating!**

4 bell peppers, seeded (my favorite is with yellow peppers, but green peppers are good too)  
1 small onion, chopped  
1 roma tomato, diced  
2 cloves of garlic, minced  
1 lb lean (95/5 or leaner) ground beef or ground turkey  
1 boil in bag pack of brown rice  
1 egg  
1 can tomato sauce (15 oz)  
1C grated Parmesan cheese  
2 tsp salt  
1 tsp pepper  
1 pinch cayenne pepper  
1 tsp adobo  
garlic powder  
dried parsley