

KETO FAVES

*5 quick & easy high-protein recipes
everyone loves!*



KETODIET.COM

Fluffy Scrambled Eggs



1 serving



5 mins

Light, creamy, and protein-packed — they cook up like clouds on your plate.



INGREDIENTS

3 large eggs
100 g (3.5 oz) cottage cheese
2 tbsp (28 g/1 oz) butter or olive oil
sea salt & pepper to taste
1/8 to 1/4 tsp ground turmeric
1 tsp chopped chives, other herbs or
spring onion

DIRECTIONS

1. In a bowl, whisk together the eggs, cottage cheese, salt, pepper, and turmeric (optional but recommended).
2. Melt butter or heat olive oil in a skillet over medium-high heat. Pour in the egg mixture.
3. Cook, stirring gently, until the eggs are just set but still soft and creamy.
4. Remove from heat and top with fresh chives or spring onion. Serve warm.
5. Optional: Add extras like avocado, smoked salmon, or salmon roe for more flavor and nutrients.



Macros per serving: Total Carbs: 4.8 g, **Net Carbs: 4.7 g**, Protein: 30.3 g, Fat: 41.6 g, Calories: 518 kcal

Chocolate Smoothie



1 serving



5 mins

Creamy, rich, and loaded with protein — a smoothie that keeps you full for hours.



INGREDIENTS

100 g (3.5 oz) Skyr yogurt or
Greek 0% yogurt
1 cup (240 ml) unsweetened almond,
cashew or macadamia milk, or water
1 tbsp (16 g/0.5 oz) almond butter,
peanut butter, or macadamia butter
1/4 cup (25 g/0.9 oz) collagen powder
1 tbsp cacao powder
1/4 tsp vanilla extract or cinnamon
5 drops Stevia, or low-carb sweetener
of choice to taste
few ice cubes

DIRECTIONS & TIPS

Add all ingredients to a blender. Blend until smooth and creamy.
Adjust thickness or sweetness to taste, then serve right away.

- **For protein:** Swap collagen with whey, beef protein isolate, or plant-based protein powder. I like [Equip \(20% off\)](#) and [Perfect Keto Collagen \(20% off\)](#).
- **For creaminess:** Blend in avocado, Greek yogurt, cottage cheese, or nut butter. [Macadamia butter \(15% off\)](#) has the best fat profile. For extra protein, add 1-2 pasteurized eggs for a frothy texture.
- **For sweetness:** Stevia, monk fruit, or allulose all work. My favorite is [RxSugar Allulose \(20% off\)](#).
- **For thickness:** Add chia seeds, flax meal, or ice cubes to make it more filling.
- **For flavor:** Try berries, cocoa powder, cinnamon, vanilla, nut butters, or even a shot of espresso for a mocha kick.



Macros per serving: Total Carbs: 11.8 g, **Net Carbs: 7.1 g**, Protein: 37.7 g, Fat: 11.6 g, Calories: 301 kcal

Marry Me Chicken

The chicken dinner that turns heads (and wins hearts)!



4 servings



30 mins



INGREDIENTS

1 tbsp (15 ml) extra virgin olive oil
4 chicken breasts (650 g/1.4 lb)
salt & pepper
2 tbsp (28 g/1 oz) unsalted butter
3 cloves garlic, minced
1 tbsp fresh, or 1 tsp dried thyme
1/2 cup (120 ml) chicken stock
1/2 cup (120 ml) heavy whipping cream
1/2 cup (120 g/4.2 oz) cream cheese
1/2 cup (45 g/1.6 oz) grated Parmesan
6 pieces (55 g/1.9 oz) sun-dried
tomatoes, chopped

DIRECTIONS

1. Preheat oven to 190 °C/375 °F fan (or 210 °C/410 °F conventional).
2. Heat oil in an oven-safe skillet over medium-high. Season chicken with salt and pepper, then sear 5–6 minutes per side until golden. Remove and set aside.
3. Lower heat to medium, add butter, garlic, and thyme. Cook 1 minute until fragrant. Stir in stock, cream, cream cheese, Parmesan, and sun-dried tomatoes. Simmer briefly.
4. Return chicken to the skillet, coat with sauce, then bake 10–12 minutes until fully cooked.
5. Top with fresh basil and serve (pairs well with creamy cauliflower mash or zucchini noodles).



Macros per serving: Total Carbs: 6.3 g, **Net Carbs: 5.3 g**, Protein: 44.6 g, Fat: 33 g, Calories: 494 kcal

Frikadellen Patties



6 servings



60 mins

Golden German-style pork patties that are hearty, juicy, and perfect hot or cold.



INGREDIENTS

- 1 medium onion, chopped (110 g/3.9 oz)
- 4 tbsp lard/cooking fat, divided (60 ml)
 - 500 g (1.1 lb) ground beef, 5% fat
 - 500 g (1.1 lb) ground pork, 10% fat
- 1 cup ground pork rinds (50 g/1.8 oz)
- 2 large eggs
- 4 cloves garlic, minced
- 2 tbsp Dijon mustard (30 g/1.1 oz)
- 2 tsp each dried marjoram and paprika
- ½ tsp crushed caraway seeds
- 4 tbsp parsley, chopped
- 2 tsp sea salt + 1 tsp black pepper

DIRECTIONS

1. Sauté onion in half the fat (3–5 minutes) until fragrant and lightly browned. Set aside.
2. In a bowl, mix pork, beef, pork rinds, eggs, garlic, mustard, marjoram, paprika, caraway, parsley, salt, pepper, and the cooked onion. Chill 20–30 minutes.
3. Shape into 24 patties (about 57 g/2 oz each) or 30 smaller patties.
4. Heat remaining fat in a pan. Fry patties in batches, 5–8 minutes per side, until golden and cooked through.
5. Transfer to a paper towel-lined plate. Serve hot or cold. To store, refrigerate up to 4 days or freeze up to 3 months. Serve with simple low-carb sides like this [Braised Red Cabbage](#).



Macros per serving: Total Carbs: 3.8 g, **Net Carbs: 2.6 g**, Protein: 40.2 g, Fat: 32.8 g, Calories: 485 kcal

Chicken Crust Pizza

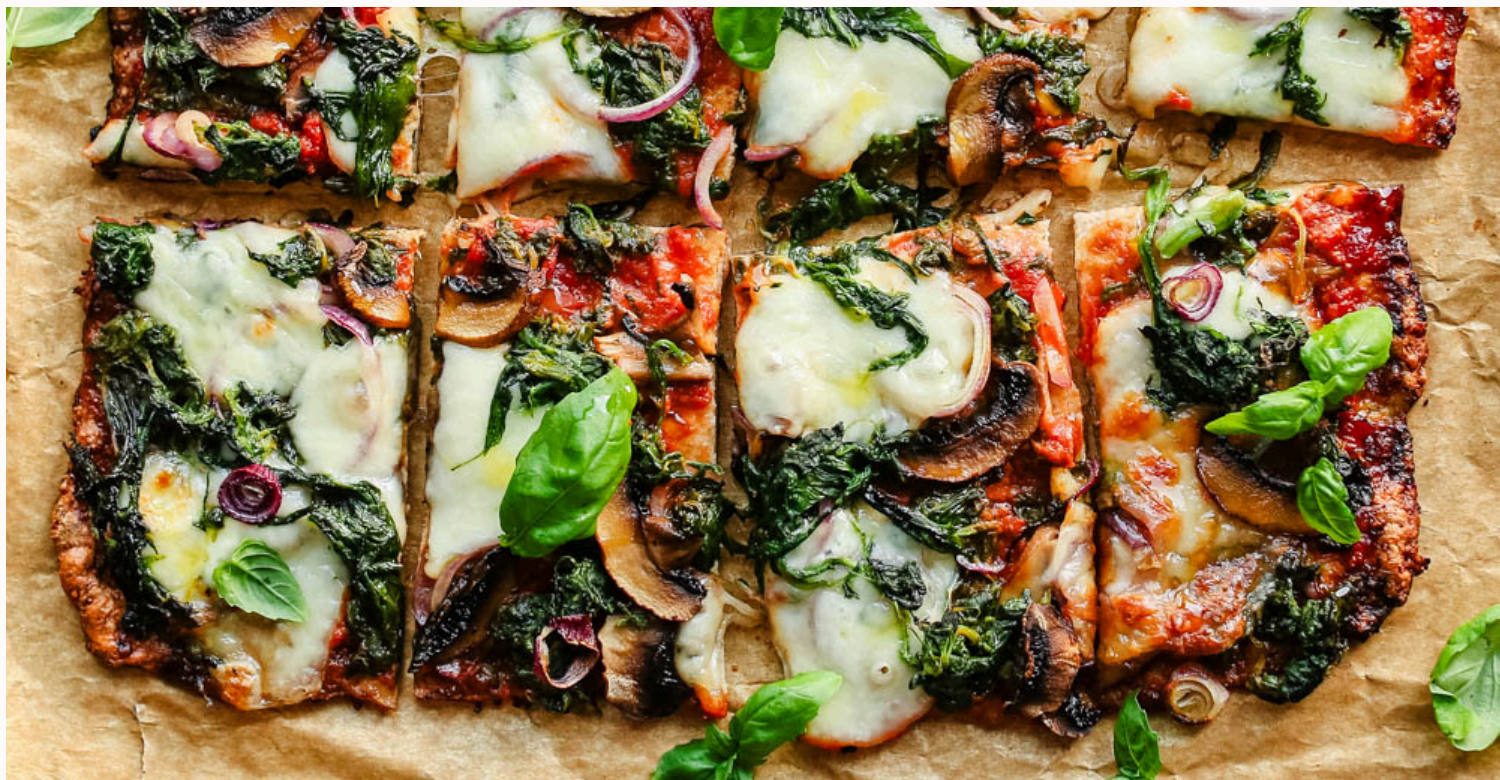


4 servings



40 mins

Low-carb pizza night made easy with a crispy chicken crust and melty cheese topping.



INGREDIENTS

- 500 g (1.1 lb) ground chicken
- 170 g (6 oz) shredded mozzarella
- 1 tsp Italian herbs
- ½ tsp salt + ¼ tsp pepper
- ½ cup (120 ml) sugar-free pizza sauce
- 100 g (3.5 oz) spinach, thawed & squeezed dry
- 60 g (2.1 oz) brown mushrooms, thinly sliced
- 200 g (7.1 oz) fresh mozzarella, sliced
- 30 g (1.1 oz) red onion, thinly sliced
- 2 tbsp (30 ml) extra virgin olive oil

DIRECTIONS

1. Preheat oven to 200 °C/400 °F fan (220 °C/425 °F conventional). Line a tray with parchment.
2. In a food processor, pulse chicken, Italian herbs, salt, pepper, and shredded mozzarella until combined.
3. Press mixture onto tray into a ¼-inch (½ cm) crust. Bake 25–30 minutes.
4. Drain any juices, flip crust onto fresh parchment, and bake another 10–15 minutes. Flip once more to crisp.
5. Spread with pizza sauce (marinara sauce). Top with spinach, mushrooms, onion, and mozzarella slices. Bake 5–10 minutes until cheese melts.
6. Cool 5 minutes before slicing into 8 squares. Drizzle with olive oil. Serve warm, or store up to 4 days in the fridge (or 3 months frozen).



Macros per serving: Total Carbs: 7.9 g, **Net Carbs: 6.5 g**, Protein: 50.4 g, Fat: 31.4 g, Calories: 519 kcal



WELCOME!

Hi, I'm Martina — creator of the [KetoDiet app](#), author of 10 cookbooks, and founder of [KetoDiet.com](#), where I share recipes, guides, and tips for living a healthy low-carb lifestyle.

My own journey with Hashimoto's led me to keto years ago, and it completely transformed not only my health but also how I think about food and wellness. Since 2012, I've been helping millions of people around the world make low-carb eating sustainable, approachable, and genuinely enjoyable.

Through my work — from the KetoDiet app to my [10 cookbooks](#) and now KetoDiet.com — **my goal has always been the same: to make healthy eating simple, flexible, and fuss-free.** Whether you're here for meal inspiration, science-backed nutrition advice, or time-saving tips, you're in the right place.

I'm so glad you've joined our community! As a subscriber, you'll get delicious recipes and healthy living tips delivered straight to your inbox, plus exclusive access to discounts on [my ebooks](#), cookbooks, and KetoDiet app membership. My hope is that these resources make your low-carb journey easier, more enjoyable, and full of inspiration.

Let's make eating well the easiest part of your day!



Join our community



GOT MY TRACKING APP?

Jumpstart your keto journey with our app's key features at your fingertips, check out these top features:



Meal Plan Builder

Create unlimited meal plans that fit your lifestyle, macros and goals.



Advanced Tracking

Get a clear view of your progress with no-fuss tracking tools.



Exclusive Recipes

Thousands of tried-and-tested keto recipes to keep your meals fresh and exciting.



Detailed Guide

Find everything you need to know about healthy low-carb eating.

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MY COOKBOOKS

Since 2015, I've put out 10 cookbooks, including some big hits that have gone international. "My Keto All Day Cookbook" even got some love [on ITV UK!](#)

My latest, "The New Mediterranean Diet Cookbook," is just one of the many where I've poured my heart

and soul into creating unique and tasty recipes.

From "Quick Keto Meals in 30 Minutes or Less" to "Keto Slow Cooker & One-Pot Meals," each book is designed to make your keto lifestyle as delicious and hassle-free as possible.

Find out more



MY EBOOKS

I've got a lineup of keto plans that are all about making low-carb living work for you!

The 2024 Kickstart Keto meal plan comes with tasty, low-carb, high-protein recipes, four weekly meal plans, and handy shopping lists to help you lose weight and enjoy the process. Plus, there are tips to deal with the keto flu, making everything more manageable.

Each meal plan comes with a complete KetoDiet guide for those new to keto living or have questions about this lifestyle.

For those who follow a more traditional high-fat keto diet, I've got a diet plan bundle that includes a classic keto meal plan as well as a dairy-free meal plan. Plus, there's a bunch of freebies in this bundle!

[Find out more](#)



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It is recommended you first consult with your doctor about this diet plan, especially if you are pregnant or nursing or have any health issues such as diabetes,

thyroid dysfunction, etc., as your health-care provider may need to adjust the medication you are taking.

Further, this diet plan is not intended for the treatment or prevention of any disease, nor as a substitute for medical treatment, nor as an alternative to medical advice.

Recommendations outlined herein should not be adopted without a full review of the scientific references given and consultation with a health care professional.

If you need guidance, I suggest you consult this diet plan with a health professional experienced in low carbohydrate or ketogenic diets.