

SIX INGREDIENT OR LESS

EASY KETO RECIPES



THE WHOLE FAMILY WILL LOVE



Written by Lynsey Kmetz - LynseyKmetz.com

Welcome!

Hi there! Hi! I'm Lynsey – the blogger behind LynseyKmetz.com. After completing a round of Whole30 in 2014 I was searching for a long-term solution for weight loss and feeling my absolute best. I discovered the **Keto Lifestyle** and while I haven't always been 100%, it has certainly changed my life for the better.

I am now 35 pounds down and feeling the best I ever have in my own skin. I feel like my success with Keto has been largely because I have kept it very simple – with most every recipe only needing a few tasty ingredients. When a meal or lifestyle is too complicated, it makes it too easy to quit! So I have kept my meals simple and delicious, and had great success, and even gotten my family on board as well!



Over the past few years, the keto diet plan has become quite popular. This diet has helped many people – myself included – lose weight quickly and feel more confident as well as help numerous ailments and illnesses. With that being said, there are some things you should know before you get started with the keto diet.

A keto diet is simple in theory, you basically eat low carbs, high fat, and moderate protein amount each day. Generally, you want your diet to consist of 75-80% fat, 15-20% protein and 5% carbs. There are some great keto macro calculators out there, but from my experience, you may need to tweak your numbers to find what works best for your body and lifestyle.

The basic theory of the Ketogenic Diet is that by restricting carbohydrates your body must burn fat for fuel – a process called ketosis. With a typical diet where you are eating carbs and fats your body will burn the carbs first and store the fat. By taking the carbs out of your diet, your body will go directly to burning fat – both from what is on your plate... and what is on your body.

***Warning – unpopular opinion ahead.**

My first experience with starting with keto was not a good one. I calculated my macros and spent every day trying to perfectly achieve each number – going so far as to eat straight coconut oil in order to hit the super high fat recommendation. I spent several weeks lethargic, unable to venture far from a bathroom, and gained weight.

It was not until I heard someone explain "**Protein is a GOAL, Carbs are a LIMIT, and Fat is a LEVER**" that I was able to succeed. I changed my diet to make sure I was staying under 20g carbs and hitting my protein and only added fat when I actually felt hungry. The results were... well, fantastic.

Another somewhat unpopular opinion in the keto community is total carb counting versus net carb counting. Net carb count is taking the total number of carbs and subtracting the dietary fiber. For example, if an item has 12 grams of carbs but 6 grams of fiber, the net carb count would be 6 grams. Some also deduct any sugar alcohols as those do not lead to a spike in insulin levels.

Choosing whether you count net carbs or total carbs is up to you and should be based on your goals as well as your lifestyle. What has worked best for me, personally, is counting total carbs on days I do not work out, and net carbs on the days that I do.

Here are some of my favorite Keto Friendly Recipes that have become a staple in my household – all made with a few simple ingredients you probably already have on hand!

I have also included the carb counts - both total and net carbs - so you can easily put together a daily meal plan that fits your personal daily macros.

***It is important to note that for these macros to be exact, you need to have used the exact ingredients and measurements that I did. As a general rule I suggest that you always calculate your exact macros by scanning your own ingredients as you add them to your recipe. My most favorite app for calculating macros is CarbManager, but there are several available on the market today.

You can find more great recipes on my blog – LynseyKmetz.com – and be sure to also connect with me on Instagram @lynsey.kmetz where I share my life daily - including everything I eat!

I hope you love these recipes as much as my family and I do and I wish you the best of luck on your Keto journey!

Best,
Lynsey



AVOCADO BREAKFAST BAKES

Need a quick breakfast that is packed with good healthy fats? Look no further than this delicious Avocado Breakfast Bake!



INGREDIENTS:

- 1 avocado
- 2 eggs
- 1 piece of bacon cooked
- 2 pinches of shredded cheese
- Salt & Pepper to taste



INSTRUCTIONS:

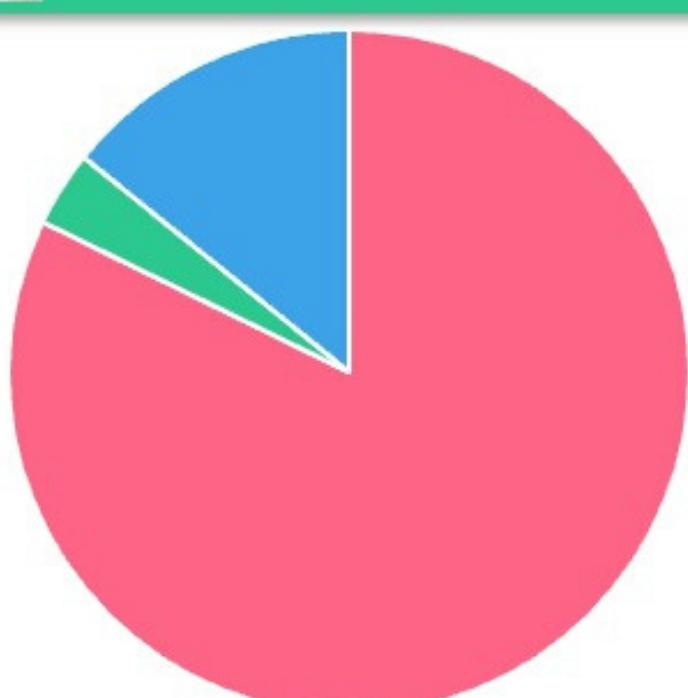
1. Preheat oven to 425.
2. Slice and pit the avocado. Scoop out enough room in the avocado to fit an egg .
3. Place the avocado halves on a muffin tin to keep in upright.
4. Crack an egg in each avocado half.
5. Put a generous pinch of cheese over each egg.
6. Crumble or chop the bacon slice and sprinkle over the cheese.
7. Bake for 15 minutes, serve hot.

MACROS:

Each serving of these Avocado Breakfast Bakes has 2 net carbs, 9 total carbs, 7 g fiber, 24 g fat, 9 g protein and 274 calories.

Recipe Makes Two Servings

Avocado Breakfast Bakes



2g Net Carbs (18g Left)
9g Total Carbs
7g Fiber
24g Fat (71g Left)
9g Protein (62g Left)
274 Calories (946 Left)

SIMPLE BREAKFAST PIZZA

This simple and delicious Breakfast "Pizza" is everything you want in a low carb breakfast - without the hassle! Perfect for your weekly meal prep!

INGREDIENTS:

- 1/3 roll of phyllo dough OR Low Carb Tortillas
- 2/3 cups spinach packed
- 8 large eggs
- 1 cup shredded cheese
- 1 cup bacon bits



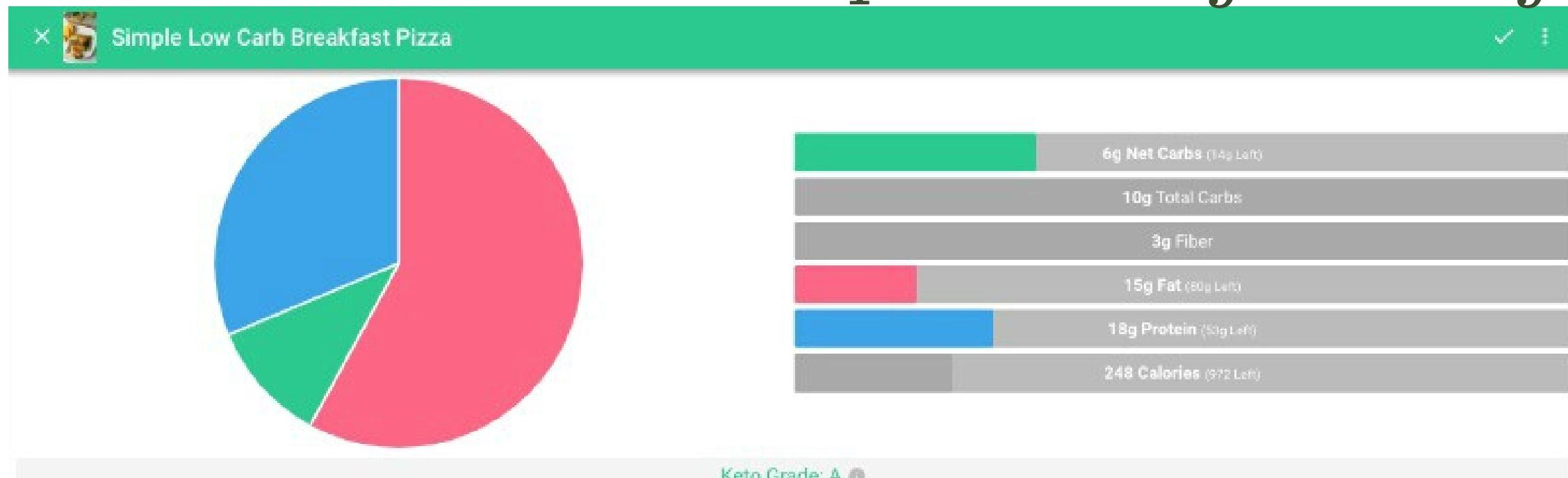
INSTRUCTIONS:

1. Preheat oven to 450.
2. Place the phyllo or tortillas in a greased 13x9 casserole dish or on a parchment-lined large baking sheet.
3. Chop the spinach and sprinkle over the phyllo.
4. Crack the eggs over the spinach and sprinkle the cheese on top.
5. Next, distribute the bacon over the breakfast pizza and bake for 12-15 minutes.
6. If you like runny eggs, keep it closer to 12 minutes and if you like your eggs completely set, let it bake a little longer.
7. (Optional) Top with the sliced green onions and serve.

MACROS:

Each serving of this Low Carb Breakfast Pizza has 6 net carbs, 10 total carbs, 3 g fiber, 15 g fat, 18 g protein, and 248 calories.

Recipe Makes Eight Servings



CHEESY SAUSAGE BALLS

This recipe can not get any easier! Perfect for breakfast or just snacking!

INGREDIENTS:

- 1 pkg breakfast sausage
- 1 cup sharp cheddar, shredded
- 1 cup mild cheddar, shredded
- 1/2 cup grated parmesan
- 1 egg



INSTRUCTIONS:

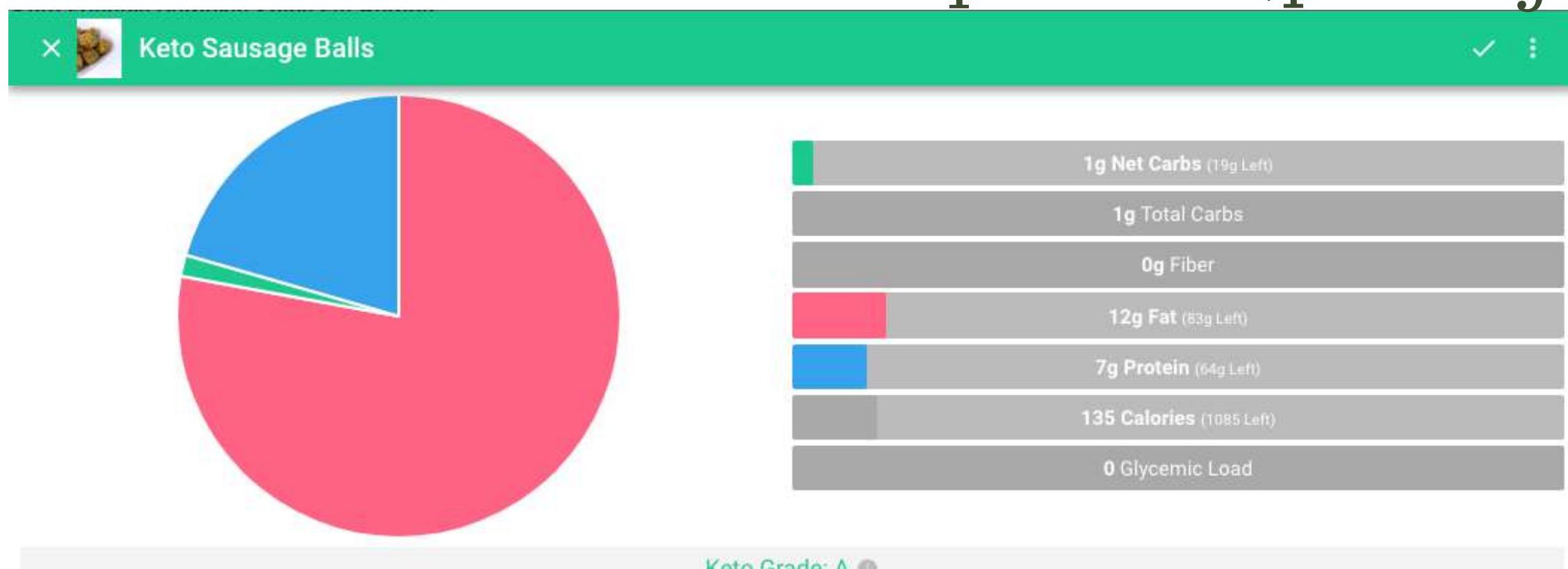


1. Preheat oven to 350*.
- 2 Using your hands, mix all ingredients together in a large bowl.
3. Using a spoon, scoop out and roll into 1 inch balls.
4. Place on parchment paper or foiled cookie sheet about 1 inch apart.
5. Bake at 350* for about 15 minutes or until done throughout. Tops will start to look dry.
6. Let cool and enjoy!

MACROS:

Each Cheesy Keto Sausage Ball has 1 net carbs, 1 total carbs, 0 g fiber, 12 g fat, 7 g protein, and 135 calories.

Recipe Makes 24 Servings



KETO PIZZA CHIPS

Everybody loves pizza! These Keto Pizza Chips have all of the flavor and none of the guilt!

INGREDIENTS:

- Pepperoni
- Fresh Grated Parmesan
- Shredded Mozzarella cheese
- Italian seasoning



INSTRUCTIONS:

1. Preheat oven to 450*
2. Blot some of the excess oil off the pepperoni, there will still be plenty left.
3. Place 1 pepperoni in the bottom of each muffin cup.
4. Sprinkle with shredded mozzarella cheese, grated parmesan, and a tiny bit of Italian seasoning.
5. Bake for 8-10 minutes.
6. Remove from oven and allow to cool until crispy.
7. Take a paper towel and blot off the excess oil on both sides.
8. Serve with marinara or ranch for dipping.

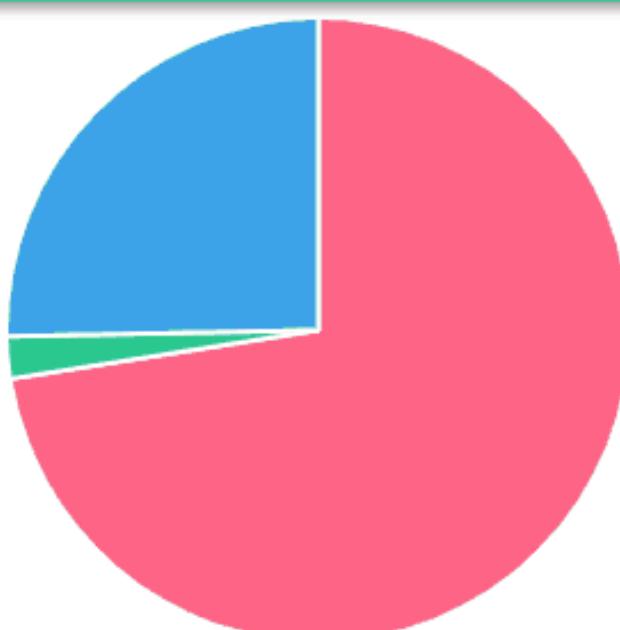
MACROS:

Each serving of Keto Pizza Chips has 1 net carb, 1 total carb, 0 fiber, 11 g fat, 9 g protein, and 138 calories.

Recipe Makes Two Servings



Simple Keto Snack – Pizza Chips



1g Net Carbs (19g Left)
1g Total Carbs
0g Fiber
11g Fat (84g Left)
9g Protein (62g Left)
138 Calories (1082 Left)

Keto Grade: A

CHICKEN KABOB MARINADE

This Low Carb Chicken Kabob Marinade is made with simple ingredients that together make a savory, tangy flavor.

INGREDIENTS:

- 1 cup extra virgin olive oil
- 2 Tbsp lemon juice
- 1/2 Tbsp garlic powder
- 1/2 Tbsp oregano
- 1/2 Tbsp Worcestershire sauce



INSTRUCTIONS:

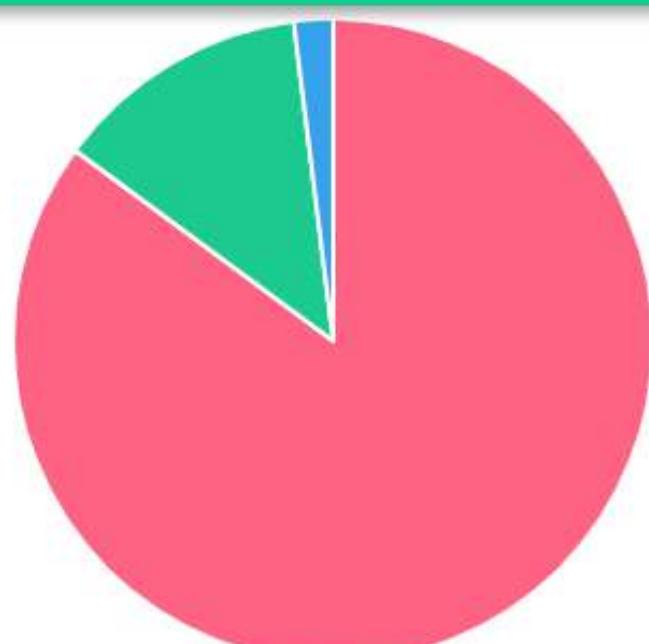
1. Start by getting all of your veggies washed and chicken cut into chunks and ready for your skewers.
2. In a small bowl, mix your chicken kabob marinade ingredients well.
3. Whisk together and pour 1/3 of the mixture over your chicken. Cover and refrigerate while you prep the vegetables.
4. While the chicken marinates, cut your bell peppers into chunks, remove stalks from mushrooms, and prepare other veggies you have chosen for your chicken kabobs.
5. Using wooden kabob skewers begin layering your kabobs – really pushing all of the ingredients together for a good tight fit.
6. Place in your air fryer oven for 7 minutes at 370*.
7. Remove from oven and rotate kabobs. Apply the remaining marinade with a basting brush and return to air fryer for another 7 minutes.
8. If cooking on an open grill, cook on highest rack until chicken is cooked through and veggies start to brown - marinading often throughout the grilling time.

MACROS:

Each serving of this Low Carb Marinade has 1 net carb, 1 total carb, 0 g fiber, 2 g fat, 0 g protein, and 19 calories.

Recipe Makes 12 Servings

X  Low Carb Chicken Kabob Marinade ✓ ⋮



1g Net Carbs (19g Left)
1g Total Carbs
0g Fiber
2g Fat (93g Left)
0g Protein (71g Left)
19 Calories (1201 Left)

LOWCARB RANCH DRESSING

Ok, so, this is SIX ingredients - but it is worth the extra one! Once you have this you will never want "normal" ranch dressing again!

INGREDIENTS:

- 1 cup coconut milk
- 1 cup sugar free mayo
- 1 teaspoon dill
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon sea salt



INSTRUCTIONS:

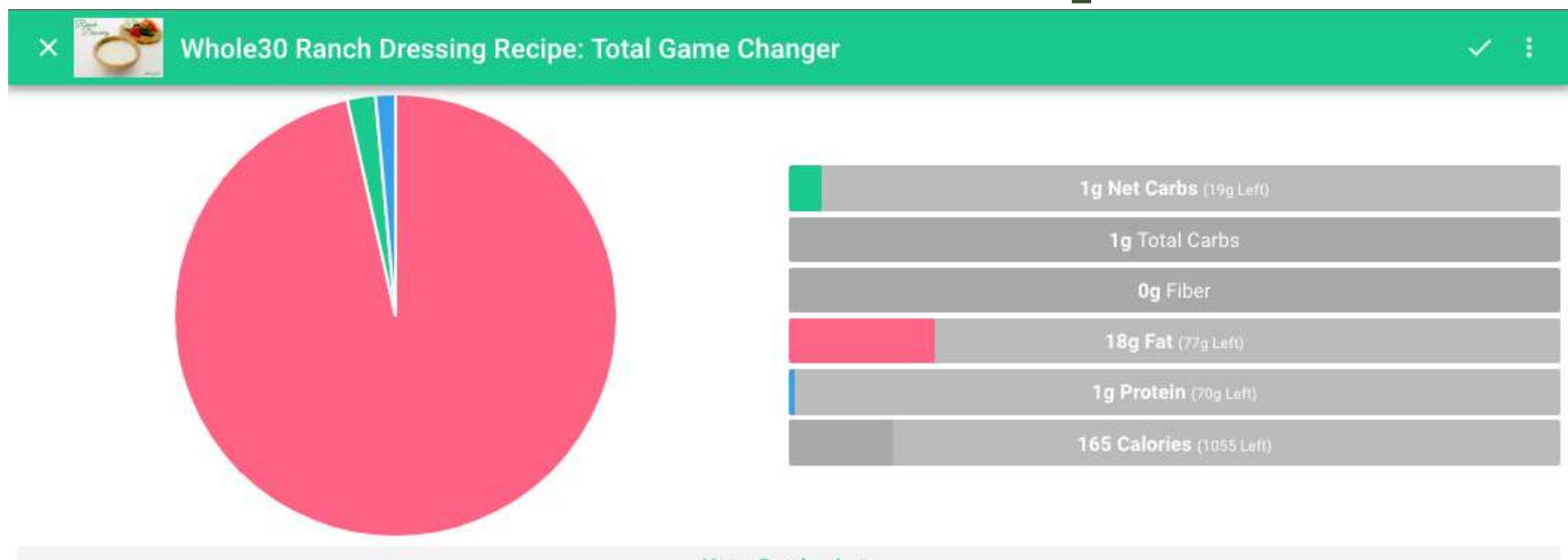
1. In a nice large measuring cup pour 1 cup of coconut milk.
2. Then spoon in the mayo until liquid level reaches two cups.
3. Add in spices and whisk well. Cover and let chill in refrigerator for at least 30 minutes. Enjoy!

*Tip: experiment with coconut milks – some have a stronger coconut flavor than others. The milder the coconut flavor, the tastier your ranch will be!

MACROS:

Each serving of Keto / Whole30 Ranch Dressing has 1 net carbs, 1 total carbs, 0 g fiber, 18 g fat, 1 g protein, and 165 calories.

Recipe Makes 12 Servings



ROASTED BRUSSEL SPROUTS

You can not say you do not like brussels sprouts until you have tried them like this!

INGREDIENTS:

- 3 cups Fresh Brussels Sprouts
- 4 tbsp olive oil
- 2 tbs balsamic vinegar
- 1 tbsp garlic salt



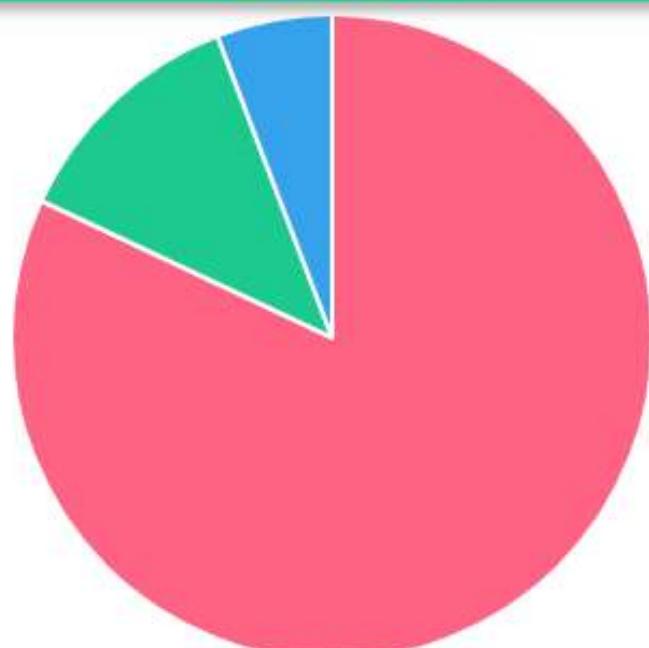
INSTRUCTIONS:

1. Cut the end off each Brussels Sprout and then cut in half length-wise. Make sure to save the leaves that may fall off.
2. Put into a large bowl and add olive oil and vinegar and mix until well coated.
3. Spread out onto a foiled cookie sheet and arrange in a single layer - cut side down.
4. Sprinkle with garlic salt.
5. Bake at 350* for about 15-20 minutes or until loose leaves start to burn and sprouts are soft.
6. Toss together and serve hot with your favorite meal!

MACROS:

Each serving of these Roasted Brussels Sprouts has 3 net carbs, 5 total carbs, 2 g fiber, 9 g fat, 2 g protein, and 106 calories. **Recipe Makes Six Servings**

Garlic Balsamic Brussels Sprouts ✓ :



3g Net Carbs (17g Left)
5g Total Carbs
2g Fiber
9g Fat (86g Left)
2g Protein (69g Left)
106 Calories (1114 Left)

BLEU CHEESE & BACON PEPPERS

Quick and easy and bursting with flavor! This meal will help you achieve your fat macro goals!

INGREDIENTS:

- 3 medium bell peppers
- 4 oz. cream cheese, softened
- 1/2 cup blue cheese (crumbled)
- 3 pieces cooked bacon, crumbled
- 1 green onion, thinly sliced



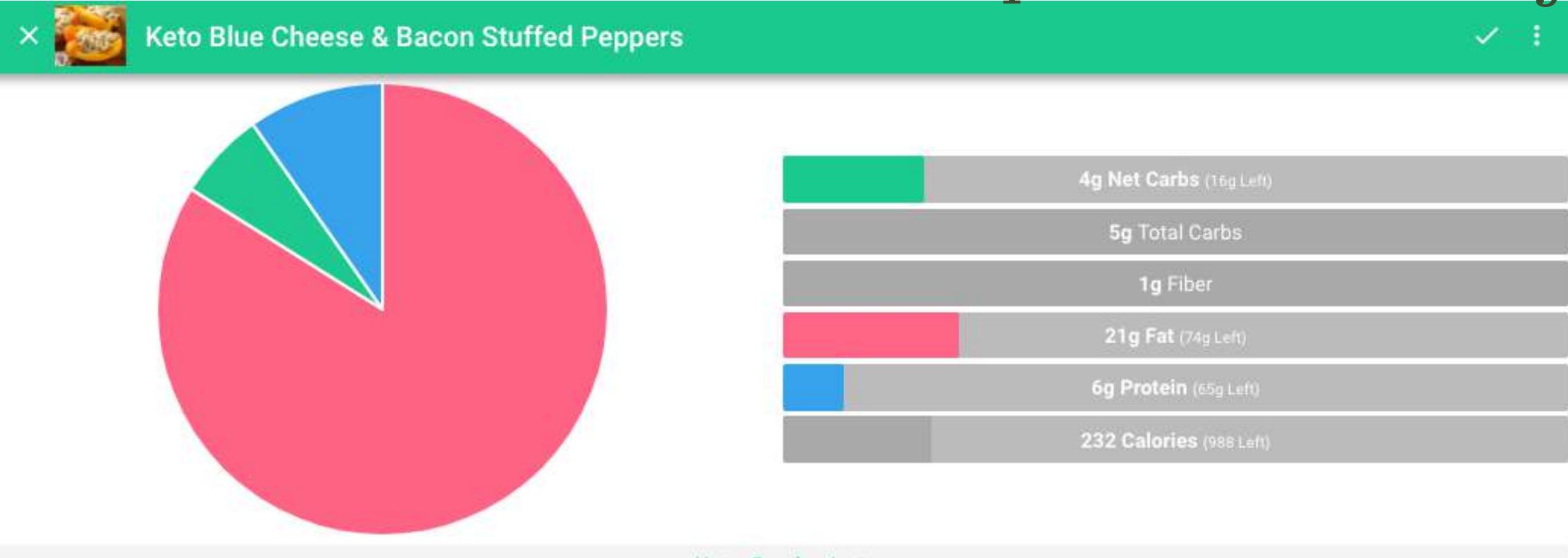
INSTRUCTIONS:

1. Cut peppers into thirds. Remove all seeds and discard with the stem.
2. In a small bowl, mix together the cream cheese, blue cheese, bacon and green onion until blended.
3. In a greased baking dish broil on the top rack of your oven (about 4 in. from heat) for 2-3 minutes on each side or until slightly charred.
4. Remove peppers from oven and evenly distribute the cheese mixture between them.
5. Broil for 2-3 minutes longer or until cheese is nice and melted.

MACROS:

Each serving of Blue Cheese and Bacon Stuffed Peppers has 4 net carbs, 5 total carbs, 1 g fiber, 21 g fat, 6 g protein, and 232 calories.

Recipe Makes Six Servings



PEANUT BUTTER COOKIES

It doesn't get any easier than these Three Ingredient Peanut Butter Cookies! So tasty you will have trouble not eating them all!



INGREDIENTS:

- 1 cup natural peanut butter
- 1/2 cup granulated sweetener of choice
- 1 egg



INSTRUCTIONS:

1. Preheat your oven to 350 degrees.
2. In a bowl, mix all ingredients together until well combined.
3. Using a small spoon, scoop enough dough to roll a 1 inch ball in your hands.
4. Place balls of dough on a parchment lined cookie sheet. 5. Press each ball down with a fork, twice, creating a criss cross pattern on each cookie.
6. Bake for about 12 min. Let cool for 5 mins before serving. Store in air tight container.

MACROS:

Each serving of Keto Peanut Butter Cookie has 6 net carbs, 8 total carbs, 2 g fiber, 11 g fat, 6 g protein, and 147 calories.

Recipe Makes 12 Servings

