

KETO RECIPES FOR BUSY PEOPLE



There are many different types of diets out there. One that is becoming popular amongst busy people is the keto diet. This diet involves eating lots of healthy fats. You also eat some protein, and a small amount of carbohydrates. This puts your body in a state of ketosis--burning stored fat instead of carbs for energy. Research has shown this type of low-carbohydrate, high-fat diet is great for weight loss [1]. The following are some easy recipes that will help busy people stay on track.

Because you are reading this article, it shows you are curious about how the ketogenic diet can help you. I presume that you are already aware of its benefits and now want some recipe ideas. Whatever the case, I hope these quick and simple recipes start you down the keto road to weight loss.

The aim of these recipes is to show you some ideas to help integrate the ketogenic diet into your schedule. A weight loss plan is only as good as the variety of meals you can choose from. No one wants to eat the same thing every day, no matter how big a fan you are of this way of eating. Eggs and bacon are delicious but who wants to eat them for breakfast every day?

These muffins are great to make ahead for quick breakfasts or snacks on the go. While they are low in carbs, this is not a no-carb recipe because it includes vegetables! You could experiment with trying other vegetables like carrots, apple or sweet potato.

Cheesy breakfast muffins

Ingredients

340g zucchini/courgette

1/2 cup butter melted

Pinch of salt

Pinch of pepper

6 eggs

2 tbsp. finely chopped oregano

1 tsp baking powder

84g coconut flour

115g hard cheese (cheddar, red Leicester)

Method

Preheat oven to 180C

Grate the zucchini/courgette and cheese.

Mix zucchini/courgette in a bowl with butter, pepper and

Add the oregano and baking powder, followed by the eggs.

Mix well.

Add coconut flour.

Mix until mixture becomes thick.

Fold the cheese into the mixture.

Divide mixture between 12 cupcake cases in a muffin tin

Bake for 20/25 minutes, until muffins are nicely browned.

Delicious eaten warm or cold.

Another great go-to for keto breakfast is smoothies. You can make them in advance and store them in the fridge so are a great time-saving breakfast. This recipe contains keto collagen powder with MCT (medium chain triglycerides). MCTs are a healthy fat sourced from coconut. They are easily digested so are a great ingredient in smoothies. MCTs have health benefits such as supporting weight loss. They also provide a source of energy and protect against diseases such as Alzheimer's (1)

Breakfast Smoothie

Ingredients

1 tbsp. Collagen Protein powder with MCTs

The flesh from half an avocado

2 tsp psyllium husk

1 tbsp. smooth peanut butter

350ml unsweetened soya milk

5 crushed walnuts

Method

Blend all the ingredients until for 30 – 60 seconds until smooth.

Drink immediately.

(If you wish to store this smoothie do not add the psyllium husk as it absorbs liquid and becomes jelly like.) Try swapping the peanut butter for any other nut butter. Or you can use different milks. To make it super-healthy add a handful of spinach or kale leaves. There are many recipes for keto smoothies online. Many are quick and easy to prepare as well as delicious.

Granola bars.

Make a batch of these in advance and then you have something you can grab on the go for breakfast or as a snack.

Ingredients

75g macadamia nuts

75g pecans

35g slivered almonds

135g sunflower seeds

100g ground flaxseeds

120g pumpkin seeds

35g unsweetened shredded coconut

2 tablespoons chia seeds

60ml warmed water

3 tbsps. Erythritol or Xylitol (sugar substitutes)

1 tsp vanilla extract

2 tsp ground cinnamon

1 free range organic egg

Method

Preheat oven to 170C

Soak the chia seeds in the warm water for 5 minutes, until the mixture is thick.

In a food processor, pulse the pecans and macadamias until the nuts are smaller.

Beef and Wine Casserole

Ingredients

2 tbsp. olive oil

1 kg braising steak,

Pinch salt

Pinch pepper

35g almond flour

120 ml beef stock or broth

500 ml red wine

2 tbsp. tomato puree

500g mushrooms

1 large onion

Method

Season flour with salt and pepper. Cut beef into chunks and coat in seasoned flour.

Brown beef on all sides in a pan - put in slow cooker or casserole dish.

In original pan add stock/broth, wine and tomato puree. When boiling pour over beef.

Add chopped onion and sliced mushrooms and stir. Cook for 4 hours on a low heat.

Balsamic Salmon

Ingredients

120ml balsamic vinegar

60ml chicken stock/broth

1 tbsp. French mustard

2 cloves garlic (minced)

2 tbsp. coconut oil

4 fillets of salmon

Pinch salt

Pinch pepper

Method

Mix the balsamic vinegar, chicken stock/broth, mustard, and garlic in a saucepan and boil until it is reduced by half.

In another pan heat the coconut oil.

Sprinkle the salt and pepper over the salmon. Cook the salmon in the heated coconut oil for 4 minutes on each side.

Then pour over the balsamic mix and simmer for 2 more minutes.

Serve with cooked French beans or other permitted vegetables. (Vegetables grown above the ground are permitted on a keto diet).

Lunches

If you are busy it is likely you are working. Fitting a keto lunch into your day needs to be easy and fast to prepare. You can make quick keto lunches to take with you, making life easier and avoiding the need to eat out every day.

Avocado shrimp/prawn salad is delicious and easy to make. All you need to do is buy cooked shelled shrimps and mix with avocado chunks. This is a great way to get healthy fat from the avocado plus the shrimp, which contain omega 3 fat. In under 5 minutes you have a meal, perfect for keto dieters!

Salmon salad is another quick and easy dish. All you need to do is mix half a can of salmon with mayonnaise. Season it and serve on some spinach leaves and you're done! This meal has less than 10g of carbs and provides you with a perfect balance of protein and fat.

You can snack on nuts, hard boiled eggs or olives as a quick, healthy way to keep hunger at bay until dinner time.

In 20 minutes, you can prepare enough chicken skewers so the whole family can enjoy a keto meal together! Cut chicken breasts into small cubes and thread them onto skewers - soak wooden ones first! A simple yogurt marinade with garlic and spices will make them taste delicious.

Cook them on a BBQ or under a broiler/grill for about 10 minutes. It is also possible to fry in coconut oil. Serve with bell peppers, zucchini/courgettes, squash and/or mushrooms. You can also use feta cheese on top to add a creaminess to the dish!

If you have got the time to spend preparing meals for the week it will help you in the long run. A great go-to for lunch is a quiche.

Make an almond flour and flaxseed pie crust by mixing together 144g almond flour, 84g ground flaxseed, 40g coconut oil (melted), 1 large egg (beaten), pinch salt, pinch garlic powder. This mix is difficult to roll out so it is best to press it into a flan dish. Then chill for 15 minutes before baking for 20 minutes.

Put cooked bacon pieces and fried, chopped onions into the flan, top with grated cheese and beaten eggs and milk. Bake for a delicious quiche that can be served hot immediately or cold for lunch next day.

Another suggestion for lunch is pizza

You need 144g almond flour, half tsp garlic powder, half tsp onion powder, pinch salt. (You can also add half tbsp. dry yeast but this is only for authentic flavour and will not rise the dough). To these ingredients add 2 large eggs (beaten) and 60ml olive oil. You can then top this with all your favourite pizza toppings - meat, cheese, olives are all keto friendly.

Desserts

Everyone loves a pudding but many tend to be sweet and sugary. An ideal food to have after your main course is cheese and there are lots to choose from. Or there are fat bombs. A quick search on the internet will bring up enough suggestions to last weeks.

Finally, when you are busy it might not be the cooking of the food but the planning and buying that takes more time. Get organised and writing a list before you go shopping to cut down on time spent browsing the aisles. Or there are food delivery companies that deliver the exact ingredients for each meal. These are often quick to prepare and cook as well.

Reference

7 Science based benefits of MCT oil

<https://www.healthline.com/nutrition/mct-oil-benefits>