12 POWERFUL Keto RECIPES

TO KICKSTART YOUR MORNING



CLAUDIA J. CALDWELL

Disclaimer & Copyright

The information provided within this book is for general informational purposes only. While we try to keep the information up-to-date and correct, there are no representations or warranties, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services, or related graphics contained in this eBook for any purpose. Any use of this information is at your own risk. The methods describe within this book are the author's personal thoughts. They are not intended to be a definitive set of instructions for this project. You may discover there are other methods and materials to accomplish the same end result. This book is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his/her health.

© 2018 Claudia J. Caldwell | Florian Funk All rights reserved.

This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher, except as provided by United States of America copyright law. For permission requests, write to the publisher, at "Attention: Permissions Coordinator," at the address below.

info@cj-caldwell.com

Table of contents

Disclaimer & Copyright....2
Easy Lemon & Poppy Seed Early Morning Kickstart....4
Egg & Sausage Breakfast Medley....5
Bacon & Broccoli Wrap....6
Smoked Salmon Sushi Breakfast....7
Spicy Spanish Eggs....8
Perfect Strawberry Pancakes....9
Mixed Berry & Coconut Porridge....10
Baby Egg & Bacon Bakes....11
Beautifully Stuffed Bacon Boats....12
Satisfying Blueberry Breakfast Smoothie....13
Tasty Turkey Rolls....14
Pretty Little Pumpkin Pots....15

Easy Lemon & Poppy Seed Early Morning Kickstart

Ingredients:

- 3 large eggs.
- ⅓ cup swerve.
- ¼ cup coconut flour.
- ¼ cup almond flour.
- 3 tbsp butter.
- 2 tbsp sour cream.
- 2 tbsp thick cream.
- 1 tbsp poppy seeds.
- 1 lemon (zested).
- ½ tsp salt.
- ½ tsp baking powder.
- ½ tsp vanilla extract.

Instructions:

- Preheat oven to 350 and grease a muffin tray.
- Mix together swerve, coconut flour, almond flour, lemon zest, poppy seeds, salt and baking powder until well combined.
- In a separate bowl, whisk the eggs until fluffy and beat in sour cream, butter and vanilla extract. Mix in coconut flour mixture and gradually add cream until a smooth batter is formed.
- Pour into muffin tray and bake 15-20 minutes until golden brown.

Nutritional Information:

Total servings - 8
Per serving:
Fat: 11g
Carbohydrates: 3g
Protein: 4g
Calories: 117

Egg & Sausage Breakfast Medley

Ingredients:

- 12 eggs.
- 8 oz breakfast sausage.
- 8 oz cheddar cheese (grated).
- ¾ cup thick cream.
- 1 tbsp onion (grated).
- 2 tsp mustard (powder).
- 1 tsp oregano (dried).

Instructions:

- Preheat oven at 350.
- In a large frying pan, fry sausage for 6-7 minutes; breaking it with a fork as it cooks, eventually looking like a crumble mixture. Spread into a casserole dish.
- In a bowl, mix together eggs, cheese, onion, oregano, mustard and cream until well combined. Pour over sausage mixture.
- Bake for 35-40 minutes until thoroughly cooked.

Nutritional Information:

Total servings - 8
Per serving:
Fat: 32g
Carbohydrates: 2g
Protein: 21g
Calories: 375

Bacon & Broccoli Wrap

Ingredients:

- 1 large egg.
- 1 cup broccoli (chopped).
- 1 onion (sliced).
- 1 slice bacon.
- ¼ cup tomatoes (chopped).
- 2 tbsp cheddar cheese.
- 1 tbsp milk.
- 1 tsp avocado oil.
- Pinch salt and pepper.

Instructions:

- Fry bacon until crispy and remove from pan. Add broccoli and cook for 3 minutes until soft, mix in tomatoes and pour into a bowl.
- In a separate bowl, mix egg, milk, onion and salt and pepper. Add oil to a large frying pan over medium heat; pour in egg mixture so it covers the base of frying pan. Cook for 2 minutes until the bottom has set, flip and cook the other side.
- Place egg wrap on a plate and fill bottom half with broccoli mixture; top with bacon and roll into a wrap.

Nutritional Information:

Total servings - 1
Per serving:
Fat: 19g
Carbohydrates: 9g
Protein: 15g
Calories: 258

Smoked Salmon Sushi Breakfast

Ingredients:

- 2 slices smoked salmon.
- 1 avocado (chopped).
- 1 ½ tbsp cream cheese.
- ½ tsp dill.

Instructions:

- Slice the salmon slices in half.
- Spread salmon with cream cheese and place on chopped avocado.
- Sprinkle with dill and roll up.

Nutritional Information:

Total servings - 1
Per serving:
Fat: 23g
Carbohydrates: 12g
Protein: 11g
Calories: 325

Spicy Spanish Eggs

Ingredients:

- 6 eggs.
- 2 jalapenos (finely chopped).
- 1 red onion (finely chopped).
- 1 tomato (finely chopped).
- 3 oz cheddar cheese (grated).
- 1 oz butter.
- Salt and pepper.

Instructions:

- Melt butter in a large frying pan and add onions, jalapenos and tomatoes; fry for 4-5 minutes.
- Whisk eggs and pour into pan with onion mixture, mix continuously to make scrambled eggs, add cheese, salt and pepper and fry until thoroughly cooked through.

Nutritional Information:

Total servings - 1
Per serving:
Fat: 18g
Carbohydrates: 2g
Protein: 13g
Calories: 229

Perfect Strawberry Pancakes

Ingredients:

- 4 large eggs.
- 1 cup thick cream.
- 7 oz cottage cheese.
- 2 oz fresh strawberries.
- 2 oz butter.
- 1 tbsp psyllium husk (powder).

Instructions:

- Mix together cottage cheese, eggs and psyllium husk until well combined. Allow to rest for 10 minutes.
- Heat butter in a large frying pan and fry each pancake on a medium heat for 3-4 minutes on each side.
- In a bowl, whip the cream until peaks are formed.
- Serve the pancakes topped with cream and fresh strawberries.

Nutritional Information:

Total servings - 4
Per serving:
Fat: 40g
Carbohydrates: 4g
Protein: 14g
Calories: 424

Mixed Berry & Coconut Porridge

Ingredients:

- ½ cup almond milk.
- ¼ cup mixed berries.
- ⅓ cup coconut milk.
- 2 tbsp flaxseed.
- 1 tbsp desiccated coconut.
- 1 tbsp almond meal.
- 1 tsp pumpkin seeds.
- ½ tsp cinnamon.
- ½ tsp vanilla extract.

Instructions:

- To a large saucepan, add coconut milk, almond milk, flaxseed, almond meal, coconut, cinnamon and vanilla; stir continuously until mixture thickens.
- Pour into a bowl and top with pumpkin seeds and mixed fruit.

Nutritional Information:

Total servings - 1
Per serving:
Fat: 38g
Carbohydrates: 6g
Protein: 10g
Calories: 444

Baby Egg & Bacon Bakes

Ingredients:

- 6 large eggs.
- 6 bacon slices (chopped).
- 1 ½ cups cheddar cheese (grated).
- 6 tbsp salsa.
- 1 tbsp olive oil.
- 1 tsp black pepper.
- 1 tsp chilli flakes.
- 1 tsp paprika.
- ½ tsp salt.

Instructions:

- Preheat oven at 400 and line a baking sheet with greaseproof paper.
- Split the cheese into six piles on the baking sheet.
- Season the piles with paprika and chilli flakes and bake for 10-11 minutes.
- Immediately place each cheese bake over an upside down cup; allow to cool and mold itself to the shape. Set aside.
- Heat the oil in a frying pan and fry the bacon until crispy. Remove bacon from the pan but leave the grease in the pan.
- Heat the bacon grease and scramble six eggs, season with salt and pepper and add to the cheese bakes.
- Top each with 1 tbsp salsa and sprinkle each with bacon.

Nutritional Information:

Total servings - 6
Per serving: (2 bakes)
Fat: 25g
Carbohydrates: 2g
Protein: 16g
Calories: 295

Beautifully Stuffed Bacon Boats

Ingredients:

- 18 bacon slices.
- 7 large eggs.
- 1 ½ cups cheddar cheese.
- 4 tbsp thick cream.
- ½ tsp black pepper.
- ½ tsp onion powder.
- ½ tsp paprika.

Instructions:

- Preheat oven at 375.
- In a large muffin tray, line each hole with bacon slices, ensuring that there are no gaps at the bottom or on the sides. Bake for 15 minutes.
- In a large bowl, whisk eggs, cream, black pepper, onion powder and paprika.
- In each bacon cup, spoon in 2 tbsp of cheese and top with egg mixture.
- Bake for 15 minutes until eggs are completely cooked and turning golden brown.

Nutritional Information:

Total servings - 8
Per serving: (1 bacon boat)
Fat:42g
Carbohydrates: 3g
Protein: 19g
Calories: 468

Satisfying Blueberry Breakfast Smoothie

Ingredients:

- ½ cup ice (crushed).
- ½ cup thick cream.
- ½ cup blueberries.
- 3 tbsp Greek yogurt (full fat).
- 1 ½ tbsp macadamia oil.

Instructions:

- Put all ingredients into a blender until thick and creamy.

Nutritional Information:

Total servings - 1
Per serving:
Fat: 27g
Carbohydrates: 7g
Protein: 5g
Calories: 293

Tasty Turkey Rolls

Ingredients:

- 1 turkey slice.
- 1 large egg.
- 2 tbsp cheddar cheese (grated).
- 1 tsp mixed herbs (chopped).
- Cooking spray.

Instructions:

- Spray a frying pan with cooking spray and heat on medium.
- Whisk egg and herbs together and pour into hot frying pan.
- Swirl the mixture around the pan until all of pan is coated.
- When the bottom is firm, flip the egg and add cheese.
- When completely cooked through, remove from pan and line the turkey slice in the middle; roll into a sausage shape.

Nutritional Information:

Total servings - 1
Per serving:
Fat: 15g
Carbohydrates: 1g
Protein: 18g
Calories: 216

Pretty Little Pumpkin Pots

Ingredients:

- 1 large egg.
- 2 tbsp swerve.
- 2 tbsp flaxseed.
- 2 tbsp pumpkin puree.
- 2 tbsp almond flour.
- 1 ½ tsp pumpkin spice.
- ¼ tsp baking powder.
- Cooking spray.

Instructions:

- Spray a small ramekin with cooking spray and crack in egg and pumpkin puree; mix until well combined.
- In a bowl, mix together swerve, flaxseed, almond flour, pumpkin spice and baking powder until well combined; add to egg mixture.
- Microwave on high for 1 ½ minutes until thoroughly cooked.
- Let stand for 1 minute.

Nutritional Information:

Total servings - 1
Per serving:
Fat: 17g
Carbohydrates: 4g
Protein: 13g
Calories: 239

GET YOUR PERSONAL COPY OF MY...

BREAKTHROUGH 30-DAY KETO MEAL PLAN



Click here for More