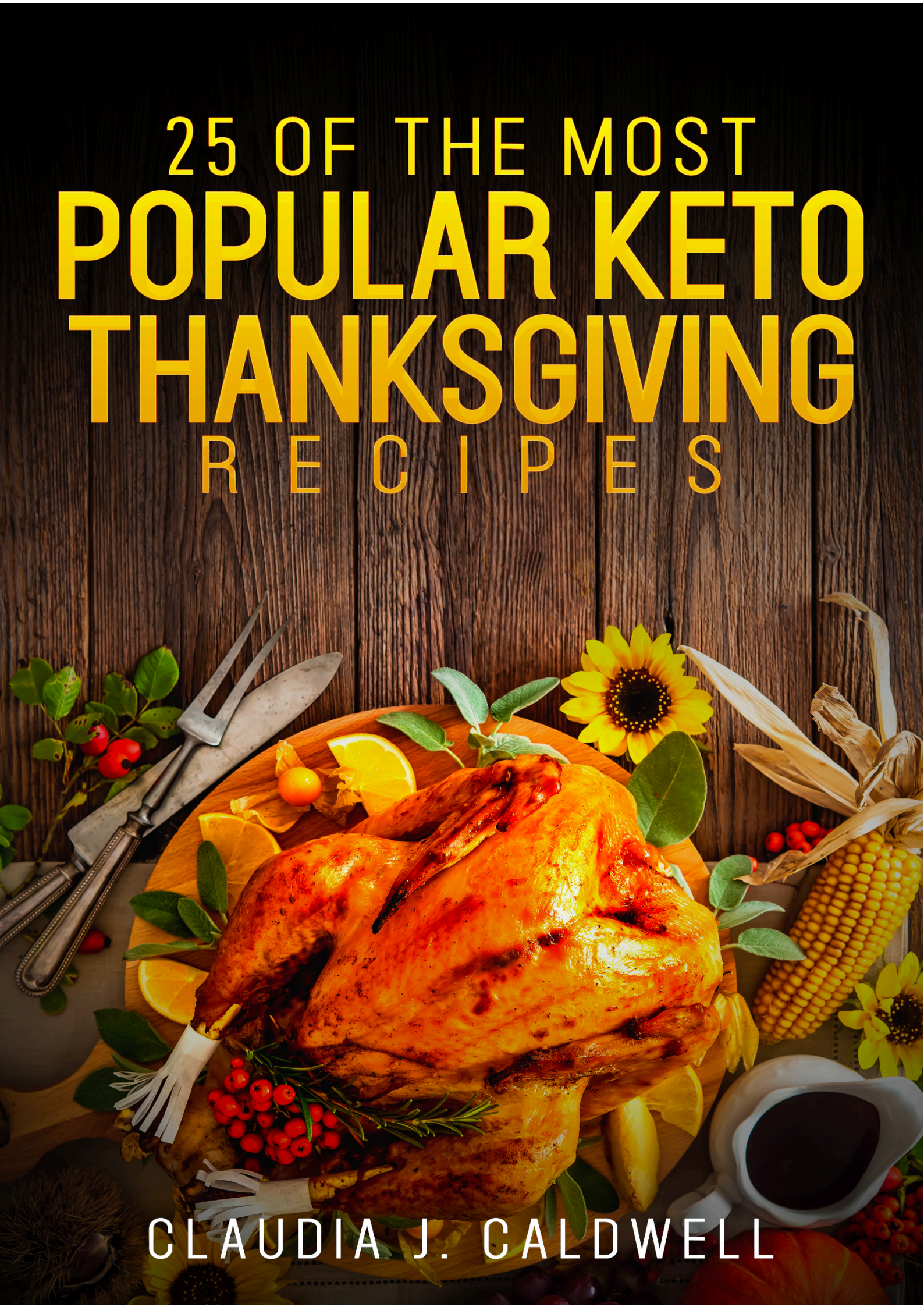
25 OF THE MOST POPULAR KETO THANKSGIVING RECIPES



CLAUDIA J. CALDWELL

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by Claudia J. Caldwell



Thank you for downloading this eBook!

You've made an important decision today, and I'm thrilled that you've chosen me to help you get started with keto.

Now, you may be wondering why I'm giving away this eBook.

You're not alone – my friends are constantly asking me just why I keep giving away my knowledge, especially when I could so easily charge top dollar for it!

I agree… it doesn't make much sense when you look at it logically!

After all, I've spent countless hours and vast amounts of money to learn just about everything there is to know when it comes to the ketogenic diet. Then I poured even more of my own time and money into creating recipes to help others – including this eBook – as well as the ads to help people like you to easily find that help.

That's a lot of time and money to give away, and you may just be wondering

what the catch is! Let me put your mind at rest.

There is no catch – consider this eBook a gift from me to you.

My side of the bargain is simple: I'm fulfilling a promise I made to myself a few years ago, when I was obese, pre-diabetic, depressed, and just plain fed up with life.
No matter what diet I tried, I just couldn't shift the pounds.

Finding genuine information in a space packed with gurus selling pills and products was impossible! I needed help, but nobody was there to give me the help I desperately needed to find a diet that would finally free me from my nightmare.

It wasn't until I found the keto diet that everything changed – and even then, I had to dig through a lot of stuff to get the information that I needed to make the diet work.

Most of all, I couldn't believe how hard it was to find simple recipes for beginners that put all the important information in one easy-to-read and digest place.

My mother once said: "If you want something done right, do it yourself."

That's what this eBook is all about.

I'm giving you something that I wish had been around when I was in your shoes. I'm giving you that information.

My only wish is to help as many people as possible to transform their lives for the better – even if that's just 1% of the people reading these words.

Your health is the most important thing in your life – and far more important than a few bucks.

If you've ever been sick, you know just how miserable life is.

If you're miserable, even sick now, then now is the time to turn your life around and reclaim your health.

I'm thrilled to be able to give you a resource that I never had when I started, and I know this will make your keto journey a lot easier.

I hope that this eBook helps you on your journey to better health and puts you on the path to reaching your ideal weight.

I wish you all the best of luck and a long and happy life!

- C. J. Caldwell

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A Twist on Thanksgiving Turkey

Ingredients:

- 24 oz turkey breast.
- 7 oz cream cheese.
- 2 cups thick cream.
- 2 tbsp butter.
- 1 tbsp soy sauce.
- Salt and pepper.

Instructions:

- Preheat oven at 350 degrees.
- In a large frying pan, melt half of the butter and fry the turkey breast until golden brown.
- Put the turkey and juices in an ovenproof dish to cook thoroughly.
- Pour the turkey juices into a saucepan, add the cream cheese and cream.
- Stir and bring to a light boil. Simmer and let thicken.
- Add soy sauce, salt and pepper.
- Drizzle sauce over turkey.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 66g
Carbohydrates: 6g
Protein: 46g
Calories: 816

Tasty Turkey, Bacon & Tomato Blend

Ingredients:

- 16 oz turkey breast.
- 8 oz bacon (sliced).
- 3 tomatoes (chopped).
- ½ tsp garlic powder.
- ½ tsp black pepper.

Instructions:

- Preheat oven at 175 degrees.
- Wrap the bacon around the turkey breasts.
- In a large ovenproof dish, add tomatoes, garlic powder and black pepper and stir well.
- Add the turkey parcels to the dish; cover and bake for 6 hours.
- Slice turkey and serve with sauce.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 25g
Carbohydrates: 4g
Protein: 33g
Calories: 372

Thanksgiving Turnip Dauphinoise

Ingredients:

- 8 oz cream cheese.
- 4 cups turnips (peeled and thinly sliced).
- 1 cup thick cream.
- ½ cup cheddar cheese (grated).
- ½ cup onion (chopped).
- 4 tbsp butter (unsalted).
- 1 tsp salt.
- ½ tsp black pepper.

Instructions:

- Preheat oven at 350 degrees.
- Heat 1 tbsp of butter in a large frying pan, add the onion and fry until softened. Set aside.
- In a saucepan, melt the cream, cream cheese, salt and pepper until a smooth mixture is formed.
- In a large ovenproof dish, add one layer of turnips; slightly overlapping each other. Sprinkle some of the onion over and add a little butter. Repeat with two additional layers.
- Pour over the cream sauce, cover and bake for 30 minutes.
- Remove cover and bake for an additional 45 minutes, adding cheddar cheese 15 minutes before the end..

Nutritional Information:

Total servings - 12

Per serving:

Fat: 17g
Carbohydrates: 5
Protein: 3g
Calories: 165

Salmon with Cream Cheese Spinach

Ingredients:

- 10 oz spinach (chopped).
- 4 salmon fillets.
- 3 oz cream cheese.
- 4 garlic cloves (crushed).
- ½ cup thick cream.
- 3 tbsp butter.
- 2 tsp olive oil.
- ¼ tsp salt.
- ¼ tsp black pepper.

Instructions:

- Preheat oven at 400 degrees.
- Lightly drizzle the salmon with olive oil and wrap in kitchen foil.
- Bake for 15 - 20 minutes.
- As the salmon cooks, heat butter in a large frying pan and add garlic.
- Add spinach, let cook until completely wilted.
- Add the cream cheese, cream, salt and pepper. Stir continuously until melted and thickened.
- Place spinach on a plate and top with salmon.

Nutritional Information:

Total servings - 4

Per serving:
Fat: 40g
Carbohydrates: 7g
Protein: 38g
Calories: 540

Graceful Green Bean Pot Pie

Ingredients:

- 32 oz green beans (cut in half).
- 10 oz mushrooms (chopped).
- 1 large onion (chopped).
- 3 oz cream cheese.
- ½ cup thick cream.
- ½ cup almond flour.
- 2 tbsp minced onion (dried).
- 1 tbsp olive oil.

Instructions:

- Preheat oven at 375 degrees.
- In a large frying pan, saute the onions and mushrooms until lightly browned.
- In a large saucepan of water, bring the green beans to boil until tender but crisp.
- In a saucepan melt the cream cheese and thick cream until a smooth sauce is formed.
- Add the sauce to an ovenproof dish with green beans, mushrooms and onions and stir well.
- In a small bowl, mix the almond flour, minced onion and olive oil until it resembles breadcrumbs.
- Sprinkle over the green bean mixture and bake for 20 minutes.

Nutritional Information:
Total servings - 12

Per serving:

Fat: 14g
Carbohydrates: 7g
Protein: 4g
Calories: 165

One Pot Chicken & Veg Thanksgiving Spectacular

Ingredients:

- 4 chicken thighs.
- 8 oz green beans.
- 1 large onion (cut into wedges).
- 1 red pepper (sliced).
- 1 lemon (cut into wedges).
- 2 tbsp olive oil.
- 1 tsp garlic powder.
- 1 tsp salt.
- 1 tsp black pepper.

Instructions:

- Preheat oven at 200 degrees.
- In a large bowl, mix 1 tbsp olive oil, salt, pepper and garlic. Marinate the chicken in the mixture for 30 minutes.
- In a large ovenproof dish, place the chicken, onion and lemon wedges and bake for 20 minutes.
- In a bowl, mix the green beans, red pepper and remaining olive oil together.
- Add the green bean mixture to the partly cooked chicken and bake for an additional 20 minutes or until chicken is thoroughly cooked.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 27g
Carbohydrates: 9g
Protein: 18g
Calories: 356

Sweet Glazed Ham with Roasted Mustard Brussels

Ingredients:

- 1 ham shank.
- 16 oz brussels (halved).
- 4 bacon slices.
- 2 garlic cloves (crushed).
- 1 ½ tbsp olive oil.
- 1 tbsp butter.
- 1 tbsp maple extract.
- 1 tbsp mustard (whole grain).
- 2 tsp dijon mustard.
- ½ cup Stevia.
- ½ tsp paprika.
- 4 drops orange oil.

Instructions:

- Preheat oven at 250 degrees.
- Score the ham so that glaze can enter.
- Melt Stevia and butter over a medium heat until completely melted and add in maple extract and orange oil. Brush ⅓ glaze over ham.
- In a large ovenproof dish, pour in one cup of water and add the ham. Cover with foil, bake for 4 hours.
- Remove from oven, brush over remaining glaze, cover with foil and bake for an additional 30 minutes at 300 degrees.
- Remove foil and turn temperature to 350 degrees; bake for 30 minutes.
- Cover with foil and set aside.
- Turn oven to 400 degrees.
- Place brussels and bacon in an ovenproof dish.
- Mix together olive oil and garlic, sprinkle over the brussels and bacon.
- Bake for 25 minutes until brussels are browned and bacon is crispy.
- Mix in remaining ingredients and bake for an additional 5 minutes.
- Slice the ham and serve with brussels.

Nutritional Information:

Total servings - Ham - 12 / Brussels - 4

Per serving:

Fat: 34g
Carbohydrates: 9
Protein: 37g
Calories: 514

Cabbage Pottage

Ingredients:

- 32 oz cabbage (chopped).
- 6 oz cream cheese.
- 6 oz cheddar (grated).
- 4 oz butter.
- 2 garlic cloves (crushed).
- 1 red onion.
- 1 ½ cups thick cream.
- 6 tbsp sour cream.
- 1 tbsp dijon mustard.

Instructions:

- Preheat oven at 400 degrees.
- Heat butter in a large frying pan, add the cabbage, onions and garlic. Fry for 10 minutes or until all vegetables are softened.
- Add in cream cheese, thick cream, sour cream and mustard; stir well and simmer for an additional 10 minutes.
- Add the mixture to a large ovenproof dish and sprinkle over the cheddar cheese.
- Bake for 20 minutes.

Nutritional Information:

Total servings - 6

Per serving:

Fat: 58g
Carbohydrates: 10g
Protein: 14g
Calories: 613

Roasted Pork with Tinted Orange Gravy

Ingredients:

- 32 oz pork joint.
- 6 peppercorns.
- 2 ½ cups water.
- 1 ½ cups thick cream.
- 2 garlic cloves (crushed).
- 1 bay leaf.
- 1 tbsp paprika.
- 1 tbsp olive oil.
- 2 tsp mixed herbs.
- ½ tsp black pepper.
- 4 drops orange oil.

Instructions:

- Preheat oven at 200 degrees.
- Add water to a large ovenproof dish. Place in the pork, bay leaf, peppercorns and herbs. Cover dish with foil and roast for 7 hours.
- Remove pork from dish; reserve juices for gravy. Turn oven to 450 degrees.
- Mix together oil, garlic, paprika and black pepper; rub mixture over pork.
- Place meat in an ovenproof dish and bake uncovered for 30-40 minutes.
- Strain the reserved juices into a saucepan; boil until reduced.
- Stir in thick cream and orange oil, bring to boil and simmer for 20 minutes.
- Carve pork and serve with orange tinted gravy.

Nutritional Information:
Total servings - 6

Per serving:

Fat: 52g
Carbohydrates: 3g
Protein: 29g
Calories: 599

Thanksgiving Kale & Cheese Treat

Ingredients:

- 8 oz kale (chopped).
- 4 oz goats cheese.
- 2 oz butter.
- 1 garlic clove (crushed).
- ¾ cup thick cream.
- 2 tbsp mayonnaise.
- 2 tbsp olive oil.
- 1 tsp mustard.

Instructions:

- In a small bowl, mix together cream, oil, mustard, mayonnaise and garlic.
- In a large frying pan, melt butter and quickly fry the kale until it turns a deep colour.
- Put kale into a bowl and pour in the sauce, mix well and crumble over cheese.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 51g
Carbohydrates: 5g
Protein: 11g
Calories: 492

Thanksgiving Garlic Lamb Cutlets

Ingredients:

- 8 lamb chops.
- 4 oz garlic butter.
- 1 ½ tbsp olive oil.
- 1 tbsp butter.
- ¼ tsp black pepper.

Instructions:

- Season the lamb with pepper.
- Place butter and olive oil in a large frying pan; fry the chops for 4-5 minutes or until cooked through.
- Place lamb on serving plate and top with garlic butter.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 64g
Carbohydrates: 1g
Protein: 45g
Calories: 739

Mighty Meatloaf Platter

Ingredients:

- 24 oz minced beef.
- 2 oz cheddar cheese (grated).
- 6 bacon slices.
- 1 onion (chopped).
- 1 large egg (whisked).
- 2 tbsp butter.
- ½ cup thick cream.
- 1 tsp salt.
- 1 tsp black pepper.

Instructions:

- Preheat oven at 400 degrees.
- In a large frying pan, melt butter and fry onions until softened.
- In a large bowl, add the beef, fried onions, cheese, egg, cream, salt and pepper; mix well and shape into a loaf.
- Place the loaf in an ovenproof dish and layer bacon across top.
- Bake for 45-50 minutes.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 95g
Carbohydrates: 5g
Protein: 49g
Calories: 1029

Cheese & Tomato Meatball Mouthfuls

Ingredients:

- 16 oz minced beef.
- 14 oz tomatoes (canned).
- 8 oz fresh spinach.
- 5 oz goats cheese.
- 2 oz butter.
- 2 oz parmesan (grated).
- 1 large egg.
- 3 tbsp olive oil.
- 1 tsp garlic powder.
- ½ tsp onion powder.
- ½ tsp black pepper.

Instructions:

- In a large bowl, mix beef, egg, parmesan, garlic, onion powder and black pepper together. Make into balls.
- In a large frying pan, heat the olive oil and fry the meatballs until browned all over.
- Add tomatoes and simmer for 20 minutes.
- In another frying pan, melt the butter and fry spinach for 2 minutes. Add spinach to meatballs.
- Put on a serving plate and crumble over goats cheese.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 52g
Carbohydrates: 4g
Protein: 42g
Calories: 625

Creamed Chicken & Mushroom

Ingredients:

- 16 oz chicken breast.
- 10 oz baby mushrooms.
- 4 cloves garlic (crushed).
- ½ red onion (finely chopped).
- 1 ½ cups thick cream.
- ½ cup parmesan (grated).
- 2 ½ tbsp butter.
- 1 tbsp olive oil.
- 2 tsp mixed herbs (dried).
- 1 tsp garlic powder.
- ¼ tsp black pepper.

Instructions:

- Slice chicken breasts in half (lengthways).
- Mix garlic powder, mixed herbs and pepper. Season chicken breasts with the mixture.
- In a large frying pan, melt the butter and fry the chicken breasts, 5-6 minutes on each side or until cooked through. Set aside.
- Add mushrooms and onion to frying pan and fry until tender and slightly browned. Add garlic and fry for another minute.
- Stir in the thick cream, herbs and parmesan; simmer until sauce thickens.
- Return chicken to the pan, cook for 4 - 5 minutes.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 51g
Carbohydrates: 7g
Protein: 34g
Calories: 577

Spicy Kale & Egg Salad

Ingredients:

- 8 oz broccoli (chopped).
- 4 oz kale (chopped).
- 4 large eggs (hard boiled).
- 2 avocados (pitted and sliced).
- 2 garlic cloves (sliced).
- 1 red onion (chopped).
- 2 tbsp olive oil.
- 1 tbsp mustard.
- 1 tsp chilli flakes.
- ½ cup mayonnaise.

Instructions:

- In a large frying pan, heat the oil and fry the garlic and remove from pan.
- Fry broccoli and kale until slightly softened.
- Mix mayonnaise with mustard.
- Cut eggs into quarters.
- Plate broccoli and kale, add avocados, chopped raw onion, chilli flakes and egg quarters.
- Drizzle over mustard mayonnaise.

Nutritional Information:
Total servings - 2

Per serving:

Fat: 96g
Carbohydrates: 12g
Protein: 24g
Calories: 998

Pork & Veg One Pot

Ingredients:

- 4 pork chops.
- 16 oz broccoli (chopped).
- 10 oz cherry tomatoes.
- 6 garlic cloves (peeled).
- 3 tbsp olive oil.
- 1 tbsp mixed herbs.

Instructions:

- Preheat oven at 450 degrees.
- In a large ovenproof dish, place broccoli, tomatoes, garlic and mixed herbs; drizzle with olive oil and bake for 15 - 20 minutes.
- Fry the pork on both sides until lightly browned.
- Place the chops in the dish with the vegetables; lower the temperature to 400 degrees and bake for 15 minutes.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 69g
Carbohydrates: 10g
Protein: 40g
Calories: 791

Chicken Presents

Ingredients:

- 4 chicken breasts.
- 4 oz smoked ham (sliced).
- 4 oz cheddar cheese (sliced).
- 2 oz butter.
- 1 tbsp olive oil.
- 1 tbsp mustard.

Instructions:

- Preheat oven at 350 degrees.
- Cut the chicken in half lengthways but not completely. Put a sheet of kitchen foil over the top of the chicken, pound the chicken until it flattens; discard the foil.
- Spread one half of the chicken breast with mustard and place ham and cheese evenly on top of the mustard.
- Melt butter in a frying pan and fry chicken until cooked through and browned.
- Place chicken in an ovenproof dish and bake for 25 minutes.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 83g
Carbohydrates: 4g
Protein: 74g
Calories: 1036

Thanksgiving Chicken Blessing

Ingredients:

- 32 oz chicken thighs.
- 8 oz tomatoes.
- 6 garlic cloves (sliced).
- ½ cup black olives (pitted).
- ¼ cup olive oil.
- 1 tbsp mixed herbs.

Instructions:

- Preheat oven at 400 degrees.
- In a large ovenproof dish, place chicken, garlic, olives and tomatoes: drizzle with olive oil and sprinkle mixed herbs.
- Bake for 1 hour or until chicken is completely cooked through.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 79g
Carbohydrates: 5g
Protein: 44g
Calories: 912

Sunset Spinach Risotto

Ingredients:

- 24 oz cauliflower florets (grated).
- 1 ¾ cups thick cream.
- 5 oz goats cheese.
- 3 oz parmesan (grated).
- 3 oz fresh spinach (chopped).
- 2 oz butter.
- 3 tbsp lemon juice.
- 1 tbsp onion powder.

Instructions:

- In a large frying pan, add cream, butter, lemon juice and onion powder; heat until simmering.
- Add the grated cauliflower and simmer for 15 minutes.
- Stir in the parmesan and add spinach.
- Crumble over the goats cheese.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 78g
Carbohydrates: 11g
Protein: 26g
Calories: 829

Tantalising Tuna Bake

Ingredients:

- 16 oz tuna (canned in olive oil).
- 6 oz spinach.
- 5 oz celery (chopped).
- 4 oz parmesan (grated).
- 1 onion (chopped).
- 1 green pepper (chopped).
- 1 cup mayonnaise.
- 4 tbsp olive oil.
- 1 tsp chilli flakes.

Instructions:

- Preheat oven at 400 degrees.
- Heat the oil in a large frying pan, add celery, onions and pepper and fry until slightly softened.
- In a large ovenproof dish, mix tuna, mayonnaise, parmesan and chilli. Stir in the softened vegetables.
- Bake for 20 minutes.
- Serve with spinach and drizzle with olive oil.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 84g
Carbohydrates: 5g
Protein: 46g
Calories: 949

Goats Cheese Chicken Platter

Ingredients:

- 2 chicken breasts.
- 7 oz goats cheese (cubed).
- 2 oz iceberg lettuce.
- 2 large tomatoes (sliced).
- 12 black olives (pitted).
- ½ cup olive oil.

Instructions:

- In a large frying pan, fry the chicken breasts until completely cooked through and browned.
- On a plate, place sliced tomatoes, lettuce, goats cheese, olives and chicken; drizzle with olive oil.

Nutritional Information:
Total servings - 2

Per serving:

Fat: 107g
Carbohydrates: 8g
Protein: 63g
Calories: 1191

Buttered Cod with Horseradish

Ingredients:

- 24 oz cod fillets.
- 16 oz green beans.
- 5 oz butter.
- 3 oz fresh horseradish (grated).
- 1 tsp salt.

Instructions:

- Dry the cod and gently massage with salt.
- In a large fry pan, heat ⅓ butter and fry cod for 4 minutes on each side; occasionally adding butter.
- Remove from pan when cooked.
- In a large saucepan, boil the green beans until tender.
- In a small saucepan, melt the remaining butter.
- Plate the cod on top of a bed of green beans, pour over the melted butter and sprinkle the grated horseradish.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 32g
Carbohydrates: 7g
Protein: 35g
Calories: 437

Salmon & Avocado Carousel

Ingredients:

- 4 salmon fillets.
- 7 oz cherry tomatoes (quartered).
- 2 avocados (cubed).
- ½ red onion (chopped).
- 2 tbsp olive oil.
- 2 tbsp lime juice (fresh).
- 1 tbsp avocado oil.
- 1 tsp salt.
- ½ tsp black pepper.

Instructions:

- Preheat oven at 300 degrees.
- Place each salmon fillet on a piece of foil, drizzle with olive oil and tightly wrap in foil.
- Place foil packages on a large ovenproof dish and bake for 15 - 20 minutes.
- In a large bowl, mix avocado, tomatoes and onions; drizzle with lime juice and avocado oil. Season with salt and pepper.
- Place salmon fillets on a plate and top with avocado mixture.

Nutritional Information:
Total servings - 4

Per serving:

Fat: 50g
Carbohydrates: 4g
Protein: 39g
Calories: 624

Thanksgiving Calamari Banquet

Ingredients:

- 16 oz fresh squid (cleaned and cut into rings).
- 14 oz canned tomatoes (whole).
- 3 garlic cloves (crushed).
- 1 cup water.
- 1 onion (cut into rings).
- 2 tomatoes (fresh and cubed).
- 2 tbsp olive oil.
- ½ tsp rosemary.

Instructions:

- In a large saucepan, heat olive oil and cook onions and garlic until soft.
- Add canned tomatoes and water, simmer for 5 minutes.
- Add squid rings, fresh tomatoes and rosemary; let simmer for 6 - 7 minutes or until squid is cooked through.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 24g
Carbohydrates: 13g
Protein: 43g
Calories: 419

Beef & Broccoli Blowout

Ingredients:

- 12 oz minced beef.
- 8 oz broccoli florets.
- 3 oz butter.
- 2 tbsp mayonnaise.
- ½ tsp chilli flakes.
- ½ tsp black pepper.
- ½ tsp salt.

Instructions:

- In a large frying pan, melt butter and fry minced beef until browned.
- Add more butter and add broccoli to beef and season with salt, pepper and chilli flakes.
- Top with remaining butter and serve with mayonnaise.

Nutritional Information:
Total servings - 2

Per serving:

Fat: 57g
Carbohydrates: 5g
Protein: 35g
Calories: 645