KETO | ACCELERATOR MASTERCLASS

KETO MEAL PLAN NO.1

3 MEALS PER DAY AVG.
1813 kcal avg.
81/16/3 Macros



Claudia J. Caldwell

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MACRO OVERVIEW

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Keto frittata with fresh spinach 661 kcal Protein:16% Fat: 81% Net Carbs: 2%	Half amount of Keto pancakes with berries 425 kcal Protein:12% Fat: 83% Net Carbs:4%	Keto egg muffins 336 kcal Protein: 28% Fat: 70% Net Carbs: 2%	Keto porridge 642 kcal Protein: 7% Fat: 90% Net Carbs: 3%	Classic bacon and eggs 272 kcal Protein: 23% Fat: 75% Carbs: 2%	Low-carb chia pudding 461 kcal Protein: 7% Fat:87% Net Carbs: 6%	Boiled eggs with mayonnaise 316 kcal Protein: 14% Fat:84% Net Carbs: 1%
lunch	Keto chicken burgers with tomato butter 743 kcal Protein: 17% Fat: 79% Net Carbs:4%	Keto Caesar salad 993 kcal Protein: 19% Fat: 79% Net Carbs: 2%	Keto fried salmon with asparagus 591 kcal Protein: 19% Fat: 79% Net Carbs: 1%	Tuna Fish Salad with 1/2 amount Oops bread 923kcal Protein: 18% Fat: 80% Net Carbs: 2%	Yogurt chicken kebabs with beet carpaccio 745 kcal Protein: 17% Fat: 77% Net Carbs: 6%	1/2 amount of Spinach salad with hot bacon fat dressing 344 kcal Protein: 7% Fat: 92% Carbs: 1%	Keto Tex-Mex burger plate 951 Kcal Protein: 17% Fat: 80% Net Carbs: 3%
dinner	Seafood salad with avocado394 kcal Protein: 28% Fat: 69% Net Carbs:3%	Keto oven-baked Brie cheese 344 kcal Protein: 17% Fat: 82% Net Carbs: 1%	1/2 amount Low-carb pumpkin soup 865 kcal Protein:3% Fat: 91% Net Carbs: 6%	Keto prosciutto-wrapped asparagus with goat cheese 222 kcal Protein: 20% Fat: 77% Net Carbs: 2%	Keto lasagna 1/3 of amount 901 kcal Protein: 19% Fat: 77% Net Carbs: 4%	1/2 amount Keto pizza 1057 kcal Protein:20% Fat: 77% Net Carbs: 3%	1/2 amount Creamy low-carb broccoli and leek soup 506 kcal Protein:11% Fat: 81% Net Carbs: 8%
average per day%	Protein: 20% Fat: 76% Carbs: 4%	Protein: 17% Fat: 81% Carbs: 2%	Protein: 13% Fat: 84% Carbs: 3%	Protein: 15% Fat: 82% Carbs: 3%	Protein: 20% Fat: 76% Carbs: 4%	Protein: 12% Fat: 85% Carbs: 3%	Protein: 14% Fat: 82% Carbs: 4%

whole day kcal	whole day kcal	whole day kcal	whole day kcal	whole day kcal	whole day kcal	whole day kcal
1798	1762	1792	1787	1918	1862	1773

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Day 1 BREAKFAST:

KETO FRITTATA WITH FRESH SPINACH

Ingredients for 1 serving

- 1.5 slice of diced bacon or chorizo
- 1 tsp butter, for frying
- 2 cups of fresh spinach
- 2 eggs
- ¼ cup heavy whipping cream
- 4 Tbsp. shredded cheese
- salt and pepper to taste

Instructions

1. Preheat the oven to 350°F (175°C).
2. Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
3. Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
4. Add the bacon, spinach and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.



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Day 1 LUNCH:

KETO CHICKEN BURGERS WITH TOMATO BUTTER

Ingredients for 1 serving

CHICKEN PATTIES

- 5 oz. ground chicken or ground turkey
- 1/2 egg
- 1/4 yellow onion, grated or finely chopped
- ¼ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp dried thyme or crushed coriander seed
- ½ oz. butter, for frying

FRIED CABBAGE

- 6 oz. green cabbage
- 1.5 Tbsp butter
- ¼ tsp salt
- Pinch of ground black pepper

WHIPPED TOMATO BUTTER

- 2 Tbsp of butter
- 1 tsp tomato paste
- ¼ tsp red wine vinegar (optional)
- sea salt and pepper to taste

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INSTRUCTIONS

- Preheat the oven to 220°F (100°C). Mix all ingredients for the patties in a bowl.
- Shape 2 or 3 patties and fry in butter on medium high heat until golden brown and fully cooked through.
- Place in the oven to keep warm.
- Shred the cabbage using a sharp knife, mandolin slicer or food processor.
- Fry the cabbage in a generous amount of butter on medium high heat until browned on the edges, but still has some body. Stir occasionally to make sure it cooks evenly. Season with salt and pepper. Lower the heat towards the end.
- Place all ingredients for the tomato butter in a small bowl and whip them together using an electric hand mixer. Plate the chicken patties and fried cabbage and place a dollop of tomato butter on top.



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Day 1 DINNER

SEAFOOD SALAD WITH AVOCADO



Ingredients for 1 serving

INGREDIENTS

- ¼ of cooked salmon fillet, bite-sized pieces
- 2 cooked shrimp, chopped
- 1 Tbsp avocados, chopped
- 1 tsp of lime or lemon juice
- 1 Tbsp of mayonnaise
- 1 Tbsp sour cream

SPICES:

- Pinch of garlic clove
- Pinch of salt
- Pinch of white pepper
- ¼ of red onions, finely minced
- ¼ of cucumber, chopped
- 2 tomatoes, cherries, halved

INSTRUCTIONS:

1. In a mixing bowl, combine lime juice, mayonnaise, sour cream, garlic, salt, pepper and minced onion. Set aside.
2. In a larger bowl, toss together salmon, shrimp, avocado, cucumber and tomato.
3. Pour mayonnaise dressing over the seafood and vegetables and toss gently to combine.
4. Let chill 20 to 30 minutes before serving.

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Day 2 BREAKFAST:

KETO PANCAKES WITH BERRIES AND WHIPPED CREAM

Ingredients for 2 serving

- 2 eggs
- ¾ cup of cottage cheese
- 1 tsp ground psyllium husk powder
- 2 Tbsp butter or coconut oil

TOPPINGS

- 4 tbsp fresh raspberries or fresh blueberries or fresh strawberries
- ½ cup heavy whipping cream

INSTRUCTIONS

1. Add eggs, cottage cheese and ground psyllium husk powder to a medium size bowl and mix together. Let sit for 5-10 minutes to thicken up a bit.
2. Heat up butter or oil in a non-stick skillet. Fry the pancakes on low to medium heat for 3–4 minutes on each side. Don't make them too big or they will be hard to flip.
3. Add heavy whipping to a separate bowl and whip it until soft peaks form.
4. Serve the pancakes with whipped cream and berries of your choice.



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Day 2 LUNCH

KETO CAESAR SALAD

Ingredients for 1 serving

- 5⅓ oz. chicken breasts
- 1 tsp olive oil
- salt and pepper
- 1.5 slice of bacon
- 3-4 leaves of Romaine lettuce
- 2 Tbsp of freshly grated parmesan cheese

TOPPINGS

- ¼ cup mayonnaise
- 1 tsp Dijon mustard
- ¼ lemon, zest and juice
- 1 Tbsp grated parmesan cheese
- 1 Tbsp finely chopped filets of anchovies
- ½ garlic clove, pressed or finely chopped. (optional)
- salt and pepper

INSTRUCTIONS

1. Mix the ingredients for the dressing with a whisk or an immersion blender. Set aside in the refrigerator.
2. Preheat the oven to 400°F (200°C). Place the chicken breasts in a greased baking dish.
3. Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 10 min or until fully cooked through. You can also cook the chicken on the stove top if you prefer.
4. Fry the bacon until crisp. Shred the lettuce and place as a base on two plates. Place sliced chicken and the crispy, crumbled bacon on top.
5. Finish with a generous dollop of dressing and a good grating of parmesan cheese.

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Day 2 DINNER

KETO OVEN-BAKED BRIE CHEESE

Ingredients for 1 serving

- ½ package Brie cheese or Camembert cheese~ 70g
- 9 pecans or walnuts halves
- ¼ garlic clove
- ¼ Tbsp fresh rosemary or fresh thyme or fresh parsley
- 1 tsp olive oil
- salt and pepper

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Place the cheese on a sheet pan lined with parchment paper or in a small nonstick baking dish.
2. Mince garlic and chop the nuts and herbs coarsely. Mix all three together with the olive oil. Add salt and pepper.
3. Place the nut mixture on the cheese and bake for 5 minutes or until cheese is warm and soft and nuts are toasted. Serve warm or lukewarm.



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Day 3 BREAKFAST

KETO EGG MUFFINS

Ingredients for 1 serving (2 muffins per serving)

- 2 eggs
- 1/3 scallion, finely chopped
- 1 slice of air-dried chorizo or salami or cooked bacon
- 2 Tbsp shredded cheese
- 1 tsp red pesto or green pesto (optional)
- salt and pepper

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Grease a muffin tin thoroughly with butter.
3. Chop scallions and chorizo and add to the bottom of the tin.
4. Whisk eggs together with seasoning and pesto. Add the cheese and stir.
5. Pour the batter on top of the scallions and chorizo.
6. Bake for 15–20 minutes, depending on the size of the muffin tin.



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Day 3 LUNCH

KETO FRIED SALMON WITH ASPARAGUS

Ingredients for 1 serving

- 7 medium sized spears of green asparagus
- 3 Tbsp of butter
- 4½ oz. salmon, in pieces
- salt and pepper

INSTRUCTIONS

1. Rinse and trim the asparagus.
2. Heat up a hearty dollop of butter in a frying pan where you can fit both the fish and vegetables.
3. Fry the asparagus over medium heat for 3-4 minutes. Season with salt and pepper. Gather everything in one half of the frying pan.
4. If necessary, add more butter and fry the pieces of salmon for a couple of minutes on each side. Stir the asparagus every now and then. Lower the heat towards the end.
5. Season the salmon and serve with the remaining butter.



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Day 3 DINNER

LOW-CARB PUMPKIN SOUP

Ingredients for 2 servings

- 1 shallot
- 1 garlic clove
- 1.5 cups of shredded pumpkins
- 1 cup rutabaga, cubes
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 cup vegetable broth
- 4 oz. butter
- ¼ lime, the juice

TOPPINGS

- 6 tbsp mayonnaise
- 2 tbsp pumpkin seeds, preferably roasted

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Peel the pumpkin and cut the flesh into cubes. Do the same with the rutabaga. Peel the shallot and cut into wedges. Peel the garlic cloves.
2. Put everything in a baking dish. Add olive oil, salt and pepper.
3. Roast in the oven for 25-30 minutes. As an alternative, you can also fry on medium heat in a large pan until the pumpkin and the turnip are soft.
4. Place the roasted vegetables in a pot. Add vegetable stock or water, and bring to a boil. Let simmer for a couple of minutes. Remove from the stove.
5. Add the butter, divided into cubes. Mix the soup with a hand blender. Add lime juice, herbs, salt and pepper to taste.

Serve the soup with mayonnaise, roasted pumpkin seeds or our delicious parmesan croutons.

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Day 4 BREAKFAST

KETO PORRIDGE

Ingredients for 1 serving

- 1 tbsp chia seeds
- 1 tbsp sesame seeds
- 1 egg
- 1⁄3 cup heavy whipping cream
- 1 pinch salt
- 1 oz. butter or coconut oil

INSTRUCTIONS

1. Mix all ingredients except the butter in a bowl. Let sit for 2-3 minutes.
2. Melt butter or oil on medium heat in a small pan.
3. Pour in the other ingredients and continue to stir until the porridge firms up. Let the porridge simmer, but do not let it boil.
4. Serve immediately with melted butter like in the picture, or perhaps with our low-carb raspberry jam.



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Day 4 LUNCH

KETO TUNA CHEESE MELT

Ingredients for 1 serving

TUNA FISH SALAD

- ¼ cup mayonnaise or sour cream
- 1 celery stalk
- 2 tbsp dill pickles, chopped
- 2 oz. tuna in olive oil
- ¼ tsp lemon juice
- ¼ garlic clove, minced
- salt and pepper, to taste

TOPPINGS

- ½ cup of shredded yellow cheese
- Pinch cayenne pepper or paprika powder

FOR SERVING

- 2 Tbsp of leafy greens, chopped
- olive oil

INGREDIENTS FOR 2 SERVINGS: OOPSIE BREAD (MAKES 3-6) NOTE: USE HALF OF AMOUNT PER SERVING

- 1½ eggs
- 2 Tbsp cream cheese
- pinch salt
- 1 tsp ground psyllium husk powder
- ¼ tsp baking powder

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INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Mix the salad ingredients well.
3. Place the bread slices on a baking sheet lined with parchment paper. Spread the tuna mix on the bread and sprinkle cheese on top.
4. Add some paprika powder or cayenne pepper.
5. Bake in oven until the cheese has turned a nice color, about 15 minutes. Serve the sandwich with some leafy greens drizzled with olive oil.

OOPSIE BREAD

1. Preheat the oven to 300°F (150°C).
2. Separate the egg yolks into one bowl and the egg white into another.
3. Whip egg white together with salt until very stiff. You should be able to turn the bowl over without the egg whites moving.
4. Mix the egg yolks and the cream cheese well. If you want, add the psyllium seed husk and baking powder. (This makes the Oopsie more bread-like).
5. Gently fold the egg whites into the egg yolk mix – try to keep the air in the egg whites.
6. Put 3 -6 oopsies on a parchment-lined baking tray.
7. Bake in the middle of the oven for about 25 minutes – until they turn golden.



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Day 4 DINNER

KETO PROSCIUTTO-WRAPPED ASPARAGUS WITH GOAT CHEESE

Ingredients for 1 serving

- 3 pieces of green asparagus, large
- 3 prosciutto slices, in thin slices
- 3 dices of goat cheese, smaller
- Pinch of ground black pepper
- 1 tsp olive oil

INSTRUCTIONS

1. Preheat your oven to 450°F (225°C), preferably with the broiler function on.
2. Wash and trim the asparagus.
3. Slice the cheese into 3 pieces, and then divide each slice in two.
4. Cut the slices of prosciutto in two pieces lengthwise, and wrap each piece around one asparagus and two pieces of cheese.
5. Place in a baking dish lined with parchment paper. Add pepper and drizzle with olive oil.
6. Broil in the oven for about 15 minutes until golden brown.

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Day 5 BREAKFAST

CLASSIC BACON AND EGGS

Ingredients for 1 serving

- 2 eggs
- 1.5 slices of bacon, thin
- 1 cherry tomatoes (optional)
- fresh parsley (optional)

INSTRUCTIONS

1. Fry the bacon in a pan on medium high heat until crispy. Put aside on a plate. Leave the rendered fat in the pan.
2. Use the same pan to fry the eggs. Place it over medium heat and crack your eggs into the bacon grease (you can also crack them into a measuring cup and carefully pour into the pan to avoid splattering of hot grease).
3. Cook the eggs any way you like them. For sunny side up - leave the eggs to fry on one side and cover the pan with a lid to make sure they get cooked on top. For eggs cooked over easy - flip the eggs over after a few minutes and cook for another minute. Cut the cherry tomatoes in half and fry them at the same time.
4. Salt and pepper to taste.

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Day 5 LUNCH

YOGURT CHICKEN KEBABS WITH BEET CARPACCIO

Ingredients for 1 serving

CHICKEN KEBAB

- 6 oz. boneless chicken thighs
- 2 tbsp Greek yogurt or sour cream
- 1tsp of curry powder or paprika powder
- ½ tsp of light olive oil
- ¼ tsp salt
- Pinch of ground black pepper

BEET CARPACCIO

- 1 beet, red and/or yellow
- pinch sugar snaps
- 1/4 of red onion, chopped

CILANTRO VINAIGRETTE

- 2 tbsp light olive oil
- 2 tbsp fresh cilantro, chopped
- 1 tsp lemon juice
- ¼ garlic clove
- salt and ground black pepper

INSTRUCTIONS

1. Cut chicken into smaller pieces. Preheat outdoor grill or oven — with the grill function on — to 450°F (225°C).
2. Mix yogurt, curry, olive oil, pepper and salt in a bowl. Cover chicken with marinade and let sit for at least 10 minutes. Place in refrigerator overnight if you want to prepare the day before. Thread chicken pieces onto skewers just before you start grilling.

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INSTRUCTIONS

3. Scrub and rinse beets properly. Peel and cut into paper-thin slices, preferably with a mandolin. Remove strings from sugar snaps. Place vegetables and finely chopped onion on a plate.
4. Mix ingredients for vinaigrette with a hand blender. Drizzle over beet salad.
5. Grill chicken kebabs for 3-4 minutes on each side or until fully cooked and inner temperature is 160°F (72°C).
6. Serve with beet carpaccio.



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Day 5 DINNER

KETO LASAGNA

Ingredients for 3 serving

- 1 tbsp olive oil
- ½ yellow onion
- ½ garlic clove
- 10 oz. ground beef
- 1½ tbsp tomato paste
- 1 tsp dried basil
- ½ tsp salt
- Pinch ground black pepper
- ¼ cup water

KETO PASTA OR LASAGNA SHEETS

- 4 eggs
- ½ cup. cream cheese
- ½ tsp salt
- 2½ tbsp ground psyllium husk powder

CHEESE TOPPING

- 1 cup crème fraîche or sour cream
- ¼ cup shredded cheese
- 1 Tbsp of grated parmesan cheese
- ¼ tsp salt
- Pinch of ground black pepper
- 4 tbsp fresh parsley, finely chopped

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INSTRUCTIONS

1. Start with the ground beef mixture, perhaps even the day before, for a more flavorful result.
2. Peel and finely chop onion and garlic and fry in olive oil until soft. Add the ground beef and fry until golden. Add tomato paste and spices.
3. Stir thoroughly and add water. Bring to a boil, lower the heat, and let simmer for at least 15 minutes or until most of the water has evaporated. Since the lasagna sheets used here don't soak up as much liquid as regular ones, the mixture should be quite dry.
4. Meanwhile, make the lasagna sheets according to instructions below.
5. Preheat the oven to 400°F (200°C). Mix shredded cheese with sour cream and most of the Parmesan cheese. Reserve a bit for topping. Add salt and pepper and stir in the parsley.
6. Place lasagna sheets and pasta sauce in layers in a greased smaller baking dish.
7. Spread the crème fraîche mixture and the remaining Parmesan cheese on top.
8. Bake in the oven for about 20 minutes or until the lasagna has a nicely browned surface. Serve with a green salad and your favorite dressing.

LASAGNA SHEETS

1. Preheat the oven to 300°F (150°C). Add eggs, cream cheese and salt to a medium-sized bowl and mix into a smooth batter. Continue to whisk while adding in the ground psyllium husk powder, a little at a time. Let sit for a few minutes.
2. Spread the batter on a baking sheet lined with parchment paper using a spatula. Place another parchment paper on top and flatten with a rolling pin until the batter is at least 13" x 18" (33 x 45 cm). You can also divide into two batches and use another baking sheet for an even thinner pasta.
3. Let both pieces of parchment paper remain in place. Bake for about 10-12 minutes. Let cool and remove the paper, slice into sheets that fit your baking dish.

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Day 6 BREAKFAST

LOW-CARB CHIA PUDDING

Ingredients for 1 serving

- ¾ cup coconut milk
- 2 tbsp chia seeds
- ½ tsp vanilla extract

INSTRUCTIONS

1. Mix all of the ingredients in a glass bowl or jar.
2. Cover, place in the fridge to let gel overnight (or for at least 4 hours). Before you dig in, check to be sure the pudding has thickened and the chia seeds have gelled.
3. Serve the pudding with cream, coconut milk or some fresh or frozen berries.



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Day 6 LUNCH

SPINACH SALAD WITH HOT BACON FAT DRESSING

Ingredients for 2 serving

SPINACH SALAD

- 3 cups fresh spinach
- 1 hard-boiled egg, chopped
- 1 slice chopped bacon
- 2 Tbsp parmesan cheese, finely grated (optional)

HOT BACON FAT DRESSING

- ¼ cup bacon fat or light olive oil
- 2 tbsp apple cider vinegar
- ½ tbsp Dijon mustard
- salt
- ground black pepper



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Day 6 DINNER

KETO PIZZA

Ingredients for 1 serving

PIZZA CRUST

- 2 eggs
- ½ cup shredded cheese, preferably mozzarella or provolone

TOPPINGS

- 1½ tbsp tomato paste
- ½ tsp dried oregano
- 2½ oz. shredded cheese
- ¾ oz. pepperoni
- olives (optional)

FOR SERVING

- 2 Tbsp leafy greens
- 2 tbsp olive oil
- sea salt and ground black pepper

INSTRUCTIONS

- Preheat the oven to 400°F (200°C).
- Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.
- Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.
- Increase the oven temperature to 450°F (225°C).
- Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.
- Bake for another 5-10 minutes or until the pizza has turned a golden brown color.
- Serve with a fresh salad on the side.

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Day 7 BREAKFAST

BOILED EGGS WITH MAYONNAISE

Ingredients for 1 serving

- 2 eggs
- 2 tbsp mayonnaise
- avocado (optional)

INSTRUCTIONS

1. Bring water to a boil in a pot.
2. Carefully, place the eggs in the water.
3. Boil the eggs for 5–6 minutes for soft-boiled eggs, 6–8 minutes for medium and 8–10 minutes for hard-boiled eggs.
4. Serve with mayonnaise.



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Day 7 LUNCH

KETO TEX-MEX BURGER PLATE

Ingredients for 1 serving

- 5⅓ oz. ground beef
- 1 tbsp cold water
- ½ tbsp Tex-Mex seasoning
- 1 tbsp pickled jalapeños
- 2 Tbsp crème fraîche or mayonnaise
- 1 slice Pepper Jack cheese or any other flavorful cheese you like. or Mexican cheese
- 1 avocado
- 1 cup of lettuce, chopped
- 1 tbsp olive oil
- salt and pepper

INSTRUCTIONS

- ½ cup of shredded yellow cheese
- Pinch cayenne pepper or paprika powder

FOR SERVING

- Mix ground beef, Tex-Mex seasoning and water. Form one burger per serving.
- Brush olive oil all around each burger and fry or grill for 3-4 minutes on each side until the burger is light pink or cooked all the way through, which ever you prefer.
- Salt and pepper to taste. Plate the burger along with avocado, lettuce, jalapeños and crème fraiche or mayonnaise. Drizzle olive oil on the vegetables.

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Day 7 DINNER

CREAMY LOW-CARB BROCCOLI AND LEEK SOUP

Ingredients for 2 serving

- ½ leek
- 4 cups broccoli, chopped
- 1 cup water
- ½ vegetable bouillon cube
- ¾ cup cream cheese
- 7 tbsp heavy whipping cream
- ¼ tsp ground black pepper
- 4 tbsp fresh basil
- ½ garlic clove, pressed
- salt

CHEESE CHIPS

- 4 dices of cheddar cheese or edam cheese
- ¼ tsp paprika powder

INSTRUCTIONS FOR BROCCOLI SOUP 2 SERVINGS

- Rinse the leek thoroughly and chop finely, both the green and the white parts. Cut off the core of the broccoli and slice thinly. Divide the rest of the broccoli into smaller florets, and reserve.
- Place the leek and the sliced broccoli core in a pot and cover with water. Add bouillon cube. Season with salt, and bring to a boil for a few minutes on high heat until the broccoli stem is just easily pierced with a knife.
- Add the broccoli florets. Lower the heat and simmer for a few minutes, until the broccoli is bright green and tender. Add cream cheese, cream, freshly ground pepper, basil and garlic.
- Blend with an immersion blender until desired consistency.
- If the soup is too thick, thin it out with water. If you'd like it to have a slightly thicker consistency, add a touch of heavy cream.

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CHEESE CHIPS

- Fit a large, rimmed baking sheet with parchment paper. Grate the cheese, and place mounds by the tablespoon on the parchment. Leave 1 inch between the cheese mounds.
- Top each cheese mound with paprika.
- Bake in oven at 400°F (200°C) until the cheese has melted, about 5-6 minutes. Enjoy with a soup or as a snack.



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