KETO | ACCELERATOR MASTERCLASS

KETO MEAL PLAN NO. 5

3 MEALS PER DAY AVG.
1787 KCAL AVG.
80/16/4 MACROS



Claudia J. Caldwell

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BACK TO TOP

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%	Keto Mexican scrambled eggs 229 kcal Protein: 24% Fat: 72% Carbs: 3%	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	Low-carb zucchini and walnut salad and parmesan chips 610 kcal Protein: 11% Fat: 79% Net Carbs:11%	Low-carb zucchini and walnut salad and parmesan chips 858 kcal Protein: 16% Fat: 78% Net Carbs: 5%	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%	1/2 amount Keto salmon pie 1179 kcal Protein: 20% Fat: 78% Net Carbs: 2%	1/3 of amount Keto quesadillas 473 kcal Protein: 18% Fat: 78% Carbs: 4%	Keto fried halloumi cheese with mushrooms 830 Kcal Protein: 17% Fat: 80% Net Carbs: 3%
dinner	Seafood salad with avocado 394 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%	1/4 of amount Low-carb tortilla pizza 407 kcal Protein: 21% Fat: 74% Net Carbs: 5%	1/2 amount as serving: Spicy shrimp salad 435 kcal Protein: 12% Fat: 83% 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: 19% Fat: 76% Carbs: 5%**	**Protein: 15% Fat: 81% Carbs: 4%**	**Protein: 13% Fat: 84% Carbs: 3%**	**Protein: 15% Fat: 81% Carbs: 4%**	**Protein: 19% Fat: 78% Carbs: 3%**	**Protein: 15% Fat: 81% Carbs: 4%**	**Protein: 14% Fat: 82% Carbs: 4%**

BACK TO TOP

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.



BACK TO TOP

Day 1 LUNCH:

LOW-CARB HUEVOS RANCHEROS

Ingredients for 1 serving

CHICKEN PATTIES

- 2 tbsp coconut oil
- 2 garlic cloves, minced
- ½ orange bell pepper, chopped
- ½ yellow onion, chopped
- 1 fresh jalapeño, minced
- 1 tomato, diced
- 2 eggs
- ½ avocado
- fresh cilantro

INSTRUCTIONS

1. Heat half of the coconut oil in a skillet over medium heat.
2. Sauté garlic, bell pepper, onion and jalapeño for 3 minutes, or until the onion is translucent and the peppers have softened slightly.
3. Add in diced tomatoes and sauté for 5 minutes; set aside.
4. Place a separate nonstick skillet over medium-low heat and add remaining coconut oil.
5. Slow-cook the eggs for approximately 6 minutes, until the whites cook through.
6. Plate the eggs topped with the salsa, and garnish with cilantro and avocado slices.

BACK TO TOP

Day 1 DINNER

SEAFOOD SALAD WITH AVOCADO



Ingredients for 1 serving

CHICKEN PATTIES

- 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

WHIPPED TOMATO BUTTER

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.

BACK TO TOP

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.



BACK TO TOP

Day 2 LUNCH

LOW-CARB ZUCCHINI AND WALNUT SALAD AND PARMESAN CHIPS

Ingredients for 1 serving

- ½ zucchini
- 1 tsp olive oil
- salt and pepper
- ¼ head of Romaine lettuce
- 1 cup arugula lettuce
- 1 tbsp finely chopped fresh chives or scallions
- 3 tbsp chopped walnuts or pecans

DRESSING

- 1 tsp olive oil
- 3 tbsp mayonnaise
- ½ tsp lemon juice
- ¼ garlic clove
- 1⁄8 tsp salt
- Pinch chili powder

INSTRUCTIONS

1. In a small bowl, whisk together all ingredients for the dressing. Reserve the dressing to develop flavor while you make the salad.
2. Split the zucchini length-wise and scoop out the seeds. Cut the zucchini halves crosswise into ½-inch pieces.
3. Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm.
4. Trim and cut the salad. Place the romaine, arugula and chives in a large bowl. Stir in the cooked zucchini.
5. Roast the nuts briefly in the same pan as the zucchini. Season with salt and pepper. Spoon nuts onto salad, and drizzle with salad dressing.

BACK TO TOP

PARMESAN CHIPS

Ingredients for 1 serving

- 7 Tbsp of parmesan cheese, grated
- 1 Tbsp chia seeds
- 1 Tbsp flaxseed
- 1.5 Tbsp pumpkin seeds

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C).
2. Line a baking sheet with parchment paper.
3. Mix the cheese and seeds in a bowl.
4. Spoon small mounds of the mixture onto the baking sheet, leaving some space between them. Do not flatten the mounds. Bake for 8 to 10 minutes. Check often. The chips should be light brown, but certainly not dark brown.
5. Remove from the oven and let cool before removing the chips from the paper and serving.
6. Note: This recipe makes about 8-10 pieces per serving.



BACK TO TOP

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.



BACK TO TOP

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.



BACK TO TOP

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.



BACK TO TOP

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.



BACK TO TOP

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

BACK TO TOP

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.



BACK TO TOP

Day 4 DINNER

LOW-CARB TORTILLA PIZZA

Ingredients for 4 serving

Low-carb tortillas

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- ¼ tsp salt
- 1 tsp ground psyllium husk powder
- 1 tbsp coconut flour

INSTRUCTIONS

- ½ cup tomato sauce
- 2 cups shredded cheese
- 2 tsp dried basil or dried oregano
- salt and pepper (optional)

TORTILLAS

1. Preheat the oven to 400°F (200°C).
2. Whisk the eggs and egg whites fluffy and continue to whisk with a hand mixer, preferably for a few minutes. Add cream cheese and continue to whisk until the batter is smooth.
3. Mix salt, psyllium husk and coconut flour in a small bowl. Add the flour mix one spoon at a time into the batter and continue to whisk some more. Let the batter sit for a few minutes, or until the batter is thick like an American pancake batter. How fast the batter will swell depends on the brand of psyllium husk – some trial and error might be needed.
4. Bring out two baking sheets and place parchment paper on each. Using a spatula, spread the batter thinly (no more than ¼ inch thick) into 4–6 circles or 2 rectangles.
5. Bake on upper rack for about 5 minutes or more, until the tortilla turns a little brown around the edges. Carefully check the bottom side so that it doesn't burn.

BACK TO TOP

PIZZA TORTILLA

- Turn your oven up to 450°F (225°C).
- Spread 1-2 tablespoons of tomato paste, sauce or ajvar (roasted red pepper sauce) on each low-carb tortilla bread. Salt and pepper if needed.
- Bake the mini pizzas in the oven until the cheese has melted.



BACK TO TOP

Day 5 BREAKFAST

KETO MEXICAN SCRAMBLED EGGS

Ingredients for 2 serving

- 3 eggs
- ½ scallion
- 1 pickled jalapeños, finely chopped
- ½ tomato, finely chopped
- 1½ oz. shredded cheese
- 1 tbsp butter, for frying
- salt and pepper

INSTRUCTIONS

1. Finely chop the scallions, jalapeños and tomatoes. Fry in butter for 3 minutes on medium heat.
2. Beat the eggs and pour into the pan. Scramble for 2 minutes. Add cheese and seasonings.



BACK TO TOP

Day 5 LUNCH

KETO SALMON PIE

Ingredients for 2 serving

PIE CRUST

- 6 tbsp almond flour
- 2 tbsp sesame seeds
- 2 tbsp coconut flour
- ½ tbsp ground psyllium husk powder
- ½ tsp baking powder
- ½ pinch salt
- 1½ tbsp olive oil or coconut oil
- ½ egg
- 2 tbsp water

FILLING

- 4 oz. smoked salmon
- ½ cup mayonnaise
- 1½ eggs
- 1 tbsp fresh dill, finely chopped
- ¼ tsp onion powder
- Pinch ground black pepper
- 3 Tbsp of cream cheese
- 2⁄3 cup shredded cheese

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Place the pie dough ingredients into a food processor fitted with a plastic pastry blade. Pulse until mixture forms a ball. If you don't have a food processor, you can use a fork to mix the dough.
3. Fit a piece of parchment paper into a 8-inch (18-cm) spring form pan. (This makes it a cinch to remove once it's cooked.)

BACK TO TOP

INSTRUCTIONS Cont.

4. Oil your fingers or a spatula, and gently press the dough into the spring form pan. Pre-bake the crust for 10–15 minutes, or until lightly browned.
5. Mix all the ingredients for the filling, except the salmon, and pour that in the pie crust. Add the salmon and bake for 35 minutes or until the pie is golden brown.
6. Let cool for a few minutes and serve with a salad or other vegetables.



BACK TO TOP

Day 5 DINNER

SPICY SHRIMP SALAD

Ingredients for 1 serving (consume just half of it as a whole serving)

- 1 avocado
- ¼ lime, juice
- ½ smaller cucumber
- 1 cup baby spinach
- 1½ tbsp olive oil, for frying
- ½ garlic clove, pressed
- 1 tsp chili powder or sambal oelek
- 5 oz. shrimp, peeled
- fresh cilantro, for serving
- 1 tbsp hazelnuts or salted peanuts (optional)

GINGER DRESSING

- 2 tbsp light olive oil or avocado oil
- 1 tsp fresh ginger, minced
- ¼ lime, juice
- 1 tsp tamari soy sauce
- ¼ garlic clove, pressed
- salt and pepper, to taste

INSTRUCTIONS

- Split avocado in half and remove pit. Scoop out avocado pieces with a spoon and cut in slices. Squeeze some lime juice over avocado. Peel and slice cucumber.
- Combine spinach, avocado and cucumber on a plate. Season with sea salt.
- Fry garlic and chili in oil. Add shrimp and fry on each side for a few minutes if raw. Pre-cooked shrimp should only be heated up quickly. Salt and pepper to taste.
- Add shrimp on top of vegetables and sprinkle with nuts and cilantro.
- Mix ingredients for dressing with an immersion blender and drizzle over salad.

BACK TO TOP

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.



BACK TO TOP

Day 6 LUNCH

KETO QUESADILLAS

Ingredients for 2 serving

LOW-CARB TORTILLAS

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- 1½ tsp ground psyllium husk powder
- 1 tbsp coconut flour
- ½ tsp salt

FILLING

- 5 oz. grated Mexican cheese or hard cheese of your liking
- 1 cup baby spinach
- 1 tbsp olive oil, for frying

TORTILLAS

1. Preheat the oven to 400°F (200°C).
2. Beat the eggs and egg whites together until fluffy. Add the cream cheese and continue to beat until the batter is smooth.
3. Combine the salt, psyllium husk powder and coconut flour in a small bowl and mix well. Add the flour mixture into the batter while beating. When combined, let the batter sit for a few minutes. It should be thick like pancake batter. Your brand of psyllium husk powder affects this step — be patient... If it does not thicken enough, add some more.
4. Place parchment paper on a baking sheet. Use a spatula to spread the batter over the parchment paper into a big square (if you want round tortillas you can fry them in a frying pan like pancakes).

BACK TO TOP

5. Bake on the upper rack for about 5–7 minutes. The tortilla turns a little brown around the edges when done. Keep your eye on the oven — don't let these tasty creations burn on the bottom!
6. Cut the big tortilla into smaller pieces (6 pieces per baking sheet).

QUESADILLAS

1. Heat a small, non-stick skillet. Add oil (or butter) if desired. Put a tortilla in the frying pan and sprinkle with cheese, a handful of leafy greens and sprinkle with some more cheese, and top with another tortilla.
2. Fry each quesadilla for about a minute on each side. You'll know it's done when the cheese melts.



Day 6 DINNER

KETO PIZZA

Ingredients for 1 serving

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.

BACK TO TOP

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.



BACK TO TOP

Day 7 LUNCH

KETO FRIED HALLOUMI CHEESE WITH MUSHROOMS

Ingredients for 1 serving

- 5⅓ oz. mushrooms
- 5⅓ oz. halloumi cheese
- 2 Tbsp butter
- 5 green olives
- salt and pepper
- ¼ cup mayonnaise (optional)

INSTRUCTIONS

1. Rinse and trim the mushrooms, and cut or slice.
2. Heat up a hearty dollp of butter in a frying pan where you can fit both halloumi cheese and mushrooms.
3. Fry the mushrooms on medium heat for 3-5 minutes until they are golden brown. Season with salt and pepper.
4. If necessary, add more butter and fry the halloumi for a couple of minutes on each side. Stir the mushrooms every now and then. Lower the heat towards the end. Serve with olives.



BACK TO TOP

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

1. 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.
2. 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.
3. 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.
4. Blend with an immersion blender until desired consistency.
5. 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.

BACK TO TOP

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.



BACK TO TOP