

Chicken Vegetable Soup

Time: 45 minutes **Serves:** 4-5

Ingredients:

- 3-4 carrots, peeled
- 1 onion, chopped
- 3-4 celery stalks, chopped
- 1 zucchini, thinly sliced
- 3 organic chicken breasts
- 5 cups chicken broth
- 2 ounces raw cheese
- Sea salt and black pepper, to taste

Directions:

1. Dice the chicken and chop the carrots, celery, zucchini and onion.
2. Place the chicken and vegetables in a large soup pot and cover with cold water. Heat and simmer, uncovered, until chicken is thoroughly cooked (usually over 30 minutes).
3. Strain the chicken and vegetables, then add them back into the pot. Pour in the broth, season with sea salt and black pepper, and heat up for 10 minutes. Top with cheese and serve.

Bone Broth Protein Meatball Soup

Time: 30-45 minutes **Serves:** 8-10

Ingredients:

- 1.5 pounds ground bison or beef
- 2 eggs, whisked
- ½ tsp sea salt
- 1 tsp smoked paprika or cayenne
- 2 tbs coconut oil
- 4 cups bone broth or 3 scoops bone broth protein powder mixed in 36 oz. water
- 1 tsp sea salt
- 2 bay leaves
- 4 carrots, washed and chopped
- 1 cup green beans
- 1 cup green peas
- 2 tomatoes, chopped

Directions:

1. Mix meat, eggs, ½ tsp sea salt and paprika or cayenne together. Roll into small meatballs.
2. In a large pot, heat oil

over medium heat. Add meatballs and cook for 5-8 minutes, just until they're brown.

3. Add broth or protein powder, water, sea salt, bay leaves, and carrots bringing to a simmer over medium-high heat.
4. Add remaining ingredients and simmer for 20 minutes.



DESSERTS

Keto Brownies

Time: 50 minutes **Servings:** 16

Ingredients:

- ½ cup almond flour
- ¼ cup unsweetened cacao powder
- ½ tsp sea salt
- ½ tsp baking powder
- 2 ounces (roughly ½ cup) unsweetened dark chocolate
- ½ cup coconut oil, melted
- ½ cup monkfruit sweetener
- 3 eggs, room temperature
- ½ tsp vanilla extract

Make It Vegan:

- Replace the eggs with 3 tbs of flax seed powder + ½ cup of water.

Give It a Collagen Boost:

- Add 2 scoops of collagen protein into the dry ingredients.

Directions:

1. Preheat the oven to 350°F. Line an 8x8-inch baking pan with parchment paper.
2. In a medium bowl, mix the flour, cacao powder, sea salt and baking powder. Using a double boiler (or a microwave), melt the dark chocolate and coconut oil together and stir until smooth. (If using the microwave, heat at 30 second intervals, stirring between each interval.)
3. In a separate bowl, beat the sweetener, eggs and vanilla vigorously.
4. Add in the chocolate and coconut oil mixture and continue to mix.
5. Fold in the dry ingredients and mix until a brownie batter forms.
6. Pour into the lined baking pan and bake for 20 minutes, or until a toothpick comes out clean.



Chocolate Bone Broth Protein Muffins

Time: 25 minutes **Servings:** 12

Ingredients:

- 3 eggs
- ¼ cup coconut oil, liquefied
- ¼ cup honey, OR 1 full dropper of liquid vanilla stevia OR 2 tbs coconut sugar.
- 1 tsp vanilla extract
- ⅛ tsp apple cider vinegar
- 1 cup almond meal
- 3 tbs arrowroot starch
- 1 ½ tbs ground flaxseed ¼
- 1 tsp baking powder
- ½ tsp cinnamon
- ½ tsp salt
- 1 cup cacao nibs
- 3 scoops chocolate bone broth protein powder

Directions:

1. Heat the oven to 375°F.
2. In a large mixing bowl, whisk the eggs until they're lighter in color. Add the remaining wet ingredients and whisk together.
3. In a medium bowl, whisk the dry ingredients together until well mixed. Add the dry ingredients to the wet ingredients. Stir to combine thoroughly, then let the mixture sit for 2 minutes.
4. Add paper liners to a muffin pan. Fill each muffin cup ¾ full and bake for 13-15 minutes or until golden brown.



Chocolate Bone Broth Protein Shake

Time: 5 minutes **Serves:** 1

Ingredients:

- 1 cup full fat coconut milk
- ¼ avocado
- 1 tbs cacao powder
- 1 scoop chocolate bone broth protein
- 1 tsp chia seeds
- Handful of ice cubes

Directions:

1. Place all ingredients in a blender and puree until smooth.
2. Add more coconut milk as needed.

Keto Smoothie

Time: 5 minutes **Serves:** 2

Ingredients:

- 1-1¼ cups full-fat coconut milk
- ½ frozen avocado
- 1 tbs nut butter of choice
- 1 tbs chia seeds, soaked in 3 tbs of water for 10 minutes
- 2 tsp cacao nibs, cacao powder or cocoa powder OR 1 scoop of chocolate bone broth protein powder
- 1 tbs coconut oil
- Ice (optional)
- For topping: cacao nibs and cinnamon
- ¼ cup water, if needed

Directions:

1. Add contents into a high-powered blender, blending until well-combined.
2. Top with cacao nibs and cinnamon.

