

THE 10 DAY FAT EXTERMINATOR SYSTEM



AMAZING & DELICIOUS LOW
CARB KETO DINNER
RECIPES



DINNER RECIPES



TIM ERNST

The 10 Day Fat Exterminator

DINNER RECIPES

Breakthrough Diet Of The 21st Century

**A Fool Proof, Science Based Diet
That's 100% Guaranteed To Melt Fat,
Reverse Chronic Disease And Live
Longer!**

By Tim Ernst

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Specific results mentioned in this book should be considered extraordinary and there are no “typical” results. As individuals differ, then results will differ.

CAULIFLOWER PIZZA

Ingredients:

Crust

2 Cups Cauliflower

1 Egg

1 Cup Parmesan Cheese

Italian Spices

Toppings

1/4 Rao's Marinara Sauce

1 Cup Mozzarella Cheese

8 Slices Pepperoni

2 Tbsp Olives

Mushrooms

Calories: 982

Macros:

22g Carbs

73g Fat

62g Protein

NOTE: Calories and Macros are Based As Pizza Shown

Instructions:

1. Mix crust ingredients into bowl with a whisk
2. Place cauliflower mixture on baking sheet with parchment paper and shape
3. Bake Crust at 425 for 30-35 minutes
4. Top with cheese and toppings
5. Put back in oven for about 10 additional minutes



CAULIFLOWER CALZONE

Ingredients:

Calories: 1032

Crust

2 Cups Cauliflower

1 Egg

1 Cup Parmesan Cheese

Italian Spices

Inside

1/4 Rao's Marinara Sauce

1 Organic Ricotta

6 Sliced Meatballs

Macros:

24g Carbs

77g Fat

63g Protein

NOTE: Calories and Macros are Based As Shown

Instructions:

1. Mix crust ingredients into bowl with a whisk
2. Place cauliflower mixture on baking sheet with parchment paper and shape
3. Bake Crust at 425 for 30-35 minutes
4. Add Filling (marinara, ricotta and meatballs)
5. Put back in oven for about 10 additional minutes



BEEF STROGANOFF

Ingredients:

- 1 1/4 cups full fat sour cream
- 2 tablespoon butter
- 2 cloves garlic minced
- 1 pound ground beef
- salt and pepper
- 8 ounces mushrooms sliced
- 1/3 cup dry white wine or water
- 1/4 teaspoon paprika
- 1 teaspoon dried parsley or
tablespoon fresh (chopped)

Serves 44

Calories: 447

Macros:

6.1g Carbs

28g Fat

38g Protein

Instructions:

1. Melt 1 tablespoon butter in pan then add garlic and saute until garlic is golden.
2. Add the beef, season with salt and pepper, then cook until browned. Remove beef from pan and set aside.
3. Melt another tablespoon of butter to pan. Add mushrooms and wine/water and cook until liquid is reduced by about half and mushrooms are softened.
4. Remove pan from heat and mix in sour cream and paprika. Return pan to low heat.
5. Add to Zoodles (Zucchini) and enjoy.



CHICKEN BACON RANCH CASSEROLE

Ingredients:

2 lb Chicken breast
8 slices Bacon (cooked And
chopped)
1/4 cup Garlic (minced)
3/4 cup Ranch dressing
1 cup shredded Mozzarella
cheese
1 cup Shredded Cheddar
cheese

Serves 12

Calories:

332 (1 cup each)

Macros:

2g Carbs

22g Fat

31g Protein

Instructions:

1. Preheat the oven to 375 degrees F (191 degrees C).
2. Combine the chicken, bacon, spinach, garlic, ranch dressing, and half of the shredded cheeses in a large bowl. Stir until well incorporated. Transfer to a 9x13 in (23x33 cm) glass or stoneware casserole dish. (Alternatively, you can mix everything directly in the casserole dish.)
3. Top with remaining shredded mozzarella and cheddar cheeses.
4. Bake for about 15 minutes, until hot and bubbly.

CREAMY TUSCAN CHICKEN

Ingredients:

1½ pounds boneless skinless chicken breasts, thinly sliced
2 Tablespoons olive oil
1 cup heavy cream
½ cup chicken broth
1 teaspoon garlic powder
1 teaspoon Italian seasoning
½ cup parmesan cheese
1 cup spinach, chopped
½ cup sun dried tomatoes

Serves 4

Calories Per Serving: 249.25

Macros:

5.75g Carbs

19.25g Fat

12.75g Protein

Instructions:

1. In a [large skillet](#) add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate.
2. Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it starts to thicken. Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt. Add the chicken back to the pan and serve over pasta if desired.

BIB LETTUCE

WRAPPED BURGERS

Ingredients:

1 lb Ground Beef (80% Lean / 20% Fat)
1 tbsp McCormic Pub Burger Seasoning
1/2 tbsp Salt
3 Slices Cheddar Cheese
3 Tbsp Mayonnaise
1.5 Tbsp Mustard
6 Butter Head Bib Lettuce

Serves 3

Calories Per Serving: 322.33

Macros:

0.6g Carbs

28g Fat

14.3g Protein

Instructions:

1. Preheat grill.
2. Make and form 3 4 inch patties. Grill patties 3-4 minutes per side
Once done add sliced cheese.
3. Serve burgers topped with optional slices of tomato and red onion;
wrapped in Butter Head Bib Lettuce lettuce

CREAMY TUSCAN

SHRIMP

Ingredients:

2 oz. butter
1 yellow onion, chopped
2 garlic cloves, minced
1½ lbs shrimp, peeled
1¼ cups heavy whipping cream
3 tbsp white wine
1 oz. tomatoes, sun-dried
1 tbsp Italian seasoning
2 tbsp fresh parsley
2/3 cup parmesan cheese, shredded
3 oz. baby spinach
salt and ground black pepper

Serves 4

Calories Per Serving: 639

Macros:

13g Carbs

67g Fat

25g Protein

Instructions:

1. In a large frying pan, sauté garlic and onion in butter until golden.
2. Add shrimp and fry for a few minutes on each side if it is raw.
3. Remove the shrimp and place aside but leave the onion in the pan.
4. Add heavy cream, white wine, sun-dried tomatoes and spices. Cook to a simmer. Add shredded parmesan cheese and lower the heat. Simmer until you get a creamy consistency.
5. Add parsley, spinach and shrimp and continue to cook on low heat.
6. Serve over spiral zucchini (zoodles)

KETO PIZZA SKILLET

Ingredients:

1/3 lb ground beef
1/4 cup diced onion
1/3 cup diced green pepper
8 slices pepperoni
3/4 cup mozzarella shredded
1/4 cup parmesan grated
1/2 cup Rao's marinara
1/4 cup black olives optional

Serves 2

Calories Per Serving: 395

Macros:

8g Carbs

31g Fat

28g Protein

The seasonings:

1 tsp garlic powder
1 tsp Italian blend seasoning
1/2 tsp salt
1/2 tsp black pepper

Instructions:

1. Heat a cast iron skillet over medium, drizzle with olive oil. Add green peppers, onions, ground beef, italian sausage and seasonings. Saute until cooked through.
2. Stir in pepperoni, top with marinara
3. Top with cheeses and black olives. Place skillet under broiler until cheese is melted, golden and bubbly.

KETO PIZZA CASSEROLE

Ingredients:

4 oz cream cheese
4 large eggs
1/3 cup heavy cream
1/4 cup Parmesan cheese
1/2 teaspoon minced
garlic
1/2 oregano spice
1 cup Romano cheese
2 cups mozzarella cheese
shredded and divided
1/2 cup Rao's sauce
Pizza toppings optional

Serves 8

Calories Per Serving: 225

Macros:

1.8g Carbs

18.5g Fat

11.5g Protein

Instructions:

1. Preheat oven to 350° Grease 13x9 inch baking pan.
2. In food processor combine cream cheese and eggs until smooth. Add the cream, Parmesan, garlic and oregano. Blend until ingredients are well incorporated.
3. Sprinkle Romano cheese and 1 cup of the mozzarella cheese in the bottom of the greased baking pan. Pour egg mixture over the cheese.
4. Bake for 30 minutes then remove from oven.
5. Spread with the Rao's sauce. Add pizza toppings over top if desired. Cover with remaining 1 cup mozzarella.
6. Using oven broiler on high, broil a few inches from the heat elements until top is brown and bubbly.

KETO FIESTA BEEF LETTUCE WRAP

Ingredients:

4 oz Ground Beef
Ground Cumin
Paprika
Chilli Powder
Oregano
Garlic Powder
1/4 cup Mexican Shredded Cheese
2 tbsp Sour Cream
2 tbsp Pico De Gallo

Serves 2

Calories Per Serving: 337.5

Macros:

5g Carbs

57g Fat

35g Protein

Instructions:

1. Cook ground beef and continue to cook and stir until the meat is browned.
2. Add seasonings
3. Simmer and occasionally stir for 15 minutes while you prepare the Bib lettuce, sour cream, pico de gallo and cheese.