



GOURMET

KETO BREAKFAST RECIPES

*Amazing and Delicious Low Carb Keto Breakfast
Recieps*

**"GETTING YOUR FOOD RIGHT"
SINCE 2018**





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keto breakfast | volume I | series no. 1



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FIESTA EGG SCRAMBLE

Start a healthy lifestyle here

Ingredients:

- 1 Tbsp Grass Fed Butter
- 4 Eggs
- 1/4 Cheese
- 2 Tbsp Sour Cream
- 2 Tbsp Pico De Galo
- Salt and Pepper to Taste

Instructions:

1. Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
2. Melt the butter in a non-stick skillet over medium heat. Watch carefully – the butter shouldn't turn brown!
3. Pour the eggs into the skillet and stir for 1-2 minutes, until they are creamy and cooked just shy of how you like them. Remember that the eggs will still be cooking even after you've put them on your plate.



CALORIES: 510

MACROS: 4G CARBS 39G FAT 31G PROTEIN

KETO BREAKFAST BALLS

Start a healthy
lifestyle here

Ingredients:

- 1 lb. Ground Beef
- 1 Large Egg
- 1 Cup Almond Flour
- 8 Oz Cheddar Cheese
- 1/4 Cup Grated Parmesan
- 1 Tbsp Butter (or Coconut Oil)
- 2 tsp Baking Powder
- 1/4 tsp Salt

Instructions:

1. Preheat oven to 350.
2. Add eggs and spices to a bowl and beat until well incorporated.
3. Add all other ingredients to egg mixture.
4. Using a melon ball or cooking scoop and your hands roll beef mixture into 20-25 beef balls. Place sausage balls on parchment paper.
5. Bake for 16-20 minutes.
6. Store covered in the fridge.



CALORIES: 124 PER MEATBALL
MACROS: 1G CARBS - 11G FAT - 6G PROTEIN

KETO PANCAKES

Start a healthy
lifestyle here

Ingredients:

- 1/2 Cup Bobs Red Mill Almond Flour
- 4 Eggs
- 4 oz Cream Cheese

Instructions:

1. In a bowl, whisk together almond flour, cream cheese and eggs.
2. In a nonstick pan over medium heat, spray pan. Pour in about 3 tablespoons batter and cook until golden, 2 minutes. Flip and cook 2 minutes more.
3. Serve topped with butter and sugar Carry's sugar free syrup.



CALORIES: 200 PER PANCAKE (MAKES ABOUT 5)
MACROS: 2G CARBS - 16.8G FAT - 8.8G PROTEIN

EGG/BEEF BREAKFAST SKILLET

Start a healthy
lifestyle here

Ingredients:

- 2 Eggs
- 1/4 Cup Cheese
- 2 Tbsp Diced Onions
- 1/2 Avocado
- 4.5oz Grass Fed Beef
- Salt and Pepper to Taste

Instructions:

1. In a heavy skillet set over medium high heat melt 1 Tbsp of grass fed butter. When butter is melted, add onions, salt and pepper and cook until the onions are softened, about 2-3 minutes.
2. Add ground beef and continue cooking until the beef is no longer pink. Remove that to a plate.
3. Add eggs to the skillet and scramble them to your liking.
4. Return beef to the pan, add avocado and sliced onions.
5. Continue cooking just to slightly warm up the avocados for about 45 seconds to a minute.
6. Transfer to bowl, garnish with Italian seasoning if desired.



CALORIES: 691

MACROS: 7G CARBS - 55G FAT - 24G PROTEIN

KETO MUSHROOM OMELET

Start a healthy
lifestyle here

Ingredients:

1 Tbsp Grass Fed Butter

3 Eggs

1/4 Cheese

Mushrooms

Spinach

Diced Onions

Salt and Pepper to Taste

Instructions:

1. Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
2. Melt the butter in a non-stick skillet over medium heat.
3. When the omelet begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese, mushrooms and onion on top, cover pan.
4. Using a spatula, carefully ease around the edges of the omelet. When omelet is done use pan to flip onto a plate.



CALORIES: 434

MACROS: 3G CARBS - 35G FAT - 24G PROTEIN

MAKE AHEAD BREAKFAST CASSEROLE

Start a healthy
lifestyle here

Ingredients:

- 12 large eggs
- ¼ cup heavy whipping cream
- 1 cup ricotta cheese
- ¼ teaspoon salt
- ½ tablespoon Garlic and Herb seasoning
- 1 Bag Fresh Spinach
- 1 pound bacon sliced

Instructions:

1. Blend just four eggs, heavy whipping cream, ricotta cheese, and onion until smooth. Put to the side.
2. In another bowl, whisk together the rest of the eggs.
3. Add the blended mixture from step 1 to the eggs and whisk together.
4. Add salt and garlic seasoning until fully mixed
5. Spray a 9×13 casserole dish with cooking spray and pour the mixture into the dish.
6. Add cut up bacon and spinach into dish
7. Bake for 30-35 minutes at 350°F or until the top looks fully cooked.



CALORIES: 150 PER SERVING (MAKES ABOUT 15)
MACROS: 1.25G CARBS - 9G FAT - 15G PROTEIN

KETO BREAKFAST BURRITO

Start a healthy
lifestyle here

Ingredients:

4 Eggs

4 strips bacon

1/4 Cup

Shredded Cheese

1/2 Medium Avocado

2 Tbsp Sour Cream

1 medium dice tomato

Instructions:

1. Whisk eggs in a mixing bowl.
2. Heat a skillet over medium heat and spray pan with cooking spray
3. Pour half of the mixture into the pan to coat the bottom thinly. Cover and cook for 3 minutes. Use a spatula to transfer to a plate.
4. Pour the remaining mixture into the skillet and cook for an additional 3 minutes, covered.
5. Top each egg "tortilla" with bacon, tomato, sour cream, cheese and avocado. Roll and enjoy!



CALORIES: 755 (MAKES ABOUT 2)

MACROS: 12G CARBS - 59G FAT - 43G PROTEIN

KETO BREAKFAST CEREAL

Ingredients:

- 1 cup Almonds
- 1 cup Hazelnuts
- 1 cup Pecans
- 1/3 cup Pumpkin seeds
- 1/3 cup Sunflower seeds
- 6 tbsp Erythritol
- 1/2 cup Golden flaxseed meal
- 1 large Egg white
- 1/4 cup Grass Fed Butter
- 1 tsp Vanilla extract

Instructions:

1. Preheat the oven to 325 degrees F. Line a large baking sheet, or two small ones, with parchment paper.
2. Pulse almonds and hazelnuts in a food processor intermittently, until most of the nuts are in chopped into large pieces (about 1/4 to 1/2 of the full size of the nuts).
3. Add the pecans. Pulse again, stopping when the pecans are in large pieces.
4. Add the pumpkin seeds, sunflower seeds, erythritol, and golden flaxseed meal. Pulse just until everything is mixed well.
5. Add the egg white to the food processor. Whisk together the melted butter and vanilla extract in a small bowl, and evenly pour that in, too.
6. Pulse a couple times, mix a little from the bottom toward the top with a spatula, then pulse a couple times again. Repeat as needed until everything is coated evenly. At the end of this step, you'll have a combination of coarse meal and nut pieces, and everything should be a little damp from the egg white and butter.
7. Transfer the nut mixture to the prepared baking sheet in a uniform layer, pressing together into a thin rectangle (about 1/4 to 1/3 in (.6-.8 cm) thick). Bake for 15-18 minutes, until lightly browned, especially at the edges. 8 Cool completely before breaking apart into pieces. (The granola will be soft when you remove it from the oven, but will crisp up as it cools.)



CALORIES: 278 PER SERVING (SERVES 4)
MACROS: 7G CARBS - 26G FAT - 7G PROTEIN

ITALIAN SAUSAGE EGG SCRAMBLE

Start a healthy
lifestyle here

Ingredients:

- 3 Eggs
- 1 tbsp Grass Fed Butter
- 2 tbsp Pico De Gallo
- 1/2 cup Mushrooms
- 1 Italian Sausage Link
- 1/4 cup Sharp Cheddar Cheese

Instructions:

1. In non stick pan cook butter with mushrooms, pico de gallo and 1 Italian sausage link.
2. Add 3 eggs and continue to cook.
3. Add spinach and scramble all ingredients together.
4. Remove eggs from pan and top with cheddar cheese.



CALORIES: 678

MACROS: 6G CARBS - 54G FAT - 38G PROTEIN

BACON EGG & CHEESE BREAKFAST MUFFIN

Start a healthy lifestyle here

Ingredients:

6 Eggs
12 Slices Bacon
6 oz Heavy Whipping Cream
1 Cup Shredded Cheddar Cheese
Salt and Pepper to taste

Instructions:

Cooked the bacon until close to done but not crispy.

Wrap one piece of bacon in each tin.

Whisk eggs and spices, pour into each muffin, leave some room for expansion

Cook for 20 minutes @ 350 degrees.

When they are mostly done, aka browning a little, add shredded cheese.

Remove and let cool after the cheese melts



CALORIES: 201 PER SERVING (MAKES ABOUT 12)
MACROS: 0.3G CARBS - 17.5G FAT - 9G PROTEIN