

LOW-CARB KETO 5-INGREDIENT RECIPES

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Note from the Author



Hello!

I'm Lisa MarcAurele, and I'd like to show you how easy it can be to follow a low carb ketogenic diet when you cook with 5 main ingredients or less.

I'd like to personally thank you for ordering my very first book, "Low Carb Yum 5-Ingredient Keto." After creating low carb recipes for over a decade, I figured it was finally time to write a cookbook!

My motto has always been to "keep it simple" when it comes to cooking. That's why I decided to publish a book loaded with recipes that can be made with only 5 main ingredients or less.

With today's busy lifestyles, it's hard to find time to cook nutritious meals. I've been eating low carb for almost twenty years and making my own food from easy recipes has been key to my success.

I hope that my recipes will help you be successful with a low carb lifestyle too!

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Breakfast Recipes



Easy ketogenic breakfast ideas to get your day started off right. You'll definitely want to make the time to eat at home before heading out with these delicious breakfast recipes.

The Recipes:

[Hollandaise Sauce](#)

[Eggs Benedict](#)

[Sheet Pan Eggs and Bacon](#)



HOLLANDAISE SAUCE

With just 3 simple ingredients, this classic sauce is a great addition to any meal. Serve it over poached eggs, seafood, and vegetables.

INGREDIENTS

- 3 egg yolks
- 7 ounces butter
- 1 tablespoon lemon juice
- Dash salt
- Dash pepper
- Pinch cayenne pepper

INSTRUCTIONS

1. Place egg yolks in a blender or food processor. Alternatively, a mixing bowl and hand mixer can be used.
2. Melt the butter in the microwave or on the stove top until bubbling.
3. With the blender or food processor running (or hand mixer), gradually add the hot butter in a steady stream to the egg yolks until the sauce is thick and creamy.
4. Add the lemon juice while still blending. If the sauce is too thick, add a little warm water.
5. Season to taste with salt, pepper, and cayenne. Serve immediately. (Can be kept warm in a container submerged in warm water for a short period of time if needed.)

Makes 4 servings

Nutrition per serving: 359 calories, 40g fat, 355mg sodium, 1g carb, 0g fiber, 1g protein

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EGGS BENEDICT

Eggs Benedict can be made low carb by replacing the traditional English muffin. This version uses a quick to prepare Hollandaise sauce and low carb bread.

INGREDIENTS

- 3 egg yolks
- 7 ounces butter
- 1 tablespoon lemon juice
- Dash salt
- Dash pepper
- Pinch cayenne pepper

INSTRUCTIONS

1. Place egg yolks in a blender or food processor. Alternatively, a mixing bowl and hand mixer can be used.
2. Melt the butter in the microwave or on the stove top until bubbling.
3. With the blender or food processor running (or hand mixer), gradually add the hot butter in a steady stream to the egg yolks until the sauce is thick and creamy.
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5. Season to taste with salt, pepper, and cayenne. Serve immediately. (Can be kept warm in a container submerged in warm water for a short period of time if needed.)

Makes 4 servings

Nutrition per serving: 359 calories, 40g fat, 355mg sodium, 1g carb, 0g fiber, 1g protein

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SHEET PAN EGGS AND BACON

For an easy low carb breakfast for four, try this easy sheet pan eggs recipe. It's an easy way to have fried eggs and bacon without standing over the stove cooking.

INGREDIENTS

- 8 slices of bacon
- 4 ounces baby spinach
- 8 large eggs
- 1 cup grape tomatoes, sliced in half

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Line a sheet pan with a silicone mat or aluminum foil.
3. Separate bacon and arrange on the prepared sheet pan without overlapping.
4. Bake bacon for 20 minutes.
5. Remove pan from oven and arrange cooked bacon into two side by side squares on the baking sheet.
6. Fill each bacon square with 2 ounces of spinach leaves. Then make a small cavities in the spinach with your fingers as needed to drop 4 eggs onto the spinach within each bacon square. Sprinkle the tomato halves on top being careful not to break the yolks.
7. Bake in the oven for 10 minutes or until eggs have reached desired doneness.

Makes 4 serving

Nutrition per serving: 323 calories, 26g fat, 440mg sodium, 3g carb, 1g fiber, 18g protein

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Bread Recipes



There's no need to miss bread after moving to a low carb eating plan. Just make your own with these simple bread recipes.

The Recipes:

[Almond Butter Bread](#)

[Almond Flour Biscuits](#)

[Cauliflower Tortillas](#)



ALMOND BUTTER BREAD

Almond bread is an easy keto recipe made with 5 ingredients! This delicious flourless low-carb paleo bread is gluten-free too!

INGREDIENTS

- 1 cup almond butter
- 4 large eggs, seperated
- 1 teaspoon baking soda
- 1 teaspoon apple cider vinegar
- ¼ teaspoon salt, omit if almond butter is salted

INSTRUCTIONS

1. Preheat oven to 325°F. Grease or line an 8x4-inch loaf pan with parchment paper.
2. Pour almond butter into large mixing bowl. Add yolks to almond butter and the whites to a separate medium bowl. Beat egg whites with an electric mixer until light and fluffy. Then beat the egg yolks into the almond butter with the same mixer.
3. Add beaten egg whites, baking soda, apple cider vinegar, and salt to the almond butter mixture. Beat with mixer until well combined.
4. Pour batter into prepared loaf pan and bake in preheated oven for 35-40 minutes or until tests done.
5. Cool of rack for 15 minutes before removing from pan.

Makes 16 slices

Nutrition per serving: 233 calories, 20g fat, 252mg sodium, 6g carb, 3g fiber, 10g protein

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ALMOND FLOUR BISCUITS

Almond bread is an easy keto recipe made with 5 ingredients! This delicious flourless low-carb paleo bread is gluten-free too!

INGREDIENTS

- 1 ¼ cups almond flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons ghee (or butter), melted
- 1 large egg
- 6 drops stevia drops

INSTRUCTIONS

1. In medium bowl, combine almond flour, baking soda, and salt.
2. Stir in ghee (or butter) until mixture is crumbly.
3. Add in the egg and stevia. Stir until dough forms.
4. Use a scoop to form biscuits into desired size.
5. Bake at 350°F for about 15 minutes.

Makes 9 biscuits

Nutrition per biscuit: 126 calories, 10.8g fat, 151mg sodium, 3.3g carb, 1.7g fiber, 4g protein

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CAULIFLOWER TORTILLAS

Easy to make low carb tortillas made from riced cauliflower are gluten-free and paleo friendly. And they make great wraps for keto sandwiches.

INGREDIENTS

- 2 cups finely riced cauliflower
- 2 large eggs
- 1 tablespoon coconut flour
- ¼ teaspoon garlic powder, optional
- Salt and ground black pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F. Line a sheet pan with parchment paper or a silicone mat.
2. Place riced cauliflower in a microwavable bowl and cook on high for 2 minutes. Stir the cauliflower then microwave another 2 minutes.
3. Transfer the cooked cauliflower rice into a dish towel and squeeze out as much liquid as possible.
4. Put the cauliflower back into the bowl and stir in the eggs and garlic powder (if using). Then stir in the coconut flour, salt, and pepper.
5. Divide mixture into 6 mounds onto the prepared sheet pan and flatten each into a flat tortilla shaped rounds.
6. Bake for 10 minutes at 375°F, flip each circle, then bake for another 5-7 minutes. Remove from oven and place each tortilla on a baking rack to cool for 10-15 minutes.
7. While tortillas are on the cooling rack, add a tablespoon or two of oil into a skillet and heat over medium heat. Once oil is hot, brown each side of the tortillas in the pan to crisp up the edges.

Makes 6 tortillas

Nutrition per tortilla: 42 calories, 1g fat, 42mg sodium, 3g carb, 1g fiber, 3g protein

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Lunch Recipes



Simple dishes to enjoy during your midday break. There's more to lunch than just soup and sandwiches!

The Recipes:

[Mexican Chicken Soup](#)

[Stuffed Tomatoes](#)

[Fast Chicken Soup](#)

[Cheesy Cauliflower Rice](#)



MEXICAN CHICKEN SOUP

No time for cooking? Try this ridiculously easy low carb crock pot Mexican chicken soup recipe. It's made with only 4 ingredients!

INGREDIENTS

- 1 ½ pounds chicken pieces boneless skinless, I used thigh meat
- 15.5 ounces chunky salsa, I used Tostitos
- 15 ounces bone broth
- 8 ounces Monterey or Pepper Jack cheese cubed small or shredded

INSTRUCTIONS

1. Place chicken pieces at the bottom of a 6 quart crock pot.
2. Add remaining ingredients.
3. Cook on high 3-4 hours or low 6-8 hours.
4. Remove chicken pieces and shred chicken. Return to crock.
5. Serve hot.

Makes 6 servings

Nutrition per serving: 331 calories, 23g fat, 1032mg sodium, 5g carb, 1g fiber, 25g protein

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STUFFED TOMATOES

Unsure what to do with large summer garden crop of tomatoes? These cheesy meat stuffed tomatoes are always a hit with family and friends.

INGREDIENTS

- 10 medium tomatoes
- 1 pound ground sausage, or other ground meat
- 3/4 cup shredded cheese, divided
- 3 tablespoons olive oil
- Fresh parsley, for garnishing

INSTRUCTIONS

1. Preheat oven to 350°F
2. In a slightly greased skillet, brown sausage for a few minutes.
3. Make a thin slice at the end of tomatoes, allowing each tomato to stand properly. Slice the top part of tomato to make an opening.
4. Spoon the center of each tomato, remove seeds.
5. Slightly brush the outer sides of tomatoes with olive oil.
6. Using ¼ cup of the cheese, place around the insides of tomatoes and fill each one with cooked sausage. Top with remaining grated cheese.
7. Bake for 5 to 8 minutes or until cheese is melted and golden. Feel free to add more cheese if you want cheese to overflow or drip on the sides.
8. Allow to cool for 1 to 2 minutes and slowly transfer to a serving platter.
9. Garnish with fresh minced parsley.

Makes 10 stuffed tomatoes

Nutrition per tomato: 286 calories, 23.3g fat, 452mg sodium, 4.9g carb, 1.5g fiber, 14.7g protein

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FAST CHICKEN SOUP

A simple blend of yellow squash, chicken, and celery in a lightly seasoned broth. Enjoy it with a slice of keto bread for an easy lunch.

INGREDIENTS

- 4 cups chicken broth
- 1 ½ tablespoons coconut aminos
- 1 medium yellow squash, diced
- 2 cups diced cooked chicken
- 1 stalk celery, chopped
- Salt and ground pepper to taste

INSTRUCTIONS

1. In medium saucepan, bring broth to boil.
2. Stir in coconut aminos.
3. Add squash, chicken, and celery.
4. Reduce heat to low, cover and cook about 15 minutes.
5. Add salt and pepper to taste.

Makes 4 servings

Nutrition per serving: 141 calories, 3g fat, 1084mg sodium, 4g carb, 1g fiber, 23g protein

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CHEESY CAULIFLOWER RICE

Only five simple ingredients and less than ten minutes are needed to whip up a delicious cheesy cauli rice. It makes a perfect keto meal.

INGREDIENTS

- 1 head cauliflower, riced
- 3/4 cup cheddar cheese chopped or shredded
- 2 ounces cream cheese
- ¼ tsp garlic powder
- 4 slices no sugar bacon cooked crisp and chopped
- ¼ tsp salt, optional

INSTRUCTIONS

1. Place riced cauliflower in a covered microwavable dish and cook on high power for five minutes in the microwave.
2. Add in cheese and stir until it's melted.
3. Stir in remaining ingredients.

Makes 6 servings

Nutrition per roll: 168 calories, 13g fat, 330mg sodium, 5g carb, 1g fiber, 7g protein

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Dinner Recipes



Why make dinner more complicated than it has to be? With these easy recipes, you'll have your evening meal prepared in no time.

The Recipes:

[Bacon Wrapped Pork Chops](#)

[Ginger Chicken](#)



BACON WRAPPED PORK CHOPS

When you make bacon wrapped pork chops in the oven you'll get juicy and flavorful meat every time. Never worry about a dry baked meat again!

INGREDIENTS

- 6 pork chops
- 12 slices bacon
- ½ teaspoon celery salt
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon salt

INSTRUCTIONS

1. Bake bacon in 400°F oven for 10-12 minutes until cooked, but still pliable. Remove from oven.
2. While bacon is cooking, season pork chops with celery salt, garlic powder, onion powder, and salt.
3. Wrap 2 slices of bacon around each pork chop.
4. Bake for 15 minutes at 425°F then turn and bake another 10-15 minutes or until pork tests done.

Makes 6 servings

Nutrition per serving: 392 calories, 27g fat, 646mg sodium, 1g carb, 0g fiber, 34g protein

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GINGER CHICKEN

A quick dinner idea with only 5 main ingredients. This keto friendly chicken recipe can be made in less than 20 minutes! It's great for repurposing leftover chicken or turkey.

INGREDIENTS

- 2 tablespoons oil
- 2 cloves garlic
- 1 medium green pepper seeded and cut into strips
- 1 tablespoon finely chopped fresh ginger
- 2 cups cooked shredded chicken
- 1 tablespoon coconut aminos
- ½ teaspoon salt

INSTRUCTIONS

1. Heat oil in pan, stir-fry garlic, pepper, and ginger for 1 minute.
2. Add chicken and stir fry for about 2 minutes more.
3. Stir in the vinegar and salt and stir-fry for 30 seconds more.

Makes 4 servings

Nutrition per serving: 192 calories, 12g fat, 429mg sodium, 3g carb, 1g fiber, 18g protein

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Dessert Recipes



Make life a little sweeter while still cutting out carbs. Enjoy these treats for dessert or as a little snack during the day.

The Recipes:

[Dark Chocolate Milkshake](#)

[Chia Pudding](#)

[Dairy-Free Chocolate Ice Cream](#)

[Vegan Lemon Curd](#)



DARK CHOCOLATE MILKSHAKE

Making thick homemade milkshakes like the fast food restaurants is easy to do. Try this thick and rich low carb dark chocolate frosty milkshake!

INGREDIENTS

- 6 tablespoons heavy whipping cream
- 5 tablespoons canned coconut milk
- 1/8 teaspoon vanilla extract
- 2 tablespoons unsweetened dark cocoa powder
- 2 tablespoons granular monk fruit sweetener

INSTRUCTIONS

1. Start whipping cream with mixer until soft peaks form.
2. Slowly add remaining ingredients.
3. Continue beating until stiffer peaks form.
4. Put mixture in freezer.
5. After 20 minutes, remove from freezer and stir with fork to break up frozen areas around edges.
6. Keep checking mix every 20 minutes and stir until it's reached the right consistency.

Makes 2 servings

Nutrition per roll: 302 calories, 27.1g fat, 128mg sodium, 9.3g carb, 6.8g fiber, 4.8g protein

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CHIA PUDDING

This delicious vanilla keto chia pudding is full of healthy fat and fiber. Find out how quick and easy it is to make a simple treat out of these healthy seeds that you can use for dessert all week long.

INGREDIENTS

- ½ cup heavy cream
- 1 cup full fat coconut milk or unsweetened almond milk
- 1/8 teaspoon salt
- 4 packets stevia or equivalent low carb sweetener to taste
- 2 teaspoons vanilla extract
- 1/3 cup chia seeds

INSTRUCTIONS

1. Mix all ingredients in a medium bowl until well blended.
2. Let sit for a few minutes and then stir it again.
3. Cover and place in refrigerator until thick like pudding.

Makes 4 servings

Nutrition per serving: 288 calories, 27g fat, 93mg sodium, 8g carb, 4g fiber, 4g protein

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DAIRY-FREE CHOCOLATE ICE CREAM

Are you looking for a dairy free chocolate ice cream with no sugar added? Here's a simple low carb coconut cream-based recipe using only 5 ingredients.

INGREDIENTS

- 13.5 ounces canned coconut cream (unsweetened)
- 3 tablespoons unsweetened cocoa powder
- 1/3 cup granular sweetener monk fruit sweeter, or allulose
- 3 large egg yolks
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Whisk together coconut cream, cocoa powder, and sweetener in a medium saucepan.
2. Heat on medium high heat until heated throughout.
3. Whisk yolks together in small bowl.
4. Slowly stream about 1/3 to 1/2 of the heated cocoa mixture into yolks while whisking in.
5. Return all the egg mixture to pot and continue heating on medium heat until thickened.
6. Stir in vanilla extract. Cool mixture in ice bath.
7. Once cooled, process in an ice cream maker. Alternatively, whip with an electric mixer for 2-3 minutes then freeze, stirring every 20 minutes for 4 hours.

Makes 5 servings

Nutrition per serving: 286 calories, 17g fat, 20mg sodium, 5g carb, 2g fiber, 4g protein

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VEGAN LEMON CURD

A simple egg-free and dairy-free lemon curd. You'll love that the recipe is zero carb and paleo friendly. Use it to top off keto pancakes, waffles, scones, muffins, cookies, pies, and bread.

INGREDIENTS

- 1 large lemon
- 1 cup almond milk, or coconut milk
- ¼ teaspoon lemon monk fruit drops or stevia drops
- 1 teaspoon glucomannan powder, or xanthan gum
- Pinch tumeric powder, optional

INSTRUCTIONS

1. Combine lemon zest and juice from lemon with almond milk and sweetener drops in blender.
2. Pour mixture into a medium saucepan. Gradually stir in glucomannan powder (or xanthan gum). Bring to a boil then remove from heat.
3. Pour into container and allow to cool before covering. The lemon curd should thicken as it cools. Store in the refrigerator up to a week.

Makes 9 servings

Nutrition per serving: 5 calories, 0g fat, 45mg sodium, 0g carb, 0g fiber, 0g protein

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Daily Meal Plan Examples



Example 1

Breakfast: Slice of Egg & Cheese Quiche, 2 cloud bread rolls, Tea or Coffee with 1 tablespoon fat

Snack: 1 hard boiled egg, 1 organic string cheese, 1 white chocolate fat bomb

Lunch: Egg salad on cloud bread with optional cheese
Dinner: Slice of Egg & Cheese Quiche, Bulletproof Coffee, Frozen Custard

Example 2

Breakfast: Egg Fast Pancakes, 2 egg omelette with optional cheese, Coffee with 1 tablespoon fat

Lunch: Slice of Egg & Cheese Quiche

Snack: 1 hard boiled egg, 1 white chocolate fat bomb
Dinner: 3 egg omelette with 2 ounces sharp cheddar in 1 T olive oil, Bulletproof Tea

Example 3

Breakfast: Buttery Asiago Baked Eggs, Cloud Bread Cheese Danish, Bulletproof Tea or Coffee

Lunch: Egg salad on cloud bread with optional cheese

Snack: Slice of Egg & Cheese Quiche
Dinner: 2 eggs cooked in 2 tablespoons butter, Lemon or Coffee Pudding



LOW CARB YUM

NATURAL LOW CARB GLUTEN FREE RECIPES

I HOPE YOU ENJOYED THIS 5-INGREDIENT RECIPE EBOOKLET!

This is just a small sample of the keto recipes available at LowCarbYum.com

To stay in the loop when new low carb recipes and products are available, be sure to continue with your **FREE Low Carb Yum email subscription!**

-Lisa

