



Keto Recipe Bundle

UNLOCK THE POWER OF
KETOSIS WITH THESE
DELICIOUS, NUTRIENT-PACKED
RECIPES CRAFTED FROM
WHOLE FOODS. TRANSFORM
YOUR HEALTH JOURNEY WITH
SIMPLICITY AND FLAVOR.



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A top-down view of a white ceramic bowl filled with a keto breakfast. The bowl contains several pieces of cooked steak, fresh green lettuce leaves, and two sunny-side-up eggs. A semi-transparent white rectangular box is centered over the bowl, containing the text 'Keto Breakfast' and 'KICKSTART YOUR DAY'.

Keto Breakfast

KICKSTART YOUR DAY



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Mexican Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 1 tablespoon [13.5 g] Olive Oil
- 0.5 small [35 g] Onions
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [59.5 g] Bell Peppers
- 3 large [150 g] Egg
- 0.5 cup [120 g] Black Beans (Canned)
- 2 tbsp [32 g] Pico de Gallo

DIRECTIONS

1. In a medium skillet, warm olive oil over medium heat.
2. Add onion and bell pepper. Cook for 3-5 minutes until they are soft.
3. Add eggs. Cook while scraping and flipping them in the pan until the eggs are cooked through.
4. Add beans and pico de gallo and cook for an additional 1 minute. Enjoy warm

NUTRITION INFO

Calories : 490

Fat : 28.97 g

Carbs : 30.64 g

Protein : 27.02 g

Fiber : 10 g

Fajita Style Breakfast Burrito



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 0.5 tablespoon [6.4 g] Clarified Butter Ghee• 0.25 cup, chopped [37.25 g] Bell Peppers• 2 oz [56.7 g] Ground Beef (95% Lean / 5% Fat)• 2 large [100 g] Egg• 1 dash [0.4 g] Sea Salt• 1 dash [0.1 g] Black Pepper• 1 1 wrap [52 g] Gluten Free Plain Wraps (Live G Free)	<ol style="list-style-type: none">1. In a medium skillet, heat the ghee until melted.2. Add the peppers to the pan and sauté until the peppers begin to brown.3. Add the ground beef and cook until browned.4. Whisk the two eggs and stir them into the cooked vegetables and beef mixture. Cook until the eggs are cooked through. Season with salt and pepper to taste.5. Add all the contents of the skillet to a gluten-free wrap and roll it into a burrito.6. Heat the burrito in the skillet if desired. Serve and enjoy!

NUTRITION INFO				
Calories : 401.75	Fat : 23.26 g	Carbs : 23.07 g	Protein : 28.12 g	Fiber : 1.75 g

Avocado Delight Omelette



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 2 large [100 g] Egg
- 2 large [66 g] Egg White
- 1 oz [28.35 g] Goats Cheese (Soft)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 tsp [4.67 g] Avocado Oil
- 0.5 avocado [68 g] Avocado
- 0.5 cup [15 g] Baby Spinach
- 1 cup, chopped [177 g] Honeydew Melon

DIRECTIONS

1. Whisk together the eggs, goat cheese, salt, and pepper until well combined.
2. Warm avocado oil in a small skillet, coating the inside. Pour the egg mixture into the skillet and cover. Once the eggs easily separate from the bottom of the pan, flip them.
3. Place spinach on top of the eggs in the skillet and let it slightly wilt. Add avocado slices and fold the omelet in half.
4. Serve with honeydew melon or your preferred choice of fruit.

NUTRITION INFO

Calories : 490.5

Fat : 30.39 g

Carbs : 22.95 g

Protein : 27.47 g

Fiber : 6.8 g

Protein Forward Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.75 cup [84 g] Almond Flour
- 2 large [100 g] Egg
- 0.5 cup [121.5 g] Egg White
- 1 medium (7" to 7-7/8" long) [118 g] Bananas (*Mashed*)
- 0.25 tsp [0.57 g] Cinnamon
- 1.5 scoop (20 g) [30 g] Protein Powder - Vanilla
- 1 dash [0.4 g] Salt
- 1 tbsp [12.8 g] Clarified Butter Ghee

DIRECTIONS

1. Combine all ingredients in a blender and blend until mostly smooth.
2. Heat small amount of ghee in a large skillet.
3. Pour batter onto the skillet, forming circles about the size of your palm.
4. Once the pancake easily lifts from the pan with a spatula, flip it and continue cooking until the center is no longer gooey.
5. Repeat this process with the remaining batter.

NUTRITION INFO

Calories : 523.25

Fat : 30.02 g

Carbs : 23.53 g

Protein : 41.71 g

Fiber : 8.45 g

Cauliflower & Tomato Baked Eggs



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 cup, chopped or sliced [180 g] Tomatoes (*Chopped*)
- 1.5 cup [150 g] Cauliflower (*Chopped*)
- 1 tbsp [14 g] Olive Oil
- 1 tsp, ground [0.6 g] Oregano
- 1 cup [243 g] Egg White
- 2 large [100 g] Egg
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp chopped [3 g] Chives (*Optional*)
- 0.75 avocado [102 g] Avocado (*Peeled and chopped*)

DIRECTIONS

1. Preheat the oven to 400 F (205 C).
2. In a small oven safe baking dish, add tomatoes (chopped to your preference), cauliflower, olive oil, and oregano. Mix until combined.
3. Bake for 10-15 minutes or until the tomatoes begin to blister and cauliflower begins to soften.
4. Carefully remove from the oven and pour in egg whites and crack two eggs in to the vegetable mix. Season with salt and pepper.
5. Bake for another 10-12 minutes or until the eggs are cooked through.
6. Serve hot topped with chives and avocado.

NUTRITION INFO

Calories : 326.5

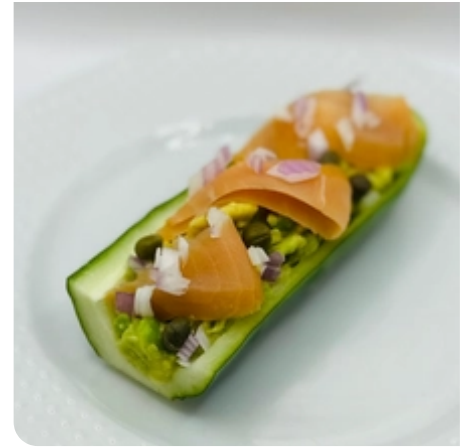
Fat : 20.51 g

Carbs : 13.92 g

Protein : 22.99 g

Fiber : 6.96 g

Cucumber Avocado Lox



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium (7" long) [201 g] Cucumber
- 4 oz, boneless [113.4 g] Smoked Salmon
- 1 tbsp, chopped [5 g] Red Onions
- 0.5 avocado [68 g] Avocado
- 1 tbsp, drained [8.6 g] Capers
- 0.25 tbsp [3.5 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Cut the Cucumber in half and, using a spoon, remove the seeds.
2. Smash Avocado with Lemon Juice, a pinch of Kosher Salt, and a pinch of Black Pepper.
3. Fill the center of the Cucumber with Avocado mixture.
4. Top with diced Red Onion, Capers, and Smoked Salmon.

NUTRITION INFO

Calories : 294.75

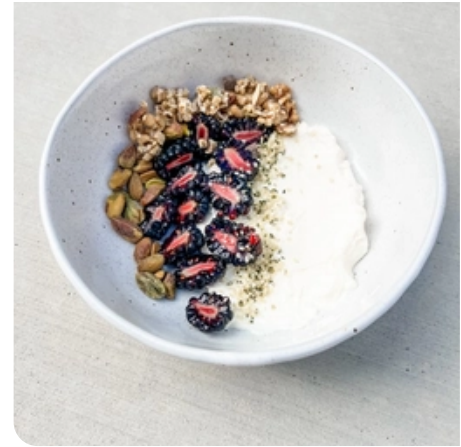
Fat : 16.37 g

Carbs : 13.57 g

Protein : 23.77 g

Fiber : 7.27 g

Ricotta Breakfast Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.75 cup [184.5 g] Ricotta Cheese (Part Skim Milk)
- 0.5 tbsp [5 g] Hemp Hearts
- 15 g Pistachio Nuts
- 0.33 cup [47.52 g] Blackberries
- 0.25 cup [28 g] Paleo Mix Granola

DIRECTIONS

1. Add ricotta to a bowl and top with all other ingredients. Enjoy!

NUTRITION INFO

Calories : 514.26

Fat : 33 g

Carbs : 26.24 g

Protein : 30.92 g

Fiber : 6.45 g

Fried Tomato Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 5 tomato [85 g] Cherry Tomatoes
(Sliced)
- 3 leaves [1.5 g] Basil
- 3 large [150 g] Egg
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 oz [28.35 g] Goat Cheese
- 0.5 cup [61.5 g] Raspberries

DIRECTIONS

1. Heat half of the olive oil in a medium size skillet over medium heat.
2. Once the oil is hot, add the tomatoes, cut side down. Season with salt and pepper.
3. Cook the tomatoes for 3-5 minutes, or until they begin to caramelize/roast.
4. Add the basil, then flip the tomatoes and cook on the other side until softened.
5. Add remaining olive oil to coat the pan.
6. Whisk together the eggs and add salt and pepper to the egg mixture.
7. Pour the egg mixture into the skillet with the tomatoes and cook for 1-2 minutes, or until the edges begin to set.
8. Flip the omelette and cook to desired temperature. Top with goat cheese.
9. Serve warm with a side of fresh raspberries and enjoy!

NUTRITION INFO

Calories : 490.6

Fat : 37.15 g

Carbs : 12.49 g

Protein : 27.08 g

Fiber : 5.06 g

Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 1.5 cup [337.5 g] 1% Low Fat Cottage Cheese• 2 tbsp [20 g] Hemp Hearts• 1 small (6-3/8" long) [158 g] Cucumber <i>(Sliced)</i>• 0.25 tsp [0.25 g] Dill (Dried)	<ol style="list-style-type: none">1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

NUTRITION INFO				
Calories : 373.75	Fat : 13.26 g	Carbs : 20.55 g	Protein : 43.58 g	Fiber : 1.73 g

Steak and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 0.25 tbsp [3.5 g] Coconut Aminos
- 0.25 tbsp [4.25 g] Worcestershire Sauce
(Gluten free brand)
- 1 clove [3 g] Garlic (*Minced*)
- 1 dash [0.1 g] Black Pepper
- 2 large [100 g] Egg
- 3.5 oz [99.23 g] Beef Top Sirloin (Lean Only, Trimmed to 1/8" Fat)
- 2 cup [40 g] Arugula (Rocket)

DIRECTIONS

1. Marinate sliced steak with half of the avocado oil, coconut aminos, Worcester sauce, garlic, and pepper.
2. Warm skillet over medium heat. Add steak and marinade mixture to the skillet and cook until steak is cooked through, turning steak strips once.
3. In a separate skillet heat remaining avocado oil. Crack eggs into the skilled. All eggs to cook until egg white is firm.
4. Serve steak and eggs over arugula.

NUTRITION INFO

Calories : 360.25

Fat : 21.3 g

Carbs : 5.58 g

Protein : 35.73 g

Fiber : 0.9 g



Keto Lunch

RE-FUEL AND RE-ENERGIZE



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Asian Style Salad With Grass-Fed Steak



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 8 oz [226.8 g] Beef Top Sirloin (Trimmed to 1/8" Fat)
- 3 cups [170.1 g] Shredded Green & Red Cabbage with Carrots
- 1 tsp [4.5 g] Sesame Oil
- 0.5 cup [102.5 g] Bean Sprouts
- 0.5 cup [85 g] Edamame (Shelled)
- 2 large [50 g] Scallions or Spring Onions
- 0.25 cup [4 g] Cilantro
- 0.5 avocado [68 g] Avocado
- 0.33 tbsp [4.62 g] Rice Vinegar
- 0.5 tbsp [7 g] Soy Sauce
- 1 clove [3 g] Garlic
- 1 slices (1" dia) [2.2 g] Ginger
- 1 oz (18 kernels) [28.35 g] Roasted Salted Cashew Nuts
- 0.5 tbsp [7 g] Avocado Oil
- 0.5 Juice of 1 lime (2" dia) [19 g] Fresh Lime Juice
- 1 tsp [7.1 g] Honey

DIRECTIONS

1. Start with bringing the steak to room temperature, should take about 30 minutes.
2. Once steak is ready, season with salt and pepper to taste and turn on a cast iron or skillet to medium-high heat.
3. Add 1/2 tbsp avocado oil to sear steak, cooking on each side for 10 minutes or however you like your steak cooked.
4. Take off heat and allow to rest for 10 minutes. While steak is resting, prep the salad. In a bowl, add your pre chopped cabbages and carrots. Chop the scallions and cilantro and add to the bowl.
5. If using frozen edamame, boil in 1 cup of water for 4 minutes and strain, then add to bowl. Top with bean sprouts.
6. Slice avocado in slivers and set aside.
7. To make the dressing, mix soy sauce, rice vinegar, sesame oil, lime juice, and honey in a separate bowl.
8. Using a microplane, or cheese grater, grate garlic and ginger and add it to the dressing. Season with salt and pepper to taste.

9. Assemble the bowl by mixing the dressing and tossing with the salad right before serving. Top with sliced avocado and roasted cashews Cut the steak and place on salad or serve along side.

NUTRITION INFO

Calories : 541.78

Fat : 34.65 g

Carbs : 26.32 g

Protein : 33.62 g

Fiber : 9.01 g

Almond Butter Yogurt



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 1 cup [227 g] Whole Milk Greek Yogurt Plain• 1 tbsp [16 g] Almond Butter• 0.25 cup [30.75 g] Raspberries• 0.25 tbsp [3.5 g] Chia Seed	<ol style="list-style-type: none">1. Place yogurt in a bowl and mix in almond butter.2. Top with raspberries and chia seeds.

NUTRITION INFO				
Calories : 390.7	Fat : 21.31 g	Carbs : 20.22 g	Protein : 30.18 g	Fiber : 3.85 g

Chicken Fried “Rice”



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 12 oz [340.8 g] Ground Chicken
- 2 tbsp [28 g] Avocado Oil
- 0.5 tbsp [4.2 g] Garlic Powder
- 2 cup [200 g] Riced Cauliflower
- 1 cup [113 g] Shredded Carrots
- 1 cup [144 g] Green Peas (Frozen)
- 1 tbsp [14 g] Coconut Aminos
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 large [50 g] Egg
- 3 stalk [45 g] Green Onions

DIRECTIONS

1. In a skillet, on medium heat, fully cook ground chicken and set aside.
2. In the same skillet, add 2 tbsp of avocado oil on low heat.
3. Add 2 cups of riced cauliflower, garlic powder, 1 cup of shredded carrots and 1 cup of peas. Increase to medium heat and cook for about 10 minutes.
4. Add liquid aminos, salt and pepper, and cook for another 2 minutes.
5. Add egg and scramble into rice.
6. Add in ground chicken, and place green onions on top for garnish.

NUTRITION INFO

Calories : 508

Fat : 28.77 g

Carbs : 24.42 g

Protein : 40.2 g

Fiber : 7.65 g

Mediterranean Salad With Ground Beef



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 cup, shredded or chopped [55 g] Mixed Salad Greens
- 3 tbsp (packed) [45 g] Feta Cheese
- 0.25 onion (small) [37 g] Red Onions
(Chopped)
- 1 serving (20g) [20 g] Green Olives
(Halved)
- 0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes (Sliced)
- 1 small (6-3/8" long) [158 g] Cucumber
(Chopped)
- 5 oz [141.75 g] Ground Beef (95% Lean / 5% Fat) (Cooked (measured raw))
- 0.5 tbsp [7 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Combine mixed greens, feta cheese, red onion, green olives, tomatoes, cucumbers, and ground beef.
2. Drizzle with olive oil and add salt and pepper to taste.

NUTRITION INFO

Calories : 447.55

Fat : 27.02 g

Carbs : 11.37 g

Protein : 39.35 g

Fiber : 5.81 g

Turkey Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 0.5 small [35 g] Onions (*Diced*)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Diced*)
- 2 stalk, medium (7-1/2" - 8" long) [80 g] Celery (*Diced*)
- 1 clove [3 g] Garlic (*Minced*)
- 12 oz [336 g] Ground Turkey
- 1 cup [246.6 g] Canned Fire Roasted Tomatoes
- 1 tbsp [16 g] Tomato Paste
- 1.5 tsp [3.9 g] Chili Powder
- 0.5 tbsp [3.45 g] Paprika
- 0.25 tsp [0.53 g] Cumin
- 0.25 tsp [0.45 g] Red or Cayenne Pepper (*Optional*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 avocado [68 g] Avocado (*Chopped*)

DIRECTIONS

1. Heat avocado oil in a large pan. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally.
2. Add turkey, garlic, Chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, turning and crumbling the turkey as it cooks.
3. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
4. Turn to low and simmer for 15-20 minutes.
5. Remove from heat and serve warm.
6. Top with avocado.

NUTRITION INFO

Calories : 413.5

Fat : 21.99 g

Carbs : 20.06 g

Protein : 36.79 g

Fiber : 10.69 g

Chicken Cauliflower Rice Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 3 tbsp [42 g] Olive Oil
- 2 cup [200 g] Riced Cauliflower
- 0.5 onion (small) [74 g] Red Onions
(Chopped)
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)
- 1 tbsp [3.1 g] Dill (Dried)
- 10 oz [280 g] Skinless Chicken Breast
- 1.5 tbsp, ground [2.7 g] Oregano
- 10 tomato [170 g] Cherry Tomatoes
(Halved)
- 1 medium (7" long) [201 g] Cucumber
(Sliced or chopped)
- 3 tbsp [42 g] Kalamata Olives
- 3 tbsp (packed) [45 g] Feta Cheese
- 1 small lemon [30 g] Lemon Juice

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Coat chicken breasts with 1 tbsp olive oil, salt, pepper, and oregano.
3. Bake chicken for 22 - 26 minutes.
Internal temperature of chicken should reach 165 degrees F. After chicken is cooked and has rested for at least 5 minutes, slice chicken breast.
4. Heat remaining 2 tbsp of olive oil in a skillet over medium heat. Add riced cauliflower, red onion, salt, pepper, and dill. Cook for 3 - 5 minutes, until cauliflower is softened, stirring occasionally.
5. Top cooked cauliflower rice with sliced chicken, cherry tomatoes, cucumber, olives, feta cheese, and lemon juice.

NUTRITION INFO

Calories : 492.65

Fat : 29.84 g

Carbs : 16.49 g

Protein : 41.09 g

Fiber : 5.74 g

Greek Inspired Turkey Patties



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 1 cup [60 g] Parsley (*Chopped*)
- 3 clove [9 g] Garlic (*Minced*)
- 1 g Onions (*Minced*)
- 1 tbsp [14 g] Lemon Juice
- 1 tsp [6 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1 tbsp [14 g] Avocado Oil
- 2 tbsp [30 g] Tzatziki Sauce
- 2 sweetpotato, 5" long [260 g] Sweet Potato (*Baked*)

DIRECTIONS

1. In a large bowl mix together ground turkey, parsley, garlic, onion, lemon juice, salt, and pepper until well blended.
2. Heat avocado oil in a large skillet over medium heat.
3. Form circular patties with the turkey mixture (makes 6-8 patties) and place on the skillet.
4. Cook for approximately 5 minutes on each side or until fully cooked through.
5. Serve with tzatziki sauce and a baked sweet potato (or salad).

NUTRITION INFO

Calories : 536.46

Fat : 25.34 g

Carbs : 31.44 g

Protein : 47.78 g

Fiber : 5.25 g

Lemon Dill Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken (*Drained, or shredded chicken*)
- 0.5 small lemon [15 g] Lemon Juice
- 0.5 tsp [0.5 g] Dill (Dried)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 3 large leaf [45 g] Boston Lettuce
- 0.5 avocado [68 g] Avocado (*Sliced*)
- 0.25 cup [5 g] Broccoli Sprouts
- 1 oz [28.35 g] Almonds

DIRECTIONS

1. Mix chicken with lemon juice, dill, salt, and pepper.
2. Top bibb or boston lettuce leaves with chicken mixture, avocado, and broccoli sprouts.
3. Serve with a side of almonds.

NUTRITION INFO

Calories : 533.25

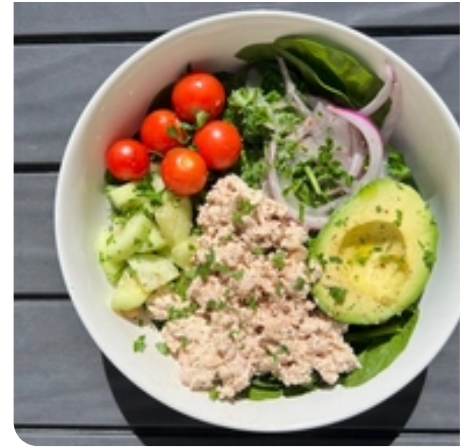
Fat : 35.64 g

Carbs : 15.49 g

Protein : 40.37 g

Fiber : 9.25 g

Savory Tuna Bliss



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz [141.75 g] Tuna in Water (Canned) *(drained)*
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup [60 g] Baby Spinach
- 0.25 onion (small) [37 g] Red Onions *(sliced thin)*
- 5 tomato [85 g] Cherry Tomatoes
- 0.5 medium [100.5 g] Cucumber *(peeled and diced)*
- 0.5 avocado [68 g] Avocado
- 0.5 tablespoon [6.75 g] Olive Oil
- 0.5 medium Lemon *(juice)*
- 1 sprigs [1 g] Parsley *(optional)*

DIRECTIONS

1. In a medium bowl, mix together canned tuna, avocado oil, salt, and pepper.
2. In a separate, large salad bowl, add spinach, red onion, tomatoes, cucumber, and avocado. Top with tuna and parsley.
3. Drizzle salad with lemon juice, olive oil, salt, and pepper.

NUTRITION INFO

Calories : 455.65

Fat : 25.62 g

Carbs : 18.05 g

Protein : 41.15 g

Fiber : 9.23 g

Chicken Salad Stuffed Avocado



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 avocado [136 g] Avocado
- 1 can (5 oz) yields [140 g] Canned Organic Chicken
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 0.5 tsp [0.6 g] Kosher Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 tsp [4.7 g] Lemon Juice
- 1 tbsp, chopped [5 g] Red Onions
- 1 strip (4" long) [4 g] Celery (*Chopped*)

DIRECTIONS

1. Mix chicken, mayonnaise, lemon juice, salt, black pepper, red onions, and celery in a small bowl until combined. Refrigerate until ready to eat.
2. Cut an avocado in half and remove the peel. Fill the avocado's center with the chicken salad. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 594.25

Fat : 44.3 g

Carbs : 16.71 g

Protein : 34.86 g

Fiber : 10.87 g

A close-up photograph of a plate of food featuring several skewers of grilled steak and vegetables. The steak is cooked to a medium-rare doneness, showing a browned exterior and a pinkish interior. The vegetables include red bell peppers, yellow bell peppers, and green bell peppers, all of which are charred and slightly softened from grilling. The skewers are arranged in a circular pattern on a light-colored plate.

Keto Dinner

FINISH STRONG



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Turkey Cashew Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 16 oz [453.6 g] Ground Turkey
- 0.5 tsp [0.9 g] Ginger (Ground)
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 1 tbsp [14 g] Coconut Aminos
- 1 tbsp [16 g] Almond Butter
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 cup [56.5 g] Shredded Carrots
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Chopped*)
- 1 tbsp [18.5 g] Dry Roasted Cashew Nuts
- 9 g Sesame Seeds
- 1 head (small) [95 g] Romaine Lettuce
- 0.25 cup [5 g] Microgreens

DIRECTIONS

1. In a large skillet, warm 1/2 tbsp olive oil over medium heat. Add ground turkey and cook 4-5 minutes, crumbling and turning while you cook.
2. In the meantime, mix together remaining olive oil, ground ginger, turmeric, coconut aminos, almond butter, and black pepper.
3. Add shredded carrots, bell pepper, cashews, sesame seeds, and olive oil mixture to the skillet.
4. Cook for an additional 5-8 minutes, until turkey is cooked through, and vegetables are desired consistency.
5. When ready to serve, separate leaves of romaine lettuce. Wash and pat dry with a towel. Fill leaves with turkey mixture and top with microgreens.

NUTRITION INFO

Calories : 535.64

Fat : 33.59 g

Carbs : 13.69 g

Protein : 43.55 g

Fiber : 5.12 g

Bright & Fresh Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 12 oz [339 g] Boneless Skinless Chicken Thighs (raw)
- 4 beet (2" dia) [328 g] Beets
- 30 spear, medium (5-1/4" to 7" long) [480 g] Asparagus
- 2 tbsp [28 g] Olive Oil
- 1 tbsp, ground [1.8 g] Oregano
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 0.5 tbsp [0.65 g] Parsley (Dried)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Trim extra fat from chicken thighs.
3. Wash and chop beets into 1/2 inch cubes.
4. Spread chicken, beets, and asparagus on a baking sheet in a single layer.
5. In a small bowl, mix together oil, oregano, garlic powder, thyme, parsley, salt, and pepper.
6. Spread over chicken and vegetables, toss to coat well.
7. Bake for 25 minutes, or until internal temperature of chicken reaches above 165°F (75°C).
8. Enjoy warm.

NUTRITION INFO

Calories : 442

Fat : 20.85 g

Carbs : 27.74 g

Protein : 41.49 g

Fiber : 10.05 g

Bun-less Burger



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat)
- 0.5 tbsp [6.4 g] Clarified Butter Ghee
- 0.5 onion [55 g] Yellow Onions (*Sliced thin*)
- 1 medium whole (2-3/5" dia) [123 g] Tomatoes (*Sliced thin*)
- 1 medium (3-3/4" long) [65 g] Dill Cucumber Pickles (*Sliced thin*)
- 8 leaf, medium medium [120 g] Butterhead Lettuce
- 2 tsp [11 g] Dijon Mustard
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 1 avocado [136 g] Avocado (*Sliced*)

DIRECTIONS

1. Heat a large skillet over medium heat or warm the grill.
2. Make four patties with the ground beef and cook in the skillet (or grill) until preferred doneness, flipping once. Internal temperature should read 150 degrees F (65 degrees C) or more.
3. In a small skillet, warm the ghee or butter and add onion. Cook for approximately 10 minutes over medium heat, occasionally flipping.
4. Mix together dijon mustard and mayonnaise.
5. Place the cooked beef patty on two leaves of iceberg lettuce. Top with cooked onions, tomato slices, pickle slices, and mustard mix. Serve with a side of avocado.

NUTRITION INFO

Calories : 445.5

Fat : 26.17 g

Carbs : 13.37 g

Protein : 39.31 g

Fiber : 6.95 g

Caprese Chicken Skewers



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 3 tbsp [42 g] Pesto Sauce
- 2 tbsp [30 g] Balsamic Vinegar
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 12 oz [336 g] Skinless Chicken Breast
- 1 cup [149 g] Cherry Tomatoes
- 3 oz [85.05 g] Mozzarella Cheese (Whole Milk) (*Cubed or balls*)
- 10 leaves [5 g] Basil

DIRECTIONS

1. Turn on grill to medium heat. You can also bake these in the oven on 400 degrees F (205 C) for 20 minutes.
2. In a medium bowl mix together olive oil, pesto, half of the balsamic vinegar, lemon juice, salt, and pepper. Add cut chicken to coat evenly.
3. Thread grilling skewers alternating between chicken and cherry tomatoes.
4. Cook the skewers on the grill, occasionally flipping, for 10 - 15 minutes or until chicken reaches an internal temperature of 165 degrees F (74 degreesC).
5. Serve skewers for with fresh basil and mozzarella drizzled with remaining balsamic vinegar.

NUTRITION INFO

Calories : 522

Fat : 30.09 g

Carbs : 8.18 g

Protein : 53.22 g

Fiber : 1.22 g

Creamy Tuscan Salmon



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp [12.8 g] Clarified Butter Ghee
- 3 clove [9 g] Garlic (*Minced*)
- 0.5 onion [55 g] Yellow Onions (*Diced*)
- 10 oz, boneless, raw [283.5 g] Salmon
- 0.5 cup [119 g] Heavy Cream
- 0.25 cup [13.5 g] Sun-Dried Tomatoes
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 cup [30 g] Baby Spinach
- 2 tbsp [7.6 g] Parsley (*Chopped*)
- 2 cup, florets [142 g] Broccoli

DIRECTIONS

1. In a medium skillet, melt ghee or butter.
2. Add garlic and onions and cook 1-2 minutes until fragrant.
3. Add salmon and cook approximately 3 minutes on each side.
4. Add heavy cream, sun dried tomatoes, salt, and pepper. Lower heat and cook until cream begins to bubble. Add spinach and cook one additional minute.
5. In the meantime, steam broccoli until desired consistency.
6. Top salmon with parsley and serve with steamed broccoli.

NUTRITION INFO

Calories : 526.13

Fat : 37.33 g

Carbs : 14 g

Protein : 36.07 g

Fiber : 3.4 g

Asian Sesame Kabobs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 12 oz [340.2 g] Beef Flank (Lean Only, Trimmed to 0" Fat, Choice Grade)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Cut into squares*)
- 1 medium [119 g] Green Bell Pepper (*Cut into squares*)
- 0.5 cup [112 g] Coconut Aminos
- 2 tbsp [28 g] Avocado Oil
- 1 tbsp [13.6 g] Sesame Oil
- 2 clove [6 g] Garlic (*Minced*)
- 3 tsp [6 g] Ginger (*Minced*)
- 1 tsp [2.4 g] Onion Powder
- 1 dash [0.4 g] Salt

DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Heat grill to medium heat.
4. Add steak and vegetables to the skewers, alternating between each.
5. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
6. Once removing from the grill pour over remaining marinade.

NUTRITION INFO

Calories : 573.5

Fat : 31.73 g

Carbs : 33.59 g

Protein : 38.42 g

Fiber : 3.65 g

Cashew Chicken



SERVINGS: 2

PREP TIME: 6 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp [13.6 g] Coconut Oil
- 12 oz [336 g] Skinless Chicken Breast *(Cut into cubes)*
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper *(Sliced)*
- 1 medium [114 g] Orange Bell Pepper *(Sliced)*
- 0.5 small [35 g] Onions *(Sliced)*
- 0.5 tbsp [7 g] Coconut Aminos
- 0.5 tbsp [7 g] Rice Vinegar
- 1 clove [3 g] Garlic *(Minced)*
- 0.25 tsp [0.45 g] Ginger (Ground)
- 0.25 tsp [0.45 g] Red Pepper Flakes *(Optional)*
- 1 tsp [7.1 g] Honey
- 1 serving (28g) [28 g] Roasted Salted Cashew Nuts
- 2 cup [200 g] Riced Cauliflower *(Cooked)*

DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat.
2. Mix together the coconut aminos, vinegar, garlic, ginger, honey, and red pepper flakes.
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally.
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally.
5. Add in the coconut amino mixture and cook for an additional 3-5 minutes until the sauce has thickened.
6. Add in cashews a cook for 1-2 minutes.
7. Remove from heat and serve warm or cooked cauliflower rice.

NUTRITION INFO

Calories : 410.25

Fat : 16.29 g

Carbs : 23.57 g

Protein : 44.83 g

Fiber : 6.48 g

Caprese Shrimp Zucchini Noodles



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 2 tbsp [28 g] Olive Oil
- 3 clove [9 g] Garlic (*Minced*)
- 7 oz [198.8 g] Shrimp (Prawns)
- 2 medium [392 g] Zucchini (*Spiralized*)
- 12 tomato [204 g] Cherry Tomatoes (*Halved*)
- 4 oz [113.4 g] Mozzarella Cheese (Whole Milk)
- 10 leaves [5 g] Basil (*Chopped*)

DIRECTIONS

1. Heat olive oil over medium heat in a medium skillet.
2. Add garlic and cook for one minute.
3. Add shrimp and cook for 2-3 minutes per side.
4. Add zucchini noodles, and cherry tomatoes. Cook for 1-2 minutes. Just before removing from heat, mix in basil and cheese.
5. Serve warm.

NUTRITION INFO

Calories : 422

Fat : 28.33 g

Carbs : 14.34 g

Protein : 30.55 g

Fiber : 3.65 g

Sun-Dried Tomato Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [339 g] Boneless Skinless Chicken Thighs (raw)
- 1 tbsp [14 g] Avocado Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.25 tbsp [2.1 g] Garlic Powder
- 0.5 cup [27 g] Sun-Dried Tomatoes (*Chopped*)
- 1 cup [240 g] Beef Bone Broth
- 0.5 cup [113 g] Coconut Milk
- 0.25 cup [15 g] Parsley
- 3 stalk [45 g] Green Onions (*Chopped*)
- 2 cup [200 g] Riced Cauliflower (*Cooked*)

DIRECTIONS

1. In a medium skillet heat avocado oil over medium heat.
2. Season chicken breasts with salt, pepper, and garlic powder, and add to skillet.
3. Cook until well browned on one side, approximately 8 minutes, then flip.
4. Add sun-dried tomatoes, bone broth, and coconut milk to the skillet. Cook 8-10 minutes or until chicken is cooked through. Remove from heat and mix in parsley and green onion.
5. Allow 3-5 minutes to sit for sauce to thicken, then serve over cauliflower rice.

NUTRITION INFO

Calories : 456.8

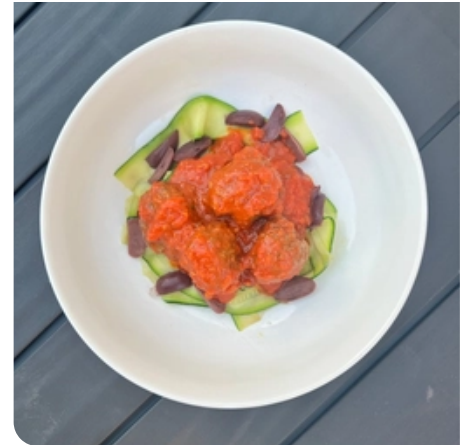
Fat : 26.12 g

Carbs : 16.2 g

Protein : 43.91 g

Fiber : 5.2 g

Zucchini Noodles & Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat)
- 1 large [50 g] Egg
- 1 tbsp [7 g] Almond Flour
- 0.5 tsp [3 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 0.5 tsp [1.2 g] Onion Powder
- 0.5 tsp [1.4 g] Garlic Powder
- 1 tsp, ground [0.6 g] Oregano
- 2 tbsp [7.6 g] Parsley (*Chopped*)
- 1 cup [245 g] Tomato Sauce (no sugar added)
- 2 medium [392 g] Zucchini (*Spiralized*)
- 4 tbsp [56 g] Kalamata Olives

DIRECTIONS

1. In a large bowl, mix together ground beef, egg, almond flour, salt, pepper, onion powder, garlic, oregano, and parsley.
2. Heat a large skillet over medium heat. Form 1-2 inch diameter balls with the meat mixture and place in the skillet. Cook 2-3 minutes or until browned and then turn each meatball. Continue to cook each side until browned. Discard extra fat from the skillet.
3. Add marinara sauce and cook, covered, for 10 minutes.
4. Add zucchini noodles and olives and cook for 3-4 minutes, uncovered.
5. Serve warm.

NUTRITION INFO

Calories : 458.88

Fat : 20.94 g

Carbs : 19.17 g

Protein : 47.25 g

Fiber : 4.13 g