

# Keto

## RECIPES



# Keto Caesar Salad

## INGREDIENTS

- 4 cups romaine lettuce, chopped
- 125g mayonnaise
- 125g grated Parmesan cheese
- 60ml lemon juice
- 5g anchovy paste (optional)
- 1 clove minced garlic
- 5g Dijon mustard
- 4 slices bacon, cooked and crumbled
- Salt and pepper to taste

## INSTRUCTIONS

1. In a small bowl, whisk together the mayonnaise, Parmesan cheese, lemon juice, anchovy paste, minced garlic, and Dijon mustard.
2. In a large bowl, toss the romaine lettuce with the Caesar dressing.
3. Top the salad with crumbled bacon and additional grated Parmesan cheese.
4. Season with salt and pepper to taste.
5. Serve and enjoy!



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 270
- Fat: 25g
- Carbs: 4g
- Protein: 12g





# Keto Beef and Broccoli

## INGREDIENTS

- 450g beef sirloin, thinly sliced
- 280g broccoli florets
- 125g diced onions
- 2 cloves minced garlic
- 30ml coconut oil
- 30ml soy sauce

## INSTRUCTIONS

1. Heat a large pan or wok over medium-high heat.
2. Add the coconut oil to the pan and melt.
3. Add the sliced beef to the pan and cook until it is fully cooked and browned on all sides.
4. Remove the beef from the pan and set aside.
5. In the same pan, add the diced onions, minced garlic, and broccoli florets. Sauté until the vegetables are tender.
6. Stir in the cooked beef and soy sauce.
7. Serve hot and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 280
- Fat: 15g
- Carbs: 8g
- Protein: 28g



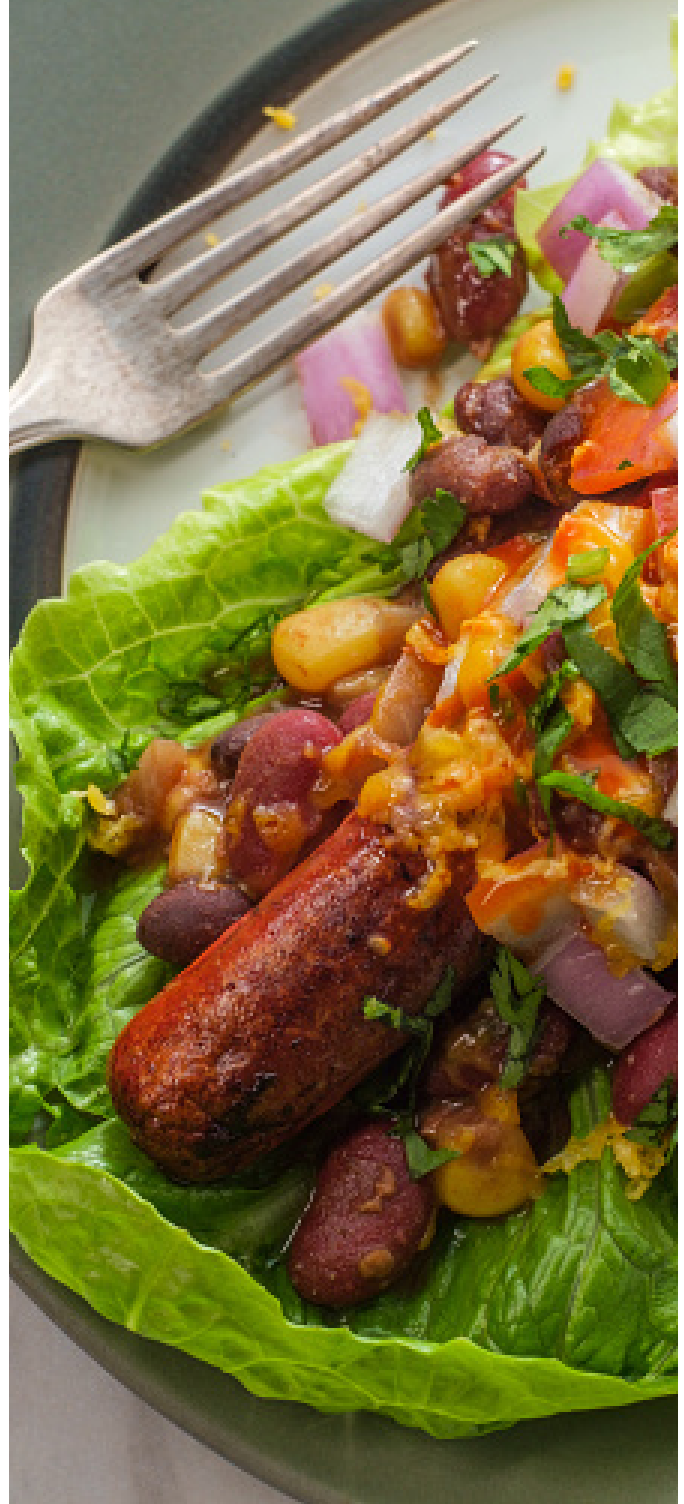
# Keto Chili Con Carne

## INGREDIENTS

- 450g ground beef
- 125g diced onions
- 125g diced bell peppers
- 1 clove minced garlic
- 400g can diced tomatoes
- 400g can kidney beans, drained and rinsed
- 30ml chili powder
- 5g cumin
- 5g paprika
- Salt and pepper to taste

## INSTRUCTIONS

1. Heat a large pot over medium heat.
2. Add ground beef to the pot and cook until browned, breaking it up into small pieces as it cooks.
3. Add diced onions, diced bell peppers, and minced garlic to the pot and sauté until the vegetables are tender.
4. Stir in the diced tomatoes, kidney beans, chili powder, cumin, and paprika.
5. Bring the mixture to a boil, then reduce the heat to low and simmer for 20-30 minutes.
6. Season with salt and pepper to taste.
7. Serve hot and enjoy!



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 340
- Fat: 14g
- Carbs: 26g
- Protein: 29g





# Keto Stuffed Peppers



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 330
- Fat: 20g
- Carbs: 12g
- Protein: 27g

## INGREDIENTS

- 4 large bell peppers, halved and seeded
- 450g ground beef
- 125g diced onions
- 125g diced tomatoes
- 125g grated cheese (such as mozzarella or cheddar)
- Salt and pepper to taste

## INSTRUCTIONS

1. Preheat the oven to 180°C (350°F).
2. In a large pan, cook the ground beef over medium heat until it is fully cooked and browned.
3. Stir in the diced onions and tomatoes and cook until the vegetables are tender.
4. Season the mixture with salt and pepper to taste.
5. Fill each bell pepper half with the ground beef mixture and top with grated cheese.
6. Place the bell peppers in a baking dish and bake for 20-25 minutes, until the peppers are tender and the filling is hot and bubbly.
7. Serve hot and enjoy!



# Keto Chicken Fajitas

## INSTRUCTIONS

1. Heat a large pan or wok over medium-high heat.
2. Add the olive oil to the pan and melt.
3. Add the sliced chicken to the pan and cook until it is fully cooked and no longer pink.
4. Remove the chicken from the pan and set aside.
5. In the same pan, add the diced onions, diced bell peppers, and minced garlic. Sauté until the vegetables are tender.
6. Stir in the chili powder, cumin, paprika, and salt and pepper to taste.
7. Add the cooked chicken back to the pan and stir to combine.
8. To serve, place a lettuce leaf on a plate and top with the chicken and vegetable mixture, diced tomatoes, and grated cheese.
9. Roll up the lettuce leaf and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 280
- Fat: 17g
- Carbs: 8g
- Protein: 25g



## INGREDIENTS

- 500g chicken breast, sliced
- 2 tablespoons olive oil
- 1 medium onion, diced
- 2 medium bell peppers (red, yellow, or green), diced
- 3 cloves of garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper, to taste
- 4 large lettuce leaves
- 1 large tomato, diced
- 1/2 cup grated cheese (cheddar or Monterey Jack)

Note: These measurements are approximate and may need to be adjusted based on personal preference.



# Keto Shrimp Scampi

## INGREDIENTS

- 450g medium shrimp, peeled and deveined
- 2 cloves minced garlic
- 125g diced tomatoes
- 30ml white wine
- 2 medium zucchini, spiralized
- 30g butter
- Salt and pepper to taste

## INSTRUCTIONS

1. Heat a large pan over medium heat.
2. Add the butter to the pan and melt.
3. Add the minced garlic to the pan and sauté for 1-2 minutes until fragrant.
4. Add the shrimp to the pan and cook until they are pink and fully cooked, about 2-3 minutes per side.
5. Remove the shrimp from the pan and set aside.
6. In the same pan, add the diced tomatoes and white wine and bring to a boil.
7. Add the spiralized zucchini noodles to the pan and cook until they are tender, about 3-4 minutes.
8. Stir in the cooked shrimp and season with salt and pepper to taste.
9. Serve hot and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 210
- Fat: 13g
- Carbs: 8g



# Keto Meatballs

## INGREDIENTS

- 450g ground beef
- 125g grated Parmesan cheese
- 2 cloves minced garlic
- 30g chopped fresh parsley
- 1 egg
- Salt and pepper to taste
- 250ml marinara sauce
- 2 medium zucchini, spiralized

## INSTRUCTIONS

1. Preheat the oven to 180°C (350°F).
2. In a medium bowl, mix together the ground beef, Parmesan cheese, minced garlic, parsley, egg, salt, and pepper.
3. Form the mixture into meatballs, about 2.5cm in diameter.
4. Place the meatballs on a baking sheet and bake for 15-20 minutes, until they are cooked through.
5. In a large pan, heat the marinara sauce over medium heat.
6. Add the cooked meatballs to the pan and stir to coat with the sauce.
7. Add the spiralized zucchini noodles to the pan and stir to combine.
8. Serve hot and enjoy!



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 330
- Fat: 22g
- Carbs: 8
- Protein: 28g





# Keto Chicken Parmesan

## INGREDIENTS

- 4 chicken breasts
- 125g almond flour
- 125g grated Parmesan cheese
- 1 egg, beaten
- 250ml marinara sauce
- 125g grated mozzarella cheese

## INSTRUCTIONS

1. Preheat the oven to 200°C (400°F).
2. In a shallow dish, mix together the almond flour and Parmesan cheese.
3. Dip each chicken breast in the beaten egg, then coat with the almond flour mixture.
4. Place the chicken breasts on a baking sheet and bake for 20-25 minutes, until they are cooked through.
5. Spread the marinara sauce over the chicken breasts and top with grated mozzarella cheese.
6. Broil the chicken for an additional 2-3 minutes, until the cheese is melted and bubbly.
7. Serve hot and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 340
- Fat: 20g
- Carbs: 8g
- Protein: 36g



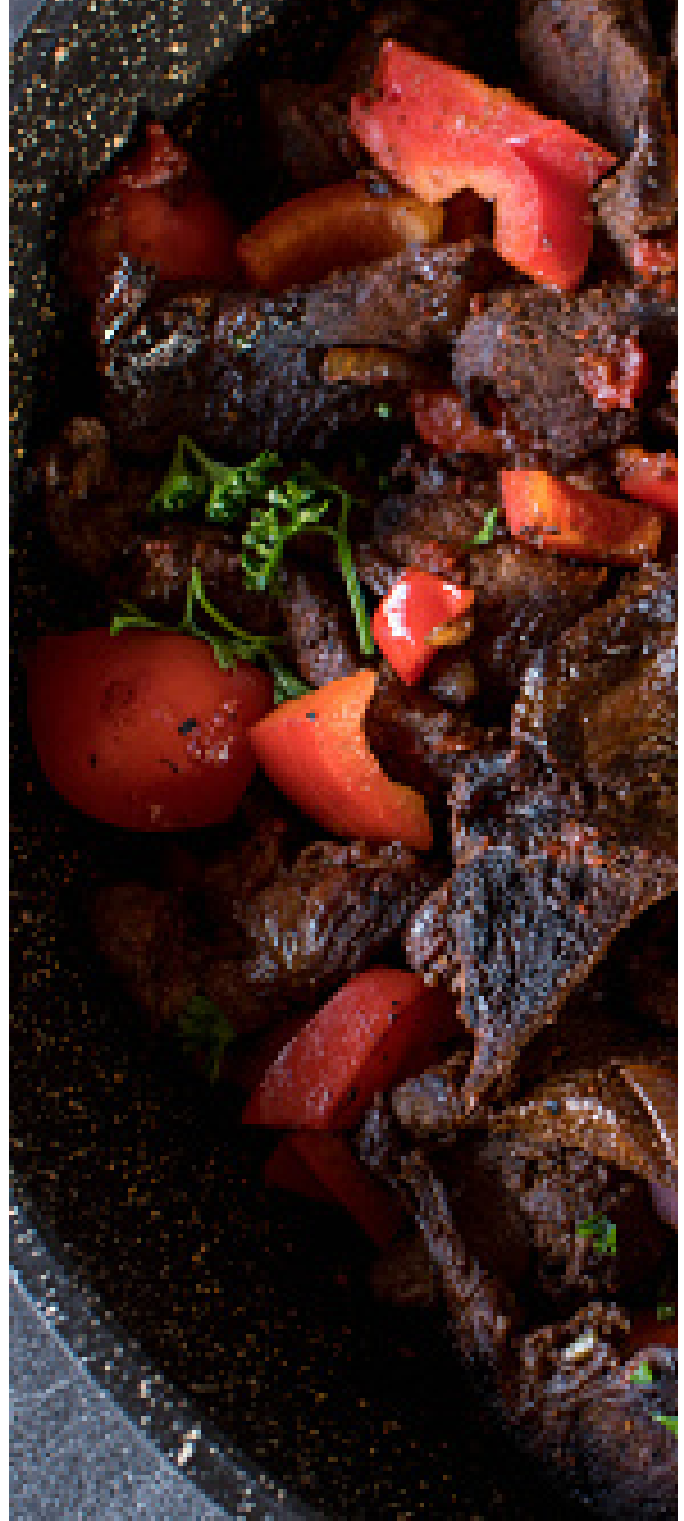
# Keto Beef Stir-Fry

## INGREDIENTS

- 450g beef sirloin, thinly sliced
- 250g diced vegetables (such as bell peppers, onions, and broccoli)
- 2 cloves minced garlic
- 30g coconut oil
- 30ml coconut aminos
- 15ml sesame oil
- Salt and pepper to taste

## INSTRUCTIONS

1. Heat a large pan or wok over medium-high heat.
2. Add the coconut oil to the pan and melt.
3. Add the sliced beef to the pan and cook until it is fully cooked and browned on all sides.
4. Remove the beef from the pan and set aside.
5. In the same pan, add the diced vegetables, minced garlic, coconut aminos, sesame oil, and salt and pepper to taste. Sauté until the vegetables are tender.
6. Add the cooked beef back to the pan and stir to combine.
7. Serve hot and enjoy!



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 280
- Fat: 17g
- Carbs: 8g
- Protein: 28g





# Keto Salmon Cakes

## INGREDIENTS

- 450g cooked salmon, flaked
- 125g almond flour
- 125g grated Parmesan cheese
- 60g diced red onions
- 30g chopped fresh parsley
- 15ml Dijon mustard
- 2.5ml Old Bay seasoning
- 1 egg
- Coconut oil for frying
- Lemon wedges for serving
- 500g sautéed spinach for serving

## INSTRUCTIONS

1. In a medium bowl, mix together the cooked salmon, almond flour, Parmesan cheese, diced red onions, parsley, Dijon mustard, Old Bay seasoning, and egg.
2. Form the mixture into cakes, about 2.5cm thick.
3. Heat a large pan over medium heat and add enough coconut oil to coat the bottom of the pan.
4. Place the salmon cakes in the pan and cook until they are golden brown on both sides, about 2-3 minutes per side.
5. Serve the salmon cakes with lemon wedges and a side of sautéed spinach.

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 300
- Fat: 20g
- Carbs: 6g
- Protein: 30g





# Keto Avocado Deviled Eggs

## INGREDIENTS

- 6 large eggs
- 1 avocado
- 1 tablespoon mayonnaise
- 1 tablespoon diced red onions
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

## INSTRUCTIONS

1. Place the eggs in a medium pot and cover with cold water.
2. Bring the water to a boil and then remove the pot from the heat.
3. Let the eggs sit in the hot water for 10 minutes.
4. Drain the hot water and add cold water to the pot.
5. Once the eggs are cool enough to handle, peel them and slice them in half lengthwise.
6. Remove the yolks from the eggs and place them in a small bowl.
7. Mash the avocado and add it to the bowl with the egg yolks, along with the mayonnaise, diced red onions, Dijon mustard, salt, and pepper.
8. Mix until well combined.
9. Spoon the mixture back into the egg white halves.
10. Serve chilled and enjoy!



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 120
- Fat: 9g
- Carbs: 3g
- Protein: 6g





# Keto Cheeseburger Soup

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 360
- Fat: 30g
- Carbs: 9g
- Protein: 20g

## INSTRUCTIONS

1. Heat a large pot over medium heat.
2. Add the ground beef to the pot and cook until it is fully cooked and browned, breaking it up into small pieces as it cooks.
3. Add the diced onions, celery, carrots, and minced garlic to the pot and sauté until the vegetables are tender.
4. Stir in the chicken broth and bring the mixture to a boil.
5. Reduce the heat to low and simmer for 10-15 minutes.
6. Stir in the heavy cream and grated cheddar cheese until the cheese is melted and well combined.
7. Season with salt and pepper to taste.
8. Serve hot and enjoy!

## INGREDIENTS

- 450g ground beef
- 1 cup diced onion
- 1 cup diced celery
- 1 cup diced carrots
- 3 cloves garlic, minced
- 4 cups chicken broth
- 1 cup heavy cream
- 2 cups grated cheddar cheese
- Salt and pepper to taste



# Keto Cauliflower Mac and Cheese

## INGREDIENTS

- 1 medium head cauliflower, cut into small florets
- 250g heavy cream
- 125g grated cheddar cheese
- 60g grated Parmesan cheese
- 2 cloves minced garlic
- Salt and pepper to taste

## INSTRUCTIONS

1. Preheat the oven to 180°C (350°F).
2. Bring a large pot of water to a boil and add the cauliflower florets.
3. Cook the cauliflower for 5-7 minutes, until it is tender.
4. Drain the cauliflower and place it in a large baking dish.
5. In a small saucepan, heat the heavy cream over medium heat.
6. Stir in the grated cheddar cheese, Parmesan cheese, and minced garlic until the cheese is melted and well combined.
7. Pour the cheese sauce over the cauliflower and stir to coat.
8. Bake the cauliflower for 20-25 minutes, until it is hot and bubbly.
9. Season with salt and pepper to taste.
10. Serve hot and enjoy!



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 260
- Fat: 22g
- Carbs: 7g
- Protein: 12g



## INGREDIENTS

- 500g chicken breasts, thinly sliced
- 500g heavy cream
- 250g grated Parmesan cheese
- 2 cloves minced garlic
- Salt and pepper to taste
- 250g cooked and drained spiralized zucchini noodles

# Keto Chicken Alfredo

## INSTRUCTIONS

1. Heat a large pan over medium-high heat.
2. Add the chicken breasts to the pan and cook until they are fully cooked and no longer pink, about 3-4 minutes per side.
3. Remove the chicken from the pan and set aside.
4. In the same pan, add the heavy cream and bring it to a boil.
5. Stir in the grated Parmesan cheese and minced garlic until the cheese is melted and well combined.
6. Add the cooked chicken back to the pan and stir to coat with the sauce.
7. Season with salt and pepper to taste.
8. Serve the chicken Alfredo over the cooked spiralized zucchini noodles.
9. Enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 480
- Fat: 41g
- Carbs: 6g
- Protein: 25g



# Keto Bacon and Egg Cups

## INGREDIENTS

- 6 large eggs
- 12 slices bacon
- 125g diced bell peppers
- 60g diced red onions
- Salt and pepper to taste

## INSTRUCTIONS

1. Preheat the oven to 180°C (350°F).
2. Line a muffin tin with the slices of bacon, pressing the bacon down into the muffin cups to form a "cup" shape.
3. Crack an egg into each bacon-lined muffin cup.
4. Top each egg with diced bell peppers and red onions.
5. Season with salt and pepper to taste.
6. Bake the bacon and egg cups for 15-20 minutes, until the eggs are fully cooked.
7. Serve hot and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 160
- Fat: 12g
- Carbs: 2g
- Protein: 12g





# Keto Chili

## INGREDIENTS

- 500g ground beef
- 250g diced onions
- 250g diced bell peppers
- 250g diced tomatoes
- 250g tomato sauce
- 125g beef broth
- 2 cloves minced garlic
- 30g chili powder
- 15g ground cumin
- 15g paprika
- Salt and pepper to taste

## INSTRUCTIONS

1. Heat a large pot over medium heat.
2. Add the ground beef to the pot and cook until it is fully cooked and browned, breaking it up into small pieces as it cooks.
3. Add the diced onions, bell peppers, and minced garlic to the pot and sauté until the vegetables are tender.
4. Stir in the diced tomatoes, tomato sauce, beef broth, chili powder, cumin, paprika, salt, and pepper.
5. Bring the mixture to a boil, then reduce the heat to low and simmer for 20-30 minutes.
6. Serve hot and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 260
- Fat: 16g
- Carbs: 10g
- Protein: 20g



# Keto Coconut Curry Shrimp

## INGREDIENTS

- 450g medium shrimp, peeled and deveined
- 250g diced bell peppers
- 250g diced onions
- 125g coconut milk
- 60g curry paste
- 30g coconut oil
- Salt and pepper to taste
- 250g cooked and drained spiralized zucchini noodles for serving

## INSTRUCTIONS

1. Heat a large pan over medium heat.
2. Add the coconut oil to the pan and melt.
3. Add the diced bell peppers and onions to the pan and sauté until they are tender.
4. Stir in the curry paste and cook for an additional 1-2 minutes.
5. Add the coconut milk and bring the mixture to a boil.
6. Add the shrimp to the pan and cook until they are pink and fully cooked, about 2-3 minutes per side.
7. Season with salt and pepper to taste.
8. Serve the coconut curry shrimp over the cooked spiralized zucchini noodles.
9. Enjoy!



## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 240
- Fat: 14g
- Carbs: 6g
- Protein: 24g







# Keto Beef and Broccoli Stir-Fry

## INGREDIENTS

- 450g beef sirloin, thinly sliced
- 250g broccoli florets
- 250g diced onions
- 2 cloves minced garlic
- 30g coconut oil
- 30ml coconut aminos
- 15ml sesame oil
- Salt and pepper to taste

## INSTRUCTIONS

1. Heat a large pan or wok over medium-high heat.
2. Add the coconut oil to the pan and melt.
3. Add the sliced beef to the pan and cook until it is fully cooked and browned on all sides.
4. Remove the beef from the pan and set aside.
5. In the same pan, add the broccoli florets, diced onions, minced garlic, coconut aminos, sesame oil, and salt and pepper to taste. Sauté until the vegetables are tender.
6. Add the cooked beef back to the pan and stir to combine.
7. Serve hot and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 280
- Fat: 17g
- Carbs: 8g
- Protein: 28g



# Keto Tuna Salad

## INGREDIENTS

- 2 cans tuna, drained
- 125g diced celery
- 60g diced red onions
- 30g mayonnaise
- 15g Dijon mustard
- Salt and pepper to taste

## INSTRUCTIONS

1. In a medium bowl, mix together the tuna, celery, red onions, mayonnaise, and Dijon mustard.
2. Season with salt and pepper to taste.
3. Serve chilled and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 150
- Fat: 9g
- Carbs: 3g
- Protein: 15g





# Keto Chicken Caesar Salad

## INGREDIENTS

- 500g cooked and diced chicken breasts
- 500g chopped romaine lettuce
- 250g diced cherry tomatoes
- 125g crumbled feta cheese
- 60g diced red onions
- 30g Caesar dressing
- 15g grated Parmesan cheese
- Salt and pepper to taste

## INSTRUCTIONS

1. In a large bowl, mix together the cooked chicken, romaine lettuce, cherry tomatoes, feta cheese, and red onions.
2. Drizzle the Caesar dressing over the salad and toss to coat.
3. Sprinkle the grated Parmesan cheese over the top of the salad.
4. Season with salt and pepper to taste.
5. Serve chilled and enjoy!

## NUTRITIONAL VALUE

(PER SERVING, BASED ON 4 SERVINGS):

- Calories: 280
- Fat: 18g
- Carbs: 6g
- Protein: 28g



# CRAIG AND BRONLYNE

Acceler8 Fitness, founded by Craig and Bronlyne back in 2008, is located at George Thornton Reserve in West Pennant Hills. Our mission is simple: we want to offer customized group outdoor training x 2 that cater to people of all fitness levels, from beginners to advanced. Our goal is to ensure that each participant is appropriately

challenged while staying within their own limits.

When you join our sessions, you'll find an environment

that fosters support, accountability, and motivation.

Our experienced trainers work closely with individuals of all ages, guiding them towards their health and fitness goals. Whether you're aiming to get fit, shed some weight, tone up, or boost your strength, our team is here to support you throughout your journey.

We take pride in keeping up with the latest advancements in personal and group personal training. This allows us to create workouts that are not only effective but also enjoyable and diverse. We believe that fitness should be a fun experience, and we strive to make every session engaging and rewarding.

At Acceler8 Fitness in West Pennant, we welcome fitness enthusiasts, beginners looking to kickstart their journey, and athletes striving for peak performance. With our experienced trainers and friendly atmosphere, we're dedicated to empowering individuals to unleash their full fitness potential.

Join us for our Outdoor Group Training sessions and enjoy the benefits of exercising in a beautiful outdoor setting. Let us help you transform your health and fitness, just like we have successfully done for countless others. Together, we'll work towards your goals and empower you to live a healthier, stronger life.

Contact Craig and Bronlyne at 0419 190 885 or visit our website at

[www.acceler8fitness.com.au](http://www.acceler8fitness.com.au). You can also find us on Facebook and Instagram for more updates and information.



Enjoy these nourishing and delicious breakfast recipes with your family to kickstart your day in a healthy way!



# *Acceler8 Fitness*



 [www.acceler8fitness.com.au/](http://www.acceler8fitness.com.au/)

 Ph 0419190885

*Thank-you!*