

CABBAGE & SAUSAGE WITH BACON

 COCONUT-FREE • DAIRY-FREE • EGG-FREE • NUT-FREE
OPTIONS: AIP • NIGHTSHADE-FREE

SERVES 4

PREP TIME: 10 minutes

COOK TIME: 25 minutes

Mexican-style chorizo is one of my favorites for this recipe, but you can use any type of sausage you like. If you go with chorizo, look for the fresh stuff, not the dry-cured Spanish style.

6 strips bacon (about 6 oz/170 g), diced
1 small red onion, diced
4 cloves garlic, minced
1 small head green cabbage (about 1½ lbs/600 g), cored and thinly sliced
12 ounces (340 g) Mexican-style fresh (raw) chorizo, thinly sliced
¼ cup (60 ml) beef bone broth

1. Place the bacon, onion, and garlic in a large frying pan and sauté over medium heat until the bacon begins to crisp, about 10 minutes.
2. Add the cabbage, sausage slices, and broth. Cover and cook for 15 minutes, until the cabbage is fork-tender and the sausage is cooked through.
3. Remove the lid, divide among 4 dinner plates, and enjoy!

make it AIP/NIGHTSHADE-FREE:

Use a nightshade-free sausage.

PRESSURE COOK IT: Use the sauté mode for Step 1. In Step 2, seal the lid and cook on high pressure for 5 minutes. Allow the pressure to release naturally before removing the lid, then serve.

STORE IT: Keep in an airtight container in the fridge for up to 3 days or in the freezer for up to 1 month.

REHEAT IT: Place a single serving in a microwave-safe dish, cover, and microwave for 2 minutes; or place in a small frying pan, cover, and reheat over medium heat for 5 minutes.

THAW IT: Place in the fridge and allow to defrost completely, then follow the reheating instructions above.



Per serving:

calories: **523** | calories from fat: **395** | total fat: **43.8g** | saturated fat: **15.3g** | cholesterol: **93mg**
sodium: **980mg** | carbs: **12g** | dietary fiber: **4g** | net carbs: **8g** | sugars: **6g** | protein: **20g**

FAT: **76%** | CARBS: **9%** | PROTEIN: **16%**

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STRAWBERRY SHORTCAKE COCONUT ICE

DAIRY-FREE • EGG-FREE • LOW-FODMAP • NIGHTSHADE-FREE • NUT-FREE • VEGAN • VEGETARIAN
OPTIONS: AIP • COCONUT-FREE

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SERVES 4

PREP TIME: 5 minutes

COOK TIME: –

If you don't like coconut and you can do dairy, this recipe is amazing made with heavy cream. You know, the real stuff. Or so I've been told. I've made it for friends a bunch of times, and they go crazy over the cream version! It's still great with coconut cream, but it's nice to have options.

9 hulled strawberries (fresh or frozen and defrosted)

1/3 cup (85 g) coconut cream

1 tablespoon apple cider vinegar

2 drops liquid stevia, or 2 teaspoons erythritol

3 cups (420 g) ice cubes

1. Place the strawberries, coconut cream, vinegar, and sweetener in a blender or food processor. Blend until smooth.
2. Add the ice and pulse until crushed.
3. Divide among four 3/4-cup (180-ml) or larger bowls and serve immediately.

make it AIP:

Use stevia.

make it COCONUT-FREE:

Swap out the coconut cream for cashew milk, macadamia nut milk, or, if you can handle dairy, heavy cream. (Note that using cashew milk would make it higher in FODMAPs, if that is a concern for you.)



Per serving:

calories: **61** | calories from fat: **45** | total fat: **5g** | saturated fat: **4.4g** | cholesterol: **0mg**
sodium: **4mg** | carbs: **3.3g** | dietary fiber: **1g** | net carbs: **2.3g** | sugars: **2g** | protein: **0.7g**

| | | |
|------|--------|----------|
| FAT: | CARBS: | PROTEIN: |
| 74% | 21% | 5% |

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