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# KETO x ALKALINE

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28 recipes perfectly crafted to create a state of “Al-Ketosis” - alkaline, high-fat, low-carb, protein-rich and powerfully nutrient-dense.

ROSSBRIDGEFORD

# welcome!

This collection of recipes is powerful. It provides the dual-benefit of both the alkaline diet and the ketogenic diet to give you the energy, brain-boosting, fat-burning, vitality that both of these hugely complementary approaches to health bring.

I have been so enthused to see the increase in popularity of the ketogenic diet over the past few years. It represents a mainstream move towards fresh, vibrant, healthy foods and a departure from the ridiculous fat-free, grain-heavy diets of the past 50 years - and the rejection of the flurry of packaged processed foods.

Both of these approaches focus on fresh, high fat, zero sugar and gluten and they both work wonderfully. The slight differences, of course, are that the keto approach is more tolerant of animal proteins, less tolerant of carbs and even more fat-friendly than my alkaline approach!

And it's not to say that there are not straight out of the box alkaline recipes that are 100% perfect keto. And it's not to say the alkaline diet, certainly the way I teach, is not fat-rich and lower-carb. And indeed - it's also not to say you can't eat animal protein and still live alkaline...

But these recipes are for you if you DO want to keep net carbs under 40g, to get 60% or more calories from fat, a little extra protein and get into ketosis WHILE keeping it alkaline.

You'll see in my recipes generally, they are easily adjusted to keto, because as I mentioned, my alkaline approach is high fat, low(ish) carb, moderate protein and zero gluten, sugar or processed foods. But these recipes are specially selected for you to be 100% keto-friendly.

If you DO want to add more animal protein to them, no problem by me. If you want to drop some of the carbs even more - totally great too. But these recipes, and this meal plan is a fantastic keto-alkaline foundation.

I hope you love it, and I hope you enjoy the simplicity of having the itemized shopping list and meal plan too!

Here's to your amazing energy,

Ross





A close-up photograph of a person's hands holding a bunch of fresh green leafy vegetables, likely spinach, in a kitchen setting. The person is wearing a light blue shirt. The background is slightly blurred, showing more greenery and a white wall. A dark grey semi-transparent box is overlaid on the left side of the image, containing white text.

# The Meal Plan and Itemized Shopping List

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# Alkaline Keto Meal Plan

## Alkaline Recipe System Plus

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pre-Breakfast</b>	Bulletproof Turmeric	Creamy Coconut Tumeric & Ginger Tea	Lemon, Ginger & Turmeric Detox Tea	Bulletproof Turmeric	Creamy Coconut Tumeric & Ginger Tea	Lemon, Ginger & Turmeric Detox Tea	Bulletproof Turmeric
<b>Breakfast</b>	Coconut Chia Cream Pots	Super-Nutrient Breakfast Bowl	Keto-Alkaline Berry Parfait	Keto-Alkaline Power Smoothie	Coconut Chia Cream Pots	Anti-Inflammatory Smoothie	Scrambled Keto Tofu
<b>Snack</b>	Keto-Alkaline Power Smoothie	Keto Choc Orange Bliss Balls	Keto Choc Orange Bliss Balls	Keto-Alkaline Nut Mix	Celery Boats w Almond Butter	Keto-Alkaline Nut Mix	Celery Boats w Almond Butter
<b>Lunch</b>	Fatty Leafy Green Salad	Leftover Thai Curry	Zucchini Linguini w Basil Pesto	Leftover Soup	Kale Slaw w Creamy Dressing	Super Alkaline Raw Soup	Immune Boosting Broth
<b>Dinner</b>	Thai Cashew Curry	Zucchini Linguini w Basil Pesto	Cleansing Broccoli & Ginger Soup	Raw Pad Thai	Thai Cashew Curry	Roast Veggies w Pesto	Alkaline Keto Alfredo

**Daily Drinks:** 2-4 litres of filtered water daily - this can include vegetable juices, herbal teas, tonics etc (or bone broth)

**Note:** this meal plan has been devised to on average provide the majority of calories from fat and under 40g net carbs per day on average. You can adjust to your goals, incorporate IF, add meat and dairy if you choose and so on.

# Alkaline Keto Shopping List

## Fresh Food

turmeric	12 inches
date	2
blueberries	1 punnet
fig	2
avocado	7
cucumber	4
baby spinach	3 large bags
kale (any variety)	4
asparagus	2 bunches
red onion	5
red bell pepper	3
coriander / cilantro	4 bunches
parsley	1 bunch
garlic	4
lemons	8
carrots	10
courgette / zucchini	10
red cabbage	1
broccoli	3
red chili	2
basil	4 bunches
ginger root	9 inches
pumpkin	1
beet greens	2
oranges	4
baby tomatoes	3 packets
fresh mint	1
spring onions/scallions	1 bunch
cauliflower	1
celery	1 bunch
watercress	1 packet
brussels sprouts	300g
turnips	2
rocket / arugula	2 packets
fresh oregano	1 handful

beansprouts	1 pack
peas	2 cups

## Pantry

cinnamon	1 jar
garam masala	1 jar
coconut oil	1 bottle
stevia	1 pack
chia seeds	1 pack
flax seeds	1 pack
sesame seeds	1 pack
vanilla extract	1 bottle
macademia	1 pack
ginger powder	1 jar
cacao powder	1 pack
sunflower seeds	1 pack
cashew nuts	1 packet
cloves	1 jar
flax oil	1 bottle
macadamia nuts	4 cups
almonds	4 cups
pine nuts	100 g
olive oil	1 bottle
cayenne pepper	1 jar
cardamom	1 jar
organic mixed berries	120 g
walnuts	1 pack
pumpkin seeds	1 pack
tamari (or use Bragg)	1 bottle
avocado oil	1 bottle

## Fridge/Freezer

organic (grass fed) butter	1 stick
coconut milk	1 liter
coconut yoghurt	1000ml
almond butter	1 jar
firm tofu	1 pack
vegetable stock	2.5 liters
full fat coconut milk	500 ml
coconut water	1 liter
tahini	1 jar
shredded coconut	1 packet
rice malt syrup	1 jar
coconut cream	1 can
Bragg Liquid Aminos	1 bottle
almond milk	600ml
msg-freevegetable stock cubes	1 packet

## Notes

When shopping be sure to check your pantry for items you may already have.

For ease of explanation items have been added as if your cupboards are empty and rounded up to how most items are sold (i.e. 2 teaspoons has been rounded up to 1 packet).

\* Salt & Pepper have not been added to the shopping lists

# Keto Alkaline Berry Parfait

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## Ingredients

40g unsweetened shredded coconut  
2tbsp coconut oil  
Pinch of ground cinnamon  
Pinch of ground cardamom  
Pinch of Himalayan salt  
2tbsp chia seeds  
120g organic mixed berries (blueberries are best)  
200ml coconut yoghurt  
200ml coconut cream (canned)

## Instructions

- 1) Preheat the oven to 300 fahrenheit. Now begin preparing the chia seeds - put them into a glass with 2 tablespoons of water, stir and allow to thicken and absorb the water.
- 2) Next prepare the coconut - mix it in a bowl with the spices and salt and stir through the coconut oil. Line a baking sheet with parchment paper and put into the oven for 5 minutes, then remove and allow to cool.
- 3) In nice wide glasses begin layering the fruit, chia, coconut cream, coconut mix, coconut yoghurt, finishing ideally with a topping of the fruit!

# Scrambled Keto Tofu Brekkie

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## Ingredients

285g regular firm tofu  
1 tablespoon coconut oil  
2 tomatoes or 6 cherry tomatoes  
½ brown onion  
½ small red pepper (capsicum/bell pepper)  
Pinch of turmeric  
Handful of kale leaves (any variety)  
Freshly ground black pepper  
Himalayan/Sea salt  
A little basil

## Instructions

- 1) This is really easy, and really quick. Start by quickly getting the kale and onion cooking in the coconut oil in the pan. Any variety will do, but I LOVE Tuscan Kale for this. Slice it roughly and fry in the oil for 3 minutes.
- 2) Now dice the tomatoes and throw these in and dice or crumble the tofu and add this too with the turmeric. Grind in your black pepper and Himalayan salt and cook until the tofu is warmed.
- 3) Right at the last minute throw in some torn basil leaves and serve!

I like to serve it on some toasted, sprouted bread and with some baby spinach leaves drizzled with some extra fat like MCT oil, flax or olive oil.



# Keto-Alkaline Power Smoothie

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## Ingredients

- 1 cup full-fat coconut milk (the thick type, not the thin dairy replacement carton type)
- 1 avocado
- 1/2 cucumber
- 1 handful baby spinach
- 1 teaspoon cinnamon powder (organic)
- 1/2 teaspoon ginger powder (organic)
- 1 tablespoon almond butter
- 1 tablespoon chia seeds
- 1 tablespoon cacao powder
- 1 tablespoon coconut oil
- Water added to make desired consistency (if you need to)

## Instructions

- 1) Simply blend until smooth! Add a sprinkle of cinnamon on top too if you like!

# Super-Nutrient Breakfast Bowl

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## Ingredients

1/2 pumpkin, sliced thinly  
2 tablespoon of coconut oil  
2 cloves garlic, finely chopped  
8 florets of broccoli  
2 large handfuls of beet greens or kale  
4 large handfuls of baby spinach  
1 large avocado, roughly chopped  
Salt and cracked pepper to taste  
1 tbsp sunflower seeds  
1 tbsp chia seeds

## *Dressing: Lemon & Tahini Alkaline Dressing*

4 tbsp tahini (bought or homemade)  
4 tbsp water  
2 tbsp flax or olive oil  
180ml lemon juice  
2 tsp grated fresh ginger  
Himalayan (healthy) salt and cracked black pepper to taste

## Instructions

- 1) Start by pre-heating the oven to 400 degrees fahrenheit/ 200 celcius to get those pumpkin chips going, as these take the longest...
- 2) While the oven is heating, wash the pumpkin and slice it really quite thinly - so they're a thick potato chip rather than a chunky wedge - this will help with speed. Once ready, season and coat with half of the coconut oil. Get them into the oven, even if it's not quite up to heat yet :)
- 3) While these are cooking (takes about 15-20 minutes - but all ovens differ so keep an eye on them, as they're thin they'll go from \*perfect\* to burned pretty quick) you should get the dressing ready - this is simple, just get all of those ingredients into a blender or food processor and whizz until smooth!

4) Once the pumpkin look like they've got about 6-8 minutes left, it's time to prepare the veggies, so heat the remaining coconut oil gently in a large pan and then add the garlic for a minute, then the spinach and beet greens (or kale) and broccoli - warm through for 4-5 minutes until the greens are looking good, the spinach has shrunken and the broccoli is al dente.

Note: if you prefer your broccoli less crunchy, I recommend steaming it at this stage rather than adding to the pan

5) Now is time to bring it all together! Remove the pumpkin chips from the oven and pat down with some paper kitchen towel and line the bowls with these, then add the veggies, sprinkle with the seeds and dress with the dressing!

And it's done! Delicious, filling, alkaline, ketogenic, nutrient-dense and an awesome start to the day!

Enjoy and let me know how you go!

# Bulletproof Turmeric

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## Ingredients

350ml filtered (pref alkaline) water  
1 tbsp of fresh root turmeric, grated  
1/2 teaspoon ground cinnamon  
¼ tsp garam masala  
1 Tbs grass fed butter  
1 Tbs coconut oil or MCT oil  
A pinch of stevia to taste

Simmer water with turmeric, garam masala, coconut oil, and butter for 10 minutes.

Strain through a fine mesh strainer.

Add remaining ingredients and whirl in blender or with immersion blender until foamy.

## Instructions

- 1) Grate the turmeric into a pan with the water, garam masala, cinnamon and simmer this for 10 minutes or five if you're in a hurry.
- 2) If you have a high powered blender, such as the Vitamix or Blendtec, pour everything into the blender and add the butter and coconut/MCT oil. If you don't have the high powered blender, strain everything through a sieve to remove the pieces of turmeric.
- 3) Blend at high speed until foamy and creamy!



# Lemon, Ginger & Turmeric Detox Tonic

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*Preparation Time:* 10 minutes

*Serves:* 1

## Ingredients

1/2 teaspoon fresh grated ginger

2 cups boiling water

1/2 tsp ground cinnamon

A pinch of ground turmeric or 1 cm of fresh root grated

Few dashes cayenne pepper, to taste

1/4 lemon

Rice malt syrup if needed to taste (max 1tsp per serve)

## Instructions

- 1) Put all ingredients into a saucepan and bring to the boil.
- 2) Reduce the heat right down and simmer for five minutes.
- 3) Serve warm!

# Creamy Coconut Turmeric & Ginger Warmer

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*Preparation Time:* 15 minutes

*Serves:* 2

## Ingredients

1 inch of fresh turmeric root

1.5 inches of fresh ginger root

2 tsp of coconut oil

250ml of full-fat coconut milk (don't worry coconut milk fat doesn't make you fat)

250ml of coconut water (or filtered water)

1 tsp of cloves

Optional: 1 vanilla pod

Optional: pinch of black pepper (reported to help absorption and bioavailability of the curcumin in turmeric)

## Instructions

- 1) Peel the ginger and turmeric and grate into a mortar
- 2) Add the coconut oil and using the pestle, turn it into a beautiful orange-yellow paste
- 3) Pour the coconut cream, water into a pan and spoon in the paste, and add the cloves
- 4) Bring to a simmer and simmer it all together for 4-5 minutes
- 5) Serve warm, straining if you wish

YUM!

# Anti-Inflammatory Smoothie

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## Ingredients

1 inch of fresh ginger, grated  
1 inch of fresh turmeric, grated  
Handful of baby spinach  
Handful of watercress (or rocket/arugula)  
1 small soft avocado  
1/2 capsicum  
Big handful of flat-leaf parsley and/ or coriander  
1 cup coconut water (or filtered water)  
Big pinch of cayenne  
Pinch of salt

## Instructions

- 1) Grate the roots into the blender and add the avocado and coconut water
- 2) Blend this to form a base
- 3) Next add the remaining ingredients and blend until smooth

# Coconut Chia Cream Pots

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## Ingredients

1 cup of (organic) coconut milk  
1/4 cup of chia seeds  
1 date  
1 cup of coconut yoghurt  
1 tablespoon of flax seeds, ground, or 1 tablespoon of flax meal  
1 tsp of sesame seeds  
1/2 teaspoon of vanilla extract

### Optional Toppings:

1 handful of blueberries  
1 handful of mixed nuts (almonds, macadamia, pistachios, brazil nuts etc)  
1 tsp of ground cinnamon  
1 fig

## Instructions

- 1) Firstly, sweeten the coconut milk by blending with the date. This little touch of sweetness and flavour from the date makes a huge difference!
- 2) Next combine the coconut milk in a large bowl with chia seeds, vanilla, flaxmeal (ground flax) and sesame seeds.
- 3) Put into the fridge for 20-30 minutes until the chia has expanded.
- 4) To serve, fill a small glass with a layer of coconut yoghurt, followed by the chia mix, then a little extra layer of coconut yoghurt.
- 5) Top with your choice of toppings!



# Super Alkaline Keto Raw Soup

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## Ingredients

1 stalk celery  
2 cucumbers  
4 cherry tomatoes  
Juice of 1/2 orange  
4 handfuls of baby spinach  
1 handful of basil  
1/2 avocado  
1 clove garlic  
1/2 lemon (juiced)  
1tbsp coconut oil  
1tbsp olive oil  
Himalayan salt & black pepper

Optional:

Swap the spinach for arugula for a more peppery taste

## Instructions

- 1) Blend together the celery, one of the cucumbers, the tomatoes, spinach, avocado, garlic, coconut oil and orange & lemon juice.
- 2) Once this is absolutely smooth, transfer to the bowls and then spiralize/zoodle the other cucumber on top and finish with the olive oil, salt and pepper and a little extra lemon juice.

Delicious!

# Immune Boosting Broth

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## Ingredients

3 cups organic, gluten free vegetable bouillon (I like the Marigold brand)  
2 cups of filtered water  
1 1/2 tbsp Bragg Liquid Aminos (or GF tamari)  
1 inch of fresh root ginger – peeled and grated  
2 garlic cloves – minced  
1 fresh red chilli, chopped  
8 stalks of asparagus – chopped  
1 large handful kale – chopped  
1 spring onion – chopped  
1/2 cup fresh coriander chopped  
Glug of olive oil  
1tbsp coconut oil  
Cracked black pepper  
Himalayan salt to taste

## Instructions

- 1) Start by heating the coconut oil, filtered water, vegetable bouillon (stock), Bragg Liquid Aminos (or Gluten Free Tamari) in a pan and bring to a medium heat.
- 2) Next add in the chopped ginger, garlic and chilli and let simmer for about 3-4 minutes.
- 3) Finally, all you need to do is add the kale, spring onion, coriander and asparagus and let this simmer for another 3-4 minutes and then you're ready to serve! When in the bowl, drizzle in a glug of olive or flax oil for an extra immune system boost.

# Fatty Leafy Green Salad

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## Ingredients

1/2 bunch Tuscan, Cavalo Nero or Curly kale, sliced  
2 handfuls of baby spinach leaves  
1 avocado, sliced  
1 bunch asparagus (approx. 12 spears), chopped  
1 small red onion, thinly sliced  
1 large red bell pepper (capsicum), cored, seeded and thinly sliced  
1/3 cup sunflower seeds  
1/2 bunch of coriander, roughly chopped  
1/4 cup sesame seeds

Fatty Dressing (makes plenty and stores well)

One large avocado  
1/2 cup extra virgin olive oil  
1/3 cup roughly chopped parsley  
2-3 cloves of garlic  
3 tbsp of fresh lemon juice  
2 tbsp of coconut oil or MCT oil  
1/4 tsp sea salt and black pepper

## Instructions

- 1) Combine all of the salad ingredients together in a large bowl.
- 2) To make the dressing, put everything into a food processor or blender and blend til smooth!

# Kale Slaw with Creamy Dressing

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## Ingredients

1 bunch Tuscan, Cavalo Nero or Curly kale  
4 cups shredded red cabbage  
1 carrot, shredded  
1 small red onion, thinly sliced  
1 large red bell pepper (capsicum), cored, seeded and thinly sliced  
1/3 cup sunflower seeds  
1/2 bunch of coriander, roughly chopped  
1/4 cup sesame seeds  
1 inch piece of root ginger, sliced thinly

### Creamy Cashew Dressing:

1/2 cup raw cashews  
1 cup yeast-free vegetable stock  
2 cloves garlic

## Instructions

1) Start by shredding the kale and red cabbage and place this into a large salad bowl. Next add the thinly sliced onion, bell pepper, coriander, seeds and the ginger and toss these ingredients together.

2) For the dressing: drain the cashews (if soaked) and simply blend them with the garlic and stock until smooth.

Note: if you don't have a high speed blender (Vitamix, Blendtec etc) the cashews need to be soaked in warm water for at least 30 minutes prior to making, otherwise it might not blend too smooth...!)



# Thai Cashew Curry

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## Ingredients

1 small brown or red onion  
2 carrots  
1 zucchini  
1 bunch kale, thinly sliced  
¼ red cabbage, thinly sliced  
1 bunch (12 spears) of fresh asparagus, chopped  
1 bunch broccoli, chopped into florets  
1 red chilli, seeds removed, sliced  
½ teaspoon salt  
Freshly ground black pepper, to taste  
½ bunch basil, torn  
½ bunch coriander (cilantro), torn  
1 tbsp coconut oil  
Optional: 1 cup diced firm tofu

### For the Cashew Sauce

1 cup of cashew nuts, soaked overnight or for a minimum of 4 hours (unless you have a high power blender like a Vitamix)  
1 clove of garlic  
1 cup of vegetable stock

## Instructions

- 1) First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- 2) Put these into a large bowl with the kale, cabbage, broc, asparagus chilli and the salt, pepper and if the coconut oil is liquid, mix this all together with the oil with your hands
- 3) Now gently cook these ingredients in a pan with the coconut oil (if you've already mixed through you don't need to add more - if your oil is solid i.e. it's cold where you live you can add it now to the pan)
- 4) Let this cook gently for 4-5 minutes and while this is happening, prepare the cashew dressing by blending the cashews, garlic and stock.
- 4) Finally, mix the sauce into the pan and get everything coated - serve gently warm.

# Zucchini Linguini with Raw Basil & Parsley Pesto

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## Ingredients

- 1 bunch parsley
- 2 bunches basil
- 1 clove garlic
- 40 g pine nuts
- 1/2 lemon, juiced
- Big pinch of black pepper
- Big pinch of Himalayan sea salt
- 4 tablespoons olive oil
- 4 large zucchini
- 100 g baby spinach leaves
- 12 baby tomatoes
- 50g peas

## Instructions

- 1) Start by making the pesto - this begins by putting the parsley, basil and garlic into a food processor or blender like the Vitamix.
- 2) Once the herbs are all chopped and mixed together, add the pine nuts, lemon, salt, pepper and olive oil
- 3) Blend again until it's reached your desired consistency/chunkiness
- 4) Now onto the linguini: slice the zucchini into linguini using a mandolin or spiralizer. If you don't have either of these, you can make the zucchini noodles by slicing thinly with a vegetable peeler and then cutting into very thin slices/noodles.
- 5) In a large bowl, mix the pesto and the linguini (as much pesto as you want to use) and then stir in the tomatoes, peas and spinach leaves
- 6) Either serve totally raw or warm gently in a pan - no extra oil is needed as the pesto is oily enough - just keep the pan on very low heat.

# Cleansing Broccoli & Ginger Soup

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## Ingredients

- 1 large head of broccoli, roughly chopped(approx 400g)
- 1 small brown onion, diced
- 2 cloves of garlic, minced
- 1/2 bunch of fresh mint, roughly chopped
- 2 large handfuls of spinach
- 1/2 cucumber, roughly sliced
- 1.5 cm of fresh root ginger, grated
- 3-500ml of organic vegetable stock
- Himalayan salt & black pepper to taste
- 2 tbsp coconut oil
- 1 tbsp olive or avocado oil

## Instructions

- 1) Start by gently sauteeing the onion and garlic in the coconut oil in a large pan for around 2-3 minutes, and then add the chopped broccoli
- 2) Warm through for another 1-2 minutes and then stir in the ginger, mint and pour over the stock – you can start with just 200-300ml and if this covers the broccoli, save the remainder for once you've blended it, to get the consistency you want
- 3) Let this simmer for 3-4 minutes until the broccoli just starts to soften and then transfer everything to a blender. Add the spinach and cucumber (raw), and blend on high speed until everything is completely smooth
- 4) Add more stock to get the consistency you like and serve with a sprig of mint atop each bowl and a little drizzle of avocado or olive oil

# Alkaline Keto Alfredo

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## Ingredients

1 medium cauliflower  
1tbsp avocado oil  
1tbsp coconut oil (or just use 2tbsp coconut oil)  
1/4 cup cashews  
3 cloves garlic  
2 teaspoons pine nuts  
1 cup of peas  
2 large handfuls of spinach  
2.5 cups almond milk  
1 yeast-free, MSG-free vegetable stock cube  
Handful of oregano & basil  
Himalayan salt & black pepper to taste  
Juice of 1/2 lemon  
Optional chilli flakes  
For the noodles:  
2 carrots  
2 zucchini - both spiralized

## Instructions

- 1) Start by getting the cashews soaking in warm water, this will make them easier to blend.
- 2) Next, roughly chop the cauliflower, mince the garlic and add to a pan with the oil and pine nuts. Cook for 2-3 minutes, and then add the almond milk and the stock cube. Bring the pot to a simmer.
- 3) Now drain the cashews, give them a rinse and add to the pan too. Simmer everything together for 6-8 mins.
- 4) Put everything in a high-speed blender and add the lemon juice, herbs, salt & pepper and once it's smooth this is your sauce ready.
- 5) Now add this to a saucepan with the peas and spinach until they are cooked through and then add the zoodles for a couple more minutes, and then serve!



# Keto Chocolate Orange Bliss Balls

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## Ingredients

1 tablespoon chia seeds  
1 cup macadamia nuts  
1 cup almonds  
1.5 cups shredded coconut  
1/4 teaspoon stevia powder (adjust to taste)  
3 tablespoons cacao powder  
1 tablespoon orange zest  
1 tablespoon orange juice  
30g coconut oil  
Pinch of Himalayan or sea salt

Optional: mint essential oil

## Instructions

1) Ideally, start by getting the almonds soaking in warm water an hour or two before you start. Then, when you're ready to go, put the chia seeds in 2tbsp water in a cup and stir. Allow these to absorb and expand for a few minutes - you may need to stir a few times..

2) Now put the nuts, almost all of the coconut, the stevia, cacao, orange zest and juice (if you're really watching the sugar omit the juice), the coconut oil, chia mix and the salt into your high speed blender or food processor and blend until it's a dough like mix (dry-ish, but a little sticky).

3) Roll out into 8 or so balls (depending on how big you want the balls) and roll in the remaining coconut to give them a nice coat. Alternatively you can roll them in chopped pistachios, cacao nibs, matcha or anything else you like!

If you want to make these Choc-Mint-Orange - add a couple of drops of mint essential oil to the mix just before blending!

# Roast Keto-Friendly Veggies with Kale & Pesto

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## Ingredients

4 cloves of garlic  
3 tablespoons olive oil  
1 tablespoon coconut oil  
300g brussels sprouts  
2 turnips  
8 florets cauliflower  
8 florets broccoli  
1 red onion, quartered  
1/2 bunch Tuscan kale  
Himalayan salt & black pepper to taste

For the pesto

1 bunch basil  
1 bunch parsley  
2 handfuls of rocket (arugula)  
2 cloves garlic  
60ml cold pressed olive oil

## Instructions

- 1) Start by making the pesto - this begins by putting the parsley, basil, arugula, oil and garlic into a food processor or blender like the Vitamix. Put this now to one side.
- 2) Chop the veggies (leave the garlic whole, halve the brussels, halve the turnips and quarter the onion) and coat in the olive oil and cook in a preheated oven (425f) for about half an hour.
- 3) Just before the roast veggies are ready, roughly slice the kale and quickly fry in a pan with a little more coconut oil and some salt & pepper.
- 4) Now create a bed of kale in two bowls, divide the roast veggies between them and drizzle with the pesto.

# Keto Alkaline Nut Mix

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## Ingredients

1 handful of almonds  
1 handful of macademias  
1 handful of walnuts  
1 tbsp pumpkin seeds  
1 tbsp sunflower seeds  
Optional: 1tbsp cacao nibs

## Instructions

1) Mix together and snack on these. Keep refrigerated.

# Raw Pad Thai

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## Ingredients

3 medium courgettes (zucchini)  
3 large carrots  
2 spring onions, chopped (also known as green onions, scallions)  
1 cup shredded red cabbage  
½ packet of beansprouts  
1 cup cauliflower florets  
1 bunch of fresh coriander/cilantro, chopped roughly  
Coconut Oil  
Sauce  
¼ cup tahini  
¼ cup almond butter  
¼ cup tamari  
Pinch of stevia  
2 tbsp lime or lemon juice  
1 clove garlic, minced  
1 inch of ginger root, grated

## Instructions

- 1) First, prepare the carrot and courgette 'noodles' by using either a spiralizer or mandolin. If you don't have either of these, use a vegetable peeler to make slices of the zucchini and carrot and then use a sharp knife to slice these into very thin strips.
- 2) Put these into a large bowl with the spring onions, shredded cabbage, beansprouts (thoroughly washed), cauliflower and coriander.
- 3) Now prepare the sauce by blending the tahini, almond butter, tamari, stevia, lime/lemon juice, garlic and grated ginger. Add a little water if needed – this is a very thick sauce.
- 4) Finally, mix the sauce into the bowl and get everything evenly coated.

# Celery & Almond Butter Sticks

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## Ingredients

1 stick of celery

Almond butter (or any nut butter, but almond is preferred)

## Instructions

Chop the celery stick into 2 inch long pieces and then spread almond butter liberally onto the stick to fill the gap down the middle. Easy!

# Super-Fast Bliss Balls (No-Bake Recipe)

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## Ingredients

4 Medjool dates  
1 cup almond meal  
1/2 cup shredded coconut  
1/3 cup coconut oil  
1/3 cup cacao powder  
1/3 cup pistachios  
1/4 cup almonds  
1 tbsp chia seeds

## Instructions

- 1) Start by softening the dates and almonds in hot water. Preferably soak the almonds for at least 4 hours...unless you're using a high speed blender or food processor (such as the Vita-mix, in which case no softening is needed). The dates need about an hour to soften – make sure you remove the seed.
- 2) Now process/blend the dates, almond meal, almonds, half of the pistachios, shredded coconut, coconut oil, cacao and chia together.
- 3) Move this to a bowl and let it stand for a few minutes to allow the chia to soften and expand.
- 4) Smash the remaining pistachios and roll this raw mixture into small balls and roll in the crushed pistachios to coat them.

Enjoy!

These will keep in the fridge for seven days, and are a great grab and go snack offering dense, filling nourishment to keep you going until your next meal.