

INSTANT POT

*D*KETO *Dinners*TM



**7 DELICIOUS, WHOLE-FOOD KETO MEALS
YOUR WHOLE FAMILY WILL LOVE!**

www.HealingGourmet.com

Disclaimer & Copyright

All information is for information purposes only. It is not to be construed as medical advice or instruction. Please consult your physician or a qualified health professional on any matters regarding your health or on any opinions expressed in this publication.

The information provided is believed to be accurate, based on the best judgment of the author and editors. However, you are responsible for consulting with your own health professional on matters raised within. Health-e Enterprises, LLC accepts no responsibility for the actions or consequential results of any action taken by any reader.

These statements have not been evaluated by the Food & Drug Administration. Any products discussed are not intended to diagnose, treat, cure, or prevent any disease.

Want to share *Instant Pot Keto Dinners*? Kindly refer your friends to www.HealingGourmet.com where they can sign up for this book themselves.

No part of this publication may be reproduced, distributed, transmitted, or sold in whole or in part. Thank you for respecting the time, research and energy put into this guide for your education.

All content © 2018 by Health-e Enterprises, LLC. For your education only, reproduction and distribution prohibited by law.

A Note from the Author & Creator

Hello and welcome!

I'm the creator and founder of *Healing Gourmet*®, your destination for healing recipes and special diets to meet your unique needs. My life's mission is to empower you with the tools and information you need to achieve optimal health through customized nutrition.

My own journey began with a personal health crisis at the age of 19, while in a Pre-Med program in college. For more than two years, I struggled with a debilitating illness. With no relief in sight after visiting more than a dozen doctors, I immersed myself in nutritional research.

I found that the cause for my illness was the foods I was eating. More importantly, I also found the solution in the world of foods and nutrients.

For the last 20 years, I've dedicated my life and career to studying the impact of diet on disease. I have written over a dozen books including *Eat to Fight Cancer*, *Eat to Beat Diabetes*, *Eat to Boost Fertility*, *The Food Cure*, ***Keto Desserts***, ***Keto Breads*** (and more).

I am also the co-founder and product formulator for ***Wellness Bakeries***, a company that offers grain-free, Paleo- and Keto-Friendly bread, breakfast and dessert baking mixes.

I hope you enjoy this one-week ketogenic meal plan – using my favorite tool – the Instant Pot!

I also hope that it helps you discover how easy (and delicious) eating this way can be.

To living your best and healthiest life,



Kelley Herring

The Ketogenic Diet: “Game-Changer” for Your Health and Physique

Every few years a new diet trend catches the attention of the masses.

In recent years, the **Paleo Diet** and **Gluten Free** have enjoyed their time in the spotlight – and for good reason! Millions of people worldwide have experienced better health and faster fat loss by following a grain-free, ancestral diet. However, a new way of eating has taken the spotlight – the **Ketogenic Diet**.

The Keto Diet is:

- > Rich in healthy fats
- > Moderate in protein, and
- > Low in carbohydrates.

Limiting carbohydrates – while increasing healthy dietary fat – helps to reprogram your metabolism to its factory setting. It causes you to enter a metabolic state, known as **ketosis**, where your body uses stored fat and compounds called “ketones” for energy.

In other words, your metabolism shifts from burning carbohydrates (and storing the excess as flabby fat) to burning unsightly fat and using it to fuel your daily life. And when you are in “ketosis” you will continue burning fat, even when you're sitting down doing nothing.

This **metabolic reprogramming – from sugar burner to fat burner** – is what makes the ketogenic diet so powerful for weight loss!

And once you reach this state of hormonal balance, your energy and mental clarity soar, as hunger and cravings fade away. In fact, one of the most widely reported benefits of the keto diet is that it helps people go for extended periods without eating – while still feeling happy, energized and fully satisfied. No wonder it has become so popular!

But the truth is...

Despite Surging Popularity There is Nothing “New” about the Keto Diet

The metabolic state of “ketosis” is a natural evolutionary advantage. It is what allowed our hunter-gatherer ancestors to remain mentally sharp and energetic, even when food was scarce.

“When the brain is powered by ketones, it functions a lot better. This allows us to remain clever, even when calorie-deprived, like in our hunter-gatherer days.”

Dr. David Perlmutter, M.D.
Author, *Grain Brain*

And considering that sugar and carbohydrate-rich foods were limited, our ancient ancestors naturally spent most of their time in a ketogenic state.

In other words, the keto diet is the true “Paleo Diet”. It is the way of eating on which our brains and bodies evolved to function best. It is no exaggeration to say that without our ability to function in a state of ketosis, the human species would not have survived.

In the modern era, the ketogenic diet has been used to successfully treat epilepsy for more than 100 years. And to this day, it remains one of the most effective ways to reduce the incidence and severity of seizures – helping children and adults worldwide to reduce or discontinue medication and end their suffering for good!

But these are not the only advantages that help to explain the new popularity of this old way of eating...

From Surviving... To Thriving on the Keto Diet Anti-Cancer, Brain-Boosting, Blood Sugar Benefits & More!

In our modern day world, the keto diet doesn't just help us survive... it can help you to THRIVE!

The keto diet has been found to:

- ✓ Prevent and combat cancer by starving cancer cells of the fuel they need to grow and spread
- ✓ Dramatically enhance cellular detoxification, through a process called “autophagy”
- ✓ Reduce the risk of fatty liver (a condition which has become an epidemic)
- ✓ Boost memory, increase brain-protective antioxidants and halt the destruction of brain cells
- ✓ Reduce amyloid plaque – the sticky substance that is a hallmark of Alzheimer's disease
- ✓ Reduce the risk and even reverse diabetes
- ✓ Reduce the risk of heart disease by decreasing triglycerides, reducing blood pressure and increasing HDL cholesterol
- ✓ Reduce body fat – including the deadly visceral fat that surrounds organs

It's no wonder that the PURE Study, published in The Lancet, found that high-carb diets are linked to early death... while diets rich in healthy fats are associated with healthy longevity.

But for all of these astounding benefits, there are four major drawbacks to the keto diet. Four major challenges that cause people to try – and then GIVE up – and fail to achieve the incredible benefits.

So let's discuss...

The Four Major Problems People Have With Sustaining a Ketogenic Diet

The **first challenge people face on keto** is that most people simply **don't know what kind of meals to make**. They struggle with the time and effort it takes to plan and prepare food. And if you don't know what kind of meals to make – it can be very difficult to sustain a keto diet.

The **second challenge people face on keto** is that it can be very difficult and time consuming to **keep track of your net carbs and the macronutrient ratios** of your meals. But if you don't keep track of these things -- you might not be eating a ketogenic diet at all. And you won't get the results you're looking for.

Of course, there are plenty of meal plans and recipe books that simply that add gobs of fat and dairy to every recipe – and magically call it “keto”. But that is NOT what this way of eating should be about. In fact, many of these gimmicks are not even ketogenic at all, leading users to become discouraged when they don't experience the results they expect.

The **third challenge people face on keto** is that if you don't include enough nutritional variety – your ketogenic diet could be deficient in critical nutrients. Healthy fats are really important. But so are the hundreds of vitamins, minerals and micronutrients found in a varied diet. And many people who attempt to follow ketogenic diet eat the same things over and over again and miss out on these critical nutrients.

The **fourth – and the most common – challenge people face on keto** is that they simply do not want to give up their favorite meals and comfort foods. Or they cut back on these foods for a while and then succumb to temptation and “fall off the wagon”.

The great news is that you don't have to neglect the REAL food you and your family love. With the right information and recipes, you can achieve ALL the benefits of a 100% ketogenic diet – while still enjoying your favorite classic meals and comfort foods.

You don't have to break out a spreadsheet just to track your net carbs and macronutrients. And the best part of all is that you can **spend LESS TIME in the kitchen than you do today!**

That's why we created...

“Reinvent” Your Meals for Greater Variety And Efficiency in the Kitchen

The Instant Pot is also great for what I call, **Meal Reinventions**.

For example, your whole chicken dinner can turn into a Cobb Salad... a Chicken Kale Caesar... or a Mediterranean Chicken with Pesto and Tomato-Basil Salad on subsequent days. Tonight's pork roast can become tomorrow's pork carnitas.

There are literally dozens of ways to reinvent nearly every meal you make. And that means you can cook just a few times each week – and still enjoy a wide variety of different dinners and lunches.

And if the time-saving benefits are not enough, using the Instant Pot you will also...

Instant Pot Keto Dinners: The Delicious Solution that Puts Your Keto Diet on AutoPilot!

Harnessing the power and efficiency of the **Instant Pot Electronic Pressure Cooker**, we have created a simple and delicious one-week dinner meal plan that solves all the major drawbacks of keto.

In fact, with this quick and easy dinner meal plan, you can:

- ✓ Spend 70% less time in the kitchen
- ✓ Boost nutrient retention by up to 90% and increase the antioxidants in your food
- ✓ Improve the digestibility of your meals
- ✓ Reduce your exposure to harmful cooking byproducts formed at high temperatures, like cancer-causing heterocyclic amines (HCAs)
- ✓ Eliminate the hassle of counting net carbs and macros – it's all done for you!
- ✓ Enjoy a wide spectrum of essential, disease-fighting micronutrients

And the best part is that you can delight in these mouthwatering meals that satisfy your every craving (and reduce your temptation to “cheat” on keto).

The **Instant Pot** can completely transform how you approach cooking and meal planning.

Save Time Tonight... and All Month Long

The Instant Pot can help you put dinner on the table faster tonight – with up to 90% less cooking time for some recipes.

- Cook a whole chicken to fall-off-the-bone tender in just half an hour...
- Make shredded pork or beef in less than 2 hours (then cut it with a butter knife)...
- Make gelatin-rich bone broth in 30 minutes...
- Cook butternut squash in 10 minutes (with no risky pre-cutting required)...
- As well as Brussels sprouts and most other veggies in less than five minutes!

The Instant Pot is also perfect for quickly cooking meals in larger batches – so you can freeze the leftovers for a meal later on. In fact, with a little help (and perhaps the use of two Instant Pots) you could **easily make all your meals for the month in a few hours on a weekend afternoon.**

Imagine the stress and time you can save when you know that you can always have a delicious dinner ready in minutes – with no cooking required!

Enjoy Better Tasting, More Flavorful (and Healthier) Meals!

Unlike other methods of cooking that can produce results that can be dry and tough, the Instant Pot makes even the toughest cut of meat moist and tender. You can also get those complex “cooked-all-day” flavors in just minutes!

This makes it an excellent tool for novice cooks. So no matter what kind of experience you have in the kitchen, you can produce some of the most succulent, flavorful and easy-to-make meals you have ever enjoyed. Given the right recipe, your results can rival what you'd expect from a high-end restaurant.

And cooking with the Instant Pot is also one of the **healthiest ways you can cook your food.** The maximum temperature inside a pressure cooker is 250 F. Compare this to traditional baking (350 F), as well as broiling and grilling (400 -550 F).

When you keep the temperature lower, you reduce the risk of creating harmful cooking byproducts like heterocyclic amines (HCAs) which have been linked to certain cancers. On top of that, studies show that pressure cooking helps **retain more beneficial nutrients**, while **reducing anti-nutrients in foods.**

It can also **boost digestibility** and **nutrient retention.** As you may have heard before, you're not what you eat... but rather, what you absorb. Boosting the digestibility of your food is a key to maximizing the potential nutritional value of every bite.

So these are the many reasons we have created this book and these delicious recipes for you.

Every one of these delicious Instant Pot Keto Dinner recipes is fast and easy to make. They are very low in carbs and rich in healthy fats... with an abundance of vitamins, minerals and critical micronutrients.

And they are all 100% ketogenic – so you can be sure that you are meeting the **“Magic Macros”** and getting the most benefit from your ketogenic diet!

REFERENCES

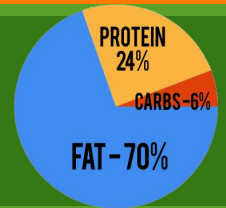
- ¹Stafstrom C, Rho J. The Ketogenic Diet as a Treatment Paradigm for Diverse Neurological Disorders. *Front Pharmacol.* 2012; 3: 59.
- ²Thomas N Seyfried Laura M Shelton. Cancer as a metabolic disease. *Nutrition & Metabolism* 2010, 7:7
- ³The Ketogenic Diet and Hyperbaric Oxygen Therapy Act Synergistically to Prolong Survival in Mice with Systemic Metastatic Cancer;" A.M. Poff, C. Ari, T.N. Seyfried and D.P. D'Agostino; PLOS ONE, June 5, 2013
- ⁴Patrick F. Finn, J. Fred Dice. Ketone Bodies Stimulate Chaperone-mediated Autophagy. July 8, 2005 *The Journal of Biological Chemistry*, 280, 25864-25870.
- ⁵Jeffrey D Browning,corresponding author Jonathan A Baker, Thomas Rogers, Jeannie Davis, Santhosh Satapati, and Shawn C Burgess Short-term weight loss and hepatic triglyceride reduction: evidence of a metabolic advantage with dietary carbohydrate restriction. *Am J Clin Nutr.* 2011 May; 93(5): 1048–1052.
- ⁶Pérez-Guisado J1, Muñoz-Serrano A. The effect of the Spanish Ketogenic Mediterranean Diet on nonalcoholic fatty liver disease: a pilot study.*J Med Food.* 2011 Jul-Aug;14(7-8):677-80. doi: 10.1089/jmf.2011.0075. Epub 2011 Jun 20.
- ⁷Krikorian R, Shidler M, Dangelo K, Couch S, Benoit S, Clegg D. Dietary ketosis enhances memory in mild cognitive impairment. *Neurobiology of Aging.* 2012;33(2):425.e19-425.e27.
- ⁸Emily Deans, M.D .Your Brain On Ketones. How a high-fat diet can help the brain work better. Published on April 18, 2011. *Evolutionary Psychiatry.*
- ⁹Emily Deans, M.D .Your Brain On Ketones. How a high-fat diet can help the brain work better. Published on April 18, 2011. *Evolutionary Psychiatry.*
- ¹⁰C. Enzinger, et al. Risk Factors for Progression of Brain Atrophy in Aging: Six-year Follow-up of Normal Subjects”, *Neurology* 64, no. 10 (May 24, 2005):1704-11
- ¹¹Hussain TA, Mathew TC, Dashti AA, Asfar S, Al-Zaid N, Dashti HM. Effect of low-calorie versus low-carbohydrate ketogenic diet in type 2 diabetes. *Nutrition.* 2012 Oct;28(10):1016-21.
- ¹²Tian Hu, Katherine T. Mills, Lu Yao, Kathryn Demanelis, Mohamed Eloustaz, William S. Yancy, Jr, Tanika N. Kelly, Jiang He, and Lydia A. Bazzano*Effects of Low-Carbohydrate Diets Versus Low-Fat Diets on Metabolic Risk Factors: A Meta-Analysis of Randomized Controlled Clinical Trials. *Am J Epidemiol.* 2012 Oct 1; 176(Suppl 7): S44–S54.
- ¹³Hussein M Dashti, Thazhumpal C Mathew, et al. Long-term effects of a ketogenic diet in obese patients. *Exp Clin Cardiol.* 2004 Fall; 9(3): 200–205.
- ¹⁴A Paoli, A Rubini, J S Volek, K A Grimaldi. Beyond weight loss: a review of the therapeutic uses of very-low-carbohydrate (ketogenic) diets. *Eur J Clin Nutr.* 2013 Aug; 67(8): 789–796.
- ¹⁵Dehghan M, Dia, R, et al. Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study. *Lancet.* 2017;390(10107):2050-2062.
- ¹⁶Yadav SK, Sehgal S. Effect of home processing on ascorbic acid and beta-carotene content of spinach (*Spinacia oleracea*) and amaranth (*Amaranthus tricolor*) leaves. *Plant Foods Hum Nutr.* 1995 Feb;47(2):125-31.
- ¹⁷Sasipriya G, Maria CL, Siddhuraju P. Influence of pressure cooking on antioxidant activity of wild (*Ensete superbum*) and commercial banana (*Musa paradisiaca* var. Monthan) unripe fruit and flower. *J Food Sci Technol.* 2014 Oct;51(10):2517-25. doi: 10.1007/s13197-012-0791-z. Epub 2012 Aug 12.
- ¹⁸F. Galgano, F. Favati, M. Caruso, A. Pietrafesa and S. Natella. The Influence of Processing and Preservation on the Retention of Health-Promoting Compounds in Broccoli. *Journal of Food Science* Volume 72, Issue 2, pages S130–S135, March 2007
- ¹⁹Anita Kataria, B.M. Chauhan, Darshan Punia. Antinutrients and protein digestibility (in vitro) of mungbean as affected by domestic processing and cooking. *Food Chemistry*, April 1988, Vol 32, Issue 1, p 9-17
- ²⁰Bishnoi S, Khetarpaul N. Protein digestability of vegetables and field peas (*Pisum sativum*). Varietal differences and effect of domestic processing and cooking methods. *Plant Foods Hum Nutr.* 1994 Jul;46(1):71-6.
- ²¹K. Syed Ziauddin, N.S. Mahendrakar, D.N. Rao, B.S. Ramesh, B.L. Amla. Observations on some chemical and physical characteristics of buffalo meat. *Meat Science*, Volume 37, Issue 1, p 103-113
- ²²Isleroglu H, Kemerli T, Özdestan Ö, Uren A, Kaymak-Ertekin F. Effect of oven cooking method on formation of heterocyclic amines and quality characteristics of chicken patties: steam-assisted hybrid oven versus convection ovens. *Poult Sci.* 2014 Sep;93(9):2296-303. doi: 10.3382/ps.2013-03552. Epub 2014 Jun 28.



INSTANT POT KETO PALEO MEATBALLS WITH ZOODLES

- 1 Serving Zucchini Noodles
- 1 Serving Instant Pot Keto Paleo Meatballs

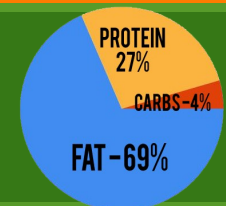
Calories: 416 Fat: 31g Sat. Fat: 9g Carbs: 9 g
Net Carbs: 6g Fiber: 3 g Sugars: 4g
Protein: 25 g Sodium: 443 mg
Cholesterol: 129 mg Fruits: 0 Veg: 2



INSTANT POT GARLIC AND ROSEMARY PORK TENDERLOIN WITH OLIVES AND AVOCADO

- 0.5 medium avocado
- 6 large kalamata olives
- 1 Serving Instant Pot Garlic and Rosemary Pork

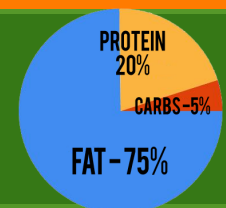
Calories: 410 Fat: 30g Sat. Fat: 5g Carbs: 13g
Net Carbs: 4g Fiber: 8g Sugars: 1g
Protein: 26g Sodium: 576mg
Cholesterol: 74mg Fruits: 0 Veg: 2



FORK-TENDER BEEF WITH DUCK FAT BRAISED BRUSSELS SPROUTS AND PALEO AIOLI

- 1 Serving Paleo Aioli
- 1 Serving Instant Pot 3-Ingredient Beef Pot Roast
- 1 Serving Superfat Brussels Sprouts

Calories: 485 Fat: 41g Sat. Fat: 13g Carbs: 10g
Net Carbs: 6g Fiber: 4g Sugars: 3g
Protein: 25g Sodium: 981mg
Cholesterol: 107mg Fruits: 0 Veg: 2

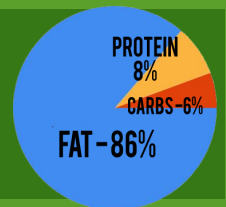




KETO PORK BELLY FRIED CAULIFLOWER RICE

1 Serving Pork Belly Fried Cauliflower Rice

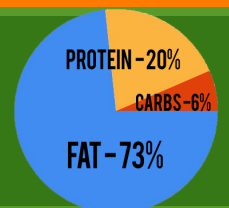
Calories: 726 Fat: 69g Sat. Fat: 35g Carbs: 14g
Net Carbs: 10g Fiber: 4g Sugars: 5g
Protein: 15g Sodium: 562mg
Cholesterol: 167mg Fruits: 0 Veg: 3



KETO INSTANT POT THAI SALMON CURRY WITH SUPERFAT CAULIFLOWER RICE AND AVOCADO

0.5 medium Avocados
1 Serving Instant Pot Thai Salmon Curry
1 Serving Superfat Cauliflower "Rice"

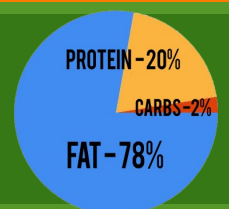
Calories: 657 Fat: 53g Sat. Fat: 31g Carbs: 20g
Net Carbs: 10g Fiber: 10g Sugars: 4g
Protein: 33g Sodium: 484mg
Cholesterol: 64mg Fruits: 0 Veg: 2



MEDITERRANEAN CHICKEN WITH PESTO AND TOMATO-BASIL SALAD

1 Serving Mediterranean Chicken with Basil Pesto
1 Serving Tomato-Basil Salad

Calories: 431 Fat: 37g Sat. Fat: 7g Carbs: 4g
Net Carbs: 3g Fiber: 1g Sugars: 2g
Protein: 21g Sodium: 643mg
Cholesterol: 63mg Fruits: 0 Veg: 1



KETO DIET

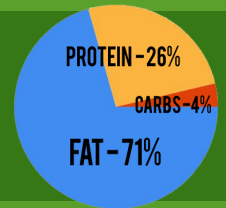
DINNERS



KETO SHREDDED BEEF SLIDERS

1 Serving Keto Shredded Beef Sliders

Calories: 420 Fat: 33g Sat. Fat: 13g Carbs: 5g
Net Carbs: 4g Fiber: 2g Sugars: 1g
Protein: 27g Sodium: 367mg
Cholesterol: 160mg Fruits: 0 Veg: 1



The Keto Solution™

30-Day Fast-Track System for a
Better Body & Sharper Brain

Discover How You Can Easily Follow a
100% Ketogenic Diet While Still Enjoying
ALL the Foods You Love
(And Spending 70% Less Time in the Kitchen)!

www.KETOSOLUTION.net



INSTANT POT KETO PALEO

Meatballs

 Active Time: 15 minutes  Total Time: 45 minutes  Serves: 8

Ingredients

- 2 cups Thrive Market Organic Marinara Tomato Sauce
- 2 tsp. Simply Organic Italian Seasoning
- 1 pound grass fed ground beef
- 2 tsp. garlic powder
- ½ cup blanched almond flour
- ½ tsp. sea salt
- 2 large organic, free-range eggs
- 1 pound pastured ground pork
- 3 Tbsp. olive oil

Preparation

1. In a large bowl, gently combine the ground meat, dried spices, salt, garlic, egg and almond flour.
2. Form into meatballs, roughly 1 ½ inches in diameter.
3. Place meatballs in the Instant Pot and pour marinara and olive oil over.
4. Close and lock the lid and press the “Keep Warm/Cancel” button to reset. Then press “Manual”, LOW pressure and set to 30 minutes.
5. Let the pressure release naturally or do a quick release.
6. Serve with zoodles, spaghetti squash or Cappello’s Fettuccini.

ZUCCHINI Noodles

 Active Time: 10 minutes  Total Time: 10 minutes  Serves: 4

Ingredients

- 2 medium organic zucchini

Preparation

1. Using a julienne peeler, Spiralizer or mandulin, cut the zucchini into the preferred shape.
2. Lightly steam julienned zucchini to crisp tender.
3. Keep warm in a covered dish.

INSTANT POT GARLIC AND ROSEMARY Pork Tenderloin



Active Time: 15 minutes



Total Time: 1.5 hours



Serves: 8

Ingredients

- 2 pounds pasture-raised pork tenderloin
- 1 tsp. sea salt
- 4 cloves garlic, crushed
- 2 tsp. dried rosemary
- 1/4 cup olive oil
- 1 cup chicken broth
- 1 Tbsp. avocado oil
- 1 whole organic lemon (juice and zest)
- 1 tsp. garlic powder

Preparation

1. In a small bowl whisk together the olive oil, lemon juice and zest, garlic, garlic powder, rosemary, and sea salt.
2. Add pork tenderloin to a large zip top bag. Pour in marinade and massage to coat. Seal tightly. Marinate for at least 20 minutes, preferably overnight.
3. Add the avocado oil to the Instant Pot vessel and turn to Sauté. Remove pork pieces from marinade, reserving marinade.
4. When oil shimmers, add the pork tenderloin to sear (do not crowd the pot). Cook 2 minutes, then flip and cook another 2 minutes.
5. Pour in broth and reserved marinade. Close and lock the lid. Set time to 50 minutes and pressure to HIGH.
6. When the time is up, allow pressure to release naturally or do a quick release.

PALEO

Aioli

 Active Time: 5 minutes  Total Time: 5 minutes  Serves: 8

Ingredients

- 8 Tbsp. Primal Kitchen Mayonnaise
- 2 cloves garlic, minced
- 1 Tbsp. lemon juice
- 2 Tbsp. extra virgin olive oil
- 1/4 tsp. sea salt

Preparation

1. Mash garlic and salt in a small bowl until a paste forms.
2. Whisk in mayonnaise, oil, and lemon juice.
3. Adjust seasoning to your liking.
4. Store refrigerated for up to one week.

INSTANT POT 3-INGREDIENT

Beef Pot Roast

 Active Time: 10 minutes  Total Time: 1.5 hours  Serves: 12

Ingredients

- 48 ounces grass-fed beef chuck roast
- 1 large white onion, sliced
- 2 tsp. sea salt
- 2 Tbsp. coconut oil
- 2 cups filtered water

Preparation

1. Turn Instant Pot to "Sauté". Add the oil.
2. When shimmering, add the pot roast. Cook 2-3 minutes to golden, then flip to sear other side.
3. Sprinkle on the sea salt. Top with sliced onion. Pour in the water or beef bone broth.
4. Close and lock the lid. Set Instant Pot to "Manual" and program for 70 minutes.
5. You may do quick release or natural release

SUPERFAT

Brussels Sprouts

 Active Time: 15 minutes  Total Time: 15 minutes  Serves: 4

Ingredients

- 20 whole Brussels sprouts
- 3 Tbsp. pastured duck fat
- ½ tsp. sea salt

Preparation

1. Use a sharp knife to thinly slice Brussels sprouts or shred in a food processor.
2. Heat fat in a safe nonstick pan over medium-high heat. When melted, add the Brussels sprouts.
3. Cook, stirring, until tender, about 10 minutes.
4. Sprinkle with sea salt and serve.

INSTANT POT PALEO

Asian Pork Belly

 Active Time: 10 minutes  Total Time: 1.5 hours  Serves: 8

Ingredients

- 2 tsp. Frontier Five Spice Powder
- 3 Tbsp. Thrive Market Coconut Aminos
- 4 cloves garlic, chopped
- ½ cup organic chicken broth
- ½ tsp. sea salt
- 16 ounces pastured pork belly
- 2 Tbsp. pastured duck fat
- ¼ cup white wine
- 1 inch ginger, grated

Preparation

1. Rub pork belly with salt, ground ginger and 5 -Spice Powder.
2. Add wine, garlic, aminos and broth to the vessel of your Instant Pot.
3. Place pork belly fat side up in the broth.
4. Close and lock the lid. Set the pressure to HIGH and time to 80 minutes.
5. When time is up, do a manual or natural release.
6. Place duck fat in cast iron pan. Transfer to the oven and preheat to 400 F. You want the pan to get hot, but you don't want the oil to smoke.
7. Place the pork belly in the preheated cast iron pan with the duck fat, fat side down.
8. Return to oven and roast for 20-30 minutes.
9. Transfer to a cutting board to cut into pieces.

PORK BELLY FRIED *Cauliflower Rice*

 Active Time: 20 minutes  Total Time: 20 minutes  Serves: 4

Ingredients

- 16 tsp. Coconut Secret Coconut Aminos
- 20 ounces cauliflower
- 6 Tbsp. virgin coconut oil
- 12 ounces pork belly, cooked
- 6 medium green onions, sliced
- 2 large pastured eggs
- 1 medium carrot, diced
- 2 tsp. ginger, grated
- 2 cloves garlic, minced
- 4 ounces filtered water
- 1 small organic zucchini, diced
- 12 ounces pork belly, cooked (p. 11)

Preparation

1. Turn Instant Pot to "Sauté". Add the oil.
2. When shimmering, add the pot roast. Cook 2-3 minutes to golden, then flip to sear other side.
3. Sprinkle on the sea salt. Top with sliced onion. Pour in the water or beef bone broth.
4. Close and lock the lid. Set Instant Pot to "Manual" and program for 70 minutes.
5. You may do quick release or natural release

INSTANT POT THAI

Salmon Curry

 Active Time: 10 minutes  Total Time: 20 minutes  Serves: 4

Ingredients

- 1 Tbsp. Thai Kitchen Red Curry Paste
- 2 cups Pacific Organic Bone Broth (Chicken)
- 16 ounces wild salmon
- 2 cups coconut milk
- 1 medium scallion, sliced
- 1 inch ginger, grated
- 1 whole lime, cut into wedges
- 2 Tbsp. chopped cilantro

Preparation

1. Dice the wild salmon into 1-inch cubes and remove pin bones. Chop the scallions and cilantro, grate the ginger, slice the lime into wedges.
2. Add the broth, red curry paste, ginger and coconut milk to the Instant Pot vessel. Whisk to combine.
3. Place the diced wild salmon into the broth.
4. Close and lock the lid. Set the pressure to LOW and the time to 5 minutes.
5. When the time is up, do a quick release.
6. Transfer salmon curry to serving bowls. Serve with scallions, cilantro and lime wedges, as well as organic Basmati rice or cauliflower rice.

SUPERFAT

Cauliflower "Rice"

 Active Time: 15 minutes  Total Time: 15 minutes  Serves: 6

Ingredients

- 1 head organic cauliflower
- 3 Tbsp. virgin coconut oil
- ½ tsp. sea salt

Preparation

1. First, remove the outer leaves of the cauliflower and cut into quarters.
2. For this recipe, you can either use a grater or food processor. **GRATER METHOD:** Grate each cauliflower quarter to make rice-sized pieces. **FOOD PROCESSOR:** Further cut the florets into chunks that will fit in the mouth of your food processor. Using the plain steel or shredder blade, process fresh cauliflower until it is the size of rice.
3. Next, saute your "rice".
4. Add coconut oil to a large pan and heat over medium. When melted, add the cauliflower rice and cook, stirring 5-6 minutes to tender.
5. Serve.

INSTANT POT

Whole Chicken

 Active Time: 5 minutes  Total Time: 35 minutes  Serves: 10

Ingredients

- 1 ½ cups Pacific Organic Bone Broth (Chicken)
- 6 cloves garlic, peeled
- ½ tsp. sea salt
- 2 Tbsp. lemon juice
- 1 Tbsp. virgin coconut oil
- ¼ tsp. freshly ground black pepper
- 1 tsp. paprika
- 1 whole - 4lb.organic chicken
- 1 tsp. organic dried thyme

Preparation

1. In a small bowl, combine paprika, thyme, salt, and pepper. Rub seasoning over outside of bird.
2. Set the Instant Pot to “Sauté.” Heat oil in the pressure cooker to shimmering. Add chicken, breast side down and cook 6-7 minutes.
3. Flip the chicken and add broth, lemon juice and garlic cloves.
4. Lock pressure cooker lid and press the “Keep Warm/Cancel” button, then select “Manual” for 25 minutes on high.
5. Let the pressure cooker release naturally.
6. Remove from pressure cooker and let stand for 5 minutes before serving.

BASIL

Pesto

 Active Time: 10 minutes  Total Time: 10 minutes  Serves: 8

Ingredients

- 8 Tbsp. organic extra virgin olive oil
- 1 cup fresh organic basil leaves
- 1 ounce pine nuts
- ½ tsp. sea salt

Preparation

1. Blanch fresh basil to retain its bright green color. To do this, add 1 cup of water to a small saucepan and bring to a boil. Prepare a small bowl filled with ice water.
2. Plunge basil into boiling water and remove as soon as it turns bright green. Plunge basil in ice water. Remove and set aside.
3. Add pine nuts, extra virgin olive oil, sea salt and basil to a food processor or Magic Bullet (preferable). Process until smooth.
4. Use as a topping for roasted meats, wild fish, roasted vegetables, or salads.

TOMATO-BASIL *Salad*



Active Time: 5 minutes



Total Time: 5 minutes



Serves: 4

Ingredients

- 2 medium organic tomatoes
- 1/2 cup fresh basil
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. organic balsamic vinegar
- 1/2 tsp. sea salt

Preparation

1. Using a serrated knife, slice tomatoes. Wash basil and roll into a ball. Slice thinly to make ribbons
2. Place tomatoes in a serving dish. Sprinkle with sea salt, top with basil and drizzle with oil and vinegar.
3. Serve.

KETO SHREDDED

Beef Sliders

 Active Time: 15 minutes  Total Time: 25 minutes  Serves: 4

Ingredients

- 12 ounces grass-fed beef cooked (p. 9)
- 2 Tbsp. Primal Kitchen Mayonnaise
- 2 ounces organic cream cheese (whole)
- 1 large pastured egg
- 1/3 cup blanched almond flour
- 2 tsp. non-aluminum baking powder
- 1 ounce organic cheddar cheese, shredded
- 3 ounces organic mozzarella cheese (whole), grated
- 12 ounce grass-fed beef, cooked
- 1 cup shredded red cabbage

Preparation

1. Grease a baking sheet or line with unbleached parchment paper.
2. In a small glass bowl, add the mozzarella, cream cheese. Microwave on high for 30 seconds. Stir and return to microwave to melt completely.
3. In a small bowl, whisk together the almond flour, egg and baking powder. Stir almond flour mixture into the melted cheese mixture to fully combine. Stir in shredded cheddar.
4. Place dough on plastic wrap and cover. Transfer to refrigerator for 20 minutes. Preheat oven to 425 F.
5. Cut the dough ball into 4 pieces, then halve those pieces so you have 8 small balls. Place balls 2" apart on prepared baking sheet.
6. Transfer to oven and bake 10-12 minutes or until golden.
7. Meanwhile, reheat the cooked beef, and get the cabbage ready to assemble.
8. Place one slider bun on plate, top with shredded beef, cabbage and mayonnaise. Then top with another bun. Serve.



**Do You Love Bread, Pizza,
Pancakes, Waffles, Cookies & Dessert...**

**But Not the Time and Effort it Takes to
Buy Ingredients & Bake Recipes from Scratch?**

WELLNESS BAKERIES HAS THE SOLUTION!

**Learn More about our Delicious
Keto & Paleo-Friendly Baking Mixes...**

www.WELLNESSBAKERIES.com

