

Keto Framework

The Complete Keto Recipe Ebook

A beginner-friendly ketogenic cookbook designed for women focused on fat loss, energy, and simple meal planning.

How to Use This Ebook

Each recipe is designed to be simple, quick, and supportive of ketosis. Meals focus on healthy fats, moderate protein, and very low carbohydrates to support sustainable weight loss.

Breakfast

Avocado Egg Bowl

Ingredients

- 2 eggs
- 1 avocado
- 1 tbsp olive oil
- Spinach
- Salt & pepper

Instructions

1. Cook eggs to preference.
2. Slice avocado and place in bowl.
3. Add spinach and drizzle olive oil.
4. Season and serve.

Calories	Fat	Protein	Net Carbs
420	34g	18g	4g

Cheese Omelette

Ingredients

- 2 eggs
- ¼ cup cheddar
- 1 tbsp butter
- Salt

Instructions

1. Whisk eggs.
2. Heat butter in pan.
3. Cook eggs and add cheese.
4. Fold and serve.

Calories	Fat	Protein	Net Carbs
350	28g	20g	2g

Keto Yogurt Bowl

Ingredients

- ½ cup Greek yogurt
- 10 almonds
- Chia seeds
- Few raspberries

Instructions

1. Place yogurt in bowl.
2. Add almonds and chia.
3. Top with berries.

Calories	Fat	Protein	Net Carbs
290	18g	16g	5g

Keto Smoothie

Ingredients

- Almond milk
- Avocado
- Protein powder
- Spinach

Instructions

1. Blend all ingredients.
2. Serve chilled.

Calories	Fat	Protein	Net Carbs
310	22g	20g	3g

Lunch

Chicken Avocado Salad

Ingredients

- Grilled chicken
- Avocado
- Lettuce
- Olive oil

Instructions

1. Slice chicken.
2. Mix ingredients.
3. Drizzle oil.

Calories	Fat	Protein	Net Carbs
450	32g	34g	5g

Tuna Keto Bowl

Ingredients

- Tuna
- Mayonnaise
- Celery
- Lemon

Instructions

1. Mix tuna and mayo.
2. Add celery and lemon.

Calories	Fat	Protein	Net Carbs
370	24g	30g	2g

Zucchini Noodles

Ingredients

- Zucchini
- Pesto

- Olive oil
- Parmesan

Instructions

1. Spiralize zucchini.
2. Sauté lightly.
3. Add pesto and cheese.

Calories	Fat	Protein	Net Carbs
280	21g	10g	4g

Keto Greek Salad

Ingredients

- Cucumber
- Feta
- Olives
- Olive oil

Instructions

1. Combine ingredients.
2. Drizzle oil.

Calories	Fat	Protein	Net Carbs
320	26g	8g	5g

Dinner

Garlic Butter Salmon

Ingredients

- Salmon
- Butter
- Garlic
- Lemon

Instructions

1. Heat butter.
2. Cook salmon.
3. Add garlic and lemon.

Calories	Fat	Protein	Net Carbs
480	36g	34g	1g

Baked Chicken Thighs

Ingredients

- Chicken thighs
- Olive oil
- Paprika
- Garlic powder

Instructions

1. Season chicken.
2. Bake 35 minutes.

Calories	Fat	Protein	Net Carbs
420	30g	32g	1g

Cauliflower Fried Rice

Ingredients

- Cauliflower rice
- Egg

- Soy sauce
- Sesame oil

Instructions

1. Cook cauliflower.
2. Scramble egg.
3. Combine ingredients.

Calories	Fat	Protein	Net Carbs
300	18g	14g	5g

Beef Lettuce Wraps

Ingredients

- Ground beef
- Lettuce leaves
- Soy sauce
- Garlic

Instructions

1. Cook beef.
2. Season.
3. Serve in lettuce.

Calories	Fat	Protein	Net Carbs
410	29g	30g	3g

Snacks & Fat Bombs

Chocolate Fat Bombs

Ingredients

- Coconut oil
- Cocoa powder
- Peanut butter
- Sweetener

Instructions

1. Melt oil.
2. Mix ingredients.
3. Freeze in molds.

Calories	Fat	Protein	Net Carbs
180	17g	3g	2g

Cheese Crisps

Ingredients

- Shredded cheese

Instructions

1. Bake small cheese piles until crisp.

Calories	Fat	Protein	Net Carbs
150	12g	9g	1g

Avocado Snack Bowl

Ingredients

- Avocado
- Olive oil
- Salt

Instructions

1. Slice avocado.
2. Add oil and salt.

Calories	Fat	Protein	Net Carbs
240	21g	3g	2g

Almond Energy Bites

Ingredients

- Almond butter
- Coconut flakes
- Chia seeds

Instructions

1. Mix ingredients.
2. Roll into balls.
3. Refrigerate.

Calories	Fat	Protein	Net Carbs
200	16g	6g	3g