

Ketotarian Around The World:

Globally Inspired Recipes

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Mushroom Cream Sauce

Prep time: 5 minutes

Cook time: 15-18 minutes

Total time: 20-23 minutes

Serves: 4

Per serving macros:

Protein: 4.15g

Net carbs: 4.77g

Fat: 13.87g



Ingredients:

- 2 10 oz packages of baby portabella mushrooms
- 1 5.4 oz coconut cream
- 2 tablespoons ghee; separated
- 1 tsp granulated garlic powder
- 1 tsp onion powder
- ½ teaspoon sea salt; more to taste if needed
- ½ teaspoon black pepper

Optional:

- garnish with parsley

Instructions:

1. Slice mushrooms in uniform size.
2. Over medium high heat cook mushrooms in one tablespoon of ghee. Make sure to stir occasionally.
3. While the mushrooms are cooking sprinkle with garlic powder, onion powder, sea salt and pepper.
4. Mushrooms will cook 8-10 minutes until tender and browned.
5. When mushrooms are tender and browned reduce heat to medium and add other tablespoon of ghee and canned coconut cream.
6. Let reduce and simmer for 4 minutes. If still too thin let simmer an additional 1-2 minutes.
7. Remove from heat and serve over your favorite vegetable pasta or protein and garnish with parsley!

Marinara

Prep time: 5 minutes
Cook time: 5 minutes
Total time: 10 minutes
Serves: 4

Per serving macros:

Protein: 1.75g
Net carbs: 16.46g
Fat: 27.04g



Ingredients:

- 28 ounces whole peeled tomatoes (no added sugar)
- ½ cup fresh basil
- 1 tablespoon red wine vinegar
- 1 tablespoon minced garlic
- 2-3 drops liquid stevia
- ½ cup olive oil
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon sea salt
- ½ teaspoon black pepper

Instructions:

1. In a blender put the can of tomatoes and any liquid also in the can. Blend for 15 seconds.
2. Add remaining ingredients in blender and blend for an additional 20-30 seconds.
3. Taste and add any additional salt if necessary.
4. In a medium sized pan over medium heat warm through and serve over your favorite spiralized vegetables!

Alfredo

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes
Serves: 4

Per serving macros:
Protein: 12.10g
Net carbs: 17.69g
Fat: 31.86g



Ingredients:

- 8 oz raw cashews
- 2 tbsp ghee
- 1 medium shallot diced
- 2 tablespoons minced garlic
- 2 tablespoons nutritional yeast
- 2 teaspoons sea salt
- 1 teaspoon Italian seasoning
- 1 cup water reserved from soaking (you can keep more reserved in case you need to thin it out more)
- cracked black pepper to taste

Instructions:

1. Soak cashews over night or for at least 8 hours.
2. Remove cashews from soaking liquid and put on plate with a paper towel until ready to blend.
3. In a medium sized skillet add ghee, shallots and garlic and cook over medium heat. Cook for 6-8 minutes until shallot is tender and fragrant. Stir occasionally to keep from browning.
4. While shallots and garlic are cooking add all other ingredients to blender.
5. When shallots and garlic are finished cooking add to blender with other ingredients.
6. Blend all ingredients until smooth.
7. If too thick add more soaking liquid to the sauce. Add a tablespoon or two at a time to prevent making it too thin.
8. Take sauce and add it back to skillet to warm through.
9. Put over your favorite vegetables or protein and serve immediately and enjoy!

Pesto

Prep Time: 5 mins

Serves: 4

Per serving macros:

Protein: 5.38g

Net carbs: 3.26g

Fat: 45.19g



Ingredients:

- 1 packed cup basil leaves
- 1 packed cup of kale
- 1 cup pine nuts
- 1 tablespoon minced garlic
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/2 cup olive oil
- 2 tablespoon nutritional yeast
- 1 teaspoon lemon juice

Instructions:

1. Add all ingredients, but olive oil to blender. Blend for 30 seconds until all ingredients are finely chopped and even.
2. Add olive oil and blend for an additional 30 seconds until all ingredients are well blended.
3. Serve on your favorite vegetables or protein! Also, this pesto is a great dip option for your vegetables.

Bibimbap Bowls (Korean)

Prep time: 30 minutes
Cook time: 20 minutes
Total time: 50 minutes
Serves: 4

Per serving macros:
Protein: 16.9g
Net carbs: 15.32g
Fat: 41.38g



Ingredients:

- 1 head of cauliflower
- 1 tsp sesame oil
- 4 medium carrots; cut into ribbons using vegetable peeler
- 10 oz spiralized zucchini
- 8 oz bean sprouts
- 8 oz white mushrooms, sliced
- 8 oz fresh spinach
- 2 tablespoon coconut oil, separated
- 1 tablespoon ghee
- 4 eggs, divided
- Sea salt and pepper to taste

Optional:

- Kimchi

Instructions:

Cauliflower Rice

Preparation:

1. Prep the cauliflower by washing and removing all the greens. Let dry before grating.
2. Cut the cauliflower in large chunks that can be easily held.
3. Using the medium sized holes on the box grater run the cauliflower along the grater and this will form the "rice".
4. To remove extra moisture from the cauliflower after it is riced place it in a clean towel. Ring out the towel gently to absorb some of the moisture.

Cooking:

1. In a large skillet heat 1 tablespoon coconut oil (or any other cooking oil you prefer) over medium heat.
2. Once melted add the cauliflower and cover and cook for 5-8 minutes until it becomes tender. Make sure to stir occasionally.
3. Add salt and pepper to taste.

Instructions Continued ->

Bibimbap Bowls (Korean)

Instructions Continued:

Veggies

1. In large skillet add 1 tablespoon of sesame oil and coconut oil over medium heat.
2. You will cook each vegetable individually in the skillet then transfer to a plate to wait while you sauté the rest.

Cook time/ instructions for each vegetable:
(each vegetable will be sprinkled with sea salt upon adding to the skillet)

3. Mushrooms: Sauté 3-4 minutes until soft. Remove and place on waiting plate.
4. Zucchini: Sauté for 2 minutes until slightly softened. Remove and place on waiting plate.
5. Carrots: Sauté for 2 minutes until slightly softened. Remove and place on waiting plate.
6. Bean Sprouts: Sauté for 2 -3 minutes until soft. Remove and place on waiting plate.
7. Spinach: Sauté for 2-3 minutes until wilted and soft. Do not overcook until they become "mushy". Remove and place on waiting plate.

Note: I like to put a paper towel or dish towel down to absorb any extra moisture from cooking

Instruction to building the bowl:

1. In four separate bowls separate the veggies into quarter portions into each bowl.
2. Keep each vegetable in a separate pile in the bowl.
3. Once all the vegetables are in the bowl and arranged in a circle top with one of the fried eggs.
4. Drizzle one tablespoon of sauce on top of the bowl.

Sauce for bibimbap

Prep time: 2 minutes

Serves: 4

Per serving macros:

Protein: .16g

Net carbs: 1.5g

Fat: 15.16g

Ingredients:

- 1 tablespoon mct oil
- 3-4 drops liquid stevia
- 2 tablespoons coconut aminos
- 1 teaspoon sesame oil
- ½ teaspoon fish sauce

Directions:

1. In a small bowl whisk all ingredients together.

Crab Rangoon

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Yields: 20 crab rangoons

Serves: 5

Per serving macros:

Protein: 13.89g

Net carbs: 7.44g

Fat: 22.21g



Ingredients:

- 8 oz dairy free cream cheese, room temperature
- 6 oz crab meat (not imitation)
- 1/4 cup green onions, chopped
- 5 sheets coconut wraps
- Coconut oil for frying (1/4 inch deep in frying pan.) I used coconut oil but you can also use avocado oil. - For macro purposes about 1 1/2 tablespoons of oil is absorbed during cooking and has been accounted for in the macros

Instructions:

1. In medium sized bowl add cream cheese, green onions, and crab meat.
2. With a spoon gently fold all ingredients together until well combined.
3. The next step is to prep the coconut wrap sheets by cutting them into fours.
4. Note: When removing the coconut wraps from the plastic be gentle. They can be delicate and you don't want them to rip or tear.
5. Each wrap is already in a square so you will cut horizontally and diagonally making four equal sized smaller squares.
6. Per each square you will fill with 1/2 tablespoon of the filling mixture.
7. To fold the coconut wraps you can do 2 different options:

Fold it like an egg roll:

Put square of coconut wrap with a corner pointed toward you. Place crab mixture on paper and fold the corner nearest you up over the mixture. Fold left and right corners toward the center and continue to roll. Place crease side down in oil when frying.

Instructions Continued ->

Crab Rangoon

Fold it in the 'star' shape (what we did for this recipe):

Fold two opposite ends of the wrapper together. Fold the other two ends to meet in the middle to form the package like shape. Pinch to seal tight. I added in a tooth pick through the middle to hold it in place and make sure that there is no leakage.

Note: the coconut wraps get soft from the moisture of the mixture so these do fold and stick together without much effort, but you want to move quickly to fry them.

8. Heat oil up to 375 degree (F). I kept about ¼ inch of coconut oil in a deep fry pan.
9. Place fold side down in the oil. Fry for 35-45 seconds and then flip and fry for 15-25 seconds. They should turn a rich dark brown on the edges.
10. Once finished place on a plate covered in a paper towel to absorb extra oil.
11. Serve immediately and enjoy!

Almond butter dipping sauce

Prep Time: 3 minutes

Serves: 5

Per serving macros:

Protein: 4.5g

Net carbs: 3.93g

Fat: 10.85g

Ingredients:

- 6 tablespoons almond butter
- 1 teaspoon minced garlic
- 3 tbsp coconut aminos
- 1 teaspoon fish sauce
- 2 teaspoons lime juice
- 6-8 drops liquid stevia
- 8 tablespoons of coconut water
- ½ teaspoon sea salt

Instructions:

1. Add all ingredients in a small bowl and whisk together with a fork or whisk until completely blended.

Dolmas with Mint Dipping Sauce

Prep Time: 20 minutes
Cook Time: 40 minutes
Total Time: 1 hour
Yields: 40 dolmas
Serves: 8

Per serving macros:
(without dipping sauce)
Protein: 4g
Net carbs: 5.70g
Fat: 23.45g



Ingredients:

- 4 tablespoons avocado oil, divided
- 1 head cauliflower
- 1 jar kalamata olives
- 1 8oz jar grape leaves
- 1 cup pine nuts
- 2 teaspoons minced garlic
- 1 tablespoon parsley
- 1/4 cup water
- 2 tablespoons lemon juice, divided
- Sea salt and pepper to taste

Instructions:

1. Soak pine nuts in water overnight or for at least 8 hours.
2. Drain pine nuts and dry with paper towel. Finely chop pine nuts.
3. Wash and remove all greens from cauliflower.
4. Cut into smaller chunks and grate cauliflower to make "rice."
5. Remove olives from jar and finely chop.
6. Heat avocado oil in skillet over medium-high heat.
7. Add in chopped pine nuts, cauliflower rice, olives, garlic, parsley, 1 tablespoon lemon juice, water, and sea salt and pepper to taste. Cook around 10 minutes or until pine nuts are softened, cauliflower is cooked through, and water is mostly absorbed.
8. Remove grape leaves from jar and pat dry with paper towel.
9. Scoop one spoonful of mixture into a single grape leaf and roll to form dolma.
10. Continue until all grape leaves are filled.
11. Place dolmas in a single layer in a large stove-pot
12. Cover dolmas with 2 tablespoons avocado oil, 1 tablespoon lemon juice and just enough water to cover the dolmas.

Instructions Continued ->

Dolmas with Mint Dipping Sauce

13. Place a plate over the dolmas so they don't move and unwrap while cooking.
14. Bring water to a boil and let simmer for 30 minutes.
15. Remove dolmas and place in a container with a lid. Pour remaining liquid over dolmas and place in the refrigerator to cool. Serve with mint dipping sauce.

Mint dipping sauce:

Total time: 10 minutes

Serves: 8

Macros Per Serving

Net carbs: 0.54g

Protein: 1.25

Fat: 15.75

Ingredients

- 1 and 3/4 cup coconut cream
- 1 oz. fresh mint
- 1/4 cup lemon juice
- 1 teaspoon minced garlic

Instructions:

1. Place coconut cream, mint, lemon juice, and garlic together in food processor and blend until fully combined. Divide and serve alongside dolmas.

Falafel

Prep Time: 10 minutes

Cook Time: 3 hours

Total Time: 3 hours and 10 minutes

Serves: 4

Per serving macros:

Protein: 11.7g

Net Carbs: 6.2g

Fat: 51.1g



Ingredients:

- 1 cup almonds
- 1 cup walnuts
- 2 tablespoons sunflower seeds
- 1/4 cup avocado oil
- 1/2 cup fresh parsley
- 1/2 cup fresh cilantro
- 2 tablespoons lemon juice
- 2 teaspoons cumin
- 2 teaspoons minced garlic
- Sea salt and pepper to taste

Instructions:

1. Soak almonds, walnuts, and sunflower seeds in water overnight or minimum of 8 hours.
2. Drain nuts and dry with paper towel.
3. Place nuts in a food processor with avocado oil, parsley, cilantro, lemon juice, cumin, garlic, and sea salt and pepper. Pulse until finely ground.
4. Preheat oven to 180 degrees F. Line a baking sheet with parchment paper.
5. Take mixture and form 12 falafel shaped cakes.
6. Place on baking sheet and cook in oven for three hours.
7. Remove from oven, let cook, and serve.

Pad Thai

Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes
Serves: 4 people

Per serving macros:
Protein: 16.61g
Net carbs: 19.61g
Fat: 33.41g



Ingredients:

- 2 tablespoons avocado oil
- 40 oz spiralized zucchini
- 3 tablespoons coconut aminos
- 1/2 cup almond butter
- 1 teaspoon minced garlic
- 8 oz bean sprouts
- 1/4 cup green onions, chopped
- 1/2 cup almonds, finely chopped
- 1 teaspoon red pepper flakes (optional)

Instructions:

1. Heat avocado oil in skillet over medium-high heat.
2. Add zucchini noodles to skillet and cook until softened.
3. Add in coconut aminos, almond butter, garlic, and sea salt and pepper to skillet. Cook until heated through and combined evenly throughout zucchini noodles.
4. Add in bean sprouts at the very end of cooking and cook 1-2 minutes until heated but still crunchy.
5. Remove pad thai from skillet and place in bowl. Top with green onions, chopped almonds, and red pepper flakes if desired.

Taco Bowl

Prep Time: 15 minutes
Cook Time: 15 minutes
Total Time: 30 minutes
Serves: 4

Per serving macros

Protein: 12.51g
Net carbs: 9.02g
Fat: 41.9g



Ingredients:

- 2 tablespoons avocado oil
- 1 head cauliflower
- 2 tablespoons minced garlic
- 2 teaspoons chili powder
- 2 teaspoons onion powder
- 4 teaspoons cumin powder
- Sea salt and pepper to taste
- 1 cup walnuts
- 4 cups romaine lettuce, chopped
- 2 avocados
- 1 cup almond cheese

Instructions for taco bowl:

1. Soak walnuts in water overnight or for at least 8 hours.
2. Drain walnuts and dry with paper towel. Finely chop walnuts.
3. Wash and remove all greens from cauliflower.
4. Cut into smaller chunks and grate cauliflower to make "rice."
5. Heat avocado oil in skillet over medium-high heat.
6. Add in chopped walnuts, cauliflower rice, garlic, chili powder, onion powder, and sea salt and pepper to taste. Cook around 15 or until walnuts are softened and cauliflower is cooked through.
7. Chop romaine leaves and separate into 4 different bowls.
8. Remove walnut "taco meat" mixture from skillet and divide evenly between 4 bowls.
9. Cut open avocados and remove pit. Slice each half and place avocado slices on top of each bowl.
10. Evenly distribute almond cheese over the 4 bowls.
11. Top with cilantro lime dressing and enjoy.

Lime Dressing and Almond Cheese Recipe on Next Page ->

Taco Bowl

Cilantro Lime Dressing

Prep time: 3 minutes
Cook time: 2 minutes
Total time: 5 minutes
Serves: 4

Per serving macros:

Protein: 0g
Net carbs: 1.25
Fat: 42g fat

Ingredients

- 3/4 cup avocado oil
- 1 oz cilantro
- 1/4 cup lime juice
- 1 tablespoon minced garlic
- Sea salt and pepper to taste

Instructions for Cilantro Lime Dressing

1. Place avocado, avocado oil, cilantro, garlic, and sea salt and pepper in a blender or food processor. Blend until fully combined. Enjoy over taco salad.

Almond Cheese

Serves: 4 - One 8oz block of cheese

Per serving macros:

Protein: 24.2g
Net Carbs: 16.5g
Fat: 56g

Ingredients

- 1/2 cup almonds
- 2 tablespoons + 2 teaspoons water
- 2 tablespoons lemon juice
- 1 tablespoon avocado oil
- 2 tablespoons tahini
- 2 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1/2 tablespoon turmeric powder
- 1 teaspoon sea salt
- 1/2 tablespoon agar powder
- 1/2 cup water

Instructions for Almond Cheese

1. Soak almonds in water overnight or a minimum of 8 hours.
2. Drain almonds and pat dry with paper towel.
3. In a food processor combine almonds, lemon juice, 2 tablespoons and 2 teaspoons water, tahini, avocado oil, nutritional yeast, and seasonings and blend until smooth.
4. In a pot over medium-high heat combine 1/2 cup water and agar powder and cook until boiling stirring continuously so it doesn't burn.
5. Remove from stove, pour into cashew mixture, and blend until combined.
6. Pour mixture immediately into desired size greased dish which will serve as a mold.
7. Refrigerate for 4 hours or until hardened.