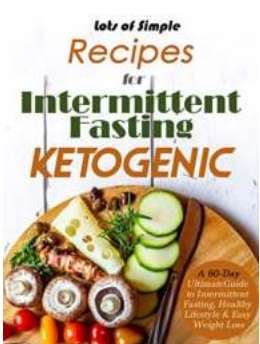


# **30 Delicious and Easy Recipes for Intermittent Fasting Ketogenic – Quick, Nutritious, and Satisfying Meals**

Intermittent fasting and the ketogenic diet have gained significant popularity in recent years due to their numerous health benefits. While both have their own unique advantages, combining them can enhance weight loss, increase mental clarity, and improve overall well-being.

If you're new to the concept of intermittent fasting ketogenic, it may sound like a daunting challenge to find meal ideas that meet both criteria. However, fear not! We have gathered 30 simple and mouthwatering recipes that will make your journey enjoyable and successful.

## **1. Avocado and Bacon Egg Muffins**



## Lots of Simple Recipes for Intermittent Fasting + Ketogenic: A 60-Day Ultimate Guide to Intermittent Fasting, Healthy Lifestyle & Easy Weight Loss

by Jacob Hoffman (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 49342 KB

Lending : Enabled

Screen Reader : Supported

Print length : 105 pages



Start your day with a protein-packed breakfast that will keep you feeling full and satisfied for hours. These delicious avocado and bacon egg muffins are a perfect combination of healthy fats and mouthwatering flavors.

## **2. Grilled Chicken Caesar Salad**



A classic Caesar salad with a healthy twist! The grilled chicken adds a lean source of protein to this keto-friendly favorite. Toss it with homemade dressing and sprinkle with grated Parmesan cheese for an extra touch of deliciousness.

### **3. Cauliflower Crust Pizza**

## ULTIMATE GUIDE TO Intermittent Fasting Schedules

Intermittent Fasting Schedule	Benefits	Pre	During	Why It's for	
<b>16/8</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>8-hour window</li> <li>Start by 12 hours</li> </ul>	<ul style="list-style-type: none"> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-5pm</li> <li>Can consume from 5pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Pre meals are most effective</li> </ul>	<ul style="list-style-type: none"> <li>8 can be difficult to get 16 hours without food if you're new to fasting</li> </ul>	<ul style="list-style-type: none"> <li>Relative to most everyone</li> </ul>
<b>12/12</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>12-hour window</li> <li>Start by 12 hours</li> </ul>	<ul style="list-style-type: none"> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more fatigue</li> <li>Can be difficult to get 12 hours without food</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>
<b>20-HR FAST (Warrior Diet)</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>20-hour window</li> <li>Start by 20 hours</li> </ul>	<ul style="list-style-type: none"> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Good for a Warrior Diet</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>8 can be difficult to get 20 hours without food</li> </ul>	<ul style="list-style-type: none"> <li>Common with intermittent fasting leading to greater health</li> </ul>
<b>24HR FAST</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>24-hour window</li> <li>Start by 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>Monday: 12am-12pm</li> <li>Tuesday: 12pm-12am</li> <li>Wednesday: 12am-12pm</li> <li>Thursday: 12pm-12am</li> <li>Friday: 12am-12pm</li> <li>Saturday: 12pm-12am</li> <li>Sunday: 12am-12pm</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your system</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Not recommended for diabetics</li> <li>Can be difficult to get 24 hours without food</li> </ul>	<ul style="list-style-type: none"> <li>Common with a Warrior Diet</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>
<b>5:2</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>5:2 schedule</li> <li>Start by 5:2</li> </ul>	<ul style="list-style-type: none"> <li>Monday: 12am-12pm</li> <li>Tuesday: 12pm-12am</li> <li>Wednesday: 12am-12pm</li> <li>Thursday: 12pm-12am</li> <li>Friday: 12am-12pm</li> <li>Saturday: 12pm-12am</li> <li>Sunday: 12am-12pm</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your system</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Not recommended for diabetics</li> <li>Can be difficult to get 24 hours without food</li> </ul>	<ul style="list-style-type: none"> <li>Common with a Warrior Diet</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>
<b>3-DAY FAST</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>3-day fast</li> <li>Start by 3 days</li> </ul>	<ul style="list-style-type: none"> <li>Monday: 12am-12pm</li> <li>Tuesday: 12pm-12am</li> <li>Wednesday: 12am-12pm</li> <li>Thursday: 12pm-12am</li> <li>Friday: 12am-12pm</li> <li>Saturday: 12pm-12am</li> <li>Sunday: 12am-12pm</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your system</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Not recommended for diabetics</li> <li>Can be difficult to get 24 hours without food</li> </ul>	<ul style="list-style-type: none"> <li>Common with a Warrior Diet</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>
<b>ALTERNATE DAY FASTING</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>Alternate day fasting</li> <li>Start by alternate day</li> </ul>	<ul style="list-style-type: none"> <li>Monday: 12am-12pm</li> <li>Tuesday: 12pm-12am</li> <li>Wednesday: 12am-12pm</li> <li>Thursday: 12pm-12am</li> <li>Friday: 12am-12pm</li> <li>Saturday: 12pm-12am</li> <li>Sunday: 12am-12pm</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your system</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Not recommended for diabetics</li> <li>Can be difficult to get 24 hours without food</li> </ul>	<ul style="list-style-type: none"> <li>Common with a Warrior Diet</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>
<b>36HR FAST</b>	<ul style="list-style-type: none"> <li>Can bring on ketosis faster</li> <li>36-hour fast</li> <li>Start by 36 hours</li> </ul>	<ul style="list-style-type: none"> <li>Monday: 12am-12pm</li> <li>Tuesday: 12pm-12am</li> <li>Wednesday: 12am-12pm</li> <li>Thursday: 12pm-12am</li> <li>Friday: 12am-12pm</li> <li>Saturday: 12pm-12am</li> <li>Sunday: 12am-12pm</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your system</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>	<ul style="list-style-type: none"> <li>Not recommended for diabetics</li> <li>Can be difficult to get 24 hours without food</li> </ul>	<ul style="list-style-type: none"> <li>Common with a Warrior Diet</li> <li>Requires consistent effort</li> <li>Can consume from 8am-12pm</li> <li>Can consume from 12pm-2pm</li> <li>Can consume from 2pm-4pm</li> <li>Can consume from 4pm-8pm</li> </ul>

PIQUE

Craving pizza but want to stay in ketosis? Try making a cauliflower crust pizza! This low-carb alternative will satisfy your pizza cravings while keeping your carb intake in check. Top it with your favorite keto-friendly toppings and bake to perfection.

## 4. Garlic Butter Shrimp Zucchini Noodles



Skip the heavy pasta and opt for zucchini noodles instead. This quick and easy recipe combines succulent shrimp with a flavorful garlic butter sauce, served over fresh zucchini noodles. It's a light and refreshing meal that is perfect for a hot summer day.

## **5. Spinach and Feta Stuffed Chicken Breast**



Impress your dinner guests (or just yourself) with this elegant and flavorful stuffed chicken breast. The combination of spinach and feta cheese adds a burst of Mediterranean flavors to the tender chicken. Serve it with a side of roasted vegetables for a complete and satisfying meal.

## **6. Asian Beef Lettuce Wraps**



Looking for a quick and easy weeknight dinner? These Asian beef lettuce wraps are packed with flavor and can be prepared in under 30 minutes. The combination of ground beef, fresh vegetables, and a tangy sauce is a guaranteed crowd-pleaser.

## **7. Coconut Curry Chicken**



## ULTIMATE GUIDE TO Intermittent Fasting Schedules

Intermittent Fasting Schedule	Benefits	Pre	During	Why It's for
<b>16/8</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Pre meals are most important</li> </ul>	<ul style="list-style-type: none"> <li>It can be difficult to go 16 hours without food if you're new to fasting</li> </ul>	<ul style="list-style-type: none"> <li>Suitable for nearly everyone</li> </ul>
<b>12/12</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Requires consistent effort</li> <li>Can be difficult to eat healthy and fast</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more frequent snacking</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>
<b>20-HR FAST (Warrior Diet)</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Good for a healthy diet</li> <li>Requires consistent effort</li> <li>Can be difficult to eat healthy and fast</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more frequent snacking</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>
<b>24HR FAST</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Good way to meet your goals</li> <li>Requires consistent effort</li> <li>Can be difficult to eat healthy and fast</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more frequent snacking</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>
<b>5:2</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Good way to meet your goals</li> <li>Requires consistent effort</li> <li>Can be difficult to eat healthy and fast</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more frequent snacking</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>
<b>3-DAY FAST</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Good way to meet your goals</li> <li>Requires consistent effort</li> <li>Can be difficult to eat healthy and fast</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more frequent snacking</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>
<b>ALTERNATE DAY FASTING</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Good way to meet your goals</li> <li>Requires consistent effort</li> <li>Can be difficult to eat healthy and fast</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more frequent snacking</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>
<b>36HR FAST</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can lower blood pressure</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Good way to meet your goals</li> <li>Requires consistent effort</li> <li>Can be difficult to eat healthy and fast</li> </ul>	<ul style="list-style-type: none"> <li>Greater hunger and/or more frequent snacking</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way to a healthy diet if you're new to fasting</li> </ul>

PIQUE

This aromatic and creamy coconut curry chicken will transport your taste buds to the tropical islands. Packed with spices and simmered in coconut milk, this dish is not only keto-friendly but also full of rich and exotic flavors.

## 8. Caprese Stuffed Portobello Mushrooms



Elevate your mushroom game with these caprese stuffed Portobello mushrooms. The combination of juicy tomatoes, creamy mozzarella cheese, and fragrant basil adds an explosion of flavors to the meaty mushroom caps.

## **9. Zesty Lemon Garlic Salmon**



Get your omega-3 fatty acids with this zesty lemon garlic salmon. This dish is not only heart-healthy but also bursting with flavors. The tangy lemon and garlic perfectly complement the tender and flaky salmon.

## **10. Broccoli and Cheddar Stuffed Chicken Breast**



Make your chicken breast exciting by stuffing it with delicious broccoli and melted cheddar cheese. This recipe combines the classic flavors of broccoli and cheddar in a keto-friendly way, creating a meal that is both nutritious and comforting.

## **11. Mexican Cauliflower Rice**



If you're missing rice on your keto journey, this Mexican cauliflower rice will be your savior. With all the flavors of traditional Mexican rice, but without the carbs, this side dish is the perfect accompaniment to your favorite keto Mexican recipes.

## **12. Greek Salad with Grilled Chicken**



Transport yourself to the Mediterranean with this refreshing and flavorful Greek salad. The addition of grilled chicken adds a satisfying protein element to this classic combination of cucumbers, feta cheese, olives, and tomatoes.

### **13. Bacon-Wrapped Asparagus**



Add some sizzle to your meal with these mouthwatering bacon-wrapped asparagus spears. The combination of crispy bacon and tender asparagus creates a delightful contrast of textures and flavors.

#### **14. Creamy Garlic Parmesan Brussels Sprouts**



Transform humble Brussels sprouts into a decadent side dish with this creamy garlic parmesan recipe. The creamy sauce and grated cheese will make even the biggest Brussels sprouts skeptics ask for seconds.

## **15. Buffalo Chicken Lettuce Wraps**





If you're a fan of spicy food, you'll love these buffalo chicken lettuce wraps. The combination of spicy buffalo chicken, cool and crunchy lettuce, and creamy blue cheese dressing creates a delightful explosion of flavors in every bite.

## **16. Eggplant Parmesan Casserole**

## ULTIMATE GUIDE TO Intermittent Fasting Schedules

Intermittent Fasting Schedule	Benefits	Pre	During	Why It's for
<b>16/8</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Pre meals may mood fluctuations</li> <li>Can get the stomach to go 16 hours without food if you're new to fasting</li> </ul>	<ul style="list-style-type: none"> <li>Suitable for nearly everyone</li> </ul>
<b>12/12</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Requires consistent effort</li> <li>Can lead to weight loss and health benefits</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way in a healthy plan if you're new to fasting</li> </ul>
<b>20-HR FAST (Warrior Diet)</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Good for a meal</li> <li>Requires consistent effort</li> <li>Can lead to weight loss and health benefits</li> </ul>	<ul style="list-style-type: none"> <li>Good for eating your way in a healthy plan if you're new to fasting</li> </ul>
<b>24HR FAST</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your metabolism</li> <li>Can lead to weight loss and health benefits</li> </ul>	<ul style="list-style-type: none"> <li>Requires with a busy schedule, this level of fasting is not recommended for most people</li> </ul>
<b>5:2</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your metabolism</li> <li>Can lead to weight loss and health benefits</li> </ul>	<ul style="list-style-type: none"> <li>Requires with a busy schedule, this level of fasting is not recommended for most people</li> </ul>
<b>3-DAY FAST</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your metabolism</li> <li>Can lead to weight loss and health benefits</li> </ul>	<ul style="list-style-type: none"> <li>Requires with a busy schedule, this level of fasting is not recommended for most people</li> </ul>
<b>ALTERNATE DAY FASTING</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your metabolism</li> <li>Can lead to weight loss and health benefits</li> </ul>	<ul style="list-style-type: none"> <li>Requires with a busy schedule, this level of fasting is not recommended for most people</li> </ul>
<b>36HR FAST</b>	<ul style="list-style-type: none"> <li>Can bring on weight loss</li> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> </ul>	<ul style="list-style-type: none"> <li>Can improve blood sugar</li> <li>Can improve insulin sensitivity</li> <li>Can improve blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>Good way to reset your metabolism</li> <li>Can lead to weight loss and health benefits</li> </ul>	<ul style="list-style-type: none"> <li>Requires with a busy schedule, this level of fasting is not recommended for most people</li> </ul>

PIQUE

This low-carb version of the classic Italian dish is sure to impress. Layers of tender eggplant, gooey cheese, and flavorful marinara sauce make this eggplant Parmesan casserole a satisfying and comforting meal.

## 17. Lemon Garlic Herb Grilled Shrimp Skewers



Add a burst of freshness and flavor to your barbecue with these lemon garlic herb grilled shrimp skewers. The combination of tangy lemon, fragrant herbs, and succulent shrimp makes for a perfect keto-friendly summer dish.

## **18. Roasted Cauliflower with Parmesan Cheese**



Upgrade your roasted cauliflower game with this recipe that adds a generous sprinkle of parmesan cheese. The result is a side dish that is crispy, cheesy, and absolutely addictive.

## **19. Bacon and Guacamole Stuffed Burgers**



Take your burger to the next level by stuffing it with delicious bacon and creamy guacamole. This recipe combines all the flavors you love into one amazing burger experience.

## **20. Creamy Tomato Basil Soup**



Warm yourself up with a comforting bowl of creamy tomato basil soup. This keto-friendly version replaces the heavy cream with coconut milk, creating a rich and velvety soup that is bursting with flavors.

## **21. Baked Lemon Herb Salmon**



Impress your family or guests with this simple yet elegant baked lemon herb salmon. The combination of citrusy lemon, fragrant herbs, and tender salmon fillets creates a delicious and healthy dish that is perfect for any occasion.

## **22. Mushroom Bacon Skewers**



Indulge in these savory and satisfying mushroom bacon skewers. The smoky bacon wrapped around juicy mushrooms creates a combination of flavors that will have everyone coming back for more.

### **23. Cheesy Broccoli Soup**





Warm up on a chilly day with a bowl of hearty and comforting cheesy broccoli soup. Packed with nutritious veggies and covered in a blanket of melted cheese, this soup is a dream come true for broccoli lovers.

## **24. Greek Chicken Skewers**



Transport your taste buds to the sunny Greek islands with these flavorful Greek chicken skewers. Marinated in a blend of herbs and spices, these tender and juicy chicken skewers are perfect for grilling or baking.

## **25. Keto Beef Stir-Fry**



If you're in need of a quick and healthy dinner, look no further than this keto beef stir-fry. Packed with colorful vegetables and tender beef, this dish is bursting with flavor and can be ready in under 30 minutes.

## **26. Roasted Garlic Cauliflower Mash**



Forget about traditional mashed potatoes and try this creamy and delicious roasted garlic cauliflower mash. The roasted garlic adds a lovely depth of flavor, while the cauliflower provides a silky smooth texture that rivals mashed potatoes.

## **27. Teriyaki Salmon with Sesame Broccoli**



Enjoy the flavors of Asia with this teriyaki salmon dish served with sesame broccoli. The sweet and tangy teriyaki glaze pairs perfectly with the tender salmon, while the sesame broccoli adds a satisfying crunch.

## **28. Stuffed Portobello Mushrooms with Creamy Spinach**



Add some elegance to your meal with these stuffed Portobello mushrooms filled with creamy spinach. The combination of the meaty mushrooms and the rich and flavorful spinach filling is a match made in keto heaven.

## **29. Lemon Garlic Butter Shrimp**



If you're looking for a quick and easy seafood dish, you can't go wrong with lemon garlic butter shrimp. The tangy lemon, fragrant garlic, and rich butter create a sauce that perfectly complements the succulent shrimp.

### **30. Greek Zucchini Salad**

## ULTIMATE GUIDE TO Intermittent Fasting Schedules

### 16/8

Description	Restrictions	Pro	Con	Why It's So
Fast during an 8-hour window. Start by 12 hours.	Eat between 8am-5pm Eat between 12am-8pm	Pro needs less insulin therapy.	It can be difficult to go 16 hours without food if you're new to fasting.	Suitable for nearly everyone.

### 12/12

Description	Restrictions	Pro	Con	Why It's So
Fast during a 12-hour window for 12 hours.	Eat between 8am-8pm Eat between 12am-12pm	Requires minimal effort, suitable for beginners and longer term.	Greater hunger and/or more weight loss benefits.	Good for easing your way into a longer period of your day to being.

### 20-HR FAST (Warrior Diet)

Description	Restrictions	Pro	Con	Why It's So
Fast during a 20-hour window for 16 hours.	Eat between 8am-8pm Eat between 12pm-12pm	Good for a healthy diet. (Warrior diet) you only have to worry about eating for a hour of your day.	It can be tough to get 20 hours without food.	Compatible with intermittent fasting leading to greater health.

### 24HR FAST

Description	Restrictions	Pro	Con	Why It's So
Don't eat anything for a full 24 hours.	Monday-Friday fasting for 24 hours and 2pm to 12pm fasting.	Good way to reset your digestive system.	Not recommended for diabetics, those T1D2 or on blood sugar meds.	Compatible with a busy schedule, but hard to every about preparing. Best for a 1-2 day fast.

### 5:2

Description	Restrictions	Pro	Con	Why It's So
Choose two non-consecutive days of the week and fast for 5:25-6:00 on those two days.	Mon, Wed, Fri Tue, normal eat Wed, normal eat Thu, normal eat Fri, normal eat Sat, normal eat Sun, normal eat	You have less than 24 hours to eat any amount of food before your fast is over.	Need to be comfortable about meals and snacking between.	Good for anyone who doesn't want to eat long term. Only fast for 2 days a week.

### The Warrior 3-DAY FAST

Description	Restrictions	Pro	Con	Why It's So
Fast for 36 hours. Make water, electrolytes and other fluids. Eat and drink during the 12-hour window.	Thurs-Fri-Sat fasting for 36 hours. Eat and drink during the 12-hour window.	Proven to get you into ketosis quickly.	Fasting for this long can be difficult, especially if you're not used to it.	Requires highly motivated and fasting regimen.

### ALTERNATE DAY FASTING

Description	Restrictions	Pro	Con	Why It's So
Pick any fasting schedule and perform it on an alternating day.	Follow the 16:8 rule on only one day. Monday, Wednesday and Friday.	Makes any intermittent fasting plan more manageable.	Slight taste change in taste buds benefits.	Requires not ready to commit to daily fast. High risk recommendation for women.

### 36HR FAST

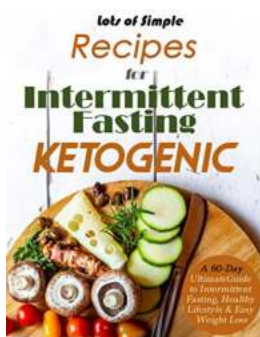
Description	Restrictions	Pro	Con	Why It's So
Fasting for 36 hours. 7 days without any consumption of calories.	Fast from 12pm-12pm. Eat and drink during the 12-hour window.	An excellent, almost medical solution for Type 2.	Quite difficult to implement.	Requires trying to fasting more. Consult your doctor before attempting.

Bring the flavors of Greece to your table with this refreshing and vibrant Greek zucchini salad. Packed with fresh herbs, tangy feta cheese, and crunchy zucchini, this salad is a delightful addition to any meal.

With these 30 delicious and easy recipes, you'll be well-equipped to embark on your journey of intermittent fasting ketogenic. From breakfast to dinner and



everything in between, these recipes are designed to keep you satisfied while helping you achieve your health and weight loss goals. Bon appétit!



## Lots of Simple Recipes for Intermittent Fasting + Ketogenic: A 60-Day Ultimate Guide to Intermittent Fasting, Healthy Lifestyle & Easy Weight Loss

by Jacob Hoffman (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 49342 KB

Lending : Enabled

Screen Reader : Supported

Print length : 105 pages



The book is divided into 4 sections:

Section 1 will give you all the basics of intermittent fasting, nutritional ketosis and fasting. We are going to see the myths about intermittent fasting, breakfast myths, physiology of intermittent fasting and why you should fast intermittently.

Section 2 will tell you "how" to fast intermittently; protocols and best approaches for intermittent fasting/how to choose the best protocols. You will also learn about the numerous benefits and side effects of intermittent fasting including best exercises to do during fasting.

Section 3 will take you to nutrition and intermittent fasting (Combining intermittent

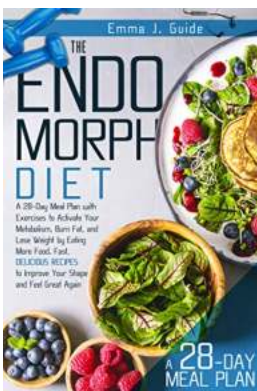
fasting and ketogenic diets effectively); how to prepare your keto-diets plan and more than 20 common mistakes to avoid during fasting.

Section 4 will elaborate on 101+ ketogenic recipes (including keto BBQs & Main dishes, side dishes, desserts, appetizers, salads, drinks etc) that you can combine with intermittent fasting for effective results. You will learn about the 4-step adaptation blueprint that can help you combine ketogenic diets and intermittent fasting.



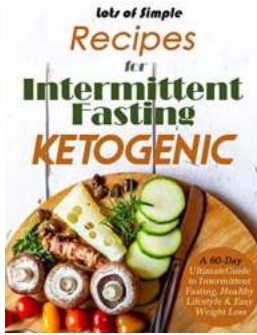
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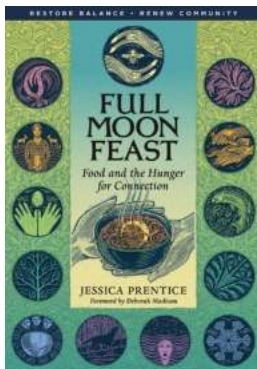
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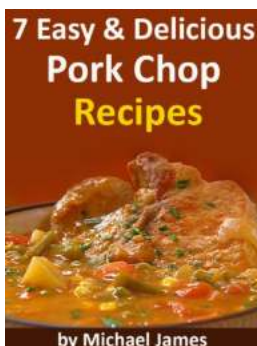
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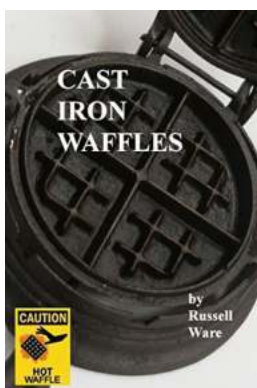
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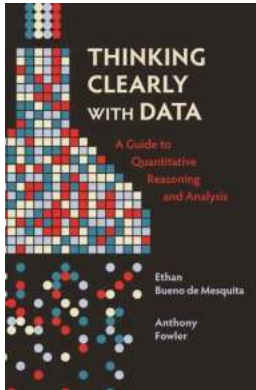
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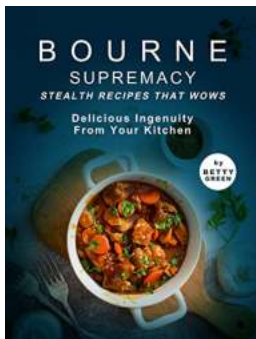
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