



BONUS – DRINKS



COCONUT LATTE

- 8 fl oz (240 ml) brewed coffee, hot
- 2 tbsp full-fat coconut milk or cream
- 1 tsp MCT oil (optional)

Ingredients

- 1 Add all ingredients to a blender.
- 2 Blend until creamy and frothy.
- 3 Serve in a warmed mug.

Instruction



SERVINGS: 1

Calories: 92
Protein: 0.3g | Fat: 10g
Net Carbs: 2g



SERVINGS: 2

Calories: 83
Protein: 1.9g | Fat: 7.3g
Net Carbs: 1.5g

CHOCOLATE SMOOTHIE

- 12 fl oz (360 ml) unsweetened almond milk
- ½ ripe avocado
- 1 tbsp heavy cream (optional)
- 1 tbsp unsweetened cocoa powder
- Ice, as needed
- Low-carb sweetener to taste (optional)

- 1 Add all ingredients to a blender.
- 2 Blend until smooth and creamy.
- 3 Serve immediately.

Ingredients

Instruction



SERVINGS: 2

Calories: 42
Protein: 1g | Fat: 2g
Net Carbs: 4g

NORTHERN BLUEBERRY SMOOTHIE

- 12 fl oz (360 ml) unsweetened almond milk
- ½ cup (70 g) frozen blueberries (for stricter keto: use less)
- 1 tbsp chia seeds (optional)
- Ice, as needed
- Low carb sweetener to taste (optional)

- 1 Add all ingredients to a blender.
- 2 Blend until thick and silky.
- 3 Serve in a chilled glasses.

Ingredients

Instruction



SERVINGS: 2

Calories: 1
Protein: 0g | Fat: 0g
Net Carbs: 0.4g

ELECTROLYTE LEMONADE

- 12 fl oz (355 ml) cold water or soda water
- 2 tsp fresh lemon or lime juice
- Pinch of salt or a light electrolyte mix
- Ice, as needed
- 1 tsp MCT oil (optional)
- Pinch Himalayan pink salt

- 1 Add all ingredients to a blender.
- 2 Blend until thick and silky.
- 3 Serve in a chilled glasses.

Ingredients

Instruction



SERVINGS: 2

Calories: 52
Protein: 0.2g | Fat: 5.8 g
Net Carbs: 0g

BUTTER BOOST COFFEE

- 12 fl oz (360 ml) brewed coffee, hot
- 1 tbsp unsalted butter or ghee
- 1 tsp MCT oil (optional)

Ingredients

Instruction

- 1 Add all ingredients to a blender.
- 2 Blend until frothy.
- 3 Serve hot.



SERVINGS: 2

Calories: 90
Protein: 3g | Fat: 7.1g
Net Carbs: 3.4g

ALMOND STRAWBERRY SMOOTHIE

- 16 fl oz (480 ml) unsweetened almond milk
- ½ cup (70 g) frozen strawberries (for strict keto: limit/omit)
- 1 tbsp almond butter
- Ice, as needed
- Low-carb sweetener to taste (optional)

Ingredients

Instruction

- 1 Add all ingredients to a blender.
- 2 Blend until smooth. Pour into glasses and garnish with a strawberry slice (optional)
- 3



SERVINGS: 2

Calories: 68
Protein: 1.7g | Fat: 5.7 g
Net Carbs: 1.5g

GREEN KETO SMOOTHIE

- 1 cup (30 g) baby spinach
- 12 fl oz (360 ml) unsweetened almond milk
- ½ small avocado
- 1 tbsp lemon juice
- Ice, as needed
- Low carb sweetener to taste (optional)

Ingredients

Instruction

- 1 Add all ingredients to a blender.
- 2 Blend until smooth. Serve immediately.
- 3



SERVINGS: 2

Calories: 1
Protein: 0g | Fat: 0g
Net Carbs: 0.2g

ICED LIME GREEN TEA

- 16 fl oz (480 ml) brewed green tea, chilled
- 1 tsp lime juice
- Ice, as needed
- 1 tsp MCT oil (optional)

Ingredients

- 1 Add tea, lime juice, and optional
- 2 oil to a shaker.
- 3 Shake vigorously to prevent separation, then pour over ice. Serve immediately.

Instruction



SERVINGS: 1

Calories: 134
Protein: 1.6g | Fat: 13.5g
Net Carbs: 1.3g

CREAMY VANILLA SHAKE

- 8 fl oz (240 ml) unsweetened almond milk
- 2 tbsp heavy cream
- ½ tsp vanilla extract
- Ice, as needed
- Low-carb sweetener to taste (optional)

Ingredients

- 1 Add all ingredients to a blender.
- 2 Blend until smooth and creamy.
- 3 Serve in chilled glasses.

Instruction



SERVINGS: 1

Calories: 36
Protein: 1.5g | Fat: 2.6g
Net Carbs: 1.2g

MATCHA LATTE

- 1 tsp matcha powder
- 2 tbsp hot (not boiling) water
- 8 fl oz (240 ml) unsweetened coconut milk or almond milk
- 1 tsp MCT oil (optional)

Ingredients

- 1 Whisk matcha with hot (not
- 2 boiling) water until smooth and
- 3 frothy.
Add milk and optional MCT oil, then whisk or blend until creamy. Serve warm or pour over ice.

Instruction