



A FREE EDITION

The Weeknight *Five*

Five keto dinners.

Not one of them over fifteen minutes.

BEFORE YOU START

Most recipes give you *one number*.

Fifteen minutes, they say. What they mean is fifteen minutes of *cooking*. Not the chopping. Not the trip out for the one thing you didn't have. Not the ten minutes you spent choosing it in the first place.

These five are honest about it. Prep and cook are separate numbers, and together they come to what is printed on the page. The macros sit where you can see them. Nothing here needs an ingredient you have to go and find.

Five dinners. That is a working week, if you want it to be. Or five nights you don't have to think about.

5

MINUTES
THE FASTEST

15

MINUTES
THE LONGEST

1

NEEDS NO
COOKING AT ALL



Lemon Herb Rotisserie Chicken *Plate*

Rotisserie chicken you didn't cook, sliced onto a plate you barely arranged, brightened with lemon zest and herbs. Five minutes.

Dinner solved.

PERFECT WHEN

- You bought a rotisserie chicken and it's Wednesday
- You need five-minute protein
- You want dinner without cooking
- You have herbs on the counter

5_{min}

PREP

0_{min}

COOK

290

KCAL

38_g

PROTEIN

1_g

NET CARBS

15_g

FAT

INGREDIENTS

PLATE

- 180g rotisserie chicken, sliced
- 1 tsp olive oil
- 1 tsp lemon zest
- 1 tsp mixed herbs
- ¼ tsp black pepper

METHOD

- 01 Slice the rotisserie chicken meat off the bone. Warm slightly in the microwave (10 seconds) if you want it hot.
- 02 Arrange the slices on a plate.
- 03 Drizzle with olive oil.
- 04 Grate the lemon zest over the top, this is where all the flavour lives, don't skip it.
- 05 Sprinkle mixed herbs and cracked pepper. Eat.

KETO SWAP

Already keto.

PROTEIN UPGRADE

Serve with 30g feta or 100g Greek yogurt on the side for +6 to 20g protein.

MEAL PREP

A whole rotisserie chicken gives you 3 to 4 dinners like this. Portion it Sunday.

WHY YOU'LL LOVE IT

You bought most of it already. And the lemon zest makes it taste like you cooked it.



Double Egg Cheese Protein *Stack*

Fried eggs stacked with cheese and ham, drizzled with chili oil. Ten minutes. Forty-two grams of protein, three ingredients, no thinking.

PERFECT WHEN

- You want breakfast that hits
- You need forty grams of protein fast
- You have eggs, cheese, and any meat
- You want breakfast that eats like a knife-and-fork job

3_{min}
PREP

7_{min}
COOK

440
KCAL

42_g
PROTEIN

1_g
NET CARBS

28_g
FAT

INGREDIENTS

STACK

- 3 large eggs
- 2 cheese slices
- 60g ham or chicken slices
- 1 tsp chili oil

METHOD

- 01 Heat a non-stick pan over medium heat. Fry the eggs, 3 minutes for soft yolks, 4 to 5 for firm.
- 02 In the last minute, top each egg with a cheese slice to melt.
- 03 Lay the ham or chicken flat on a plate as the base.
- 04 Stack the cheesy eggs on top of the meat.
- 05 Drizzle the chili oil over everything. Eat immediately with a knife and fork.

KETO SWAP

Already keto.

PROTEIN UPGRADE

Recipe already delivers 42g.

MEAL PREP

Best fresh, fried eggs don't reheat.

WHY YOU'LL LOVE IT

Three ingredients. Ten minutes. Forty-two grams of protein. Sometimes that's the whole feature.



Chili Lime Prawn *Bowl*

Prawns tossed hot in chili oil, finished with lime. Fifteen minutes.

Bright, fiery, thirty-six grams of protein.

PERFECT WHEN

- You have prawns thawed or frozen
- You need protein that eats like a starter
- You want dinner that's fast and fiery
- You have limes to use

5_{min}

PREP

10_{min}

COOK

220

KCAL

36_g

PROTEIN

3_g

NET CARBS

7_g

FAT

INGREDIENTS

PRAWNS

- 180g prawns, peeled and deveined
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper

TO FINISH

- ¼ tsp chili flakes
- 1 tbsp lime juice

METHOD

- 01 Pat the prawns dry with paper towels. Season with salt and pepper.
- 02 Heat the olive oil in a pan over medium-high heat until it shimmers.
- 03 Add the prawns in a single layer. Cook 1 to 2 minutes a side, they're done when they curl and turn pink.
- 04 Off the heat, sprinkle the chili flakes and squeeze the lime juice over everything.
- 05 Toss once. Tip into a bowl with all the pan oil. Eat immediately.

KETO SWAP

Already keto.

PROTEIN UPGRADE

Recipe already delivers 36g. Add a bed of arugula for volume.

MEAL PREP

Best fresh, prawns get rubbery reheated.

WHY YOU'LL LOVE IT

The chili-lime finish. That's the whole feature. Restaurant flavour, five ingredients.



Crispy Chaffle *Sandwich*

A chaffle, cheese-and-egg waffle, becomes the bread. Loaded with bacon, egg, mayo. The keto breakfast sandwich you'll actually crave.

PERFECT WHEN

- You miss breakfast sandwiches
- You have a waffle maker sitting unused
- You want to eat with your hands
- You need protein that feels like a treat

5_{min}

PREP

10_{min}

COOK

450

KCAL

28_g

PROTEIN

3_g

NET CARBS

36_g

FAT

INGREDIENTS

CHAFFLE BREAD

- 1 large egg
- ½ cup mozzarella, shredded

SANDWICH FILLING

- 2 bacon strips
- 1 large egg
- 2 cheddar slices (40g)
- 1 tbsp mayo

METHOD

- 01 Heat the waffle maker. Whisk the chaffle egg and mozzarella together in a bowl.
- 02 Pour half the mix into the waffle maker. Cook 3 to 4 minutes until crisp and golden. Repeat with the other half.
- 03 While the chaffles cook, fry the bacon in a pan until crisp. Move to a plate.
- 04 In the bacon fat, fry the remaining egg until the whites are set and the yolk is soft.
- 05 Spread mayo on one chaffle. Layer with cheddar, egg, bacon. Top with the second chaffle. Press gently. Cut in half.

KETO SWAP

Already keto.

PROTEIN UPGRADE

Add a slice of cooked ham or turkey inside the sandwich for +14g protein.

MEAL PREP

Make the chaffles ahead. Store between parchment in the fridge for 3 days. Assemble hot in the morning.

WHY YOU'LL LOVE IT

It's a breakfast sandwich. That's the whole feature. Keto stops feeling like a punishment right about here.



Zucchini Pesto Silk *Noodles*

Silky zucchini noodles in a warm, garlicky pesto. Fifteen minutes.

Pasta comfort with none of the crash, add chicken and it's dinner.

PERFECT WHEN

- You want pasta without the pasta
- You need lunch light enough to leave room for later
- You have zoodles or a zucchini
- You want fifteen minutes and real Italian flavour

5_{min}

PREP

10_{min}

COOK

310

KCAL

8_g

PROTEIN

6_g

NET CARBS

28_g

FAT

INGREDIENTS

SAUCE BASE

- 1 tbsp olive oil
- 1 clove garlic, minced

NOODLES

- 2 cups zucchini noodles
- 2 tbsp basil pesto
- 2 tbsp grated Parmesan
- ¼ tsp salt
- ¼ tsp black pepper

METHOD

- 01 If starting from a whole zucchini, spiralise or shave into ribbons.
- 02 Heat the olive oil in a wide pan over medium heat. Add the minced garlic. Stir 30 seconds until fragrant, do not brown.
- 03 Add the zucchini noodles. Toss constantly with tongs for 2 to 3 minutes, just until wilted, do not overcook or they turn to water.
- 04 Off the heat, add the pesto and Parmesan. Toss until every noodle is coated.
- 05 Season with salt and pepper. Tip into a bowl, extra Parmesan on top. Eat immediately.

KETO SWAP

For dairy-free, use a dairy-free pesto and skip the Parmesan.

PROTEIN UPGRADE

Add 120g grilled chicken or 100g shrimp on top for +25 to 36g protein.

MEAL PREP

Best fresh, zoodles go watery overnight. Pesto keeps 5 days.

WHY YOU'LL LOVE IT

The pesto clings. The zoodles don't turn to soup. Real Italian in fifteen minutes.

SOMETHING ELSE

Fifty of these
are *finished*.

They are not out yet.

You will hear about it here first.

THE PART I LEFT OUT

These five were sorted by *minutes*.

There is a better way to sort them, and it is the whole reason the book exists.

Low Energy

You got home and you do not want to stand up. Everything in here is short, quiet and mostly one pan.

Comfort

You want something that feels like a treat and still counts. Bread that is not bread. Pizza that is not pizza.

High Protein

You trained, or you are hungry in the way that a salad will not fix. Thirty grams and upward, every time.

You do not pick a recipe. You pick the kind of day you have had, and the page has already done the rest.

That is the difference between owning recipes and actually cooking them.

THE BOOK THESE CAME FROM

Cook Your *Mood*

130+ keto recipes, sorted by the kind of day you have had rather than by what is in the fridge.

130+

RECIPES, EACH ONE
PHOTOGRAPHED

79

READY IN FIFTEEN
MINUTES OR LESS

30

THAT NEED NO
COOKING AT ALL

3

MOODS, SO THE
CHOOSING IS DONE

- Prep time and cook time split apart on every single page
- Net carbs, protein, fat and calories printed where you can see them
- A swap and a protein upgrade under every recipe
- How it stores and how long it keeps, so tomorrow is handled too
- The 28 Day Keto Meal Planner included, 112 meals already chosen

You have just cooked from five of them.

GET COOK YOUR MOOD →

alketo.com/book