

KETO PARTY PLAN

Delicious party foods that won't break your diet



Pictured: (1) Keto Bruschetta, (2) Cheesesteak Bake, (3) Keto Pizza, (4) Savory Keto Salad, (5) Avocado Salad Dressing, (6) Avocado Deviled Eggs, (7) Keto Tandy Cakes

Additional low-carb snacks that you can buy, open, and serve include: (A) Raw Almonds, (B) Whisps Parmesan Cheese Crackers, (C) Meat & Cheese Platter, (D) Roasted Salted Peanuts, (E) Veggie Tray with Full-Fat Dip.

Let's Throw a Keto Party!

Celebrate a special occasion without suffering the consequences on the scale. These delicious and nutritious recipes will be a hit with everyone... *even your carb-loving guests!*

by Dr. Becky Gillaspy

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Disclaimer: This information is provided for educational purposes only. Before changing your diet in any way, inform your doctor.

Does any of the following sound familiar?

- You dread social events because there's never anything for you to eat.
- You decide to go off your diet to enjoy the party, and then spend the next week (or two) trying to lose the added weight.
- Your plan to have "just one cookie" turns into a full-out carb-binge leaving you feeling bloated, irritable, and defeated.

If you found yourself nodding your head in agreement with any of these statements, then this Keto Party Plan is just what you need.

Why You'll Love It...

When you follow a low-carb or keto lifestyle, parties can be challenging. The typical party menu is filled with refined carbs, sugary sauces, and super sweet desserts.

This guide turns the typical party upside-down by keeping carbs to a minimum.

Your guests will be amazed that these delicious foods contain so few carbs. In fact, if you had one serving of every item, you'd only end up eating 25 total carbs!

Enjoy great food without wrecking your diet. It doesn't get any better than that!

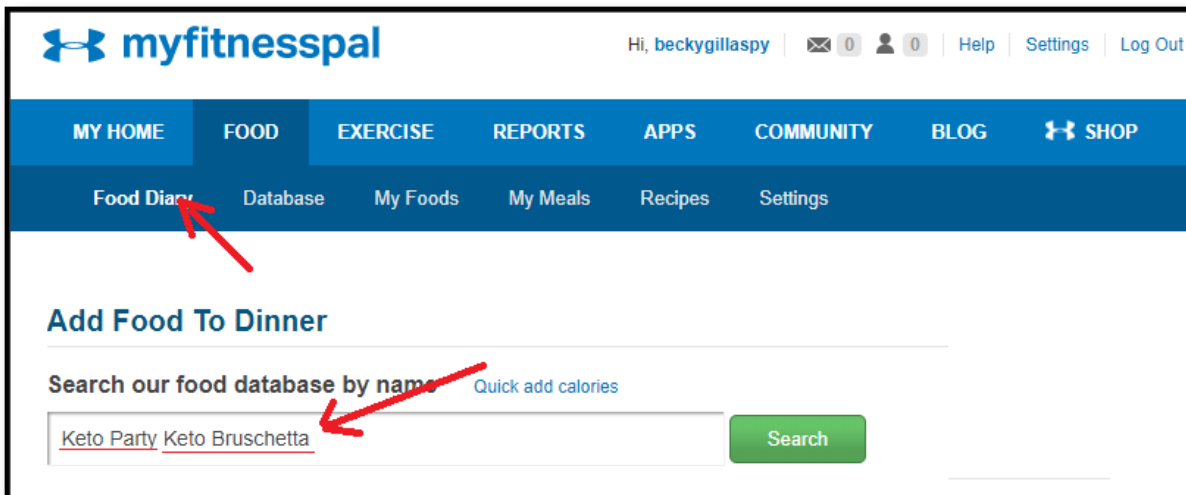
Well, maybe it does...

Bonus My Fitness Pal Key

As a bonus, all of the recipes have been added to My Fitness Pal. If you use this online nutrition tracking tool to record your food intake, this is a huge time saver.

To access the recipes, go to your **Food Diary** and **Add Food**. Type in “*Keto Party*” followed by the “*Recipe Title*”.

For instance, to find the appetizer, simply type in “*Keto Party Keto Bruschetta*,” and then click Search.



The screenshot shows the MyFitnessPal website interface. At the top, the logo "myfitnesspal" is on the left, and user information "Hi, beckygillaspy" with icons for messages (0) and friends (0) is on the right. Below this is a navigation bar with links: MY HOME, FOOD, EXERCISE, REPORTS, APPS, COMMUNITY, BLOG, and SHOP. Under the "FOOD" tab, there is a sub-menu with "Food Diary", Database, My Foods, My Meals, Recipes, and Settings. A red arrow points to the "Food Diary" link. Below the navigation bar, the section "Add Food To Dinner" is visible. It contains a search prompt "Search our food database by name" and a link "Quick add calories". A text input field contains the text "Keto Party Keto Bruschetta", with a red arrow pointing to it. To the right of the input field is a green "Search" button.

Ready to Get Cooking? Let's dig in...

Here's what you'll be serving:



Keto Bruschetta. Get the party started with bruschetta, which is fresh veggies and cream cheese served on a hearty slice of keto bread. You can make the recipe the night before and have this fresh appetizer ready to hand out to guest as soon as they arrive. Only 3 total carbs per serving



Cheese Steak Bake. The flavor explosion from the succulent pulled meat, vibrant vegetables and yummy cheese sauce in this main dish will leave your guests thinking they're eating a high-quality Philly Cheese Steak. Only 4 total carbs per serving



Keto Pizza. My husband, Keith, loves this recipe!!! Before he started his keto diet, the local pizza delivery guy knew him by name. It took a lot of experimenting to get our keto pizza right, but we are happy to say that we nailed this recipe! Only 2 total carbs per serving



Savory Keto Salad. Fiber and freshness are important components of a healthy low-carb diet. Your guest will love this light and refreshing complement to your party spread! Only 4 total carbs per serving

Avocado Salad Dressing. There's no need to ruin a lovely salad with an unhealthy salad dressing. This zesty homemade salad dressing features the keto superfood...avocado. Only 1 total carb per serving



Avocado Deviled Eggs. You'll give new life to routine deviled eggs by making them with avocados. Eggs and avocados are two of the best foods for a nutritious low-carb lifestyle because of their healthy fats and high nutrient densities. This tasty recipe gives you both! Only 1 total carb per serving.



Keto Tandy Cakes. When my brothers and I were growing up, Mom and Dad would take us to the local mini-mart after church for Tandy Kakes. This recipe recaptures the moist cake, creamy peanut butter, and decadent chocolate of those childhood treats without the diet-destroying carbs. Only 10 total carbs per serving.

Time Saver Tips

- Make sure you've got two ripe **avocados** on hand.
- **Hard-boil 12 eggs** the night before the party.
- Make the vegetable topping for the **Bruschetta** the morning of or the night before the party to allow the flavors to blend.

You can also make the bruschetta bread early, but do not assemble the bruschetta until the party is about ready to start. Store both the veggies and the bread in the refrigerator until you're ready to assemble this appetizer.

- Part or all of the **Cheese Steak Bake** can be made the day before the party. For instance, the meat can be made in a crockpot the day before the party or in the oven (see recipe).

If you make the entire recipe the day before the party, it will need to be warmed before serving (warming instructions are provided within the recipe).

- The **Keto Pizza** crust can be made the night before the party. If prepared early, follow the instructions on the recipe to heat the crust before adding the toppings.

For even more prep, you can brown the ground beef the night before the party.

- The **Keto Tandy Cakes** can be made the night before the party. Place them in the freezer for 30 minutes to set, and then store them in the refrigerator until they are ready to be served.

Keto Bruschetta



Serves **24 people**

Calories: 103

Fat: 8g

Carbohydrate: 3g

Fiber: 1g

Protein: 5g

Ingredients

Vegetable Topping Ingredients:

- 3 medium **Tomatoes**, *finely chopped*
- 1/2 cup (55g) **Onions**, *finely chopped*
- 1/2 cup (45g) **Red Bell Pepper**, *finely chopped*
- 1/2 cup (45g) **Green Bell Pepper**, *finely chopped*
- 6 **Fresh Basil Leaves**, *chopped; (substitute 1.5 teaspoons dried)*
- 2 teaspoons (6g) **Swerve Granular**, *(substitute Swerve Confectioners)*
- 1.5 teaspoons **Jane's Crazy Salt**, *(subs equal parts sea salt, dill weed, garlic powder, & onion powder)*
- 2 teaspoons **Parsley**
- 1 teaspoon **Sea Salt**, *(substitute regular salt)*
- 1 teaspoon **Garlic Powder**
- 1 teaspoon **Paprika**

Bread Ingredients:

- 1 tablespoon (14g) **Butter**
- 1 cup (24g) **Spinach**, *stems removed*
- 4 large **Eggs**
- 1/2 cup (44g) **Almond Flour**, *(substitute almond flour meal)*
- 1/4 teaspoon **Garlic Powder**
- 1/8 teaspoon **Salt**
- 2.5 cups (280g) **Mozzarella Cheese**, *shredded*
- 5 ounces (140g) **Regular Cream Cheese**, *(a.k.a. Philadelphia Cream Cheese Brick)*
- 12 tablespoons (126g) **Whipped Cream Cheese**, *(subs. Softened regular cream cheese)*

Preparation (bruschetta cont.)

- *Note: I recommend preparing the vegetable topping in the morning or the night before the party to give the flavors time to blend.*

Vegetable Topping Directions:

- Chop the vegetables & basil using a knife or a food processor. The vegetables should be finely chopped but not mushy. If using a food processor, pulse the vegetables to create 1/4-in (7 cm) square pieces.
- Place the veggies in a medium-size bowl and add the Swerve and spices. Stir, cover, and refrigerate.

Bread Directions:

- Preheat the oven to 375°F (190°C)
- Line a 12inx17in (32cm x 44cm) rimmed baking sheet with parchment paper and set aside. *(I like to spray the baking sheet before lining it with parchment paper to help the dough separate from the paper.)*
- In a small saucepan, heat the butter & then add the spinach. Cook a few minutes over medium heat until wilted. Set aside.
- In a medium-size bowl, mix the eggs, almond flour, garlic powder, and salt until somewhat moist. Set aside.
- Place the mozzarella cheese and 5 ounces of regular cream

cheese in a large microwaveable bowl. Microwave in 30-second intervals until melted. This should not take more than a couple of minutes.

- Add the flour mixture and cooked spinach to the cheese mixture and stir until blended well.
- Pour the combined ingredients onto the parchment paper and spread out to make a rectangular shape.
- Bake for 12 to 15 minutes or until the bottom is light brown. Flip the bread over and place back in the oven for about 5 minutes.
- Allow the bread to cool before assembly

Assembly:

- Spread the Whipped Cream Cheese over the top the bread.
- Spread the vegetable topping over the cream cheese. Tip: use a slotted spoon to dish the veggies onto the cream cheese to reduce the amount of liquid. Too much veggie juice will make the bread soggy.
- Slice the bruschetta into about 2-inch (5 cm) squares (24 pieces).
- You might want to garnish the bruschetta with basil and paprika

Cheese Steak Bake



Serves **8 people**

Calories: 411

Fat: 32g

Carbohydrate: 4g

Fiber: 1g

Protein: 26g

Ingredients

- 3 tablespoons (42g) **Butter**, *divided*
- 2 teaspoons (10g) **Garlic**, *minced; divided*
- 1 cup (150g) **Onions**, *sliced into 1/2 circle strips*
- 1 cup (70g) **Mushrooms**, *sliced*
- 1/2 cup (50g) **Green Bell Pepper**, *sliced into strips*
- 1/2 cup (50g) **Red Bell Peppers**, *sliced into strips*
- 1.5 pounds (680g) **Beef Chuck Steak**
- 1/2 cup (120ml) **Heavy (Whipping) Cream**
- 1 ounce (28g) **Cream Cheese**
- 1.5 cups (168g) **Mozzarella Cheese**, *shredded; divided*

Preparation

Prepare the Meat:

- I cook the meat in a slow-cooker (a.k.a. crockpot), but it can be cooked in the oven.

(Cooking Option 1: Slow-Cooker)

- Place 1 Tbsp of butter & 1 tsp of garlic in the bottom of the slow cooker. Place the raw steaks on top. Cook on low for 4 to 6 hours.

(Cooking Option 2: Stove and Oven)

- Preheat the oven to 400°F (204°C).
- Using a large oven-safe skillet, heat 1 Tbsp. butter on high heat.

(cheese steak bake continued)

- Add 1 tsp of garlic and the raw steaks. Sear the steaks for about 3 to 5 minutes per side, and then place the skillet into the hot oven to continue cooking until the steaks reach the desired temperature of at least 145°F (63°C). About 5-15 minutes.
- **When the meat is cooked**, pull it apart as you would pulled pork and place into an 8-inch x 10-inch (20 cm x 25 cm) baking dish. Set aside.

Prepare the Vegetables:

- About 15 minutes before the beef is done cooking, you'll want to prepare the vegetables on the stove.
- Using a large skillet, heat one tablespoon of butter on high heat.
- Add the remaining one teaspoon of garlic along with the sliced onions, mushrooms, and peppers. Cook over medium-high heat until just tender.
- Add the cooked vegetables to the pulled apart steak pieces. Stir to blend, and then set aside.

Note: If you made the meat the night before, add the pulled pieces to the vegetables and warm on the stove.

Prepare the Cheese Sauce:

- In a medium-sized saucepan, melt the remaining tablespoon of butter over medium heat.
- Whisk in the heavy cream and cream cheese until melted.
- Add one cup of shredded mozzarella cheese and stir until melted. Do not allow the cheese sauce to boil.
- Pour the melted cheese sauce over the meat and veggie mixture. Top with remaining mozzarella cheese. Place under the broiler until the cheese starts to brown and bubble.

Note: If you make the recipe the day before the party, it will need to be warmed before serving. To warm it, place it in a 350°F (177°C) oven for 15 minutes, and then place under the broiler to brown the cheese, about 5 minutes.

Keto Pizza



Serves **12 people**

Calories: 256

Fat: 21g

Carbohydrate: 2g

Fiber: 1g

Protein: 15g

Ingredients

Pizza Crust Ingredients:

- 1 cup (23g) **Pork Rinds**
- 3/4 cup (84g) **Almond Flour Meal**, (*substitute regular almond flour*)
- 1 large **Egg**
- 1 teaspoon **Baking Powder**
- 1 teaspoon **Italian Seasoning**
- 1/2 teaspoon **Garlic Powder**
- 1/8 teaspoon **Salt**
- 1 tablespoon (14g) **Butter**
- 2 cups (224g) **Mozzarella Cheese**, *shredded*
- 3 ounces (84g) **Cream Cheese**

Topping Ingredients:

- 1/2 pound (227g) **Ground Beef**, *fully cooked*
- 1/2 cup (128g) **No Sugar Added Pizza Sauce**, *I use Rao's Brand*
- 4 ounces (113g) **Canned Mushroom Pieces**, *drained*
- 2 cups (224g) **Mozzarella Cheese**, *shredded*
- **Jalapeno Peppers** (*optional*)

Note: You can make the pizza crust the day before to save time on the day of the party. If you do, store the cooked crust in the refrigerator, and then heat it in a 375°F (190°C) oven for about 5 minutes before adding the toppings.

You can also cook the ground beef early to save time on the day of the party.

Preparation (keto pizza cont.)

- Preheat the oven to 375°F (190°C)
- Line a 12-inch x 17-inch (32 cm x 44 cm) rimmed baking sheet with parchment paper and set aside. *(I like to spray the baking sheet before lining it with parchment paper to help the dough separate from the paper.)*
- Place the pork rinds in a plastic bag and smash with a kitchen mallet until they resemble breadcrumbs.
- In a large bowl, mix together the crushed pork rinds, almond flour, eggs, baking powder, Italian seasoning, garlic powder, and salt until somewhat moistened
- Place the butter, mozzarella cheese, and cream cheese in a large microwaveable bowl. Microwave in 30-second intervals until melted. This should only take about two minutes.
- Add the pork rinds mixture to the melted cheese and stir until blended.
- Remove the dough and knead it to blend the ingredients fully.
- Put the dough on the parchment paper and spread out to make a thin rectangular pizza crust.
- Bake for 10-12 minutes until just starting to brown.
- Meanwhile, if you have not already browned the meat, cook the ground beef on the stove until it is no longer pink.
- When the pizza crust is done baking, remove it from the heat and top it with the pizza sauce, cooked ground beef, mushrooms, cheese, and jalapenos *(if preferred)*.
- Place the pizza back in the oven and bake for another 5 minutes.
- Turn the oven to broil and broil the pizza until the cheese turns brown.
- Watch closely during the broiling stage to prevent burning the pizza.

Tips:

Using almond flour meal, which is coarser than regular almond flour will make the pizza dough less sticky and easier to handle. If you use regular almond flour, put a small amount of the flour on your hands as you knead the dough to make it less sticky.

If you prefer, you can sprinkle the uncooked pizza dough with Parmesan cheese before placing it in the oven.

Savory Keto Salad



Serves **8 people**

Serving Size **1 cup (1/8 of recipe)**

Calories: 77

Fat: 5g

Carbohydrate: 4g

Fiber: 1g

Protein: 5g

Ingredients

- 8 cups (250g) **Mixed Salad Greens (a.k.a. Spring Mix)**
- 4 tablespoons (28g) **Feta Cheese Crumbles**
- 10 **Grape Tomatoes**, *halved*
- 4 **Green Onions** (a.k.a. Scallions), *chopped*
- 1 tablespoon (16ml) **Lemon Juice**
- 2 tablespoons (16g) **Walnuts**
- 2 tablespoon (16g) **Raw Sunflower Seeds**

Preparation

- Combine all ingredients in a bowl, mix and serve.

Avocado Salad Dressing



Serves **12 people**

Serving Size **1 Tbsp. (15g)**

Calories: 83

Fat: 9g

Carbohydrate: 1g

Fiber: 1g

Protein: 0g

Ingredients

- 1 medium-size **Avocado**
- 2 teaspoon (10ml) **Worcestershire Sauce**
- 6 tablespoons (84g) **Extra Virgin Olive Oil**
- 4 tablespoons (60g) **Water**
- 2 tablespoon (30g) **Lemon Juice**
- 2 tablespoon (30g) **Dijon Mustard**
- 2 teaspoon (10g) **Garlic, minced**
- $\frac{1}{4}$ teaspoon **Salt**
- $\frac{1}{4}$ teaspoon **Ground Black Pepper**
- **Horseradish, to taste (optional)**

Preparation

- Place all of the ingredients into a food processor or high-speed blender and blend until smooth.

Tip: you can add a small amount of horseradish to the recipe to add a bit of zip to the flavor.

Avocado Deviled Eggs



Serves **24 people**

Calories: 62

Fat: 5g

Carbohydrate: 1g

Fiber: 0g

Protein: 3g

Ingredients

- 12 large **Hard-boiled Eggs**
- 1 medium-size **Avocado**
- $\frac{1}{4}$ cup (60g) **Full-Fat Mayonnaise**, preferably *mayo made with avocado oil*
- $\frac{1}{2}$ tablespoon (8g) **Dijon Mustard**
- 1 tablespoon (15g) **Lemon Juice**, *substitute Lime Juice*
- $\frac{1}{2}$ teaspoon **Salt**
- **Paprika**, *to taste*

Preparation

- Peel and halve the hard-boiled eggs. Scoop out the yolks and place in a food processor.
- Cut the avocado and scoop the avocado out of its shell. Place the avocado into the food processor with the egg yolks.
- Place the mayo, mustard, lemon juice, and salt in the food processor and pulse until well blended.
- Spoon the mixture into the egg whites and garnish with paprika.

**Note: Ingredients can be mashed together if you do not have a food processor.*

Keto Tandy Cakes



Serves **16 people**

Calories: 221

Fat: 21g

Carbohydrate: 10g

Fiber: 2g

Protein: 6g

Ingredients

Cake Ingredients:

- 2 large **Eggs**
- 1/2 cup (72g) **Swerve Confectioners**
- 3/4 cup (180ml) **Heavy Whipping Cream**
- 3 ounces (84g) **Cream Cheese**
- 1/2 teaspoon (2g) **Vanilla Extract**
- 1 cup (88g) **Almond Flour**
- 1/2 teaspoon **Baking Powder**
- 1/8 teaspoon **Salt**
- 1/2 cup (120g) **Natural Peanut Butter**

Chocolate Topping Ingredients:

- 4 tablespoons (56g) **Coconut Oil**
- 3 tablespoons (42g) **Butter**
- 2 tablespoons (32g) **Almond Butter**
- 2 tablespoons (32g) **Natural Peanut Butter**
- 4 tablespoons (20g) **100% Cacao Natural Unsweetened** (*I use Hershey's brand*)
- 2 tablespoons (18g) **Swerve Confectioners**
- 1 teaspoon (4g) **Vanilla Extract**

Preparation (keto tandy cake cont.)

- Preheat the oven to 350°F (176°C)

Cake Directions:

- Spray a 9-inch x 9-inch x 2-inch baking pan (23 x 23 x 5 cm.) with no-stick cooking spray.
- In a large mixing bowl, beat the eggs and Swerve until well blended. Add the heavy cream, cream cheese, and vanilla and continue to beat until fully blended.
- In a separate bowl, combine the almond flour, baking powder, and salt.
- Slowly add the flour mixture to the egg mixture and mix well.
- Bake for 20 to 25 minutes or until lightly brown. Remove from the oven and immediately spread the top with 1/2 cup of the natural peanut butter. Be careful not to rip the top of the cake as you spread the peanut butter.

Chocolate Topping Directions:

- Put all ingredients into a medium-size saucepan.
- Heat on medium heat until melted and blended. Do not boil.
- Pour over the peanut butter layer.
- Place the Tandy cake in the freezer for at least 30 minutes. It is now ready to serve. It can be stored in the refrigerator.

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| CATEGORY | KETO PARTY GROCERY LIST | QUANTITY | UNITS |
|---------------|---|----------|-------------------|
| Baking | Almond Flour | 1.5 | cups (132g) |
| | Almond Flour Meal (substitute almond flour) | 0.75 | cup (84g) |
| | 100% Cacao Natural Unsweetened (i.e. Hershey's) | 4 | tablespoons (20g) |
| | Baking Powder | 1.5 | teaspoons |
| | Swerve Confectioners | 10 | tablespoons (90g) |
| | Swerve Granular (substitute Swerve Confectioners) | 2 | teaspoons (6g) |
| | Vanilla Extract | 1.5 | teaspoon (6g) |
| Canned Goods | Canned Mushroom Pieces | 4 | ounces (113g) |
| | No Sugar Added Pizza Sauce (i.e. Rao's Brand) | 0.5 | cup (128g) |
| | Jalapeno Peppers (optional) | | |
| Condiments | Full-Fat Mayonnaise | 0.25 | cup (60g) |
| | Dijon Mustard | 2.5 | tablespoon (38g) |
| Dairy | Butter | 8 | tablespoons (56g) |
| | Regular Cream Cheese | 12 | ounces (252g) |
| | Whipped Cream Cheese (subs. Softened regular) | 12 | tablespoon (126g) |
| | Feta Cheese Crumbles | 4 | ounces (112g) |
| | Mozzarella Cheese, shredded | 8 | cups (896g) |
| | Eggs | 19 | large |
| | Heavy Whipping Cream | 1.25 | cups (300ml) |
| Meat | Ground Beef | 0.5 | pound (227g) |
| | Beef Chuck Steak | 1.5 | pounds (680g) |
| Miscellaneous | Coconut Oil | 4 | tablespoons (56g) |
| | Natural Peanut Butter | 10 | tablespoon (152g) |
| | Almond Butter | 2 | tablespoons (32g) |
| | Lemon Juice | 4 | tablespoon (60g) |
| | Extra Virgin Olive Oil | 6 | tablespoons (84g) |
| | Sea Salt (substitute regular salt) | 1 | teaspoon |
| | Worcestershire Sauce | 2 | teaspoon (10ml) |
| | Pork Rinds | 1 | cup (23g) |
| Nuts & Seeds | Raw Sunflower Seeds | 2 | tablespoon (16g) |
| | Walnuts | 2 | tablespoons (16g) |
| Produce | Avocado | 2 | medium-size |
| | Fresh Basil Leaves (substitute 1.5 tsp dried) | 6 | |
| | Garlic (minced) | 4 | teaspoon (10g) |
| | Grape Tomatoes | 10 | |
| | Fresh Mushrooms | 1 | cup (70g) |
| | Green Onions | 4 | |
| | Onions | 1.5 | cup (200g) |
| | Green Bell Pepper | 1 | cup (100g) |
| | Red Bell Peppers | 1 | cup (100g) |
| Produce | Mixed Salad Greens (a.k.a. Spring Mix) | 8 | cups (250g) |
| | Spinach | 1 | cup (24g) |
| | Tomatoes | 3 | medium |
| Spices | Garlic Powder | 1.75 | teaspoons |
| | Jane's Crazy Salt (salt,dill weed, garlic & onion powder) | 1.5 | teaspoons |
| | Paprika | 1 | teaspoon |
| | Parsley | 2 | teaspoons |
| | Italian Seasoning | 1 | teaspoon |

