

# Completely Keto<sup>TM</sup> goes Chinese

By Harlan and Chana Kilstein



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# Table of Contents

<b>Chinese Keto.....</b>	<b>6</b>
Adaptations.....	8
<b>Essentials.....</b>	<b>9</b>
Wonton or Egg Roll Wrappers.....	10
Ketchup .....	12
Teriyaki Sauce.....	13
Kelp Noodles .....	14
Cauliflower Rice.....	15
Mayonnaise.....	16
<b>Recipes.....</b>	<b>17</b>
Hot and Sour Soup.....	18
Egg Drop Soup.....	20
Pepper Steak.....	22
Beef Zomein.....	24
Mongolian Beef .....	26
Teriyaki Chicken .....	28
Sweet and Sour Chicken.....	30
Coconut Chicken.....	32
Chicken and Broccoli.....	34
Beef and Broccoli .....	36
Sesame Chicken.....	38
Peanut Chicken.....	40
Pad Thai.....	42

Lettuce Wraps.....	44
General Tso Chicken.....	46
Chicken Fried Caulirice.....	48
Almond Chicken .....	50
Chicken Chow Mien .....	52
Chicken in Garlic Sauce .....	54
Crab Rangoon .....	56
Pho .....	58
Korean Style Pork Spare Ribs.....	61
Chicken Zomein.....	63
Beef and String Beans.....	65
Coconut Shrimp.....	67
Pork Dumplings.....	68
Dim Sum.....	70
Chicken Egg Rolls.....	72
Ginger Beef.....	74
Hot and Sour Soup.....	76
31- Hunan Shrimp.....	78
Hunan Chicken.....	80
Kung Pao Chicken .....	83
Moo Goo Gai Pan.....	85
Moo Shu Pork.....	87
Szechwan Chicken.....	89
Wonton Soup.....	91
Bourbon Chicken.....	93
Curry Chicken.....	95
Egg Foo Young.....	97



# Disclaimer

Welcome and we're excited to have you with us on this journey. All of the information provided in the book and on the Websites located at [completelyketo.com](http://completelyketo.com), [completelyketo.shop](http://completelyketo.shop), or [speedketo.com](http://speedketo.com) or [speedketo.shop](http://speedketo.shop) is intended solely for general information and should NOT be relied upon for any particular diagnosis, treatment, or care. This book is not a substitute for medical advice. The book and websites are only for general informational purposes.

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# Chinese Keto

The Chinese food we are used to is savory, sweet, and crunchy but also filled with sugar and carbs. The noodles, the rice, the sweet and spicy sauce is warm and comforting. Lucky for us, Asian cuisine is easily keto adaptable.

The main ingredients in most Asian dishes are perfectly low carb.

We have created a keto version of the very best and most popular Chinese food recipes. Just a few tweaks here and there, and you'll be able to enjoy your favorite dishes at home.

In addition, we will add some notes to make these foods Speed Keto and even Speed Carnivore adaptable.

There are some staple ingredients you'll want to pick up at the grocery store to have on hand. Not only do they make these recipes possible, they are amazing additions to your regular cooking routine.

Pick up a great wok. This cookware isn't absolutely essential, so feel free to get cooking even if you don't have one. But a wok does make stir frying much easier. Once you get really good with your tossing skills, a spatula becomes obsolete.





The oils we use in these recipes bring strong and unique flavor to every dish. They are not neutral like olive oil. Peanut oil, sesame oil and chili oil serve as a seasoning as well as a cooking aid.

The staple herbs and spices in Chinese food bring an aromatic element when they are cooked into a dish. Sesame seeds, ginger and long dried red chilis make the difference when creating the Asian flavor in these recipes.

There are some other ingredients you'll want to have on hand. xanthan gum takes the place of all carb heavy thickeners. If you feel your sauce needs more substance, xanthan gum is your answer. Wheat free tamari sauce serves as our keto soy sauce. Rice wine vinegar, Shaoxing wine and Pinot Grigio create the beautiful, bright and sour flavor that complements spicy and sweet alike. The Shaoxing wine and Pinot Grigio all contain negligible carbs and all of the alcohol is cooked away leaving only the bright flavor. Lastly, liquid and granular Stevia should both be on hand for these recipes, we're sure you already have that covered.

Let's get cooking!



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1-866-FOR-KETO | page 7 of 98



# Adaptations

For Speed Keto, eliminate the rare use of dairy. Leave out the nuts. For almond flour please switch to coconut flour. The amounts of Stevia used are so small they won't affect you.

For Speed Carnivore you are using the FLAVORS of the spices without the veggies. If you are cooking with family members who are not on Speed Carnivore, please let them eat the veggies.



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Completely Keto Goes Chinese

1-866-FOR-KETO | page 8 of 98



# Essentials





## Wonton or Egg Roll Wrappers

These wonton wrappers are a game changer! Use them to pan fry, bake, air fry or deep fry dumplings, egg rolls or even just the crispy noodles we all love in Chinese soup. Just remember, these should not be used to boil.

### Ingredients

- 1 egg
- 1 egg white
- ½ cup water
- 2 cup almond flour
- ½ tsp salt



## Instructions

1. Whisk egg, egg white and the water in a small bowl. Set aside.
2. Combine almond flour and the salt in a small bowl.
3. Make a "well" in the center of flour mixture. Pour whipped eggs and water in middle. Stir until you are able to knead dough by hand. Add teaspoons of water to the mixture if needed but not too much water.
4. When the dough becomes malleable, divide it in half. Form each half into a ball. Cover each ball with a damp towel or cloth for a minimum of 30 minutes.
5. Cut dough ball into 4. Roll out each ball pieces into thin squares (under 1/4" for best results). The end result should yield 3-3 1/2" squares.

## Nutritional Information

- Net carbs 1g
- Total carbs 3g
- Fiber 2g
- Fat 9g
- Protein 4g
- Calories 108

*Servings 12*



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## Ketchup

### Ingredients

- 6 oz can tomato paste
- 1.5 tbsp apple cider vinegar
- 1 tbsp granular Stevia
- $\frac{3}{4}$  tsp kosher salt
- $\frac{3}{4}$  tsp garlic powder
- $\frac{3}{4}$  tsp onion powder
- $\frac{1}{8}$  tsp allspice
- Pinch cayenne pepper
- $\frac{2}{3}$  cup water

### Instructions

1. Heat a medium saucepan to low and add all ingredients.
2. Combine and stir intermittently 5 minutes until mixture is heated.
3. Store in a glass jar with tight fitting lid.







## Teriyaki Sauce

### Ingredients

- 1 clove garlic minced
- 1.2 tsp minced ginger
- 1 tsp sesame oil
- 3 tbsp extra virgin olive oil
- 9 drops liquid Stevia
- 5 oz wheat free tamari
- 2 oz Shaoxing wine
- 1 tbsp toasted sesame seeds

### Instructions

1. Combine sesame oil and olive oil in a small saucepan and heat to medium and sizzling.
2. Add garlic and ginger to the saucepan. Sauté 2 minutes.
3. Stir in Stevia, wine and tamari and bring to a light simmer and cook 30 minutes.
4. Stir in sesame seeds and remove from heat.
5. Store in a glass jar with a tight-fitting lid.





## Kelp Noodles

*These are Harlan's favorite!*

### Ingredients

- 16 oz package kelp noodles
- Juice of 1 whole lemon
- 1 tsp baking

### Ingredients

1. Rinse noodles in cold water in a strainer while tossing with your hands for 1 minute. Mix together the juice of 1 lemon and 1 tsp baking soda, stirring for 1 minute.
2. Add kelp noodles to the bowl with lemon juice mixture and toss with your hands, making sure to coat all noodles in the mixture. Toss continuously with your hands for 3 minutes.
3. Place noodles back into the strainer and rinse very well with cold water for 1 minute.
4. Do not cook these noodles. Add to your dish right before serving.





## Cauliflower Rice

### Ingredients

- 1 head cauliflower
- 1 tbsp olive oil

### Instructions

1. Wash cauliflower and remove all greens. Chop cauliflower into small pieces.
2. Place cauliflower into food processor in batches. Set food processor to grate, and pulse until you have a rice consistency.
3. Transfer riced cauliflower to a dry towel and squeeze tightly to remove all moisture.
4. Heat large pan or wok to medium heat and add oil.
5. Add cauliflower rice to wok and toss intermittently for 5-8 minutes.
6. Serve with your favorite dishes.





## Mayonnaise

### Ingredients

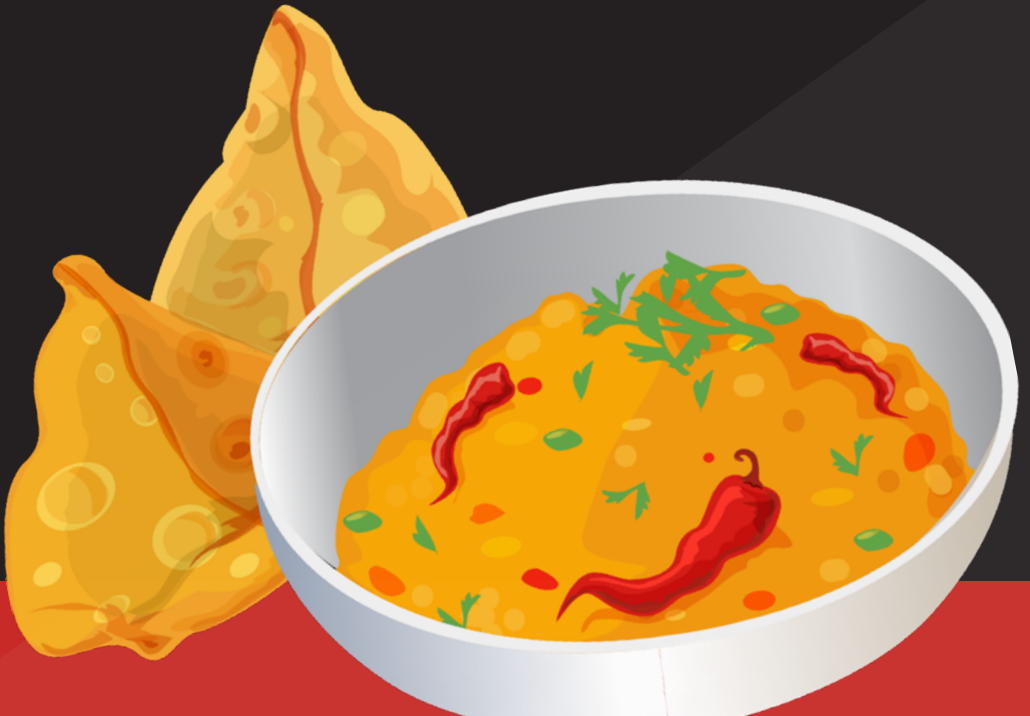
- 1 cup olive oil
- 1 whole room temperature egg
- 1 tsp Dijon mustard
- 1 tsp white vinegar
- 1 tbsp fresh lemon juice

### Instructions

1. Pour all ingredients into a tall plastic cup or the container that comes with your immersion blender.
2. Pulse the immersion blender to thicken and combine the mixture.
3. Blend consistently, raising it up and down the cup to thicken the mayonnaise.
4. Taste for flavor and add salt if needed.
5. Store in a glass container with a tight fitting lid up to 1 week in the fridge.



# Recipes





## Hot and Sour Soup

My all-time favorite Chinese recipe. Unfortunately, most restaurants add too many sweeteners thickeners that aren't keto. I hope you enjoy this one.

### Ingredients

- 1 tbsp olive oil
- 1.5 tbsp grated ginger
- 2 cloves garlic (minced)
- 1/2 cup sliced green onions
- 1/2 cup dried shiitake mushrooms (rehydrated and sliced)
- 1/2 cup dried wood ear mushrooms (rehydrated and sliced)
- 6 oz bamboo shoots canned
- 1 tsp red pepper flakes
- 8 cups chicken broth
- 1/4 cup wheat free tamari sauce
- 1/4 cup rice vinegar
- 1 tsp white pepper
- 1/2 tsp salt to taste
- 4 eggs lightly beaten
- 4 tsp guar gum powder
- 1 lb shredded chicken
- Green onions sliced for decoration, serving





## Instructions

1. Add the oil to a large pot over a medium high heat.
2. Add the ginger, garlic, green onions, mushrooms and bamboo shoots.
3. Cook for 1-2 minutes until tender.
4. Add the red pepper flakes, chicken broth, rice vinegar, tamari, pepper and salt.
5. Simmer for 10 minutes or until mushrooms are tender.
6. Stir the soup in a circular motion. Pour in the beaten eggs while continuing the stir.
7. Let simmer for another 1-2 minutes.
8. Add the guar gum following the package directions.
9. Stir and simmer until the soup is slightly thickened.
10. Stir in the shredded chicken and simmer for another 1-2 minutes.
11. Ladle into bowls and top with sliced green onions.

## Nutritional Information

- Net carbs 1.5g
- Total carbs 3
- Fiber 1.5g
- Fat 7g
- Protein 2g
- Calories 125

*Servings 4*



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## Egg Drop Soup

This egg drop soup dish tastes so similar to the restaurant version that you'll barely notice the difference. If you're in a time crunch, feel free to use store bought chicken stock.

### Ingredients

- 1 pkg chicken bottoms 4 thighs and leg pieces
- 1 pkg chicken bones
- 9 cups water
- 1 tbs kosher salt
- 1/2 tsp xanthan gum
- 6 eggs





## Instructions

1. Place chicken, chicken bones, water and salt in a large pot and bring to a boil.
2. Reduce heat to low and allow to cook for 45 minutes covered.
3. Remove bones and chicken from the soup. (use chicken to prepare a different recipe)
4. The bones of the chicken add electrolytes to the broth. Sprinkle xanthan gum into soup and stir well.
5. Beat eggs in a bowl with a small amount of the chicken broth. Bring soup to medium heat and add egg mixture slowly to hot soup, constantly stirring for a minute.
6. Cook for 10 minutes.
7. Serve hot.

## Nutritional Information

- Net carbs 1.5g
- Total carbs 1.5g
- Fiber 0g
- Fat 8.25g
- Protein 10.5g
- Calories 125

*Servings 4*



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## Pepper Steak

Pepper steak is colorful, filling and the crunch of the vegetables really stands out. Make sure not to overcook the peppers in this dish. Only lightly cooking the fresh vegetables allows them to retain their nutrients.

### Ingredients

- 2 small green bell peppers cut into strips
- 2 small red peppers cut into strips
- 1 small onion cut into strips/chunks as in the photo
- 2 lb pepper steak or thin fillet steak cut into strips
- 1/4 cup tamari sauce wheat free
- 2 tbsp sesame oil for stir frying
- 1/4 tsp ground black pepper
- 1/2 tsp Himalayan salt



## Instructions

1. Heat up sesame oil in frying pan or wok. (Cast iron is my favorite for making Chinese food).
2. Add cut up meat and brown on both sides. If the pan is hot it will take two-three minutes per side. The meat cooks fast.
3. Add the onions, red and green peppers. Stir until vegetables soften. An additional 2-3 minutes. I like a crispness to the vegetables and I don't want to kill all the nutrients.
4. Sprinkle on the salt and pepper. Stir in the tamari. Cook for an additional minute while stirring to make sure everything is well coated.
5. This goes well on top of cauliflower rice.

## Nutritional Information

- Net carbs 5g
- Total carbs 7.3g
- Fiber 1.8g
- Fat 25g
- Protein 42g
- Calories 439

*Servings 6*



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## Beef Zomein

Zucchini noodles are the perfect addition to the fresh vegetables and spices in this dish. Cook your zoodles al dente for the best result.

### Ingredients

- 2 pounds beef cut into small thin pieces such as flank steak or similar
- 10 String beans cut into 1/4 pieces
- 4 chili peppers chopped into thin slices
- 6 Cloves garlic chopped
- 3 tbs wheat free tamari
- 3 tbs olive oil
- 4 large zucchinis made into zoodles using a spiralizer
- 1 tbs Stevia sweetener
- 2 tsp Pink Himalayan Salt
- 2 tbs dark sesame oil
- 2 tbs Pinot Grigio
- 1 chopped scallion for garnish



## Instructions

1. Using your spiralizer, make the 4 zucchinis into a big bowl of zoodles and set aside.
2. Heat a large skillet on medium heat.
3. Add olive and sesame oil. Toss in pieces of beef and stir 2-3 minutes until cooked through.
4. Add garlic, tamari sauce, Stevia and salt, stir well.
5. Pour the 2 tbs of wine in and stir again.
6. Add cut up string beans and sliced chili peppers and toss to combine well.
7. Add the zoodles to mixture and toss to coat. Allow to cook 1-2 minutes until zoodles are slightly softened.
8. Serve and enjoy.

## Nutritional Information

- Net carbs 3.8g
- Total carbs 5.6g
- Fat 22g
- Protein 57g
- Calories 449

*Servings 5*







## Mongolian Beef

This is a simple stir fry dish with marinated beef and a few spices. The wheat free tamari mixed with the coconut oil creates a slightly sticky sauce with a hint of sweetness from the ginger

### Ingredients

- 1 lb sirloin steak cut into strips
- 1/4 cup coconut oil
- 3 scallions

Marinade:

- 1/4 cup wheat-free tamari
- 1 tsp ginger root peeled and diced
- 2 cloves garlic minced



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## Instructions

1. Cut steak into strips.
2. Heat skillet to medium high heat, add coconut oil, garlic and ginger.
3. Stir fry the garlic and ginger in the coconut oil.
4. Add the beef to the very hot oil and use a wooden spoon to stir fry it quickly.
5. Add the scallions and cook for the last 30 seconds to 1 minute.
6. Serve alone or on top of cauliflower rice.

## Nutritional Information

- Net carbs 0.5g
- Total carbs 1g
- Fiber 0.5g
- Fat 37g
- Protein 68g
- Calories 610

*Servings 2*





## Teriyaki Chicken

Teriyaki chicken comes in a few different forms when ordered at a restaurant. Sometimes the chicken is threaded onto a stick and is heavily marinated with no sauce. When ordered at the hibachi grill, the sauce is thick and sweet. Our recipe is a mix of the two. The chicken absorbs plenty of marinade and is finished with a very tasty sauce.

### Ingredients

- 1 lb boneless skinless chicken breasts
- 2 tbs peanut oil
- 1 small onion diced
- ¼ cup wheat free tamari sauce
- ½ tsp xanthan gum

Marinade:

- 1 cup Teriyaki Sauce (see essentials)
- 4 scallions chopped
- 7 drops liquid Stevia





## Instructions

1. Mix the teriyaki sauce and scallions. Marinate chicken in it for 60 minutes minimum.
2. Save marinade for later and take the chicken out.
3. Pour the oil into a large frying pan and heat to medium high.
4. Fry the onions for 2 minutes. Pour chicken in and fry while stirring for 2 minutes, then reduce heat to medium.
5. Pour in the reserved marinade and wheat free tamari sauce and cook for another 10 minutes.
6. Add in the xanthan gum and cook stirring until it becomes a bit thicker. Serve hot.

## Nutritional Information

- Net carbs 3g
- Total carbs 3.6g
- Fiber 0.3g
- Fat 16g
- Protein 49g
- Calories 371

*Servings 3*



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## Sweet and Sour Chicken

This sweet and sour chicken recipe has all of the amazing flavor we love about this Chinese food dish, is low carb and sugar free.

### Ingredients

- 2 tbsp coconut oil
- 1 tbsp ginger minced
- 1/2 small onion minced
- 2 large chicken cutlets ½ lb
- 1 medium red pepper cut into chunks
- 1 medium green pepper cut into chunks
- 1 tbsp granular Stevia
- ½ tsp xanthan gum
- 3 tbsp apple cider vinegar
- ¼ chicken broth



## Instructions

1. Heat wok or frying pan to medium heat, add two tablespoons of olive oil or coconut oil.
2. Add ginger and cook 30 seconds.
3. Add onion and simmer 2 minutes.
4. Cut up 2 large chicken cutlets into strips and add to pan. Simmer chicken for 5-8 minutes turning every few minutes.
5. Add red and green peppers to pan and cook an additional 3 minutes.
6. Add Stevia to  $\frac{1}{4}$  cup water mixed with  $\frac{1}{2}$  teaspoon of xanthan gum. Pour this mixture into the pan and mix well.
7. Add 3 tablespoons of apple cider vinegar and mix well.
8. Serve over riced cauliflower with wheat free tamari

## Nutritional Information

- Total carbs 6g
- Net carbs 7.5g
- Fiber 1.5g
- Fat 19g
- Protein 36g
- Calories 354

*Servings 2*





## Coconut Chicken

The shredded coconut and almond flour give this coconut chicken the perfect crunch and sweetness. Remember, the smaller your chicken pieces, the less cook time they require. Use a meat thermometer to check if you're unsure. Your chicken is done when it reaches a temperature of 165° internally.

### Ingredients

- 2 egg beaten
- 4 chicken breast, boneless, skinless
- 1 cup almond flour
- ½ cup shredded sugar free coconut
- ½ tsp onion powder
- 1 tbsp oregano
- ½ tsp black pepper
- ½ tsp garlic powder



## Instructions

1. Mix the onion, garlic, shredded coconut, black pepper and oregano. Put it in one bowl and the eggs in another.
2. Coat each piece in egg and then in the coconut mix.
3. Heat skillet to medium heat. Fry in oil all the way through until coating turns golden brown, about 1-2 minutes per side.
4. Serve and enjoy.

## Nutritional Information

- Net carbs 10g
- Total carbs 15g
- Fiber 5g
- Fat 34g
- Protein 59g
- Calories 602

*Servings 3*





## Chicken and Broccoli

Chicken and broccoli is one of the most popular Chinese dishes. It is also quick and easy to make at home. After tasting this recipe, you'll choose the home-made version every time.

### Ingredients

- 3 cups broccoli florets
- 1 lb chicken cutlets sliced into 1-inch pieces
- 1 tsp onion powder
- ½ tsp black pepper
- 1 tsp xanthan gum
- ½ tsp kosher salt
- 1 tsp garlic powder
- 1 tbsp avocado oil
- 4 tbsp wheat free tamari sauce
- 1 tsp granular Stevia
- ¼ cup sesame seeds





## Instructions

1. Fill a large Ziplock bag with the salt, pepper and xanthan gum. Add the chicken in and shake around well until the chicken is fully covered.
2. Heat a pot or large saucepan to medium heat and add oil.
3. Add chicken and cook on medium heat in a pot with the oil for 2-3 minutes on each side.
4. Then add in all the rest of the ingredients into the pot with the chicken. Cook for 15 minutes.
5. Serve with cauliflower rice if desired.

## Nutritional Information

- Net carbs 7.3g
- Total carbs 14.3g
- Fiber 6.6g
- Fat 16g
- Protein 56g
- Calories 433

*Servings 3*





## Beef and Broccoli

Have you ever noticed that when you order a beef dish from a Chinese restaurant, the beef seems different? The marinade ingredients some Chinese restaurants use change the texture of the meat. In this recipe your steak will be tender and perfectly seasoned.

### Ingredients

- 2 tbsp olive oil
- 1 small onion chopped into 1-inch pieces
- 1-inch fresh ginger minced
- 1 clove garlic minced
- 1 lb sirloin sliced into 1-inch pieces
- 2 cups cooked broccoli florets
- ¼ cup tamari sauce wheat free



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## Instructions

1. In a wok or frying pan add two tablespoons of olive oil. Cook over a medium heat.
2. Chop onion, ginger and garlic and add to the pan. Sauté 1-2 minutes while stirring.
3. Add one pound of sliced beef. (Sometimes they have it labeled pepper steak but any thin cut beef works). Let brown for a few moments and stir.
4. Add 4 cups of broccoli florets to the mixture.
5. Add 1/4 cup wheat free tamari sauce and cook the broccoli until it turns a deeper green, about 1-2 minutes.
6. Serve over riced cauliflower.
7. Pour the extra sauce on the cauliflower.

## Nutritional Information

- Net carbs 7.3g
- Total carbs 11.6g
- Fiber 4g
- Fat 16g
- Protein 52g
- Calories 391

*Servings 3*



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## Sesame Chicken

This sesame chicken isn't breaded like its traditional counterpart but who needs that anyway! The flavors come out beautifully sweet in this recipe.

### Ingredients

- 1 ½ lb boneless skinless chicken breasts cut into chunk
- 3 cups broccoli florets
- ¼ cup Harlan's homemade Ketchup or sugar free ketchup
- ¼ cup wheat free tamari sauce
- 2 tsp granular Stevia
- 1 tsp grated fresh ginger
- 1 tbsp sesame oil
- Sesame seeds for garnish



## Instructions

1. Mix all the ingredients well except the broccoli, sesame seeds and chicken and pour into a Ziplock bag.
2. Put chicken in the bag and mix around to coat well. Marinate for 4 hours minimum, overnight for best results.
3. Preheat oven to 400 degrees.
4. Prepare a greased baking sheet. Pour the chicken with the sauce over the baking sheet and mix in the broccoli. Mix them together so they are evenly distributed.
5. Sprinkle the sesame seeds over lightly and bake uncovered for half an hour.
6. Serve hot.

## Nutritional Information

- Net carbs 5g
- Total carbs 6g
- Fiber 1g
- Fat 11g
- Protein 56g
- Calories 369

*Servings 4*





## Peanut Chicken

This dish is so tasty and full of healthy ingredients. The creamy peanut sauce coats the chicken perfectly. Sprinkle some crushed peanuts on top for that amazing crunch.

### Ingredients

#### Chicken:

- 2 chicken breasts sliced thin and cut into 1-inch pieces 1/2 lb
- Sesame seeds for garnish
- 1 tsp grated ginger
- 1 tsp kosher salt
- 1.5 tsp xanthan gum
- Avocado oil for frying
- 2 tbsp almond flour
- 2 tbsp Pinot Grigio
- 3 tbsp peanuts chopped

#### Sauce:

- 1 tsp water
- 1 tbsp mayonnaise
- 1 tbsp granular Stevia
- 1 tsp red pepper flakes
- 4 tbsp Extra virgin olive oil
- 2 tbsp Harlan's homemade Ketchup or sugar free ketchup
- 3 garlic cloves minced
- 2 tsp Wheat Free Tamari Sauce



## Instructions

1. Add all the ingredients for the chicken into a bowl except the oil, sesame and peanuts. Mix well until a nice batter like mixture is formed. Let it sit in the batter to marinate.
2. Heat skillet to medium high heat and add 1 tbsp olive oil.
3. Add garlic and sauté 1 minute until garlic is golden brown.
4. Reduce heat to medium and add in all the other ingredients for the sauce.
5. Raise heat to a boil and cook 1 minute until sauce thickens, then remove.
6. Heat 3 tbsp olive oil in skillet.
7. Place chicken mixture into the pot in batches. Fry each batch until golden brown on each side, about 5-7 minutes.
8. Place onto paper towel to drain, then into a large bowl.
9. Mix all sauce ingredients together and whisk well. Place in microwave 45 seconds.
10. Pour heated sauce over chicken and toss to combine.
11. Serve with peanuts and sesame seeds sprinkled on top.

## Nutritional Information

- Net carbs 4g
- Total carbs 5g
- Fiber 1g
- Fat 36g
- Protein 28g
- Calories 468

*Servings 3*



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## Pad Thai

The flavors in pad Thai are very specific. The peanut and basil flavors are what stand out most. Basil is peppery and aromatic. We like a lot of basil in our pad Thai. Feel free to play around with the herb and add as much or as little as you like.

### Ingredients

- 1 lb boneless chicken breasts cut into 1 by ½ inch strips
- 1 whole lime juice, freshly squeezed
- 8 oz miracle noodles (or the [Kelp Noodles](#) mentioned under essentials)
- 4 cloves garlic minced finely
- 3 tbs avocado oil
- 1 cup cabbage shredded
- 3 tbs peanuts chopped
- ¼ tsp course ground pepper
- 2.5 tsp kosher salt
- 1 tsp granular Stevia
- 4 tbs wheat free tamari sauce
- 2 eggs beaten well
- ¾ cup bean sprouts
- 2 scallions chopped in 1-inch strips
- 1 bunch fresh basil roughly chopped





## Instructions

1. Prepare Miracle noodles according to package instructions and set on the side
2. Heat a wok or pan on low heat. Add oil, scallions & minced garlic sauté for 2 minutes.
3. Add shredded cabbage, basil and bean sprouts, stir for 2-3 minutes.
4. Turn heat up to medium, add chicken and toss until chicken is cooked through, about 2-3 minutes.
5. Using a spatula or spoon move everything to one side of the wok or pan.
6. Pour beaten eggs onto the other side of the pan and toss until cooked then stir everything together until well combined.
7. In a small bowl mix together tamari sauce, Stevia, salt & pepper.
8. Pour Miracle Noodles into the bowl of sauce and combine well.
9. Turn heat off and add noodle mixture into the wok and stir well.
10. Pour lime juice & peanuts over the chicken Pad Thai and serve warm.

## Nutritional Information

- Net carbs 6g
- Total carbs 8g
- Fiber 1g
- Fat 21g
- Protein 43g
- Calories 402

*Servings 4*



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## Lettuce Wraps

Feel free to use any type of lettuce you like in this recipe. However, butter lettuce is the very best choice. It already forms a type of cup with its natural shape and the flavor complements the dish well.

### Ingredients

- 1 1/2 lb ground pork
- 8 baby Bella mushrooms
- ½ small white onion diced
- 2 tsp garlic powder
- 1 tbsp grated fresh ginger
- 1 tsp black pepper
- 3 tbsp wheat free tamari sauce
- 1 tsp granulated Stevia
- 10 large leaves butter lettuce



## Instructions

1. Sauté the onion on medium heat until fragrant.
2. Add garlic powder, mushrooms and ginger.
3. Add in pork and cook on medium high until browned.
4. Add in all the rest of ingredients other than lettuce, reduce heat to simmer and cook for 5 more minutes.
5. Let cool a bit then fill the lettuce as wraps.

## Nutritional Information

- Net carbs 3.4g
- Total carbs 4g
- Fiber 0.75g
- Fat 29g
- Protein 35g
- Calories 434

*Servings 5g*



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## General Tso Chicken

Crispy, spicy, sweet general Tso chicken! In this recipe, all of the traditional elements are in play. The almond flour breading for the chicken soaks up the sweet sauce and stays crunchy.

### Ingredients

Chicken base:

- 1 lb boneless skinless chicken thighs cut into 1-inch chunks
- ¼ coconut flour
- Avocado oil or peanut oil for frying

General Tso sauce:

- 3 tbsp wheat free tamari sauce
- 3 tbsp rice vinegar
- 2 tsp red chili paste
- 3 tbsp Stevia granular
- 1 tbsp xanthan gum
- ¼ cup water

Spices:

- ½ tsp red chili flakes
- 3 garlic cloves minced
- 1 tsp grated ginger



## Instructions

1. Toss chicken pieces in almond flour.
2. In a small bowl, stir together the soy sauce, rice vinegar, chili paste, sweetener, 1 tablespoon xanthan gum and water. Set aside.
3. Heat avocado oil in a large skillet and fry the chicken in batches. Place on a paper towel lined plate to dry.
4. Drain all but a tablespoon of oil from the skillet and add chili flakes, garlic and ginger. Cook 1-2 minutes until fragrant.
5. Pour the sauce into the skillet and stir on low until it thickens. Add the chicken back to the pan, toss in the sauce and cook 1-2 minutes more.
6. Top with sesame seeds and serve with broccoli or cauliflower rice.

## Nutritional Information

- Net carbs 4g
- Total carbs 4g
- Fiber 0g
- Fat 22g
- Protein 49g
- Calories 423

*Servings 3*



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## Chicken Fried Caulirice

This is a quick and easy dinner recipe that the whole family will enjoy. All the deliciousness of restaurant fried rice without the rice!

### Ingredients

- 16 oz boneless skinless chicken breasts chopped into 1/2-inch cubes
- 4 tbs light olive oil
- ¼ tsp garlic powder
- ¼ tsp paprika
- 5 string beans sliced into thin pieces
- 5 scallions cut into small circles
- 4 cloves garlic minced finely
- 3 large eggs beaten
- 4 cups cauliflower rice
- 3 tbs wheat free tamari
- 1 tsp kosher salt
- ½ tsp ground black pepper





## Instructions

1. In a Wok heated to medium-high, add olive oil, chicken cubes, garlic powder and paprika.
2. For about 5-7 minutes toss and stir with a spatula or large wooden spoon.
3. Reduce heat to medium low and continue to cook for 3-5 more minutes stirring occasionally.
4. Remove chicken with a slotted spoon or spatula with holes and leave the juices from chicken in wok and set chicken cubes on the side in a bowl.
5. In the wok add small pieces of scallions, and string beans for about 2-3 minutes while stirring.
6. Remove from wok and set aside with chicken cubes.
7. Place cauliflower rice in wok with minced garlic on medium-low and stir for about 2-4 minutes until lightly browned.
8. Remove and set aside with the chicken and veggie mixture.
9. Add beaten eggs to wok and scramble up for 1 minute then add remaining ingredients that were set aside back into the wok and stir.
10. Drizzle with wheat free tamari, salt and black pepper.
11. Cook for about 2 minutes or so until well combined and chicken is heated.

## Nutritional Information

- Net carbs 6g
- Total carbs 11g
- Fiber 4g
- Fat 13g
- Protein 58p
- Calories 406

*Servings 3*



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## Almond Chicken

We love how Chinese food mixes the flavor and texture of nuts into the recipes. The almonds give such a nice crunch to the savory flavors.

### Ingredients

- 1 lb chicken breast cut into cubes
- 2 cloves garlic minced
- 1 teaspoon ginger root minced or grated
- 3 tablespoons wheat free tamari
- 2 tbsp olive oil

### Vegetables:

- 1 oz almonds (slivered or halved)
- ½ cup cabbage finely julienned

### Sauce:

- ½ tsp xanthan gum
- ¼ cup chicken broth
- ¼ cup Pinot Grigio
- 1 tsp granulated Stevia



## Instructions

1. Marinade chicken pieces in garlic, ginger and tamari for 15 to 20 minutes.
2. Mix sauce ingredients together in small bowl, set aside.
3. Heat wok with 1 tbsp olive oil and stir fry almonds until lightly browned; set aside.
4. Heat wok with 1 tbsp oil and stir fry chicken and cabbage pieces until chicken is cooked through and reads 165° internally (about 2 minutes).
5. Add cooked vegetables and almonds to cooked chicken in wok; mix and add sauce mixture.
6. Stir together until sauce thickens slightly.
7. Serve with cauliflower rice if desired.

## Nutritional Information

- Net carbs 3
- Total carbs 5g
- Fiber 1g
- Fat 21g
- Protein 51g
- Calories 435

*Servings 3*





## Chicken Chow Mien

Chow mien translates to stir fried noodles. In this recipe, cabbage and bean sprouts take the place of the noodles. If you like feel free to whip up a batch of kelp noodles to mix in with this dish.

### Ingredients

- 2 tablespoons peanut oil
- 1 lb boneless chicken thigh, thinly sliced
- 2 cups broccoli cut into florets
- 4 garlic cloves, thinly sliced
- 1 long fresh red chili, de-seeded, finely chopped
- 1 fresh chili, finely chopped, to garnish
- 1/4 small red cabbage, sliced
- 1 large zucchini spiralized into zoodles
- 2 cups bean sprouts
- 1/2 cup roasted unsalted macadamia nuts roughly chopped
- 2 tbsp wheat free tamari
- 2 tsp sesame oil
- 3 fresh coriander sprigs, to serve



## Instructions

1. Heat half the peanut oil in a large wok over high heat. Stir-fry half the chicken for 2-3 minutes or until golden. Transfer to a plate. Repeat with remaining chicken.
2. Heat the remaining peanut oil in the wok. Stir-fry the broccoli, garlic and 1 chili for 2 minutes or until tender crisp. Add the cabbage and zucchini noodles. Stir-fry for 1 minute or until just tender.
3. Return the chicken to the wok along with the bean sprouts, macadamia nuts, tamari and sesame oil. Stir-fry for 1 minute or until combined.
4. Serve sprinkled with coriander and fresh chili.

## Nutritional Information

- Net carbs 7g
- Total carbs 11g
- Fiber 3g
- Fat 32g
- Protein 22g
- Calories 415

*Servings 4*





## Chicken in Garlic Sauce

This recipe features winter bamboo which is such a tasty ingredient. There is a chance it will be out of season or not available at your local market. If this is the case, feel free to use canned bamboo.

### Ingredients

- 2 tbsp peanut oil
- 12 dried red chilis roughly chopped
- 1 teaspoon ginger minced
- 3 cloves garlic minced
- 1 small winter bamboo shoot outer husk peeled, thinly sliced, and then julienned
- 8 baby Bella mushrooms halved
- ½ red bell pepper, thinly sliced
- ¼ teaspoon salt
- 2 tsp chili oil (optional)
- ½ tsp xanthan gum, mixed into a slurry with 2 tablespoons water
- 1 scallion, sliced on an angle

For the chicken:

- 10 oz. chicken breast, thinly sliced
- A pinch of salt
- 1 tsp olive oil





For the sauce:

- 1 tablespoon wheat free tamari
- 1 tablespoon rice vinegar
- 1 tablespoon Shaoxing wine
- 1 tsp granular Stevia
- $\frac{3}{4}$  cup chicken broth (or water)

## Instructions

1. Mix all sauce ingredients in a small bowl and set aside. Dust chicken pieces in salt and pepper and set aside.
2. Heat wok to medium high heat, add 2 tbsp peanut oil, chilis, garlic and ginger, sauté 1 minute.
3. Add chicken, cook 3 minutes stirring intermittently.
4. Next add mushrooms, bell pepper and bamboo, cook 3 minutes, stirring. Pour in sauce and mix well.
5. Bring to boil then add xanthan gum slurry. Stir and allow to simmer 1 minute.
6. Serve topped with scallions and serve with cauliflower rice if desired.

## Nutritional Information

- Net carbs 1g
- Total carbs 14g
- Fiber 13g
- Fat 28g
- Protein 48g
- Calories 511

*Servings 2*





## Crab Rangoon

To make this crispy, sweet crab Rangoon, use the wonton wrapper recipe above. You can slice your dough squares as large or as small as you like.

### Ingredients

- 8 oz cream cheese
- 2 green onions chopped thin
- 6-8 oz canned or fresh crab meat flaked.
- 1 clove garlic minced
- 1 tsp mayonnaise
- ½ tsp granular Stevia
- Wonton Wrappers (see above recipe)



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## Instructions

1. Preheat air fryer to 360. Grease basket with olive oil using a paper towel.
2. In a medium bowl, mix cream cheese, green onions, crabmeat, garlic, mayonnaise, and Stevia.
3. Lay out 4 Wonton Wrappers at a time on a cutting board. Moisten the wrappers with a bit of water.
4. Place 1 tsp of crab mixture into the center of each wrapper.
5. Fold wontons into shape. Start by moistening the edges of the wrappers with a bit of water. Fold the wrappers so that you form a triangle.
6. Press the edges together in a pleating pattern. You should have 16-18 rangoons.
7. Lightly brush each Rangoon with olive or coconut oil.
8. Place a few Rangoon into the air fryer with space between them.
9. Cook for 8-10 minutes or until they start to turn golden brown.
10. Serve and enjoy.

## Nutritional Information

- Servings 9
- Net carbs 3g
- Total carbs 5g
- Fiber 2g
- Fat 29g
- Protein 9g
- Calories 247

*Serving size 2*





## Pho

Pho is one of those amazing dishes that has so many amazing flavors. Even before keto I ordered my pho without the noodles and extra beef. The veggies were plenty of texture and taste all on their own. In this recipe we use kelp noodles. I've found the best way to prepare these is to use the lemon tech method, explained below. Cooking these noodles brings out an undesirable flavor so be sure to add your noodles right before serving.

### Ingredients

#### Broth:

- 1 lb thin sliced steak
- 1 ½ small yellow onion
- 3-4 inch-long fresh un-peeled ginger sliced into 1/4 to 1/2-inch-thick rounds.
- 1.5 tbsp beef base
- 2 tbsp fish sauce
- 1 tsp kosher salt
- 1 tbsp granular Stevia
- 10 cups water or 3/4 filled in a medium sauce pan

#### Noodles:

- 24 oz kelp noodles
- 1 lemon juice
- 1 tsp baking soda



### Garnishes:

- 3 sprigs scallion chopped into thin slices
- 2 red Serrano peppers chopped 1/4 inch thick
- 1 lime sliced into wedges
- 1 bunch basil chopped roughly & bottom stems removed
- 1/2 bunch cilantro chopped roughly & bottom stems removed
- 1 bunch mint chopped roughly & bottom stems removed
- 1 cup bean sprouts

### Sachet:

- 1 cinnamon stick broken in half
- 3 dried star anise
- 1 tbsp dried whole cloves
- 6-inch square of cheese cloth
- Butchers' twine

## Instructions

1. Chop or small onion into chunks for the broth. Chop the 1/2 onion into paper thin slivers for garnish.
2. Chop all other vegetables as specified in the ingredients list.
3. Lay out cheese cloth square, place star anise, clove and cinnamon stick in the middle. Pull sides up and secure into a sachet with twine.
4. Bring water to a simmer. Add beef base, salt, Stevia and fish sauce, mix well.
5. Add ginger, large chunks of 1 small onion and sachet to broth. Simmer for 45 minutes. Remove sachet at 30 minutes.
6. Add thin sliced beef to broth at the last 1 minute of cooking, right before serving



7. In the meantime, soften your kelp noodles.
8. Rinse noodles in cold water in a strainer while tossing with your hands for 1 minute. Mix together the juice of 1 lemon and 1 tsp baking soda, stirring for 1 minute.
9. Add kelp noodles to the bowl with lemon juice mixture and toss with your hands, making sure to coat all noodles in the mixture. Toss continuously with your hands for 3 minutes.
10. Place noodles back into the strainer and rinse very well with cold water for 1 minute.
11. Place noodles into bowls right before serving. Label broth over the noodles making sure to include beef.
12. Top with your favorite fresh garnishes, serve and enjoy.

## Nutritional Information

- Net carbs 6g
- Total carbs 9g
- Fiber 2g
- Fat 5g
- Protein 48g
- Calories 276

*Servings 4*







## Korean Style Pork Spare Ribs

Cooking these Korean style pork spareribs in the crock pot is definitely the way to go. Most Asian inspired food is not able to be cooked in this way, but this is one recipe where you can set it and forget it until it's time to enjoy.

### Ingredients

- 5 lb rack pork spare ribs
- 12 drops liquid Stevia

Dry rub:

- 1 tbsp paprika
- 1 tsp chili powder
- 1 tsp cumin
- 1 tbsp garlic powder

Sauce:

- 1 tsp ground ginger
- 1 tbsp wheat free tamari
- 3 tbsp rice vinegar
- 3 tbsp chili sauce
- 4 cloves garlic minced
- 1-inch grated ginger
- 1 tsp kosher salt
- ½ tsp white pepper
- 1 cup balsamic vinegar
- 1 tbsp coconut flour



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## Instructions

1. Cut rib rack in half.
2. Place 3 drops of liquid Stevia on both sides of each rib rack half and rub in.
3. Mix dry rub spices together, sprinkle evenly onto ribs and press in.
4. Set crock pot to low and cover.
5. Cook on low 4-6 hours.
6. Serve and enjoy.

## Nutritional Information

- Net carbs 2g
- Total carbs 3g
- Fiber 0.75g
- Fat 34g
- Protein 33g
- Calories 469

*Servings 12*





## Chicken Zomein

Chicken lo mein means to stir in the noodles instead of stir fry them. In this recipe we are using zucchini noodles instead of the traditional wheat noodles used in Chinese food. Make these zoodles andante to keep some firmness to hold up against the chicken and veggies.

### Ingredients

- 1 lbs boneless chicken thighs, cut into ½ by 1-inch pieces
- ½ cup string beans cut into ¼ inch pieces
- 4 chili peppers chopped into thin slices
- 3 cloves garlic minced
- 3 tbs wheat free tamari
- 3 tbs olive oil
- 2 medium zucchinis made into zoodles using a spiralizer
- 1 tsp granular Stevia
- 2 tsp Pink Himalayan Salt
- 1 tbs dark sesame oil
- 2 tbs Pinot Grigio



## Instructions

1. Using your spiralizer, make the zucchini into zoodles and set aside.
2. Heat a large skillet on medium heat.
3. Add olive and sesame oil. Toss in pieces of chicken and stir 2-3 minutes until cooked through.
4. Add garlic, tamari sauce, Stevia and salt, stir well.
5. Pour the 2 Tbs of wine in and stir again.
6. Add cut up string beans and sliced chili peppers and toss to combine well.
7. Add the zoodles to mixture and toss to coat. Cook 2-3 more minutes until zoodles soften slightly.
8. Serve and enjoy.

## Nutritional Information

- Net carbs 4g
- Total carbs 5g
- Fiber 1g
- Fat 24g
- Protein 20g
- Calories 326

*Servings 4*



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## Beef and String Beans

This dish is mildly flavored and super easy to throw together. If you like your steak a bit more well done add 2 more minutes to the last step.

### Ingredients

- 2 tbsp olive oil
- 1 small onion chopped into 1-inch pieces
- 1-inch fresh ginger minced
- 1 clove garlic minced
- 1 Lb sirloin sliced into 1-inch pieces
- 2 cups string beans
- ¼ cup tamari sauce wheat free



## Instructions

1. In a wok or frying pan add 1 tbsp olive oil. Cook over a medium heat.
2. Chop onion, ginger and garlic and add to the pan. Sauté 1-2 minutes while stirring.
3. Add one pound of sliced beef. (Sometimes they have it labeled pepper steak but any thin cut beef works). Let brown for a few moments and stir.
4. Add string beans to the mixture.
5. Add 1/4 cup wheat free tamari sauce and string beans, sauté about 1-2 minutes.
6. Serve over riced cauliflower if desired.
7. Pour the extra sauce on the cauliflower.

## Nutritional Information

- Net carbs 5g
- Total carbs 7g
- Fiber 2g
- Fat 6g
- Protein 37g
- Calories 288

*Servings 4*



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## Coconut Shrimp

The flaky shaved coconut crisps up perfectly with the crushed pork rinds in this dish.

### Ingredients

- 1 lb peeled shrimp with tail on
- 1 clove minced garlic
- ½ cup mayonnaise
- ½ inch coconut oil in deep pan
- ½ tsp kosher salt
- 4 turns cracked black pepper
- ½ cup unsweetened shredded coconut flakes
- ½ cup crushed pork rinds
- ½ cup coconut flour
- 2 whisked eggs
- ½ tsp onion powder



### Instructions

1. Mix together coconut flakes, crushed pork rinds, onion powder, salt and pepper in a shallow dish.
2. Whisk eggs in another bowl and add coconut flour to a separate bowl. You should have a total of 3 bowls.
3. Heat deep bottom pan to medium heat about 340° and add coconut oil.
4. Dip each shrimp into coconut flour, then into egg wash, then into coconut flake and pork rind mixture. Place each coated shrimp into the heated oil.
5. Fry for 2-3 minutes on each side.
6. Place on paper towel to drain and serve.





## Pork Dumplings

These fried dumplings are made from cabbage, pork and the amazing wonton wrappers in the recipe above. You don't need too much oil to pan fry the dumplings, just enough to cover the side facing down in the pan.

### Ingredients

- 1 lb ground pork
- 1 cup finely chopped napa cabbage
- ½ tbsp grated ginger
- 2 cloves pressed garlic
- 3 tbsp wheat free tamari
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 3 scallions chopped
- ½ inch olive oil, coconut oil, peanut oil or avocado oil.
- Wonton Wrappers (see above recipe)

Dipping sauce:

- 4 tbsp wheat free tamari
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1 turn cracked white pepper



## Instructions

1. Bring a saucepan  $\frac{1}{2}$  filled with water to a simmer and add chopped cabbage. Boil 2 minutes.
2. Strain cabbage in colander and press a paper towel down on top to soak up any extra moisture.
3. Mix together ground pork, garlic, ginger, wheat free tamari, scallions, sesame oil, rice vinegar, cabbage with your hands. Place in refrigerator 30 minutes.
4. Heat a heavy bottom skillet to medium high heat and add pork mixture. Sauté until no longer pink.
5. Drain juices into a bowl and separate pork into another bowl. Allow to cool.
6. Roll out wonton wrappers, place a tsp of pork in the middle of each wonton square. Fold into a triangle and crimp the outsides to secure into a pocket.
7. Heat  $\frac{1}{2}$  inch oil in heavy bottom skillet to medium heat.
8. Place dumplings into oil with  $\frac{1}{2}$  inch space between them. Fry for 2 minutes per side.
9. Remove onto paper towels.
10. Mix dipping sauce ingredients together.
11. Serve with dipping sauce on the side.

## Nutritional Information

- Net carbs 2g
- Total carbs 5g
- Fiber 2g
- Fat 23g
- Protein 17g
- Calories 298

*Serving size 2-3 depending on size of dumplings*





## Dim Sum

This dim sum is delicate and delicious. Instead of the wonton wrapper, we are using cabbage for the outside. The wonton wrappers can't be boiled or steamed. In this recipe, make your cabbage dim sum 1 bite sized so that you won't need to break the cabbage open when taking multiple bites.

### Ingredients

#### Dumplings:

- 16 cabbage leaves
- 1 lb ground pork or chicken
- 2 scallions chopped fine
- 1 egg
- 1 tsp sesame oil
- 1 tsp grated ginger
- 3 tbsp almond flour
- 1 tbsp wheat free tamari
- 3 cloves garlic minced

#### Dipping sauce:

- 1 tbsp wheat free tamari
- 1 tbsp rice wine vinegar
- ¼ tsp sesame oil
- 4 drops liquid Stevia
- 1/8 tsp red chili oil



## Instructions

1. Mix together all dumpling ingredients in a bowl with hands. Leaving out cabbage leaves.
2. Slice the large thick vein from the middle of the cabbage leaves.
3. Bring a medium pot 2/3 full with water to a simmer. Add cabbage leaves and simmer about 10 minutes until soft. Remove and allow to cool.
4. Take each cabbage leaf into your hand and make a cup. Place 1 tbsp of pork mixture into the middle of the cup and press your hand closed forming the cabbage into a dumpling.
5. Heat your steamer basket. Fill a deep skillet or pot with 2 inches of water and bring to a simmer.
6. Place steamer basket on top of the pot or pan, be sure the water line doesn't touch the bottom steamer basket.
7. Arrange dumplings in a single layer on each tier and cover with the next basket, finally covering with the top.
8. Steam 10-15 minutes, adding water when too much evaporates.
9. In the meantime, mix dipping sauce ingredients in a small bowl.
10. Remove dumplings and serve hot with dipping sauce on the side.

## Nutritional Information

- Net carbs 4g
- Total carbs 6g
- Fiber 2g
- Fat 24g
- Protein 28g
- Calories 358

*Servings 5*





## Chicken Egg Rolls

There are a couple of different ways to make egg rolls keto. In this recipe we are using cremini egg thins with cauliflower. Simply fold the filling into a burrito and that's it! Also feel free to enjoy this recipe as an egg roll bowl without the wrap.

### Ingredients

- 4 cremini egg thins with cauliflower
- ½ lb ground chicken
- 1 pressed garlic clove
- ½ cup finely minced cabbage
- ¼ cup wheat free tamari
- 1 tsp ground ginger
- 1 tbsp sesame oil
- 3 diced scallions





## Instructions

1. Heat skillet to medium high heat and add ground pork. Cook until most pink has turned brown. Drain off fat and return to heat.
2. Reduce heat to medium. Add in garlic, cabbage, ginger and tamari. Sauté 1-2 additional minutes.
3. Place cooked meat mixture aside.
4. Heat egg thins in the hot skillet 30 seconds.
5. Plate egg thins and fill with meat mixture.
6. Wrap and garnish with sesame oil and scallions.
7. Serve hot.

## Nutritional Information

- Net carbs 3g
- Total carbs 4g
- Fiber 1g
- Fat 13g
- Protein 21g
- Calories 217





## Ginger Beef

The bright tangy vinegar and ginger in this recipe bring out the flavor in the savory beef.

### Ingredients

- 8 oz sirloin steak sliced thin
- ½ small yellow onion
- 2 chopped firm roma tomatoes
- 3 cloves minced garlic
- 1-inch grated ginger
- 4 tbsp apple cider vinegar
- 1 tbsp olive oil
- 3 long scallions chopped fine
- ¼ tsp kosher salt
- ¼ tsp white pepper
- 1 tbsp sesame seeds for garnish



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## Instructions

1. Heat a heavy bottom skillet to medium high heat and add olive oil.
2. Add sliced steak to skillet and cook 1 minute.
3. Add onion, garlic and tomato to skillet with the beef and reduce heat to medium low.
4. Mix together ginger, salt, pepper and vinegar and pour over steak in skillet. Stir to combine. Allow to simmer until the liquid has reduced.
5. Remove and serve with cauliflower rice if desired.
6. Garnish with scallions and sesame seeds and enjoy!

## Nutritional Information

- Net carbs 6g
- Total carbs 7g
- Fiber 1g
- Fat 12g
- Protein 35g
- Calories 280

*Servings 2*





## Hot and Sour Soup

The diced red chilis add the hot and the rice wine vinegar brings the sour in this hearty recipe. Feel free to adjust to your own preferences. If you like this soup a bit more spicy, add an extra dried red chili! Want to turn up the sour? Add a bit more rice wine vinegar.

### Ingredients

- ½ small white onion diced
- 2-inch fresh ginger
- 1 lb chicken breast fillets
- 70 oz water
- 1 oz baby Bella mushrooms sliced in half
- 1 cup bamboo shoots
- 1 red bell pepper diced
- 2 eggs whisked
- 3 dried red chilis diced
- 3 long scallions chopped thin
- 1 tsp xanthan gum
- 5 tbsp wine rice vinegar
- 4 tbsp wheat free tamari
- 1 clove garlic minced
- ½ tsp kosher salt



## Instructions

1. Bring water to boil in a large pot. Add chicken, onion and 1-inch ginger. Reduce to simmer and cook 30-45 minutes.
2. While chicken is cooking, chop all other veggies.
3. Into a food processor add dried chilis, 1-inch ginger and garlic. Pulse into a paste.
4. When chicken is boiled through, remove ginger and chicken from the broth. Discard ginger.
5. On a cutting board, chop chicken into small 1 by ½ inch pieces and return to pot.
6. Add all remaining vegetables to the pot except scallions.
7. Add processed chili paste, vinegar and tamari to pot. Allow to cook an additional 15 minutes.
8. Whisk eggs in a small bowl. At the last minute of cooking, pour whisked eggs slowly into the simmering soup while stirring. This will produce egg ribbons fully cooked within the broth. Cook 2 additional minutes.
9. Into ¼ cup warm water, add xanthan gum and mix well. Pour into the pot and stir, mixing well. Simmer another 5 minutes to thicken.
10. Serve hot with scallions on top.

## Nutritional Information

- Net carbs 3g
- Total carbs 6g
- Fiber 3g
- Fat 32g
- Protein 41g
- Calories 283

*Servings 4*



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1-866-FOR-KETO | page 77 of 98



## 31- Hunan Shrimp

Hunan was created in the Xiang river region. This style is known for its spicy elements and rich color. This dish has all of the traditional elements, all at 2g net carbs per serving.

### Ingredients

- 1 lb peeled shrimp with tail on
- ½ inch oil (olive, coconut, peanut, avocado oil)
- 4 thin sliced shallots
- 2 tbsp Shaoxing wine
- 2 garlic cloves minced
- 1-inch grated ginger
- ½ cup peanut oil

### Shrimp batter:

- 1 egg whisked
- 2 tbsp sesame oil
- 1 tbsp coconut flour
- 2 tbsp Shaoxing wine
- 4 drops liquid Stevia
- 1 tsp kosher salt

### Sauce:

- 2 tbsp rice vinegar
- 4 tbsp sugar free ketchup
- 1 tsp chili oil
- 1 tbsp wheat free tamari
- ½ tsp kosher salt





## Instructions

1. Whisk together shrimp batter ingredients in a medium sized bowl.
2. Pour shrimp and shrimp batter into a Ziplock bag and seal. Refrigerate for 1 hour.
3. Mix together all sauce ingredients in a small bowl and set aside.
4. Heat wok to medium high heat and add ½ cup peanut oil.
5. Cook shrimp in batches. Place battered shrimp into the wok in one layer. Fry for 1 minute per side until shrimp is pink. Remove onto a paper towel to drain.
6. After all shrimp is cooked and placed aside, discard all but 1-2 tbsp of the oil left in the pan and increase heat to high.
7. Add shallots, garlic, ginger, stir for 30 seconds.
8. Reduce heat to medium and add in wine, stir to combine. Continue stirring vegies, cooking for another 2 minutes.
9. Add shrimp back into the wok and increase heat to medium high.
10. Pour sauce over shrimp and continue to stir fry 1-2 minutes until a bit reduced and shrimp is coated.
11. Serve over cauliflower rice if desired and enjoy.

## Nutritional Information

- Net carbs 2g
- Total carbs 2g
- Fiber 0g
- Fat 31g
- Protein 19g
- Calories 379

*Servings 6*



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## Hunan Chicken

This recipe differs from the Hunan shrimp in the time required for cooking. Chicken takes more time to cook, so the temperature for cooking will be lower and the cook time will be longer.

### Ingredients

- 1 lb boneless skinless chicken breast sliced into 1-inch pieces
- ½ inch oil (olive, coconut, peanut, avocado oil)
- 4 thin sliced shallots
- 2 tbsp Shaoxing wine
- 2 garlic cloves minced
- 1-inch grated ginger
- ½ cup peanut oil





#### Chicken batter:

- 1 egg whisked
- 2 tbsp sesame oil
- 1 tbsp coconut flour
- 2 tbsp Shaoxing wine
- 4 drops liquid Stevia
- ¼ tsp crushed red pepper flakes
- 1 tsp kosher salt

#### Sauce:

- 2 tbsp rice vinegar
- 4 tbsp sugar free ketchup
- 1 tsp chili oil
- 1 tbsp wheat free tamari
- ½ tsp kosher salt

### Instructions

1. Whisk together chicken batter ingredients in a medium sized bowl.
2. Pour chicken and chicken batter into a Ziplock bag and seal. Refrigerate for 1 hour.
3. Mix together all sauce ingredients in a small bowl and set aside.
4. Heat wok to medium high heat and add ½ cup peanut oil.
5. Cook chicken in batches. Place battered chicken into the wok in one layer. Fry for 3 minutes per side until chicken is no longer pink and reads 165 internally. Remove onto a paper towel to drain.
6. When chicken is done and placed aside, discard all but 2-3 tbsp of the oil left in the pan and increase heat to high.



7. Add shallots, garlic, ginger, stir for 30 seconds.
8. Reduce heat to medium and add in wine, stir to combine. Continue stirring vegies, cooking for another 2 minutes.
9. Add chicken back into the wok and increase heat to medium high.
10. Pour sauce over chicken and continue to stir fry 1-2 minutes until a bit reduced and chicken is coated.
11. Serve over cauliflower rice if desired and enjoy.

## Nutritional Information

- Net carbs 6g
- Total carbs 13g
- Fiber 7g
- Fat 30g
- Protein 27g
- Calories 435

*Servings 6*





## Kung Pao Chicken

This is an absolute favorite for Chinese food fans. The veggies are crispy and bright while the sweet, spicy sauce finishes the whole dish.

### Ingredients

Stir fry:

- ½ red bell pepper chopped into ½ inch cubes
- ½ green bell pepper chopped into ½ inch pieces
- ½ medium zucchini sliced into ½ inch thick rounds then sliced in 1/2
- 3 tbsp peanut oil
- 1-inch chopped ginger
- 3 cloves garlic minced garlic
- 10 dried red chilis roughly chopped

Chicken:

- 1 lb chicken breast sliced into 1-inch cubes
- 1 tbsp apple cider vinegar or dry white wine
- 1 tbsp wheat free tamari
- 2 tsp baking soda

Garnish:

- 4 scallions roughly chopped
- ¼ cup crushed roasted peanuts



### Sauce:

- ½ cup chicken broth
- 6 tbsp wheat free tamari
- 2 tbsp dry white wine
- 6 drops liquid Stevia
- 2 tsp sesame oil



### Instructions

1. Mix together all ingredients for the chicken in a bowl, add chicken and place in fridge 30 minutes.
2. Combine all sauce ingredients and mix well then set aside.
3. Heat wok to medium high heat and add 3 tbsp peanut oil then add in chicken. Stir fry 4 minutes while stirring intermittently then remove and set aside.
4. If needed add 1 tbsp peanut oil to wok, reduce heat to medium and add in all stir fry ingredients. Cook, stirring constantly 1 minute.
5. Pour sauce into the wok with the vegetables then add chicken and stir constantly about 2 minutes.
6. Serve with peanuts and scallions on top with cauliflower rice if desired

### Nutritional Information

- Net carbs 2g
- Total carbs 3g
- Fiber 0g
- Fat 12g
- Protein 39g
- Calories 301

*Servings 4*



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## Moo Goo Gai Pan

This is a simple stir fry dish that with plenty of veggies and filling chicken. It's simple to prepare and great for a family style dinner.

### Ingredients

- 1 lb chicken breast fillets sliced into ½ by 2 inch pieced
- 2 tbsp peanut oil
- 1 cup sliced baby Bella mushrooms
- 8 oz canned bamboo shoots
- 2 cups broccoli florets and stems chopped
- 7 drops liquid Stevia
- 1 tbsp wheat free tamari
- 1 tbsp rice wine
- ¼ cup chicken broth
- 2 cloves garlic minced



## Instructions

1. Heat wok to medium high heat and add 1 tbsp peanut oil.
2. Add mushroom, broccoli and bamboo to the wok and cook stirring constantly about 4 minutes. Be careful not to wilt the veggies, they should still be crisp. Remove and set aside.
3. Add in 1 more tbsp peanut oil and add garlic, sauté 30 seconds then add sliced chicken.
4. Cook chicken stirring intermittently about 5 minutes until it begins to brown and no longer pink on the inside.
5. Combine Stevia, wheat free tamari, rice wine and chicken broth in a bowl and whisk.
6. Pour mixture into the wok with the chicken and allow to boil stirring constantly about 30 seconds.
7. Add vegetables back to the wok with the chicken and toss to combine well.
8. Serve with cauliflower rice if desired.

## Nutritional Information

- Net carbs 3g
- Total carbs 6g
- Fiber 2g
- Fat 12g
- Protein 38g
- Calories 294

*Servings 4*





## Moo Shu Pork

Moo Shu has its origins in northern china and the style is very popular in Americanized Chinese food. This dish is sweet and sour in the flavor profile and there are plenty of fresh healthy veggies.

### Ingredients

Pork marinade:

- ¼ cup rice vinegar
- ¼ cup wheat free tamari
- ¼ cup rice wine
- 9 drops liquid Stevia
- 4 cloves garlic minced
- ¼ tbsp cracked black pepper

Moo Shu:

- 1 lb boneless pork chops sliced into ½ by 2-inch pieces
- 2 tbsp peanut oil
- 2 eggs whisked
- 8 oz fresh coleslaw mix
- 4 oz baby Bella mushrooms
- 3 thin chopped scallions



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## Instructions

1. Whisk together marinade ingredients and divide in half.
2. Place chicken into a glass bowl with  $\frac{1}{2}$  of the marinade. Cover and allow to rest 10 minutes.
3. Heat wok to medium heat, add  $\frac{1}{4}$  tbsp oil and pour whisked eggs in. Using a chop stick or tines of a fork, slowly swirl the eggs in a circle until mostly cooked but still a bit moist. Remove and set aside.
4. Wipe any residue out of wok and return to stove, increase to high heat.
5. Add 1 tbsp peanut oil. Pull pork out of the marinade and drop into the wok. Discard the marinade from the pork.
6. Stir fry pork, breaking apart with a wooden spatula and stirring intermittently. Cook about 4 minutes. Remove and set aside.
7. Add remaining oil to wok. Add coleslaw vegetables, mushrooms, scallions. Sauté 2-3 minutes.
8. Add in the remaining marinade and toss to combine.
9. Serve with cauliflower rice if desired.

## Nutritional Information

- Net carbs 5g
- Total carbs 6g
- Fiber 1g
- Fat 11g
- Protein 33g
- Calories 289

*Servings 5*



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## Szechwan Chicken

This is one of the few recipes we have that includes minced or ground meat. The great thing about that, is the meat has the opportunity to soak up more of the delicious sauce.

### Ingredients

- 1 lb ground chicken
- 5 cups fresh baby spinach
- ½ inch fresh peeled minced ginger
- ½ cup chicken broth
- 1 tbsp rice wine vinegar
- 1 tbsp brown mustard
- 2 tbsp wheat free tamari
- 1 tsp red pepper flakes
- 3 tbsp coconut oil
- 6 drops liquid Stevia
- 3 tbsp tomato paste
- 3 dried red chilis
- ½ tsp kosher salt
- ½ tsp cracked black pepper



## Instructions

1. In a food processor add wheat free tamari, tomato paste, 3 dried chilis, ½ tsp minced ginger, 3 garlic cloves and brown mustard. Pulse into a paste.
2. Heat wok to medium high heat and add coconut oil. Add ground chicken and cook, breaking apart with a spatula until browned. add salt and pepper and 1/3 of the sauce mixture. Mix well
3. Add spinach to the wok and stir lightly.
4. Add chicken broth, rice wine vinegar, Stevia, red pepper flakes and the rest of your sauce.
5. Mix well and reduce to simmer. Allow to cook 10 minutes.
6. Serve and enjoy.

## Nutritional Information

- Net carbs 2g
- Total carbs 4g
- Fiber 2g
- Fat 18g
- Protein 23g
- Calories 276

*Servings 5*







## Wonton Soup

The thing that sets this wonton soup apart from the take out version is the bare meatball. Usually the meatball would be wrapped in a carb heavy dumpling. In this recipe, we simply make the perfect wonton soup and allow the delicious pork meatballs shine.

### Ingredients

- 1 lb ground pork or chicken
- ¼ cup finely chopped napa cabbage
- 1 tbsp grated ginger
- 2 cloves pressed garlic
- 3 tbsp wheat free tamari
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 3 scallions chopped
- 1 cup bean sprouts
- ½ cup chopped fresh basil
- 1.5 liters bone broth



## Instructions

1. Bring a saucepan ½ filled with water to a simmer and add chopped cabbage. Boil 2 minutes.
2. Strain cabbage in colander and press a paper towel down on top to soak up any extra moisture.
3. Mix together ground pork, garlic, ginger, wheat free tamari, scallions, sesame oil, rice vinegar, cabbage with your hands. Place in refrigerator 30 minutes.
4. Form pork mixture into 1.5-inch meat balls.
5. Bring bone broth to a boil in saucepan.
6. Drop meatballs into boiling bone broth. Boil for 10 minutes.
7. Ladle broth and meatballs into bowls.
8. Serve garnished with bean sprouts and chopped basil.

## Nutritional Information

- Net carbs 3g
- Total carbs 3g
- Fiber 0g
- Fat 22g
- Protein 31g
- Calories 337

*Servings 5*





## Bourbon Chicken

Bourbon chicken is one of those dishes that spans a couple of food styles. I've seen it served Cajun style and Chinese style. Its signature is the sweetness and of course the bourbon! This recipe doesn't disappoint and is easy to throw together on a busy evening.

### Ingredients

- 2 lb boneless skinless chicken thighs sliced into 1-inch pieces
- 1 tbsp avocado oil
- ½ cup bourbon
- ¼ cup white onion minced
- 3 minced garlic cloves
- 2 tbsp butter
- 2 cups bone broth
- 11 drops liquid Stevia
- Salt and pepper to taste



## Instructions

1. Heat wok to medium high heat, add 1 tbsp butter and 1 tbsp avocado oil.
2. Add chicken and season liberally with salt and pepper. Cook for 2 minutes until browned. Remove and set aside.
3. Add 1 tbsp butter to wok with garlic and onion, sauté until fragrant and translucent.
4. Add bourbon, bone broth, bring to a boil and add chicken back to the wok. Simmer 4-5 more minutes until sauce has thickened.
5. Serve and enjoy.

## Nutritional Information

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 16g
- Protein 18g
- Calories 260

*Servings 8*



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## Curry Chicken

Many areas of the world have their own version of curry chicken. The peanut oil and curry are a perfect contrast to the fresh creamy almond milk.

### Ingredients

- 2 lb boneless skinless chicken thighs sliced into 1-inch chunks
- 12 oz almond milk
- ½ white onion minced
- 2 cloves garlic sliced thin
- 2 tbsp peanut oil
- 2 tsp kosher salt
- 1.5 tsp curry powder
- 5 turns cracked black pepper



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## Instructions

1. Mix curry powder, salt and pepper in small bowl.
2. Sprinkle curry mixture onto chicken evenly.
3. Heat wok to medium high heat and add peanut oil and onion, sauté until fragrant.
4. Using a bullet blinder, add almond milk and garlic. Pulse until smooth.
5. Add chicken and almond milk to wok on medium heat with onion. Stir intermittently. Cook 10 minutes or until chicken reaches 165° internally.
6. Serve and enjoy.

## Nutritional Information

- Net carbs 1g
- Total carbs 1g
- Fiber 0g
- Fat 3g
- Protein 47g
- Calories 314

*Servings 6*







## Egg Foo Young

This is a veggie filled Chinese pancake. Perfect for breakfast, lunch or dinner! Feel free to add any protein you desire. This dish complements chicken, beef, pork and even fish.

### Ingredients

- ½ green bell pepper chopped fine
- 1 stalk celery finely chopped
- 1 cup bean sprouts
- 6 baby Bella mushrooms
- 3 long scallions chopped
- 1 tsp kosher salt
- 6 eggs beaten
- 2 tbsp olive oil
- One thumb sized piece fresh ginger minced



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## Instructions

1. Heat skillet to medium high heat skillet, add 1 tbsp olive oil.
2. Add onion, celery, peppers, bean sprouts, mushrooms and ginger to wok. Sauté until softened.
3. In a large bowl whisk eggs then add the vegetable mixture.
4. Return pan to medium heat and add 1 tbsp olive oil. Ladle enough for a small omelet into the pan and flip when outer edges solidify. Repeat with all egg mixture for 6 omelets.
5. Serve and enjoy.

## Nutritional Information

- Net carbs 2g
- Total carbs 5g
- Fiber 1g
- Fat 19g
- Protein 14g
- Calories 259

*Servings 3*



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# CompletelyKeto™ goes Chinese

— By Harlan and Chana Kilstein

Speed Keto™ is a 30-day plan to double or even triple your weight loss, break through a stall, and burn away those stubborn pounds with just a few simple tweaks to the Keto diet.

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