



# QUICK AND EASY SUMMER RECIPES

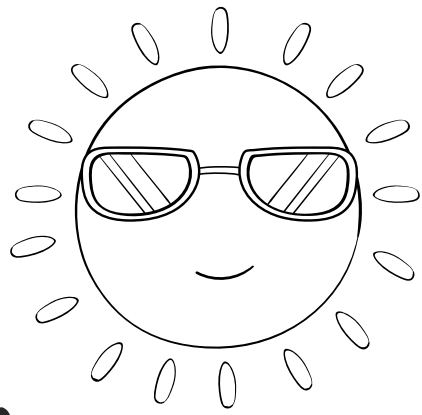


**LCHF/KETO/Low carb**

**gluten free**

**no added sugar**





QUICK AND EASY SUMMER RECIPES



- SALAD WITH SHRIMPS
- SHAKSHUKA
- TZATZIKI
- GRILLED ZUCCHINI WITH PINE NUTS
- BLUEBERRY ICE CREAM
- REFRESHING LEMONADE
- IDEA FOR A PICNIC
- EASY ON THE GO

for more recipes, go to [www.lchf.style](http://www.lchf.style)



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# SALAD WITH SHRIMPS

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- 200 g shrimp tails
- 1 avocado
- 2 handfuls of lettuce
- a couple of cherry tomatoes
- 2 soft-boiled eggs
- Organic ghee butter Live & love
- olive oil
- garlic powder
- salt
- lemon juice





# SALAD WITH SHRIMPS

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Wash the lettuce and arrange it on a plate. Cook the egg until the yolk is still runny. You can also make a poached egg.

Melt a tablespoon of Organic ghee butter in a frying pan and fry the prawns briefly (enough to change colour), add a little salt and garlic.

Peel and slice the avocado.

Place the tomatoes and avocado on the salad, add the warm fried prawns and the sliced eggs. Season with olive oil, salt and a squeeze of lemon juice.





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# SHAKSHUKA

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- 1 small onion
- a couple of cloves of garlic
- 2 peppers
- 4 large tomatoes (or a couple of handfuls of cherry tomatoes)
- 4 eggs
- salt, pepper, parsley
- feta cheese
- spoonful of Organic ghee butter
- a little water





# SHAKSHUKA

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Slice the onion and fry it in a tablespoon of organic ghee butter until it is golden brown. Dice the tomatoes and peppers and add them to the onions in the pan. Cook on a medium heat for about 10-15 minutes until the tomatoes are soft and tender. A little water can also be added.

Season with salt, garlic and other spices.

Using a spoon, make 4 wells and pour one raw egg into each well. Cover the pan with a lid to allow the egg to set.

Before serving, sprinkle with fresh parsley and crumbled feta cheese.





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# TZATZIKI

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- 1 large fresh cucumber
  - 400 - 500 g Greek yoghurt (10 %)
  - 5 tbsp olive oil
  - 1-2 cloves of garlic
  - salt
  - 1 teaspoon vinegar
  - dill

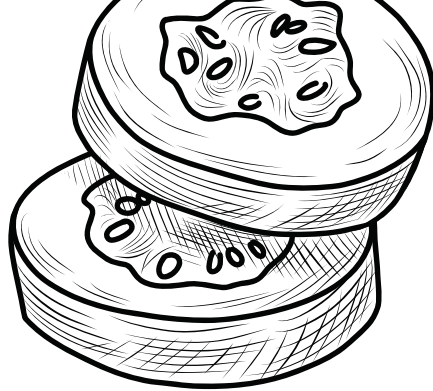
Peel and grate the cucumber. Salt them lightly and leave them in a colander for at least 10 minutes to drain the water. Then rinse them well to remove any excess water.

Add all the other ingredients to the peeled cucumbers and mix well. Salt may be added to taste.





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# GRILLED ZUCCHINI

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- 2 medium sized zucchini
- salt
- Organic ghee butter
- feta cheese
- pine nuts

Cut the zucchini into 0,5 cm thick rounds, salt them and place them on a kitchen towel. Leave them for about 15 minutes to drain off excess water.

Heat a tablespoon of organic ghee butter in a ribbed frying pan and fry the courgettes. In a separate pan, quickly fry the pine nuts.

Arrange them on a serving plate, crumble the feta cheese over them and sprinkle with the fried pine nuts.





# BLUEBERRY ICE CREAM

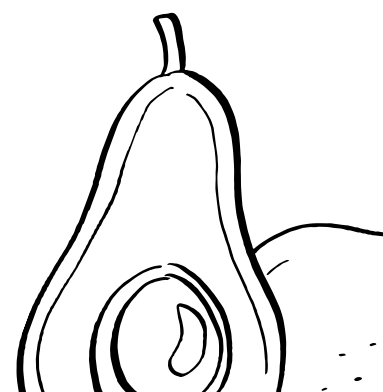
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- 1 large ripe avocado
- 80 g frozen blueberries
- 2-3 teaspoons of erythritol with stevia Live & love
- 0,5 dl sweet cream or Greek yoghurt

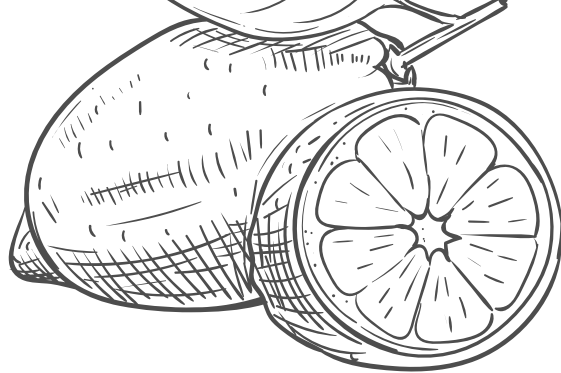
Blend all the ingredients in a blender and place in serving bowls and garnish with fresh blueberries.

For the topping, you can add Live & Love Blueberry Jam without added sugar.





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# REFRESHING LEMONADE

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- 1 can Green Cola Lemon
- Squeezed juice of one lemon
- 2 dl water
- ice
- mint leaves

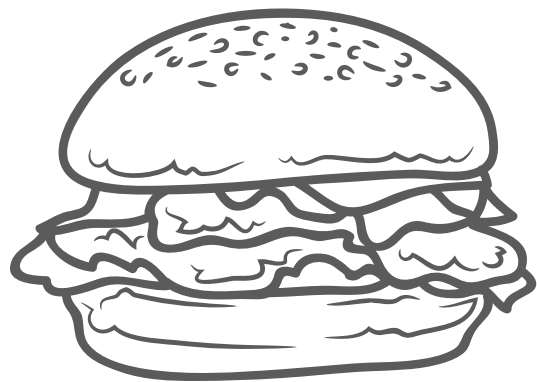
Pour the can of Green Cola Lemon into a pitcher, add water, ice and squeezed lemon juice.

For decoration and extra flavour, add shredded mint or lemon balm leaves.

TIP: white rum or gin can be added for a refreshing alcoholic drink without added sugar.







# IDEA FOR A PICNIC

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Surprise your guests with the perfect KETO burger!

You can watch the recipe and VIDEO of the preparation in the [Challenge Kitchen on the LCHF Style channel \(YouTube\)](#).

In the show, you'll be shown how to make KETO buns, burger meat patties and delicious homemade mayonnaise.





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# EASY ON THE GO

## Green Cola beverages



## BeKETO fat cookies & chocolates



## BeKETO mini rolls



## BeKETO bread



Find products at [www.lchf.style](http://www.lchf.style)





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