

KETO-GREEN 16

RECIPE E-BOOK



DR. ANNA CABECA
the girlfriend doctor

Introduction:

Imagine ... skirts, pants and skinny jeans that fit perfectly ... that little black dress and swimsuit that you feel good about wearing. Imagine a slimmer, sexier, healthier, younger-looking you. Now imagine that you can achieve these results while eating delicious foods like Crockpot Spare Ribs, Chicken Wings with Buffalo Sauce, Keto-Coconut Yogurt Berry Bowl, and more. Even better, imagine you are sitting with The Girlfriend Doctor laughing and chatting together while having a delicious keto-green meal!

With this Keto-Green™ 16 recipe ebook, you'll be preparing delicious foods right in your own kitchen – meals your whole family and even your guests will love. These recipes are companion dishes to my new book [Keto-Green 16](#), a breakthrough 16-day weight-loss program on which you can lose up to a pound a day, as shown in research and real-life case studies. A lot of those fat pounds come right off your waist too! By following a few simple principles in this book, you'll be able to harness your weight-control hormones, so that they work for you – trimming pounds and inches off your body, plus get your metabolism running in higher gear. On Keto-Green 16, you'll find yourself shedding fat at a rate faster than you ever thought possible.



Sound good so far? Just wait until you try these recipes, plus the many recipes I created for my Keto-Green 16 book. All of these are quick & easy.

You can whip them up in bulk to save time and store in your freezer or fridge. You don't have to buy a lot of food either because Keto-Green 16 focuses on only 16 fat-burning key foods that you'll prepare with blah-busting herbs and spices. Nothing is ho-hum on this plan. When it comes to my recipes, my goal is to not only make them taste delicious but also to keep them keto-friendly and alkalizing. I aim for low-carbohydrate, moderate protein, and higher healthy fats because I love what this kind of ketogenic nutrition does for weight loss. Then I add in a bulk of alkalizing foods, such as greens, avocados, digestion-friendly fruits, and other alkaline plant foods to get your body in the healthiest state possible - and prevent the usual casualties of conventional keto diets (like the discomfort of keto flu).

As you begin your journey on Keto-Green 16, have fun trying its recipes, experiencing new flavors, and enjoying some new takes on old favorites. You won't even feel like you're on a "diet." Plus, you'll be satisfyingly full, without cravings. You won't feel like you're missing out on anything. Doesn't that sound like some kind of nutritional heaven?

If so, make sure you order a copy of [Keto-Green 16](#) right away - in order to get the full benefits of the diet plan, its other amazing recipes, and the rapid fat loss that going Keto-Green promises. It all works together - the book, my full diet plan, and the recipes.

Plus when you order the book you will also receive a number of bonuses to get you started:

- Keto-Green 16 Quickstart Guide
- 3-Day Meal Plan with Recipes
- Food Roadmap
- Feast Recipes
- Keto-Green Cooking with Dr. Anna video series
- Keto-Green Private Community
- 20% off anything in Dr. Anna's store

So let's get started ... and get cooking!

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Dr. Anna's Keto-Green™ Shake

SERVES
2

INGREDIENTS:

- 1 scoop Dr. Anna's Keto-Alkaline Protein Shake powder* (0g sugar)
- 1 tablespoon MCT or coconut oil
- 2 scoops Mighty Maca Plus
- 8 ounces water

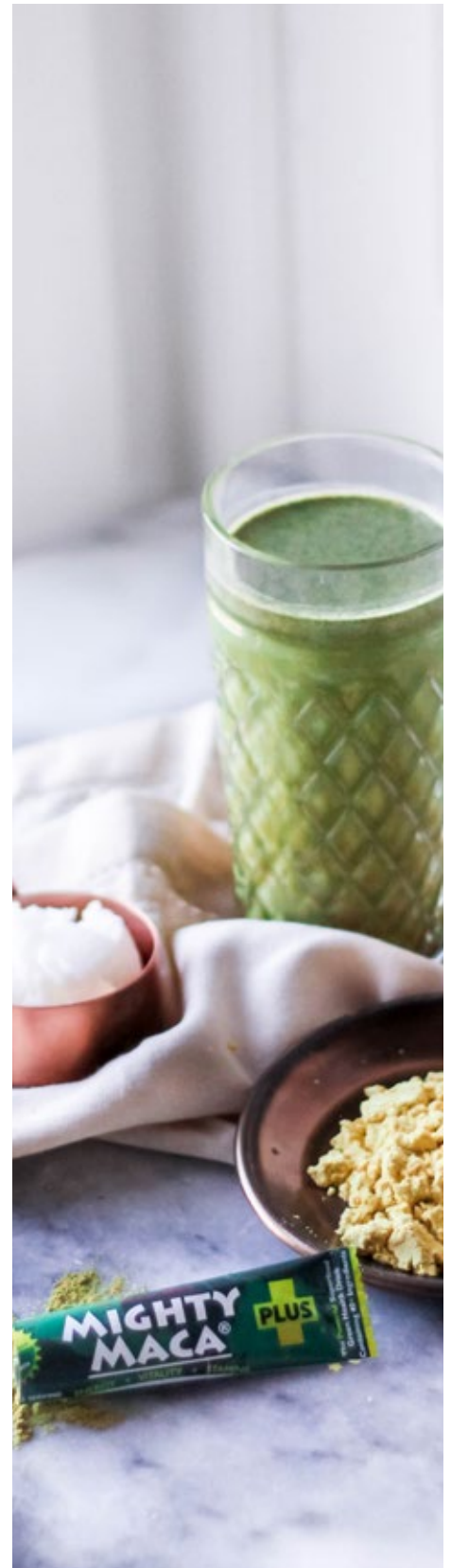
OPTIONAL ALKALINE ADD INS:

- Fresh ginger
- Cilantro
- Avocado
- Cucumber
- Chia seeds
- Celery
- Almond butter
- Coconut water
- Tamarind
- Cinnamon
- Kale
- Cardamom
- Mint
- Pomegranate

INSTRUCTIONS:

1. Place all ingredients in a shaker cup, Nutribullet, or blender and shake or blend until smooth. Delicious!
- * You can substitute a similar protein powder you love and do well with for my Keto-Alkaline Protein. Just be conscientious about making sure the macronutrient and micronutrient profiles are close to those of mine.

This is the mother of all keto-alkaline protein shakes. She is perfect simply as is, but can be dressed up in several ways from a green smoothie fusion to a cocoa almond butter delight.



Keto-Coconut Yogurt Berry Bowl

SERVES
2

INGREDIENTS:

- 1 cup organic plain yogurt or dairy free yogurt.
- ½ cup fresh berries
- 1 cup chopped nuts, any type
- 1 tablespoon chia seeds
- 1-2 teaspoons xylitol, monk fruit or stevia to taste
- 1-2 tablespoons unsweetened shredded coconut

INSTRUCTIONS:

1. Combine all the ingredients in a bowl.
2. Top with dash ground cinnamon if desired.

PREP TIME: 5 MIN



Wilted Green Breakfast Bowl

SERVES
2

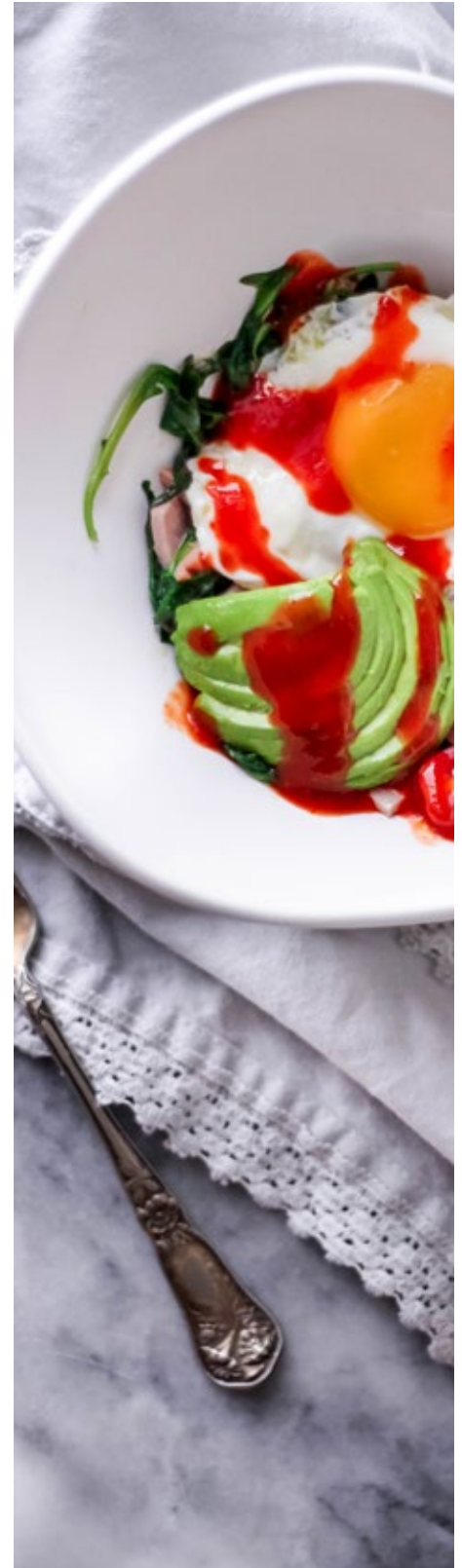
INGREDIENTS:

- 2 tablespoons coconut oil
- 2 cloves garlic, minced
- 1 medium shallot, chopped
- 2 cups baby spinach
- 1 cup baby kale
- 2 pieces of Canadian bacon, chopped
- Sea salt and freshly ground black pepper
- ½ avocado sliced thin
- 2 eggs cooked however you like
- ¼ cup cherry tomatoes, halved
- Hot sauce of your choice

INSTRUCTIONS:

1. In a large skillet, heat coconut oil over medium heat. Add garlic and shallot to the skillet.
2. Cook for 3 minutes or until shallot is translucent. Add in spinach and kale and Canadian bacon.
3. Season with salt and pepper and saute for 3 to 5 minutes or until greens are wilted.
4. Add greens to a couple of bowls, add half avocado to both bowls, an egg to both bowls, split the tomatoes between each, and then drizzle with your favorite hot sauce and enjoy!

PREP TIME: 5 MIN
COOK TIME: 5-10 MIN



Core Booster

SERVES
2

INGREDIENTS:

- 2 ½ cups unsweetened almond milk
- 2 cups frozen spinach
- 1 cup frozen blueberries
- 2 tablespoons almond butter
- 1 tablespoon MCT oil
- ½ cup unsweetened coconut flakes
- 1 tablespoon freshly grated ginger

INSTRUCTIONS:

1. Combine all ingredients in a blender and blend until smooth. Serve and enjoy!



DIY Keto-Green Salad

SERVES
4-6

INGREDIENTS:

- 4 handfuls fresh greens (can use any super greens like kale, parsley, dandelion, spinach, etc.)
- 4 tomatoes, sliced
- 1 cucumber, peeled and chopped
- Dressing, enough to coat salad
- Sprouts – broccoli or other
- Sunflower seeds or slivered almonds
- 4 pieces salmon, chicken, tuna, or beef; 4 servings sardines; or hard-boiled eggs, each sliced in half

INSTRUCTIONS:

1. In a mixing bowl, combine vegetables and toss with dressing.
2. Arrange on 4 plates. Top each with sprouts, sunflower seeds or almonds, and your choice of protein.

PREP TIME: 5 MIN
COOK TIME: N/A



Dr. Anna's Lemon Garlic Vinaigrette

INGREDIENTS:

- 1 teaspoon sea salt
- 3 cloves garlic
- 2 tablespoons lemon juice
- $\frac{2}{3}$ cup extra-virgin olive oil

INSTRUCTIONS:

1. The first option is the method I use: With a mortar and pestle, mash the salt and garlic till the garlic is emulsified. Then add the lemon juice and olive oil and stir well. Taste to see if more salt, lemon juice, or EVOO is needed, and adjust accordingly. Make extra and refrigerate.
2. The second option is to place all ingredients except the oil in a blender or small food processor and puree until smooth. Pour the mixture into a bowl, then add the olive oil and whisk until emulsified.



Chicken Wings with Buffalo Sauce

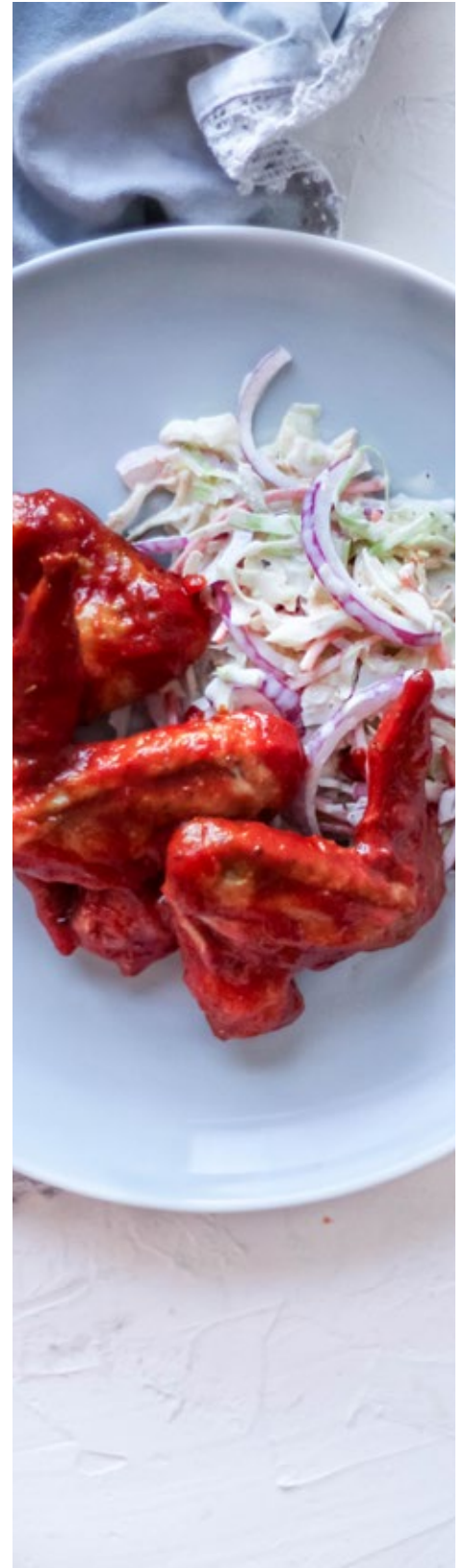
SERVES
4

INGREDIENTS:

- 24 organic or pasture-raised chicken wings
- 1 tablespoon aluminum-free baking powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup extra-virgin olive oil
- ½ cup tomato sauce
- 6 medium garlic cloves, minced
- 1 teaspoon Italian-style seasoning
- 1 teaspoon paprika
- Cayenne pepper
- Coleslaw, kimchi or sauerkraut (for side dish)

INSTRUCTIONS:

1. Preheat oven to 400° F.
2. In a bowl, combine chicken and baking powder. Season with salt and pepper.
3. Place chicken wings on a roasting tray and bake 35-40 minutes, until chicken is browned.
4. Remove chicken and reduce oven temperature to 350° F.
5. In a separate, large bowl, combine the oil, tomato sauce, garlic, Italian seasoning, paprika, and cayenne (to taste).
6. Stir the browned chicken into the bowl of sauce, until the wings are well covered.
7. Return wings to roasting tray and bake for another 12 minutes.
8. Serve with a side of coleslaw, kimchi or sauerkraut.



Lettuce Tacos

SERVES
2-4

INGREDIENTS:

- ½ pound free-range ground beef (OR leftover meat if you have any in your fridge or freezer)
- 1 small yellow onion, chopped
- 1 tablespoon coconut oil
- 2 teaspoons chili powder
- 1 teaspoon salt
- Romaine lettuce leaves
- 1 avocado, peeled and sliced
- 1 handful cilantro, chopped
- 1 tomato, chopped

INSTRUCTIONS:

1. Saute ground beef with onion, coconut oil, chili powder, and salt.
2. Place mixture in lettuce leaves and top with avocado, cilantro, and tomato. Roll up like a burrito.
3. Top with sour cream (optional)

PREP TIME: 5 MIN
COOK TIME: 5-8 MIN



Cilantro Lime Stuffed Avocados

SERVES
2

INGREDIENTS:

- 2 4-ounce cans of salmon, drained
- ½ medium red onion, chopped
- 1 cup cilantro, chopped
- ½ cup mayonnaise
- 2 large limes, juiced
- 1 large avocado, pitted and cut in half
- Sea salt and freshly ground black pepper to taste

INSTRUCTIONS:

1. In a medium bowl, combine first 5 ingredients.
2. Scoop out most flesh of avocado, leaving ½ to 1 inch in the shell. Chop scooped avocado and add to salmon mixture and season with salt and pepper.
3. Serve by dividing salmon mixture into each half of avocado. Garnish with cilantro and serve.

PREP TIME: 10 MIN
COOK TIME: N/A



Garlic Ginger Crockpot Spare Ribs

SERVES
2

INGREDIENTS:

- 3 tablespoons coconut oil, melted
- 1½ cups beef broth or bone broth
- ½ cup coconut aminos or gluten free soy sauce
- ½ cup apple cider vinegar
- 1 medium piece of ginger root (about 3 inches), grated
- 5 cloves garlic
- 1 medium shallot
- ½ teaspoon sea salt
- 1 teaspoon red pepper flakes
- 2 pounds bone-in spare ribs, cut into 4 pieces

INSTRUCTIONS:

1. In a blender, combine all ingredients except ribs. Blend until smooth.
2. In a large bowl, combine ginger mixture and spare ribs. Toss to ensure ribs are fully saturated.
3. Transfer ribs and all excess ginger mixture to a large slow cooker.
4. Cook on high for 4 hours or low for 8 hours, meat should be falling off the bone.

PREP TIME: 5 MIN

COOK TIME: 4 HRS ON HIGH, 8 ON LOW



Cruciferous Veggie Bake

SERVES
4-6

INGREDIENTS:

- 1 cup chopped kale
- 1 cup broccoli florets
- 1 cup Brussels sprouts, halved
- 1 cup chopped red cabbage
- 1 stick butter, melted
- 3 cloves garlic, mashed
- ½ to 1 teaspoon sea salt
- 1 teaspoon allspice
- ¼ cup pine nuts or slivered almonds (optional)

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. In a glass baking dish, combine the vegetables.
3. In a separate bowl, blend the butter with garlic, sea salt, and allspice. Pour butter mixture over veggies and combine well.
4. Add pine nuts or slivered almonds to the mixture of veggies
5. Bake for 45 minutes or all veggies are soft. Eat hot or cold.
6. Optional: Add a protein of choice to serve alongside.



Salmon Cakes

SERVES
4

INGREDIENTS:

- Salmon, fresh or canned, 8 ounces
- 1 egg, beaten
- 2 stalks celery, minced
- 1 onion, minced
- ½ bunch cilantro, minced
- 1 tablespoon minced parsley
- ½ cup mayonnaise
- 1 teaspoon ground coriander
- 1 tablespoon fresh lemon juice
- 1 cup gluten-free bread crumbs
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 tablespoons butter, organic ghee, or coconut oil

INSTRUCTIONS:

IF USING FRESH SALMON

1. Poach fish. Heat wine, water, and dill in a saute pan and bring to simmer.
2. Place salmon fillets skin side down in the pan.
3. Cover and cook 5–10 minutes, or until fish flakes apart easily. Do not overcook.
4. Remove from pan and let cool. Flake salmon into large chunks and place in medium-size mixing bowl.

IF USING CANNED SALMON

1. Gently combine the fish with the egg, celery, onion, cilantro, parsley, mayonnaise, coriander, lemon juice, ½ cup bread crumbs, salt, and pepper until mixture just clings together.

SALMON CAKES

1. Divide mixture into 8 portions and shape into fat, round cakes. Arrange on baking sheet lined with parchment paper; cover with plastic wrap and chill at least 30 minutes. (Can be refrigerated up to 24 hours.)
2. Put remaining bread crumbs on plate and lightly dredge cakes.
3. Heat the oil in a skillet over medium-high heat. Gently lay fish cakes in skillet and pan-fry until outsides are crisp and browned, 3–4 minutes per side.

PREP TIME: 10 MIN + 30 MIN CHILL TIME
COOK TIME: 8 MIN-18 MIN



California Smoked Salmon Rolls with Balsamic Greens

SERVES
2

INGREDIENTS:

SALMON ROLLS

- 1 large cucumber, cut thinly lengthwise
- ½ avocado, sliced thin
- ½ small red onion, cut into thin half moons
- 4 ounces smoked salmon, sliced into thin long strips
- 1 teaspoon Everything Bagel Seasoning
- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 ½ cups arugula

EVERYTHING SEASONING

- 1 tablespoon poppy seeds
- 1 tablespoon toasted sesame seeds
- 1 tablespoon dried garlic
- 1 tablespoon dried onion
- 2 teaspoons flake sea salt
- ½ teaspoon fennel seed
- 1 teaspoon baking soda
- 1 teaspoon good salt

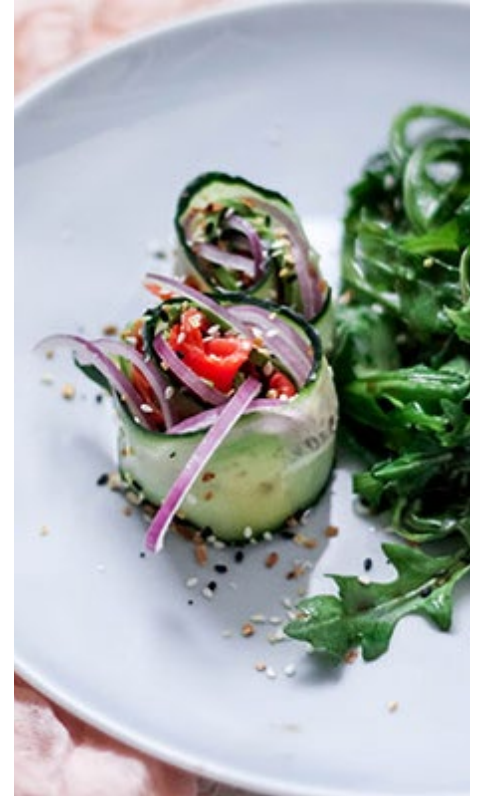
INSTRUCTIONS:

SALMON ROLLS

1. To assemble salmon rolls, simply start with cucumber as the base. Then add the avocado on top, the onion, and lastly, the salmon. Roll up to look like sushi, and sprinkle with Everything Bagel Seasoning.
2. In a small bowl, whisk together oil and vinegar. In a medium bowl, toss arugula with vinaigrette.
3. Serve greens with salmon rolls.
4. Optional addition: smearing organic cream cheese inside the salmon rolls if you can have dairy.

EVERYTHING SEASONING

1. In a small bowl, mix together spices. Transfer to airtight container to store.



Spinach and Onion Frittata

SERVES
2

INGREDIENTS:

- 3 tablespoons organic ghee
- 2 small green onions, chopped
- 1 small shallot, peeled and chopped
- 1 small leek, halved and sliced into half moons
- 3 cups baby spinach
- 10 large organic cage-free eggs
- ¼ cup full-fat unsweetened coconut milk
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh cilantro
- Sea salt and freshly ground black pepper
- 4 slices of bacon
- 1 medium vine-ripened tomato, sliced
- ½ small red bell pepper, seeded and sliced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar

INSTRUCTIONS:

1. Preheat the oven to 400 degrees.
2. Heat a nonstick pan over medium heat and add 1 tablespoon ghee. Add the green onions, shallot, and leek. Season with salt. Cook about 5 minutes, then add spinach. Cook another 2 to 3 minutes or until spinach is fully wilted, then remove from heat and set aside.
3. In a bowl, whisk the eggs, coconut milk, parsley, and cilantro. Season with salt and pepper.
4. Place the cooked vegetables into a baking dish and pour the egg mixture over it. Place it in the oven and cook about 20 minutes, until the top just becomes firm.
5. Remove the dish from the oven and reduce the temperature to 350 degrees.
6. Lay the bacon all over the frittata and place back in the oven for an additional 15 to 20 minutes.
7. Toss tomatoes and bell pepper in the olive oil and vinegar, and serve on the side.
8. Reserve half for another day's breakfast.



Deconstructed Burger

SERVES
2

INGREDIENTS:

- ½ pound ground beef
- 2 tablespoons olive oil
- 1 egg
- ¼ cup gluten free bread crumbs
- ½ small onion, chopped
- 2 cloves garlic, minced
- ¼ cup cilantro, chopped
- ¼ cup parsley, chopped
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon cumin
- 2 tablespoons grass fed butter or ghee
- 2 cups mixed greens
- 4 cherry tomatoes, quartered
- 2 tablespoons balsamic vinegar
- ½ cup sprouts
- ½ avocado, sliced
- ½ cup fermented veggies (sauerkraut or kimchi)
- Quick Pickled Onions (optional)

QUICK PICKLED ONIONS

- 1 teaspoon sea salt
- 1 cup apple cider vinegar
- ½ teaspoon whole black peppercorns
- 1 large red onion, halved and sliced

INSTRUCTIONS:

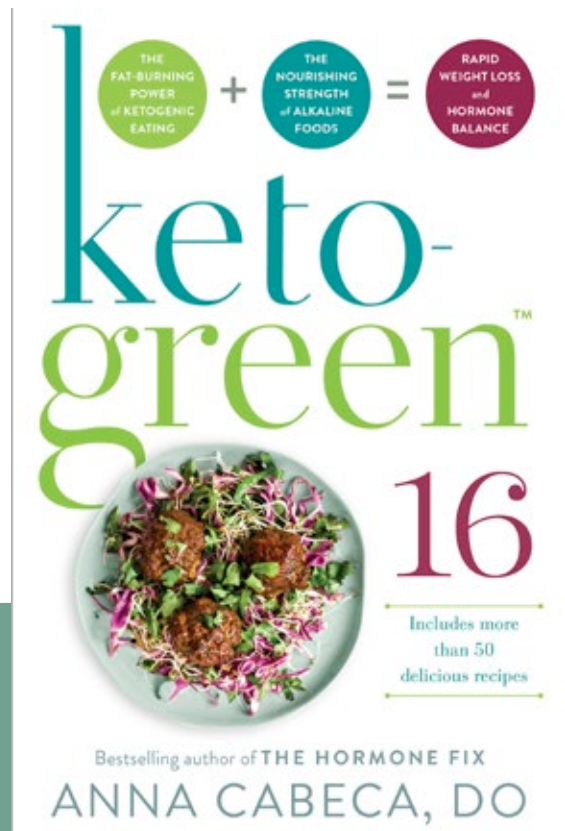
1. In a medium bowl, use your hands to combine first 11 ingredients (ground beef through cumin). Make 2 patties with the meat mixture.
2. Heat butter or ghee in a medium skillet over medium high heat.
3. Add beef patties to skillet and cook for 4 to 5 minutes per side or until patties are cooked through to your preferences.
4. Serve burger on a bed of mixed greens, add a side of tomatoes drizzled in balsamic vinegar, and add a side of sprouts, avocado, fermented veggies, and garnish with Quick Pickled Onions.

QUICK PICKLED ONIONS

1. In a medium pot, bring 3 cups of water to a boil.
2. Add salt to apple cider vinegar and stir until salt is fully dissolved.
3. Place onion in a strainer or colander, and over a sink, slowly pour boiled water all over sliced onion.
4. Give onions a good shake to get rid of any excess water, then press onions in a jar.
5. Add peppercorns, and pour vinegar over onions until fully submerged.
6. Seal with lid and place in refrigerator. Allow to rest in refrigerator for at least 2 hours before using.



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