

Keto :Bee

14 Day Meal Plan

Bee Healthy
Medical Weight Loss

How It Works

An itemized grocery list for everything you need to make all these yummy recipes has been provided separately so you can mark the items off your list as you shop. It can be found on the back of the Complete Restocking Guide that was given to you during your consultation. Didn't it feel good to throw out all that junk?

Because the amount of macronutrients needed for everyone will always be different, we've designed our 14 Day Keto Bee Plan to be very flexible. You can pick and choose dishes that work for you and your family, as well as your schedules.

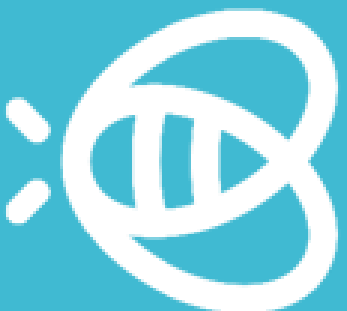
25 Delicious Keto Bee Recipes to Choose From!

- 5 Breakfast Dishes
 - 3 Breakfast Dishes
 - 2 Breakfast Drinks
- 10 Main Dishes
 - 4 Crock-Pot Family Meals
 - 1 Bread/Sandwich Idea
 - 5 Entrée Items
- 6 Side Dishes
- 4 Desserts

We've even calculated the macronutrients per serving for every single option. Please note that if you are cooking keto for the entire family, it is very important to have the individual macro needs calculated for each member to determine how many servings they will need to hit their daily goal.

5 Breakfast Choices

BREAKFAST



Breakfast

Keto Bee Pancake & Waffle Batter

Makes 8-10 Servings

Macros Per Serving

Fat: 15g Protein: 9g Net Carbs: 5g

Ingredients

- 4 ounces cream cheese, softened
- 4 eggs
- 2 teaspoons vanilla extract, or sugar free vanilla syrup
- 1 tablespoon sugar substitute, or more to taste
- 4 tablespoons coconut flour
- 1 1/2 teaspoons baking powder
- 1 dash cinnamon (optional)
- 1/2 teaspoon maple extract (optional)
- almond milk or half and half as needed
- **For Pancakes:** 1/2 tsp additional baking powder
- **For Waffles:** 1 tbsp melted butter

Directions

- Combine cream cheese, eggs, vanilla, sugar substitute, maple extract, and cinnamon with a blender or mixer. Add melted butter to waffle batter if desired.
- Add baking powder and coconut flour, blending again until well combined.

For Pancakes:

- Using an electric griddle set to 300F or a greased pan over medium heat, pour batter to form circles between 4 and 6 inches in diameter.
- Flip pancakes when the edges begin to harden and the surface begins to bubble. Cook on the other side 2-3 minutes, or until golden brown.



For Waffles:

- Add batter to preheated waffle iron. Cook for 5-7 minutes, or until golden brown.
- Serve with butter, sugar free syrup, and/or fruit/jam.

RECIPE NOTE: The batter may thicken if left to sit for more than a few minutes. If this happens, just add a splash of almond milk, cream, or half and half to thin it again.

Breakfast

Morning Drinks

Combine ingredients in a blender and enjoy!

Makes 1 Serving Each

Keto Bee Smoothie

Macros Per Serving
Fat: 24g Protein: 5g Net Carbs: 4g

Ingredients

- 2/3 cup spinach
- 1/2 medium avocado
- 1 Tbsp Keto Bee MCT Powder
- 1 Tbsp Keto Bee Collagen (optional)
- 1 tsp vanilla extract
- 1 tsp liquid stevia (or other low calorie sweetener)
- 1/2 cup almond/coconut/dairy milk
- 2/3 cup of water
- Ice (optional)



Keto Bee Coffee

Macros Per Serving
Fat: 31g Protein: 1g Net Carbs: 2g

Ingredients

- 2 cups freshly brewed coffee
- 2 tbsp butter
- 1 tbsp Keto Bee MCT Powder
- 1 tsp cinnamon (optional)



Breakfast

Bacon, Egg, & Cheese Casserole

Makes 8 Servings

Macros Per Serving

Fat: 38g Protein: 43g Net Carbs: 2g

Ingredients

- 6 bacon slices
- 12 large eggs
- 4 oz. sour cream
- 4 oz. heavy whipping cream
- Salt and pepper to taste
- Avocado oil cooking spray
- 10 oz. shredded cheddar cheese
- 1/3 cup green onions, chopped (optional garnish)



Directions

- Preheat oven to 350 degrees.
- Cook bacon on stovetop. Once cooked and cooled, crumble into bite-sized pieces.
- Crack eggs into medium-sized bowl. Add sour cream, heavy whipping cream, salt, and pepper and mix with a hand mixer or in a blender until well-combined.
- Spray a 9x13 pan with cooking spray. To pan, arrange single layer of cheddar cheese. On top of cheese, pour egg mixture then top with crumbled bacon.
- Bake for 35 minutes, checking after 30 minutes. Remove from oven once edges of casserole are golden brown.
- Allow to cool before cutting and serving. Garnish with green onion.

RECIPE NOTE:
Divide recipe into 8 muffin cups for pre-made meals for your work/school week!



Breakfast

Keto Bee Cinnamon Rolls

Makes 12 Servings

Macros Per Serving

Fat: 10g Protein: 10g Net Carbs: 4g

Ingredients

- 1 1/2 cup shredded mozzarella cheese
- 3/4 cup almond flour
- 2 tbsp cream cheese
- 1 egg
- 1/2 tsp baking powder
- 2 tbsp water (cinnamon filling)
- 2 tbsp xylitol (cinnamon filling)
- 2 tsp cinnamon (cinnamon filling)
- 2 tbsp cream cheese (frosting)
- 1 tbsp xylitol (frosting)



Directions

- Preheat oven to 350 degrees
- Melt the mozzarella and cream cheese in a microwave (1 1/2 minutes, stirring halfway through).
- Stir in the egg.
- Add the almond flour and baking powder.
- Start to combine using a fork, then make ball of dough.
- Divide the dough into 6 balls.
- Form long rolls, then flatten, making the dough as thin as you can.
- Prepare your filling by mixing water, xylitol, and cinnamon in a small bowl.
- Spread the liquid filling over the flattened dough rolls.
- Roll each into a bun and cut sideways in half to create 12 buns.
- Place buns on a non-stick baking sheet or in a pie dish.
- Place in oven and bake for 25 minutes.
- While the rolls are in the oven, prepare the frosting -- mix cream cheese and xylitol.
- Spread over the warm rolls and serve.

10 Main Dish Choices

Main Dishes



Main Dishes

Crock-Pot Crustless Pizza

Makes 12 Servings

Macros Per Serving

Fat: 25g Protein: 70g Net Carbs: 7g

Ingredients

- 2 lbs ground beef
- Garlic, salt, pepper, minced onion to taste
- 2 cups shredded mozzarella
- 14 oz jar low sugar pizza sauce
- 2 cups shredded pizza blend cheese
- Your favorite pizza toppings!

Directions

- Brown beef and seasonings in a skillet on the stove over medium/high heat. Drain
- In a large mixing bowl, combine beef and mozzarella
- Evenly spread out mixture into your crock pot
- Pour pizza sauce over beef, and top with cheese and toppings.
- Cover and cook on low for about 4 hours, and enjoy!



Main Dishes

Healthy Garlic Scallops

Makes 2 Servings

Macros Per Serving

Fat: 17g Protein: 46g Net Carbs: 1g

Ingredients

- scallops
- 1/4 c butter
- 5 cloves garlic grated
- 1 large lemon zested
- 1/4 c Italian parsley roughly chopped
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1/4 tsp red pepper flakes (optional)
- A pinch of paprika
- 1 tsp extra virgin olive oil



Directions

- Make sure to pat dry the scallops on paper towels very well before cooking.
- Heat up a large cast iron skillet on medium.
- Meanwhile- in a medium bowl toss the scallops with a drizzle of olive oil or butter, just enough to coat it all over. Sprinkle them with the sea salt, cracked pepper, red pepper flakes and sweet paprika. Toss to coat gently.
- Add a little drizzle of olive oil to the hot skillet, just enough to coat the bottom. Add the scallops making sure not to overcrowd the pan, and sear for about 2 minutes on each side until nicely golden. (Use a small spatula to flip them over individually)
- Add the butter to the skillet with the scallops and then add the garlic. Remove from heat and using a spatula push the garlic around to infuse the sauce for about 30 seconds. The heat from the skillet will be enough for the garlic to work its magic into the butter.
- Squeeze half of the lemon all over the scallops and move the skillet around a little so it combines with the butter. Sprinkle with the minced parsley, lemon zest and a drizzle of extra virgin olive oil.

Main Dishes

Crock-Pot Southwest Chicken Soup

Makes 6 Servings

Macros Per Serving

Fat: 23g Protein: 25g Net Carbs: 5g

Ingredients

- 1 ½ pounds chicken (We recommend thigh meat!)
- 15.5 oz chunky salsa
- 15 oz chicken bone broth
- 8 oz Monterey or pepper jack cheese (shredded)

Directions

- Place chicken in the bottom of a 6 quart crockpot
- Add remaining ingredients
- Cook on low for 6-8 hours
- Remove chicken pieces and shred chicken. Return to crockpot.
- Serve hot! You can also add sour cream, chives, or sliced avocado for an extra kick!



Main Dishes

Caprese Grilled Chicken

Makes 6 Servings

Macros Per Serving

Fat: 17g Protein: 46g Net Carbs: 1g

Ingredients

- 6 grilled boneless & skinless chicken breasts
- ¼ cup balsamic vinegar
- 1 tbsp butter
- 6 slices mozzarella cheese
- 6 slices tomato
- 6 large basil leaves

Directions

- Prepare chicken on the grill. As chicken is cooking, pour balsamic vinegar into sauce pan or skillet and cook until reduced by half. Add in butter and stir with a flat whisk until completely combined. Set aside.
- Top chicken with mozzarella cheese, basil leaf, and then tomato slice.
- Drizzle with balsamic reduction and serve warm.



Main Dishes

Simple Taco Salad

Makes 6 Servings

Macros Per Serving

Fat: 42g Protein: 32g Net Carbs: 9g

Ingredients

- 1 lb. ground beef
- 1 recipe of taco seasoning (below)
- 1 tbsp Cumin
- 1 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp regular pepper
- Sliced green pepper and onion (optional)
- Salt to taste
- 1 jar salsa with no corn or beans
- 1 head Romaine lettuce washed and chopped
- 1 ripe avocado

Directions

- In a separate pan sauté sea salt and pepper with onions and green peppers in butter or ghee. Then set aside in a bowl.
- Add garlic and beef to the pan then brown meat until the pink is barely gone.
- Add natural taco seasoning mix and stir.
- Arrange lettuce in bowls or plates.
- Top with beef, salsa, and avocado slices or guacamole.



Main Dishes

Spinach, Mushroom, and Feta Crustless Quiche

Makes 6 Servings

Macros Per Serving

Fat: 18g Protein: 17g Net Carbs: 4g

Ingredients

- 8 oz button mushrooms
- 1 clove garlic, minced
- 10 oz box frozen spinach
- 4 large eggs
- 1 cup half and half
- 2 oz feta cheese
- ¼ cup parmesan
- ½ cup shredded mozzarella
- Salt and pepper to taste



Directions

- Preheat oven to 350 degrees F. Drain/squeeze excess moisture from thawed spinach. Rinse any dirt from mushrooms, and mince garlic.
- Add mushrooms, garlic, and a pinch of salt and pepper to a non-stick skillet spritzed with a splash of olive oil. Sauté the mushrooms and garlic until soft and moisture has evaporated away (5-7 minutes).
- Coat a 9 inch pie dish with nonstick spray. Place spinach into the bottom of the dish, and place mushrooms on top of spinach, followed by crumbled feta.
- In a medium bowl, whisk together eggs, milk, and parmesan. Season lightly with pepper. Pour mixture over vegetables and feta. Top with shredded mozzarella.
- Bake for 45-55 minutes, or until top is golden brown.

Main Dishes

Crock-Pot Coconut Chicken Curry

Makes 4 Servings

Macros Per Serving

Fat: 35g Protein: 40g Net Carbs: 13g

Ingredients

- 1 13 oz can coconut milk
- 1 lb chicken thighs, cut into bite-sized chunks
- 2 tablespoons curry paste
- 12 oz broccoli florets, cleaned and trimmed (or green beans)
- 1 medium carrot, shredded (optional)
- 1 colored pepper, sliced in strips
- 1 handful fresh cilantro, chopped
- salt and pepper
- 1 bag cauliflower rice, steamed and drained



Directions

- Pour the can of coconut milk into a slow cooker with chicken thighs.
- Add the curry paste and stir slightly to mix in.
- Cook the curry mixture low for 4 hours.
- Add the broccoli, carrots, pepper, and cook for one more hour.
- If the mixture seems too thin cook for one more hour with the lid off. Another option is to move the mixture to the stovetop and simmer until it thickens up.
- Adjust the salt and pepper to taste. Serve over cauliflower rice.
- Top with cilantro and serve

Main Dishes

Sandwich Ideas



Makes 2 Servings

Keto Bee Bread

- 3 large eggs
- 2 oz cream cheese
- 1/8 tsp cream of tartar
- 1/4 tsp salt
- 1/2 tsp garlic powder

Ingredients

Directions

- Preheat oven to 300 degrees F. Separate egg whites and yolks into two bowls.
- Add cream of tartar and salt to the whites and whip until stiff peaks form.
- In the other bowl, combine cream cheese with egg yolks until pale yellow color.
- Gently fold egg whites into yolk mixture.
- On a parchment lined baking sheet, spoon about 1/4 cup of mixture into 6 rounds. Gently press mixture into squares and sprinkle with garlic powder and bake for 25 minutes!

Chicken Sandwich

Macros Per Serving (with bread)

Fat: 28g Protein: 22g Net Carbs: 4g

- 3 tbsp mayo
- 3 tsp sriracha
- 6 slices bacon
- 9 oz chicken breast
- 6 slices pepper jack or mozzarella cheese
- 6 whole cherry tomatoes
- 6 oz avocado

- Grill chicken on a non-stick pan drizzled with olive oil and cut into bite-sized strips.
- Combine mayo and sriracha and spread onto one piece of Keto Bee Bread.
- Place chicken on top of the sriracha and mayo mixture, and then add pepper jack, 2 pieces bacon, 2 halved cherry tomatoes, and 2 oz avocado. Top with another piece of Keto Bee Bread.

Main Dishes

Crock-Pot Cheesy Turkey Meatballs

Makes 8 Servings
3 meatballs per serving

Macros Per Serving

Fat: 18g Protein: 35g Net Carbs: 5g

Ingredients

- 2 eggs
- 1/2 cup rolled oats
- 1/2 cup grated Parmesan cheese
- 2 tablespoons Italian seasonings
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 1/2 pounds ground turkey
- 8 ounces Fontina cheese, cut into 24 pieces
- Marinara Sauce
- 1 tablespoon extra virgin olive oil
- 1 28 ounce can crushed tomatoes
- 2 teaspoons minced garlic
- 2 teaspoons dried basil
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions

- In a large bowl whisk the eggs, oats, cheese and seasonings together.
- Add the ground turkey and mix just until combined.
- Roll mixture into 24 meatballs.
- Insert 1 cube of cheese into the center of each meatball. Set aside.
- In a separate bowl stir together the marinara sauce ingredients.
- Pour enough sauce to cover the bottom of the crock pot.
- Place meatballs in the crock pot and cover with remaining sauce.
- Cover and cook on high 3 hours or low 6.



Main Dishes

Eggplant Lasagna

Makes 12 Servings

Macros Per Serving

Fat: 12g Protein: 18g Net Carbs: 10g



Ingredients

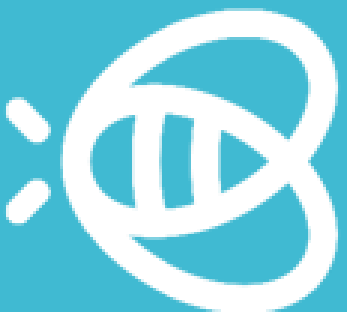
- 2 large eggplants, sliced 1/8" thick
- Coarse salt
- 15 oz part-skim ricotta
- 1 large egg
- 1/2 cup freshly grated Parmesan cheese (save some for topping)
- 4 cups tomato sauce
- 16 oz part-skim mozzarella cheese, shredded
- 2 tbsps parsley, chopped

Directions

- Preheat oven to 375°.
- Arrange the eggplant slices in a single layer on a clean surface.
- Sprinkle some coarse salt and set aside for 10 minutes. Remove the excess moisture with a paper towel
- In a greased grill pan, place some eggplant slices and grill each eggplant slice for about 3 minutes each side. The pictures above illustrate these 2 steps. (Please, don't skip the steps 3 and 4. They are very important to avoid the lasagna to become soupy.)
- In a medium bowl, mix ricotta cheese, parmesan cheese, and an egg. Stir well.
- In a casserole dish, spread some tomato sauce on the bottom.
- Layer 5 or 6 eggplant slices to cover.
- Spread some of the ricotta cheese mixture all over the eggplant slices and top with the mozzarella cheese. Repeat the layers until all your ingredients are all used up.
- Top with sauce, mozzarella, and parmesan.
- Bake 40 minutes covered and 10 minutes uncovered.
- Let stand about 10 minutes before serving. Garnish with parsley.

6 Side Dish Choices

Side Dishes



Side Dishes

Cheese & Bacon Stuffed Mushrooms

Makes 14 Mushrooms

Macros Per Serving

Fat: 6g Protein: 6g Net Carbs: 1g

Ingredients

- 4 thick slices bacon
- 3oz spinach (frozen, thawed, and drained)
- 1 garlic clove (finely chopped)
- 4oz cream cheese
- 1 large egg
- 2 tablespoons coconut flour
- 1 cup mozzarella cheese
- 3/4 teaspoons salt
- 1/4 teaspoon pepper
- 16oz baby bella mushrooms (stems removed, washed, and dried well)



Directions

- Preheat oven to 350 degrees.
- Add bacon to a pan and cook until browned and crispy. Remove from pan and crumble into small pieces. Reserve fat.
- Add cooled bacon fat and all ingredients except mushrooms and bacon to a large bowl. Mix well until smooth. Stir in 3/4 of the crumbled bacon.
- Fill each mushroom cap with the mixture and place in a shallow baking dish. Sprinkle the extra crumbled bacon on top.
- Bake 18-20 minutes until golden brown and bubbly.

Side Dishes

Keto Bee Slaw

Makes 4 Servings

Macros Per Serving

Fat: 23g Protein: 4g Net Carbs: 10g

Ingredients

- 3 cups broccoli slaw
- 1 stalk green onion
- 1/4 cup sour cream
- 2 oz pecans
- 2 tsp poppy seeds (optional)
- 1 tsp apple cider vinegar
- 1/2 tsp lemon juice
- 1/4 cup mayo
- 1/4 tsp salt
- 1 apple

Directions

- Grab your broccoli slaw and measure out 3 cups. We used broccoli slaw from BJ's with broccoli, cabbage and carrot in it.
- Shred an apple into the mix. Any apple works here, and about 200 grams of it.
- Chop a stalk of green onion as well as some pecans.



- Add in your lemon juice, poppy seeds, apple cider vinegar, mayo and sour cream. You can use all mayo in this recipe, but in order to cut some calories but keep the creaminess, we subbed half of it for sour cream.
- Season with some salt and mix very well. Enjoy!

Side Dishes

Cauliflower Ideas



Makes 1-2 Servings Each

Mash

Macros Per Serving

Fat: 5g Protein: 3g Net Carbs: 3g

Mac N Cheese

Macros Per Serving

Fat: 15g Protein: 9g Net Carbs: 5g

Ingredients

- ½ head cauliflower
- ¼ cup sour cream
- Salt and pepper
- ¾ cup frozen cauliflower florets (or fresh with a bit of water)
- 1 oz shredded cheddar cheese
- 1 tbsp heavy cream

Directions

- Trim the cauliflower and cut it into bite sized florets.
- Set a half inch of water to boil in a pot. Reduce the flame to a simmer and steam florets in a steam basket with a tightly fitting lid for about 10 minutes or until easily pierced with a fork.
- Drain the water from the pot and add the cauliflower back in. Season with salt and pepper.
- Add 1/4 cup of sour cream (you can also use 2 tbsp of heavy cream and butter if you like). Yogurt would also be a good option!
- Using a blender, blend the florets until they're fluffy and creamy.
- Top with mushrooms, feta, olives, or cheddar (optional)
- In small microwavable dish with lid, microwave cauliflower covered for about a minute.
- Remove from microwave and chop cauliflower into small pieces.
- Microwave for another 50 seconds or so, then add shredded cheese.
- Microwave for another 10 seconds. Stir melted cheese in, then stir in heavy cream until sauce forms.

Side Dishes

Gnocchi

Ingredients

- 2 cups mozzarella, shredded
- 3 egg yolks
- 1 tsp salt
- ½ tsp garlic powder



Makes 2 Servings

Macros Per Serving

Fat: 24g Protein: 28g Net Carbs: 4g

Directions

- First, melt the mozzarella (and any seasonings you'd like, we used garlic powder and salt for this basic recipe) in a microwave (about a minute) or toaster oven (about 10 minutes, stirring occasionally). Separate 3 egg yolks from the whites and beat them to combine.
- Pour in half the egg yolks mix into your melted mozzarella and combine. We found using two silicone spatulas work very well here. It also helps to have a second person to hold the bowl steady, as the cheese is not willing to mix easily.
- When everything is well combined, add in the rest of the egg yolks and combine.
- Separate mixture into fourths, and roll each fourth into a long, thin strip. We did this on a piece of parchment paper taped down to our counter for stability and a larger workspace.
- Cut about 1 inch pieces in each strip until you have many cheese gnocchi. Press a fork onto them gently to make them look even more like traditional gnocchi!
- Bring a pot of water to a boil and drop the gnocchi in. Boil them until they all float and then drain.
- Then, fry the gnocchi on both sides on an oiled pan and they're ready to eat!

Side Dishes

Sweet & Spicy Brussels Sprouts

Makes 4 Servings

Macros Per Serving

Fat: 4g Protein: 4g Net Carbs: 7.5g

Ingredients

- 2 tbsp sesame seed oil
- 1 tbsp low sodium soy sauce
- 1 tbsp sriracha
- ¼ tsp black pepper
- 1 lb Brussels Sprouts
- Sesame seeds
- Salt to taste

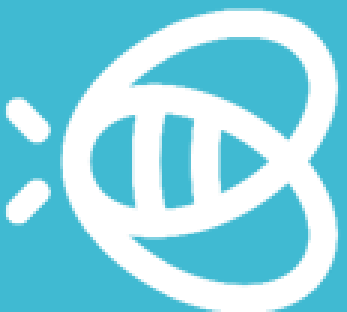
Directions

- Whisk together your sweet and spicy sauce ingredients (the first 4 listed) and set aside.
- Trim and quarter your brussels sprouts (quartering decreases the cook time!) and let them cook about 5 minutes on each side in a large wok. Try to let them cook on their flat sides for a while before tossing them.
- In the last 2 minutes of cooking, pour your sauce in and toss to coat thoroughly.
- Serve with a sprinkle of sesame seeds and green onion. Add a touch of pink sea salt to taste



4 Dessert Choices

Desserts



Desserts

Easy Chocolate Mousse

Makes 6 Servings

Macros Per Serving

Fat: 18g Protein: 3g Net Carbs: 4g

Ingredients

- 8 ounces cream cheese block, softened
- ¼ cup unsweetened cocoa powder
- ½ large avocado, pitted
- ⅛ teaspoon vanilla extract
- 2-3 tablespoons of desired sweetener
- ¼ cup heavy whipping cream
- 90% dark chocolate shaved, to garnish

Directions

- Beat together the cream cheese until creamy and smooth using a handheld mixer in a medium mixing bowl. Slowly mix in the cocoa powder. Beat in the avocado and mix until creamy smooth, approximately 5 minutes.
- Add the vanilla extract and sweetener and beat again until smooth, approximately 1-2 minutes.
- In a separate mixing bowl, whip the heavy cream until stiff peaks form.
- Place the whipped cream in the chocolate mixture and gently fold until it's incorporated.
- Place the chocolate mousse in a piping bag and pipe into desired containers. Garnish with dark chocolate shavings.



Desserts

Keto Bee Brownies

Makes 12 Servings

Macros Per Serving

Fat: 17g Protein: 4.5g Net Carbs:
3.5g

Ingredients

- 6 eggs - medium
- 160 g butter melted
- 60 g cocoa unsweetened
- 1/2 tsp baking powder
- 2 tsp vanilla extract
- 120 g cream cheese softened
- 4 tbsps granulated sweetener
- 8 ounces cream cheese block, softened
- 1/4 cup unsweetened cocoa powder
- 1/2 large avocado, pitted
- 1/8 teaspoon vanilla extract
- 2-3 tablespoons of desired sweetener
- 1/4 cup heavy whipping cream
- 90% dark chocolate shaved, to garnish

Directions

- Place all the ingredients in a mixing bowl and using a stick blender with the blade attachment, blend until smooth.
- Pour into a lined square baking dish (8-9 inch)
- Bake at 350F for 20-25 minutes until cooked on the center.
- Slice into squares, rectangle bars or triangle wedges.



Desserts

Coconut Orange Creamsicle Fat Bombs

Makes 10 Servings

Macros Per Serving

Fat: 19g Protein: 1g Net Carbs: 1g

Ingredients

- 1/2 cup coconut oil
- 1/2 cup heavy whipping cream
- 4 oz cream cheese
- 1 tsp orange vanilla Mio
- 10 drops liquid or granulated stevia

Directions

- Use an immersion or regular blender to blend together the first 4 ingredients.
- Add orange vanilla Mio and liquid stevia and mix.
- Spread mixture into a silicone ice tray and freeze for 2-3 hours
- Once hardened, remove and enjoy!



Desserts

Ultra Moist Keto Bee Pound Cake

Makes 12 Servings

Macros Per Slice

Fat: 15g Protein: 7g Net Carbs: 5g

Ingredients

- 1 1/2 cup almond flour
- 1/4 cup coconut flour
- 2 scoops Vanilla Keto Bee MCT Powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 large whole eggs
- 1 teaspoon vanilla extract
- 1/4 cup sour cream
- 1 cup milk of choice
- 1/4 cup melted butter



Directions

- Preheat oven to 350 degrees and coat an 8x4 loaf pan with nonstick spray, butter, or coconut oil. You can also add parchment paper to ensure the cake comes out properly.
- Add all dry ingredients to a medium-sized bowl (almond flour, coconut flour, MCT, baking powder, and salt). Whisk to combine.
- In a large bowl or stand mixer, add eggs and vanilla. Beat on high for 1 minute until light and fluffy. Add in sour cream, melted butter, and milk. Beat on high for 30-45 seconds.
- Slowly add dry ingredients to wet ingredients in 2 to 3 batches. Mix well until combined. Let sit for 2 minutes. Mix one more time on low speed.
- Pour batter into prepared pan and bake for 50-60 minutes until tops and edges are golden brown and a toothpick comes out clean when poked through the center. Add additional baking time if needed.

Lets Do
This!

 **Bee Healthy**
Medical Weight Loss