



**RECIPE  
SAMPLER**

**THE**

# **KETO RESET DIET**

**REBOOT YOUR METABOLISM  
IN 21 DAYS AND  
BURN FAT FOREVER**

**BESTSELLING AUTHOR OF *THE PRIMAL BLUEPRINT***

**MARK SISSON**

**WITH BRAD  
KEARNS**



**100+  
DELICIOUS  
LOW-CARB,  
HIGH-FAT  
KETOGENIC  
RECIPES**



Dear Friend,

Thank you for pre-ordering *The Keto Reset Diet* and joining me on this incredible journey to keto—something I believe represents the ultimate weight-loss, disease-protection, and peak-performance eating strategy. I'm confident you will enjoy the book and that it will provide you with everything you need to succeed. You'll find easy-to-understand explanations about the science and benefits of keto. You'll get step-by-step guidance to escape carbohydrate dependency and progress toward fat- and keto-adaptation the right way—without the risks of struggling, suffering, and backsliding that come with a shortcut approach. Finally, you'll enjoy more than 100 delicious keto-friendly recipes—including two different 21-day meal plans.

While you wait eagerly for the book to arrive, I hope you'll enjoy the digital bonus items (talk show, \$10 gift certificate, *Healthy Sauces, Dressings, and Toppings* eBook) and this sneak preview of some of my favorite recipes in the book—conveniently formatted for printing out and pasting on the fridge door. These delicious meals will help you realize how easy, fun, and satisfying going keto can be!

Thanks for your interest, and I hope you will connect with our [Keto Reset Facebook group](#) to get support, recipe suggestions, and stories from fellow keto enthusiasts.

Live Awesome,

A handwritten signature in black ink that reads "Mark Sisson". The signature is stylized with a large, sweeping "M" and a cursive "Sisson".

Mark Sisson

# Sausage, Kale, and Goat Cheese Frittata

Makes 6 servings

Every keto enthusiast should know how to make a frittata. You can use any combination of meat, cheese, veggies, herbs, and spices to tailor it to your liking—it is endlessly customizable.

1. Use a sharp paring knife to remove any thick stems from the kale leaves. Dice the stems and chop the leaves (keep stems and leaves separate).
2. Heat the oil in a large broilerproof skillet over medium heat (cast iron works well). When hot, add the pork. Cook for 5 minutes, stirring occasionally.
3. In a small bowl, combine the sage, thyme, nutmeg, and red pepper flakes. Add to the meat in the skillet and stir well. Continue cooking until the pork is cooked through, about 5 minutes more.
4. Use a slotted spoon to move the meat to a bowl. If there is a lot of grease in the pan, pour some off so that only 1 to 2 tablespoons (15 to 30 ml) remain.
5. Add the onion and kale stems to the skillet. Sauté until the onion softens, about 5 minutes. Add the garlic and stir for 1 minute. If needed, deglaze the pan with a small amount of water, stirring up any browned particles.
6. Add the kale leaves to the pan a handful at a time, stirring to wilt until all the leaves are in the skillet and cooked slightly. Add the meat to the skillet and stir to combine.
7. Whisk the eggs and cream in a medium bowl. Pour the egg mixture evenly over the meat and vegetables in the skillet. Cook without stirring until the egg starts to set, about 5 minutes.
8. Put an oven rack at medium position (about 6 to 8 inches from the top) and turn the broiler on low. Sprinkle the goat cheese over the eggs. Place in the oven/broiler and cook until the egg is set and the goat cheese is lightly browned. Keep an eye on it to make sure it doesn't burn.
9. Remove the skillet from the oven and allow to sit for a few minutes. Cut into wedges and serve.

CALORIES: 494

FAT: 38 G

CARBOHYDRATE: 4 G

PROTEIN: 34 G

½ bunch kale (4 or 5 leaves),  
any variety  
1 tablespoon (15 ml) avocado oil  
1 pound (450 g) ground pork  
1 teaspoon (5 ml) dried sage  
1 teaspoon (5 ml) dried thyme  
¼ teaspoon (1 ml) ground nutmeg  
¼ teaspoon (1 ml) red pepper flakes  
1 small or ½ large onion, diced  
2 garlic cloves, minced  
8 large eggs  
½ cup (120 ml) heavy cream  
1 cup (90 g) crumbled goat cheese,  
or more to taste





# Egg Muffins in Ham Cups

Makes 6 servings

These are a perfect grab-and-go breakfast. Make them the night before so you can pop one in the microwave or toaster oven the next day. Be sure to buy good-quality ham, not cheap lunchmeat.

1. Preheat the oven to 400°F (200°C). Brush six cups of a muffin tin with the melted coconut oil.
2. Line each cup with 1 slice of ham. Crack 1 egg into each cup. Season with salt and pepper, then sprinkle ½ tablespoon (7.5 ml) of cheddar cheese on each egg.
3. Bake for 13 to 18 minutes depending on how you like your egg yolks set.
4. Remove from the oven and let cool for a few minutes before carefully removing the “muffins.” Refrigerate in a glass or plastic container so they don’t get smushed or dried out.

CALORIES: 178	FAT: 13 G
CARBOHYDRATE: 0.5 G	PROTEIN: 14 G

1 tablespoon (15 ml) coconut oil,  
melted  
6 slices ham (thin-sliced is better)  
6 large eggs  
Salt and pepper to taste  
3 tablespoons (45 ml) shredded  
cheddar cheese (optional)

# Seared Ahi with Herb + Lime Dressing

Makes 2 servings

Seared ahi tuna is a dish that might seem difficult, but once you try it, you won't believe how easy it is to make. If you want a quick and easy dish to impress guests, this is it! Serve the tuna with a simple green salad.

1. Slice the tuna steak into 2 or 3 long rectangular portions. Season each side of each slice generously with salt and pepper.
2. Place the cilantro and parsley in a small food processor (see Note). Pulse to chop finely. Add the lime zest, lime juice, tamari, sesame oil, garlic, and ginger. Pulse several times to combine. Scrape down the sides of the bowl.
3. With the food processor running, slowly pour in  $\frac{1}{4}$  cup of olive oil. Scrape down the sides again and pulse a few times. If the sauce is too thick, add more oil until the sauce reaches desired consistency.
4. In a large skillet, heat the avocado oil over medium-high heat until quite hot. Gently place the tuna in the oil and sear for 1 minute without moving. Sear each side in same manner. The tuna will still be pink in the middle, or cook slightly longer for more well-cooked fish.
5. Remove the fish to cutting board and slice approximately  $\frac{1}{2}$  inch (13 mm) thick.
6. Drizzle the tuna generously with the dressing and serve.

**NOTE:** If you don't have a food processor, chop the herbs finely by hand and mix the dressing ingredients in a bowl.

CALORIES: 551

FAT: 49 G

CARBOHYDRATE: 7 G

PROTEIN: 24 G

6 ounces (168 g) sushi-grade ahi tuna steak

Sea salt

Freshly ground black pepper

2 tablespoons (30 ml) avocado oil

## HERB + LIME DRESSING

1 cup (150 g) loosely packed fresh cilantro

1 cup (150 g) loosely packed fresh parsley

1 teaspoon (5 ml) grated lime zest

Juice of 2 small limes ( $\frac{1}{2}$  to 2 tablespoons; 25 ml)

2 tablespoons (30 ml) tamari (gluten-free soy sauce)

1 tablespoon (15 ml) toasted sesame oil

1 garlic clove, finely minced or pressed

A 1-inch (2.5 cm) piece of fresh ginger, finely minced or grated

$\frac{1}{4}$  to  $\frac{1}{2}$  cup (60 to 120 ml) extra-virgin olive oil or avocado oil

Dash of red pepper flakes (optional)







# One-Pan Shrimp and Asparagus

Makes 6 servings

I hate washing pots, so a one-pan meal is right up my alley. Plus, this simple, elegant dish can be made in less than 20 minutes, start to finish. Gotta love that!

1. Preheat the oven to 400°F (200°C). In a small saucepan, heat the avocado oil over medium heat. Sauté the garlic until fragrant but not brown, about 3 minutes. Add the butter and cook until it starts to bubble, then remove from the heat.

2. Trim the tough ends off the asparagus and place the spears on a large rimmed baking sheet. Spoon 2 tablespoons (30 ml) of the garlic butter over the top and toss to coat. Spread out in a single layer and sprinkle with half the salt and pepper. Place in the oven for 5 minutes, until tender and lightly roasted.

3. Arrange the asparagus on one half of the baking sheet. Place the shrimp on the other half. Pour the remaining garlic butter over the shrimp and toss to coat. Spread out in a single layer and sprinkle with the remaining salt and pepper, adding the red pepper flakes, if using. Squeeze the lemon over the shrimp, then cut the juiced lemon into quarters and place on the baking sheet among the shrimp.

4. Sprinkle the Parmesan cheese over the asparagus only, then place the baking sheet in the oven for 5 to 8 minutes, or until the shrimp is just opaque. Sprinkle the parsley over the shrimp, if using, and serve immediately.

CALORIES: 267	FAT: 17 G
CARBOHYDRATE: 2 G	PROTEIN: 28 G

2 tablespoons (30 ml) avocado oil  
3 garlic cloves, minced  
4 tablespoons (½ stick; 60 g) butter  
1 bunch asparagus (approximately 1 pound; 450 g)  
2 teaspoons (10 ml) kosher salt  
1 teaspoon (5 ml) freshly ground black pepper  
1½ pounds (680 g) shrimp, peeled and deveined  
¼ to ½ teaspoon (1 to 2 ml) red pepper flakes (optional)  
1 medium lemon, cut in half  
1 cup (90 g) finely shredded Parmesan cheese  
2 tablespoons (30 ml) chopped fresh parsley (optional)



## Antipasto Skewers

Makes 8 skewers; serving size = 1 skewer

Go to the party store and pick up some extra-long cocktail toothpicks for this recipe, which can easily be multiplied to serve a large crowd. The Perfect Greek Vinaigrette (page 221 in the book) works great here.

1. Cut the mozzarella into 16 small chunks.
2. Skewer 2 pieces each of the mozzarella, basil leaves, salami slices, and coppa slices, along with one artichoke heart, on each skewer. You'll probably want to fold the basil leaves in half and the salami and coppa in fourths (or more depending on size) before skewering.
3. Place the skewers in a small shallow dish and drizzle with the dressing, turning to coat. If possible, let them marinate for 30 minutes or more. Sprinkle lightly with flaky salt and the pepper before serving.

CALORIES: 200

FAT: 15 G

CARBOHYDRATE: 4 G

PROTEIN: 11 G

8 ounces (230 g) fresh whole mozzarella  
16 fresh basil leaves  
16 slices salami (4 ounces; 112 g)  
16 slices coppa or other cured meat like prosciutto (4 ounces; 112 g)  
8 artichoke hearts, packed in water (8 ounces; 225 g)  
¼ cup (60 ml) vinaigrette made with olive oil or avocado oil and apple cider vinegar  
Flaky salt  
Freshly ground black pepper