

Chicken Thighs: 60min @ 375°**Cilantro, Lime, Jalapeno**
Serve with Asparagus

3/4 cup - Olive Oil
1/2 cup - Lime Juice
1/4 cup - White Wine
1/2 cup - Fresh Cilantro
1 Diced - Small Jalapenos
1 tsp - Kosher Salt
1/2 tsp - Coarse Black Pepper
1 tsp - Garlic Powder
1 tsp - Cumin

BBQ

Serve with Zucchini & Squash

1 cup - Stubbs BBQ Sauce
1/2 cup - Olive Oil
1/4 cup - Red Wine
1 tbsp - Black Pepper
1 tsp - Kosher Salt
1/2 tsp - Apple Cider Vinegar
1/4 tsp - Cayenne Pepper
1 dash - Liquid Smoke

Rosemary & Dijon

Serve with Broccoli

3/4 cup - Olive Oil
1/4 cup - Dijon Mustard
1/4 cup - Son of a Gun Mustard
1/4 cup - Red Wine
2 tbsp - Rosemary
1 tbsp - Thyme
1 tbsp - Coarse Black Pepper
1 tsp - Kosher Salt
1/2 tsp - Garlic Powder

Lemon Pepper

Serve with Green Beans

3/4 cup - Olive Oil
1/2 cup - Lemon Juice
1/4 cup - White Wine
2 tbsp - Black Pepper
1 tsp - Kosher Salt
1 tsp - Garlic Powder
2 tsp - Crushed Red Pepper
1 tsp - Cilantro

Teriyaki

Serve with Mushrooms

3/4 cup - Olive Oil
3/4 cup - Soy Sauce
1/4 cup - Granulated Stevia
2 tbsp - Apple Cider Vinegar
2 tbsp - Garlic Powder
1 tsp - Ginger Powder
1 tsp - Kosher Salt
1 tsp - Coarse Black Pepper

Rosemary Lemon

Serve with Brussels Sprouts

3/4 cup - Olive Oil
1/2 cup - Lemon Juice
1/4 cup - White Wine
2 tbsp - Rosemary
1 tsp - Thyme
1 tsp - Coarse Black Pepper
1 tsp - Kosher Salt
1 tsp - Garlic Powder



Keto Diet Reddit

Michael Seilmaier



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