

Asian Slaw



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

Cabbage, shredded or chopped
Asian Slaw Dressing (see recipe)
Walnuts (optional)
Green onions, sliced (optional)

DIRECTIONS:

1. Place the cabbage in a large bowl.
2. Add desired amount of Asian Slaw Dressing and toss until evenly coated.
3. Top with walnuts and green onions, if desired. Serve immediately or chill before serving.

Macaroni Salad



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 bags macaroni noodles
¼ cup mayonnaise
1 tablespoon chicken seasoning
1 teaspoon mustard
3 hard-boiled eggs, chopped
1 tomato, chopped
1 pepper, chopped
½ cup shredded cheese of choice

DIRECTIONS:

1. Bring a large pot of water to a boil. Add the macaroni noodles and cook for 10 minutes, or until tender.
2. Drain and rinse with cold water. Transfer to a large bowl.
3. Add the mayonnaise, chicken seasoning, and mustard. Stir to coat evenly.
4. Add the chopped eggs, tomato, pepper, and shredded cheese. Mix thoroughly.
5. Chill until ready to serve, or enjoy immediately.

Keto Ranch Dressing



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

24 oz mayonnaise
Kernel Seasons Ranch seasoning, to
taste (about ½ jar)
¼ cup water

DIRECTIONS:

1. In a bowl or blender cup, combine the mayonnaise and Ranch seasoning.
2. Add the water and blend with an immersion blender until smooth and creamy.
3. Adjust seasoning or water as desired for taste and consistency. Chill before serving.

Keto High Protein Ranch Dressing



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

24 oz mayonnaise
Kernel Seasons Ranch seasoning, to
taste (about ½ jar)
¼ cup water
Plain nonfat Greek yogurt, to taste

DIRECTIONS:

1. In a bowl or blender cup, combine the mayonnaise and Ranch seasoning.
2. Add the water and blend with an immersion blender until smooth and creamy.
3. Blend in plain nonfat Greek yogurt until desired flavor and consistency are reached.
4. Chill before serving.

Chipotle Ranch Dressing



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

24 oz mayonnaise
Kernel Seasons Ranch seasoning, to
taste (about ½ jar)
¼ cup water
½ teaspoon chipotle powder

DIRECTIONS:

1. In a bowl or blender cup, combine the mayonnaise and Ranch seasoning.
2. Add the water and chipotle powder. Blend with an immersion blender until smooth and creamy.
3. Adjust seasoning or water as desired for taste and consistency. Chill before serving.

Keto Asian Slaw Dressing



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 cup Sweetie
1 cup sesame oil
1 cup soy sauce
1 cup vinegar

DIRECTIONS:

1. Add all ingredients to a bowl or jar.
2. Whisk or shake until well combined.
3. Refrigerate until ready to use. Shake well before serving.

Keto Italian Dressing



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 Italian seasoning packet
1 cup olive oil
1 cup water
1 cup vinegar

DIRECTIONS:

1. Add the Italian seasoning packet, olive oil, water, and vinegar to a bowl or jar.
2. Whisk or shake until well combined.
3. Refrigerate until ready to use. Shake well before serving.

Keto Mayonnaise



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 eggs
½ teaspoon pink salt
1 teaspoon mustard
2 tablespoons vinegar
Grapeseed oil, avocado oil, or light
olive oil

DIRECTIONS:

1. Add the eggs, pink salt, mustard, and vinegar to a tall jar or mixing cup.
2. Using an immersion blender, blend while slowly streaming in the oil until thick, smooth, and creamy.
3. Continue adding oil until the desired consistency is reached.
4. Refrigerate until ready to use.