

80 Diabetic/Keto Friendly Chicken Recipes



David B. Smith • DiabeticsBFF.com


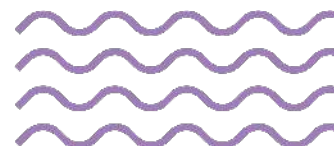



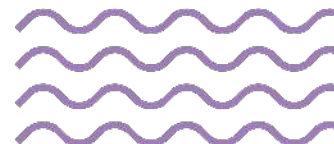
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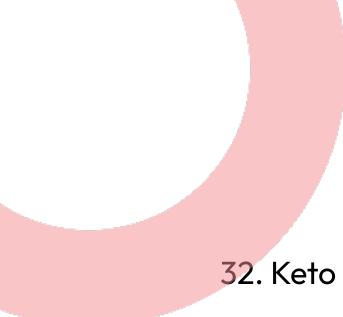
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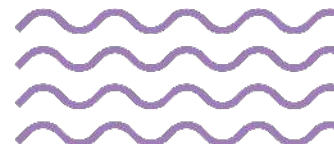


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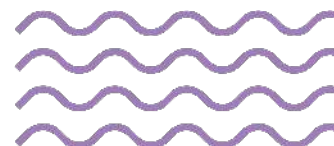


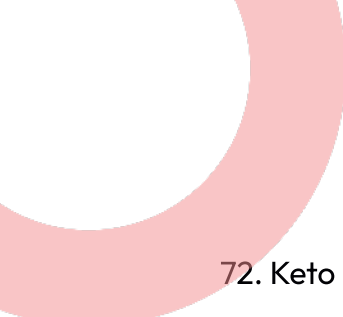
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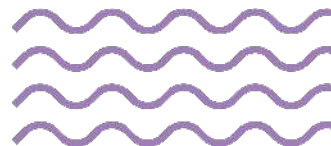


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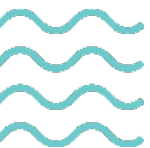
Introduction

Welcome to your ultimate collection of diabetic and keto-friendly chicken recipes!

Managing blood sugar while enjoying delicious meals is possible with smart ingredient choices and simple cooking techniques. This cookbook offers 100 flavorful chicken dishes that are low in carbs and high in nutrition, perfect for diabetic and ketogenic lifestyles.

Tips for Cooking Keto/Diabetic-Friendly Chicken:

- Choose fresh, high-quality chicken for best flavor and nutrition.
- Use healthy fats like olive oil, butter, and avocado oil to enhance taste and satiety.
- Avoid breading and sugary sauces; instead, rely on herbs, spices, and low-carb marinades.
- Incorporate plenty of low-carb vegetables to boost fiber and nutrients.
- Monitor portion sizes to maintain blood sugar balance.
- Meal prep by cooking in batches and refrigerating or freezing for easy, healthy meals.





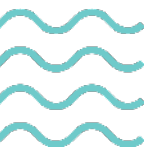
How to Use This Cookbook:

- Each recipe starts on a new page with clear ingredients and instructions.
- Use the Table of Contents to quickly find your favorite dishes.
- Feel free to customize seasonings and ingredients to suit your taste and dietary needs.

Enjoy your journey to healthier, tastier meals with these diabetic/keto-friendly chicken recipes!

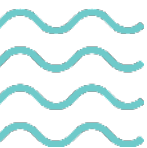
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I. Main Dishes



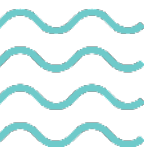


1. Garlic Butter Chicken Thighs



Description:

Juicy, golden chicken thighs are pan-seared in a rich garlic butter sauce that's full of flavor and low in carbs. A classic comfort dish perfect for busy weeknights.





Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

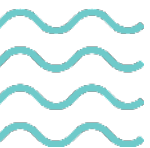
- 6 bone-in, skin-on chicken thighs
- 3 tbsp butter
- 4 cloves garlic, minced
- 1 tsp paprika
- 1 tsp dried thyme
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Season chicken with salt, pepper, paprika, and thyme.
3. In an oven-safe skillet, melt butter over medium heat. Add garlic and cook 1 minute.
4. Add chicken thighs, skin-side down. Sear 4-5 minutes until browned.
5. Flip and transfer skillet to oven. Bake 20-25 minutes until internal temp reaches 165°F.
6. Spoon garlic butter over chicken before serving.

Net Carbs per Serving: 1g

Protein: 22g • **Fat:** 22g • **Calories:** ~290



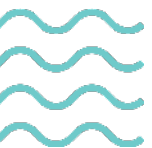


2. Lemon Herb Grilled Chicken Thighs



Description:

Juicy chicken thighs marinated in lemon, olive oil, and fresh herbs—simple, flavorful, and perfect for keto or diabetic-friendly grilling.





Servings: 4

Prep Time: 10 minutes

Marinate Time: 1–4 hours

Cook Time: 12–15 minutes

Total Time: 25 minutes (plus marinating)

Ingredients:

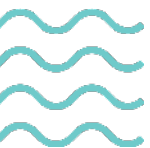
- 8 boneless, skinless chicken thighs
- ¼ cup olive oil
- Juice of 1 large lemon
- 1 tbsp lemon zest
- 3 garlic cloves, minced
- 1 tsp salt ½ tsp black pepper
- 1 tbsp fresh rosemary, chopped (or 1 tsp dried)
- 1 tbsp fresh thyme, chopped (or 1 tsp dried)

Instructions:

1. In a large bowl or resealable bag, combine olive oil, lemon juice, zest, garlic, herbs, salt, and pepper.
2. Add chicken thighs and coat evenly. Cover or seal and marinate in the fridge for at least 1 hour (up to 4).
3. Preheat grill to medium-high heat.
4. Grill chicken thighs for 6–8 minutes per side, until internal temperature reaches 165°F (74°C).
5. Let rest for 5 minutes before serving.

Net Carbs per Serving: 1g

Protein: 28g • **Fat:** 18g • **Calories:** ~290



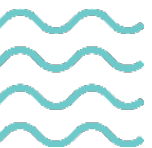


3. Garlic Butter Baked Chicken Breasts



Description:

A quick oven-baked dish with tender chicken smothered in garlic butter. Ideal for batch cooking or a simple weeknight meal.





Servings: 4

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Ingredients:

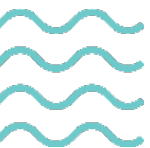
- 4 boneless, skinless chicken breasts
- 4 tbsp unsalted butter, melted
- 4 garlic cloves, minced
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh parsley, chopped (for garnish)

Instructions:

1. Preheat oven to 400°F (204°C).
2. Place chicken breasts in a baking dish.
3. In a small bowl, mix melted butter, garlic, paprika, salt, and pepper.
4. Pour mixture over the chicken.
5. Bake for 25 minutes or until internal temperature reaches 165°F (74°C).
6. Spoon pan juices over chicken and garnish with parsley before serving.

Net Carbs per Serving: 1g

Protein: 31g • **Fat:** 16g • **Calories:** ~280



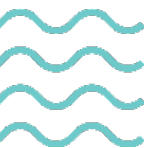


4. Rosemary Lemon Chicken Drumsticks



Description:

Oven-roasted drumsticks infused with zesty lemon and fragrant rosemary. Crisp skin, juicy meat, and zero carb stress.





Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients:

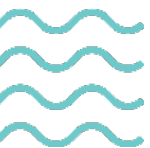
- 8 chicken drumsticks
- 2 tbsp olive oil
- 2 tsp fresh rosemary, chopped (or 3/4 tsp dried)
- Juice of 1 lemon
- Zest of 1 lemon
- 1 tsp garlic powder
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 425°F (218°C).
2. In a large bowl, combine olive oil, lemon juice, zest, rosemary, garlic powder, salt, and pepper.
3. Add drumsticks and toss to coat evenly.
4. Arrange on a lined baking sheet.
5. Roast for 35–40 minutes, flipping halfway through, until skin is golden and crisp.

Net Carbs per Serving: 0g

Protein: 26g • **Fat:** 14g • **Calories:** ~250



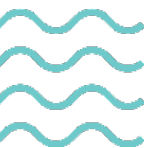


5. Balsamic Grilled Chicken (Sugar-Free)



Description:

Bold and tangy balsamic-marinated chicken without the sugar. Ideal for grilling season or a low-carb meal prep staple.





Servings: 4

Prep Time: 10 minutes

Marinate Time: 2 hours

Cook Time: 15 minutes

Total Time: 25 minutes (plus marinating)

Ingredients:

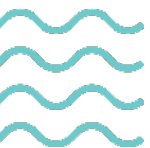
- 4 chicken breasts or thighs
- ¼ cup olive oil
- 2 tbsp sugar-free balsamic vinegar
- 1 tbsp coconut aminos or soy sauce (low sodium)
- 1 tsp Dijon mustard
- 2 garlic cloves, minced
- Salt and pepper, to taste

Instructions:

1. Whisk marinade ingredients together.
2. Pour over chicken in a sealed container and marinate in fridge 2 hours.
3. Preheat grill to medium-high.
4. Grill chicken for 6–8 minutes per side or until cooked through.
5. Let rest 5 minutes before slicing.

Net Carbs per Serving: 2g

Protein: 30g • **Fat:** 15g • **Calories:** ~270



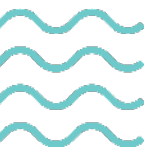


6. Greek Marinated Chicken with Feta & Olives



Description:

This Greek-inspired dish brings together juicy marinated chicken with crumbled feta, Kalamata olives, and a zesty lemon-oregano finish.





Servings: 4

Prep Time: 10 minutes

Marinate Time: 2–4 hours

Cook Time: 20 minutes

Total Time: 30 minutes (plus marinating)

Ingredients:

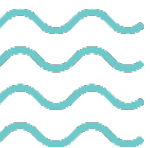
- 4 boneless chicken thighs
- ¼ cup olive oil Juice of 1 lemon
- 2 tsp red wine vinegar
- 2 garlic cloves, minced
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- ½ cup crumbled feta cheese
- ¼ cup pitted Kalamata olives, halved

Instructions:

1. Combine marinade ingredients in a bowl. Add chicken and refrigerate 2–4 hours.
2. Preheat grill or skillet over medium heat.
3. Cook chicken for 6–8 minutes per side or until browned and cooked through.
4. Top with feta and olives before serving.

Net Carbs per Serving: 2g

Protein: 27g • **Fat:** 20g • **Calories:** ~310



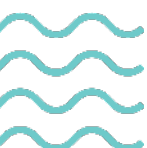


7. Chimichurri Chicken Thighs



Description:

Grilled chicken thighs paired with a bold, herb-packed chimichurri sauce. Fresh, vibrant, and naturally low-carb.





Servings: 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Ingredients:

For the chicken:

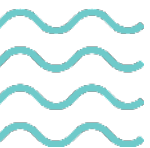
- 8 boneless, skinless chicken thighs
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp black pepper

For the Chimichurri Sauce:

- ½ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chopped (optional)
- 2 garlic cloves, minced
- ¼ cup olive oil
- 2 tbsp red wine vinegar
- ½ tsp salt
- ¼ tsp crushed red pepper flakes

Instructions:

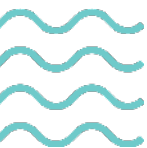
1. Preheat grill or skillet to medium-high.
2. Rub chicken with olive oil, garlic powder, salt, and pepper.
3. Grill for 6–8 minutes per side or until fully cooked.
4. Meanwhile, mix chimichurri ingredients in a small bowl.
5. Spoon chimichurri over hot chicken and serve.





Net Carbs per Serving: 1g

Protein: 29g · **Fat:** 20g · **Calories:** ~320



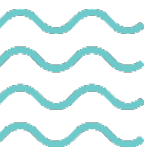


8. Herb-Crusted Baked Chicken (almond flour crust)



Description:

A crunchy, herby crust made from almond flour gives this baked chicken all the comfort food crunch without the carbs.





Servings: 4

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Ingredients:

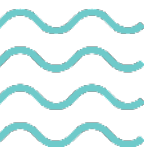
- 4 boneless, skinless chicken breasts
- 1 cup almond flour
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried basil
- ½ tsp paprika
- ½ tsp salt
- 2 eggs, beaten
- 2 tbsp olive oil (for drizzling or baking spray)

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix almond flour with herbs and spices.
3. Dip each chicken breast in beaten eggs, then coat in almond flour mix.
4. Place on a baking sheet lined with parchment and lightly drizzle or spray with oil.
5. Bake for 25 minutes, or until golden and internal temp is 165°F.

Net Carbs per Serving: 3g

Protein: 34g • **Fat:** 18g • **Calories:** ~350



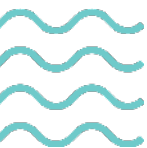


9. Keto Teriyaki Chicken (with Monk Fruit Sweetener)



Description:

A sticky-sweet teriyaki chicken dish without the sugar. Made with a keto-friendly sauce that tastes just like takeout.





Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

- 1.5 lbs chicken thighs, cut into chunks
- 1 tbsp olive oil

For the Sauce:

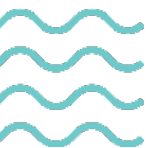
- ¼ cup coconut aminos or tamari
- 2 tbsp rice vinegar
- 2 tbsp monk fruit sweetener (or erythritol)
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1/4 tsp xanthan gum (optional, for thickening)

Instructions:

1. Heat oil in skillet over medium-high heat.
2. Sear chicken until browned and cooked through.
3. In a small bowl, whisk sauce ingredients together.
4. Pour sauce into pan and simmer 5–7 minutes, until slightly thickened.
5. Optional: Add xanthan gum to thicken more.
6. Serve with cauliflower rice or steamed broccoli.

Net Carbs per Serving: 2g

Protein: 27g • **Fat:** 15g • **Calories:** ~280



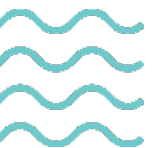


10. Blackened Cajun Chicken Breasts



Description:

Spice things up with these blackened chicken breasts coated in smoky Cajun seasoning. Perfect for meal prep, salads, or low-carb wraps.





Servings: 4

Prep Time: 5 minutes

Cook Time: 12 minutes

Total Time: 17 minutes

Ingredients:

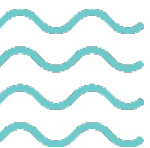
- 4 boneless chicken breasts
- 2 tbsp olive oil
- 1 tbsp Cajun seasoning (no sugar added)
- 1 tsp smoked paprika Salt to taste

Instructions:

1. Rub chicken with olive oil and seasoning mix.
2. Heat skillet over medium-high heat until hot.
3. Sear chicken for 5–6 minutes per side until blackened and cooked through.
4. Let rest before slicing.

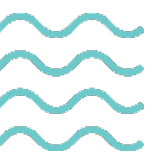
Net Carbs per Serving: 1g

Protein: 40g • **Fat:** 10g • **Calories:** ~270





II. One-Pan or Skillet Meals



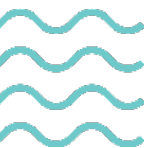


11. Creamy Tuscan Garlic Chicken



Description:

A rich and creamy skillet dish loaded with garlic, spinach, and sun-dried tomatoes—perfect for date night or Sunday dinner.





Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

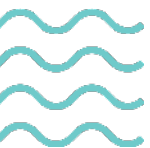
- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 cup heavy cream
- ½ cup grated Parmesan cheese
- ½ cup sun-dried tomatoes, chopped
- 1 cup fresh spinach Salt and pepper, to taste

Instructions:

1. Heat oil in skillet over medium heat. Sear chicken until golden and cooked through. Remove and set aside.
2. In same pan, add garlic and cook for 1 minute.
3. Add cream, Parmesan, and sun-dried tomatoes. Simmer 3–4 minutes.
4. Add spinach and stir until wilted.
5. Return chicken to skillet and coat with sauce. Simmer 5 more minutes.

Net Carbs per Serving: 4g

Protein: 32g • **Fat:** 28g • **Calories:** ~400



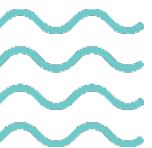


12. Chicken Alfredo with Zucchini Noodles



Description:

Creamy Alfredo sauce over spiralized zucchini and sautéed chicken makes a low-carb Italian classic with all the comfort.





Servings: 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Ingredients:

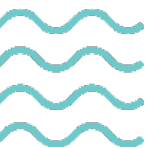
- 2 medium zucchini, spiralized
- 1 lb chicken breast, sliced thin
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 3/4 cup heavy cream
- 1/2 cup grated Parmesan
- 2 tbsp butter Salt and pepper to taste

Instructions:

1. Heat oil in a pan and cook chicken until browned. Remove and set aside.
2. In same pan, melt butter. Add garlic and cook 1 minute.
3. Stir in cream and Parmesan. Simmer until thickened, 4–5 minutes.
4. Add cooked chicken and toss.
5. Add zucchini noodles and cook 2–3 minutes, just until tender. Serve hot.

Net Carbs per Serving: 5g

Protein: 29g • **Fat:** 24g • **Calories:** ~360



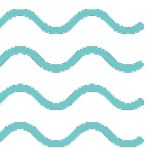


13. Chicken and Cauliflower Rice Skillet



Description:

A fast, filling one-skillet dinner that combines juicy chicken and seasoned cauliflower rice—perfect for busy weeknights and blood sugar stability.





Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

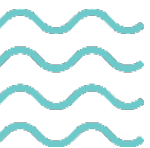
- 1 lb chicken breast, diced
- 2 tbsp olive oil
- 3 cups cauliflower rice
- ½ small onion, diced
- 2 cloves garlic, minced
- ½ tsp paprika
- Salt and pepper, to taste
- 1 tbsp chopped fresh parsley (optional)

Instructions:

1. Heat 1 tbsp oil in a skillet. Sauté onion and garlic until translucent.
2. Add remaining oil and chicken. Cook until browned and cooked through.
3. Stir in cauliflower rice, paprika, salt, and pepper. Cook for 5–7 minutes until tender. Sprinkle with parsley before serving.

Net Carbs per Serving: 4g

Protein: 27g • **Fat:** 14g • **Calories:** ~260



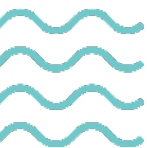


14. Creamy Mushroom Chicken



Description:

Tender chicken smothered in a rich mushroom and cream sauce —low-carb luxury in under 30 minutes.





Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

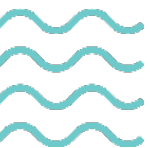
- 4 chicken thighs or breasts
- 2 tbsp olive oil or butter
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- ½ cup heavy cream
- 1/4 cup chicken broth
- 1/4 cup grated Parmesan
- Salt and pepper, to taste

Instructions:

1. Heat oil in skillet over medium heat. Sear chicken until browned and cooked through. Remove and set aside.
2. Add mushrooms and garlic to skillet. Sauté 5 minutes.
3. Stir in cream, broth, and Parmesan. Simmer 3–4 minutes.
4. Return chicken to pan and coat with sauce. Simmer another 5 minutes.

Net Carbs per Serving: 3g

Protein: 28g • **Fat:** 22g • **Calories:** ~330



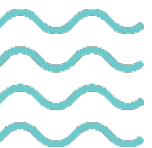


15. Chicken Cacciatore (No Added Sugar)



Description:

This rustic Italian dish uses tomatoes, bell peppers, and herbs—without the usual sugar-laden sauce.





Servings: 4

Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes

Ingredients:

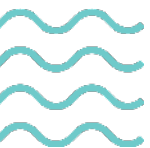
- 4 bone-in chicken thighs (or breasts)
- 1 tbsp olive oil
- ½ onion, sliced
- 1 bell pepper, sliced
- 1 cup diced tomatoes (no sugar added)
- ¼ cup tomato paste
- ½ cup chicken broth
- 1 tsp dried oregano
- 1 tsp garlic powder Salt and pepper, to taste

Instructions:

1. Heat oil in large skillet. Sear chicken on both sides and remove.
2. Add onion and pepper, sauté until soft.
3. Stir in tomatoes, paste, broth, and seasonings. Simmer 5 minutes.
4. Return chicken to pan. Cover and simmer 30 minutes, until chicken is tender and sauce is thick.

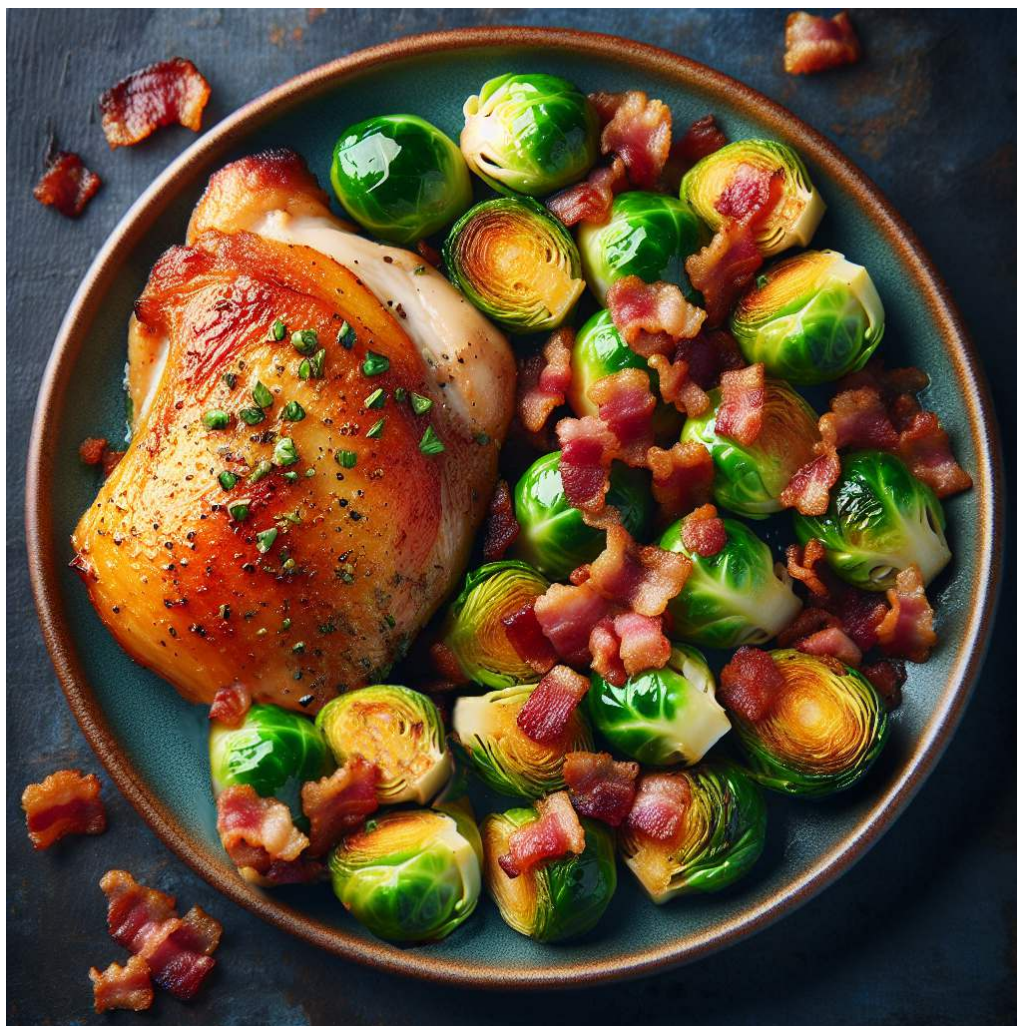
Net Carbs per Serving: 5g

Protein: 26g • **Fat:** 17g • **Calories:** ~300



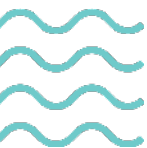


16. Chicken with Roasted Brussels Sprouts and Bacon



Description:

A sheet pan dinner of crispy roasted Brussels sprouts, smoky bacon, and savory chicken—simple, satisfying, and keto-friendly.





Servings: 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Ingredients:

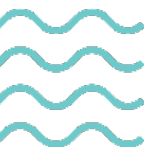
- 4 bone-in chicken thighs
- 3 cups Brussels sprouts, halved
- 4 slices bacon, chopped
- 2 tbsp olive oil
- ½ tsp garlic powder
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 425°F (218°C).
2. Toss Brussels sprouts and bacon with oil, garlic powder, salt, and pepper on a sheet pan.
3. Nestle chicken thighs on top.
4. Roast for 35–40 minutes, or until chicken is crisp and cooked through.

Net Carbs per Serving: 5g

Protein: 27g • **Fat:** 24g • **Calories:** ~350



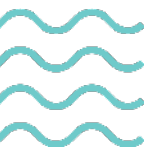


17. Jalapeño Popper Chicken Skillet



Description:

All the creamy, spicy, cheesy joy of jalapeño poppers—turned into a hearty, one-pan chicken dish.





Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

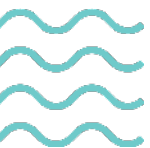
- 1 lb chicken breast, cut into cubes
- 2 tbsp olive oil
- 2 jalapeños, diced (remove seeds for less heat)
- ½ block (4 oz) cream cheese
- ½ cup shredded cheddar cheese
- 4 slices cooked bacon, crumbled
- Salt and pepper, to taste

Instructions:

1. Heat oil in skillet. Add chicken and jalapeños. Cook until chicken is browned and cooked through.
2. Lower heat. Stir in cream cheese until melted and smooth.
3. Add cheddar and bacon, stir until well mixed and creamy.
4. Serve hot—great with a side salad or cauliflower mash.

Net Carbs per Serving: 3g

Protein: 30g • **Fat:** 27g • **Calories:** ~390



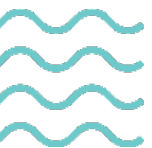


18. Skillet Chicken with Mushrooms and Zucchini



Description:

This hearty skillet meal combines tender chicken with earthy mushrooms and fresh zucchini in a buttery garlic sauce. Low in carbs and high in flavor, it's perfect for busy weeknights.





Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

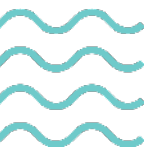
- 1½ lbs boneless, skinless chicken thighs
- 2 tablespoons butter
- 8 oz mushrooms, sliced
- 2 medium zucchinis, sliced
- 3 cloves garlic, minced
- ½ cup chicken broth
- 1 tablespoon lemon juice
- ½ teaspoon dried thyme
- Salt and pepper, to taste

Instructions:

1. In a large skillet, melt butter over medium-high heat. Season chicken with salt and pepper and sear until golden and cooked through, about 5–6 minutes per side. Remove and set aside.
2. In the same skillet, add garlic and mushrooms. Sauté until mushrooms are browned, about 5 minutes.
3. Add zucchini and cook for 3–4 minutes until slightly tender.
4. Pour in chicken broth and lemon juice, and sprinkle in thyme.
5. Simmer until slightly reduced. Return chicken to the pan, coat with the sauce, and simmer 2 minutes more before serving.

Net Carbs per Serving: 5g

Protein: 30g • **Fat:** 18g • **Calories:** ~340



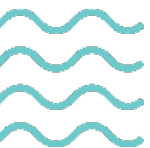


19. Keto Cheesy Chicken and Cauliflower Skillet



Description:

This one-pan wonder features juicy chicken breast, tender cauliflower, and a blend of cheeses for a comforting, cheesy meal that's both keto-friendly and diabetic-safe.





Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

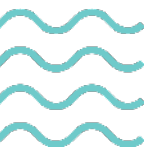
- 1½ lbs chicken breast, cubed
- 2 tablespoons olive oil
- 3 cups cauliflower florets
- ½ cup heavy cream
- 1 cup shredded cheddar cheese
- ¼ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- Salt and pepper, to taste
- Fresh parsley (optional), for garnish

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add chicken, season with salt, pepper, garlic powder, and paprika. Sauté until cooked through and golden. Remove and set aside.
2. In the same skillet, add cauliflower and cook for 6–8 minutes, until beginning to soften.
3. Stir in heavy cream, cheddar, and Parmesan cheese. Mix well until cheese is melted and creamy.
4. Return chicken to the skillet and stir to coat. Simmer for 2–3 minutes more until heated through.
5. Garnish with fresh parsley and serve.

Net Carbs per Serving: 6g

Protein: 33g • **Fat:** 27g • **Calories:** ~410



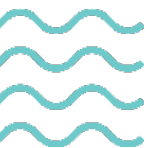


20. Lemon Herb Butter Chicken Skillet



Description:

This bright and buttery chicken dish is bursting with fresh herb flavor and finished with a squeeze of lemon. It's light, vibrant, and all made in one skillet—perfect for a quick, satisfying keto-friendly dinner.





Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

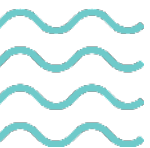
- 4 boneless, skinless chicken thighs
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Zest and juice of 1 lemon
- Salt and pepper, to taste
- Fresh parsley (optional), for garnish

Instructions:

1. Heat olive oil and 1 tablespoon butter in a large skillet over medium heat.
2. Season chicken thighs with salt, pepper, thyme, and rosemary.
3. Sear chicken in the skillet until golden and cooked through, about 6–7 minutes per side. Remove and set aside.
4. In the same skillet, add remaining butter, garlic, and lemon zest. Sauté for 30 seconds.
5. Stir in lemon juice and scrape up any browned bits. Return chicken to pan and coat in sauce.
6. Simmer 2–3 minutes more. Garnish with parsley and serve.

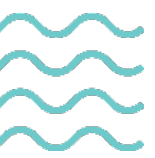
Net Carbs per Serving: 2g

Protein: 28g • **Fat:** 23g • **Calories:** ~360





III. Casseroles & Bakes



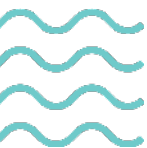


21. Cheesy Broccoli Chicken Casserole



Description:

A hearty classic reinvented for low-carb living! Creamy, cheesy, and full of protein, this casserole combines chicken and broccoli in a comforting, keto-friendly bake.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

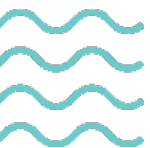
- 2 cups cooked shredded chicken
- 2 cups broccoli florets (steamed)
- 1 cup shredded cheddar cheese
- ½ cup sour cream
- ¼ cup cream cheese
- ¼ tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Grease a baking dish.
2. In a bowl, mix chicken, broccoli, cheeses, sour cream, and seasoning.
3. Spread mixture in dish. Top with a bit more cheese if desired.
4. Bake for 20–25 minutes until bubbly and golden on top.

Net Carbs per Serving: 5g

Protein: 25g • **Fat:** 25g • **Calories:** ~340



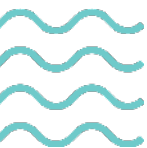


22. Buffalo Chicken Cauliflower Bake



Description:

This spicy, cheesy casserole delivers the tangy flavor of buffalo wings without the carbs. It's loaded with shredded chicken and cauliflower for a crave-worthy keto meal.





Servings: 6

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

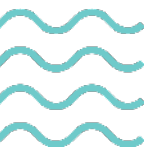
- 2 cups cooked shredded chicken
- 3 cups cauliflower florets (lightly steamed)
- ½ cup buffalo wing sauce
- ½ cup cream cheese
- ½ cup shredded mozzarella
- ¼ cup ranch dressing

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients in a large bowl until well combined.
3. Spread into greased baking dish and bake 25–30 minutes.
4. Optional: Broil 2–3 minutes to brown the top.

Net Carbs per Serving: 6g

Protein: 22g • **Fat:** 23g • **Calories:** ~320



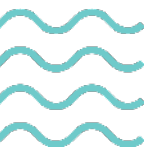


23. Creamy Spinach Artichoke Chicken Bake



Description:

Inspired by the beloved dip, this creamy spinach and artichoke bake is both comforting and low in carbs. A rich and satisfying dinner that feels like a splurge.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

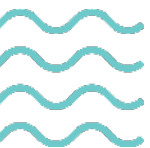
- 2 cups cooked chicken (chopped)
- 1 cup canned artichoke hearts, chopped
- 1 cup spinach (fresh or frozen, drained)
- ½ cup cream cheese
- ¼ cup sour cream
- ½ cup mozzarella cheese
- 1 clove garlic, minced
- Salt and pepper

Instructions:

1. Preheat oven to 375°F (190°C).
2. Combine all ingredients in a large bowl.
3. Spread into a greased baking dish. Top with extra mozzarella.
4. Bake for 25 minutes until bubbly and golden.

Net Carbs per Serving: 6g

Protein: 23g • **Fat:** 27g • **Calories:** ~350



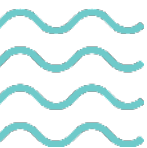


24. Mushroom Chicken Alfredo Casserole



Description:

Creamy Alfredo sauce and earthy mushrooms come together with chicken in this decadent yet low-carb casserole. It's everything you love about comfort food — minus the carbs.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

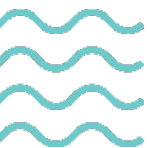
- 2 cups cooked shredded chicken
- 1½ cups mushrooms, sliced
- ¾ cup heavy cream
- ½ cup Parmesan cheese
- 1 tbsp butter
- 1 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Sauté mushrooms in butter until softened.
2. In a large bowl, mix chicken, mushrooms, cream, cheese, and spices.
3. Pour into baking dish. Bake at 375°F for 20–25 minutes.

Net Carbs per Serving: 5g

Protein: 25g • **Fat:** 28g • **Calories:** ~360



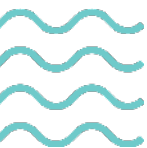


25. Keto Chicken Enchilada Bake



Description:

This low-carb version of enchiladas skips the tortillas but keeps all the cheesy, spicy goodness. A fiesta of flavor that's diabetes-friendly and crowd-approved.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

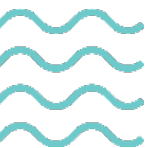
- 2 cups shredded chicken
- $\frac{3}{4}$ cup enchilada sauce (low-carb)
- 1 cup shredded cheddar cheese
- $\frac{1}{4}$ cup cream cheese
- $\frac{1}{4}$ cup diced green chiles (optional)
- $\frac{1}{2}$ tsp cumin
- Salt to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients except cheddar in a bowl.
3. Spread mixture in a greased baking dish. Top with cheddar.
4. Bake for 20–25 minutes until hot and bubbly.

Net Carbs per Serving: 6g

Protein: 26g • **Fat:** 24g • **Calories:** ~330



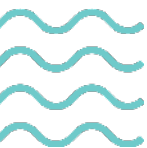


26. Low-Carb Chicken Lasagna with Zucchini



Description:

Swap pasta for zucchini in this layered, cheesy, and saucy keto lasagna. It's a delicious way to enjoy a classic Italian dish without spiking blood sugar.





Servings: 6

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Ingredients:

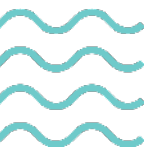
- 2 medium zucchinis, sliced lengthwise into thin strips
- 2 cups cooked shredded chicken
- 1 cup ricotta cheese
- 1 cup shredded mozzarella cheese
- 1 cup sugar-free marinara sauce
- 1 egg
- 1 tsp Italian seasoning
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Lightly grill or bake zucchini strips to soften and reduce moisture.
3. In a bowl, mix ricotta, egg, chicken, seasoning, salt, and pepper.
4. Layer zucchini, ricotta mixture, marinara, and mozzarella in a baking dish.
5. Repeat layers and finish with mozzarella.
6. Bake 30 minutes. Let rest before slicing.

Net Carbs per Serving: 7g

Protein: 24g • **Fat:** 22g • **Calories:** ~320



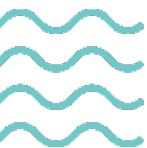


27. Chicken and Cheese Cauliflower Gratin



Description:

This creamy, cheesy gratin is a cauliflower lover's dream. Packed with protein and rich flavor, it's the perfect low-carb side or main dish.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

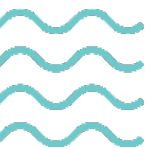
- 2 cups shredded chicken
- 3 cups cauliflower florets, steamed
- ½ cup heavy cream
- 1 cup shredded cheddar cheese
- ¼ cup grated Parmesan 1
- tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine cauliflower, chicken, cream, garlic powder, salt, and pepper.
3. Spread in a baking dish, sprinkle cheeses over top.
4. Bake 20–25 minutes until cheese is golden and bubbly.

Net Carbs per Serving: 6g

Protein: 22g • **Fat:** 26g • **Calories:** ~340



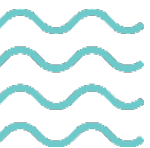


28. Pesto Chicken and Spaghetti Squash Casserole



Description:

Fragrant basil pesto and roasted spaghetti squash pair beautifully with chicken in this flavorful bake. It's vibrant, satisfying, and ideal for a keto lifestyle.





Servings: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Ingredients:

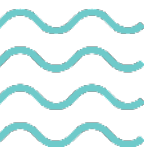
- 2 cups cooked chicken, shredded
- 2 cups cooked spaghetti squash
- ½ cup pesto (no added sugar)
- 1 cup shredded mozzarella
- ¼ cup grated Parmesan
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix chicken, squash, pesto, salt, and pepper in a large bowl. Spread into a greased dish and top with cheeses.
3. Bake 25–30 minutes until bubbly and golden.

Net Carbs per Serving: 7g

Protein: 23g • **Fat:** 24g • **Calories:** ~330



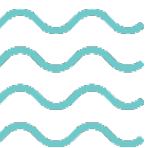


29. Chicken Bacon Ranch Bake



Description:

All your favorite flavors — creamy ranch, crispy bacon, and tender chicken — baked into one irresistible dish. It's comfort food that keeps your carbs in check.





Servings: 6

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

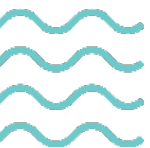
- 2 cups shredded chicken
- ½ cup cooked bacon, chopped
- ½ cup ranch dressing
- 1 cup shredded cheddar cheese
- ¼ cup cream cheese
- 1 tsp garlic powder

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients in a bowl until well combined.
3. Spread into a greased baking dish.
4. Bake for 25–30 minutes until hot and bubbly.

Net Carbs per Serving: 3g

Protein: 24g • **Fat:** 31g • **Calories:** ~390



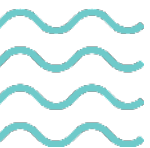


30. Southwest Chicken Casserole with Riced Cauliflower



Description:

Spiced chicken and cauliflower rice bring bold Tex-Mex flavor to this easy, cheesy bake. It's a low-carb weeknight dinner the whole family will love.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

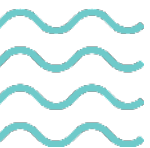
- 2 cups cooked chicken, chopped
- 2 cups cauliflower rice
- ½ cup salsa (no sugar added)
- ½ cup shredded pepper jack cheese
- ¼ cup sour cream 1 tsp chili powder
- ½ tsp cumin
- Salt to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine all ingredients.
3. Spread mixture in a baking dish.
4. Bake 25 minutes until hot and cheese is melted.

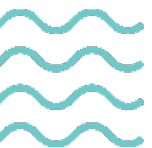
Net Carbs per Serving: 6g

Protein: 23g • **Fat:** 21g • **Calories:** ~310





IV. Soups, Stews, & Chilis



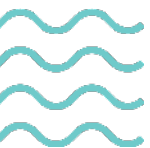


31. Creamy Chicken and Mushroom Soup



Description:

This velvety soup blends tender chicken with savory mushrooms in a creamy broth. It's comforting, rich, and totally satisfying on chilly nights.





Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

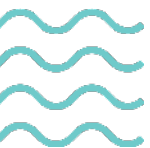
- 2 cups cooked chicken, shredded
- 2 cups sliced mushrooms
- 1 small onion, diced
- 2 cloves garlic, minced
- 3 cups chicken broth
- 1 cup heavy cream
- 2 tbsp butter
- Salt and pepper to taste

Instructions:

1. In a large pot, melt butter and sauté onion, garlic, and mushrooms until soft.
2. Add chicken broth and bring to a simmer.
3. Stir in chicken, cream, salt, and pepper.
4. Simmer on low for 10–15 minutes until thickened slightly.

Net Carbs per Serving: 6g

Protein: 18g • **Fat:** 23g • **Calories:** ~300



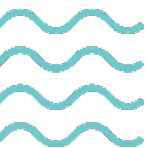


32. Keto Chicken Chili Verde



Description:

Zesty tomatillo salsa and green chiles give this chili verde a tangy Southwestern kick. It's a low-carb, high-flavor way to warm up.





Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

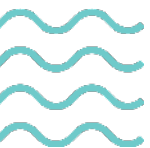
- 2 cups cooked shredded chicken
- 1 cup tomatillo salsa (sugar-free)
- ½ cup chopped green chilies
- 1 cup chicken broth
- ½ cup sour cream
- 1 tsp cumin
- Salt and pepper to taste

Instructions:

1. Combine all ingredients except sour cream in a saucepan.
2. Simmer 15–20 minutes to allow flavors to meld.
3. Stir in sour cream before serving.

Net Carbs per Serving: 6g

Protein: 23g • **Fat:** 19g • **Calories:** ~290



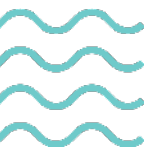


33. Chicken and Cauliflower Rice Soup



Description:

This light and wholesome soup features cauliflower rice in place of traditional grains for a diabetes-friendly twist. Hearty, nourishing, and perfect for meal prep.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

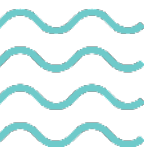
- 2 cups cooked chicken, chopped
- 1½ cups riced cauliflower
- 2 celery stalks, chopped
- 1 carrot, chopped (optional; omit for ultra-low carb)
- 4 cups chicken broth
- 1 tsp garlic powder
- ½ tsp thyme
- Salt and pepper to taste

Instructions:

1. In a large pot, combine all ingredients.
2. Simmer 20–25 minutes until vegetables are tender.
3. Adjust seasoning to taste before serving.

Net Carbs per Serving: 5g

Protein: 20g • **Fat:** 7g • **Calories:** ~180



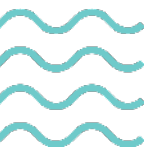


34. Buffalo Chicken Soup



Description:

Everything you love about buffalo wings—bold heat, creamy tang—now in cozy soup form. It’s keto comfort food with a spicy flair.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

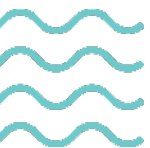
- 2 cups cooked shredded chicken
- 3 cups chicken broth
- ½ cup heavy cream
- ½ cup cream cheese
- ¼ cup buffalo wing sauce
- 2 tbsp butter
- Salt to taste

Instructions:

1. In a saucepan, heat butter and buffalo sauce.
2. Stir in cream cheese until melted.
3. Add broth and bring to a simmer.
4. Stir in chicken and cream, simmer 10 minutes.

Net Carbs per Serving: 4g

Protein: 20g • **Fat:** 28g • **Calories:** ~340



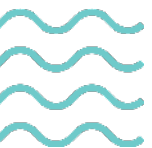


35. Creamy Lemon Chicken Soup



Description:

Bright and refreshing with a silky texture, this soup blends lemon, herbs, and chicken into a light yet satisfying meal. Perfect for spring or whenever you need a pick-me-up.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

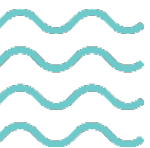
- 2 cups cooked chicken, shredded
- 4 cups chicken broth
- 1 cup heavy cream
- Juice of 1 lemon
- 2 egg yolks (tempered)
- 1 tsp garlic powder
- ½ tsp dried dill
- Salt and pepper to taste

Instructions:

1. Heat broth and chicken in a saucepan until hot.
2. In a bowl, whisk egg yolks with lemon juice and cream.
3. Slowly add hot broth to egg mixture to temper, then pour into pot.
4. Stir gently and heat through (do not boil).

Net Carbs per Serving: 3g

Protein: 21g • **Fat:** 25g • **Calories:** ~310



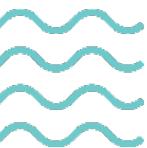


36. Chicken Jalapeño Popper Soup



Description:

This indulgent soup packs all the flavor of jalapeño poppers into a creamy, cheesy bowl. A spicy, satisfying dish with minimal carbs.





Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

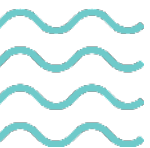
- 2 cups shredded chicken
- 3 slices bacon, cooked and crumbled
- 1 jalapeño, seeded and diced
- ½ cup cream cheese
- 1 cup shredded cheddar cheese
- 1 cup heavy cream
- 2 cups chicken broth
- Salt and pepper to taste

Instructions:

1. In a large pot, heat broth, jalapeño, and cream cheese until melted and smooth.
2. Stir in chicken, bacon, cheddar, and cream.
3. Simmer gently for 10–15 minutes until thick and creamy.

Net Carbs per Serving: 4g

Protein: 22g • **Fat:** 31g • **Calories:** ~390



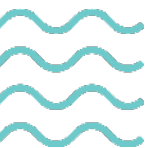


37. Thai Coconut Chicken Soup



Description:

A dairy-free delight with bold Thai flavors, this soup blends coconut milk, lime, ginger, and chicken into a fragrant, exotic meal.





Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

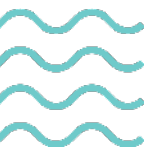
- 2 cups chicken broth
- 1 cup canned coconut milk
- 1½ cups cooked chicken, sliced
- 1 tbsp fish sauce 1 tbsp lime juice
- 1 tsp grated ginger
- 1 garlic clove, minced
- ¼ cup mushrooms, sliced
- 1 tbsp red curry paste (optional)

Instructions:

1. In a pot, bring broth, coconut milk, garlic, and ginger to a simmer.
2. Add mushrooms, curry paste, and chicken.
3. Simmer for 10 minutes, then stir in fish sauce and lime juice.
4. Serve hot, garnished with cilantro if desired.

Net Carbs per Serving: 5g

Protein: 20g • **Fat:** 24g • **Calories:** ~320



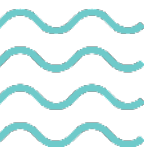


38. Low-Carb Chicken Tortilla Soup



Description:

Get the taste of your favorite tortilla soup—minus the carbs. This version is rich with spices, chicken, and healthy toppings like avocado and cheese.





Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

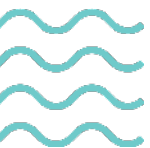
- 2 cups cooked chicken, shredded
- 4 cups chicken broth
- ½ cup salsa (sugar-free)
- 1 tsp cumin
- 1 tsp chili powder
- ½ avocado, diced (for topping)
- ¼ cup shredded cheese (for topping)

Instructions:

1. Combine chicken, broth, salsa, and spices in a pot.
2. Simmer for 15 minutes.
3. Serve topped with cheese and avocado.
4. Optional: crushed low-carb tortilla chips.

Net Carbs per Serving: 5g

Protein: 22g • **Fat:** 18g • **Calories:** ~280



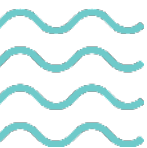


39. Chicken Alfredo Soup



Description:

Creamy, cheesy, and decadent, this soup transforms chicken Alfredo into a bowl of low-carb comfort. It's a quick favorite for cold-weather days.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

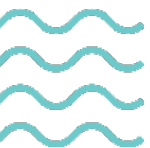
- 2 cups cooked shredded chicken
- 1½ cups chicken broth
- 1 cup heavy cream
- ¾ cup grated Parmesan
- 1 tsp garlic powder
- ½ tsp Italian seasoning
- Salt and pepper to taste

Instructions:

1. In a saucepan, combine broth and cream, bring to a gentle simmer.
2. Stir in garlic, seasoning, and cheese.
3. Add chicken and simmer 10 minutes until thick and creamy.

Net Carbs per Serving: 4g

Protein: 22g • **Fat:** 30g • **Calories:** ~370



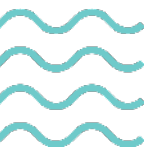


40. Chicken Cabbage Detox Soup



Description:

Light yet filling, this cabbage-based soup helps reset and refresh without sacrificing flavor. Great for clean eating and carb-conscious detoxing.





Servings: 6

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

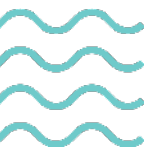
- 2 cups cooked chopped chicken
- 3 cups chopped cabbage
- 1 celery stalk, chopped
- 1 small onion, chopped
- 2 garlic cloves, minced
- 5 cups chicken broth
- 1 tbsp olive oil
- Salt, pepper, and herbs (thyme, parsley) to taste

Instructions:

1. Heat oil in a large pot. Sauté onion, garlic, and celery.
2. Add broth, cabbage, chicken, and herbs.
3. Simmer for 25–30 minutes until vegetables are soft.
4. Season to taste and serve hot.

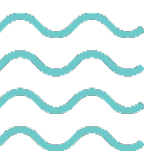
Net Carbs per Serving: 6g

Protein: 22g • **Fat:** 9g • **Calories:** ~200





V. Salads & Lettuce Wraps



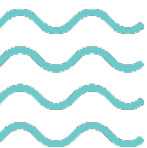


41. Avocado Chicken Salad Lettuce Wraps



Description:

Creamy avocado and juicy chicken make a perfect match in this light, refreshing lettuce wrap. It's cool, crisp, and packed with healthy fats.





Servings: 6

Prep Time: 10 minutes

Cook Time: NA

Total Time: 10 minutes

Ingredients:

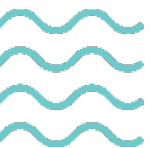
- 2 cups cooked chicken, chopped
- 1 ripe avocado, diced
- 2 tbsp mayonnaise
- 1 tbsp lime juice
- ¼ cup diced red onion
- Salt and pepper to taste
- Butter or romaine lettuce leaves

Instructions:

1. In a bowl, mash avocado slightly and mix with mayo and lime juice.
2. Stir in chicken, onion, salt, and pepper.
3. Spoon mixture into lettuce leaves and serve chilled.

Net Carbs per Serving: 4g

Protein: 22g • **Fat:** 24g • **Calories:** ~320



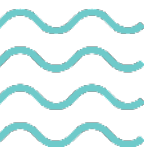


42. Keto Caesar Chicken Salad



Description:

A classic Caesar gets a keto twist with tender chicken, Parmesan, and a creamy low-carb dressing. Simple, satisfying, and great for lunch or dinner.





Servings: 6

Prep Time: 10 minutes

Cook Time: NA

Total Time: 10 minutes

Ingredients:

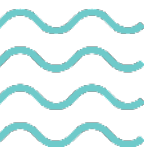
- 2 cups cooked chicken breast, chopped
- 4 cups chopped romaine lettuce
- ¼ cup grated Parmesan cheese
- 2 tbsp Caesar dressing (low-carb)
- 2 tbsp olive oil
- Optional: anchovy paste or hard-boiled egg

Instructions:

1. Toss lettuce with olive oil and Caesar dressing.
2. Add chicken and Parmesan, toss again.
3. Serve with extra toppings if desired.

Net Carbs per Serving: 3g

Protein: 25g • **Fat:** 22g • **Calories:** ~310



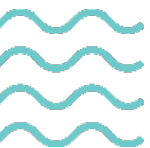


43. Buffalo Chicken Lettuce Cups



Description:

Tangy, spicy buffalo chicken wrapped in crisp lettuce leaves—this dish is everything you love about wings, with none of the carbs or mess.





Servings: 6

Prep Time: 10 minutes

Cook Time: NA

Total Time: 10 minutes

Ingredients:

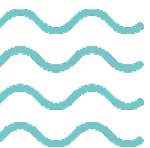
- 2 cups shredded chicken
- ¼ cup buffalo sauce
- ¼ cup cream cheese, softened
- 2 tbsp ranch dressing
- Celery, diced (optional)
- Lettuce leaves for serving

Instructions:

1. In a bowl, mix buffalo sauce, cream cheese, and ranch.
2. Stir in chicken and celery.
3. Spoon mixture into lettuce cups and serve cold or warm.

Net Carbs per Serving: 3g

Protein: 22g • **Fat:** 20g • **Calories:** ~280



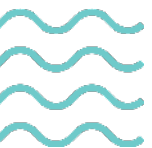


44. Greek Chicken Salad with Feta



Description:

Bright and colorful, this Greek-inspired salad features juicy chicken, briny olives, fresh veggies, and tangy feta for a Mediterranean flavor burst.





Servings: 6

Prep Time: 10 minutes

Cook Time: NA

Total Time: 10 minutes

Ingredients:

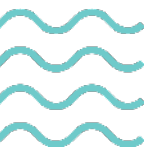
- 2 cups cooked chicken, cubed
- 1 cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ red onion, sliced
- ¼ cup kalamata olives, halved
- ¼ cup crumbled feta cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt, pepper, oregano to taste

Instructions:

1. Combine all ingredients in a large bowl.
2. Toss gently to coat with olive oil and lemon juice.
3. Chill before serving for best flavor.

Net Carbs per Serving: 6g

Protein: 24g • **Fat:** 23g • **Calories:** ~330



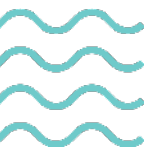


45. Chicken Bacon Avocado Salad



Description:

A keto powerhouse of flavor and healthy fats, this salad combines crispy bacon, creamy avocado, and tender chicken in every delicious bite.





Servings: 6

Prep Time: 15 minutes

Cook Time: NA

Total Time: 15 minutes

Ingredients:

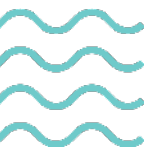
- 2 cups cooked chopped chicken
- 2 slices cooked bacon, crumbled
- 1 ripe avocado, diced
- 2 cups chopped romaine or spinach
- 2 tbsp ranch or olive oil dressing
- Salt and pepper to taste

Instructions:

1. Toss greens with chicken, bacon, and avocado.
2. Drizzle with dressing, season to taste, and serve fresh.

Net Carbs per Serving: 4g

Protein: 25g • **Fat:** 28g • **Calories:** ~360



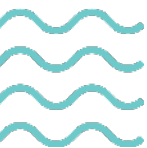


46. Thai Chicken Lettuce Wraps



Description:

These flavorful wraps deliver sweet, savory, and spicy notes in a crunchy lettuce cup. A refreshing and fun way to enjoy Thai-inspired chicken.





Servings: 6

Prep Time: 10 minutes

Cook Time: NA

Total Time: 10 minutes

Ingredients:

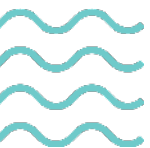
- 2 cups cooked chicken, chopped
- ¼ cup chopped peanuts (optional)
- ¼ cup diced red bell pepper
- 2 tbsp coconut aminos or tamari
- 1 tbsp lime juice
- 1 tsp grated ginger
- Butter lettuce leaves
- Fresh cilantro for garnish

Instructions:

1. In a bowl, mix chicken, peppers, ginger, lime juice, and coconut aminos.
2. Stir in peanuts and cilantro if using.
3. Scoop into lettuce leaves and serve.

Net Carbs per Serving: 7g

Protein: 23g • **Fat:** 17g • **Calories:** ~290



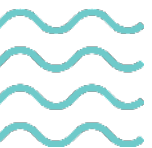


47. Chicken Cucumber Dill Salad



Description:

Cool and crisp, this creamy dill salad is loaded with chicken and cucumber. It's perfect for a light lunch or summer picnic plate.





Servings: 6

Prep Time: 10 minutes

Cook Time: NA

Total Time: 10 minutes

Ingredients:

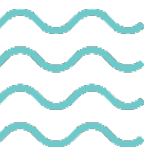
- 2 cups shredded chicken
- 1 cup diced cucumber
- 2 tbsp sour cream
- 2 tbsp mayonnaise
- 1 tbsp fresh dill (or 1 tsp dried)
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Combine all ingredients in a bowl and mix well.
2. Chill before serving for best flavor.

Net Carbs per Serving: 2g

Protein: 22g • **Fat:** 21g • **Calories:** ~270



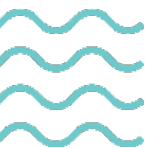


48. Cilantro Lime Chicken Salad



Description:

Zesty lime and fresh cilantro bring a bright, vibrant punch to this simple chicken salad. Serve it chilled for a refreshing keto-friendly option.





Servings: 6

Prep Time: 10 minutes

Cook Time: NA

Total Time: 10 minutes

Ingredients:

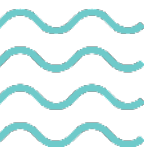
- 2 cups cooked chicken, chopped
- ¼ cup chopped red onion
- 1 avocado, diced
- Juice of 1 lime
- 2 tbsp chopped fresh cilantro
- Salt and pepper to taste

Instructions:

1. Toss chicken, onion, avocado, lime juice, and cilantro in a bowl.
2. Serve immediately or chilled.

Net Carbs per Serving: 5g

Protein: 24g • **Fat:** 24g • **Calories:** ~330



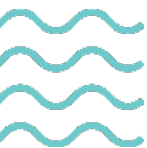


49. Creamy Curry Chicken Salad



Description:

This exotic twist on chicken salad is rich with warm curry spices and a creamy, tangy dressing. It's bold, satisfying, and great for meal prep.





Servings: 6

Prep Time: 10 minutes

Other Time: 15 minutes marinating (Optional)

Total Time: 25 minutes

Ingredients:

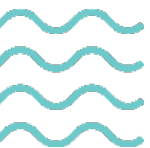
- 2 cups cooked chicken, shredded
- ¼ cup mayonnaise
- 1 tbsp plain Greek yogurt or sour cream
- 1 tsp curry powder
- ¼ cup chopped celery
- 2 tbsp slivered almonds (optional)
- Salt and pepper to taste

Instructions:

1. In a bowl, mix mayo, yogurt, and curry powder.
2. Stir in chicken, celery, and almonds.
3. Chill and serve alone or in lettuce wraps.

Net Carbs per Serving: 3g

Protein: 22g • **Fat:** 23g • **Calories:** ~310



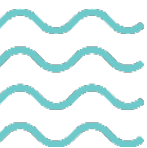


50. Southwest Chicken Salad Bowls



Description:

Packed with flavor and texture, this salad bowl features seasoned chicken, creamy avocado, salsa, and sour cream for a satisfying Tex-Mex vibe.





Servings: 4

Prep Time: 15 minutes

Cook Time: NA

Total Time: 15 minutes

Ingredients:

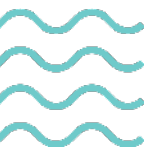
- 2 cups cooked chicken, cubed
- ½ avocado, diced
- ¼ cup salsa (sugar-free)
- 2 cups chopped romaine or spring mix
- 2 tbsp sour cream
- 1 tbsp olive oil
- Salt and chili powder to taste

Instructions:

1. Toss greens with chicken, avocado, salsa, and olive oil.
2. Top with sour cream and sprinkle with chili powder.
3. Serve in a bowl chilled or at room temperature.

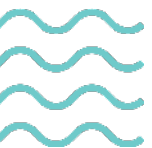
Net Carbs per Serving: 5g

Protein: 23g • **Fat:** 25g • **Calories:** ~340





VI. Chicken Stir-Fries & Skillets



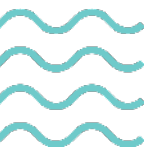


51. Chicken and Broccoli Stir-Fry



Description:

A takeout favorite made low-carb! Tender chicken and crisp broccoli are tossed in a savory garlic-ginger sauce for a fast, healthy dinner.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

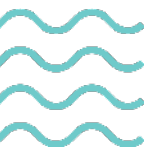
- 1 lb chicken breast, sliced thin
- 2 cups broccoli florets
- 2 tbsp avocado or olive oil
- 2 tbsp coconut aminos or soy sauce
- 1 tsp sesame oil
- 1 clove garlic, minced
- ½ tsp ground ginger

Instructions:

1. Heat oil in a skillet over medium-high heat. Sauté garlic and ginger.
2. Add chicken and cook until browned.
3. Add broccoli and stir-fry until tender-crisp.
4. Pour in coconut aminos and sesame oil.
5. Toss to coat and cook 2 more minutes.

Net Carbs per Serving: 6g

Protein: 30g • **Fat:** 18g • **Calories:** ~320



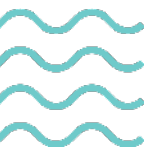


52. Spicy Thai Chicken Stir-Fry



Description:

This fiery stir-fry brings authentic Thai flavors with red curry, lime, and chicken in a quick, flavorful skillet dish that's anything but boring.





Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

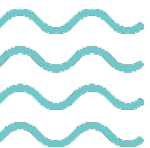
- 1 lb chicken thighs, sliced
- 1 red bell pepper, sliced
- ½ cup chopped onion
- 1 tbsp red curry paste
- 1 tbsp fish sauce
- 1 tbsp lime juice
- 2 tbsp coconut oil

Instructions:

1. Heat coconut oil in skillet. Add onions and bell pepper, cook 2–3 minutes.
2. Add chicken and cook until no longer pink.
3. Stir in curry paste, fish sauce, and lime juice. Cook 2–3 more minutes.

Net Carbs per Serving: 7g

Protein: 28g • **Fat:** 23g • **Calories:** ~350



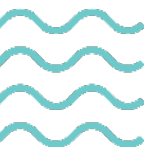


53. Keto Chicken Fried “Rice”



Description:

All the comfort of fried rice without the carbs! Cauliflower rice, scrambled egg, and savory chicken make this a satisfying one-pan meal.





Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

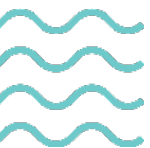
- 2 cups cooked riced cauliflower
- 1 cup cooked chicken, chopped
- 1 egg, scrambled
- 2 tbsp coconut aminos
- 1 green onion, chopped
- 2 tbsp avocado oil
- Salt and pepper to taste

Instructions:

1. Heat oil in skillet. Sauté riced cauliflower until just golden.
2. Push rice aside, scramble egg in pan.
3. Stir in chicken, green onions, and coconut aminos.
4. Toss everything together and serve hot.

Net Carbs per Serving: 6g

Protein: 22g • **Fat:** 18g • **Calories:** ~280



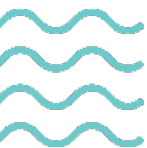


54. Garlic Chicken and Cabbage Stir-Fry



Description:

Hearty and flavorful, this dish combines tender chicken and sautéed cabbage in a garlicky stir-fry that's perfect for weeknight keto comfort.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

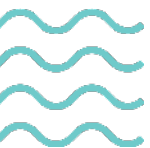
- 1 lb chicken thighs, sliced
- 3 cups shredded cabbage
- 2 garlic cloves, minced
- 2 tbsp olive or sesame oil
- 1 tbsp coconut aminos
- ½ tsp chili flakes (optional)

Instructions:

1. Heat oil in skillet. Cook garlic for 1 minute.
2. Add chicken and cook until golden and cooked through.
3. Stir in cabbage and cook until tender.
4. Drizzle with coconut aminos and chili flakes before serving.

Net Carbs per Serving: 5g

Protein: 25g • **Fat:** 20g • **Calories:** ~310





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

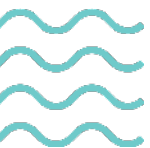
- 1 lb chicken thighs, sliced
- 3 cups shredded cabbage
- 2 garlic cloves, minced
- 2 tbsp olive or sesame oil
- 1 tbsp coconut aminos
- ½ tsp chili flakes (optional)

Instructions:

1. Heat oil in skillet. Cook garlic for 1 minute.
2. Add chicken and cook until golden and cooked through.
3. Stir in cabbage and cook until tender.
4. Drizzle with coconut aminos and chili flakes before serving.

Net Carbs per Serving: 5g

Protein: 25g • **Fat:** 20g • **Calories:** ~310



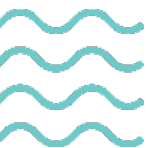


55. Ginger Chicken with Snap Peas



Description:

Crisp snap peas and zingy ginger elevate this simple stir-fry into something special. Fresh, fast, and packed with flavor.





Servings: 4

Prep Time: 10 minutes

Cook Time: 12 minutes

Total Time: 22 minutes

Ingredients:

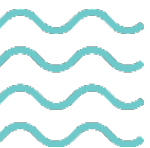
- 1 lb chicken breast, sliced thin
- 2 cups snap peas
- 1 tbsp grated ginger
- 2 cloves garlic, minced
- 2 tbsp coconut aminos
- 2 tbsp sesame oil

Instructions:

1. Heat sesame oil in skillet. Add garlic and ginger.
2. Add chicken and cook until almost done.
3. Toss in snap peas and stir-fry 3–4 minutes.
4. Add coconut aminos and stir to coat. Serve hot.

Net Carbs per Serving: 7g

Protein: 29g • **Fat:** 19g • **Calories:** ~320



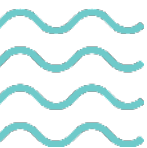


56. Lemon Garlic Chicken Stir-Fry



Description:

This zesty skillet meal is bursting with bright lemon and savory garlic. Quick, clean, and loaded with feel-good flavor.





Servings: 6

Prep Time: 10 minutes

Cook Time: 12 minutes

Total Time: 22 minutes

Ingredients:

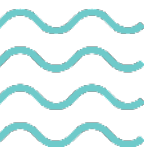
- 1 lb chicken breast, sliced
- 2 cups broccoli or asparagus
- 2 tbsp olive oil
- 2 garlic cloves, minced
- Juice of 1 lemon
- Zest of ½ lemon
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large skillet.
2. Sauté garlic until fragrant, then add chicken. Cook until browned.
3. Add vegetables and stir-fry until tender.
4. Stir in lemon juice and zest. Season with salt and pepper to taste.

Net Carbs per Serving: 6g

Protein: 28g • **Fat:** 18g • **Calories:** ~300



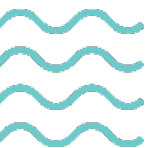


57. Chicken and Mushroom Zoodle Stir-Fry



Description:

Earthy mushrooms and spiralized zucchini make a delicious bed for juicy chicken in this veggie-forward, low-carb stir-fry.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

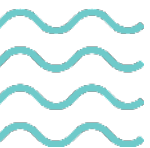
- 1 lb chicken thighs, chopped
- 1½ cups mushrooms, sliced
- 2 zucchinis, spiralized
- 2 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp coconut aminos
- Salt and pepper to taste

Instructions:

1. Sauté mushrooms in olive oil until browned. Set aside.
2. In the same pan, cook chicken until golden and cooked through.
3. Add garlic and zoodles, stir-fry for 2–3 minutes.
4. Return mushrooms to pan, stir in coconut aminos, and cook 1 more minute.

Net Carbs per Serving: 5g

Protein: 27g • **Fat:** 22g • **Calories:** ~330



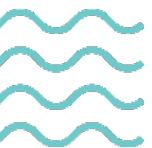


58. Sweet and Spicy Chicken Skillet



Description:

A keto-friendly twist on sweet-and-spicy takeout, this dish balances heat and flavor using sugar-free sauces and juicy chicken bites.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

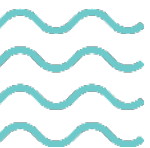
- 1 lb chicken breast, cubed
- 1 tbsp olive oil
- 1 tbsp hot sauce
- 1 tbsp sugar-free ketchup
- 1 tsp apple cider vinegar
- ¼ tsp erythritol (optional)
- ½ tsp garlic powder

Instructions:

1. Heat oil in skillet, add chicken and cook until golden.
2. In a small bowl, mix hot sauce, ketchup, vinegar, sweetener, and garlic powder.
3. Pour sauce over chicken and stir well.
4. Simmer for 2–3 minutes until slightly thickened.

Net Carbs per Serving: 4g

Protein: 32g • **Fat:** 13g • **Calories:** ~280



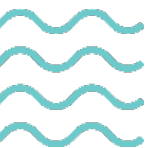


59. Chicken Asparagus Stir-Fry



Description:

Celebrate fresh asparagus season with this crisp, vibrant stir-fry that's as pretty as it is tasty—and ready in minutes.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

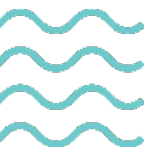
- 1 lb chicken thighs, sliced
- 2 cups chopped asparagus
- 2 tbsp sesame or avocado oil
- 2 garlic cloves, minced
- 2 tbsp coconut aminos
- Salt and pepper to taste

Instructions:

1. Heat oil in skillet and sauté garlic.
2. Add chicken and cook until browned.
3. Toss in asparagus and cook until crisp-tender.
4. Stir in coconut aminos, cook 1–2 minutes more.

Net Carbs per Serving: 5g

Protein: 27g • **Fat:** 21g • **Calories:** ~310



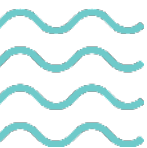


60. Chicken and Green Bean Almond Skillet



Description:

Toasty almonds, sautéed green beans, and golden chicken come together in this satisfying skillet that's simple but far from bland.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

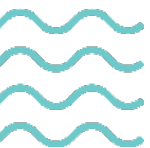
- 1 lb chicken breast, chopped
- 2 cups green beans, trimmed
- ¼ cup slivered almonds
- 2 tbsp butter or olive oil
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

1. Sauté green beans in oil or butter for 4–5 minutes.
2. Add chicken and garlic, cook until chicken is done.
3. Stir in almonds and cook 1–2 more minutes. Serve hot.

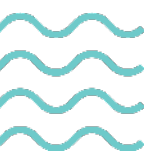
Net Carbs per Serving: 6g

Protein: 27g • **Fat:** 22g • **Calories:** ~320





VII. Chicken Wings & Appetizers



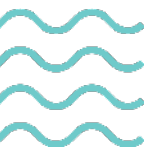


61. Buffalo Chicken Wings



Description:

Crispy, spicy, and classic—these buffalo wings are oven-baked and tossed in buttery hot sauce for the ultimate low-carb party favorite.





Servings: 6

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients:

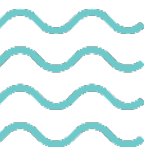
- 2 lbs chicken wings
- 2 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp paprika
- Salt and pepper
- ¼ cup buffalo wing sauce
- 2 tbsp butter

Instructions:

1. Preheat oven to 425°F (220°C). Toss wings with oil and seasonings.
2. Bake on a rack-lined baking sheet for 40–45 minutes, flipping halfway.
3. Melt butter and mix with buffalo sauce.
4. Toss cooked wings in sauce before serving

Net Carbs per Serving: 2g

Protein: 28g • **Fat:** 28g • **Calories:** ~380



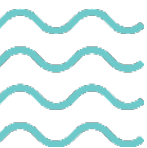


62. Garlic Parmesan Chicken Wings



Description:

Rich garlic and sharp Parmesan coat these golden wings for a savory, satisfying appetizer that's full of flavor and keto-friendly crunch.





Servings: 6

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients:

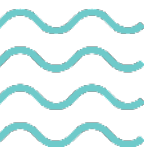
- 2 lbs chicken wings
- 2 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper
- ¼ cup grated
- Parmesan cheese
- 1 tbsp melted butter

Instructions:

1. Preheat oven to 425°F (220°C). Toss wings with oil, garlic, salt, and pepper.
2. Bake for 40–45 minutes until crisp.
3. Toss with Parmesan and melted butter just before serving.

Net Carbs per Serving: 1g

Protein: 30g • **Fat:** 29g • **Calories:** ~390



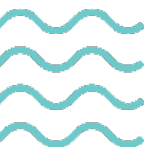


63. BBQ Dry-Rubbed Chicken Wings



Description:

Smoky, seasoned, and bold, these dry-rub wings bring barbecue flavor without the sugar. Perfect for dipping or devouring straight off the tray.





Servings: 6

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients:

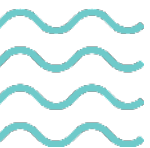
- 2 lbs chicken wings
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp chili powder

Instructions:

1. Mix spices in a bowl and coat wings thoroughly.
2. Bake at 425°F (220°C) for 40–45 minutes until crispy.
3. Serve dry or with sugar-free BBQ sauce for dipping.

Net Carbs per Serving: 1g

Protein: 29g • **Fat:** 26g • **Calories:** ~360



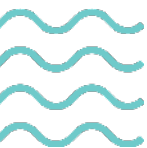


64. Keto Chicken Poppers



Description:

Crispy on the outside and juicy inside, these bite-sized poppers make the ideal high-protein snack or appetizer—no breading needed.





Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

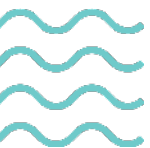
- 1 lb ground chicken
- ¼ cup shredded cheddar
- ¼ cup almond flour
- 1 egg
- 1 tsp onion powder
- 1 tsp garlic powder
- Salt and pepper

Instructions:

1. Mix all ingredients and form into small balls or nuggets.
2. Bake at 375°F (190°C) for 18–20 minutes or air-fry at 375°F for 12–14 minutes.
3. Serve with keto-friendly dip.

Net Carbs per Serving: 2g

Protein: 22g • **Fat:** 20g • **Calories:** ~280



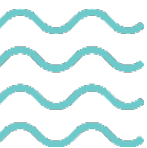


65. Chicken Jalapeño Bites



Description:

Creamy, cheesy, and kicked up with jalapeño heat, these little bites are perfect for game day or anytime you crave something spicy and satisfying.





Servings: 6

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients:

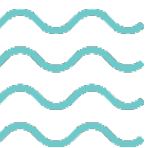
- 1 cup cooked shredded chicken
- ½ cup shredded cheddar
- 2 oz cream cheese
- 1 jalapeño, finely chopped
- ¼ tsp garlic powder
- Salt to taste

Instructions:

1. Mix all ingredients together until combined.
2. Form into small mounds and place on baking sheet.
3. Bake at 375°F (190°C) for 15–18 minutes until golden.

Net Carbs per Serving: 2g

Protein: 18g • **Fat:** 19g • **Calories:** ~250



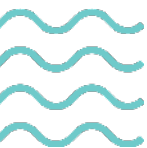


66. Thai Peanut Chicken Skewers



Description:

Sweet, nutty, and just a touch spicy, these grilled skewers are marinated in a rich Thai-inspired peanut sauce for an exotic flavor punch.





Servings: 6

Prep Time: 10 minutes

Cook Time: 10 minutes

Other Time: 30 minutes marinating

Total Time: 50 minutes

Ingredients:

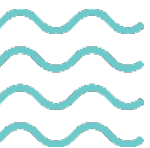
- 1 lb chicken breast, cut into strips
- 2 tbsp peanut butter (no sugar added)
- 1 tbsp coconut aminos
- 1 tbsp lime juice
- 1 tsp grated ginger
- 1 garlic clove, minced
- Bamboo skewers (soaked if grilling)

Instructions:

1. Mix peanut butter, coconut aminos, lime, ginger, and garlic into a marinade.
2. Toss chicken in marinade and refrigerate 30 minutes.
3. Thread onto skewers and grill or bake at 400°F (200°C) for 12–15 minutes.

Net Carbs per Serving: 5g

Protein: 28g • **Fat:** 20g • **Calories:** ~310



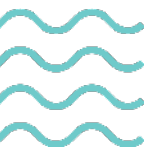


67. Bacon-Wrapped Chicken Bites



Description:

Everything's better wrapped in bacon! These tender chicken bites are crispy, smoky, and totally irresistible.





Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

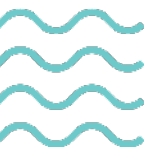
- 1 lb chicken breast, cubed
- 8 strips bacon, halved
- ½ tsp paprika
- ½ tsp garlic powder
- Toothpicks

Instructions:

1. Season chicken with paprika and garlic.
2. Wrap each cube with bacon and secure with a toothpick.
3. Bake at 400°F (200°C) for 20–25 minutes or air-fry until bacon is crispy.

Net Carbs per Serving: 1g

Protein: 22g • **Fat:** 22g • **Calories:** ~290



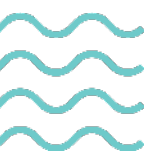


68. Keto Chicken Nuggets



Description:

Breaded with almond flour or pork rinds, these nuggets are crispy, tender, and kid-approved—without the carbs or guilt.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

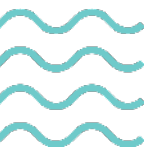
- 1 lb ground chicken
- ½ cup pork rind crumbs
- 1 egg
- ½ tsp paprika
- ½ tsp onion powder
- Salt and pepper

Instructions:

1. Mix all ingredients and form into nugget shapes.
2. Bake at 400°F (200°C) for 15–18 minutes or air-fry until golden and crisp.
3. Serve with low-carb dipping sauce.

Net Carbs per Serving: 1g

Protein: 22g • **Fat:** 22g • **Calories:** ~290



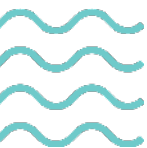


69. Crispy Air-Fried Chicken Wings



Description:

Air-fried to golden perfection, these wings are crispy on the outside, juicy on the inside, and totally customizable with your favorite sauces.





Servings: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

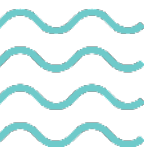
- 2 lbs chicken wings
- 1 tbsp baking powder (aluminum-free)
- ½ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder

Instructions:

1. Pat wings dry. Toss with baking powder and spices.
2. Air-fry at 400°F for 25–30 minutes, shaking halfway through.
3. Serve plain or toss with your favorite keto-friendly sauce.

Net Carbs per Serving: 1g

Protein: 30g • **Fat:** 27g • **Calories:** ~370



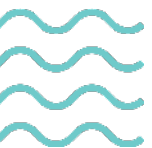


70. Teriyaki Chicken Meatballs



Description:

These juicy meatballs are glazed in a sticky-sweet keto teriyaki sauce for a perfect appetizer or protein-packed snack.





Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

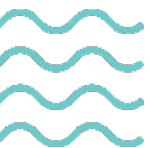
- 1 lb ground chicken
- ¼ cup almond flour
- 1 egg
- 1 tbsp coconut aminos
- 1 tsp sesame oil
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients and form into small meatballs.
3. Bake 18–20 minutes until golden.
4. Optional: toss with warm coconut aminos before serving.

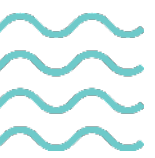
Net Carbs per Serving: 3g

Protein: 25g • **Fat:** 18g • **Calories:** ~280





VIII. Slow Cooker & Instant Pot



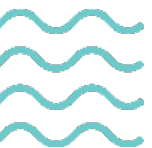


71. Slow Cooker Creamy Salsa Chicken



Description:

This set-it-and-forget-it dish combines tender shredded chicken with zesty salsa and creamy cheese for a melt-in-your-mouth, low-carb meal.





Servings: 6

Prep Time: 10 minutes

Cook Time: 5-6 hours (on low)

Total Time: 5-6 hours, 10 minutes

Ingredients:

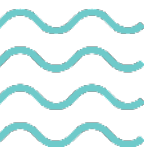
- 2 lbs boneless skinless chicken breasts
- 1 cup sugar-free salsa
- 4 oz cream cheese
- ½ tsp cumin
- Salt and pepper to taste

Instructions:

1. Place chicken, salsa, and seasonings in slow cooker.
2. Cook on low for 5-6 hours or high for 3-4 hours.
3. In the last 30 minutes, add cream cheese and let melt.
4. Shred chicken and stir everything together.

Net Carbs per Serving: 3g

Protein: 25g • **Fat:** 18g • **Calories:** ~280



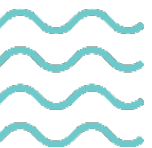


72. Keto Chicken and Vegetable Stew (Slow Cooker)



Description:

Loaded with fresh vegetables and tender chunks of chicken, this comforting stew is hearty, wholesome, and perfect for batch cooking.





Servings: 6

Prep Time: 15 minutes

Cook Time: 6-7 hours (on low)

Total Time: 6-7 hours, 15 minutes

Ingredients:

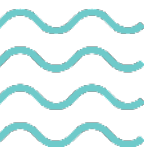
- 1½ lbs chicken thighs, cut into chunks
- 2 cups cauliflower florets
- 1 cup chopped celery
- 1 cup chopped zucchini
- 4 cups chicken broth
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt and pepper

Instructions:

1. Add all ingredients to the slow cooker.
2. Cook on low for 6-7 hours or high for 3-4 hours.
3. Adjust seasoning before serving.

Net Carbs per Serving: 7g

Protein: 27g • **Fat:** 14g • **Calories:** ~280



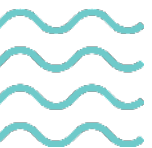


73. Instant Pot Chicken Tikka Masala



Description:

Creamy, spiced, and deeply satisfying, this keto-friendly Indian classic is ready in minutes thanks to the Instant Pot—no takeout needed.





Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Other Time: 10 minutes pressure release

Total Time: 35 minutes

Ingredients:

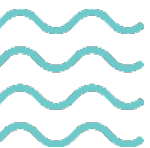
- 1½ lbs chicken thighs, cubed
- 1 cup tomato sauce (no sugar added)
- ½ cup heavy cream
- 1 tbsp garam masala
- 1 tsp paprika
- 1 tsp garlic powder
- Salt to taste
- 1 tbsp butter

Instructions:

1. Add chicken, tomato sauce, and spices to Instant Pot.
2. Pressure cook for 10 minutes; quick release.
3. Stir in cream and butter, sauté for 2–3 minutes to thicken.
4. Serve hot over cauliflower rice.

Net Carbs per Serving: 6g

Protein: 26g • **Fat:** 24g • **Calories:** ~340



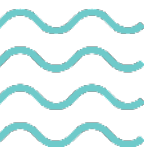


74. Crockpot Buffalo Ranch Chicken



Description:

Spicy buffalo flavor meets cool ranch in this creamy, slow-cooked chicken that practically shreds itself. It's keto crack chicken with a kick.





Servings: 6

Prep Time: 10 minutes

Cook Time: 6 hours (on low)

Total Time: 6 hours, 10 minutes

Ingredients:

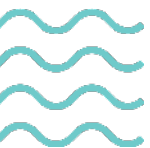
- 2 lbs chicken breasts
- ½ cup buffalo wing sauce
- ¼ cup ranch dressing (low-carb)
- 2 tbsp butter

Instructions:

1. Place all ingredients in crockpot.
2. Cook on low for 6 hours or high for 3–4 hours.
3. Shred chicken and mix well with sauce before serving.

Net Carbs per Serving: 3g

Protein: 28g • **Fat:** 22g • **Calories:** ~320



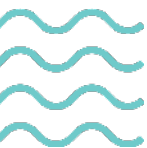


75. Lemon Garlic Chicken Thighs (Slow Cooker)



Description:

Bright and garlicky, these slow-cooked chicken thighs are infused with lemon and herbs for a simple yet flavorful main dish.





Servings: 6

Prep Time: 10 minutes

Cook Time: 6 - 7 hours (on low)

Total Time: 6 - 7 hours, 10 minutes

Ingredients:

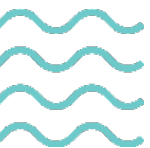
- 6 chicken thighs (bone-in or boneless)
- Juice of 1 lemon
- 4 garlic cloves, minced
- 1 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper

Instructions:

1. Mix lemon juice, garlic, oregano, oil, salt, and pepper.
2. Pour over chicken in slow cooker.
3. Cook on low 6-7 hours or high 3-4 hours.

Net Carbs per Serving: 2g

Protein: 24g • **Fat:** 20g • **Calories:** ~280



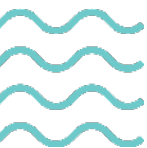


76. Chicken Alfredo – Instant Pot



Description:

Rich, creamy Alfredo sauce coats tender chicken in this easy Instant Pot meal that feels indulgent while staying low in carbs.





Servings: 6

Prep Time: 10 minutes

Cook Time: 8 minutes

Other Time: 10 minutes pressure build/release

Total Time: 28 minutes

Ingredients:

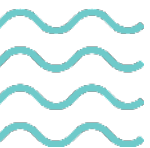
- 1½ lbs chicken breasts, sliced
- 1 cup heavy cream
- ¾ cup Parmesan cheese, grated
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt
- 1 tbs olive oil

Instructions:

1. Set Instant Pot to sauté mode. Add oil and cook chicken until lightly browned.
2. Add cream, garlic powder, salt, and pepper. Lock lid and pressure cook for 8 minutes.
3. Quick release, then stir in Parmesan until melted and creamy.
4. Optional: serve over steamed zucchini noodles or cauliflower rice.

Net Carbs per Serving: 3g

Protein: 26g • **Fat:** 28g • **Calories:** ~360



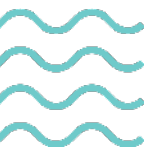


77. Keto Chicken Soup (Instant Pot)



Description:

A quick and comforting low-carb twist on classic chicken soup, this version uses cauliflower rice to keep things hearty yet diabetic-friendly.





Servings: 6

Prep Time: 10 minutes

Cook Time: 10 minutes

Other Time: 10 minutes pressure build/release

Total Time: 30 minutes

Ingredients:

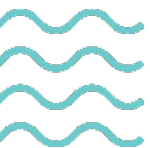
- 1½ lbs chicken thighs, chopped
- 1½ cups riced cauliflower
- ½ cup chopped celery
- ½ cup diced onion
- 4 cups chicken broth
- 1 tsp thyme
- 1 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Add all ingredients to the Instant Pot.
2. Pressure cook for 10 minutes; allow natural release.
3. Taste and adjust seasoning before serving.

Net Carbs per Serving: 6g

Protein: 25g • **Fat:** 12g • **Calories:** ~260



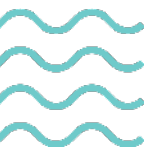


78. Chicken Marsala in the Crockpot



Description:

Earthy mushrooms and a rich Marsala wine sauce make this slow-cooked chicken dish elegant enough for company, yet effortless to prepare.





Servings: 6

Prep Time: 10 minutes

Cook Time: 6 - 7 hours (on low)

Total Time: 6 - 7 hours, 10 minutes

Ingredients:

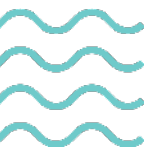
- 1½ lbs chicken breasts or thighs
- 1 cup sliced mushrooms
- ½ cup dry Marsala wine (or chicken broth for alcohol-free)
- ½ cup heavy cream
- 1 garlic clove, minced
- 1 tsp Italian seasoning
- Salt and pepper

Instructions:

1. Place all ingredients except cream in the crockpot.
2. Cook on low for 6-7 hours or high for 3-4 hours.
3. Stir in cream during the last 30 minutes of cooking.

Net Carbs per Serving: 5g

Protein: 28g • **Fat:** 23g • **Calories:** ~340



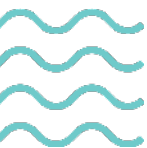


79. Pulled Chicken Lettuce Tacos



Description:

Shredded slow-cooked chicken wrapped in fresh, crisp lettuce leaves—this simple taco twist is refreshing, satisfying, and ultra low-carb.





Servings: 6

Prep Time: 10 minutes

Cook Time: 6 - 7 hours (on low)

Total Time: 6 - 7 hours, 10 minutes

Ingredients:

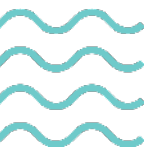
- 2 lbs boneless chicken breasts
- ½ cup sugar-free salsa
- ½ tsp cumin
- ½ tsp garlic powder
- Salt and pepper
- Romaine or butter lettuce leaves

Instructions:

1. Add chicken, salsa, and spices to slow cooker.
2. Cook on low 6–7 hours. Shred chicken with forks.
3. Serve in lettuce leaves with your choice of toppings (avocado, sour cream, cheese).

Net Carbs per Serving: 5g

Protein: 28g • **Fat:** 23g • **Calories:** ~340



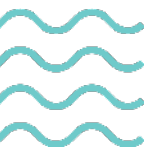


80. Mexican Shredded Chicken – Instant Pot



Description:

Bold and spicy, this Instant Pot shredded chicken is perfect for bowls, wraps, or salads. It's versatile, flavorful, and meal-prep approved.





Servings: 6

Prep Time: 10 minutes

Cook Time: 10 minutes

Other Time: 10 minutes pressure build/release

Total Time: 30 minutes

Ingredients:

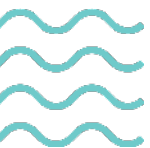
- 2 lbs chicken breasts
- $\frac{3}{4}$ cup sugar-free enchilada sauce or salsa
- 1 tsp chili powder
- 1 tsp cumin
- Salt to taste

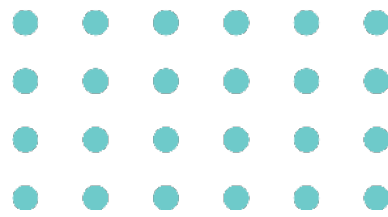
Instructions:

1. Add chicken, sauce, and spices to Instant Pot.
2. Pressure cook for 10 minutes; quick release.
3. Shred chicken and stir back into the sauce.

Net Carbs per Serving: 4g

Protein: 34g • **Fat:** 14g • **Calories:** ~300





About the Author

David B. Smith was professionally trained in the Culinary Arts at Columbia Basin Job Corps in Moses Lake, WA in 1981-1983. At the time, being young and full of spice himself, he was only interested in one thing: Making food taste good.



But when he was diagnosed with Type 2 diabetes in 2007, he realized he needed to rethink not only his personal food choices, but his ideas about what tasted good and what didn't. He had a new mission: To make food that tasted good and was healthy too.

Smith is the founder of DiabeticsBFF.com, a site dedicated to diabetes education.