

# KETOGENIC

## Hot Main Dishes

HIGH-FAT • LOW-CARB • NOURISHINGLY DELICIOUS

### BUTTER-SEARED BARRAMUNDI WITH HERB GHEE SAUCE

Pan-seared local barramundi in ghee, finished with parsley, lemon, and garlic.

Per 100g: 195 kcal | Protein: 20g | Fat: 13g | Carbs: 0g

Description: Delicate, buttery, and rich — a clean coastal dish that melts in your mouth.

### CREAMY CHICKEN THIGHS WITH GARLIC BUTTER SAUCE

Free-range chicken thighs braised in grass-fed butter, garlic, and thyme-infused cream.

Per 100g: 230 kcal | Protein: 21g | Fat: 16g | Carbs: 1g

Description: Comforting and luxurious — a keto classic elevated with mindful simplicity.

### BEEF TENDERLOIN WITH GHEE JUS

Grass-fed tenderloin seared in ghee, served with rosemary butter and a touch of pink salt.

Per 100g: 260 kcal | Protein: 23g | Fat: 18g | Carbs: 0g

Description: A carnivore-inspired masterpiece — pure, rich, and full of depth.

### EGG CLOUD WITH CRISPY BEEF TALLOW CRUMBS

Soft scrambled eggs whisked in butter and topped with crispy beef tallow bits.

Per 100g: 220 kcal | Protein: 14g | Fat: 18g | Carbs: 1g

Description: Airy, indulgent, and satisfying — a light yet decadent ketogenic creation.

MARA

THE HOUSE OF CONSCIOUS LIVING



# **GHEE-ROASTED CHICKEN DRUMSTICKS**

Oven-roasted chicken drumsticks coated with ghee, smoked paprika, and pink salt.

Per 100g: 210 kcal | Protein: 20g | Fat: 14g | Carbs: 0g

Description: Crispy skin, juicy meat — a golden keto delight straight from the oven.

# **BEEF & EGG KETO BOWL**

Sautéed minced grass-fed beef cooked in tallow with poached egg and butter drizzle.

Per 100g: 240 kcal | Protein: 19g | Fat: 18g | Carbs: 0g

Description: Rich, nourishing, and perfectly balanced — a satiating one-bowl meal.

# **CRISPY SKIN SALMON WITH LEMON GHEE EMULSION**

Pan-fried salmon fillet with golden crispy skin and lemon ghee drizzle.

Per 100g: 235 kcal | Protein: 22g | Fat: 16g | Carbs: 0g

Description: Elegant and energizing — omega-rich fuel with a bright Mediterranean twist.

# **TALLOW-SEARED BEEF MEDALLIONS**

Small cuts of grass-fed beef seared in pure beef tallow and served with garlic butter.

Per 100g: 270 kcal | Protein: 24g | Fat: 19g | Carbs: 0g

Description: Simple, primal, and powerful — high-energy keto dining at its best.

# **EGG & CHICKEN GHEE STIR-FRY**

Scrambled eggs, shredded chicken, and ghee sautéed with herbs and pink salt.

Per 100g: 210 kcal | Protein: 18g | Fat: 15g | Carbs: 1g

Description: Quick, flavourful, and deeply nourishing — perfect for all-day vitality.

# **BUTTER-BRAISED BEEF WITH CREAM REDUCTION**

Slow-cooked beef simmered in butter and reduced cream, finished with cracked pepper.

Per 100g: 265 kcal | Protein: 22g | Fat: 19g | Carbs: 1g

Description: Silky, rich, and deeply comforting — an ultimate keto indulgence.