



KETO QUICK TIPS

Low in carbs, high in fats! Keto is a favorite eating style used to train the body to burn more fat. Keto focuses on meat, veggies, nuts, and cheese.

Here are some tips on choosing keto-friendly* items.

Meal planning on a specialty diet takes effort—we're here to help! Consider these substitutions when planning your next meal:

IF YOU EAT THIS	SUBSTITUTE THIS
Pasta, noodles	Zucchini “zoodles,” shredded greens, shirataki noodles
Rice, grains	Riced cauliflower or broccoli
Potato chips, popcorn, corn chips	Nuts, peanuts, seeds, pork rinds, bacon
Traditional frozen pizza	Cauliflower-crust pizza
Sugary soda, fruit juice	Unsweetened sparkling water, cold brew, tea, bone broth
Tortillas, wraps, pita	Lettuce leaves, low-carb tortillas
Mashed potatoes	Mashed cauliflower
Baked goods with wheat or other grain flours	Baked goods, flours, and mixes made with lower carb ingredients (nuts, seeds, coconut)
Sugar, corn syrup	Stevia, erythritol (Swerve), xylitol, sorbitol, inulin, monk fruit

*We use keto-friendly terminology to mean that the items or recipes are compliant based on the Paleo Foundation Keto Certification Program Standards.



TACOS GOBERNADOR

Makes 8 tacos

Take your taste buds south of the border with these tasty tacos named for a Mexican governor who loved the flavorful combo. No shrimp? Try boneless chicken thighs.

INGREDIENTS:

3 Tbsp  Extra Virgin Olive Oil

1 white onion, chopped (2 cups)

3 poblano peppers, seeded and sliced or chopped (2 cups)

3 Roma tomatoes, chopped (2 cups)

1/2 lb shrimp, peeled, deveined, and cut into bite-size pieces if large

Salt and pepper, to taste

Dash or two chipotle powder

8 small (6-inch) low-carb whole wheat tortillas

1/2 lb shredded Monterrey Jack or Pepper Jack cheese

Garnish: lime wedges

DIRECTIONS:

1. Heat oil in a large skillet over medium to medium-high heat. Add the onion, sauté for 3 minutes or until onion is soft.
2. Add peppers and tomatoes to skillet; season with salt and pepper. Sauté for 3 minutes or until pepper softens. Add shrimp and chipotle. Cook for a minute or two, just until shrimp turns pink. Remove from heat, cover, and keep warm.
3. To make tacos, place one tortilla on a griddle or nonstick skillet over medium to medium-high heat. Sprinkle with 1/4 cup cheese. When cheese melts, add a spoonful of warm shrimp filling and fold in half. Place on a warm platter while preparing remaining tacos.
4. Serve warm, with lime wedges.

Nutrients Per Serving (8): Calories 245; Protein 17 g; Carbohydrate 16 g; Net Carbohydrates 8 g; Total Fat 16 g

Nutrient analysis does not include optional or "to taste" ingredients, garnishes, fat used to grease pans, or accompaniments unless amounts are given.



For more keto-friendly recipes, scan this code with your mobile device or go to metropolitan-market.com/recipes/keto