

KETO-FRIENDLY



RECIPE SMOKE®

HIGH PROTEIN, LOW CARB COMFORT FOOD

FALL 2026

VOL. 01

FREE

30g+ PROTEIN

In every single serving.
No exceptions.

FREEZER PACKS

Bag 4 dinners in one Sunday hour,
with cut-out labels

TWO-WEEK PLAN

Shopping lists sorted by aisle

23
RECIPES

Dump it in. Walk away.

DUMP & GO COMFORT FOOD

20 high-protein keto crockpot dinners with freezer packs, plus 3
bonus breakfasts.

by Shary

UNDER 10g NET CARBS • RECIPESMOKE.COM



A NOTE BEFORE YOU START

Hi, I'm Shary.

I'm a mom of two, and I cook the food people actually miss when they go low carb: pot roast that falls apart, cheesesteak with the cheese pulling, taco night. Same food, rebuilt with more protein and fewer carbs. On the blog, my cheesesteak casserole is the one my kids fight over, and they have no idea it's low carb. That's the whole goal.

This book is for the nights that hit 6pm with nothing planned. Every dinner goes into the crockpot raw, and every serving has at least 30 grams of protein and under 10 grams of net carbs. Nothing fancy to hunt down, either. It's all regular grocery store stuff.

Ten of these recipes come from [recipesmoke.com](https://www.recipesmoke.com), and a few of them are still going up on the blog this month. The other thirteen were adapted for this book, including three breakfasts you bake on Sunday and slice all week. Each of those thirteen started as a crockpot recipe home cooks had already made and rated, more than 1,500 ratings between them, so you're not the test kitchen.

Start with the two-week plan on page 6. Shop once, bag a few freezer packs, and let the crockpot handle the weeknights.

Shary

BEFORE YOU COOK

HOW TO USE THIS BOOK

Every recipe page carries the same tags, so you can tell at a glance how much work it is tonight.

DUMP & GO

No browning and nothing raw to pre-cook. All 20 dinners go into the pot raw, and a few finish with a quick broil or a hot pan. Two breakfasts, tagged **Brown First**, start with a quick skillet step, the way their tested recipes do.

FREEZER PACK

The raw ingredients bag up and keep 3 months in the freezer. Page 10 shows you how.

MAKE-AHEAD

The breakfasts cook on Sunday and slice for the week. See page 35.

30g+ PROTEIN

Every serving, every recipe. No exceptions.

READING THE MACRO STRIP**34g**
PROTEIN**2g**
NET CARBS**42g**
FAT**531**
CALORIES

Protein, net carbs (total carbs minus fiber), fat and calories per serving, calculated from USDA data for the exact amounts listed. Whatever you serve it with, like cauliflower rice or avocado, isn't counted.

SIX THINGS TO KNOW

CROCKPOT GROUND RULES

01**USE A 6-QUART CROCKPOT**

Every recipe is sized for one, except the small-batch breakfast on page 37 (2.5 to 4 quart). Fill it between half and two-thirds full.

02**LOW IS YOUR FRIEND**

HIGH takes about half the time, but tough cuts like chuck come out chewier.

03**LEAVE THE LID ALONE**

Every peek costs you about 20 minutes.

04**DON'T ADD EXTRA LIQUID**

Meat makes its own. A pot that looks dry at hour two is doing exactly what it should.

05 TRUST A THERMOMETER

Chicken is done at **165°F**, ground beef at **160°F**, egg bakes at **160°F** in the center. Roasts are done when they fall apart under a fork.

06 FOOD SAFETY**THAW FIRST, EVERY TIME**

Move freezer packs to the fridge the night before. Frozen meat in a crockpot stays too cool for too long to be safe. Leftovers go in the fridge within 2 hours.

ALL 23 RECIPES AT A GLANCE

EVERY RECIPE, BY THE NUMBERS

Sorted by protein, highest first, so you can pick by how hungry the house is.

F FROM THE BLOG **E** EXCLUSIVE **B** BREAKFAST

RECIPE	PROTEIN	NET CARBS	FAT	CAL	SERVES	PAGE
E Pizza Chicken	48g	7g	22g	434	6	32
E Philly Cheesesteak	42g	7g	40g	562	6	25
F Chicken Bacon Ranch	41g	5g	29g	452	6	15
F Mississippi Chicken	39g	3g	23g	382	6	16
E Marry Me Chicken	39g	5g	22g	379	6	28
E Mongolian Beef	39g	3g	16g	317	4	31
F Beef and Broccoli	38g	7g	16g	330	6	23
E Greek Yogurt Lemon Chicken	38g	3g	6g	225	6	29
E Creamy Buffalo Chicken	36g	4g	14g	295	6	27
E Chicken Shawarma Bowls	36g	2g	19g	329	6	34
E Cheeseburger Casserole	35g	6g	26g	411	8	26
F Crustless Chicken Pot Pie	35g	6g	25g	405	6	22
F Mississippi Pot Roast	34g	2g	42g	531	8	14
F BBQ Pulled Beef	34g	3g	31g	439	8	19
F Beef Carnitas	34g	4g	32g	450	8	20
F Beef Barbacoa	34g	3g	34g	465	8	21
E Creamy Beef Taco Soup	33g	7g	36g	498	6	30
E No-Bean Beef Chili	33g	9g	9g	268	8	33
F Butter Chicken	33g	8g	36g	497	6	18
B Sausage & Cheddar Breakfast Casserole	32g	6g	46g	573	6	36
B Kale, Mushroom & Parmesan Casserole	32g	8g	27g	411	3	37
F Salsa Verde Chicken Tacos	32g	6g	7g	223	6	17
B Turkey Ham & Cheese Crustless Quiche	32g	7g	24g	378	6	38

TWO-WEEK DINNER PLAN

WEEK 1

Four cooking nights a week, and leftovers handle the rest. On Sunday you make the breakfast bake and the week's first dinner, so Monday morning starts with breakfast already sliced in the fridge. The dinners feed 3, or 4 with a side, and a couple end up as lunches, which nobody has ever complained about. One breakfast bake gives 6 slices: one person all week, or two people through Wednesday. For a bigger house, bake a second one midweek. Cooked egg bakes keep 4 days in the fridge, so wrap Thursday to Saturday's slices and freeze them the day you bake.

DAY	BREAKFAST	DINNER
SUN	BAKE Sausage & Cheddar Breakfast Casserole (p36)	COOK Mississippi Pot Roast (p14)
MON	Breakfast casserole	Leftover pot roast over cauliflower mash
TUE	Breakfast casserole	COOK Creamy Buffalo Chicken (p27)
WED	Breakfast casserole	Leftover buffalo chicken in lettuce wraps
THU	Breakfast casserole	COOK Philly Cheesesteak (p25)
FRI	Breakfast casserole	COOK Creamy Beef Taco Soup (p30)
SAT	Breakfast casserole	Leftovers night: cheesesteak or taco soup

TWO-WEEK DINNER PLAN

WEEK 2

Same rhythm, new flavors. Sunday's quiche gives 6 slices, the same as last week's bake, and the week ends on cheeseburger casserole, which is a good reason to get to Friday. Same as last week: freeze Thursday to Saturday's quiche slices the day you bake.

DAY	BREAKFAST	DINNER
SUN	BAKE Turkey Ham & Cheese Crustless Quiche (p38)	COOK Marry Me Chicken (p28)
MON	Quiche	Leftover Marry Me Chicken
TUE	Quiche	COOK Beef Barbacoa (p21)
WED	Quiche	Leftover barbacoa bowls over cauliflower rice
THU	Quiche	COOK Greek Yogurt Lemon Chicken (p29)
FRI	Quiche	COOK Cheeseburger Casserole (p26)
SAT	Quiche	Leftovers night

SHOPPING LIST

WEEK 1 SHOPPING LIST

One trip covers the whole week. It's sorted by aisle, so you're not doubling back for garlic.

MEAT

- ☐ Beef chuck roast, 5 lb (3 lb + 2 lb)
boneless
- ☐ Chicken breasts, boneless skinless 2 lb
- ☐ Ground beef 85/15 2 lb
- ☐ Beef breakfast sausage 1 lb

PRODUCE

- ☐ Yellow onions 3
- ☐ Green bell peppers 3
- ☐ Red bell pepper 1 small
- ☐ Garlic 1 head
- ☐ Green onions 1 bunch
- ☐ Cauliflower (for mash) 1 head
- ☐ Celery and lettuce, for serving

FROZEN

- ☐ Riced cauliflower 2 × 12 oz bags

DAIRY & EGGS

- ☐ Butter, salted 1 stick
- ☐ Cream cheese 2 × 8 oz
- ☐ Sharp cheddar 6 oz
- ☐ Provolone, sliced 8 oz
- ☐ Heavy cream 1/2 cup
- ☐ Large eggs 12

PANTRY

- ☐ Pepperoncini 1 jar
- ☐ Buttermilk powder
- ☐ Beef broth 32 oz carton
- ☐ Chicken broth 1 1/2 cups
- ☐ Diced tomatoes with 1 × 10 oz can
green chiles
- ☐ Buffalo wing sauce 12 oz bottle
- ☐ Italian dressing mix 1 packet
- ☐ Coconut aminos
- ☐ Olive oil
- ☐ Dried parsley, dried dill, dried oregano,
ground cumin, onion powder, garlic
powder, red pepper flakes, black pepper

SHOPPING LIST

WEEK 2 SHOPPING LIST

Check the pantry before you go. Most of the spices are left over from week one.

MEAT

- | | |
|---|-------|
| ☐ Chicken breasts, boneless skinless | 4 lb |
| ☐ Beef chuck roast, boneless | 3 lb |
| ☐ Ground beef 90/10 | 2 lb |
| ☐ Turkey ham, fully cooked | 12 oz |

PRODUCE

- | | |
|--|---------|
| ☐ Onions | 3 |
| ☐ Garlic | 2 heads |
| ☐ Lemon | 1 |
| ☐ Limes | 2 |
| ☐ Tomatoes | 2 |
| ☐ Fresh parsley and fresh basil | |
| ☐ Cucumber and romaine, for serving | |

FROZEN

- | | |
|--|----------------|
| ☐ Cauliflower florets | 2 × 15 oz bags |
| ☐ Riced cauliflower | 1 × 12 oz bag |

DAIRY & EGGS

- | | |
|--|-------------------|
| ☐ Plain whole-milk Greek yogurt | 1 cup (16 oz tub) |
| ☐ Heavy cream | 1 cup |
| ☐ Parmesan, grated | 2 oz |
| ☐ Sharp cheddar | 20 oz |
| ☐ Whole milk | 1 cup |
| ☐ Large eggs | 10 |

PANTRY

- | | |
|--|-------------|
| ☐ Sun-dried tomatoes in oil | 1 small jar |
| ☐ Chipotle peppers in adobo | 1 small can |
| ☐ Dill pickles | 1 jar |
| ☐ Sugar-free ketchup | |
| ☐ Low-sodium chicken stock | 1 cup |
| ☐ Beef broth | 1 cup |
| ☐ Xanthan gum | |
| ☐ Olive oil | |
| ☐ Dried oregano, dried thyme, ground cumin, bay leaves, red pepper flakes | |

ONE SUNDAY HOUR

FREEZER DUMP PACKS

Spend one Sunday hour filling four bags, and four weeknights later you'll be glad you did. Each recipe's Freezer Pack line tells you what goes in the bag and what waits for cooking day.



1 PREP

Chop the vegetables and trim the meat for each recipe.

3 LABEL

Recipe name, page, the date, and what to add on the day (usually the broth and the dairy). You won't remember in three weeks.

2 BAG

One gallon freezer bag per recipe. Squeeze out the air and lay it flat. Flat bags freeze fast and stand up in the freezer like folders in a drawer.

4 THAW, THEN DUMP

Move the bag to the fridge the night before. In the morning, tip it into the crockpot, add the day-of ingredients and switch it on.

FREEZER PACKS

FREEZE, THAW, COOK

KEEP IT	Up to 3 months at 0°F
THAW IT	In the fridge overnight, a full day for the 3 lb roasts. Never on the counter
COOK IT	Within a day of thawing
NEVER	Dump a frozen pack straight into the crockpot. It sits too long at temperatures where bacteria grow
LEAVE OUT	Cream, cream cheese, sour cream and cheese. They turn grainy in the freezer, so they wait for cooking day

CUT-OUT BAG LABELS

DUMP & GO PACK
RECIPESMOKE.COM

RECIPE
PAGE

FROZEN ON
USE BY

ADD ON THE DAY

COOK: LOW _____ HOURS

DUMP & GO PACK
RECIPESMOKE.COM

RECIPE
PAGE

FROZEN ON
USE BY

ADD ON THE DAY

COOK: LOW _____ HOURS

DUMP & GO PACK
RECIPESMOKE.COM

RECIPE
PAGE

FROZEN ON
USE BY

ADD ON THE DAY

COOK: LOW _____ HOURS

DUMP & GO PACK
RECIPESMOKE.COM

RECIPE
PAGE

FROZEN ON
USE BY

ADD ON THE DAY

COOK: LOW _____ HOURS

USE THEM ON YOUR OWN FAVORITES

KETO SWAP CHART

These are the swaps in this book, plus a few more for your own family favorites.

INSTEAD OF		USE
Rice	→	Cauliflower rice
Pasta or egg noodles	→	Cabbage ribbons, zucchini noodles or shirataki
Potatoes in a stew	→	Radishes or cauliflower
Mashed potatoes	→	Cauliflower mash
Tortillas or taco shells	→	Butter lettuce cups or low-carb tortillas
Burger buns or sub rolls	→	Lettuce wraps or halved bell peppers
Flour or cornstarch to thicken	→	Xanthan gum, about 1 tsp
Breadcrumbs	→	Almond flour or crushed parmesan crisps
Brown sugar or honey	→	Granulated erythritol or allulose
Ranch seasoning packet	→	Buttermilk powder + dried herbs (page 14)
Regular BBQ sauce	→	Sugar-free BBQ sauce
Jarred pasta sauce	→	No-sugar-added marinara
Peas and carrots	→	Green beans

READ 3 LABELS Every time: taco seasoning, marinara and BBQ sauce. That's where the sugar hides.

TEN DINNERS FROM THE BLOG

01

FROM THE BLOG

*Ten crockpot dinners from recipesmoke.com,
from Mississippi pot roast to beef and broccoli.*





01 FROM THE BLOG • DUMP & GO • FREEZER PACK MISSISSIPPI POT ROAST

Sunday pot roast, without giving up your Sunday. A chuck roast, a stick of butter and a handful of pepperoncini go in before work, and by six it falls apart if you look at it. The ranch is homemade from buttermilk powder and dried herbs, because the packet kind hides sugar.

SERVES 8 • LOW 8 HOURS

INGREDIENTS

3 lb boneless beef chuck roast
1/2 cup salted butter, cut into pats
10 whole pepperoncini, plus 1/4 cup of their brine
2 tbsp buttermilk powder
1 tbsp dried parsley, 1 tsp dried dill, 1 tsp onion powder, 1 tsp garlic powder
1/2 cup beef broth
1 tsp black pepper, 1/2 tsp salt

34g
PROTEIN

2g
NET CARBS

42g
FAT

531
CAL

METHOD

- 01 Season the roast all over and set it in the crockpot. Want a darker crust? Sear it 3 minutes a side first. It's optional.
- 02 Pour the broth around the roast, not over it, so the seasoning stays put.
- 03 Stir the buttermilk powder, herbs and pepper together and scatter it over the meat.
- 04 Lay the butter on top, tuck the pepperoncini around the sides and pour in their brine.
- 05 Lid on, LOW for 8 hours, and no peeking. It looks dry at hour two. That's normal; the roast makes its own juice.
- 06 Shred it right in the pot with two forks and stir it through all that buttery gravy.

FREEZER PACK

Everything except the broth goes in one bag.

SHARY'S NOTE

Pile it over cauliflower mash so none of that gravy goes to waste.



02 FROM THE BLOG · DUMP & GO · FREEZER PACK CHICKEN BACON RANCH

Shredded chicken, cream cheese, sharp cheddar and crispy turkey bacon, all in one pot. It barely needs a swap to be keto: just homemade ranch in place of the packet. Spoon it into lettuce cups, or stuff it into halved bell peppers when you want a real plate.

SERVES 6 · LOW 6 HOURS

INGREDIENTS

2 lb boneless, skinless chicken thighs
8 oz cream cheese, cubed
2 tbsp buttermilk powder
1 tbsp dried parsley, 1 tsp dried dill, 1 tsp onion powder, 1 tsp garlic powder
8 slices turkey bacon, cooked and crumbled
1 cup sharp cheddar, shredded
1/2 cup chicken broth
1/4 cup green onion, sliced

FREEZER PACK

Chicken, herbs and buttermilk powder. The cream cheese, cheddar and bacon wait for cooking day.

41g
PROTEIN

5g
NET CARBS

29g
FAT

452
CAL

METHOD

- 01** Lay the chicken thighs in the crockpot, pour the broth around them, then scatter the buttermilk powder and herbs over the top.
- 02** Lid on, LOW for 6 hours.
- 03** Shred the chicken right in the pot. Drop in the cream cheese, give it 30 more minutes, then stir until it turns smooth and glossy.
- 04** Fold in half the turkey bacon and half the cheddar. Scatter the rest on top with the green onion, lid back on for 10 minutes, and let it melt.

SHARY'S NOTE

Crisp the turkey bacon the night before and keep it in the fridge, so the last step takes two minutes.



03 FROM THE BLOG · DUMP & GO · FREEZER PACK

MISSISSIPPI CHICKEN

The pot roast's weeknight sister. Same butter, same tangy pepperoncini, same homemade ranch, but on chicken thighs, so it's done in 6 hours instead of 8. If anyone at your table is nervous about "peppers", pepperoncini are mild and more tangy than hot.

SERVES 6 · LOW 6 HOURS

INGREDIENTS

2.5 lb boneless, skinless chicken thighs
1/2 cup salted butter, cut into pats
8 whole pepperoncini, plus 2 tbsp of their brine
2 tbsp buttermilk powder
1 tbsp dried parsley, 1 tsp dried dill, 1 tsp onion powder, 1 tsp garlic powder
1/4 cup chicken broth

FREEZER PACK

Everything except the broth.

39g
PROTEIN

3g
NET CARBS

23g
FAT

382
CAL

METHOD

- 01** Lay the thighs in one layer and pour the broth around them.
- 02** Scatter the buttermilk powder and herbs over the chicken.
- 03** Butter on top, pepperoncini and brine around the sides.
- 04** Lid on, LOW for 6 hours, then shred it in the pot.

SHARY'S NOTE

After shredding, give it 10 minutes before you serve. The sauce thickens as it cools a little and clings to every strand.



04 FROM THE BLOG · DUMP & GO · FREEZER PACK SALSA VERDE CHICKEN TACOS

Taco Tuesday without a single tortilla. The chicken goes in raw with salsa verde and green chiles and comes out soft enough to shred with a spoon. Butter lettuce holds it like a soft shell, and it doesn't split down the middle like a corn tortilla does.

SERVES 6 · LOW 6 HOURS (HIGH 3)

INGREDIENTS

2 lb boneless, skinless chicken thighs
1 onion, diced
4 oz can diced green chiles
1 cup salsa verde
2 tbsp sugar-free taco seasoning
1/2 cup chicken broth
Juice of 1 lime
1 head butter lettuce, leaves separated
To serve: sour cream, avocado, cilantro

FREEZER PACK

Everything except the lime and lettuce.

METHOD

- 01 Chicken thighs, onion, chiles, salsa verde, taco seasoning and broth into the crockpot. No browning.
- 02 Lid on, LOW for 6 hours or HIGH for 3.
- 03 Shred it in the pot and leave it 10 minutes to soak the juices back up.
- 04 Squeeze in the lime off the heat, then spoon it into lettuce cups.

32g
PROTEIN

6g
NET CARBS

7g
FAT

223
CAL

SHARY'S NOTE

Read the taco seasoning label. Plenty of packets use maltodextrin as filler, and it acts like sugar in your blood.



05

FROM THE BLOG · DUMP & GO · FREEZER PACK

BUTTER CHICKEN

Butter chicken doesn't need sugar or flour. A lot of jarred sauces add both, which is why it gets crossed off low-carb lists. This one is spices, tomatoes, butter and cream, and by lunchtime your kitchen smells like an Indian takeout.

SERVES 6 · LOW 6 HOURS

INGREDIENTS

2 lb boneless, skinless chicken thighs, cubed
1 onion, diced
4 cloves garlic, crushed
1 tbsp fresh ginger, grated
2 tbsp garam masala
1 tsp turmeric
14 oz can crushed tomatoes
1/2 cup butter
1 cup heavy cream
To serve: cauliflower rice, cilantro

FREEZER PACK

Everything except the butter and cream.

33g
PROTEIN

8g
NET CARBS

36g
FAT

497
CAL

METHOD

- 01** Chicken, onion, garlic, ginger, garam masala, turmeric and tomatoes into the crockpot. Give it one stir.
- 02** Lid on, LOW for 6 hours.
- 03** Stir in the butter and cream and give it 30 minutes more. Don't let it boil.
- 04** Want it restaurant-smooth? Run a stick blender through the sauce, steering around the chicken.

SHARY'S NOTE

Spoon it over cauliflower rice, and freeze a couple of single portions for lunches.



06

FROM THE BLOG · DUMP & GO · FREEZER PACK

BBQ PULLED BEEF

Barbecue pulled beef where the rub does the heavy lifting. Smoked paprika and chili powder go on before cooking, and the sugar-free sauce only goes in at the very end. That's how the carbs stay low and the smoke flavor stays loud. Game-day food on a Tuesday.

SERVES 8 · LOW 9 HOURS

34g
PROTEIN

3g
NET CARBS

31g
FAT

439
CAL

INGREDIENTS

3 lb beef chuck roast

2 tbsp smoked paprika, 1 tbsp chili powder, 1 tsp ground cumin

1 tbsp granulated erythritol

2 tsp salt, 1 tsp black pepper

1 onion, sliced

1/2 cup beef broth

2 tbsp apple cider vinegar

3/4 cup sugar-free barbecue sauce

METHOD

- 01** Mix the spices, erythritol, salt and pepper and rub them into every side of the beef.
- 02** Onion in the bottom, beef on top, broth and vinegar poured around it.
- 03** Lid on, LOW for 9 hours.
- 04** Shred it, pulling out any big seams of fat, then stir in the barbecue sauce.

FREEZER PACK

The rubbed beef and onion. Broth, vinegar and sauce go in on the day.

SHARY'S NOTE

Want barbecue-joint edges? Spread the shredded beef on a sheet pan and broil 5 minutes before you sauce it.



07

FROM THE BLOG · DUMP & GO · FREEZER PACK

BEEF CARNITAS

Carnitas are all about the edges. Orange, lime and cumin do the slow work for 8 hours, then 5 minutes under the broiler turns the tips crisp and caramel-brown. Skip that last step and you've made shredded beef. Good, but not carnitas.

SERVES 8 · LOW 8 HOURS

INGREDIENTS

3 lb beef chuck roast, cut into 3-inch chunks
1 tbsp olive oil
1 onion, quartered
5 cloves garlic, crushed
Juice of 1 orange and 2 limes
2 tsp ground cumin, 1 tsp dried oregano, 1 tsp chili powder
1/2 cup beef broth
2 tsp salt, 1 tsp black pepper

FREEZER PACK

Everything except the broth.

34g
PROTEIN

4g
NET CARBS

32g
FAT

450
CAL

METHOD

- 01** Toss the beef chunks with the oil, spices, salt and pepper.
- 02** Into the crockpot with the onion, garlic, orange and lime juice and broth.
- 03** Lid on, LOW for 8 hours, until a spoon slides straight through.
- 04** Shred, spread it on a sheet pan, spoon some juices over and broil 5 to 8 minutes, until the edges crackle.

SHARY'S NOTE

Keep the leftover juices in a jar and splash some over the beef before reheating, so it never dries out.



08 FROM THE BLOG • DUMP & GO • FREEZER PACK

BEEF BARBACOA

Smoky chipotle, lime and cumin, low and slow for 9 hours. If you only freeze one recipe from this book, make it this one: the sauce keeps the beef juicy when you reheat it, so a Thursday portion tastes like it just came out of the pot.

SERVES 8 • LOW 9 HOURS

INGREDIENTS

3 lb beef chuck roast, cut into 3-inch chunks
2 tbsp olive oil
1 onion, quartered
5 cloves garlic, crushed
3 chipotle peppers in adobo, chopped
Juice of 2 limes
2 tsp ground cumin, 1 tsp dried oregano, 2 bay leaves
1 cup beef broth
2 tsp salt

FREEZER PACK

Everything except the broth.

34g
PROTEIN

3g
NET CARBS

34g
FAT

465
CAL

METHOD

- 01** Season the beef and toss it with the oil. A quick sear in batches gives a darker crust, but it's optional.
- 02** Everything else goes in on top.
- 03** Lid on, LOW for 9 hours.
- 04** Fish out the bay leaves, shred, and let the beef sit in the juices for 15 minutes before serving.

SHARY'S NOTE

Lettuce cups with lime and cilantro, or a bowl of cauliflower rice with a spoon of sour cream.



09

FROM THE BLOG • DUMP & GO • FREEZER PACK

CRUSTLESS CHICKEN POT PIE

What everyone loves about chicken pot pie is the creamy filling, so that's what this is. Cauliflower stands in for the potatoes, green beans take the place of peas and carrots, and there's no crust to roll out on a Wednesday night.

SERVES 6 • LOW 6 HOURS

INGREDIENTS

2 lb boneless, skinless chicken thighs

1 lb cauliflower, small florets

1 cup celery, sliced

1/2 cup onion, diced

3 cloves garlic, crushed

3 cups chicken broth

1 cup green beans, 1-inch pieces

1 cup heavy cream

2 tbsp butter

1 tsp dried thyme

1 tsp xanthan gum

35g
PROTEIN

6g
NET CARBS

25g
FAT

405
CAL

METHOD

- 01** Chicken, celery, onion, garlic, thyme and broth into the crockpot.
- 02** Lid on, LOW for 5 hours, then shred the chicken in the pot.
- 03** Add the cauliflower for the last hour and the green beans for the last 30 minutes, so they stay bright instead of going soft.
- 04** Stir in the cream, butter and xanthan gum. Fifteen more minutes and it's thick enough to coat a spoon.

FREEZER PACK

Chicken, celery, onion, garlic and thyme. Vegetables and dairy go in on the day.

SHARY'S NOTE

Missing the crust? Bake a tray of almond flour biscuits and set one on each bowl (not counted in the macros).



10

FROM THE BLOG • DUMP & GO • FREEZER PACK

BEEF AND BROCCOLI

Takeout beef and broccoli gets its shine from brown sugar and cornstarch. Here, erythritol and a pinch of xanthan gum do the same job, and the steak simmers in garlic, ginger and soy until you can cut it with a fork. The broccoli cooks on the side, so it stays green and snappy.

SERVES 6 • LOW 5 HOURS

38g
PROTEIN

7g
NET CARBS

16g
FAT

330
CAL

INGREDIENTS

2 lb flank steak, sliced thin against the grain

2 tbsp sesame oil

1 cup beef broth

1/3 cup soy sauce or tamari

4 cloves garlic, minced

1 tbsp fresh ginger, grated

1 tbsp granulated erythritol

1.5 lb broccoli florets

1 tsp xanthan gum

To serve: sesame seeds, green onion

METHOD

- 01** Whisk the broth, soy sauce, sesame oil, garlic, ginger and erythritol right in the crockpot.
- 02** Add the steak and turn it through the sauce.
- 03** Lid on, LOW for 5 hours.
- 04** Steam the broccoli on the stove until just tender, then stir it in. Cooked in the crockpot all day, it turns grey and soft.
- 05** Whisk in the xanthan gum and give it 10 minutes to thicken and turn glossy.

FREEZER PACK

The steak with all the sauce ingredients. Buy the broccoli fresh.

SHARY'S NOTE

Slice the flank steak while it's half-frozen and it cuts paper-thin, against the grain, every time.

TEN DINNERS, MADE FOR THIS BOOK

02

EBOOK
EXCLUSIVES

*Ten crockpot dinners adapted for this book, from
Philly cheesesteak to chicken shawarma.*

MADE FOR THIS BOOK





11

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

PHILLY CHEESESTEAK

A cheesesteak is thin beef, soft onions and melted cheese. The roll was only ever the delivery system. This one cooks low for 8 hours, gets sliced thin, and goes under the broiler with provolone until the edges bubble and brown.

SERVES 6 • LOW 8 HOURS

INGREDIENTS

2 lb beef chuck roast
1 tbsp olive oil
2 1/2 cups beef broth
2 medium yellow onions, thinly sliced
1 tbsp coconut aminos
3 cloves garlic, minced
2 green bell peppers, sliced
8 oz sliced provolone
1/2 tsp salt, 1/4 tsp black pepper

FREEZER PACK

Roast, onions, garlic and coconut aminos. Broth, peppers and cheese go in on the day.

42g
PROTEIN

7g
NET CARBS

40g
FAT

562
CAL

METHOD

- 01** Season the roast and set it in the crockpot, then drizzle the oil over the top. (A sear first is optional.)
- 02** Add the broth, onions, coconut aminos and garlic.
- 03** Lid on, LOW for 8 hours. Drop in the peppers for the last 45 minutes so they still have some bite.
- 04** Lift out the beef, slice it thin against the grain and slide it back into the juices.
- 05** Spoon it into an oven dish, lay the provolone on top and broil 2 to 3 minutes, until it bubbles.

SHARY'S NOTE

Pile it into a halved bell pepper or a big romaine leaf and eat it with your hands, like the real thing.



12

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

CHEESEBURGER CASSEROLE

Everything you'd stack on a burger, pickles included, in one pot. The raw beef gets mixed with ketchup and onion, and the cauliflower goes in straight from the freezer bag. No browning, and the cheddar on top melts into a lid.

SERVES 8 • LOW 5-6 HOURS (HIGH 3-4)

INGREDIENTS

2 lb ground beef, 90/10

1/4 cup sugar-free ketchup

1/2 cup onion, chopped

1/2 tsp salt, black pepper to taste

30 oz frozen cauliflower florets (two 15-oz bags, no need to thaw)

3 cups (12 oz) sharp cheddar, shredded and divided

1 medium tomato, chopped

2 medium dill pickles, chopped

METHOD

- 01** In a big bowl, mix the raw beef with the ketchup, onion, salt and pepper. Use your hands and break it up well.
- 02** Fold in the frozen cauliflower and 2 cups of the cheddar.
- 03** Spread it into a greased crockpot.
- 04** Lid on, LOW for 5 to 6 hours or HIGH for 3 to 4, until the beef reads 160°F. Check at 5 hours; if it isn't there yet, switch to HIGH.
- 05** Break up any big clumps and spoon off the fat.
- 06** Last cup of cheddar on top, lid on for 10 minutes, then finish with the tomato and pickles.

FREEZER PACK

The seasoned raw beef and onion in one bag, cauliflower in its own.

SHARY'S NOTE

Stick with 90/10 beef. With fattier beef the fat has nowhere to go, and the casserole turns greasy.



13

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

CREAMY BUFFALO CHICKEN

Four ingredients, five minutes of work. Chicken breasts, a packet of Italian dressing mix, cream cheese and wing sauce, and by dinner you've got creamy buffalo chicken for lettuce wraps, celery boats or a bowl and a fork on the couch for game day.

SERVES 6 • LOW 4 HOURS (HIGH 2-2½)

INGREDIENTS

2 lb boneless, skinless chicken breasts

1 packet (0.7 oz) Italian dressing mix

4 oz cream cheese, cubed

10 oz (1 1/4 cups) buffalo wing sauce

To serve: celery sticks, lettuce cups, blue cheese or ranch

METHOD

- 01** Lay the chicken flat in the crockpot and sprinkle the dressing mix over it.
- 02** Dot with the cream cheese and pour on the wing sauce.
- 03** Lid on, LOW for 4 hours or HIGH for 2 to 2½, until the chicken reads 165°F.
- 04** Lift the chicken out and whisk the sauce until it's smooth.
- 05** Shred the chicken, put it back and stir until every strand is coated orange.

FREEZER PACK

Chicken, dressing mix and wing sauce. The cream cheese goes in on the day.

SHARY'S NOTE

Buy wing sauce, not plain hot sauce. Wing sauce is milder and richer than plain hot sauce, and the cream cheese does the rest. The dressing packet adds about 2g net carbs a serving; use a sugar-free Italian blend if you'd rather.



14

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

MARRY ME CHICKEN

Sun-dried tomatoes, garlic and parmesan in a cream sauce you'll want to finish with a spoon. The chicken goes in raw with no searing, the cream goes in at the end, and the whole thing is done in 3 to 4 hours on LOW. Good news for nights that start at 3pm.

SERVES 6 • LOW 3-4 HOURS (HIGH 1½-2)

INGREDIENTS

2 lb boneless, skinless chicken breasts
1 tsp kosher salt, 1/2 tsp black pepper
1 cup low-sodium chicken stock
1/2 tsp xanthan gum
4 cloves garlic, minced
3/4 tsp crushed red pepper (optional)
1/2 tsp dried oregano, 1/4 tsp dried thyme
1/2 cup sun-dried tomatoes in oil, drained and chopped
1 cup heavy cream, slightly warmed
1/2 cup grated parmesan
1 tbsp fresh basil, chopped

FREEZER PACK

Chicken, seasonings, garlic, sun-dried tomatoes and stock. Cream, parmesan and basil wait for the day. On cooking day, whisk the xanthan into the thawed liquid before it goes over the chicken.

39g
PROTEIN

5g
NET CARBS

22g
FAT

379
CAL

METHOD

- 01** Season the chicken with the salt and pepper and lay it in the crockpot.
- 02** Whisk the stock with the xanthan gum, garlic, red pepper, oregano and thyme, and pour it over. Scatter the sun-dried tomatoes on top.
- 03** Lid on, LOW for 3 to 4 hours or HIGH for 1½ to 2, until the chicken reads 165°F.
- 04** Lift the chicken out and stir the cream and parmesan into the hot liquid.
- 05** Put the chicken back, let it rest 5 to 10 minutes on WARM, and scatter the basil on top.

SHARY'S NOTE

The sauce is the whole point, so serve it over zucchini noodles or cauliflower rice that'll soak up every drop.



15

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

GREEK YOGURT LEMON CHICKEN

Six ingredients, and one of them is salt. Lemon, garlic and thick Greek yogurt keep chicken breast juicy, and you hold most of the sauce back for the end, so it tastes fresh and bright instead of stewed. This is the leanest dinner in the book, and it doesn't taste like it.

SERVES 6 • LOW 4-6 HOURS (HIGH 2-4)

INGREDIENTS

2 lb boneless, skinless chicken breasts
(or thighs)

1 cup plain whole-milk Greek yogurt

2-4 cloves garlic, finely grated

2 tsp lemon zest

2 tbsp lemon juice

1 1/2 tsp kosher salt, divided

METHOD

- 01 Whisk the yogurt, garlic, lemon zest, lemon juice and 3/4 tsp of the salt.
- 02 Lay the chicken in the crockpot and sprinkle with the rest of the salt.
- 03 Pour a third of the yogurt sauce over the chicken. The rest goes in the fridge.
- 04 Lid on, LOW for 4 to 6 hours or HIGH for 2 to 4, until tender and 165°F.
- 05 Lift the chicken out, pour off most of the liquid, and shred.
- 06 Back in it goes with another third of the sauce. Warm it 5 minutes on HIGH.
- 07 Serve with the last of the sauce spooned over.

FREEZER PACK

Chicken with 3/4 tsp of the salt. The garlic, lemon and yogurt get whisked into the sauce on the day.

SHARY'S NOTE

Build a bowl with cucumber, tomato, olives and a little crumbled feta (not counted in the macros).

38g
PROTEIN

3g
NET CARBS

6g
FAT

225
CAL



16

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

CREAMY BEEF TACO SOUP

Taco soup for the mornings you have five minutes, tops. The raw beef goes straight in with peppers, onion and frozen cauliflower rice, and a block of cream cheese melts in at the end and turns the whole pot creamy orange. No browning, no draining, no extra pan.

SERVES 6 • LOW 8-9 HOURS (HIGH 5-6)

33g
PROTEIN

7g
NET CARBS

36g
FAT

498
CAL

INGREDIENTS

2 lb ground beef, 85/15
1 green bell pepper, diced
1/2 cup onion, diced
1 1/2 cups chicken broth
1 can (10 oz) diced tomatoes with green chiles
1 tsp salt, 1 tsp ground cumin
1/2 tsp garlic powder, 1/2 tsp onion powder,
1/2 tsp oregano
2 tsp minced garlic, 1/2 tsp black pepper
12 oz bag frozen riced cauliflower
8 oz cream cheese, cubed

METHOD

- 01** Everything except the cream cheese goes into the crockpot. Crumble the raw beef in as you go.
- 02** Lid on, LOW for 8 to 9 hours or HIGH for 5 to 6.
- 03** About 30 minutes before dinner, stir in the cream cheese until it melts.
- 04** Break up any clumps of beef, taste, and season.

FREEZER PACK

Everything except the cream cheese in one bag, exactly how the original recipe freezes it.

SHARY'S NOTE

Set out cheddar, sour cream, avocado and lime and let everyone build their own bowl (toppings not counted).



17

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

MONGOLIAN BEEF

Sweet, salty, sticky takeout beef, minus the takeout bag. Soy sauce and brown-sugar-style erythritol cook down into the glaze, and thin-sliced flank steak goes tender in 4 hours on LOW. Start it at lunch and it's ready right when the takeout craving hits.

SERVES 4 • LOW 4-5 HOURS (HIGH 2-3)

39g
PROTEIN

3g
NET CARBS

16g
FAT

317
CAL

INGREDIENTS

1 1/2 lb flank steak, thinly sliced against the grain

1/2 tsp xanthan gum

1 tbsp toasted sesame oil

1 tsp minced garlic

1 tsp minced ginger

1/2 cup low-sodium soy sauce

1/3 cup brown-sugar-style erythritol

1/2 cup water

1/2 cup green onions, cut into 1/2-inch pieces

METHOD

- 01** Whisk the xanthan gum into the soy sauce, water, sesame oil, garlic, ginger and sweetener.
- 02** Put the steak in the crockpot, pour the sauce over and stir to coat every slice.
- 03** Lid on, LOW for 4 to 5 hours or HIGH for 2 to 3.
- 04** Stir in the green onions and serve.

FREEZER PACK

Steak and sauce together in one bag. Green onions go in on the day.

SHARY'S NOTE

Finish with sesame seeds and extra green onion, and spoon it over cauliflower rice to catch the glaze.



18

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

PIZZA CHICKEN

Pizza night in a crockpot. Thin chicken breasts, beef pepperoni and pizza sauce cook together, then a blanket of mozzarella melts on top at the end. No dough, no crust, and honestly the toppings were always the best part.

SERVES 6 • LOW 6-8 HOURS (HIGH 3-4)

INGREDIENTS

2 lb boneless, skinless chicken breasts, sliced in half horizontally

1 cup (4 oz) beef pepperoni slices

2 cups no-sugar-added pizza sauce

1/2 cup water

2 cups (8 oz) shredded mozzarella

METHOD

- 01 Lay the chicken in the crockpot and cover it with the pepperoni.
- 02 Stir the pizza sauce and water together and pour it over.
- 03 Lid on, LOW for 6 to 8 hours or HIGH for 3 to 4, until the chicken reads 165°F.
- 04 Scatter the mozzarella over, lid back on, and give it 10 to 15 minutes on HIGH to melt.

FREEZER PACK

Chicken and pepperoni in one bag, sauce in another.

SHARY'S NOTE

Hold back a few pepperoni slices to lay over the cheese, so it looks like a real pizza when you lift the lid.

48g
PROTEIN

7g
NET CARBS

22g
FAT

434
CAL



19

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

NO-BEAN BEEF CHILI

A beanless chili with an ounce of dark chocolate stirred in. It doesn't make the pot sweet; it rounds out the cumin and cayenne so the heat tastes deep instead of sharp. The beef goes in raw, and you don't add a drop of water.

SERVES 8 • LOW 8 HOURS (HIGH 6)

INGREDIENTS

2 1/2 lb lean ground beef (95/5)
1 onion, chopped
28 oz canned chopped tomatoes
1/3 cup (75 g) tomato paste
2 beef stock cubes
3 tsp ground cumin, 1 tsp cayenne pepper
2 tsp dried oregano, 4 tsp garlic granules
Salt and black pepper
1 oz (25 g) dark chocolate, 70% cocoa
2 green bell peppers, cut into chunks

FREEZER PACK

Everything except the peppers in one bag, peppers in a small bag of their own.

33g
PROTEIN

9g
NET CARBS

9g
FAT

268
CAL

METHOD

- 01** Everything except the peppers goes into the crockpot. Crumble in the raw beef. No liquid.
- 02** Lid on, LOW for 8 hours or HIGH for 6.
- 03** Stir in the peppers for the last 30 minutes.
- 04** Break up the beef, season, and ladle it out.

SHARY'S NOTE

Sour cream, cheddar and sliced jalapeño on top (not counted), and a second bowl for whoever's watching the game.



20

MADE FOR THIS BOOK • DUMP & GO • FREEZER PACK

CHICKEN SHAWARMA BOWLS

Shawarma at home, no rotating spit required. The chicken poaches in the crockpot until tender, then gets sliced and crisped in a hot pan with cumin, sumac and a little cinnamon. Those 10 minutes in the pan are what make it taste like the shawarma shop.

SERVES 6 • HIGH 2 HOURS + 10 MINUTES IN A PAN

INGREDIENTS

FOR THE CHICKEN

2 lb boneless, skinless chicken breasts

1/2 cup water

1/4 cup olive oil, divided

FOR THE SPICE MIX

1 1/2 tsp ground cumin, 1 tsp sumac

1/2 tsp chili powder, 1/2 tsp sweet paprika

1/4 tsp each granulated garlic, salt, black pepper, turmeric and cinnamon

A pinch of ground cloves

FOR THE TAHINI SAUCE

1/4 cup tahini

2 tbsp lemon juice

2 tbsp water

2 tsp minced garlic

A pinch of salt

METHOD

- 01** Chicken and water into the crockpot. Lid on, HIGH for 2 hours, until it reads 165°F.
- 02** Mix the spices. Slice the cooked chicken into strips.
- 03** Heat half the oil in a big pan, lay the chicken in one layer and sprinkle the spice mix over. Let it sit until the bottom turns golden, then flip, adding the rest of the oil as you need it.
- 04** Whisk the sauce ingredients until smooth, thinning with water until it drizzles.
- 05** Pile it over chopped romaine, cucumber and tomato, and drizzle with tahini sauce.

36g
PROTEIN

2g
NET CARBS

19g
FAT

329
CAL

FREEZER PACK

Raw chicken in one bag, the spice mix in a small bag taped to it.

SHARY'S NOTE

Make a double batch of the tahini sauce. It keeps 3 to 4 days in the fridge and turns leftover chicken into lunch.

MAKE-AHEAD MORNINGS

03

BONUS BREAKFASTS

Bake it Sunday. Slice it all week, and freeze the back half.





BONUS BREAKFAST • BROWN FIRST • MAKE-AHEAD

21 SAUSAGE & CHEDDAR BREAKFAST CASSEROLE

The diner breakfast, made once on Sunday and sliced for the week (freeze the back half). Browned beef sausage, sharp cheddar and a dozen eggs set over cauliflower rice, which soaks up the custard so every square holds together. Microwave a piece while the coffee brews and you're out the door.

SERVES 6 • LOW 4-5 HOURS

INGREDIENTS

1 lb beef breakfast sausage
12 oz riced cauliflower (fresh or frozen)
6 oz sharp cheddar, shredded and divided (4 oz + 2 oz)
1 small red bell pepper, chopped
12 large eggs
1/2 cup heavy cream
3 cloves garlic, minced
1 tsp salt, 1 tsp black pepper, 1/2 tsp red pepper flakes
1 green onion, thinly sliced

MAKE-AHEAD

Slice into 6, wrap each piece, and refrigerate 4 days or freeze 2 months. Sixty to 90 seconds in the microwave and breakfast is done.

32g
PROTEIN

6g
NET CARBS

46g
FAT

573
CAL

METHOD

- 01** Brown the sausage in a skillet, breaking it into crumbles, until it's cooked through. Drain it and let it cool for a few minutes.
- 02** Grease the crockpot well. Spread in the cauliflower rice, sausage, red pepper and 4 oz of the cheddar.
- 03** Whisk the eggs, cream, garlic and seasonings, and pour it over everything.
- 04** Scatter the rest of the cheddar on top.
- 05** Lid on, LOW for 4 to 5 hours. Start checking at 4: it's ready when the center is set and reads 160°F.
- 06** Rest it 10 minutes, scatter the green onion over, and cut into 6.

SHARY'S NOTE

Stay on LOW. HIGH turns the edges rubbery before the middle sets.



BONUS BREAKFAST • BROWN FIRST • MAKE-AHEAD

22 KALE, MUSHROOM & PARMESAN BREAKFAST CASSEROLE

A small-batch casserole for one to three people, made in a little 2.5 to 4 quart crockpot. Crispy turkey bacon, mushrooms and kale sit under a full cup of parmesan, and it's set in about 90 minutes on HIGH. That makes it the slow-Saturday breakfast as much as the make-ahead one.

SERVES 3 • HIGH ABOUT 1½ HOURS (LOW ABOUT 6) •
SMALL 2.5-4 QT CROCKPOT

32g
PROTEIN

8g
NET CARBS

27g
FAT

411
CAL

INGREDIENTS

6 large eggs
3.2 oz turkey bacon (about 6 slices)
3 tbsp shallots, chopped
1/2 cup red bell pepper, chopped
1 cup white mushrooms, chopped
8 large kale leaves, stems removed,
finely shredded
1 tbsp butter or ghee
1 cup shredded parmesan
Salt and pepper

METHOD

- 01** Fry the turkey bacon until crisp. Add the pepper, mushrooms and shallots and cook until just soft.
- 02** Stir in the kale, then turn off the heat and let it wilt in the warm pan.
- 03** Beat the eggs with salt and pepper.
- 04** Set the crockpot to HIGH, melt the butter in it and brush it up the sides.
- 05** Spread in the vegetables and turkey bacon, scatter the parmesan over and pour in the eggs. One stir.
- 06** Lid on, HIGH for about 1½ hours or LOW for about 6, until the center is set (160°F). Every crockpot runs a little different, so check early the first time.

MAKE-AHEAD

Refrigerate up to 4 days.

SHARY'S NOTE

Toss some spinach and sliced avocado with olive oil and serve it on the side (not counted in the macros).



BONUS BREAKFAST • DUMP & GO • MAKE-AHEAD

23 TURKEY HAM & CHEESE CRUSTLESS QUICHE

A crustless quiche with no pastry to roll and no oven to babysit. Everything gets stirred together in one bowl, poured into the crockpot and left alone for 4 hours.

Turkey ham, cheddar and fresh parsley: the ham and cheese quiche you know, minus the crust.

SERVES 6 • LOW 4-5 HOURS • 4-6 QT CROCKPOT

32g
PROTEIN

7g
NET CARBS

24g
FAT

378
CAL

INGREDIENTS

10 large eggs
1 cup whole milk
2 cups shredded cheddar
1 tsp black pepper, 1 tsp kosher salt
2 1/2 cups diced, fully cooked extra-lean turkey ham
1/2 cup yellow onion, finely diced
1 medium tomato, diced small
2 tbsp fresh parsley, finely chopped

METHOD

- 01** Grease the crockpot, or use a liner and skip the scrubbing.
- 02** Beat the eggs, then stir in the milk, cheddar, salt and pepper.
- 03** Fold in the turkey ham, onion, tomato and parsley.
- 04** Pour it into the crockpot. Lid on, LOW for 4 to 5 hours, until the center is set (160°F).
- 05** Take the lid off, switch it off, and give it 10 minutes before slicing so it holds its shape.

MAKE-AHEAD

Slice into 6 and refrigerate up to 4 days, or wrap and freeze up to 2 months.

SHARY'S NOTE

Pick a turkey ham with 2g carbs or less per 2 oz. Some are sugar-cured, and that's where the carbs sneak in.

WHAT'S NEXT

DINNER'S HANDLED. NOW WHAT ABOUT LUNCH?



This book takes care of six o'clock. My 4-week plan takes care of the rest of the day: high-protein breakfasts, packable lunches, snacks and desserts, 40 recipes in all, with a shopping list for every week and a one-hour Sunday prep guide.

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- Protein and net carbs on every recipe
- Comfort food the kids won't question

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