



# Fat Bomb Recipes

Low Carbe Diem

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This eBook's recipes, information about healthy eating and nutrition stats are intended for informational purposes only.

We are not doctors, nutritionists, dietitians or medical professionals. The information in this eBook and on LowCarbeDiem.com is not medical advice.

Low Carbe Diem shares strategies and resources for low carb/keto ways of eating.

Before starting any diet, please discuss the changes with your doctor and follow all professional medical advice, seeking help if needed.



If you have medical conditions (such as diabetes), you must consult your doctor and only follow the meal plan under medical supervision. As with any dietary change, medications may need adjusting.

Thank you for your support and amazing feedback.

## Low Carbe Diem



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# Allspice Almond Fat Bombs

2 net carbs per serving.



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Servings: 8

10 tbsps almond butter

5 tbsps heavy cream

4 tbsps coconut oil

2 tpsps cocoa powder

1/4 tsp allspice

6 drops liquid stevia (or equiv)

## DIRECTIONS

Blend all ingredients together and press into cups, a mold or container.

Freeze for about 2 hours, remove and enjoy.

Optional: Top with chopped almonds

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Per Serving: 214 Calories; 22g Fat (85.1% calories from fat); 5g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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# Vanilla Mocha Fat Bomb Pops

.5 net carbs per serving for 6 servings.



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Servings: 6

4 tbsps unsalted butter  
2 tbsps heavy cream  
1/2 tsp vanilla extract  
4 tbsps coconut oil  
1 1/2 tbsps cocoa powder  
1/2 tsp coffee extract, optional  
stevia, to taste

## DIRECTIONS

**Make the vanilla layer:** Soften butter in the microwave until liquefied. Add 2 tablespoons heavy cream and stir. Set aside

Once cool, add the vanilla and and blend well.

**Make the mocha layer:** Mix together coconut oil, cocoa powder, coffee extract and stevia.

Pour the vanilla mixture into muffin liners / tins, creating the bottom white layer. Place into the refrigerator until firm, about 15 minutes.

Remove from fridge and pour in the mocha mixture, filling cups to the top.

Add popsicle sticks and freeze 20 to 30 minutes.

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Per Serving: 167 Calories; 19g Fat (97.1% calories from fat); trace Protein; 1g Carbohydrate; .5g Dietary Fiber.

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# Jello Cheesecake Cookies

1 net carb per cookie.



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Servings: 12

6 ozs cream cheese

4 tbsps unsalted butter, softened

8 drops liquid stevia (or equiv)

1 egg

1/2 tsp vanilla extract

1/4 tsp almond extract (optional)

1 pkg sugar-free Jello, any flavor

1/8 tsp sea salt

1/2 tsp baking powder

1 c almond flour (or half almond, half coconut flour)

## DIRECTIONS

Soften cream cheese and butter. Beat together with sweetener and extracts.

Mix in salt and one 4 oz packet of sugar-free Jello (gelatin, pudding, custard, etc.)

Whisk baking powder into the almond flour. Add this dry mix slowly to the wet mix a few tablespoons at a time. Blend well using a fork to form a slightly sticky dough.

Wrap dough and place into the fridge until firm, 30 minutes minimum, up to 12 hours.

Roll dough into one inch balls and place on a prepared baking sheet. Leave about one inch between each cookie.

Use a fork, your thumb or the bottom of a glass to flatten the cookies. These do not spread during baking.

Thin, flat cookies are crispier, bake more quickly, and burn easily. Watch those last few minutes!

Bake 6-8 minutes at 325 F.

Remove from oven and allow to cool 3 minutes before moving to a cooling rack or equiv. Allow cookies to cool completely before serving or they will crumble.

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Per Serving: 147 Calories; 14g Fat (84.9% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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# Black & White Peppermint Bombs

1 net carb per serving.



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Servings: 12

3/4 c coconut butter

1/3 c coconut shreds

3 tbsps coconut oil

2 tsps unsweetened cocoa powder

1/2 tsp peppermint extract

liquid stevia (or equiv), to taste

## DIRECTIONS

Combine coconut butter, shredded coconut, 1 tablespoon of the coconut oil and peppermint extract. Mix well and pour into molds or mini cupcake liners / muffin tins, filling half way.

Place in the fridge to harden (about 15 minutes).

Mix together remaining 2 tablespoons of coconut oil and cocoa powder. Remove the mixture from the refrigerator and pour the cocoa mixture on top. Put back in the fridge until firm.

Before serving, remove from the refrigerator and place on the counter for about 5 minutes.

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Per Serving: 155 Calories; 18g Fat (98.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber.

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# Blackberry Nut Fat Bombs

1.3 net carbs per serving for 12 servings.



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Servings: 12

2 ozs macadamia nut, crushed

4 ozs neufchatel cheese

1 c blackberries

3 tbsps mascarpone cheese

1 c coconut oil

1 c coconut butter

1/2 tsp vanilla extract

1/2 tsp lemon juice

Preferred sweetener to taste, optional

## DIRECTIONS

Crush the macadamia nuts and press into the bottom of a baking dish or mold.

Bake 5 to 7 minutes at 325 F, or until golden brown.

Remove from oven and allow to cool slightly.

Spread a layer of softened cream cheese over the nut "crust."

In a bowl, mix together blackberries, mascarpone cheese, coconut oil, coconut butter, vanilla, lemon juice and sweetener (optional) until smooth and well-combined.

Pour mixture over the cream cheese layer. Freeze for 30 minutes to an hour. Remove and store in the fridge.

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Per Serving: 392 Calories; 50g Fat (94.4% calories from fat); 4g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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# Bacon Maple Butter Fat Bombs

1 net carb per serving.



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Servings: 12

8 ozs neufchatel cheese, softened

1/2 c unsalted butter

4 tsps bacon fat

4 tbsps coconut oil

8 bacon slices, cooked and crumbled

1/4 c sugar free maple syrup

OR maple extract and liquid stevia (or equiv), to taste

## DIRECTIONS

Combine all ingredients, setting aside some crumbled bacon and melt slowly in the microwave for 10 second intervals until smooth.

Pour into a dish or pan and place in the freezer until firm, about 15 minutes.

Remove from freezer, sprinkle with more crumbled bacon, slice and serve.

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Per Serving: 207 Calories; 32g Fat (88.8% calories from fat); 8g Protein; 1g Carbohydrate; trace Dietary Fiber.

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# Pumpkin Cheesecake Fat Bombs

1 net carb per serving.



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Servings: 8

1/2 c unsalted butter  
8 ozs neufchatel cheese  
1/2 c pumpkin, pureed  
1/4 c chopped pecans  
2 tsps vanilla extract  
1 tsp cinnamon  
1/2 tsp pumpkin spice  
1/8 tsp sea salt  
12 drops liquid stevia (or equiv)

## DIRECTIONS

Melt butter over medium high heat, stirring often.

Add pureed pumpkin and continue whisking. Add cream cheese, stevia, pecans and spices. Whisk until smooth, then add vanilla extract.

Mix completely and remove from heat. Line a 9 inch pan or dish with wax paper and pour fudge mixture into the pan.

Sprinkle with more pecans if desired and place in the freezer for 24 hours. When ready to slice, remove by pulling on the wax paper. Cut into serving size pieces.

Store in a container in the freezer until ready to serve.

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Per Serving: 227 Calories; 39g Fat (86.7% calories from fat); 11g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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# Blueberry Coconut Cream Fat Bombs

2 net carbs per serving.



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Servings: 16

1 c blueberries

8 ozs unsalted butter

4 ozs neufchatel cheese, softened

1/4 c coconut cream

3/4 c coconut oil

liquid stevia (or equiv), to taste

## **Whole Berry Directions**

Place crushed blueberries in the bottom of a dish or pan. In a saucepan over low heat, melt the butter and coconut oil. Remove from heat and cool for 5 minutes.

Add remaining ingredients and whip well with a whisk or hand blender, adding stevia slowly.

Pour the mixture into the pan and place in freezer for 1 hour. Slice before serving and top with a few whole blueberries.

## **Pureed Berry Directions**

Place berries, coconut cream and softened cream cheese in a food processor or blender and puree until smooth.

In a saucepan over low heat, melt the butter and coconut oil.

Cool slightly for 5 minutes, add stevia and put back into the food processor. Puree again until smooth.

Pour into cupcake liners, tins or molds and freeze until firm, at least 1 hour.

Optional: Add a teaspoon of crushed walnuts or almonds to the bottom of each cupcake liner for a crunchy low carb crust.

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Per Serving: 231 Calories; 29g Fat (93.4% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber.

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# Peanut Butter Cinnamon Chocolate Bombs

1.6 net carbs per serving for 12 servings.



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Servings: 12

4 tbsps coconut oil

4 tbsps cocoa powder

1/4 c walnuts, chopped

1/2 c peanut butter

Stevia (or equiv), to taste

1 tsp vanilla extract

1/4 tbsp cinnamon

sea salt, to taste

## DIRECTIONS

Melt coconut oil in a microwave for 45 seconds.

Stir in cocoa, Splenda and vanilla, mixing well until smooth. Fold in chopped nuts.

Pour chocolate mixture into a pan or dish and spread evenly.

Mix together the cinnamon and peanut butter, and gently pour over the chocolate mixture.

Sprinkle with sea salt, then freeze for 20 minutes. Slice before serving.

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Per Serving: 124 Calories; 12g Fat (79.6% calories from fat); 4g Protein; 3g Carbohydrate; 1.4g Dietary Fiber.

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# Almond Coconut Fat Bombs

1.2 net carbs per serving for 12 servings.



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Servings: 12

## **Crust**

4 ozs macadamia nuts  
dash salt  
4 tbsps almond butter

## **Coconut Layer**

1/4 c unsweetened shredded coconut  
6 tbsps coconut oil, melted

## **Chocolate Layer**

4 tbsps cocoa powder  
2 tbsps coconut oil  
stevia (or equiv), to taste

## DIRECTIONS

**Make the crust layer:** Pulse or crush the macadamia nuts and salt until finely ground. Add the almond butter and mix. Press the mixture into a pan or small dish.

**Make the coconut layer:** In a bowl, stir together shredded coconut and coconut oil. Spread the coconut mixture over the crust, pat down and set aside.

**Make the chocolate layer:** Mix the cocoa powder into the coconut oil until smooth. Add stevia (or equiv) to taste. Pour the chocolate sauce over the coconut layer. Smooth with a spatula. Place into the fridge or freezer until firm, about 1 to 2 hours.

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Per Serving: 188 Calories; 20g Fat (89.1% calories from fat); 2g Protein; 4g Carbohydrate; 2.8g Dietary Fiber.

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# Four Spice Fat Bombs

1 net carb per serving.



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Servings: 6

8 ozs neufchatel cheese, softened  
1 tsp liquid stevia (or equiv)  
1 tsp ginger  
1 tbsp cinnamon  
1/2 tsp cloves, ground  
1/2 tsp nutmeg  
3/4 c coconut oil

## DIRECTIONS

Place all ingredients into a food processor - except the coconut oil.

Process slowly, pouring the coconut oil into the cream cheese last. Note: Pour VERY slowly in a thin stream.

Divide into 6 small chunks and roll into balls. Refrigerate for 15 minutes and top with a dab of melted, sugar free or dark chocolate.

Place back into the refrigerator until ready to eat.

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Per Serving: 367 Calories; 61g Fat (89.2% calories from fat); 14g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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# Chocolate Peanut Butter Coconut Bombs

1 net carb per serving.



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Servings: 10

3/4 c coconut oil

1/4 c cocoa powder

1/4 c peanut butter

liquid stevia (or equiv), to taste

## DIRECTIONS

Heat coconut oil until melted. Divide among three bowls.

In one bowl, stir in the cocoa powder until completely dissolved. Add liquid stevia to taste.

In another bowl, add peanut butter to the coconut oil and blend until smooth. Add stevia to taste.

In the last bowl, add 1 teaspoon of coconut oil and stevia to taste.

To make single-serving fat bombs, use a square mold or muffin cups. Divide the chocolate flavored oil among 10 small cups. Set the mixture into the refrigerator until firm, about 10 minutes.

Spoon the peanut butter mixture on top of the chocolate layer. Return to the refrigerator to set.

When firm, remove the molds from the fridge and pour the remaining clear coconut layer over the peanut butter. Chill until ready to serve.

Optional: Sprinkle with shredded coconut or chopped nuts.

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Per Serving : 184 Calories; 20g Fat (91.7% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber.

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# Toasted Coconut Fat Bomb Bark

6 net carbs (without sweetener) in total recipe.



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Servings: 6

5 ozs coconut oil

3 ozs unsweetened baking chocolate

3 ozs unsalted butter

1 1/2 tbsps cocoa powder

1/4 tsp salt

3 tbsps unsweetened coconut flakes (large flake)

liquid stevia (or equiv), to taste

## DIRECTIONS

Toast unsweetened large flaked coconut in the oven at 350 F on a baking sheet, checking frequently. (Recipe author Joan Snyder used the "Let's do Organic" brand, unsweetened.)

Melt coconut oil, unsweetened dark chocolate and unsalted butter in a microwave on medium heat for about 1 minute 40 seconds.

Add cocoa powder and salt. Stir well and sweeten to taste. (Joan used a mix of powdered Swerve and 12 drops of sucralose to sweeten.)

Pour onto a plastic-wrapped cookie sheet in a puddle. Press coconut flakes into the chocolate. Place into fridge until hardened.

Note: This melts! Store in fridge or freezer.

-- OR --

Place a small amount of large flaked toasted coconut in each section of a silicone ice cube tray or mold. Pour the chocolate mixture on top and sprinkle with more coconut flakes. Place into fridge until hardened. Store in fridge or freezer.

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Per Serving: 372 Calories; 40g Fat (94.8% calories from fat); 2g Protein; 3g Carbohydrate; 2g Dietary Fiber.

Copyright: Joan Snyder



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# Stuffed Pecan Fat Bombs

.8 net carbs per serving for 2 pecan sandwiches.



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Servings: 1

4 pecan halves

1/2 tsp unsalted butter

1 oz neufchatel cheese

pinch sea salt

## DIRECTIONS

Toast the pecans in the oven at 350 F for 8 to 10 minutes. Set aside and allow to cool.

Soften the butter and cream cheese, add your favorite flavors, spices, herbs or veggies, and mix well until smooth and creamy.

Spread the butter-cream cheese mixture between two pecan halves.

Sprinkle with sea salt and enjoy.

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Per Serving: 150 Calories; 31g Fat (84.1% calories from fat); 11g Protein; 2g Carbohydrate; 1.2g Dietary Fiber.

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# Fat Pumpkin Butter Bombs

1 net carb per serving.



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Servings: 6

8 tbsps unsalted butter

4 tbsps coconut oil

1/2 c pumpkin

ginger, to taste

clove, to taste

nutmeg, to taste

cinnamon, to taste

liquid stevia (or equiv), to taste

## DIRECTIONS

Melt coconut oil in the microwave until liquified and hot. Add the butter and whip well with a fork until blended.

Keep whipping and stir in the pumpkin until smooth and creamy. Add stevia, spices and stir.

Drop by the spoonful on parchment paper and place in the refrigerator until firm, about 10 minutes.

Remove from fridge, roll the fat bomb mixture into 1 inch size balls and place immediately back into the fridge for at least one hour.

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Per Serving: 216 Calories; 24g Fat (98.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber.

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# Layered Chocolate Coconut Bombs

1.3 net carbs per serving.



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Servings: 12

2 c coconut shreds

1 c coconut oil

4 ozs neufchatel cheese

2 tbsps cocoa powder

stevia (or equiv), to taste

1/4 tsp cinnamon

sea salt, pinch

## DIRECTIONS

Warm the coconut oil over medium heat and add the shredded coconut, cinnamon, pinch of salt and stevia (or sweetener of choice).

Line a shallow pan with wax paper (or foil) and pour in the coconut oil mixture. Press it down, creating a solid layer.

Place the pan in the freezer until mixture is firm.

Remove from freezer. Melt the cocoa powder and cream cheese, and pour on top.

Place back into the freezer for 10 to 15 minutes.

Once solid, slice into squares or break up and enjoy! Store the rest in the fridge.

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Per Serving: 237 Calories; 31g Fat (91.0% calories from fat); 4g Protein; 3g Carbohydrate; 1.7g Dietary Fiber.

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# Lemon Cheesecake Fat Bombs

.25 net carbs per serving for 12 servings.



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Servings: 12

1/4 c coconut oil, melted  
4 tbsps unsalted butter, softened  
4 ozs cream cheese, softened  
1 tbsp lemon zest, finely grated  
1 tsp lemon juice  
lemon extract, optional  
Stevia (or equiv), to taste

## DIRECTIONS

Blend all ingredients with a hand mixer until smooth.

Pour into cupcake liners, tins or molds.

Freeze until firm - at least a few hours, preferably overnight.

Sprinkle with lemon zest.

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Per Serving: 106 Calories; 11g Fat (96.5% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber.

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# Strawberry Mocha Swirl Fat Bombs

1 net carb per serving.



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Servings: 12

4 tbsps unsalted butter  
4 tbsps coconut oil  
2 tbsps cocoa powder  
1/4 tsp liquid stevia (or equiv)

## **Strawberry Swirl**

1 tbsp unsalted butter  
1 tbsp coconut oil  
1 tbsp heavy cream  
1/4 c strawberries  
1/4 tsp liquid stevia (or equiv)

## DIRECTIONS

### **Chocolate:**

Soften butter in the microwave, then allow to cool slightly. Add coconut oil, cocoa powder and stevia to the melted butter, mixing with a hand blender. Set aside.

### **Strawberry Swirl:**

Mash strawberries and add heavy cream. Microwave 10 seconds (until warm) and set aside. Melt butter and add the warm strawberry mix, coconut oil and stevia. Use a stick blender or whisk rapidly.

### **Assembly:**

Pour the chocolate mixture into a mold or cupcake liners. Add the strawberry to the center of your fat bombs and swirl with a toothpick.

Freeze for 20 minutes, then pop the fat bombs out of the mold. Store in an airtight container in the freezer.

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Per Serving: 99 Calories; 11g Fat (96.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber.

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# Walnut Nutter Butter Fat Bombs

1 net carb per serving.



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Servings: 8

4 tbsps unsalted butter  
1/2 c almond butter  
1/2 c coconut oil  
6 drops liquid stevia (or equiv)  
sea salt  
2 tbsps walnuts, chopped  
dark chocolate , melted  
(optional - add the carbs)

## DIRECTIONS

Combine all ingredients in a small dish or bowl and warm in the microwave for 30 seconds. Whisk until well blended.

Pour into cupcake liners, muffin tins or molds and place into the freezer until firm, about an hour.

Before serving, top with melted sugar free or dark chocolate and walnut pieces.

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Per Serving : 274 Calories; 29g Fat (91.8% calories from fat); 3g Protein; 3g Carbohydrate; 2g Dietary Fiber.

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# Vanilla Coconut Bars



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Servings: 6

1 c unsweetened coconut flakes, shredded

1/4 c water

1-2 drops stevia (optional)

2 tbsps coconut oil

1/2 tsp vanilla extract

1/8 tsp salt

## DIRECTIONS

Combine all ingredients in a food processor.

Press mixture into the bottom of any small container (7"×5" works great).

Refrigerate 1 hour (or freeze 15 mins) before slicing. Store in fridge or freezer (lasts a few weeks).

## VARIATION:

Create a colorful, layered look. Spread two batches on top of each other in the container.

Try adding 1/4 cup of raspberries, or 1 teaspoon lemon juice and lemon zest.

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Per Serving: 138 Calories; 13g Fat (86.9% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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# Need More than a Week?



Atkins Fat Fast meets the zero carb diet in the ultimate stall stopper. Three easy days, one aggressive (science-backed) technique and **major fat loss**.

If you've tried everything else but aren't seeing the results you expected, then you haven't tried this plan.

Stop counting your carbs. Relax and take control of your low carb diet. [Start your plan today.](#)

## Reach Deep Ketosis in 3 Days

The Almost Zero Meal Plan is an ultra low carb, modified fat fast designed to induce deep ketosis **in 3 days**. Diet stall? Use this plan to break it.

You'll eat rich, high fat meals each day, with carefully planned macros and a specific amount of calories, while keeping net carbs as close to zero as possible.



## Workhorse Recipes

Choose from 150 recipes, all with perfect macros for fat fasting. 100 recipes are super simple, low or no-prep food combinations. These are easy to pack and most travel well outside the home.

Shopping lists, sample menus and a printable meal planner outline 3 to 5 easy days on the plan, including your transition back to a regular low carb or keto diet.

When new recipe collections are added, you'll get them free by email.

## Use this Meal Plan If:

- You're trying to burn fat or reach deep ketosis quickly.
- You've reached a stubborn diet stall or plateau.
- You're exhausted from battling hormones and gaining weight.
- You ate off-plan or had a cheat day.
- You've tried adjusting your macros but your scale isn't moving.
- You've put on extra fat, but prefer more muscle tone and definition.

## How it Works

The Almost Zero Carb Meal Plan is based on two tried-and-true ways of eating: Dr. Atkins' Fat Fast and the zero carb diet. But unlike fat fasts and going totally zero carb, this meal plan is easy to follow and easy to complete.

## Science Backed by Experts

The plan uses high fat foods with almost no carbs. Limiting daily calories while eating this way is called "fat fasting" - a well-known method (backed by experts) used to break diet stalls, avoid plateau, and get into ketosis quickly.

## What to Expect

- How to get the most fat loss from your plan, then transition back to low carb.
- Sample menus, shopping list and a printable meal planner.
- 150 Recipes indexed by category and net carbs (100 have 1 net carb or less).
- Free new editions of your meal plan and recipe collections (sent by email).



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