

27 Easy Keto Recipes for Effortless Weeknight Dinners

Do you feel like it takes more work to maintain your keto lifestyle? Has grabbing something "to go" become your routine? Work and family life can sometimes be challenging to balance, but one thing we should never compromise is good healthy food. Making mouthwatering keto-friendly meals is well within your grasp, and we're here to help. We have got you covered, from tasty keto ground beef recipes to low-carb pepperoni pizza. Here are 27 easy keto recipes for effortless weeknight dinners. Most importantly, they're all delicious!



Broccoli Chicken Casserole

#1. Broccoli Chicken Casserole

This casserole is loaded with deliciousness. The combination of shredded chicken breast, broccoli florets, and creamy bubbling cheese will surely be a home favorite. With only 20 minutes of cook time, you can whip it up and get back to enjoying your evening. Plus, it makes perfect leftovers by simply popping them back into the oven. [Get the recipe](#)

#2. Keto Rueben Casserole

This recipe delivers the flavors of a delicious Rueben sandwich with only 3 grams of net carbs. This generous serving size can stand alone or be paired with a vegetable for a complete dish. What I love the most

about this recipe (besides the flavor) is the easy 15-minute prep time. [Get the recipe](#)

#3. Keto Chicken Satay with Low-Carb Peanut Sauce

I love grilled chicken, and this dish is excellent for any occasion. These flame-grilled chicken tender morsels are juicy and flavorful. Infused with an Asian-inspired marinade and weaved on a skewer, this meal works nicely for lunch, dinner, or as a party appetizer. In less than 30 minutes, you can whip up a highly satisfying main dish that everyone will love. [Get the recipe](#)

#4. Ground Turkey Taco Lettuce Wraps

You can now enjoy guilt-free Taco Tuesdays with this exciting keto-friendly Mexican dish. Ready in under 30 minutes, this meal is super easy to make. Just throw all the ingredients together in a skillet, and voila! Warm, savory turkey wrapped inside cool crisp lettuce makes this dish the perfect keto comfort food. [Get the recipe](#)

#5. Korean Beef Bowls

Steak for dinner has always been challenging. But this meal only requires a mere 25 minutes of your precious time. Best of all, it's flexible. Almost any vegetables hiding in your fridge will blend nicely with steak and cauliflower rice. [Get the recipe](#)

#6. Low-Carb Sausage and Pepperoni Pizza Stuffed Peppers

This recipe will be handy when craving pizza but having sworn off carbs. Chock full of everything we love in a pizza stuffed inside a pepper. Oozing with mozzarella cheese and baked to perfection, this meal only takes 25 minutes to prepare and 45 minutes to cook. Plus, the peppers can be reheated and enjoyed the next day again.

[Get the recipe](#)



Ground Turkey Taco Lettuce Wraps



Chicken Cucumber Avocado Salad

#7. Chicken Cucumber Avocado Salad

This 10-minute salad will undoubtedly do the trick for the ultimate no-stress dinner. Pick a rotisserie chicken from your local supermarket, cut, mix, and serve. Drizzle it with olive oil, lemon juice, salt, and pepper for additional flavor. Your taste buds will thank you. [Get the recipe](#)

#8. Garlic Butter Brazilian Steak

This steak is so good; you won't believe it only took 15 minutes to make. This recipe will make you feel like you're eating in an expensive restaurant. Prepared with the most tender cuts of beef and partnered with a smooth garlic butter sauce, this steak will melt in your mouth. For a genuinely keto-friendly Brazilian-style meal, pair it with marinated tomatoes. [Get the recipe](#)

#9. Keto Low-Carb Grilled Cheese

Yes, it is possible to enjoy a grilled cheese sandwich while following a keto lifestyle. The bread in this recipe is made from almond flour and only takes 90 seconds in the microwave! Next, add cheddar cheese and your choice of meat for a quick and easy low-carb meal that will surely be nostalgic. [Get the recipe](#)

#10. Prosciutto Wrapped Cod with Lemon Caper Spinach

This recipe is super simple yet highly sophisticated. Mouthwatering cod fillets wrapped in a crisp slice of prosciutto over a bed of well-seasoned spinach. This meal is gluten-free, dairy-free, and low-carb. Plus, the whole thing is ready in just 20 minutes. [Get the recipe](#)

#11. Cilantro Lime Chicken with Cauliflower Rice

This recipe is low-carb and high-protein. Flawlessly flavored with citrus and fresh herbs, the chicken can be served hot or cold. The cauliflower rice is mixed with black beans and red onions. The entire meal can be prepped in just 20 minutes. Prepare on Sundays and enjoy it throughout the week for a delicious weeknight dinner. [Get the recipe](#)



Cilantro Lime Chicken with Cauliflower Rice

#12. Low-Carb Deconstructed Pizza Casserole

This recipe will be a hit with pizza lovers who are watching their waistlines. This casserole is packed with all your favorite pizza toppings: sausage, mushrooms, tomatoes, cheese, and pepperoni. The recipe makes enough for the whole family, and it only takes 25 minutes to prepare and toss in the oven. [Get the recipe](#)

#13. "Best We've Ever Had" Keto Tuna Salad

The name says it all. You will hardly believe there's no mayo lurking in this salad. Rich and creamy and made in under 15 minutes, the bountiful supply of fresh herbs and veggies creates a hearty and delightful meal. Two types of onions, a delicate balance of acidity and a zing of cayenne pepper, will have you licking the bowl. [Get the recipe](#)

#14. Lazy Grain-Free Chicken Nuggets

These tasty morsels will become your go-to when slaving in the kitchen is not an option. Pour the eggs over the chicken, pour on the breading, and stir. The nuggets only take 4 to 5 minutes on each side to cook. When they're done, they'll be golden brown and irresistible. [Get the recipe](#)

#15. Vegetarian Lettuce Wraps

This recipe was inspired by the lettuce wraps featured at PF Chang's Restaurant, but some say this recipe is much better. These wraps are vegan, low-carb, and made with finely diced tofu and mushrooms. You can make these wraps in just under 25 minutes. Scramble the leftovers with eggs for a satisfying breakfast the next day. [Get the recipe](#)

#16. 10-minute Lemon Garlic Butter Shrimp with Zucchini Noodles

This is the ultimate seafood delight. Shrimp paired with zucchini noodles make a complete meal that is gluten-free and keto friendly. Best of all, it only takes 10 minutes to prepare and 10 minutes to cook. And you will have only a few dishes to clean because the entire meal can be cooked using one skillet. [Get the recipe](#)



#17. Avocado "Carbonara" with Zucchini Spaghetti

I love this recipe because it's delicious and nourishing. Parmesan, garlic, and bacon will have your taste buds doing backflips. Avocado, spinach, and zucchini supply your body with precious vitamins and minerals. Everything is ready in less than 15 minutes, and you'll feel like a celebrity chef with all the compliments you'll receive from family and friends. [Get the recipe](#)

#18. 20-Minute Shrimp and Sausage Paleo Skillet Meal

The creators of this recipe did a unique take on a traditional surf and turf meal. This meal is made with fresh veggies, shrimp, and sausage. It's surprisingly easy to make. We added onions, bell peppers, and old bay to ours, but this meal is quite versatile, so get creative! [Get the recipe](#)

#19. Bacon Chicken Caesar Casserole

You can make this low-carb comfort food in the oven or crockpot. It's a breeze to make and only takes 10 minutes to prepare. Parmesan and mozzarella cheeses, roasted garlic powder, and bacon make this meal a family favorite among many health-conscious households. Plus, it's budget-friendly. [Get the recipe](#)

#20. Quick Keto Chili

This quick keto chili is made in a pressure cooker in 10 minutes. The added sausage and jalapenos create a savory addition to the sweetness of the chili. Top this hearty dish with cheese and serve it with the [best keto cornbread](#). [Get the recipe](#)

#21. Creamy Tuscan Garlic Chicken

Another great addition to our effortless weeknight dinner menu is this creamy Tuscan-inspired meal, which cooks in just 15 minutes. Thinly sliced chicken breast smothered in a rich, creamy garlic sauce and mixed with spinach and sun-dried tomatoes. Serve over zucchini noodles for a more filling feast. [Get the recipe](#)

#22. Ground Beef Empanadas

Not your ordinary empanadas, these are made with a ketogenic and low-carb fathead dough and then stuffed with a flavorful ground beef mixture. For versatility, feel free to use other ingredients as your filling, such as seasoned chicken. This works as a great "on-the-go" meal and takes only 35 minutes to complete from beginning to end. [Get the recipe](#)

#23. Cauliflower Ground Beef Hash

The prep time for this meal is just 5 minutes! In less than 25 minutes, you'll be at the dinner table enjoying a meal with your family. Toss in some green onion or jalapenos to play with the flavors. Add different types of cheese. Serve with a salad or cooked veggies on the side. Sit down and enjoy! [Get the recipe](#)

#24. Creamy Tuscan Garlic Chicken

So good, we had to repeat it! We can't get enough of this amazing Creamy Tuscan Sauce. The heavy cream and parmesan cheese create the perfect amount of thickness. We've discovered that this sauce can be added to various proteins, such as salmon and shrimp, for a flawless finish. [Get the recipe](#)

#25. Cabbage Noodle Tuna Casserole

Cabbage acts as a noodle substitute in this filling and budget-friendly dinner option. With only 317 calories and 7 net carbs, this is a guilt-free version of the original tuna casserole. Moreover, it cooks in just 30 minutes. [Get the recipe](#)

#26. Keto Crack Chicken

The name means it's so delicious it's addictive! But that's not all. This meal has bacon, onion, and fresh garlic for exquisite flavor. Surprisingly, this dish requires very few ingredients. Conveniently made in an instant pot, you'll be done cooking in less than 30 minutes. [Get the recipe](#)

#27. Low-Carb Baked Chicken Tenders

We're rounding out our list of easy keto recipes with low-carb chicken tenders. These tenders have been coated with a savory crust and absolutely no breading! A mixture of parmesan cheese and an assortment of spices create the crust that makes these tenders so darn delicious. The kids will hardly suspect that they're eating healthy! The best part is the whole dish is done in 35 minutes. [Get the recipe](#)



Creamy Tuscan Garlic Chicken



Low-Carb Baked Chicken Tenders

So, there you have it! 27 easy keto recipes for effortless weeknight dinners. These recipes will not only help you maintain your keto lifestyle painlessly, but they will also ensure that you spend less time in the kitchen and more time doing the things that matter most. After all, eating healthy should never feel like a chore. You deserve to eat restaurant-quality food daily for a fraction of the time and the cost. Now go try some of these recipes! We hope you've enjoyed this list. If you did, be sure to comment and share!