

Powerful Information & Recovery Stories: Immune, Gut & Heart Healthy, Nutrient Dense Ketogenic Food



My name is Nathan Leary. I'm not a clinician; my expertise comes from my lived experience with schizophrenia. I created this collection because it's the resource I wish I had when navigating my own journey. After facing immense challenges, I found a way forward through sheer perseverance. My purpose now is to share what I've learned to empower you on your path. Please help me make a difference by sharing this with others who could benefit. **Please, make a difference in someone else's lives by**

sharing this with others who may also benefit.

This collection of health resources is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is only intended to support your health journey. [Full Disclaimer at stopthevoices.com/disclaimer/](https://stopthevoices.com/disclaimer/)

Ketogenic Healthy Creations (My-Food Gallery)

Proof that nutritious food isn't bland. I hope these dishes inspire your own healthy and tasty cooking!



Colorful Stir-fry

(Sprouts)	(Chicken)
(Carrots)	(Cabbage)
(Spinach)	(Beetroot)
(Vinaigrette)	(Olive Oil)



Creamy Miso Soup

(Miso Paste)	(Cream)
(Tofu)	(Beef Heart)
(Olive Oil)	(Seaweed)
(Garlic)	



Keto Pancakes

(Almond Flour)	(Olive Oil)
(Baking Powder)	(Lemon Juice)
(Allulose)	(Cream)
(Strawberry)	



Broccoli & Spinach Soup

(Broccoli)	(Spinach)
(Whole Grain Mustard)	(Salmon)
(Garlic)	(Olive Oil)



Walnut Paste & Carrot Sticks

(Walnuts)	(Salt)
(Olive Oil)	(Carrots)



Snowy Kale Salad

(Kale)	(Olive Oil)
(Egg)	(Apple Cider Vinegar)
(Whole Grain Mustard)	(Red Cabbage)
(Chicken)	(Broccoli)
(Lemon Juice)	(Salt)



Red, Green & Yellow

(Beans)	(Red Cabbage)
(Beetroot)	(Broccoli)
(Eggs)	(Tofu)
(Miso Paste)	(Chicken)



Iceberg Mayo Salad

(Olive Oil)	(Egg)
(Sprouts)	(Carrot)
(Spinach)	(Lemon Juice)
(Cabbage)	(Broccoli)



Chicken Curry Soup

(Chicken)	(Cauliflower)
(Turmeric)	(Black Pepper)
(Fennel Seeds)	(Garlic)
(Olive Oil)	



Clam & Miso Soup

(Clams)	(Seaweed)
(Olive Oil)	(Garlic)
(Miso Paste)	(Garlic)
(Soy Sauce)	



Blackberry Art

(Olive Oil)	(Whiting)
(Capsicum)	(Blackberries)
(Lemon Juice)	(Capsicum)
(Garlic)	



Kangaroo & Mushroom

(Kangaroo)	(Mushrooms)
(Asparagus)	(Garlic)
(Kale)	(Walnuts)
(Olive Oil)	(Salt)
(Pepper)	



Red & Green Bubbles

(Tomatoes)	(Brussels Sprouts)
(Garlic)	(Mustard Powder)
(Olive Oil)	(Salt)



Beef & Rabbit Food

(Celery)	(Broccoli)
(Mushroom)	(Lemon Juice)
(Salt)	(Ground Beef)
(Garlic)	(Tomato Pesto)