

Easy keto breakfast recipes pdf

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The Julian Bakery Keto Thin Bread is a great loaf for anyone on a specialized diet. For a fluffy loaf of tangy sourdough, we recommend the Great Low Carb Bread Co. 16-Ounce Sourdough Bread Loaf. Bread is one of the simplest pleasures in life, but when you're committed to a low-carb lifestyle, most loaves are off the table—literally. But with the rising demand for keto-friendly bread, there are definitely more options than there used to be. While you often have to think ahead and order online, these loaves of bread allow you to make traditional sandwiches or wraps with fewer carbohydrates. Whether you're following a strict keto diet or are a little looser in your restrictions, these are some of the best keto breads you can buy. Who else recommends it? Food Network and Healthline both picked Julian Bakery Kete Thin Bread. Julian Bakery is one of the most allergen- and specialized-diet-friendly bread makers out there. Not only is this bread low in carbs—it has 0 grams of net carbs per slice—it's made with only a handful of high-quality ingredients, like almond flour, organic eggs, organic grass-fed butter, and organic cream cheese, to fit with the keto diet. The Keto Thin Bread also has balanced keto macros—12 grams of fat and 8 grams of protein—so it helps fill you up without throwing you out of ketosis. Each loaf is baked fresh to order and contains no preservatives, so it's as close to homemade keto bread as you can get without having to actually make it yourself. Calories Per Slice: 140 | Net Carbs Per Slice: 0 grams | Protein Per Slice: 8 grams | Allergens: Eggs, almond, milk Sourdough is a traditional favorite, and thanks to the Great Low Carb Bread Co. you can now fit it in your keto plan. Each slice of this sourdough bread has 8 grams of carbohydrates, 7 grams of fiber, 3 grams of fat, and 7 grams of protein, making it perfectly balanced for a keto diet. And it's delicious, too. It has just the right amount of sourdough flavor and a fluffy, yet slightly dense texture that holds up well to heartier sandwiches and toasting. It also browns well in a skillet with a little bit of butter smeared on top. Calories Per Slice: 60 | Net Carbs Per Slice: 8 grams | Protein Per Slice: 7 grams | Allergens: Wheat, soy, milk, peanuts, tree nuts If you're a little more lenient about ingredients, the Carbonaut Seeded Bread is another excellent keto-friendly option. While it does contain some wheat protein and wheat flour, the remaining ingredients, which include resistant potato starch, flax meal, bamboo fiber, and psyllium husk, all help support gut health while keeping your blood sugar steady. Each slice has 8 grams of carbs, with 6 grams of fiber, so you can create filling, delicious sandwiches. Carbonaut also makes a white bread that's light and fluffy and everything your keto diet has been missing. Calories Per Slice: 80 | Net Carbs Per Slice: 8 grams | Protein Per Slice: 6 grams | Allergens: Sesame seeds This keto bread is bursting with good-for-you ingredients, including seven types of nuts and seeds that lend an irresistible crunch to any sandwich craving, from plain, buttered toast to a BLT. In each slice, you'll find flaxseeds, pumpkin seeds, chia seeds, sunflower seeds, pecans, and hemp hearts. The pillowy slices also contain tasty additions, like almond butter, arrowroot and potato flours and honey to lend a flavor profile that strikes the perfect balance for a wide range of meals—not too savory and not too sweet. What it doesn't have? The stuff you're trying to avoid. The bread doesn't contain any wheats, grains, or artificial ingredients. Plus, each slice only has 8 grams of carbohydrates. Calories Per Slice: 110 | Net Carbs Per Slice: 8 | Protein Per Slice: 4 grams | Allergens: Egg, almond, pecan, coconut This ultra-low carb and multigrain tortilla takes the place of your favorite sandwich wrap. What makes this great is they're also pliable so they don't crumble, like corn or flour-based tortillas. Plus, they come in a variety of flavor options to suit your lunch style the best. Choose from the original multigrain, or go bold with an option like spinach, pico de gallo, or even spicy three chiles. The size is there, too. You can use these tortillas for tacos or even burritos, as each one holds enough to make a fully-loaded meal bursting with protein, veggies, and all the fixings. Calories Per Slice: 15 | Net Carbs Per Slice: 1 | Protein Per Slice: 1 grams | Allergens: Wheat, soy You might not peg bagels as being keto-friendly, but you'll be pleasantly surprised by this option from ThinSlim Foods. While these bagels may be a bit denser than the ones from your local bagel shop, they're pretty darn tasty, since they're not crafted with the usual ingredients—flaxseed, almond, or coconut—that make keto breads so wet and heavy. Instead, they're made with non-GMO ingredients like oat fiber, wheat starch, and chicory root to keep it nice and light. These bagels toast up well and provide the perfect canvas for all of your favorite toppings, from butter and cream cheese to fruit spreads and even smoked salmon. Calories Per Slice: 90 | Net Carbs Per Slice: 0 | Protein Per Slice: 14 grams | Allergens: Wheat, soy, peanuts, tree nuts Love the idea of cooking up your own oven-fresh bread, but don't have the time or kitchen know-how to go at it completely from scratch? Try this beloved baking mix, which allows you to whip up all kinds of keto-friendly creations, including bread, dinner rolls, keto muffins, pizza dough, and a variety of other baked goods. All you need is olive oil, dry yeast, water, and some time to let everything rise. The gluten-free, nut-free, non-GMO, and kosher mix yields only the best, freshest product. When you pop open the oven door, you'll be greeted with pillowy bread that smells and tastes just like a bakery's, but doesn't have any of the same dietary pitfalls like excess carbs. Calories Per Slice: 45 | Net Carbs Per Slice: 0 | Protein Per Slice: 2.5 grams | Allergens: Eggs Final Verdict The Keto Thin Bread from Julian Bakery is our top pick because it's low in carbs and made with keto-friendly ingredients that offer some nutritional value as well. If you want to try your hand at making your own bread, just add olive oil and yeast to the Scotty's Everyday Keto Bread Zero Carb Mix for a fresh loaf. One of the most important things to consider is the carbohydrate count. The ketogenic diet depends on restricting carbohydrates to 5-10 percent of your daily caloric intake. Keto-friendly bread may also be good for those on other modified carbohydrate diets. True keto bread will also have a balance of the other macros: protein and fat. While the carb count is important, ideally, you want to choose a keto bread that has fat and protein, too, since these are the nutrients that will help keep you full. Ideally, you want bread that's made with keto-friendly ingredients, like coconut flour, almond flour, eggs, and butter, rather than wheat, but that's not always possible. Some wheat is okay, as long as you're not sensitive to gluten. Whatever you decide, choose bread that doesn't have a lot of preservatives or artificial fillers. As a general rule, the fewer ingredients, the better. There's not a strict definition for keto bread, but on a basic level, it's bread that has a lower carbohydrate count than other types of bread. It's best to find keto bread that's also made without wheat and other gluten-containing grains, but when you're purchasing pre-made bread, that's not always easy. As long as you're not sensitive to gluten, wheat-based breads can fit into a keto plan, too. Not always. Many gluten-free breads are made with ingredients like rice flour, oat flour, and/or tapioca starch. Always check the nutrition facts label for the carb count to see if the bread fits into your lifestyle. Proper storage depends on the type of bread and how many preservatives it contains, but many keto breads do best in the refrigerator or the freezer. In most cases, the bread will contain storage instructions on the label. For the freshest taste, follow these instructions as written. Lindsay Boyers is a certified holistic nutritionist and keto diet expert who has written several keto cookbooks, including Keto Snacks, The Keto for Two Cookbook, and 200 under 20g Net Carbs, of her own. She's experienced the power of fat-adaptation firsthand and knows how important it is to have delicious, keto-based versions of your favorite foods to help you stay on track. Hey Keto Mama When you're going on the keto diet, you might think it's time to say goodbye to your favorite chocolate chip cookies. Because the keto diet limits your carb and sugar intake, dessert isn't typically included — and let's be honest, the few low-carb dessert options that are currently available usually taste like a block of cardboard with a few cacao nibs thrown in. The good news? You can easily whip up keto desserts that aren't too carb or sugar-heavy. And they taste awesome. While the jury's still out on whether the keto diet has any actual health benefits, if you are interested in trying it out, you don't necessarily have to suffer. Here are a few keto desserts that'll taste so good, you may not even realize they're keto. [Want over 100 great Keto recipes? Check out Keto for Carb Lovers!] Advertisement - Continue Reading Below 1 Flourless Avocado Brownies This recipe by The Castaway Kitchen is perfect for chocolate lovers. These fudgy, low-carb, and dairy-free, avocado brownies are sure to hit the sweet spot without packing on the pounds. The avocado and almond butter pack a ton of healthy fats, which is right in line with the keto diet, and it uses erythritol, the low-calorie sweetener that isn't quite as sweet as sugar. It also uses cacao powder for added richness and flavor.The best part? These brownies will satisfy your hunger, so you won't want to reach for a second one. 2 Keto Pistachio Truffles On Instagram, you see so-called "fat bombs" everywhere, presumably because they're a soft, chewy snack that can satisfy your sweet tooth while still being keto-friendly. They also include such healthy, high-fat ingredients as nut butters, coconut oil, and avocado.These pistachio keto bombs from I Breathe I'm Hungry are both salty and sweet. They're also quick and easy to make, so you can pop one of these in your mouth and be out the door in about 5 minutes. 3 Kete Chocolate Chip Muffins We're not going to encourage you to grab a muffin for breakfast when you can easily whip up one of these healthy on-the-go options instead, but these keto chocolate chip muffins by Fat for Weight Loss are pretty damn delicious regardless. They're only 229 calories and have seven grams of protein. (Pro tip: Use unsweetened dark chocolate to keep the sugar low and the flavor rich.) 4 Low-Carb Peanut Butter Pie. A keto-friendly Reese's cup? Sign us up. This low-carb peanut butter pie from Simply So Healthy is perfect for those watching their carb and sugar intake. Using unsweetened cacao powder and stevia, this recipe offers depth and complexity of flavor without being too sweet. 5 Keto Double Chocolate Chip Cookies These double chocolate chip cookies from gnom-gnom are intense— they're soft, moist, and totally drool-worthy. You'd never know they were gluten-free and keto-friendly. To help balance out the sweetness, add some sea salt on top for added bite. Get some keto-friendly fat in with these buttery pecan cookies by All Day I Dream About Food. With only 2.2 grams of net carbs a serving and 22.3 grams of fat, they are great for keto diet macro requirements and they satisfy a sweet craving instantly. Dip them in some tea to make them super soft and yummy. 7 Keto Chocolates With Macadamia & Sea Salt Need some V-day inspiration? Whip up these heart-shaped keto chocolates by Ketogasm, which will totally make your partner's heart melt. Plus, they're nice and portion-sized, so you won't feel tempted to overdo it on the sweets and take yourself outside of ketosis. Each serving has just 1 gram of carbs and 13 grams of fat, as well as a mere 120 calories. 8 Black Walnut Chocolate Chip Keto Low Carb Muffins With Almond Flour Muffins might seem like breakfast food, but they're also pretty sweet, so they sort of qualify as dessert. And when made with chocolate chips, they definitely do. These muffins by Food Faith Fitness are super soft and decadent, and they only have 5.1 grams of net carbs a serving. These no-bake cookies by Sweet As Honey are nice and chocolately with walnuts to offer a crunchy texture and extra fat to keep you in ketosis. Add in some peanut butter for flavor and to bind, and give them a nice chocolate and coconut cream glaze on top. Each cookie has 4.9 grams of net carbs and 16.9 grams of fat. 10 Keto Peanut Butter Chocolate Chip Cookies A match made in heaven? Definitely PB & chocolate. And when inside a soft baked cookie, it's even better. These cookies by Hey Keto Mama are super gooey and rich, and they only cost you 145 calories and 5 grams of net carbs a cookie. Plus there's a nice amount of fat to keep you satisfied with just one. Enjoy tiramisu to go with your bowl of zoodles. This tiramisu makeover by I Eat Keto is creamy and decadent, but it's totally approved for the keto diet. Use some espresso, brandy, and cocoa powder to add more flavor, if desired. There are only 3.4 grams of net carbs a serving. Try this fruity cake on for size when you want something light and citrusy on the keto diet. A recipe by Cast Iron Keto, this keto orange poke cake is made with orange zevia to keep carbs and sugar low (goodbye orange soda!), and it has only 3.1 grams of net carbs a slice. Can someone say chocolate? This mug cake by Gnom Gnom is super easy to make. All you need are the ingredients, a microwave, and a mug—and it's ready in 3 minutes. Add some keto-friendly chocolate bar chunks and whip for optional toppings, if you want something even more decadent. Each cake has 3.2 grams of net carbs and 17 grams of fat. 14 Flourless Pumpkin Mug Cake Another mug cake—sweet. This one by Kirbie's Cravings has a pumpkin, spiced flavor, thanks to nutmeg, cinnamon, ginger, and cloves. You can also drizzle with keto-friendly maple syrup (something sugar-free). Each cake has 16 grams of net carbs, so it's on the heftier side. Either split with a buddy or be careful about the rest of your day's worth of carbs. 15 Zesty Low Carb Lemon Cake This citrusy cake by Keto Diet App is right in season and helps you end a meal on a bright now (literally). Plus, it'll last 5 days when covered in the fridge. Use a low-carb lemon curd and vanilla for flavor, and the cake will cost you 4.6 grams of net carbs a slice.

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