

Ketogenic Food Substitutes

BY THIS DELIGHTFUL LIFE

Baking & Cooking



Flour

Almond Flour & Eggs

Chewiness

Flaxseed Meal
Psyllium Husk

Breadcrumbs

Pork Rinds

Margarine &
Vegetable Oil

Butter
Coconut Oil

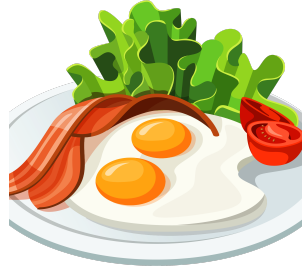
Sugar

Stevia
Erythritol

Cornstarch

Xanthan Gum

Breakfast



Flavored or Sweetened Yogurt

Full Fat Greek Yogurt
Full Fat Cottage Cheese
Coconut Milk Yogurt

Cereals

Chia Pudding
Flax Granola
Roasted Nuts

Oatmeal

Cinnamon Roll Oats
Chia Seed
Flaxmeal Oatmeal

Pancakes & Waffles

Peanut Butter Pancakes
Cream Cheese Pancakes
Almond Flour Waffles

Lunch & Dinner



Pasta

Zucchini Noodles
Shirataki Noodles

Chinese Takeout

General Tso's Low-Carb Chicken
Low-Carb Sweet & Sour Chicken

Mashed Potatoes

Cauliflower Mashed Potatoes

Rice

Cauliflower Rice

Burger & Fries

Steak and Vegetables
Burger with no Bun
Burger with Bread Alternative

Bread Dough Pizza

Mozzarella Cheese Dough Pizza
Pizza Casserole

Snacks



Breads & Sandwiches

Lettuce Wraps
Flax Seed Wraps
Psyllium Husk Wrap

Chips & Cookies

Peanut Butter Cookies
Dehydrated Vegetables
Low-Carb Cookies

Crackers & Dippables

Chia Seed Crackers
Flaxseed Crackers

Sweets & Treats

Mug Cakes
Fat Bombs
Chai Spice Mug Cake

Drinks



Soda & Fruit Juice

Smoothies
Water
Tea

Coffee & Sugar

Coffee & Stevia

Cocktails

Dry Wine
Liquor

Mixers & Chasers

Diet Soda
Water and Lemon

Desserts



Ice Cream

Avocado Ice Cream
Low-Carb Sorbet

Cake

Lemon Poppy Seed Cake
Low-Carb Cake
Cheesecake

Brownies

Low-Carb Macadamia Nut Brownies
Avocado Brownies
Almond Flour Brownies

Puddings

Flavored Avocado Pudding
Whipped Cream Pudding