



Keto Food Swaps

www.KetoLifestyleForWomen.com

There are many keto friendly alternatives and you will never feel like you are missing anything. That is what I love about the keto lifestyle. Check this out:

Quantity	Not Keto Friendly	Net Carbs	Keto Friendly	Net Carbs
½ cup	Bread crumbs	36 g	Almond flour	6 g
4 ounces	French fries	44 g	Zucchini fries	3 g
½ cup	Mashed potatoes	22 g	Mashed cauliflower	4 g
1 cup	Milk	13 g	Unsweetened almond milk	0 g
1 cup	Pasta	41 g	Zucchini noodles	3 g
3.5 ounces	Potato chips	46 g	Mixed nuts	14 g
1 cup	Rice	44 g	Shirataki rice	0 g
12 ounces	Soda	39 g	Coffee, tea , water	0g
2 tbsp	Sugar	25 g	Stevia	0g
1 medium	Wraps or tortillas	18 g	Lettuce, collard greens	0g

There are so many amazing keto recipes on line. I have several books but I always go on line to find recipes. Since I am sensitive to dairy I usually search with the words dairy free, keto, low carb and lots's of awesome recipes show up. I would experiment on the weeknds with recipes after about 1 week into the keto lifestyle.

Pizza – try cauliflower pizza crust and use almond cheese or goat cheese if you are sensitive to dairy

Bread – try keto bread

Cookies – try keto cookies

Candy – try fat bombs

Milk shake – chocolate protein shake

Crackers – flax seed crackers

Milk chocolate – dark chocolate dipped in ghee butter or almond butter

If you have egg sensitivity try these swaps:

1. Applesauce

Use 1/4 cup of unsweetened applesauce in place of one egg in most baking recipes. Some sources say to mix it with 1/2 teaspoon of baking powder. Applesauce is also a popular healthy replacement for oil in many baked goods.

2. Banana

Use 1/4 cup of mashed banana (from about half a banana) instead of one egg when baking. Note that this may impart a mild banana flavor to whatever you are cooking, which could be a good thing and a little more carbs too.

3. Flaxseeds

Hearty-healthy flaxseeds can be used as an egg substitute! Mix 1 tablespoon of ground flaxseeds with 3 tablespoons of water until fully absorbed and viscous. Use in place of one egg. (You can use pre-ground flaxseeds or grind them yourself in a spice or coffee grinder.)

4. Healthy Oil

Typically 1/4 cup of (red palm, macadamia or even avocado) oil can be substituted for one egg when baking. If you are short more than one egg, you will want to try another method, as any more oil may make the recipe too oily or greasy.

5. Water, oil and baking powder

Whisk together 2 tablespoons of water, 1 teaspoon of oil (almond oil is a good choice) and 2 teaspoons of baking powder. Use this in place of one egg. This works awesome for cookies and other baked goods.