

## More Keto Recipes.

I have not tried these. I just thought they looked good.

### GREAT articles on how to use/ navigate the Carb Manager App

Carb Manager **Getting Started Wizard** <https://help.carbmanager.com/getting-started/the-getting-started-wizard>

Carb Manager **Tour** <https://help.carbmanager.com/getting-started/carb-manager-tour>

### A couple of things to reiterate:

1) re: Carb Manager. I gave you these 2 links before. Just wanted to make sure you checked them out. They should be very helpful to you.

2) Carb Manager App - **learning about how to use it.** <https://help.carbmanager.com/>  
To **VIEW Carb Manager Recipes (ONLINE only.)**

If you have a FREE Carb Manager membership, you CANNOT view the recipes in the app or on your phone. <https://www.carbmanager.com/recipes>

## RECIPES:

Keto bread rolls <https://ketodietforhealth.com/6-years-of-keto-recipes/>

27 Jaw Dropping Keto COPYCAT Recipes

<https://wordtoyourmotherblog.com/27-jaw-dropping-keto-copycat-recipes-you-have-to-see-to-believe-word-to-your-mother-blog/>

#### **some recipes I saw:**

- ) Chick Fil A chicken tenders
- ) Chick Fil A Sauce
- ) Red Lobster cheddar biscuits
- ) Crispy Kreme Donuts
- ) Cinnabon Keto Cookies
- ) Low Carb Cracker Barrel Hash brown casserole

### **Entrees:**

Chicken Bacon Ranch Casserole Quick and Easy

<https://www.wholesomeyum.com/recipes/chicken-bacon-ranch-casserole-recipe-easy-low-carb/>

Chicken Keto Parmesan

<https://www.allrecipes.com/recipe/259138/keto-chicken-parmesan/>

Low Carb Chicken Parmesan in a Skillet

<https://www.lowcarbmaven.com/low-carb-skillet-chicken-parmesan/>

Chicken with Poblano Peppers and Cream

<https://www.lowcarbmaven.com/chicken-poblano-cream-sauce/#wprm-recipe-container-11082>

### **Desserts:**

I can't recall which of the recipes below, but I think one of them calls for condensed milk. The SECOND recipe on this page is for keto condensed milk. It is very quick and easy to make.

<https://ketodietapp.com/Blog/lchf/low-carb-and-keto-creamers-five-ways>

Chocolate Keto Fudge

<https://www.ketoconnect.net/keto-fudge/>

Keto Chocolate Cheesecake Brownies

<https://twosleevers.com/keto-chocolate-cheesecake-brownies-low-carb-dessert/>

Keto Mini Chocolate Chip Dessert

<https://www.drkarafitzgerald.com/recipe/mint-chocolate-chip-keto-dessert/>

Low Carb Keto Chocolate Babka

<https://www.resolutioneats.com/blog/low-carb-keto-chocolate-babka/>

Low Carb Cinnamon Swirl Muffins

<https://glutenfreeeasily.com/gluten-free-low-carb-cinnamon-swirl-muffins-keto/>