

cruisingby's fave keto recipes

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Notes:

SOME of the recipes.... When you jump to the recipe/printable section – you have the choice of metric units or US units. Click “US” units so you don’t end up with grams and liters for measurements.

Some of these recipes do not include macros (ie: the calories, carbs, fat and protein numbers.)

You have to enter the recipe into the Carb Manager App to see the macros. Know this: All the recipes on my list have low carbs, so you should be fine w/ your macros.

When counting CARBS, subtract fiber from the total carbs. This gives you NET carbs. NET carbs are the carbs you count!

When using a sugar substitute you want to use SWERVE brand sweetener. Swerve has ZERO carbs AND tastes fantastic with no bitter aftertaste. It IS pricey, but well worth it. You will need all 3 of these types of SWERVE sweeteners:

Swerve Granular Sweetener – (this is like regular sugar) Some bigger Walmarts carry this.

<https://www.amazon.com/Swerve-Sweetener-Granular-12-Ounce/dp/B01LLMUG22>

Swerve Confectioners Sweetener – (this is like icing sugar.) I have to buy this one at a healthy market. Walmart doesn’t carry it. <https://www.amazon.com/Swerve-Sweetener-Confectioners-12-oz/dp/B0079OYIFS>

Swerve Brown Sugar Replacement I have to buy this one at a healthy market, too as Walmart does not carry it. [https://www.amazon.com/Swerve-Sweetener-Brown-12-ounces/dp/B07FCCZ3FX/ref=sr_1_3?](https://www.amazon.com/Swerve-Sweetener-Brown-12-ounces/dp/B07FCCZ3FX/ref=sr_1_3?hvadid=78134097905644&hvbm=be&hvdev=c&hvqmt=e&keywords=swerve+sweetener+brown+sugar&qid=1557785258&s=gateway&sr=8-3)

[hvadid=78134097905644&hvbm=be&hvdev=c&hvqmt=e&keywords=swerve+sweetener+brown+sugar&qid=1557785258&s=gateway&sr=8-3](https://www.amazon.com/Swerve-Sweetener-Brown-12-ounces/dp/B07FCCZ3FX/ref=sr_1_3?hvadid=78134097905644&hvbm=be&hvdev=c&hvqmt=e&keywords=swerve+sweetener+brown+sugar&qid=1557785258&s=gateway&sr=8-3)

****Whenever I see ANY sweetener in a recipe** ie: xylitol, stevia, etc... [there are many kinds] **I ALWAYS substitute Swerve as Swerve tastes the best AND it is the lowest carb sweetener out there.** Some sweeteners are much sweeter than Swerve ... so you need to taste your recipe when you substitute swerve for another sweetener. You may need to use much more swerve than the recipe (with another sweetener) calls for.

When making “fried” foods... you use crushed pork rinds. I had never eaten a pork rind before, and it didn’t sound especially appealing. When I tasted them, I was ‘so so’ about them BUT when you make the fried recipe with them they turn out PHENOMENAL. Last time I was at the grocery store I saw some spicy pork rinds and bought them. They tasted excellent! (Mac’s Bar-B-Q Flavored Pork Skins.)

Breads are tough to make on keto in that they frequently are runny in the middle and don’t cook all the way through. **The way to solve this is to make them muffins instead** of a bread loaf! When making muffins... do NOT use the paper liners for the muffin tray. Instead, use a non-stick cooking spray, instead, because if you use the liners, the muffins will stick to them and be difficult to remove from the paper. Another note: keto breads don’t rise very much.. just an fyi. Also note, keto breads do not rise much at all.

If you don't know what an ingredient is or can't find it at the market, google a substitute for the item. For example, google "substitute for xanthan gum". A lot of times I can find an alternative ingredient to use. This is especially true for thickening agents.

Re: Carb Manager notes: When I add recipes into the app, I type the type of food it is FIRST, and then type in the name of the recipe,,, so that it is easier for me to find the recipe. For example, when typing in the name of the recipe for "Keto Mississippi Roast" I type it in with this name: Beef: Keto Mississippi Roast." I type in "Low Carb Crispy Fried Chicken" as "Chicken: Low Carb Crispy Fried Chicken" etc... **ALSO, when I REALLY like a recipe,, I add 'three stars'** before the name so that they are at the top of the recipe list. Everything is alphabetized. **For example,** for "Keto Mississippi Roast" I name it: *** Beef: Keto Mississippi Roast .

The way I find a lot of recipes,,,, I google the name of what I want AND include "keto" in the title. For example, the way I found Keto Philly Cheese Steak was I googled, "keto Philly Cheese Steak". Usually when you google this way, you will find more than 1 recipe that fits the bill. I peruse a few different options and choose the one that sounds best to me and I look at the macros to make sure they are lower in carbs OR I adapt/change the recipe to lower the carbs. My buddy's daughter finds a lot of keto recipes on Pinterest.. Another way I find a lot of recipes: I google stuff like, "Best Keto Recipes". This is the webpage that came up:. <https://www.google.com/search?client=firefox-b-1-d&channel=cus&q=best+keto+recipes>

An interesting note about Carb Manager Recipes – if you do not purchase a premium membership, (if you only have a FREE membership) then you will NOT be able to access their recipes on the app. BUT.... You CAN access Carb Manager Recipes online! <https://www.carbmanager.com/recipes> . One note: Carb Manager does NOT have a printable version of their recipes, so you have to write them down by hand.

In general, most Veggies are high in carbs. You will learn which veggies are lower in carbs. When a recipe calls for a high carb veggie (like carrots for example)... I usually cut the amount in half to cut down on the carbs. **Fruits are out. They are very high in carbs,** except for like Lemons and Limes. There are a few fruits lower in carbs, but not many.

All meats are low in carbs. I'm not sure about carbs in seafood... you need to research that.

Recipes:

- **Beef:**
- *** One of my FAVE recipes (crockpot) ** **Quick and Easy to make** – Keto Mississippi Roast. <https://www.ruled.me/keto-mississippi-roast/> IMPORTANT NOTE: There was a typo on cooking time. You cook it for 4 hours on HIGH OR 8 hours on LOW.
- **Keto Hamburger Patties with creamy tomato sauce and fried cabbage.** **Note: I made HALF the amount of the cabbage called for in order to lower the carb content.

<https://www.dietdoctor.com/recipes/keto-hamburger-patties-tomato-sauce-cabbage>

- **Easy Keto Balsamic Beef Pot Roast - Low Carb** <https://www.ibreatheimhungry.com/easy-balsamic-beef-pot-roast-low-carb-gluten-free/>
- **Philly Cheese Steak Skillet Dinner** - <https://www.eatingonadime.com/philly-cheese-steak-skillet-dinner/>
- **Ground Beef and Cabbage Casserole (Keto, Low-Carb)** <https://www.melaniecooks.com/ground-beef-cabbage-casserole/17075/> Note: I use ½ the cabbage called for to cut down on the carbs.
- **Paleo Mustard Celery Ground Beef** <https://paleoflourish.com/paleo-mustard-celery-ground-beef-recipe/> . Note: I totally changed the amount of ingredients to lower the carb content. If you are interested in this recipe, let me know. I already have it typed up the way I made it.
- **Simple, Best Paleo and Keto Chili** <https://www.gnom-gnom.com/paleo-keto-chili/> . NOTE: to lower the carbs, I used ½ the onion called for. I used ½ the amount of diced tomatoes, too.
- ** I have not tried this recipe yet, but it looks delicious to me. **Keto BBQ Beef Brisket** <https://www.carbmanager.com/recipe/keto-bbq-beef-brisket> . This recipe calls for BBQ Sauce... here is the recipe for the sauce: Low Carb BBQ Sauce <https://www.carbmanager.com/recipe/low-carb-bbq-sauce>

• **Chicken:**

- **Chicken Alfredo Casserole – keto and low carb** <https://ketocookingchristian.com/chicken-alfredo-casserole-keto-and-low-carb-2/>
- **Chicken Cordon Bleu Casserole – low carb, keto, easy** <https://joyfilledeats.com/chicken-cordon-bleu-casserole/>
- **Low Carb Crispy Fried Chicken** <https://www.ruled.me/low-carb-crispy-fried-chicken/>
- ** **Quick and Easy to make** - **Keto Crack Chicken in the Crockpot** <https://www.messforless.net/keto-crack-chicken-in-the-crock-pot/>

• **Pork Chops:**

- **Coffee-Chipotle Pork Chops** <https://slimpalate.com/coffee-chipotle-pork-chops/> *The uncooked coffee grounds REALLY add a great flavor!
- **Creamy Cajun Pork Chops** <http://thehungrybluebird.com/recipes/creamy-cajun-pork-chops/>
- **Creamy Garlic Parmesan Pork Chops (Keto/Low Carb)** <https://kaseytrenum.com/creamy-parmesan-garlic-pork-chops-keto-low-carb/>
- **Easy Parmesan Crusted Pork Chops** <https://www.lowcarbmaven.com/parmesan-crusted-pork-chops-boneless/>
- **Keto Pork Chops with Cabbage Casserole** <https://www.dietdoctor.com/recipes/keto-pork-chops-cabbage-casserole>
- **Cheesy Garlic and Brown Sugar Pork Chops** <https://www.beyerbeware.net/2013/12/cheesy-garlic-brown-sugar-pork-chops.html> . **Note:** I added 4 strips of crumbled bacon as this other recipe included bacon in it. Re: the bacon: cook it first, then crumble it and put the crumbles on top of the pork chops AFTER you put the cheese on top of the pork chops. <https://bakeatmidnite.com/bacon-cheese-brown-sugar-pork-chops/>

- **Nut Stuffed Pork Chops** – I found this one in a book. It is not online. If this sounds good to you, I will type it out and post it for you – just let me know!
- **Ribs:**
- **Ribs: as long as you use a rub, your macros should be fine.** IF you want to use a Sauce, just google what you want and add “keto” to the title. Ie: “Keto Barbecue Sauce.” *I included my buddy’s rib rub at the end of this document.
- **Desserts:**
- **The Best Keto Apple Cobbler** <https://www.fittoservegroup.com/low-carb-mock-apple-cobbler/>
- **Sugar-Free Egg Free Cookie Dough Dip** <https://www.sugarfreemom.com/recipes/sugar-free-egg-free-cookie-dough-dip/> *I eat this raw without putting it on anything. If you like eating cookie dough, this is YUM> ***VERY important:** You MUST use Lily’s Premium Baking Chips – they are the lowest carb baking chip out there. https://www.luckyvitamin.com/p-603983-lily-s-dark-chocolate-premium-baking-chips-55-cocoa-9-oz?utm_campaign=LV-US-ENG-NewCustomer-Manufacturer-LilysChocolate-Chips&mclid=48043785429117f0d3eb6b5caa477e38&utm_source=bing&utm_medium=cpc&utm_term=lily's%20baking%20chips&utm_content=LV-US-ENG-LilysChocolateChips-Manufacturer-Chips-Baking
- this one takes less than 5 minutes to make! Only cooks for 60 – 75 seconds in the microwave!
- **Keto Chocolate Cake in a Mug** <https://www.ruled.me/keto-chocolate-cake-mug/>
- **Sugar Free Lemon Mug Cake (Low Carb)** <https://sugarfreelondoner.com/sugar-free-lemon-mug-cake-low-carb-recipe/>
- **Low Carb Carrot Cake Mug Cake.** <https://www.sugarfreemom.com/recipes/low-carb-carrot-cake-mug-cake/> *Note: the frosting is not calculated in the mug cake macros. This one is the recipe for the **Vanilla Cream Cheese Frosting**... you need to add this to the macros in the low carb carrot cake mug cake. <https://www.sugarfreemom.com/recipes/vanilla-cream-cheese-frosting-no-sugar-added/>
- **Dairy-Free 4-Ingredient Chocolate Pudding** <https://www.lowcarbsosimple.com/dairy-free-4-ingredient-chocolate-pudding/> . NOTE: ours tasted great BUT it was really runny and did not gel – it stayed the consistency of milk BUT we did not put the thickener in it. So next time we will make sure to add the glucomannan powder.
- **Biscuits, Breads and Pancakes:**
- **Low Carb Biscuits – Keto Diet** <https://snapguide.com/guides/make-low-carb-biscuits-keto-diet/>
- **90 Second Microwave Bread** <https://jenniferbanz.com/90-second-microwave-bread>
- **Keto Lemon Zucchini Bread** <https://hip2keto.com/recipes/keto-lemon-zucchini-bread/> *this bread turns out runny. Follow the instructions above in my notes section about making them muffins instead of a bread loaf. :)

- **Amazing Keto Garlic Knots** <https://www.savorytooth.com/garlic-knots/> fyi: these are kind of high in carbs given their size. Also: re: the garlic they tell you to use as a topping on top of the knots. I do not put this on as it makes them “too garlicky.” I DO add the garlic that the mixture calls for... just not the garlic that the topping calls for.
- **Easy Keto Almond Flour Pancakes** <https://alldayidreamaboutfood.com/keto-almond-flour-pancakes/> . Maple Syrup recipe: **Thick and Sticky Maple Syrup** <https://www.ruled.me/thick-sticky-maple-syrup/> . Ours came out really runny BUT we did not put the thickener in it (xanthan gum) so next time we will include it. The taste of the syrup was good though!
- I have not tried these. I googled it for you. **30 Best Keto Bread Recipes** <https://blog.bulletproof.com/best-keto-bread-recipes-2g3c/>
- I have not tried this recipe. I just googled breads for you to see what I could find for you. **Best Keto Bread** <https://www.ketoconnect.net/best-keto-bread/>
- **Extras:**
 - **Keto Cranberry Sauce** <https://www.advantagemеals.com/recipe/keto-cranberry-sauce/> . Note: I am not a cranberry fan BUT this was FANTASTIC and I loved it!
 - *this is a copycat recipe for Outback Steakhouse’s Bloomin’ Onion Dip **Copycat Bloomin’ Onion Dipping Sauce** <https://www.browneyedbaker.com/bloomin-onion-dipping-sauce/>
 - **Hot Spinach Dip** <https://www.skinnytaste.com/hot-spinach-dip/>
 - Now, you can buy sugar free ketchup and it will have the same amount of carbs this recipe has BUT this ketchup recipe is FANTASTIC – the best tasting ketchup I’ve ever had. **Keto Low Carb Sugar – Free Ketchup** <https://www.wholesomeyum.com/keto-low-carb-sugar-free-ketchup-recipe/>
 - **Low Carb Coffee Creamer (only 2 ingredients!)** <https://www.lowcarbzen.com/low-carb-recipes/low-carb-coffee-creamers-recipe/>

Things you need to do BEFORE you start the diet:

re: the Carb Manager App <https://www.carbmanager.com/>

- I highly encourage you to start playing around with the app before you start the diet so that you will be familiar with it before you start the diet. Carb Manager is a free download in the apple app store. I use the FREE version of the app.
- **The carb manager support page was very helpful to me in terms of how to use the app.** Type in your question(s) for info. <https://help.carbmanager.com/>
- **You WILL need to calculate your body info to enter in to Carb Manager** when you get started. This is a good/easy site to use to calculate this info. <https://www.tasteaholics.com/keto-calculator/> . Other macro calculators: <https://www.ketovale.com/keto-calculator/> . <https://twosleevers.com/how-to-calculate-your-macros-for-a-keto-diet/> If you have trouble using these calculators, **I can help you out.** (I think) Carb Manager will calculate your macros for you. The important factors for you to enter into Carb Manager are your weight, height, body fat percentage and weight loss goal. **You enter this info on the Carb Manager app under “settings” THEN check “getting started” .**

- **As you lose weight, you will need to adjust/record this number under “My Measurements” in the carb manager app, as your macros will automatically get recalculated for your new weight.** I weigh myself once per week and if I have lost weight, I enter my new weight into the app.
- .
- **You WILL need a food scale.**
- **You will want to buy Ketosis Strips (urine testing to make sure you are in ketosis.)** I used them for like 3 weeks. After that, I had a good feel of when I was in ketosis, so I didn’t have to use them any more. This price was really good: https://www.amazon.com/Strips-Resealable-Fabulous-Ketogenic-Accurately/dp/B07DLNF4XC/ref=sr_1_18?keywords=keto%2Btesting%2Bstrips&qid=1557871013&s=gateway&sr=8-18&th=1 . This shows all the different keto strips amazon sells: https://www.amazon.com/s?k=keto+testing+strips&ref=nb_sb_noss_1 , **KEY: you MUST be in Ketosis in order to lose weight on this diet.**

Rub for Ribs

*this is my buddy’s recipe and it is fabulous. I can tell you what is in it, but I can’t tell you the amounts because the way my buddy cooks is he adds “a little of this and a little of that” (meaning he doesn’t use measurements.) Heck, he doesn’t even use the same ingredients all the time! My advice to you... if you can cook this way, then try it and use the measurements you want to make it. In the end, you want to taste the cayenne pepper... have it pack a little bit of a punch. After you dip your finger in the mix and taste it, it should take about 5 seconds for you to feel the cayenne pepper kick in. Anything less than 5 seconds, is probably too much cayenne, and if it takes 10 seconds to taste the heat there is probably not enough cayenne pepper. BUT make it to your taste bud’s liking! **A key ingredient is the uncooked coffee grounds! Even if you don’t like/or don’t drink coffee, you definitely want to add this ingredient!**

4 main ingredients are:

chili powder, brown swerve, paprika and cayenne pepper... with the accent on chili powder and brown swerve.

Other ingredients to add:

garlic powder, salt, pepper, onion powder, coffee grounds, cumin.

*My buddy uses spare ribs, but I see no reason why you couldn’t use beef ribs.

*He cuts the spare ribs into 3 ribs per section. Make sure you cover both sides of the ribs, plus the sides of the ribs, with the rub.

*Pat the rub into the meat. If the meat is dry, coat lightly with olive oil first before putting the rub on. If the meat is too moist, then pat out some of the moisture before coating the ribs with the rub.