

KETOGENIC DIET LOW CARB CHEAT SHEET

When people are new to the ketogenic diet, they often wonder what type of foods they should and could eat while making the changes they need to make. While we do have an [in-depth ketogenic food list](#), it doesn't cover everything and doesn't include recipes or common foods people are always asking for.

Use our recommendations below to get an idea of what replacements you can use on the ketogenic diet and what type of foods you could replicate while going the low-carb route. Not only does this make your diet or way of eating viable for long term use, but it makes it feasible for enjoyment, too! Below, you'll find a visual cheat sheet to meal and ingredient replacements on a ketogenic diet. If you want recipes or explanations behind each, scroll down to the bottom to read more!

Alternatively, you can make keto simple and easy by checking out our [30 Day Meal Plan](#). Get meal plans, shopping lists, and much more with our [Keto Academy Program](#).

KETOGENIC Low Carb Cheat Sheet



Quick Tips To Enter Ketosis

1. Stop eating out at restaurants, cook your own food to control your carb counts
2. Track your foods to make sure you're not missing hidden carbs
3. Drink plenty of water, at least 1 gallon daily
4. Try your best to avoid processed foods and "low-carb" products

BREAKFAST



Replace
Egg Whites



Whole Eggs

Replace
Burger
& Fries



Steak and Vegetables,
Burger with no Bun, Burger
w/ Bread Alternative

Replace
Bread
Dough Pizza



Mozzarella Cheese
Dough Pizza, Pizza
Casserole

Replace
Bread Crust
Fried Chicken



Pork Rind and
Parmesan Crust

Replace
Processed
Soups



Pumpkin Soup, Enchilada
Chicken Soup, and other
Fresh Cream Based Soups

Replace
Pasta



Zucchini Noodles,
Shirataki Noodles

Replace
Chinese
Takeout



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

Replace
Rice



Cauliflower Rice

Replace
Mashed
Potatoes



Cauliflower Mashed
Potatoes

Replace
Burritos
& Tacos



Flax Tortillas,
Taco Salad, Psyllium
Husk Tortillas

DINNER

SNACKS

Replace
Breads &
Sandwiches

with



Lettuce Wraps, Flax Seed
Wraps, Psyllium Husk Wrap

Replace
Chips &
Cookies

with



Peanut Butter
Cookies, Dehydrated
Vegetables,
Low-carb Cookies

Replace
Crackers &
Dippables

with



Chia Seed Crackers,
Flaxseed Crackers

Replace
Sweets &
Treats

with



Mug Cakes, Fat Bombs,
Chai Spice Mug Cake

Replace
Soda &
Fruit Juice

with



Smoothies, Water, Tea

Replace
Coffee &
Sugar

with



Coffee & Stevia

Replace
Cappuccino
& Frappe

with



Ketoproof Coffee

Replace
Cocktails

with



Dry Wine, Liquor

Replace
Mixers &
Chasers

with



Diet Soda,
Water and Lemon

BEVERAGES

DESSERTS

Replace
Ice Cream



Avocado Ice Cream,
Low-Carb Sorbet

Replace
Cake



Lemon Poppy Seed
Cake, Low-Carb
Cake, Cheesecake

Replace
Brownies



Low-Carb Macadamia Nut
Brownies, Avocado
Brownies, Almond Flour
Brownies

Replace
Puddings



Flavored Avocado Pudding,
Whipped Cream Pudding

Replace
Pie Crust



Nut-based Crusts

Replace
Custard



Pots de Crème

Replace
Flour



Almond Flour & Eggs

Enhance
Chewiness



Flaxseed Meal,
Psyllium Husk

Replace
Breadcrumbs



Pork Rinds

Replace
Margarine &
Vegetable Oil



Butter, Coconut Oil

BAKING

BAKING

Replace
Frosting



Cream Cheese Frosting

Replace
Sugar



Stevia, Erythritol

Replace
Chocolate



Baker's Chocolate,
Dark Chocolate

Replace
Fruits



Extracts

Replace
Cornstarch



Xanthan Gum

Replace
High Carb
Vegetables

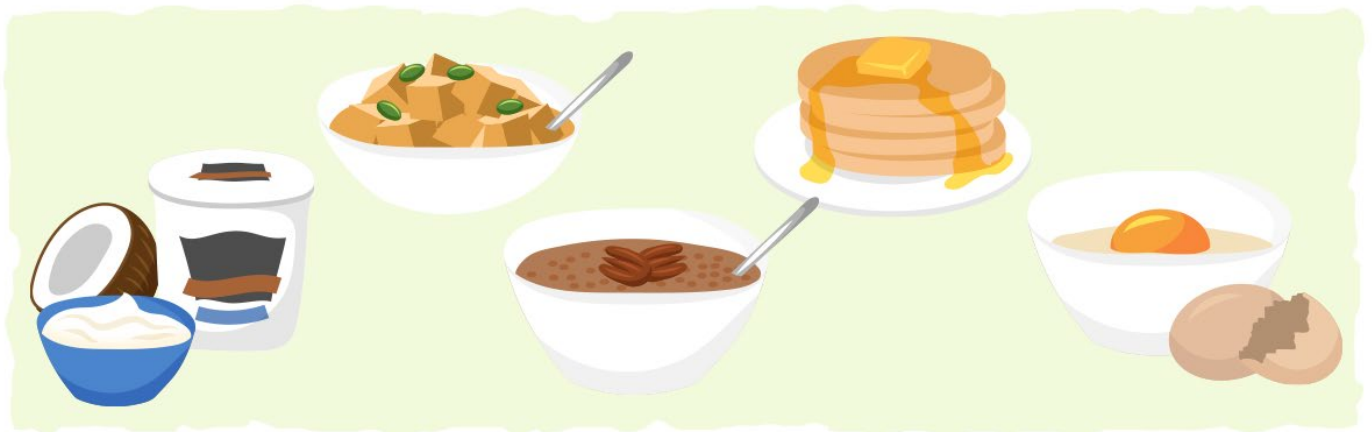


Dried Spices

Visit www.ruled.me for more information about our website
and what to do to get on your merry way for losing weight!

ruled.me

Low Carb Breakfast Replacements



Typically when we talk about breakfast on a ketogenic diet, we think bacon and eggs. While this simple breakfast is a staple for many, it doesn't always hit the spot for cravings. If you're craving something a bit out of the ordinary, feel free to take a look at the list below!

Flavored Yogurt -> Full-Fat Greek Yogurt, Coconut Milk Yogurt

For a sugary yogurt replacement, you can sub in full-fat Greek yogurt, full-fat cottage cheese, sour cream, or you can even make your own [coconut milk yogurt](#). Get creative and add toasted nuts, a few fresh berries (raspberries and blackberries are the lowest carbs), or your favorite spices.

Cereals -> Chia Pudding, Flax Granola, Toasted Nuts

Instead of making your own cereal, you can always have a low-carb alternative. Try out chia seed pudding; flax granola sprinkled into coconut or almond milk, [salted caramel pork rind cereal](#), or just mixed toasted nuts that are crushed and crispy. It's quite easy to find a crunchy alternative to cereal (or just a replacement in general) so keep your eyes out and experiment for yourself to see which you like best.

Oatmeal -> Cauliflower, Chia Seed, Flaxmeal Oatmeal

Oatmeal is something we all miss when it starts to get cold outside. You can easily make your own oatmeal by following one of the many recipes online. Or, if you'd like a different twist on oatmeal, give our [Cinnamon Roll Oatmeal](#) a try. Using what you might think are strange ingredients (cue cauliflower), you get an absolutely delicious faux oatmeal.

Pancakes and Waffles -> Cream Cheese Pancakes, Almond Flour Waffles

Easily make yourself some [delicious, fluffy pancakes](#). You can do this with many different ingredients and methods. Our favorite though is the [Faux "Buckwheat" Pancakes](#) that are made with almond flour and flaxseed meal. A delicious and fluffy combination that tastes just like the real thing.

You could also choose from one of our many other pancake recipes below:

- [Blueberry Ricotta Pancakes](#)
- [Keto Pumpkin Pancakes](#)
- [Thai Style Peanut Pancakes](#)

Want a waffle? No problem – one of my favorites is this [Cinnamon Roll Waffle](#). Two perfectly crisp, fall flavored waffles with a bright and creamy "icing" tucked in the middle. This will be a hit for the kids! If you're not in the mood for cinnamon waffles, take a look at our other [low-carb waffle options](#).

Egg Whites -> Whole Eggs

Since on a ketogenic diet you have to keep your fat intake high, you want to be consuming whole eggs rather than egg whites. Protein consumption needs to be kept to a moderate amount, so making sure you aren't eating pure protein (egg whites) generally helps with this. Plus, all of the flavors comes from the yolk!

Top your burger with an egg, make [egg salad](#) or deviled eggs, or even keto eggs benedict! The possibilities are endless and eggs can be used in almost every dish, so don't be shy!

Don't care for eggs?

Eggs for breakfast are a staple for many on keto, but if you're not a fan (or if you're allergic) – you have other choices available. Get some extra ideas and creative inspirations under our [breakfast keto recipe section](#)!

Low Carb Dinner Replacements



An average dinner for someone on keto is a moderate portion of protein with some added fat and a side dish of green leafy vegetables with added fat. Though sometimes you might just want a heavy, comforting dish that gets rid of the cravings you have. It's definitely possible to do this on a low-carb diet. Read below for some of our ideas!

Burger and Fries -> Buttered Steak and Salad or Broccoli

Instead of getting a huge burger with a pile of french fries on the side, try giving yourself a medium portion of steak that's slathered full of butter. Broccoli on the side with cheese if you'd like. Or, you could even do a [cheesy creamed spinach](#). The protein will fill you up, and the fats will keep you full for a long time.

If you're looking to pinch some pennies and opt out of grabbing a steak, that's no problem either! Other options include bun-less burgers as a substitute that can replace even the crunchiest and softest bread out there. Some ideas include:

- [Inside-Out Bacon Burger](#)
- [Ultimate Cheeseburger Loaf](#)
- [BBQ Bacon Cheeseburger Waffles](#)
- [Bacon Cheeseburger Casserole](#)
- [Cheese Stuffed Bacon Cheeseburger](#)
- [Keto Cheeseburger Muffins](#)

Lastly, we do have some alternatives for those that just need the bun on there. You can get creative and use vegetables ([mainly portobello mushrooms](#)) as the buns, or we can even use a [low-carb hamburger bun](#) that's cooked in the microwave – easy peasy!

Pizza -> Mozzarella Cheese Dough

Very closely relating to thin and crispy style pizza, a mozzarella and almond flour pizza crust will fool you into thinking you're eating the real thing. Though there's a ton of different pizza recipes out there, **this one is definitely the best** and most realistic. If you want something a bit out of the ordinary, feel free to try one of our pizza recipes with a twist:

- **Cauliflower Pizza Casserole**
- **White Pizza Frittata**
- **BBQ Chicken Pizza**
- **Thai Chicken Flatbread**
- **Personal Pan Pizza Dip** (with keto breadsticks)

If you're not in the mood for something as labor intensive, feel free to make our **5-minute pizza**, a hit with everyone that makes it!

Fried Chicken -> Pork Rind and Parmesan Crust

You can still get a super crisp crust on chicken while keeping it moist and juicy on the inside. There are a few ways to do this, but the best method we've found is by grinding up pork rinds in the food processor and adding parmesan cheese to the mix. This will result in a fantastic crust all the way around your chicken, giving you **perfect fried chicken**.

If you don't feel like grinding up pork rinds, you can also use the skin on your chicken thighs as a crispy element in your chicken. Check out the **Oven "Grilled" Asian Chicken** that we've done! If you want something a little bit different, check out our **Coconut Curry Chicken Tenders**.

Processed Soups -> Fresh Cream Based Soups

Stop eating foods from a can that are packed full of sugar, preservatives, and carbs. Start making soups yourself, in bulk, and have a meal for anytime you want. Soup freezes wonderfully and can be re-heated and eaten quickly. One of our favorite soups to make is this **Enchilada Chicken Soup**. But, if you're more of a seasonal eater, take a look at this low-carb **Pumpkin Soup**!

If none of the recipes above sound appealing, feel free to make one of our other soups below:

- **Sausage and Kale Soup**
- **Hot Chili Soup**
- **5-Minute Egg Drop Soup**
- **BBQ Chicken Soup**
- **Crockpot Buffalo Chicken Soup**
- **Bacon Cheeseburger Soup**
- **Roasted Pepper and Cauliflower Soup**

Or, see our full list of soups **[here >](#)**

Pasta -> Zucchini Noodles, Shirataki Noodles

Also known as Zoodles, zucchini noodles are a great addition to any person's plate that's missing pasta as an entree.

Smother with alfredo sauce or make your own cream sauce and you have yourself a perfect ketogenic meal! To make zucchini noodles, you can [get a spiralizer here](#).

If you're in the mood to try one of our recipes, we recommend:

- [Bolognese Zoodle Bake](#)
- [Creamy Crab Zucchini Casserole](#)
- [Thai Chicken Zoodles](#)

Shirataki noodles are also a well-known replacement for pasta. They have a slightly strange texture – usually, you love them or hate them. If you're curious, give a try to our [Keto Pad Thai](#) or [Pumpkin Carbonara](#)!

Alternatively, you can have super realistic pasta that almost mimics that of whole-wheat pasta. This recipe, however, is inside of my cookbook (along with tons of other awesome recipes) which you can find here: [Keto-fied! Comfort Foods Made Low Carb](#).

Chinese Takeout -> General Tso's Low-carb Chicken, Low-carb Sweet & Sour Chicken
Chinese takeout was our kryptonite previously to going keto. It's our all-time favorite food, to be honest, but we've experimented and made some great low-carb renditions of this delicious sweet and sticky food. Our two favorites are our [General Tso's Chicken](#) and [Mock Sweet and Sour Chicken](#). We have some other options as well if these don't sound like they'll fit the bill:

- [Crispy Sesame Beef](#)
- [Creamy Butter Shrimp](#)
- [Kung Pao Chicken](#)

Rice -> Cauliflower Rice

You probably wouldn't believe me if I told you that you could make fried rice with cauliflower, but you surely can. We will admit that it's not the same as the real thing, but it certainly gets the job done and fills that hole in your stomach that you were just itching to fill.

Give it a bit of soy sauce, bacon, egg, and a couple of vegetables thrown in there, and you have yourself an incredibly [low-carb version of fried rice](#). Perfect to serve up with those Chinese takeout replicas.

If you want something that isn't Asian inspired, feel free to give our [Cauliflower Mushroom Risotto](#) a try! On the denser side, you can also use hemp hearts as a rice replacement, as we have done in our [Mushroom Wild "Rice" Pilaf](#).

Mashed Potatoes -> Cauliflower Mashed Potatoes

Not only can you make rice with cauliflower, but you can also make [faux mashed potatoes](#). They're super light and fluffy, can be mixed in with cheese, and hold up their own against the real thing. And guess what? You can even make low-carb shepherd's pie with it, too (for example, we use it in our southwestern inspired [Nacho Chicken Casserole](#) as a topping)!

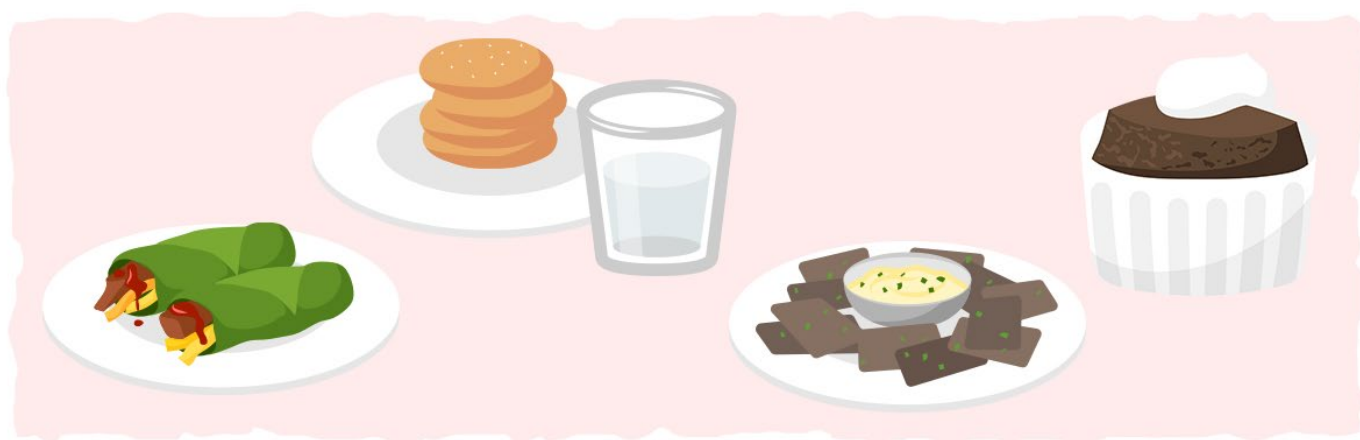
Burritos and Tacos -> Flax Tortillas, Taco Salad

Tortillas are something that plenty of us know about when we switch over to low carb. There's a lot of options for low-carb tortillas in the store, but they're generally packed full of gluten and may want to be avoided. If you're the type to make everything at home, you're in luck! Give a try to these [flax tortillas](#), or even these [psyllium husk tortillas](#). You won't be disappointed!

Need more dinner ideas?

If you're running short on time or just need some inspiration for your next dinner, we have hundreds of recipes to choose from. Make sure to see all the options in our [keto dinner recipe section](#) – check back as it's updated weekly!

Low Carb Snack & Lunch Replacements



Lunch on a ketogenic diet usually consists of something straightforward and easy. Whether it's leftovers from the night before or a simple salad with some meat and homemade dressing. Some people also prefer to put together the ingredients for a mug cake (or similar item) and take the ingredients to work to cook. See some examples of what you can replace for common lunch (and snack) recipes!

Note: We recommend keeping snacking to a minimum as it will slow weight loss down.

Bread and Sandwiches -> Lettuce Wraps, Flax Seed Wraps

Instead of cracking out that crusty rye bread to make a sandwich with, take the initiative to switch over to something that's a better (and keto-friendly) option. From [cabbage rolls](#) to [lettuce wraps](#), making wraps will be a simple process that you won't have to worry about. If you're looking for a more realistic wrap, you can even try your hand at a [flaxseed wrap](#) or even a [psyllium husk wrap](#). Both are fantastic alternatives to the store-bought low-carb wraps, and both won't include any gluten!

Lastly, if you need a bread replacement, you can always go the easy route and make some [microwave bread](#). A simple, easy, and painless process will have you a hearty sandwich in no time at all. And, you can even grill it to make some delicious grilled cheese sandwiches.

Chips and Cookies -> Dehydrated Vegetables, Low-carb Cookies

If you're one of the lucky people that have a dehydrator, you can take serious advantage of it by dehydrating thin slices of vegetables overnight (normally 12 hours) to get crisp, perfect vegetables that you can eat as snacks. Do this with zucchini, radish, or jicama. If you're not lucky enough to have a **dehydrator** (like me), then you can **easily make cheese chips** in the oven and flavor them with your own spices!

Cookies aren't a problem either. You can easily make your own almond flour cookies – or mix it up by using different mixtures of “flours.” From flaxseed to chia seed, there's always something that you can make! Some examples of different cookies you can have are:

- **Chocolate Chunk Cookies**
- **Buckeye Cookies**
- **Snickerdoodle Cookies**
- **Vanilla Latte Cookies**
- **Pumpkin Flax Cookies (with Almond Butter Icing)**
- **Peanut Butter Cookies**

Or, read our ever-growing **low-carb cookie recipes** on the site!

Crackers and Dippables -> Flaxseed Crackers, Chia Seed Crackers

Looking for that hearty crunch that's packed full of flavor? Look no more. Instead of cracking open a box of Ritz or Cheez-Its, go ahead and make your own! You can make crackers from anything including flaxseed meal (featured in **The RULED Book**), chia seeds, or even **almond flour** to make your own homemade crunchy snacks with a delicious flavor of your own.

You can make crackers out of many keto-friendly ingredients out there. For some examples, we recommend:

- **Pesto Keto Crackers**
- **Chia Seed Crackers**
- **Keto Breadsticks**

Sweets and Treats -> Fat Bombs, Mug Cakes

Give yourself something sweet that's still packed full of delicious and healthy fats. Fat bombs get their name because they're filled with fats – a delicious way to get those fats up in your diet and enjoy doing it instead of just eating oil off of the spoon.

Don't believe me? Just check out these **chia almond butter squares** (with browned butter) or **Neapolitan fat bombs**. Even a **rich and tasty mug cake** for one. Get creative and make any flavor you'd like, too. Check out some of my other mug cake recipes here:

- **Chai Spice Mug Cake**
- **Maple Pecan Mug Cake**
- **Peanut Butter Chocolate Chunk Mug Cake**
- **Churro Mug Cake**
- **Coconut Chocolate Mocha Mug Cake**
- **Vanilla Whisky Mug Cake**
- **Bacon Cheddar Chive Mug Cake**
- **Green Chile White Cheddar Mug Cake**

Looking for more snack or lunch recipes?

You're not alone! Feel free to check out our growing list of [keto snacks](#). If you need some lunch ideas (especially quick ones that are accessible for work), see our list of [keto lunch recipes](#).

Low Carb Beverage Replacements



Simple is usually key when it comes to beverages on keto. Water will be a go-to drink when needing to quench your thirst. Try to keep diet soda consumption to a minimum as it is commonly linked with blood sugar spikes and increased cravings. Read below for some ideas on other drinks that are frequently consumed.

Soda and Fruit Juice -> Water, Smoothies, Tea

Try to replace all soda and juice consumption with something that has no sugar or little sugar inside. Switch out fruit juices for low-carb smoothies and tea. Tea comes in a variety of flavors that can help you get through the day if you get tired of water. There's a variety of different smoothies you can make for a meal replacement or just as a snack.

You're welcome to try one of our own smoothie recipes, too:

- [Tropical Smoothie](#)
- [Blueberry "Banana"](#)
- [Cucumber Spinach](#)
- [Peanut Butter & Caramel](#)
- [Strawberry Milkshake](#)

Water should be your go-to replacement for soda, and I don't recommend drinking diet soda as it can bring back cravings for sweets. Stick to drinking at least 3 liters of water a day, but try to aim for a full gallon a day.

Coffee and Sugar -> Coffee & Stevia

Instead of adding sugar to your coffee, you can put a [few drops of stevia](#) in there to sweeten it up. Stevia is a great sweetener and won't increase your blood sugar levels – so it's a perfect way to sweeten your morning coffee. If you're used to having a creamy body to your coffee, opt for heavy whipping cream, half and half, or unsweetened almond/coconut milk instead of milk or coffee creamer.

Cappuccino and Frappe -> Ketoproof Coffee

Missing your lattes and frappes? That's not a problem! **Ketoproof coffee** is a fantastic mix of coconut oil and butter in your coffee instead of the generic cream or milk. You might think that it sounds disgusting at first, but if you think about what butter is made out of – it's pretty much just hardened cream. Once you melt it down and mix it all up using an immersion blender, you get a delicious coating of froth on the top of your mug o' joe.

Cocktails -> Dry Wine, Liquor

Instead of getting sugar filled cocktails, make a change to go after a low-carb alternative. Liquor is the best choice, being the lowest in carbs (most are 0 carbs, in fact). Dry wines are the second best choice, being 3-5g carbs per glass. Make sure you keep an eye on flavored liquors or mixed liquors as they may have carbs. For wines, it's best to stick with classic dry red and white wines.

Read more about what alcohol you can have on a ketogenic diet in our in-depth article here: [The Ketogenic Diet and Alcohol](#)

Mixers and Chasers -> Diet Soda, Water, and Lemon

Although I do suggest cutting out diet soda completely, you can make an exception to this rule for when you're drinking. This shouldn't be done on a regular basis but is a much better substitute than using full sugar soda or a fruit juice as a mixer. Be very careful with even reduced calorie mixers as often they'll be packed full of sugars.

Low Carb Dessert Replacements



Sweet treats are a great way to give yourself a break when you're "dieting." On keto, we recommend that you keep desserts to an occasional meal – once every other day, or once every three days. It's best when starting out to skip desserts for 2-3 weeks to help with cravings. Below, you'll find some common desserts that are high-carb and their low-carb alternatives!

Ice Cream -> Avocado Ice Cream, Low-carb Sorbet

Ice cream can be made on a ketogenic diet, normally using eggs, cream, and some sweetener as the base of the custard. There are many different ways to make ice cream (with and without an ice cream maker), so feel free to see some of our recipes here:

- Cookies and Cream
- Pumpkin Pecan Pie
- Strawberry Swirl

- Brown Butter Pecan
- Butterscotch
- Mocha

If you want an “easy” version of an ice cream, you can also use avocado. Avocado has a fantastic creamy texture that’s easily hidden or can even be accented to make your own delicious sorbet! Check out this [Avocado Chocolate Chunk Ice Cream](#). Or, if you want to get a bit more creative, check out this [Avocado and Lime Sorbet](#) – delicious!

Cake -> Low-carb Cake, Cheesecake

Cake is always something that people miss because it’s so easy to come by and pick up in the grocery store. On keto, you can have your cake and eat it, too! Commonly made with almond flour (or some mixture of different flours) you can have a delicious and airy cake, a dense and flavorful cake, or even cupcakes. Take your pick and make it as you want. Some examples of my favorite cake are:

- Keto Chocolate Roll Cake
- Lemon Poppy Seed Cake
- Strawberry Shortcake

- Salted Caramel & Bacon Cake Pops
- Italian Lemon Sponge Cake
- Ultimate Coffee Cake

The other option you have (that is also high in fat and delicious) would be cheesecake. Using sugar substitutes, you can make some amazing flavored cheesecakes that will come out just as good, if not better, than regular cheesecake. Try your hand at these awesome [mini key lime cheesecakes](#) or even some [raspberry cheesecake bites](#).

Brownies -> Avocado Brownies, Almond Flour Brownies

Not in the mood for cake? Brownies definitely come second on that list of delicious treats that we want once we turn to a ketogenic diet. You can easily [make replacement brownies](#) that you enjoy and feel no cravings for more afterward. Besides using [almond flour and other mixtures of flours](#), you can make them out of avocado!

If you’re curious, we also have other low-carb brownie (and blondie) recipes that you can see [here >](#)

Puddings -> Flavored Avocado Pudding, Whipped Cream Pudding

To this day, our childhood cravings for pudding come back with a vengeance. To combat this, we can make some excellent pudding at home from different things. From [avocado pudding](#) to whipped cream pudding, there are tons of ways you can replicate this delicious substance.

Even if you don’t want to go that route, you can even make pudding out of cottage or ricotta cheese. Flavor it up with extracts and sweeteners, and you’ll never know the difference.

Pie Crust -> Nut-based Crusts

Pie crust is usually a tough one to recreate, especially since you won't be able to get that flaky and fluffy crust you might be used to with all-purpose flour. But, we can create thin and crispy, or thicker and softer crusts on keto. Using almond flour or a mixture of flours, we can now have our pumpkin, lemon curd, or even meat pies!

Recently I did experimentation with a new pie crust and found an absolutely delicious crust using both almond flour and psyllium husk. You can check that out on our [Keto Pie Crust recipe](#).

Looking to impress someone? Try our reader favorite – the [Keto Chocolate Silk Pie](#). It's a little bit more labor intensive, but well worth it in the end!

Custard -> Pots de Crème

If you're a sucker for custard or crème brûlée, then you'll love [pots de crème](#). Originally made in France, these super rich custards will be the perfect set piece for a dessert. Impress your friends (even the non-ketogenic ones) and serve them something they're sure to love!

They do take a bit of work and can be a bit finicky while cooking, but the result is an utterly delicious warm custard that is packed full of flavor.

Looking for More Desserts?

Feel free to check out our full list of [keto dessert recipes](#). We're constantly updating the website, so make sure to check back (or sign up for our e-mail list) to see new recipes every week!

Low Carb Dessert Replacements



Baking can seem like a challenge when it comes to a low-carb, ketogenic diet. Don't worry though; there are plenty of alternative flours and tricks to use to get the consistency you're looking for. You can create baked goods that are almost as good as the real thing – sometimes even better!

Flour -> Almond Flour and Eggs

Although **almond flour** doesn't get the same texture and rising ability as normal all-purpose flour, it's a much healthier option and filled with delicious fats that can help us reach our nutrient goals for the day. **Almond flour** works extremely well as a replacement for all-purpose flour, giving us cakey textures and by using eggs, we can achieve the rising we're looking for. Alternatives include coconut flour with added eggs, but keep in mind that the texture does change when you do this.

Chewiness -> Flaxseed Meal, Psyllium Husk

Chewiness is definitely something we look for when we make dense cakes, bread, or mostly anything that's a low-carb version of the real thing.

My absolute favorite way to add to that chewy texture is adding **psyllium husk** to the recipe. Keep in mind that psyllium is very absorptive, so extra liquids may be needed to combat this. Psyllium husk powder is what you'll need, and you can **find it on Amazon**. **Flaxseed Meal** is also another example of an ingredient used to give a slightly chewy texture. Though I feel that it's not as good as psyllium (it gives a slightly gelled texture), many people have used it successfully in place of psyllium. **Make sure you grab a pack or 3 from Amazon**. It's super cheap and lasts a long time!

Breadcrumbs -> Pork Rinds

As mentioned for the fried chicken, you can use ground up pork rinds to get a breadcrumb type of effect. Besides chicken, you can do it on any meat – like pork chops! Grinding pork rinds in the food processor is definitely the preferred method here, as they get to a finer consistency and will crunch up well.

If you'd like an example of a breadcrumb crust that I've used before, check out our **Keto Brussels Sprouts Au Gratin**. Here, the pork rind crust crisps up and gives you a great change in texture as you're eating. Another example would be our **Easy Chicken Cordon Bleu**.

Alternatively, you can also use pork rinds inside of meat as a filler instead of breadcrumbs. For example, in our **Keto Gyro** recipe, we sub pork rinds for the texture that bread lends to inside.

Margarine and Vegetable Oil -> Butter, Coconut Oil

Some of the studies over the last 20 years have shown us that margarine and vegetable oils are just plain bad for our health. But saturated fats like butter and coconut oil are beneficial and on a ketogenic diet can help reduce cholesterol and blood pressure. These fats are an absolute treat and can be used the same way margarine or vegetable oil would be utilized.

To get a good deal on coconut oil, check out **Coconut Oil on Amazon**.

Frosting -> Cream Cheese Frosting

Instead of getting that store-bought can of frosting that's filled with sugar, food coloring, and trans fats – make your own!

Cream cheese and butter come together to create a rich and creamy frosting that makes all of your cakes taste better. If you want an example of a great cream cheese frosting (with added fruit compote) check out our [Low Carb Spice Cakes with Cream Cheese Frosting](#).

You can also see how we make our frosting with these [Vanilla Bean Cupcakes](#) or [Mini Vanilla Cloud Cakes](#). Alternatively, you can just make a drizzle or glaze like we did in our [Lemon Poppyseed Muffins](#).

Sugar -> Stevia, Erythritol

Sugar is definitely something we aim to get rid of on a ketogenic diet, but we do need those sweet treats every once in a while, so here's a replacement. While erythritol does have sugar alcohols, they are not processed in the body – erythritol does not pass the blood barrier in the intestine during digestion, and it passes through us mostly through urine. Neither of the two effect blood sugars and both has a glycemic index of 0. Not to mention, both are a natural sweetener.

Erythritol alone can have a “cooling” sensation that can be unpleasant, but when you combine both together, it seems to negate the “bad” tastes from both and create a delicious sweetener that is 0 GI, natural, and perfect for almost everything you'll need it for. You can find [liquid stevia here on Amazon](#). You can find [erythritol here on Amazon](#). If you need some recipe examples, feel free to see our [Keto Dessert Recipes](#) page.

Chocolate -> Baker's Chocolate, Dark Chocolate

The normal store-bought chocolate bars will be loaded with added sugar to give them a consumerist's taste. Since we're trying to avoid sugars, we really want to make sure that we avoid these, too. There are some alternatives you can use – my two favorites are Baker's chocolate and dark chocolate.

With Baker's chocolate, you'll have to add a bit of extra sweetener to take away from the bitterness of the Baker's chocolate. With dark chocolate, you want to aim for a high cocoa percentage. We normally try to get anything above 86%. Additionally, there are some low-carb chocolate alternatives you can buy in the store or online, but they run a pretty penny and don't think it's worth it in the long term.

We can't forget about cocoa powder either. You want to go after the dark and unsweetened types where you can control the amount of sweetness the chocolate has (and control what type of sugar sub is going in). Cocoa powder is ideal for baked goods that you want to have an overall chocolate taste inside – cakes, cookies, or even puddings. If you're going with a higher quality (Dutch style) cocoa powder, make sure to keep in mind its strength. You won't need to use as much as the typical recipe calls for, as it's normally much stronger in taste.

Fruits -> Extracts

Fruits taste great, plain and simple. Although we can usually have a few berries here and there on a ketogenic diet without much negative impact, it's usually best to avoid (especially in the beginning). Instead of using berries, we can get fruit extracts to use in our baked goods. Want some blueberry muffins? Not a problem!

You can even make smoothies using fruit extracts. For example, this [tropical smoothie](#) will taste just like you used fresh fruit juice to make, but you can keep it a secret that you didn't.

Cornstarch -> Xanthan Gum

Xanthan gum is a very well-known thickener that's gaining popularity in cooking techniques such as molecular gastronomy. It's not unknown in the world of ketogenic diets, either. [Xanthan gum](#) can be used to thicken just about anything. From an ice cream custard base to your morning smoothie, and even to sauces, to get a thick and sticky consistency.

Just be careful when adding xanthan gum because a little goes a long way. To thicken sauces no more than 1/2 tsp. should be used (and that's for a large amount of sauce). If you add too much, it will turn into a jelly type of consistency, which can be quite unpleasant. If you find that xanthan gum is a little bit hard to work with, you can choose to use Guar Gum instead. It is about half the "strength" of xanthan, so it's much more forgiving when you use them in sauces. As an example, here's our simple [10-minute sausage gravy](#) using it!

High Carb Vegetables -> Dried Spices

Looking at that onion and deciding whether 14g of carbs is just too much for a single recipe? Fear no more - use the dried spice! Replacing higher carb vegetables like fennel, celery, and onion (not to mention a myriad of other vegetables) with their dried counterparts will be packed full of flavor and only require a small amount to bring a powerhouse of flavor to your dish. Or, you can always replace higher carb vegetables with similar low-carb vegetables for texture. Feel free to take a look at our in-depth guide on [keto friendly vegetables](#) as well!

Looking for more recipes?

Feel free to check out our ever-growing [keto recipe page](#). We regularly update this page, so check back for more inspiration on a bi-weekly basis!

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