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BREAKFAST IDEAS

a compilation of
easy keto breakfast options

BY SAHIL PRUTHI
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Keto India

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KETO TACO

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- Take 20g of cheese (mozzarella/ cheddar/ gouda/ parmesan/ cheese cube) and grate it.
- Add the cheese in round shape on a non-stick pan, let it melt and cook on low- medium flame till the edges are brown.
- With the help of a spatula, take it out and fold it in 'U' shape when it is hot.
- For filling, add any vegetable of your choice like bell peppers, mushrooms, tomatoes, lettuce, avocado, zucchini soy dal along with paneer/ tofu or chicken.
- Sprinkle some taco seasoning, cumin powder, cayenne pepper, salt and chilli powder, chat masala.

Note: This can be used as a base/ khakhra/ cheese chips/ papad etc

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KETO DOSA

- Mix 2 tbsp grated cheese, 2 tbsp almond flour, 2 tsbp coconut milk in a bowl.
- Add salt, red chilli powder, pinch of asafoetida, sambhar masala to the mixing bowl.
- Pour this batter on a non stick pan, spread it quickly and cook for 2-3 mins on low-medium flame.
- Once the sides are cooked, remove from the pan.
- Can be served with mint/ garlic/ coconut chutney. Along with paneer masala stuffing.



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PARANTHA

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- Take 40g of soy/ almond flour, 20g of crushed paneer, 1 tsp ghee, salt, red chilli powder, add water and knead the dough, let it rest for 5-7 mins.
- For the stuffing, use egg, paneer, chicken or any other veg mentioned in your diet plan within your macros.
- Roll the dough out between two sheets of parchment / plastic paper. Fill in the stuffing, roll it out again.
- Wait for one side to cook completely before flipping. Fry on both sides till golden brown using ghee./ butter.

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KETO MUG BREAD

- In a microwave safe container, add 18g melted butter, 25g almond flour, 1 tsp baking powder, 1 egg, salt and oregano/pizza mix or any other spices. Mix the batter well.

- Microwave for 120 secs. Enjoy your keto bread! ❖❖

Options: Bread + Butter, Bread Omelette, French Toast, Bombay Sandwich, Grilled Paneer/ Veggie Sandwich etc.

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KETO UPMA

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- Pulse or blitz 200g cauliflower in a food processor using the metal blade attachment till you get cous cous or rice like consistency.
- In a pan, add 2 tbsp ghee, 1 tbsp mustard seeds, 1 tbsp cumin seeds, 40g onions, 10 curry leaves, 5g grated ginger, 1 green chilli (de-seeded)
- Add in the cauliflower once the onions turn translucent. Add 1 tsp garam masala, 1 tsp chat masala and salt to taste.
- Add 1.5 cups of water, cover with a lid and cook for 10 mins or till the water dries and the caulirice is soft.
- Garnish with coriander and serve!

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KETO OATMEAL

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- Take 1 cup unsweetened almond milk in a bowl. Add 1/4 cup hemp seeds, 2 tbsp flaxseeds, 2 tbsp chia seeds, 2 tbsp chopped almonds/pecan nuts/ walnuts.

- Add 2 drops of vanilla essence/ 1/2 tsp unsweetened cocoa powder (optional), erythritol. OR Add powder cinnamon powder and erythritol/ keto friendly sweetener.

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CHEESE CHIPS

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- Take Amul cheese slice.
- Put it on a parchment paper, add in seasoning of your choice.
- Microwave for 2 mins.
- Enjoy!

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KETO POHA

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- Take 200g cauliflower, boil it for 5 mins and then pulse it in the food processor till you get rice like consistency.
 - In a pan heat up 2 tbsp olive oil/ 2 tbsp of ghee
 - Add in the mustard seeds, 7-10 curry leaves and 30g onions, salt, turmeric, 4-5 peanuts, 1 green chilli and cook for 2 mins.
 - Add in the cauliflower rice, add 1/4 cup water and cover and cook till it is soft.
 - Garnish with coriander and a squeeze of lime juice
- Serve.

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