

Dr. Khalsa's recommended foods and recipes for the ketogenic diet

Here is a list of foods that I have been eating as a core of my ketogenic diet. These are all available at Trader Joes or Whole Foods or you can order ingredients from Amazon.

FATS

Coconut oil: I use this for sautéing. I also use this in my almond flour cookies and my chocolate fat bombs. See the recipes below for how to make them. You can also add it to steamed veggies.

MCT oil: MCT stands for medium chain triglycerides. You can order this on Amazon. This oil will raise the levels of ketones in your blood and is an excellent brain food. I add this to my tea or coffee.

Organic heavy whipping cream: Be sure to get this instead of half and half. This is pure cream and has no carbs. I add this to my tea and coffee. I also make frozen whipped cream with this.

Olive oil: I use this to make my own vinaigrette salad dressing. When you make this, do not use balsamic vinegar as it is high in carbs. Use apple cider or red wine vinegar.

Butter or ghee: You can use this the same way as using coconut oil. You can also add to tea or coffee.

DAIRY Dairy contains lactose which is milk sugar and has carbs in it. That is why you avoid most dairy.

Cheese: Many cheeses have no carbs and are filled with protein and fat. Read the label.

Greek full fat yogurt: This has some carbs but is a good source of protein. Read the label.

Sour cream: This has some carbs but is a good source of fat.

PROTEIN Remember that the ketogenic diet is not a high protein diet. Unless you are very physically active, I think that 50 to 80 grams of protein a day is plenty.

Sprouted organic tofu: This product which I get from Trader Joes has zero carbs. Some tofu has more so read the label. Soy is 95% GMO so make sure that you buy organic or certified non-GMO tofu. I use it to make tofu salad or fried tofu with veggies.

Nuts: These are a great source of protein and fat. They do have some carbs so you need to make sure that you don't overdo them. Whenever I have gone over my daily allotment of carbs, it is usually because I ate too many nuts. Pecans have the least number of carbs, and cashews and pistachios have a large number and should only be used sparingly. Stay away from peanuts.

Almond butter: I eat this regularly with celery or straight out of the jar. Be careful as it does have some carbs and is easy to overdo. Avoid peanut butter.

Beyond Meat Products: There is a company that makes several products that I find very tasty. The one that is highest in fat is their Beast burger or Beast sliders, made from pea protein. They also have a crumble, also made from pea protein, that I add to soups, salads and stir fry. I also use their chicken strips made from both soy and pea protein. The strips do not have a lot of fat in them, so I eat them as a finger food and dip them into high fat salad dressings.

Protein powder: If you need extra protein, especially if you are doing this as a vegetarian or a vegan, I recommend a protein drink. Do not use soy protein. I have found that the best to use is pea protein. Second best is rice. Read the label and make sure there is no added sugar and carbs are very low. You can add MCT oil, olive oil, coconut oil, stevia and spinach to this drink. Do not add fruit.

Stevia: This is the sweetener that I use. It is an herbal extract that tastes sweet on the tongue but does not stimulate any insulin reaction. I use it to sweeten my coffee and tea and also in some recipes. I use both the drops and the concentrated powder, both of which I get from Trader Joes. Too much stevia has an after taste so find your personal tolerance.

Shiratake noodles: These are derived from soy and have only a few carbs. Great when you really want to have some pasta like dish. Add lots of coconut oil and use a sugar free tomato sauce. I add the crumbles to this.

Paleo bread: This is made without any flour and according to the label has only 1 carb per slice. The company does not have a great reputation in the keto community, but I tested my blood sugar after eating a few slice and it did not go up very much. Once or twice a week I use it to make a cheese sandwich or with the beast burger. You can buy it at Whole Foods and it is in the frozen bread section. It is quite expensive for a loaf, but if you use it sparingly, it is really nice to have once in awhile.

Recipes

There are literally thousands of recipes for keto friendly dishes that you can find on the internet. Here are a few that I use:

Frozen whipped cream: Pour a pint of heavy cream into a bowl. Add some vanilla extract to taste. Sweeten with stevia drops. I suggest starting at 15. You can adjust this up or down for future batches. Use an electric hand mixer or manual egg beater to mix the cream until it starts to become solid. Spoon into six small individual containers and sprinkle some pecans on the top. Freeze. When I go to eat these, I put one in the microwave for about 15 seconds to soften it up a little.

Chocolate Fat bombs: Liquify 1 cup of coconut oil by slightly heating it. It only takes a few degrees so don't heat it up too much. Mix in a quarter cup of raw cacao powder and 16 drops of stevia. You can adjust the amount of chocolate and stevia in future batches. Set it out until it starts to harden again. In summer, you may need to put it in the fridge. Before it gets too hard, either spoon it into a candy mold or spoon dollops onto a plate. It has to be firm enough that it holds its shape. Before it gets too hard, put a pecan on the top. Put in fridge to harden and then pop off the plate or out of the candy mold and store in zip lock bag in fridge.

Vinaigrette: Mix together ¼ cup of vinegar (red wine or apple cider), 10 drops of stevia, ½ t garlic powder, ½ t sea salt, ½ t black pepper, 1 cup olive oil. You can adjust the amount of stevia in future batches. You can also add any other seasonings you want.

Paleo pizza: Dough: Mix ½ cup of almond flour, ¼ teaspoon sea salt, 1 teaspoon olive oil, and 1 large egg or vegan egg substitute. Use your hands to spread to 8" diameter on parchment paper on a baking sheet. Use olive oil on your hands so it doesn't stick to them. Bake at 325 for 10 minutes. While it is baking, sauté some veggies for the toppings. You can use pizza sauce or not, but remember that this will add more carbs. Then spread the sauted veggies over the dough and sprinkle cheese liberally. Bake for another 5-10 minutes.

Almond Coconut Pecan cookies: Mix dry ingredients in a bowl: 2 cups of almond flour, 1 cup of coconut flour, ½ teaspoon of sea salt, ½ teaspoon of baking soda, 1/8 teaspoon of concentrated stevia powder from Trader Joes. (TJs carried two different stevia powders. I use the smaller and more concentrated one.) Mix well and then add 1 T vanilla extract, ½ cup of liquefied coconut oil, and 1 cup of water. Mix well. Then add ½ cup of chopped pecans. Using your hands, form into small balls, about 1 inch across, and put on cookie sheet. I get about 45 cookies. Bake at 350 degrees for 30 minutes. This makes them a little crunchy on the outside. If you want them softer, then bake for less. Each cookie has about 1 gram of carb, 7 grams of fat, and 2 grams of protein.

Tofu salad: Mix together 1 package of organic sprouted tofu (Trader Joes), ½ cup mayonnaise or veganaise, 2 T of unsweetened chopped pickles, 1 T mustard, ½ cup of chopped celery. Add salt, other seasonings and stevia to taste. Eat with a spoon or with celery sticks. You can also replace the tofu with Beyond Meat chicken strips.

Baked tofu: Cut 1 package of organic sprouted tofu (Trader Joes) into ¼ inch thick slices. Pour olive oil into the bottom of a rectangular 9 by 12 glass baking pain. Lay the slices of tofu in the pan. Baste the top of the tofu slices with more olive oil. Add seasonings like soy sauce, tamari, yeast, garlic powder, stevia, or any other seasonings. Bake at 350 degrees for 45 to 60 minutes. If too crunchy and tough, cut back baking time on next batch.