



A DAIRY FREE KETO DIET: YES YOU CAN!

Meal Planning Tips, Recipes and Links to Recipes

So many people think that it is not possible to successfully do the keto diet if they can't or don't want to eat dairy. Not true. It won't be as delicious (in my opinion!) since you're foregoing all that cheese and yummy keto ice cream made with full fat heavy cream is a no go, but it is possible.

The first thing to establish is exactly what the keto diet is:

The keto or ketogenic diet is LOW-CARB, HIGH HEALTHY FATS. And I argue, that the LOW-CARB component of the diet is where you get the most bang for your buck in terms of weight loss and overall health improvements. **So focus on cutting your carbohydrates and then plan what you eat around that.**

Why No Dairy?

- Some people are lactose intolerant.
- Some people don't want the fact associated with dairy (although you really need not fear it, but a fulsome discussion on cholesterol and saturated fats is for another occasion!)
- Some are actually allergic to dairy proteins

Dairy Foods to Avoid if you fall into one of the above groups

- Butter, butter fat, butter oil, butter acid, butter esters
- Buttermilk
- Casein, casein hydrolysate, rennet casein and caseinates (in all forms)
- Cheese (all animal milk based cheeses)
- Cottage cheese
- Heavy Cream
- Curds
- Custard and pudding
- Diacetyl
- Half-and-half
- Lactalbumin, lactalbumin phosphate, and lactoferrin
- Lactose, lactulose, and tagatose
- Milk (in all forms including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milk fat, non-fat, powder, protein, skimmed, solids, whole)

- Milk-based protein powders
- Sour cream, sour cream solids, and sour milk solids
- Whey (in all forms)
- Yogurt (in all forms)

...And here's all you CAN eat on a dairy free keto diet

- **Animal fats and plant-based oils.** Avoid all fats that are derived from dairy and stick with plant-based oils like coconut oil, MCT oil, and olive oil and animal fats like lard, tallow, and duck fat.
- **Red meat, poultry, and seafood.** Try to stick with organic, pasture-raised, and 100% grass-fed meat and wild caught fish where possible.
- **Low-carb vegetables.** Stick with above ground vegetables, leaning toward leafy/green produce.
- **Low-carb fruits.** Although most fruits are not keto-friendly, there are a handful that make a great addition to the ketogenic diet. Some examples of keto-friendly fruits are avocados, berries, and some citrus fruits.
- **Nuts and seeds.** Eat nuts and seeds in moderation as some contain a decent amount of carbs. Try to use fattier nuts like macadamias, pecans, and almonds.
- **Dairy alternatives.** There are plenty dairy alternatives that you can use to replace common keto foods like heavy cream, cheese, sour cream, half and half, and yogurt. Coconut oil, milk and cream are excellent. Ghee in place of butter works. Olive oil is good too. Nut butters work. ***If you are going to be using a processed dairy alternative be sure to read the label first and check the carb count!***

Here's a simple guide to eating keto. **If you want to go dairy free, omit the cheese, butter and cream choices provided. That's it.**

KETO MADE SIMPLE



PICK A...

PROTEIN	VEG (OR 2)	ADD FAT
-Chicken	-Broccoli	-Avocado
-Fish	-Brussels	-Cheese
-Beef	-Asparagus	-Nuts
-Pork	-Salad	-Eggs
-Turkey	-Cauliflower	-Pork rinds
-Lamb	-Squash	-Dressing
-Venison	-Courgette	-Bacon
-Seafood	-Radish	-Ghee
-Eggs	-Onion	-Butter
-Steak	-Green Pepper	-Olive Oil
-Plant-Based	-Cucumber	-Lard
-Protein Powder	-Turnip	-Cream
	-Green beans	-Coconut oil

 ketobodyuk : **Simple as that** www.ketolowcarb.co.uk

Dairy Free Breakfast Options: *Refer to the chart above to guide you in your selections. Here are a few examples. I've provided recipes for those options marked with an asterix * .*

- Eggs in any form prepared with coconut oil if needed
- Eggs in any form combined with sausages, tuna, bacon or any other form of animal protein
- Coconut milk berry smoothie*
- Steamed or stir fried veggies (cabbage or callaloo) with saltfish or any other form of animal protein
- Low-carb granola cereal* with almond or coconut milk

Dairy Free Lunch/Dinner Options: *Refer to the chart above to guide you in your selections. Here are a few examples. I've provided recipes for those options marked with an asterix * .*

- Rotisserie chicken with your choice of green veggies, raw or cooked
- Curried goat with cauliflower rice*
- Grilled fish with veggies
- Oxtail and cauliflower rice
- Corned beef and cabbage
- Jerked chicken or pork alone







JAMAICAN KETO

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Dairy Free Snack Options

- Rotisserie chicken
- Tuna salad on cucumber slices (omit the mayo and add lime juice & pepper instead)
- Hard boiled eggs
- Nuts and seeds (*mind your portions and check carb count per serving!*)
- Deli meat slices and pickles
- Berries

I've provided some useful links to recipes below: *Here are the dairy-free versions of **keto desserts, pizza, breads & mug bread.***

- **Desserts:**
<https://chocolatecoveredkatie.com/2018/03/08/keto-dessert-recipes-vegan/>
- **Pizza:** <https://www.gnom-gnom.com/gluten-free-paleo-keto-pizza-crust/> or <https://perfectketo.com/cauliflower-keto-pizza-crust/>
- **Dairy free keto breads:**
<http://www.lowcarbsosimple.com/easy-dairy-free-keto-bread/>
- **Mug bread:**
<https://www.aspicyperspective.com/low-carb-magic-mug-bread-gluten-free-sugar-free-dairy-free/>

I offer a paid service for those who may feel it necessary. **Contact me if you want a personalised 14 day meal plan & weight loss coaching.** We discuss your current eating habits, allergies, likes and dislikes and I use this information to put an eating plan together for you.

Contact me at kelly@kellykatharin.com if you are interested.

Recipes:

FAUX KETO POPCORN (made with cauliflower)

INGREDIENTS

- 1/2 cup cauliflower
- 2 tablespoons of coconut oil
- 2 teaspoons taco seasoning
- Salt to taste

DIRECTIONS:

1. Break the cauliflower into small florets and spread in a single layer on a plate
2. Microwave just until hot but not cooked
3. Pour the oil over the cauliflower
4. Add the taco seasoning
5. Mix gently

CRUNCHY KETO CRACKERS

INGREDIENTS

- 1/3 cup almond flour
- 1 1/2 cups of your favorite seed combinations (sunflower and pumpkin seeds are great!)
- 1 tablespoon ground psyllium husk powder
- 1 teaspoon pink salt
- 4 tablespoons melted coconut oil
- 1 cup boiling water
- Optional: Fresh Rosemary for extra flavor

DIRECTIONS

1. Mix all the ingredients together.

2. Spread the dough out on a piece of parchment paper on a baking sheet and bake it on 300 degrees for about 40 to 45 minutes (careful carefully because some seeds cook faster than others).
3. When they are fresh out of the oven and hot, I like to sprinkle a bit more salt on the top of them before they cool.
4. You can use a pizza wheel to cut squares in the dough after you bake it or you can break off pieces when it's done.
5. All the crackers to completely cool before serving them.

Low-Carb Berry Smoothie *If you want it sweeter than this recipe, add a pack or 2 of STEVIA sweetener to taste.*

INGREDIENTS

- 14 oz. coconut milk
- ½ cup frozen blueberries or fresh blueberries
- 1 tbsp lemon juice
- ½ tsp vanilla extract

INSTRUCTIONS

1. Place all ingredients in a blender and mix until smooth. Using canned coconut milk makes a creamier, more satisfying smoothie.
2. Taste, and add more lemon juice if desired.

CAULIFLOWER FRIED RICE and its variants

INGREDIENTS:

- 1 medium head of cauliflower
- ½ onion
- 2 cloves garlic
- 1 stalk celery
- ½ small sweet pepper
- 2 tbsp virgin coconut oil
- 1 tsp salt/your favourite seasoning salt

DIRECTIONS:

1. Pulse all the ingredients except the oil and salt in your food processor for 30 seconds. Alternatively, you can finely chop by hand with a sharp knife.
2. Heat the oil in a frying pan. When hot, simply add what you chopped up in the food processor to the frying pan. Stir fry for 2 minutes.
3. Add salt/seasoning salt. Stir fry for another minute or two until just tender. Voila: rice!

PRO TIP: *You can add egg or veggies or shrimp or chicken to this basic recipe to create one pot meals that are delicious, simple, convenient and totally low carb.*

KETO GRANOLA CEREAL

INGREDIENTS *(you can feel free to add or subtract the nuts and seeds you like but keep the proportions of dry to wet ingredients the same as the recipe below! So if you don't want sesame seeds, add more coconut or sunflower seeds)*

- 8 oz. pecans or hazelnuts or almonds
- ¾ cup unsweetened shredded coconut
- 1 cup sunflower seeds
- 4 tbsp pumpkin seeds
- 4 tbsp sesame seeds
- ¾ cup flaxseed
- 1 tbsp turmeric
- 1 tbsp ground cinnamon
- 2 tsp vanilla extract
- ½ cup [almond flour](#)
- 1 cup water
- 4 tbsp coconut oil

DIRECTIONS

1. Preheat the oven to 300°F (150°C). Chop the nuts coarsely in a food processor or with a sharp knife. Mix all ingredients in a bowl.
2. Spread out on a baking sheet lined with parchment paper. Roast in the oven for 20 minutes. Be sure to set a timer. Nuts and seeds are heat sensitive and should not get burned.

3. Remove from the oven and stir the mixture, then return to the oven for about 20 minutes more. Check again. When the granola feels almost dry, turn off the heat and let the granola cool in the residual heat of the cooling oven.

A $\frac{1}{3}$ to a $\frac{1}{2}$ cup of this granola will keep you full. Eat dry as a snack or have it with a cup of coconut or almond milk.



**KELLY
KATHARIN.**
HERE'S WHAT I THINK...

