

7 Best Indian Keto Diet Plan Recipes



The keto diet offers the most popular weight loss regimens. This diet doesn't require you to give up your favourite foods or flavours. You can still enjoy meat, eggs, cheese of all sorts, and heart-healthy oils while following the diet's restriction on carbohydrates and increase in fat.

However, you cannot consume pastries or ice cream. There are many inventive keto dish ideas that will bring some variation and tons of flavour to your breakfast, even though coming up with new and delicious keto meals, especially for breakfast, may seem like a difficult effort.

In order to satisfy your cravings and control your carb intake, we've put together a list of **breakfast keto diet plan (Indian)** recipes.

Top 7 Best Indian Keto Recipes

1. Keto Oatmeal



Keto oatmeal celebrates the goodness of nuts, seeds, and coconut, making it a delightful low-carb option for breakfast. It is rich in fibre and healthy fats, which aid in weight loss and provide you with long-lasting energy.

Ingredients

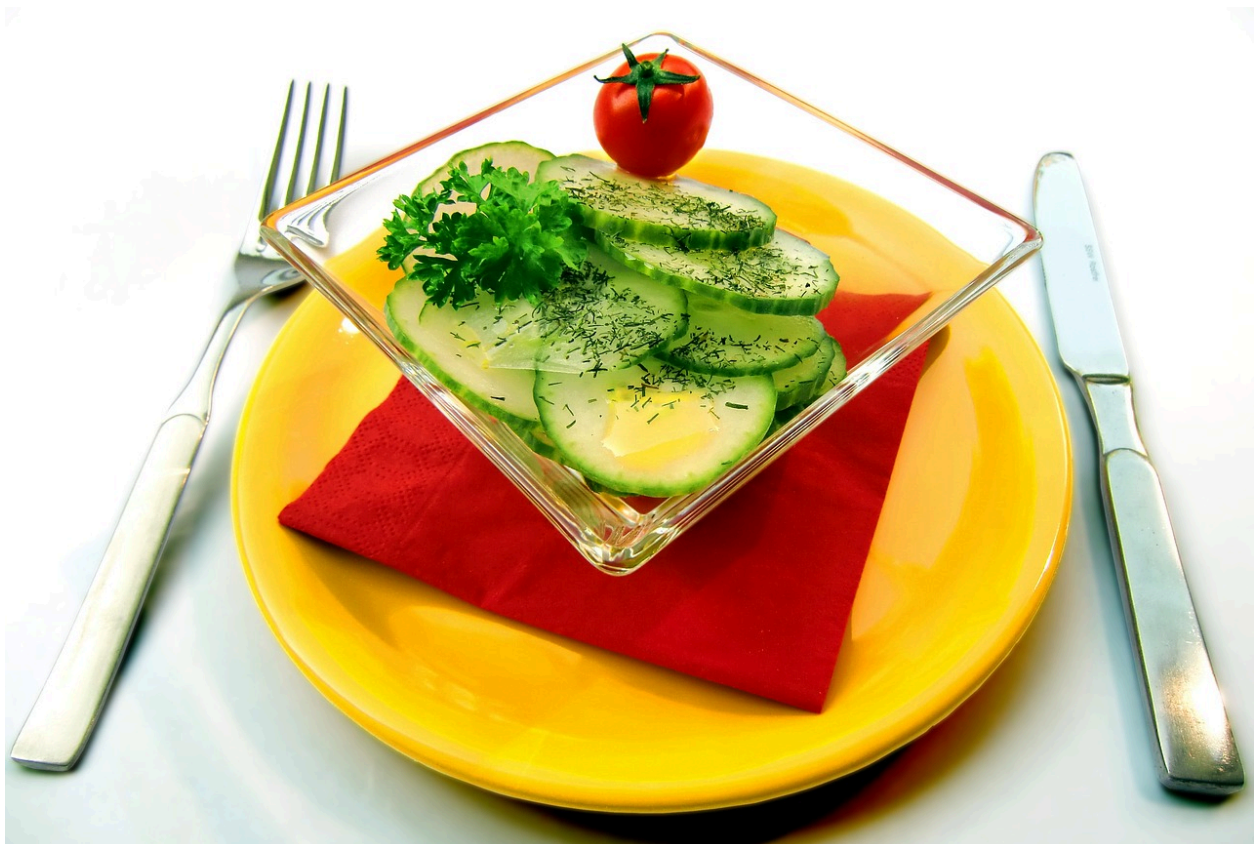
- 1 cup [almond](#) flour

- 1/4 cup [chia seeds](#)
- 1/4 cup unsweetened shredded coconut
- 1/4 cup chopped nuts (e.g., almonds, walnuts)
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 1/2 cups unsweetened almond milk
- Sugar-free sweetener to taste

How to prepare

1. Mix almond flour, chia seeds, almonds, cinnamon, and shredded coconut into a saucepan.
2. Add the almond milk and vanilla essence after thoroughly mixing.
3. Simmer over medium heat until thickened.
4. Adjust the sweetness according to taste.

2. Cucumber Salad



Cucumber salad is a crisp and hydrating keto breakfast. It is packed with antioxidants and vitamins. It also helps with digestion and improves skin health.

Ingredients

- 2 cucumbers, thinly sliced
- 1 red onion, finely chopped
- 1 tomato, diced
- 2 green chillies, sliced
- 1/4 cup fresh coriander, chopped
- 1/2 teaspoon cumin powder
- 1/2 teaspoon chaat masala
- 1/4 teaspoon black salt
- 1 tablespoon lemon juice
- 2 tablespoons yoghurt
- Salt to taste

How to prepare

1. Mix cucumbers, onion, tomato, and green chillies in a bowl.
2. Add black salt, normal salt, chaat masala, and cumin powder.
3. Stir gently after adding the yoghurt and lemon juice.
4. Add fresh coriander as a garnish.

3. Spinach Omelette



Spinach omelette is a delicious breakfast option and a nutritional powerhouse. This appetising dish, which is rich in protein, vitamins, and minerals, strengthens immunity, increases vitality, and enhances general well-being.

Ingredients

- 3 large eggs
- 1 cup fresh spinach, chopped
- 1/2 onion, finely diced
- 1 tomato, chopped
- 1 green chilli, finely chopped
- 1/2 teaspoon cumin powder
- Salt to taste
- 1 tablespoon oil or ghee

How to prepare

1. In a pan with a less amount of hot oil, sauté onions until they turn golden brown.
2. Add the spinach, tomatoes, and green chilli. Sauté the spinach until it wilts.
3. Beat eggs in a bowl with salt and cumin powder.
4. Cover the vegetables with the egg mixture and simmer until it sets.
5. Serve hot after folding the omelette.

4. Berry And Coconut Milk Smoothie



The berry and coconut milk smoothie is a pleasant drink that strengthens immunity, nourishes skin, and gives you energy for the day. It is rich in vitamins and antioxidants.

Ingredients

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 ripe banana
- 1/2 cup coconut milk

- 1/2 cup Greek yoghurt
- 1 tablespoon honey
- 1/4 cup shredded coconut
- Ice cubes (optional)

How to prepare

1. Smoothly blend the mixed berries, banana, Greek yoghurt, coconut milk, and honey together.
2. To give it a cooler feel, add ice cubes.
3. Transfer the delicious blend into a glass and garnish with a dash of shredded coconut.

5. Cauliflower Upma



Cauliflower upma is a traditional Indian dish that is rich in fibre and vitamins; it helps with weight loss, improves digestion, and enhances general health.

Ingredients

- 1 cup cauliflower florets
- 1 cup semolina (suji)
- 1 onion, finely chopped
- 1 tomato, diced
- 1 green chilli, chopped
- 1/2 inch ginger, grated
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- A handful of curry leaves
- 2 tablespoons oil
- Salt to taste
- 1/4 cup fresh coriander, chopped
- 2 cups water

How to prepare

1. In a skillet with a little amount of hot oil, combine curry leaves, cumin seeds, and mustard seeds.
2. Sauté onions until golden brown.
3. Add the tomatoes, ginger, green chilli, and cauliflower. Cook the cauliflower until it becomes soft.
4. Roast the semolina until golden in a different pan and add the roasted semolina to the cauliflower mixture.
5. Stir continuously to prevent lumps, and slowly add the water.
6. Add salt for seasoning, then boil until the mixture gets thick.
7. Add some fresh coriander as a garnish, then serve hot.

6. Keto Idli



Keto idli is a delicious low-carb substitute for regular idlis. It is loaded with flaxseed and almond flour; it's a guilt-free treat if you are a fan of the keto diet and encourages long-term energy maintenance and weight loss.

Ingredients

- 2 cups almond flour
- 1 cup grated cauliflower
- 3/4 cup Greek yoghurt
- 3 eggs
- 1 tsp baking powder
- 1/2 tsp salt

How to prepare

1. In a bowl, combine almond flour, grated cauliflower, eggs, Greek yoghurt, baking powder, and salt.

2. Give the batter ten minutes to rest.
3. Pour the batter into each of the idli moulds after greasing them.
4. Steam for 15-20 minutes.
5. Serve hot with your favourite chutney.

7. Keto Bulletproof Coffee



Keto Bulletproof Coffee is a rich blend of coffee, butter, and MCT (medium chain triglycerides) oil. that keeps you energised. This delicious low-carb treat speeds up your metabolism, improves mental clarity and keeps you full.

Ingredients

- 1 cup freshly brewed coffee
- 1 tablespoon unsalted grass-fed butter
- 1 tablespoon MCT oil

How to prepare

1. Make a cup of your preferred coffee.
2. Put the butter, MCT oil, and hot coffee in a blender.
3. Process until foamy and smooth.
4. Transfer the velvety blend to your preferred cup.

Takeaway

To make sure you're having a balanced and satisfying breakfast, don't forget to select whole, superior foods and diversify your sources of carbs, fat, and protein. Visit [Healthy Master](#) for a wide range of healthy snack products.