Best Keto Diet Recipes for Weight Loss

Are you searching for new Keto diet weight loss recipes? Sticking to a diet such as keto isn’t easy. There are strict rules you need to follow which can mean you need to get really creative with the recipes you create.

To give you a little help, below you’ll discover some of the best keto diet recipes for weight loss to try out.

1. Ice burgers

Who says you can’t enjoy a nice burger on the keto diet? These delicious ice burgers are a genius idea and perfect for hot, summer days. It’s super-simple to create and it’s sure to please the entire family.

You’ll largely need lettuce, bacon, ground beef, red onion, sliced cheddar cheese and ranch dressing. The lettuce is used in place of burger buns, giving the burger a fresher, healthier makeover. You can find the full recipe below.

<https://www.delish.com/cooking/recipe-ideas/recipes/a54403/iceburgers-recipe/>

2. Poppy seed muffins

When you’re on a long-term diet, it’s crucial to find healthy snacks you can indulge in. These poppy seed muffins are a perfect example and are great for keto diet followers.

You’ll mostly need almond flour, flaxseed meal, baking powder, natural sweetener, unsalted butter, poppy seeds and double cream. You can find the full recipe below.

<https://www.positivehealthwellness.com/diet-nutrition/15-best-keto-recipes-weight-loss/>

3. Salmon meatballs with Dijon lemon sauce

If you’re looking for a unique keto-friendly maintenance recipe, this salmon meatball with Dijon lemon sauce is perfect. It’s light, creamy, delicious and great for sticking to a weight loss diet.

You’ll need wild caught salmon, Dijon mustard, coconut oil or butter, garlic, organic coconut flour, lemon and heavy cream. Other ingredients, along with the full recipe can be found below.

<https://www.healthstartsinthekitchen.com/recipe/salmon-meat/>

4. Grilled chicken and peanut sauce

Chicken is definitely one of the best foods to stick to when you’re following a healthy diet. However, finding new and tasty recipes can be a challenge! That’s where this unique grilled chicken and peanut sauce recipe comes in.

Especially ideal for summer days, this low-carb chicken recipe is so simple to create. You will need a lot of ingredients for this one, but it’s definitely worth it! You’ll find it’s packed full of delicious flavors such as lime juice, fish sauce, fresh garlic and ginger, peanut butter and jalapeno peppers. Get the recipe below.

<https://www.ibreatheimhungry.com/grilled-chicken-w-peanut-sauce-keto-low-carb/>

5. Philly cheesesteak wraps

These mouthwatering Philly cheesesteak wraps are sure to please the entire family. They take just 10-15 minutes to make and are especially great for breakfast.

You will need zero carb wraps, which you [can make yourself](https://www.lowcarbmaven.com/almost-zero-carb-wraps-tortillas-gluten-free-keto/). Other ingredients you’ll need include left over steak, green bell peppers, button mushrooms, Worcestershire sauce and Provolone cheese. Check out the full recipe below:

<https://www.lowcarbmaven.com/philly-cheese-steak-wraps/>

These are just 5 of the best keto diet recipes for weight loss. Why not try one of the above recipes out today and see just how delicious they truly are.