

# 9 Keto-Friendly Lunches You Won't Get Totally Bored Of

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# Women's Health

Keto-Friendly Lunches

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Delicious, healthy, and (most importantly) *easy*.

By Barbara Brody

Jul 11, 2018

If you're following the keto diet, which is very low in carbs, lunchtime can be a bit fraught: After all, you can't just grab a deli sandwich. But with a little pre-planning, you can still enjoy a midday meal that won't make you feel like you're having a #saddeskunch. Behold, nine simple lunches that'll fill you up and keep your tastebuds happy.

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## 1. Sushi California Rolls

## All Day I Dream About Food

In the mood for sushi but not the carbs from the rice? Carolyn Ketchum, founder of [All Day I Dream About Food](#), suggests making your own and subbing in cauliflower rice. "Cauliflower is a good source of fiber, vitamin C, and potent antioxidants that fight against cancer and other diseases," says Lyssie Lakatos\*, R.D.N, co-owner of



[NutritionTwins.com](#).

[Get the recipe](#)

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## 2. Cobb Salad Bacon Cups

All Day I Dream  
About Food

Ketchum, who's also the author of [Easy Keto Dinners](#), suggests using thin bacon strips to make mini cups, then filling up with cobb salad essentials like avocado, which is rich in monounsaturated fat and vitamin E.

[Get the recipe](#)



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### 3. Nut Butter Sandwich

Nutiva

For a grown-up twist on a childhood treat, grab a slice of your favorite low-carb bread and slather on some homemade [MCT Cashew Almond Nut Butter](#) (just leave out the maple syrup), along with [Nutiva Organic MCT Oil](#) and some sea salt. "Cashews and almonds are rich in monounsaturated and polyunsaturated fats, and the combination of fat and fiber is really filling," says [Kristin Kirkpatrick](#), R.D.N., a dietitian and advisor for the [Lose It!](#) app. Each tablespoon of the MCT oil adds 130 calories and 14 grams of fat.

[Get the recipe](#)



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#### 4. Caramelized Onion and Gruyere Quiche

## All Day I Dream About Food

"Eggs are rich in choline and a good source of vitamin D," Lakatos says. In this [recipe](#), Ketchum bakes them into an almond-flour crust along with onions and savory gruyere cheese. Nice.

[Get the recipe](#)



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## 5. Smoky Tuna Pickle Boats

Melissa Sevigny

This simple recipe, from Melissa Sevigny at [I Breathe I'm Hungry](#), uses two types of tuna (albacore and smoked), which are great sources of healthy omega-3 fatty acids.

[Get the recipe](#)



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## 6. Power Coffee

## Nutiva

Okay, so it's not exactly a meal, but if you feel like you could use an energy boost, reach for some java with a scoop of [Nutiva Organic MCT Powder](#), which contributes 60 calories, 6 grams of fat, 3 grams of carbohydrates, and 3 grams of fiber. Coffee is a good source of antioxidants, and "the fiber is a good addition, because many people struggle to get enough while on a keto diet," Kirkpatrick says.

[Get the recipe](#)



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## 7. Tomato Basil Soup

Melissa Sevigny

Canned tomatoes and mascarpone cheese are the star ingredients in this [recipe](#) developed by Sevigny.

Tomatoes are a good source of lycopene, an antioxidant that acts as a "natural sunscreen," Latakos says. (But you still need that bottle of SPF!)

[Get the recipe](#)



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## 8. Chicken, Bacon, and Avocado Caesar Salad



Amanda Hughes

Grilled chicken, crumbled bacon, and ripe avocado (a good source of healthy fats and vitamin E) get topped with a creamy Caesar dressing in this recipe from Amanda Hughes at



[WickedStuffed.com](http://WickedStuffed.com).

[Get the recipe](#)

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## 9. 5-layer Mexican Dip Bowls

Amanda Hughes

Make your own guac, season some ground beef, and add in plenty of toppings. This tasty combo from Hughes, author of *[The Wicked Good Ketogenic Diet Cookbook](#)*, also features cayenne pepper sauce for an added kick.

[Get the recipe](#)



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\*Experts are not affiliated with Nutiva and do not all fully endorse a keto diet.

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