



Carb Manager's

KETO DIET RECIPES

SUMMER PICNIC & BBQ

Premium Recipe Collection



10 EXCLUSIVE Keto recipes perfect for picnics, backyard BBQs, and cooling down the heat of summer.

Includes QR codes for tracking in the Carb Manager app!



INTRODUCTION

Picnic and BBQ szn are officially here 🍷🍦

Whether you're planning a picnic with friends, backyard family BBQ, or chill socially distanced hangout, we've got you covered with Keto versions of all the essential dishes, snacks, treats, and tasty beverages you need to enjoy summer in style!

The great thing about Keto-in-the-summer is that it's perfectly suited to BBQ season. You can always throw a steak, burger, or even some wings on the grill and you're good to go.

With a few simple swaps and tweaks, you can create a low-carb, Keto-friendly feast of sides and treats to satisfy the whole family and wow some non-Keto friends, too.

To say thanks for being a part of the Carb Manager family, we put together this exclusive ebook with 10 Carb Manager Premium recipes not available anywhere else, and only accessible in-app when you scan the QR codes included in this book.

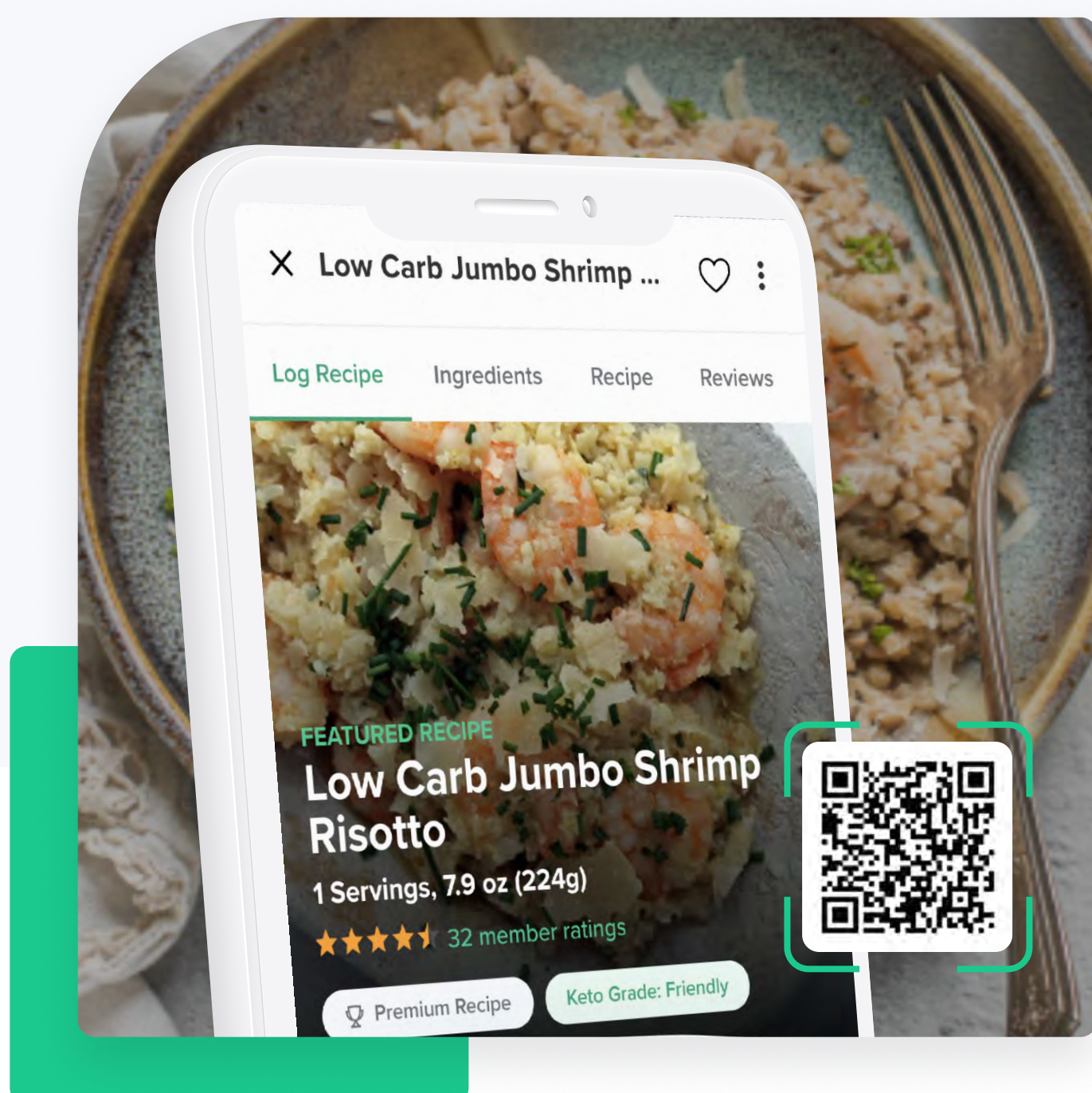
From Keto pro to low-carb newbie, you'll find something here to inspire and enjoy the season with. And remember to scan those QR codes for easy macro tracking and meal planning so you stay on track even while you chill with a Keto ice cream in hand 😊

And if you're not a Premium member yet, [click here to unlock an all-access pass to Carb Manager's Premium recipe collection](#) — including 50,000+ low-carb & Keto options, with something to fit every season.

ABOUT

Carb Manager

With over 8 million downloads, Carb Manager has been the #1 Keto diet app since 2010 in both the App Store and Google Play. It's the world's most comprehensive, all-in-one Keto diet toolkit, with a suite of tools designed to help you get the MOST out of your Keto diet.





INGREDIENTS

- 5 ice or ice cubes
- 1 fluid ounce vodka
- ½ ounce lime juice, fresh
- 1 fluid ounce orange juice
- 1 can natural cran-raspberry flavored sparkling water by la croix



- Net Carbs**
● 4.3g
- Protein**
● 0.3g
- Fats**
● 0.1g

Fiber
0.1g

Total Carbs
4.4g

Keto Cosmo Seltzer Cocktail

You may notice this Keto Cosmo looks a little different from what you’re used to. A typical Cosmopolitan is made with sugar-filled juices and extra liqueurs for a more concentrated drink. For the sake of Keto, we’re losing all those processed ingredients and leaning towards fresh, natural ingredients; a Conscious Cosmo, if you will. Enjoy the refreshing fizz and natural flavors next time you have a meeting with friends or want to wind down after a long week. Remember to drink responsibly!

PREP TIME
3 min

COOK TIME
0 min

SERVES
1 drink

1. Fill a large 16 oz glass with 5-6 ice cubes. Cut a single wedge from an orange and line the rim of the glass with the wedge. Pour the vodka, lime juice, and fresh orange juice over the ice. Slowly pour a can of cranberry seltzer over the ice to mix the ingredients together.



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INGREDIENTS

- 15 oz english cucumber
- 4 tbsp spearmint, fresh
- 2 tbsp, sliced red onion
- 1 tbsp lemon juice
- ½ tsp kosher salt




- Net Carbs**
● 1.4g
- Protein**
● 0.2g
- Fats**
● 0g

 **Fiber**
1.3g


 **Total Carbs**
2.7g

Keto Cucumber Mint Salad

I love a bright, tart, cold and delicious summery salad, and this one hits all the flavor notes! It is easy and simple to make. The only equipment you need is a mandolin (our favorite happens to be a Japanese mandolin for its ultra-sharp blade). An English cucumber is sliced super thin and then combined with sliced red onion, freshly squeezed lemon juice, and kosher salt. The ingredients are simple, but the flavor is outstanding! The salad is studded with fresh mint leaves to brighten the entire salad.

PREP TIME
 **15** min

COOK TIME
 **0** min

SERVES
 **6** plates

1. Slice the English cucumber into 1/8” slices on a sharp mandolin. Place the cucumber slices into a bowl and toss with the kosher salt.
2. Layer the sliced red onion on top of the cucumber.
3. Drizzle on the lemon juice (freshly squeezed is best). Then top the salad with the fresh mint leaves and serve immediately or refrigerate briefly.



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INGREDIENTS

- 17-½ oz ground beef
- 12 pitted greek kalamata olives
- 2 clove garlic
- 1 tbsp rosemary, fresh
- 1 medium raw egg
- ½ small red onion
- ¼ tsp salt, sea salt
- ⅛ tsp black pepper



 Fiber
0.2g

 Total Carbs
1.5g

Keto Grilled Summer Burger

This flavorful Keto summer recipe is a guaranteed crowd-pleaser - perfect for chucking on the BBQ or indoor grill pan. Our low carb grilled burger is prepared with ground beef, aromatic garlic, tender red onion, fragrant fresh rosemary, juicy kalamata olives, and an egg to bind. These quick and easy Keto burgers are packed with Mediterranean-inspired flavors and are a great protein option to serve with your favorite low carb summer sides.

PREP TIME

 **10** min

COOK TIME

 **20** min

SERVES

 **6** burgers

1. Crush the garlic, finely chop the onion, rosemary, and olives. Add the ground beef to a large mixing bowl. Add the garlic, olives, onion, rosemary, salt, and pepper. Mix well to combine.
2. Crack the egg into the bowl. Mix well. The beef and seasonings should be well combined with the egg.
3. Divide the beef mixture into 6 even-sized portions. Shape each portion into a patty with your hands. Lightly oil a grill pan and place over a high heat.
4. Place 4 patties on the pan and reduce the heat to medium. Cook the patties for 5-6 minutes on each side or until completely cooked through, pressing down with a spatula to create grill marks. Repeat with the remaining patties. Serve hot with your preferred low carb summer sides.



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INGREDIENTS

2 fl oz lemon juice

1 fl oz bourbon

1 tsp honey



Net Carbs
● 4.9g

Protein
● 0.1g

Fats
● 0.1g

 Fiber
0.1g

 Total Carbs
5g

Keto Hard Lemonade

Keto Hard Lemonade is made with freshly squeezed lemons and quality bourbon. The ingredients are shaken in a jar full of ice and sweetened with a touch of honey. A lemon wedge is rubbed on the rims of the glasses right before pouring the deliciously cold, hard lemonade into them. Keto Hard Lemonade is a quick and easy way to enjoy a Keto-friendly adult lemonade that is better than any store-bought drink.

PREP TIME
 15 min

COOK TIME
 0 min

SERVES
 2 glass

1. Freshly squeeze a lemon using a reamer.
2. Pour the lemon juice into a mason jar or a cocktail shaker.
3. Add in the bourbon. If using the honey, combine the honey with 1 tsp or so warm water to dissolve it and add it to the other ingredients.
4. Add ice and top the jar with a lid. Give the ingredients a good shake to chill them.
5. Use any excess lemon (use the leftover ones from squeezing) to rub onto the rims of small whiskey glasses. Add a slice of lemon to each glass.
6. Then strain the mixture into each glass and serve immediately.



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INGREDIENTS

- 8 oz chicken breast boneless skinless raw
- ¼ tsp seasoned salt
- ⅓ tsp black pepper
- 2 tsp spicy brown mustard
- 1 tsp olive or extra virgin olive oil
- 1 cup mayonnaise
- ½ tsp spicy brown mustard
- ½ tsp honey
- 1 oz walnuts
- 1 oz celery
- ¼ oz scallions



Net Carbs
● 1.8g

Protein
● 13.3g


Fats
● 48.8g

 **Fiber**
0.7g

 **Total Carbs**
2.6g

Keto Honey Mustard Roasted Chicken Salad

This Keto chicken salad recipe is super easy to make and is great for meal prep or any meals your need to transport. Simply seasoned chicken is coated in brown mustard and cooked until the spices roast on the meat. The chicken is chopped up and mixed with some traditional chicken salad ingredients with natural honey and more mustard. Chopped walnuts and celery add a Keto crunch to the chicken salad for texture and a refreshing flavor. Bring the Keto chicken salad out to picnics or other outdoor get-togethers.

PREP TIME
 **15** min

COOK TIME
 **10** min

SERVES
 **4** 1/2 cups

1. Slice a chicken breast into a few tenders or large pieces, and place them in a mixing bowl. Use a pair of tongs to fold the chicken over in the bowl with seasoned salt, pepper, and brown mustard. When the chicken is coated, start heating the olive oil in a pan on the stove over high heat. When the oil is hot, transfer the chicken to the pan to sear on one side.
2. Sear the chicken until the mustard and spices are dark on one side. Flip the chicken pieces over and cook them until they're dark golden on all sides and cooked through the centers. When the chicken is done cooking, set it aside somewhere to cool and rest. Then, chop and slice the chicken into small, shredded pieces. The finer you can dice the chicken, the better it will be for this style of chicken salad.
3. Add the chopped chicken to a new, large mixing bowl. Combine the chicken with mayonnaise, more brown mustard, honey, chopped walnuts, chopped celery, and chopped green onion. Gently fold the chicken salad over in the bowl until you have a creamy mixture with equal portions of celery, walnuts, and chicken throughout. Chill the finished chicken salad for at least 1 hour before serving. Check the recipe introduction for serving suggestions.



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INGREDIENTS

- 3-½ oz pineapple
- 1 tbsp butter, unsalted
- 10 drops liquid stevia
- ¾ cup almond flour
- ¼ cup coconut flour
- 1 tbsp brown sugar replacement
- ½ scoop protein powder
- ¼ tsp salt
- 2 tsp baking powder
- 3 large raw egg
- ¼ tsp vanilla extract
- ⅛ tsp pineapple extract
- 20 drops liquid stevia
- ¼ cup almond milk




- Net Carbs**
● 2.6g
- Protein**
● 4.4g
- Fats**
● 6.2g

 **Fiber**
1.7g

 **Total Carbs**
5.3g

Keto Mini Pineapple Upsidedown Tea Cakes

You no longer have to miss the taste of sweet, sweet pineapple. Just the right balance of flavors, and you can enjoy this low-carb dessert as an occasional treat on your Keto diet without messing up your macros. These mini tea cakes have a spongey texture with a lot of vanilla flavor. They’re baked to have the perfect shade of golden yellow caramelized on the sides of the cakes. Enjoy the finished cakes fresh out of the oven or store them in your refrigerator. They make an equally yummy cold treat during the day!

PREP TIME
 **25** min

COOK TIME
 **45** min

SERVES
 **12** piece

1. Make the pineapple topping first, since this will go in the base of your mini muffin tins. Remove enough pineapple that yields the weight listed in the ingredients from a can, and chop the pineapple into very small pieces. You don’t need to crush the pineapple, but just cut the fruit small enough so it can break down more easily. Melt the butter in a small pot over low heat on your stove, then add the chopped pineapple to the pot. Add the first amount of liquid stevia and stir the ingredients together.
2. Place a lid over the pot, and let the pot bubble over low heat until the pineapple release some water and the butter turns yellow or golden. You may smell a slightly nutty fragrance from the darkened butter or a caramelization scent from the natural sugars in the pineapple. Then, remove the lid and let the pot continue bubbling over a slightly higher heat until the butter reduces and the pineapple browns a little. Set your pot aside off the heat while you prepare a mini muffin tin. Spray the tin tray liberally with pan spray. Fill the base of 12 mini muffin tins with the pineapple topping until it’s all used up.
3. Set the tray with the pineapple topping aside temporarily, and turn on your oven to preheat to 325 degrees. In a large mixing bowl, whisk together the almond flour, coconut flour, brown sugar substitute, protein powder, salt, and baking powder. Make sure to break up the moist brown sugar and protein powder so it doesn’t clump together in the bowl. In a different mixing bowl, whisk together the eggs, vanilla and pineapple extracts, liquid stevia, and almond milk. Then, pour the wet ingredients into the bowl of dry ingredients and stir everything together to combine the cake batter. You may taste-test a very small amount of the batter to see if any flavor adjustments should be made to your liking.
4. The cake batter is going to be a little thicker than most cake batters. If the batter is too firm - closer to cookie dough - you need to add more almond milk. If the batter cannot hold its shape and spread, then it’s too loose. Once the batter is ready, distribute it amongst the mini muffin tins over the pineapple topping. Each tea cake is made with approx. 2 tablespoons of batter. If you own a #40 chef’s scoop, this will help you very much, or you can use a regular tablespoon.
5. Gently press the batter down once it’s scooped over the pineapple topping. The batter should just fill the volume of each mini muffin tin and may slightly rise above the edges. Place the tray in the oven and bake for at least 20 minutes. The finished cakes should have golden edges and a spongy texture. Use a toothpick test to check for doneness. Set a timer and let the cakes cool in the tray for 5 minutes. Then, flip the tray over onto a clean surface to let the cakes fall out with the golden pineapple baked on top. Let the cakes cool another 5-10 minutes before enjoying warm.



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INGREDIENTS

- 12 oz chicken breast boneless skinless raw
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp italian seasoning
- ½ tsp olive or extra virgin olive oil
- ¾ oz basil
- ⅓ cup, grated parmesan cheese, fresh (hard)
- 1 oz walnuts
- ⅓ tsp salt
- 1-½ tsp, chopped garlic
- 1 tsp lemon juice
- ¼ cup extra virgin olive oil
- 4 oz grape tomato
- 5-½ oz ciliegine fresh mozzarella
- 4 oz shirataki noodle



Net Carbs
● 1.9g

Protein
● 27.1g

Fats
● 30.6g

 **Fiber**
1.6g

 **Total Carbs**
3.6g

Keto Pesto Chicken Macaroni Salad

Who doesn't love pesto? Good thing you can easily make this recipe in batches because everyone will love your Keto pesto chicken macaroni salad. It's perfect as a side dish at the dinner table, a contribution to the family barbecue, or as a snack you can quickly munch on throughout the daytime. If you like the idea of this recipe but have a more sensitive digestive system, you can check out Carb Manager's Keto pesto sauce alternative recipes.

PREP TIME
 **45** min

COOK TIME
 **15** min

SERVES
 **4** cups

1. Cut a large chicken breast into tenders or large pieces, and add them to a mixing bowl. Coat the chicken in salt, pepper, italian seasoning, and olive oil. Use a pair of tongs to gently fold the chicken over to distribute the seasonings and oil. Next, heat a pan on high heat on your stove. When the pan is hot, add the chicken pieces to the pan.
2. Cook the chicken on one side until the spices have charred to a darkened golden or darker. Flip the chicken until the other side is cooked to the same. You can adjust your stove heat as necessary to ensure the chicken cooks all the way through without burning. Once the chicken is done, transfer it aside to rest somewhere out of the way for now.
3. Make the basil pesto sauce by combing fresh basil leaves, parmesan, walnuts, salt, garlic, lemon juice, and extra virgin olive oil in a food processor. You can add more olive oil to the pesto sauce at your discretion for a looser texture, or you can add a small amount of water. Taste and adjust the flavors of the pesto sauce to your liking. Chop the chicken that has been resting into small pieces or shredded bits. Add all the chopped chicken to a new, large mixing bowl, and pour the basil pesto sauce over the chicken in the bowl.
4. Add whole grape tomatoes and whole pieces of ciliegine mozzarella balls to the mixing bowl. However, if you find these ingredients are too large for your liking, you can cut both the tomatoes and cheese into halves. Prepare a package of shirataki noodles as it's directed on the bag, and only include the amount directed in the ingredients in your mixing bowl. Gently fold all the contents of the mixing bowl together until you have yummy, green, creamy, pesto chicken macaroni salad. Chill the salad for 30 minutes before serving.



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INGREDIENTS

- 2 cup water
- 1 cup, whole pieces strawberries, fresh
- 1 teaspoon vanilla extract
- 1 tablespoon lemon juice
- ¼ cup 100% pure erythritol by now
- ¾ cup whipping cream



- Net Carbs**
● 3.6g
- Protein**
● 1.5g
- Fats**
● 16.2g

 **Fiber**
0.7g

 **Total Carbs**
16.4g


Keto Strawberries And Cream Granita

This refreshing strawberry granita is topped with a generous helping of fluffy whipped vanilla cream.

This is a great option for a simple dessert when you need something sweet!

PREP TIME
 **4h 10m**

COOK TIME
 **0 min**

SERVES
 **4** servings

1. Add the strawberries and erythritol to a food processor and blend until you have a puréed liquid.
2. Add the water and lemon juice then blend again to combine.
3. Pour the mixture into a shallow freezer proof tray.
4. Freeze the mixture for an hour then use a fork to break up the mixture where it has started to freeze. Repeat this process every hour for the next three hours.
5. Just before the granita is ready, add the whipping cream to the bowl of a stand mixer with a whisk attachment. Add the vanilla and whip until light and fluffy.
6. Crush the granita and divide between four serving glasses.
7. Top with whipped cream to serve.



[View Recipe](#)



INGREDIENTS

- 4 cup black tea
- 6 oz strawberries
- ½ cup water
- 10 drops liquid stevia
- ½ each lemon juice
- 20 drops liquid stevia



- Net Carbs**
● 2.3g
- Protein**
● 0.2g
- Fats**
● 0.1g

Fiber
0.6g

Total Carbs
2.9g

Keto Strawberry Infused Arnold Palmer Iced Tea

The recipe has nothing to do with golf, but you have to thank the golfer Arnold Palmer for this delicious Keto drink idea! If you’re not familiar with Arnold Palmer iced tea, it is actually a common non-alcoholic drink ordered which simply combines iced tea and lemonade. Serve your strawberry-infused Arnold Palmer iced tea over tons of ice for your Summer patio meals. Your drink will still be Keto if you choose to add a shot of alcohol to your glass as well!

PREP TIME
1h 10m

COOK TIME
15 min

SERVES
6 glass

1. Prepare cold black tea using 8-fluid ounces of water per tea bag in your preferred style (4 cups tea = 4 tea bags). There are multiple ways you can choose, which are described more thoroughly in the recipe introduction. Steep the tea to create as dark a brew as you desire. Remember, the black tea should be a little concentrated in flavor because more liquid will be added later. You may wish to prepare the black tea the night before you want to make the iced teas. Steep for a minimum of 1 hour.
2. You may make this step the day you wish to make the iced teas, or you may also do this step the night before. Remove the leafy tops of the strawberries and place them in a small pot. Add the first amount of water and the first amount of liquid stevia to the pot, and place a lid on it. Heat the pot until boiling on your stove. Then, remove the lid and let the strawberries simmer until they turn pale and are extremely soft.
3. Remove the pot of strawberries from the heat. Use an emulsion blender or hand blender to pulse the contents until you have a strawberry puree. You may also use a standing blender to achieve this. Return the strawberry puree to the pot, if necessary, and continue simmering the puree until it turns to a thick, glossy texture that coats the back of a spoon. Strain the puree into a new dish to remove the seeds and to cool. Store the strained puree in your refrigerator to chill and thicken.
4. To make the iced tea, grab a pitcher that will hold all the 8 fluid ounce servings. Squeeze all the lemon juice into the pitcher, and fill the pitcher with additional water until it reaches 2 cups (or about ⅓ cup per serving). Stir the final amount of liquid stevia into the lemonade. Stir all the cold-brewed black tea into the pitcher. Taste the tea. At your discretion, you can sweeten the tea with more liquid stevia or add extra lemon juice.
5. To serve a glass of iced tea, spoon 1-2 tablespoons of strawberry puree into the bottom of a glass (you may turn the glass to distribute the strawberry puree in a more decorative way or even drip some onto the rim of the glass). Place ice cubes in the glass next followed by pouring 8 fluid ounces of Arnold Palmer iced tea over the ice. At your discretion, you can garnish glasses with sliced strawberries or lemons.



[View Recipe](#)



INGREDIENTS


- 4 medium radish, raw
- 3-½ oz feta cheese
- 2 cup arugula
- 2 medium strawberries
- 2 tbsp extra virgin olive oil
- 2 tsp lime juice, fresh
- 1 each avocado
- 1 tsp tahini
- 1 tbsp pine nuts
- ½ small red onion
- ½ cup cucumber
- ½ tsp salt, sea salt
- ⅓ tsp black pepper



Net Carbs
● 7.5g

Protein
● 10.4g


Fats
● 39.1g

 **Fiber**
6.3g

 **Total Carbs**
13.9g

Ultimate Low Carb Summer Salad

This refreshing Keto summer recipe is packed with sweet and savory flavors, healthy fats, and protein. Our low carb salad has been prepared with peppery arugula, crisp radishes, sweet red onion, cooling cucumber, creamy avocado, juicy fresh strawberries, tangy feta cheese, and drizzled with a tahini, lime, and olive oil dressing. The salad is topped with toasted pine nuts to serve. This makes a delicious lunch or light dinner option, perfect for summer dining and warmer weather.

PREP TIME
 **15** min

COOK TIME
 **0** min

SERVES
 **2** servings

1. Thinly slice the radishes and onion and finely dice the cucumber. Add 2 packed cups of arugula to a large salad/serving bowl along with the prepared vegetables. Toss to combine.
2. Thinly slice the strawberries and finely dice the avocado flesh. Add the avocado and strawberries to the salad bowl. Crumble over the feta cheese and toss everything to combine.
3. To prepare the dressing, add the tahini, lime juice, olive oil, salt, and pepper to a mixing bowl. Whisk to combine until smooth. Taste and adjust seasonings as desired.
4. Drizzle the tahini dressing over the summer salad. Mix to combine, coating the salad evenly in the dressing. Sprinkle the toasted pine nuts over the top of the salad to serve.



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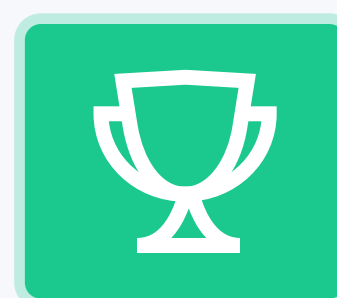
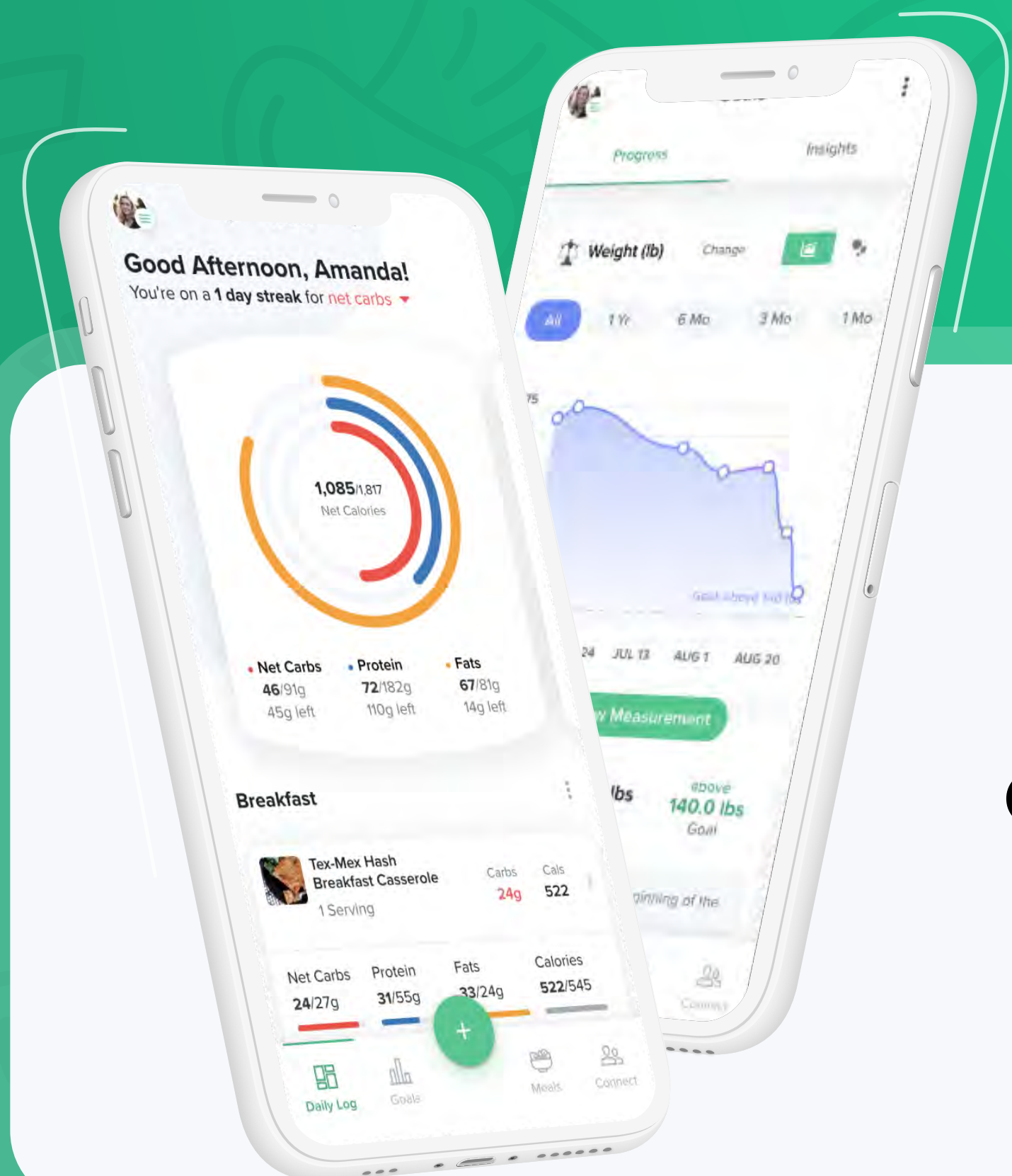
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