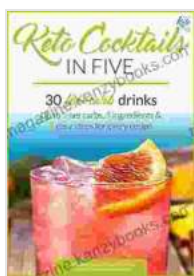


# 30 Low Carb Drinks with Up to 1 Net Carb: Easy Steps for Every Recipe

If you're following a low-carb diet, you don't have to give up your favorite drinks. Here are 30 low-carb drinks, all with 1 net carb or less, so you can sip on without guilt.



**Keto Cocktails in Five: 30 Low Carb Drinks. Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe.**

**(Keto in Five)** by Vicky Ushakova

★★★★☆ 4.1 out of 5

Language : English  
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 103 pages  
Lending : Enabled



## Cocktails

These low-carb cocktails are perfect for parties or just relaxing at home.

- Keto Margarita (0 net carbs)
- Moscow Mule (1 net carb)
- Low-Carb Mojito (1 net carb)
- Dirty Martini (1 net carb)

- Old Fashioned (1 net carb)

## **Sodas and Juices**

These low-carb sodas and juices are a great way to quench your thirst without consuming excess carbs.

- Diet Coke (0 net carbs)
- Diet Pepsi (1 net carb)
- Zevia (0 net carbs)
- Unsweetened Iced Tea (0 net carbs)
- Unsweetened Coffee (0 net carbs)

## **Smoothies**

These low-carb smoothies are a great way to get some extra nutrients into your diet.

- Green Smoothie (3 net carbs)
- Keto Strawberry Smoothie (2 net carbs)
- Chocolate Smoothie (4 net carbs)
- Peanut Butter Smoothie (3 net carbs)
- Mango Smoothie (4 net carbs)

## **Other Drinks**

These low-carb drinks are a great way to enjoy a variety of flavors.

- Sparkling Water (0 net carbs)

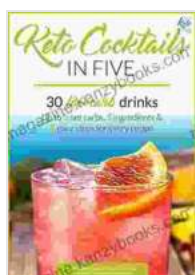
- Unsweetened Almond Milk (1 net carb)
- Unsweetened Coconut Milk (1 net carb)
- Heavy Cream (1 net carb)
- Red Wine (3-4 net carbs per glass)

## Tips for Making Low-Carb Drinks

Here are a few tips for making low-carb drinks:

- Use sugar-free sweeteners, such as stevia or monk fruit, to sweeten your drinks.
- Use unsweetened almond milk or coconut milk instead of regular milk.
- Add some heavy cream to your coffee or tea for a creamy and satisfying low-carb treat.
- Flavor your drinks with fresh fruits and herbs, such as berries, citrus, and mint.
- Avoid sugary juices and sodas, which are high in carbs.

These 30 low-carb drinks are a great way to enjoy your favorite beverages without breaking your low-carb diet. With so many delicious options to choose from, you're sure to find the perfect drink for any occasion.



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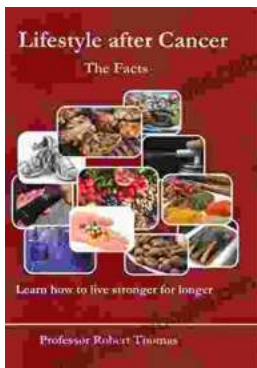
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