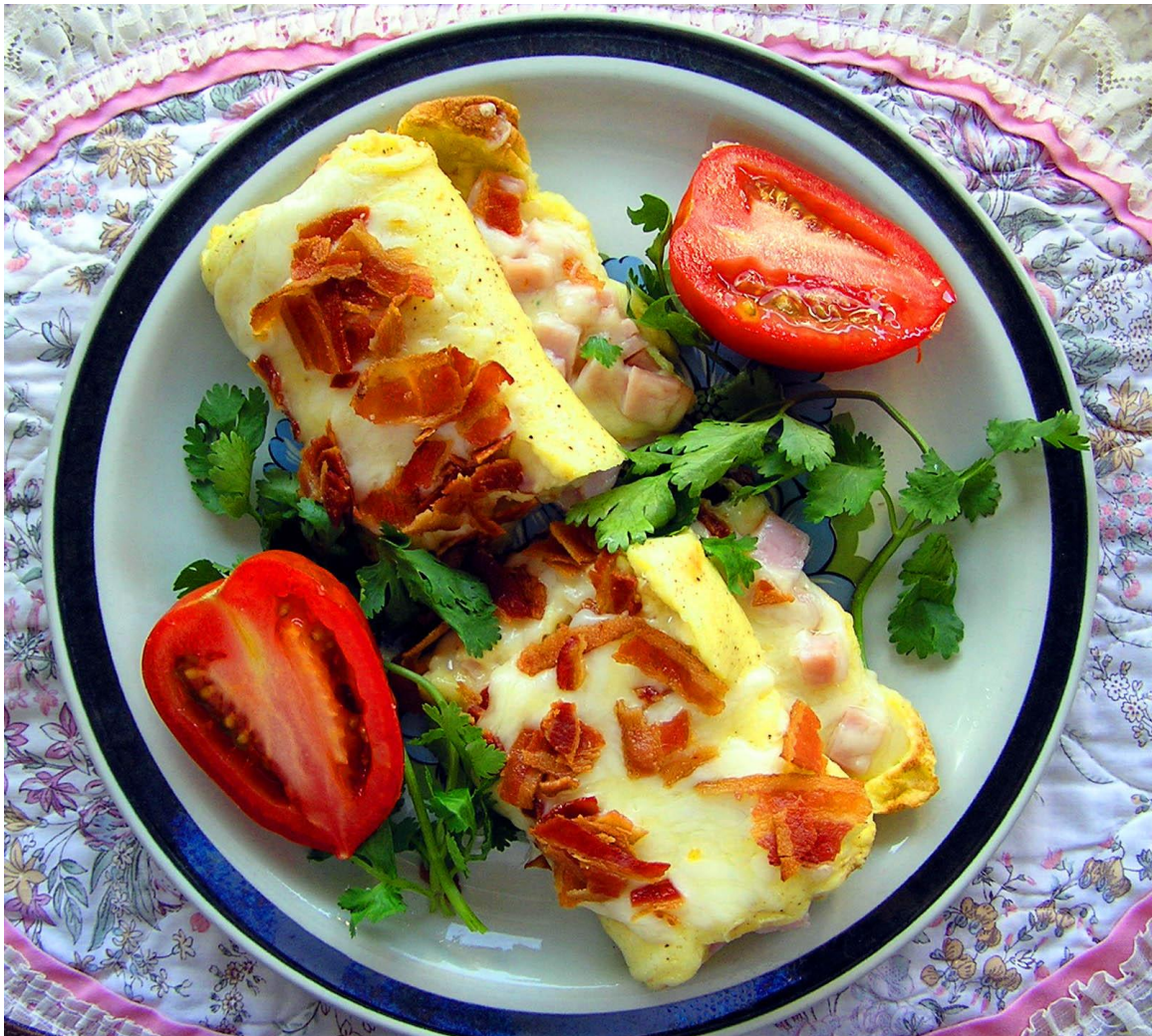


25 Healthy Low Carb Recipes



Presented by Dr. Iris Bell

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Disclaimer

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Introduction

Low carb eating is something that has become increasingly popular in recent years. It has been linked with a range of health benefits including:

- *Improved weight loss (even when you're not consciously restricting your calories).*
- *Improved concentration.*
- *Increased energy levels.*
- *Prevention and treatment of various chronic diseases.*
- *Reduced blood glucose levels (which are particularly beneficial for diabetics).*
- *Reduced blood pressure.*

Supporters of low carb eating believe the diet is so beneficial because carbohydrates are not actually an essential nutrient. They believe eating too many carbs is not necessary and can be damaging to your health. In addition to this, many of the carbs people do eat are highly processed and this causes further health complications. By eliminating these carbs, you avoid these problems and boost your overall health.

However, despite the many benefits of this diet, going low carb can be tough. Most people's diets contain at least 60% carbohydrates and they have become so used to eating bread, flour, pasta and other processed carbs, that cutting down the amount they consume is very difficult.

The good news is that with the right recipes, sticking to a healthy, low carb diet is both possible and very enjoyable. In this report, I'm going to help you get started on your healthy, low carb journey by providing you with **25 Healthy Low Carb Recipes**. The recipes include snacks, main meals, desserts and more, so no matter what time of day it is or what you want to eat, there should be something for you here.

We cannot guarantee that any given recipe will be good for your specific health situation (for instance, people with milk allergies may need to avoid yogurt or those with gallbladder issues may not tolerate higher fat foods). So, pick and choose what makes sense for your personal taste and your health.

Each recipe serves four people and comes with the following information:

- *A list of equipment that you will need.*
- *A list of ingredients that you will need.*
- *Instructions for preparing the recipe.*
- *The total number of calories and the number of calories per serving.*
- *The total number of carbohydrates and the number of carbohydrates per serving.*

Chapter 1 – 5 Low Carb Breakfast Recipes

For many people, breakfast is a carbohydrate fuelled start to the day with popular breakfast such as bagels, cereals and pancakes all containing high levels of this nutrient. However, changing your eating in the morning isn't hard and if you prepare one of these low carb breakfast recipes every day, you'll be able to cut a significant amount of carbohydrates out of your diet.

1. Bell Pepper & Onion Omelet

Eggs are packed full of protein and healthy fats and by combining them with bell peppers and onion, you also get to load up on manganese, molybdenum, vitamin A, vitamin B6 and vitamin C. This omelet brings all these ingredients together and more to create a low carb breakfast of champions.

Equipment Required:

- 4 plates
- 1 large skillet
- 1 mixing bowl
- 1 spatula
- 1 wooden spoon

Ingredients Required:

- 8 large eggs (400g)
- 2 cups of milk (472ml)
- 1 chopped medium bell pepper (120g)
- 1 chopped medium onion (120g)
- 1 tablespoon of butter (15g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of salt (5g)
- ½ cup of shredded cheddar cheese (65g)

Instructions:

- 1) Place the butter in the skillet, put it on the hob on a medium-high heat and heat it until the butter melts.
- 2) Once the butter has melted, add the chopped bell pepper and onion pieces to the skillet and fry them for 5 minutes.
- 3) While the bell peppers and onions are frying, add the black pepper, eggs, grated cheddar cheese, milk and salt to the mixing bowl and mix with the wooden spoon.
- 4) After the bell peppers and onion have fried for 5 minutes, pour the ingredients from the mixing bowl into the skillet and fry until the omelet starts to thicken (this usually takes about 2 minutes).
- 5) After the omelet has thickened, take the skillet off the hob, turn off the heat and place it under the grill on the maximum heat.

- 6) Once the top of the omelet starts to turn brown, remove it from the grill, turn the grill off, divide the omelet into four sections with the spatula, put a section on each of the four plates, serve and enjoy.

Calories:

- 1,220 calories total
- 305 calories per omelet

Carbohydrates:

- 44g total
- 11g per omelet

2. Chicken & Ham Fried Eggs

Chicken, ham and eggs are all extremely low in carbohydrates, packed full of protein and full of healthy fats. This easy to prepare recipe combines them all in one tasty dish.

Equipment Required:

- 4 plates
- 1 large skillet
- 1 spatula

Ingredients Required:

- 8 large eggs (400g)
- 1 cup of chopped cooked chicken (140g)
- 1 cup of chopped cooked ham (140g)
- 1 tablespoon of butter (15g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of salt (5g)

Instructions:

- 1) Place the butter in the skillet, put it on the hob on a medium-high heat and heat it until the butter melts.
- 2) Once the butter has melted, add the chopped chicken and ham pieces to the skillet and fry them for 10 minutes.
- 3) After 10 minutes, use the spatula to ensure that the chicken and ham are evenly distributed throughout the skillet and then add the eggs.
- 4) Fry the eggs until they have turned from clear to white (this usually takes 2 minutes), then remove the skillet from the hob and turn off the heat.
- 5) Divide the chicken and ham fried eggs into four portions using the spatula, put a section on each of the four plates, serve and enjoy.

Calories:

- 1,100 calories total

- 275 calories per serving

Carbohydrates:

- 0g total
- 0g per serving

3. Chopped Tomatoes & Scrambled Eggs

Scrambled eggs are quick, easy and good for you while chopped tomatoes are tasty, juicy and contain high levels of manganese, molybdenum, potassium, vitamin A, vitamin C and vitamin K. This simple recipe uses both of these ingredients to create a highly nutritious, tasty, low carb breakfast.

Equipment Required:

- 4 plates
- 1 large saucepan
- 1 spatula
- 1 whisk
- 1 wooden spoon

Ingredients Required:

- 8 large eggs (400g)
- 4 chopped large tomatoes (728g)
- 2 cups of milk (472ml)
- 1 tablespoon of butter (15g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of dried oregano (5g)
- 1 teaspoon of dried thyme (5g)
- 1 teaspoon of salt (5g)

Instructions:

- 1) Place the butter in the saucepan, put it on the hob on a medium-high heat and heat it until the butter melts.
- 2) Add the black pepper, eggs, milk and salt to the saucepan and whisk all the ingredients until they're fully mixed.
- 3) Once the ingredients are fully mixed, continue to heat the scrambled eggs in the saucepan and make sure that you stir and scrape them every 30 seconds with the wooden spoon.
- 4) Once the eggs have set and become fluffy (this usually takes around 4 minutes), remove the saucepan from the hob and turn off the heat.
- 5) Add the chopped tomatoes, dried oregano and dried thyme to the pan and stir well with the wooden spoon.
- 6) Divide the chopped tomatoes and scrambled eggs mixture into four portions using the spatula, put a section on each of the four plates, serve and enjoy.

Calories:

- 1,124 calories total
- 284 calories per serving

Carbohydrates:

- 56g total
- 14g per serving

4. Greek Yogurt & Blueberries

Greek yogurt and blueberries is one of the easiest breakfasts you can make and provides you with a perfect blend of creaminess and sweetness. It's also packed full of protein, anthocyanins, manganese, vitamin C and vitamin K.

Equipment Required:

- 4 bowls

Ingredients Required:

- 2 cups of blueberries (300g)
- 2 cups of Greek yogurt (472ml)

Instructions:

- 1) Place a quarter of the blueberries and Greek yogurt in each of the four bowls, serve and enjoy.

Calories:

- 580 calories total
- 145 calories per serving

Carbohydrates:

- 56g total
- 14g per serving

5. Raspberry, Strawberry & Protein Smoothie

Raspberries and strawberries are packed full of iodine, magnesium, manganese, potassium, vitamin B9, vitamin C and vitamin K. They also contain an average of just 12g of carbohydrates per cup. The recipe below combines these low carb, nutrient packed fruits with protein to give you a simple but effective breakfast.

Equipment Required:

- 4 glasses
- 1 blender

Ingredients Required:

- 10 frozen raspberries (40g)
- 10 frozen strawberries (79g)
- 1 cup of milk (236ml)
- 1 cup of Greek yogurt (236ml)
- 1 scoop of protein powder (30g)

Instructions:

- 1) Place all the ingredients in the blender and blend until smooth.
- 2) Once the mixture is smooth, pour a smoothie into each of the four glasses, serve and enjoy.

Calories:

- 640 calories total
- 160 calories per smoothie

Carbohydrates:

- 28g total
- 7g per smoothie

Chapter 2 – 5 Low Carb Lunch Recipes

Lunch is another meal where the vast majority of people carb it up by eating sandwiches, chips, chocolate and more. However, cutting out these carbohydrate filled foods doesn't mean your lunch has to suffer and with these low carb lunch recipes, you can be sure it won't.

1. Creamy Tuna & Peas

Tuna is another protein packed, low carb super food that goes great with peas. This healthy recipe combines these ingredients with a small amount of sour cream to create a satisfying, filling low carb lunch.

Equipment Required:

- 4 plates (if you are eating the meal at the time of preparation)
- 4 sealable containers (if you are preparing the meal in advance)
- 1 large salad bowl
- 1 wooden spoon

Ingredients Required:

- 4 tablespoons of sour cream (60ml)
- 3 cans of tuna (516g)
- 1 cup of peas (145g)
- 1 teaspoon of chives (5g)
- 1 teaspoon of black pepper (5g)
- ½ cup of shredded cheddar cheese (65g)

Instructions:

- 1) Place all the ingredients in the salad bowl and stir well with the wooden spoon.
- 2) If you are eating the creamy tuna and peas there and then, place four equal sized portions onto each of the four plates, serve and enjoy. Alternatively, if you are eating the creamy tuna and peas later, place four equal sized portions into each of the four sealable containers and then put them in the refrigerator until you are ready to eat.

Calories:

- 1,168 calories total
- 292 calories per serving

Carbohydrates:

- 24g total
- 6g per serving

2. Homemade Beef & Vegetable Soup

Beef is a full flavored meat that contains high levels of protein, selenium, vitamin B3 and zinc. This homemade beef and vegetable soup mixes beef with a range of nutritious vegetables to create a simple but tasty low carb meal.

Equipment Required:

- 4 soup bowls (if you are eating the soup at the time of preparation)
- 4 water tight sealable containers (if you are preparing the soup in advance)
- 1 large soup pan
- 1 wooden spoon

Ingredients Required:

- 12 oz. of chopped beef (340g)
- 4 cups of beef broth (944ml)
- 2 tablespoons of extra virgin olive oil (30ml)
- 2 tablespoons of tomato paste (30ml)
- 1 tablespoon of soy sauce (15ml)
- 1 chopped clove of garlic (3g)
- 1 chopped large bell pepper (164g)
- 1 chopped large onion (150g)
- 1 cup of chopped mushrooms (70g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of cayenne pepper (5g)
- 1 teaspoon of dried basil (5g)
- 1 teaspoon of dried parsley (5g)
- 1 teaspoon of salt (5g)
- ½ cup of red wine (118ml)

Instructions:

- 1) Add the bell pepper, extra virgin olive oil, mushrooms and onion to the soup pan, place it on the hob on a medium-high heat and fry the vegetables for 5 minutes, making sure that you stir them regularly with the wooden spoon.
- 2) After 5 minutes, add the garlic and tomato paste to the soup pan and then cook for a further minute.
- 3) After 1 minute, add the red wine to the pan and cook for a further 2 minutes.
- 4) After 2 minutes, add the remaining ingredients to the soup pan, increase the heat until the soup starts to simmer and then simmer for 30 minutes, making sure that you stir the soup regularly with the wooden spoon.
- 5) After 30 minutes, remove the soup pan from the hob and turn off the heat.
- 6) If you are eating the soup there and then, pour four equal sized portions into each of the soup bowls, serve and enjoy. Alternatively, if you are eating the soup later, pour four equal sized portions into each of the four

water tight sealable containers, leave them to cool for 1 hour and then put them in the refrigerator until you are ready to eat.

Calories:

- 1,224 calories total
- 306 calories per serving

Carbohydrates:

- 56g total
- 14g per serving

3. Spicy Cottage Cheese & Smoked Salmon Salad

Cottage cheese and smoked salmon are loaded with protein, healthy fats and contain very few carbohydrates. This spicy salad incorporates them both and allows you to get maximum nutrition with minimum carbs.

Equipment Required:

- 4 plates (if you are eating the salad at the time of preparation)
- 4 sealable containers (if you are preparing the salad in advance)
- 1 mixing bowl
- 1 large salad bowl
- 1 wooden spoon

Ingredients Required:

- 10 oz. of chopped smoked salmon (284g)
- 4 tablespoons of lemon juice (60ml)
- 1 tablespoon of extra virgin olive oil (15ml)
- 1 tablespoon of white wine vinegar (15ml)
- 1 cup of cottage cheese (236ml)
- 1 chopped large bell pepper (164g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of chili powder (5g)
- ½ shredded head of romaine lettuce (313g)

Instructions:

- 1) Place the black pepper, bell pepper, cottage cheese, romaine lettuce and smoked salmon in the salad bowl and stir well with the wooden spoon.
- 2) Add the chili powder, extra virgin olive oil, lemon juice and white wine vinegar to the mixing bowl and stir well with the wooden spoon to create a spicy salad dressing.
- 3) Once all the ingredients in the mixing bowl are fully combined, drizzle the spicy salad dressing on top of the ingredients in the salad bowl.
- 4) If you are eating the salad there and then, place four equal sized portions of salad onto each of the four plates, serve and enjoy. Alternatively, if you

are eating the salad later, place four equal sized portions of salad into each of the four sealable containers and then put them in the refrigerator until you are ready to eat.

Calories:

- 1,064 calories total
- 266 calories per salad

Carbohydrates:

- 36g total
- 9g per salad

4. Spinach & Soy Sauce Turkey Wraps

These spinach and turkey soy sauce wraps are an excellent source of protein, manganese, vitamin A and vitamin K. The best part is since you're using spinach instead of bread, they're virtually carbohydrate free.

Equipment Required:

- 4 plates (if you are eating the wraps at the time of preparation)
- 4 sealable containers (if you are preparing the wraps in advance)
- 1 mixing bowl
- 1 roll of plastic food wrap
- 1 wooden spoon

Ingredients Required:

- 16 oz. of turkey (454g) (sliced into four separate 4 oz. pieces)
- 16 large spinach leaves (160g)
- 4 tablespoons of soy sauce (60ml)
- 2 tablespoon of extra virgin olive oil (30ml)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of salt (5g)

Instructions:

- 1) Place the black pepper, salt and soy sauce into the mixing bowl and mix them together to form a marinade.
- 2) Once the marinade ingredients are fully mixed, add the sliced turkey to the mixing bowl and fully coat all the slices in marinade.
- 3) Once the sliced turkey is fully coated in the marinade, wrap the mixing bowl with plastic food wrap and refrigerate for a minimum of 4 hours to allow the marinade to fully soak into the sliced turkey.
- 4) After 4 hours, remove the mixing bowl from the refrigerator and pre-heat the grill to a medium-high heat.
- 5) Grill the sliced turkey for 5 minutes on each side then remove it from the grill and turn off the heat.

- 6) Wrap each of the four portions of turkey in four spinach leaves.
- 7) If you are eating the wraps there and then, place one onto each of the four plates, serve and enjoy. Alternatively, if you are eating the wraps later, place a wrap into each of the four sealable containers and then put them in the refrigerator until you are ready to eat.

Calories:

- 928 calories total
- 232 calories per wrap

Carbohydrates:

- 12g total
- 3g per wrap

5. Stuffed Chicken, Cheese & Tomato Bell Peppers

Chicken is a fantastic protein source that contains virtually no carbohydrates. Bell peppers are also relatively low in carbs and packed full of numerous essential vitamins and minerals. This recipe brings them both together to create an extremely tasty, low carb alternative to sandwiches

Equipment Required:

- 4 plates (if you are eating the stuffed peppers at the time of preparation)
- 4 sealable containers (if you are preparing the stuffed peppers in advance)
- 1 baking sheet
- 1 large saucepan
- 1 mixing bowl
- 1 roll of plastic food wrap
- 1 wooden spoon

Ingredients Required:

- 12 oz. of chopped chicken (340g)
- 8 cups of water (1,888ml)
- 4 large bell pepper (656g) (de-seeded with the stems removed)
- 2 tablespoons of sour cream (30ml)
- 2 tablespoons of tomato paste (30ml)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of dried dill (5g)
- 1 teaspoon of dried sage (5g)
- 1 teaspoon of salt (5g)
- ½ cup of shredded cheddar cheese (65g)

Instructions:

- 1) Pre-heat the oven to 350°F (180°C).

- 2) Add the water to the saucepan, place it on the hob on a high heat and bring it to the boil.
- 3) Once the water has started to boil, add the bell peppers to the saucepan and boil them for 3 minutes.
- 4) After 3 minutes, remove the saucepan from the hob, turn off the heat, drain the saucepan and place the bell peppers on the baking sheet.
- 5) Add the black pepper, cheese, chicken, dried dill, dried sage, salt, sour cream and tomato paste to the mixing bowl and mix them well with the wooden spoon.
- 6) Once all the ingredients are fully mixed, stuff an equal amount into each of the four bell peppers and then place the baking sheet in the oven for 1 hour.
- 7) After 1 hour, remove the baking sheet from the oven, turn it off and let them cool for 10 minutes.
- 8) If you are eating the stuffed peppers there and then, place one onto each of the four plates, serve and enjoy. Alternatively, if you are eating the stuffed peppers later, leave them to cool for a further hour, place one into each of the four sealable containers and then put them in the refrigerator until you are ready to eat.

Calories:

- 1,048 calories total
- 262 calories per stuffed pepper

Carbohydrates:

- 40g total
- 10g per stuffed pepper

Chapter 3 – 5 Low Carb Dinner Recipes

For many people, dinner is a carbohydrate filled end to the day with potatoes, pasta and rice taking center stage. The good news is that eliminating these carbohydrate filled foods at dinner time isn't difficult and with these low carb dinner recipes, you can see how easy it is,

1. Bacon, Chicken, Cheese & Salsa

Bacon and chicken are protein packed, low carb meats that go perfectly with spicy salsa. The best part is that spicy salsa is equally low in carbs but provides you with many essential nutrients.

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 large saucepan
- 1 sharp knife
- 1 wooden spoon

Ingredients Required:

- 4 * 4 oz. chicken breasts (452g)
- 4 slices of bacon (32g)
- 4 slices of cheddar cheese (112g)
- 2 chopped large tomatoes (364g)
- 1 finely chopped jalapeño pepper (14g)
- 1 chopped small bell pepper (74g)
- 1 chopped small onion (70g)
- 1 tablespoon of tomato paste (15ml)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of dried basil (5g)
- 1 teaspoon of dried rosemary (5g)
- 1 teaspoon of dried thyme (5g)
- 1 teaspoon of salt (5g)

Instructions:

- 1) Pre-heat the oven to 350°F (180°C).
- 2) Wrap each of the four chicken breasts in a slice of bacon, place them on the baking sheet and bake them in the oven for 15 minutes.
- 3) While the chicken and bacon is baking in the oven, place the saucepan on the hob on a medium to high heat.
- 4) Add the black pepper, chopped bell pepper, chopped jalapeño pepper, chopped onion, chopped tomatoes, dried basil, dried rosemary, dried thyme, salt and tomato paste to the saucepan.
- 5) Heat the ingredients in the saucepan until they start to simmer and then let

- the mixture simmer for 10 minutes, stirring occasionally with the wooden spoon.
- 6) After 10 minutes, remove the saucepan from the hob and turn off the heat.
 - 7) After a further 5 minutes, remove the baking sheet from the oven, slice each of the chicken breasts in half and place a slice of cheddar cheese in the middle of each one.
 - 8) Place the baking sheet in the oven for a further 5 minutes.
 - 9) After this further 5 minutes, remove the baking sheet from the oven and turn it off.
 - 10) Place one bacon wrapped, cheese filled chicken breast on each of the four plates and then top each one with an equal amount of salsa from the saucepan, serve and enjoy.

Calories:

- 1,496 calories total
- 374 calories per serving

Carbohydrates:

- 24g total
- 6g per serving

2. Sausage & Mashed Cauliflower

Sausage and mashed potato is a popular dinner option for many people but the addition of mashed potato makes it extremely high in carbs. The good news is that by substituting potato for cauliflower you can create a similar tasting meal that contains almost no carbs.

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 food processor
- 1 sharp knife
- 1 steamer

Ingredients Required:

- 8 * 1 oz. sausages (224g)
- 2 tablespoons of butter (30g)
- 1 chopped large head of cauliflower (840g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of salt (5g)
- ½ cup of shredded cheddar cheese (65g)
- ½ cup of milk (122ml)

Instructions:

- 1) Pre-heat the oven to 350°F (180°C).
- 2) Place the chopped cauliflower into the steamer and steam for 15 minutes.
- 3) While the cauliflower is steaming, pierce the sausages on each side using the sharp knife, place them on the baking sheet and bake in the oven for 20 minutes.
- 4) Once the cauliflower has finished steaming, add it to the food processor along with the black pepper, butter, cheddar cheese, milk and salt.
- 5) Blend the ingredients in the food processor until they become smooth and creamy.
- 6) Once the sausages have finished baking, remove the baking sheet from the oven and turn it off.
- 7) Place two sausages on each of the four plates, then add an equal amount of mashed cauliflower from the food processor to each of the four plates, serve and enjoy.

Calories:

- 1,568 calories total
- 392 calories per serving

Carbohydrates:

- 52g total
- 13g per serving

3. Southern Fried Turkey Strips With Stuffed Mushrooms

Southern fried turkey strips are a fast food favorite for many people. However, since they're traditionally made using lots of breadcrumbs, eating them for dinner can significantly increase your carbohydrate intake. This southern fried turkey strips with stuffed mushroom recipes replaces the breadcrumbs with ground almonds and adds tasty stuffed mushrooms to the mix, for an equally tasty, lower carb dinner.

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 food processor
- 1 mixing bowl
- 1 sealable container
- 1 wooden spoon

Ingredients Required:

- 4 * 4 oz. turkey steaks (452g)
- 4 large portabella mushrooms (336g)

- 4 tablespoons of extra virgin olive oil (60ml)
- 2 tablespoons of tomato paste (30ml)
- ½ cup of almonds (50g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of cayenne pepper (5g)
- 1 teaspoon of paprika powder (5g)
- 1 teaspoon of salt (5g)
- ½ cup of shredded cheddar cheese (65g)

Instructions:

- 1) Pre-heat the oven to 350°F (180°C).
- 2) Place the almonds, black pepper, cayenne pepper, paprika powder and salt into the food processor and blend until the almonds become fully powdered.
- 3) Once the almonds and other ingredients have become fully powdered, add them to the mixing bowl along with the extra virgin olive oil, then mix them together with the wooden spoon to form a marinade.
- 4) Once the marinade ingredients are fully mixed, add the turkey steaks to the mixing bowl and coat them fully in the marinade.
- 5) Once the turkey steaks are fully coated in marinade, pour them into the sealable container and put the container into the refrigerator for a minimum of 4 hours to allow the marinade to fully soak into the turkey steaks.
- 6) If you have time, turn the turkey steaks halfway through to ensure that the marinade soaks into them evenly.
- 7) Place the marinated turkey steaks and the portabella mushrooms on the baking sheet and bake in the oven for 15 minutes.
- 8) After 15 minutes, remove the baking sheet from the oven, spread an equal amount of tomato paste on the base of each portabella mushroom and then top with an equal amount of shredded cheddar cheese.
- 9) Place the baking sheet in the oven for a further 5 minutes.
- 10) After this further 5 minutes, remove the baking sheet from the oven and turn it off,
- 11) Place one southern fried turkey steak and one stuffed portabella mushroom onto each of the four plates, serve and enjoy.

Calories:

- 1,728 calories total
- 432 calories per serving

Carbohydrates:

- 32g total
- 8g per serving

4. Spaghetti Squash Bolognese

This spaghetti squash Bolognese recipe is a low carb twist on this popular Italian dish. By substituting spaghetti for spaghetti squash you cut out over 50% of the carbs but still maintain the same great taste.

Equipment Required:

- 4 plates
- 1 fork
- 1 large bowl
- 1 large stockpot with a lid
- 1 wooden spoon

Ingredients Required:

- 12 oz. of ground beef (340g)
- 4 chopped large tomatoes (728g)
- 4 tablespoons of extra virgin olive oil (60ml)
- 1 chopped clove of garlic (3g)
- 1 chopped large bell pepper (164g)
- 1 chopped large onion (150g)
- 1 cup of chopped mushrooms (70g)
- 1 cup of water (236ml)
- 1 cup of red wine (236ml)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of dried basil (5g)
- 1 teaspoon of dried oregano (5g)
- 1 teaspoon of dried thyme (5g)
- 1 teaspoon of salt (5g)
- 1/2 de-seeded spaghetti squash (165g)

Instructions:

- 1) Pre-heat the oven to 350°F (180°C).
- 2) Fully coat the flesh side of the spaghetti squash with 2 tablespoons of extra virgin olive oil.
- 3) Place the spaghetti squash on the baking sheet and bake in the oven for 40 minutes.
- 4) While the spaghetti squash is baking, add the remaining 2 tablespoons of extra virgin olive oil to the large stockpot and place it on the hob on a medium-high heat.
- 5) Add the bell pepper, garlic, mushrooms and onion to the large stockpot and heat them for 5 minutes.
- 6) After 5 minutes, add the ground beef to the large stockpot and heat until the beef has fully browned (this usually takes around 10 minutes), making sure that you stir the ingredients regularly with the wooden spoon.
- 7) Once the beef has fully browned, add the black pepper, dried basil, dried oregano, dried thyme, red wine, salt and water to the large stockpot, stir

- the ingredients well with the wooden spoon and cover the large stockpot with the lid.
- 8) Turn the hob down to a low heat and let the ingredients simmer for 1 hour, making sure that you stir them well with the wooden spoon every 15 minutes.
 - 9) Once the spaghetti squash has finished baking, turn off the oven but leave the baking sheet inside so that it stays warm.
 - 10) Once the Bolognese ingredients in the stockpot have finished simmering, remove the stockpot from the hob and turn off the heat.
 - 11) Remove the baking sheet from the oven, use the fork to break up the spaghetti squash flesh into spaghetti shaped strands and pour all the flesh into the large bowl.
 - 12) Once all the flesh has been removed, place an equal amount of spaghetti squash onto each of the four plates, top it with an equal amount of Bolognese sauce from the large stockpot, serve and enjoy.

Calories:

- 1,380 calories total
- 345 calories per serving

Carbohydrates:

- 40g total
- 10g per serving

5. Steak With Onions & Turnip Fries

Steak is rich, full flavored meat that's packed with iron, protein, selenium, countless B vitamins and zinc. This steak with turnip fries recipe combines the taste of steak with a low carb alternative to traditional fries for a tasty low carb dinner.

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 mixing bowl
- 1 large skillet
- 1 wooden spoon

Ingredients Required:

- 4 * 4 oz. beef fillet steaks (452g)
- 8 tablespoons of extra virgin olive oil (30ml)
- 2 cups of thinly sliced turnip (shaped like French fries) (312g)
- 2 teaspoon of black pepper (10g)
- 2 teaspoon of salt (10g)
- 1 chopped large onion (150g)

- 1 teaspoon of paprika

Instructions:

- 1) Pre-heat the oven to 350°F (180°C).
- 2) Place 3 tablespoons of extra virgin olive oil, 1 teaspoon of black pepper, 1 teaspoon of salt and the paprika into the mixing bowl and then mix them together with the wooden spoon to form a marinade.
- 3) Once the marinade ingredients are fully mixed, add the turnip slices to the mixing bowl and coat them fully in the marinade.
- 4) Once all the turnip slices are fully coated in marinade, place them on the baking sheet and bake them in the oven for 25 minutes.
- 5) When the turnip fries have 5 minutes left to cook, place the skillet on the hob on a high heat.
- 6) Lightly coat the four beef fillet steaks with 4 tablespoons of extra virgin olive oil.
- 7) Sprinkle the remaining teaspoon of black pepper and salt evenly across the four beef fillet steaks.
- 8) Add the remaining tablespoon of extra virgin olive oil to the skillet and let it heat until the extra virgin olive oil starts to separate and cover the surface of the pan.
- 9) Add the four beef fillet steaks and the onion to the pan. Fry the beef fillet steaks for 2 minutes on each side and leave the onion frying for the full 4 minutes.
- 10) After 4 minutes, remove the skillet from the hob and turn off the heat.
- 11) At the same time, remove the baking sheet from the oven and turn it off,
- 12) Place one beef fillet steak on each of the four plates, then add an equal amount of onions and turnip fries to each of the four plates, serve and enjoy.

Calories:

- 1,920 calories total
- 480 calories per serving

Carbohydrates:

- 32g total
- 8g per serving

Chapter 4 – 5 Low Carb Dessert Recipes

When it comes to carbohydrate content, traditional desserts are one of the worst things you can eat as they're often packed full of sugar. However, if you get creative, you can make desserts that are naturally sweet without loading up on excess carbs. These low carb dessert recipes do just that and provide you with plenty of nutrients too.

1. Almond, Blueberry & Walnut Cookies

These almond, blueberry and walnut cookies are filling, tasty and most importantly contain very few carbs. The addition of blueberry also gives them a sweet, satisfying flavor. The recipe below makes 12 almond, blueberry and walnut cookies (three almond, blueberry and walnut cookies per person).

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 mixing bowl
- 1 large saucepan
- 1 wooden spoon

Ingredients Required:

- 4 tablespoons of butter (60g)
- 1 eggs (50g)
- 1 tablespoon of honey (15ml)
- 1 tablespoon of sugar (15g)
- 1/2 cup of almond meal (118g)
- 1/2 cup of blueberries (75g)
- 1/2 cup of chopped walnuts (59g)
- 1/2 teaspoon of baking soda (2.5g)
- 1/2 teaspoon of cinnamon (2.5g)

Instructions:

- 1) Pre-heat the oven to 375°F (190°C).
- 2) Place the butter in the saucepan, put it on the hob on a medium-high heat and heat it until the butter melts.
- 3) Once the butter has melted, remove the saucepan from the hob, turn off the heat and transfer the butter to the mixing bowl.
- 4) Add the cinnamon, eggs, honey and sugar to the mixing bowl and stir well with the wooden spoon.
- 5) Once all the above ingredients are fully combined, add the almond meal and baking soda to the mixing bowl and stir well with the wooden spoon.
- 6) Once the almond meal and baking soda have fully combined with the other ingredients and the mixture has started to thicken, add the

- blueberries and walnuts to the mixing bowl and stir well with the wooden spoon.
- 7) Once the blueberries and walnuts are evenly distributed throughout the mixture, remove it from the mixing bowl, form it into 12 equal sized cookies on the baking sheet and bake in the oven for 8 minutes,
 - 8) After 8 minutes, remove the baking tray from the oven and turn it off.
 - 9) Leave the cookies on the baking sheet to cool for 30 minutes, then place three cookies on each of the four plates, serve and enjoy.

Calories:

- 1,356 calories total (12 almond, blueberry and walnut cookies)
- 339 calories per serving (three almond, blueberry and walnut cookies)
- 113 calories per almond, blueberry and walnut cookie

Carbohydrates:

- 48g total (12 almond, blueberry and walnut cookies)
- 12g per serving (three almond, blueberry and walnut cookies)
- 4g per almond, blueberry and walnut cookie

2. Chocolate Mousse

Chocolate mousse is an extremely popular dessert that's thick, creamy and contains minimal carbs. The chocolate mousse recipe below uses cream, dark chocolate and a little sugar to create a low carb dessert that's sure to impress.

Equipment Required:

- 4 bowls
- 1 electric mixer
- 1 mixing bowl
- 1 roll of plastic food wrap

Ingredients Required:

- 2 cups of heavy cream (240g)
- 2 tablespoons of cocoa powder (30g)
- 1 tablespoon of sugar (15g)
- 1 teaspoon of vanilla extract (5ml)

Instructions:

- 1) Place the heavy cream into the mixing bowl and whip it with the electric mixer.
- 2) As the cream is whipping, slowly add the sugar to the mixing bowl and mix it into the cream with the electric mixer.
- 3) Once the sugar is fully mixed into the cream, add the cocoa powder and vanilla, then continue mixing with the electric mixer until the mixture becomes thick.

- 4) Once the mixture has thickened, place four equal portions into each of the bowls, seal them with the plastic food wrap and then place them with the refrigerator for 30 minutes.
- 5) After 30 minutes, take the bowls out of the refrigerator, remove the plastic food wrap, serve and enjoy.

Calories:

- 956 calories total
- 239 calories per serving

Carbohydrates:

- 40g total
- 10g per serving

3. Coconut Macaroons

Coconut is a fantastic source of fiber, manganese and saturated fat which makes it the perfect base for any low carb dessert. This simple recipe combines coconut with egg and a little sugar to create a sweet treat with very few carbs. The recipe below makes 16 macaroons (4 macaroons per person)

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 mixing bowl
- 1 large saucepan
- 1 silicone baking mat
- 1 wooden spoon

Ingredients Required:

- 4 large eggs (200g)
- 2 cups of shredded coconut (160g)
- 2 tablespoons of water (30ml)
- 1 tablespoon of honey (15ml)
- 1 tablespoon of sugar (15g)
- 1 teaspoon of vanilla extract (5ml)

Instructions:

- 1) Pre-heat the oven to 375°F (190°C) and place the silicone banking mat on the baking sheet.
- 2) Place the eggs, honey, sugar, water and vanilla extra into the mixing bowl and stir well with the wooden spoon.
- 3) Once the above ingredients are fully combined, add the coconut to the mixing bowl and stir well with the wooden spoon.
- 4) Once the mixture starts to thicken, remove it from the mixing bowl, roll out

- 16 equal sized balls on the silicone baking mat and bake in the oven for 15 minutes.
- 5) After 15 minutes, remove the baking sheet from the oven and turn it off.
 - 6) Leave the macaroons on the baking sheet to cool for 10 minutes, then place four macaroons on each of the four plates, serve and enjoy.

Calories:

- 1,248 calories total (16 coconut macaroons)
- 312 calories per serving (four coconut macaroons)
- 78 calories per coconut macaroon

Carbohydrates:

- 48g total (16 macaroons)
- 12g per serving (four coconut macaroons)
- 3g per coconut macaroon

4. Lemon, Lime & Orange Sorbet

This lemon, lime and orange sorbet has a tangy flavor and is highly refreshing. The best part is it contains just 14g of carbohydrates per serving.

Equipment Required:

- 4 bowls
- 1 blender
- 1 freezer safe plastic container
- 1 ice cream scoop

Ingredients Required:

- 2 medium oranges (262g)
- 1 tablespoon of lemon juice (15ml)
- 1 tablespoon of lime juice (15ml)
- 1 tablespoon of honey (15ml)
- 1 teaspoon of lemon zest (5g)
- 1 teaspoon of lime zest (5g)
- 1/2 cup of orange juice (124ml)

Instructions:

- 1) Place all the ingredients into the blender and blend until smooth.
- 2) Pour the mixture from the blender into the freezer safe plastic container and place it in the freezer for 1 hour.
- 3) After 1 hour, remove the freezer safe plastic container from the freezer, scoop four equal portions into the four bowls, serve and enjoy.

Calories:

- 208 calories total

- 52 calories per serving

Carbohydrates:

- 56g total
- 14g per serving

5. Strawberry Cheesecake

This low carb strawberry cheesecake replaces the regular high carb base with low carb almond meal for a dessert that's sweet, creamy and just as filling.

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 cake server
- 1 mixing bowl
- 1 large saucepan
- 1 springform pan
- 1 wooden spoon

Ingredients Required:

- 2 tablespoons of sugar (30g)
- 1 cup of sliced strawberries (166g)
- 1 large egg (50g)
- 1 tablespoon of butter (15g)
- 1 teaspoon of lemon juice (5ml)
- 1 teaspoon of vanilla extract (5ml)
- 1/2 cup of almond meal (118g)
- 1/2 cup of cream cheese (116g)

Instructions:

- 1) Pre-heat the oven to 375°F (190°C).
- 2) Place the butter in the saucepan, put it on the hob on a medium-high heat and heat it until the butter melts.
- 3) Once the butter has melted, remove the saucepan from the hob and turn off the heat.
- 4) Add the almond meal and 1 tablespoon of sugar to the saucepan and stir well with the wooden spoon until the ingredients are fully combined.
- 5) Pour the ingredients into the bottom of the springform pan, place the springform pan on the baking sheet, place the baking sheet in the oven and bake for 8 minutes.
- 6) While the crust is baking, place the cream cheese, eggs, lemon juice, vanilla extract and the remaining tablespoon of sugar into the mixing bowl and stir well with the wooden spoon until the ingredients are fully combined.

- 7) Once the crust has baked for 8 minutes and the ingredients in the mixing bowl are fully combined, pour the mixture from the mixing bowl into the springform pan on top of the crust and make sure it is level using the wooden spoon.
- 8) Reduce the temperature of the oven to 200°F (95°C) and then bake for a further 90 minutes.
- 9) After 90 minutes, remove the baking sheet from the oven and turn it off
- 10) Leave the cheesecake to cool for 1 hour.
- 11) After 1 hour, top the cheesecake with the sliced strawberries, place it in the refrigerator and chill it for a further 4 hours.
- 12) After 4 hours, remove the cheesecake from the refrigerator, slice it into four portions using the cake slicer, place a portion on each plate, serve and enjoy.

Calories:

- 1,016 calories total
- 258 calories per serving

Carbohydrates:

- 52g total
- 13g per serving

Chapter 5 – 5 Low Carb Snack Recipes

The vast majority of snacks are loaded with carbohydrates. For example, candy, chips and chocolate are all packed full of sugar and carbs. These low carb snack recipes allow you to strip out most of the carbohydrates in your snacks and enjoy a tasty, filling treat between meals.

1. Blueberries & Honey Roasted Almonds

Blueberries and honey roasted almonds are a brilliant alternative to candy. Not only are they virtually carb free but they're also 100% natural, packed full of health boosting nutrients and extremely filling.

Equipment Required:

- 4 small plastic food bags
- 1 baking sheet
- 1 large saucepan
- 1 wooden spoon

Ingredients Required:

- 1 cup of blueberries (150g)
- 1 cup of almonds (100g)
- 1 tablespoon of honey (15ml)

Instructions:

- 1) Pre-heat the oven to 275°F (135°C).
- 2) Place the butter and honey into the saucepan, put it on the hob on a medium-high heat and heat it until the butter melts and the honey becomes runny.
- 3) Once the butter and honey are runny, add the almonds to the saucepan and stir them with the wooden spoon until they are fully coated in the mixture.
- 4) Once the almonds are fully coated, take the saucepan off the hob, turn off the heat and pour the almonds onto the baking sheet.
- 5) Place the baking sheet in the oven and bake the honey coated almonds for 20 minutes.
- 6) After 20 minutes, remove the baking sheet from the oven, turn it off and let the honey roasted almonds cool for 1 hour.
- 7) After 1 hour, place four equal portions of honey roasted almonds into each of the four small plastic food bags, add four equal portions of blueberries to each of the small plastic food bags and then grab a bag whenever you need a portable snack.

Calories:

- 676 calories total

- 169 calories per serving

Carbohydrates:

- 46.8g total
- 11.7g per serving

2. Dark Chocolate Brazil Nuts

These dark chocolate Brazil nuts are an excellent substitute for chocolate bars. By using Brazil nuts as the base, you cut out lots of carbohydrates and replace them with large amounts of copper, healthy fats, magnesium, phosphorus, protein and selenium. However, by coating the Brazil nuts in dark chocolate, you still get to enjoy the sweet, satisfying taste.

Equipment Required:

- 4 small plastic food bags
- 1 baking sheet
- 1 microwaveable bowl
- 1 wooden spoon

Ingredients Required:

- 16 Brazil nuts (80g)
- 2 oz. dark chocolate (chopped into chunks) (56g)
- 2 tablespoons of extra virgin olive oil (30ml)

Instructions:

- 1) Place the dark chocolate chunks into the microwaveable bowl, put the bowl in the microwave and melt the dark chocolate.
- 2) Once the dark chocolate has fully melted, add the extra virgin olive oil to the microwaveable bowl and stir well with the wooden spoon.
- 3) Dip the Brazil nuts in the dark chocolate and ensure that each one is fully coated in dark chocolate.
- 4) Once all the Brazil nuts are fully coated in dark chocolate, place them on the baking tray and put it in the refrigerator for 2 hours.
- 5) After 2 hours, remove the baking tray from the refrigerator, place four Brazil nuts into each of the small plastic food bags and then grab a bag whenever you need a portable snack.

Calories:

- 1,104 calories total (16 dark chocolate Brazil nuts)
- 276 calories per serving (four dark chocolate Brazil nuts)
- 69 calories per dark chocolate Brazil nut

Carbohydrates:

- 35.2g total (16 dark chocolate Brazil nuts)

- 8.8g per serving (four dark chocolate Brazil nuts)
- 2.2g per dark chocolate Brazil nut

3. Salt & Pepper Pumpkin Seeds

These salt and pepper pumpkin seeds are a fantastic low carb alternative to chips and provide your body with plenty of copper, healthy fats, magnesium, manganese, phosphorus and protein. The best part is that they pack just 3.5g of carbohydrates per serving.

Equipment Required:

- 4 small plastic food bags
- 1 baking sheet
- 1 mixing bowl
- 1 wooden spoon

Ingredients Required:

- 2 tablespoons of extra virgin olive oil (30ml)
- 2 teaspoons of black pepper (10g)
- 2 teaspoons of salt (10g)
- 1 cup of pumpkin seeds (129g)

Instructions:

- 1) Pre-heat the oven to 275°F (135°C).
- 2) Place the black pepper, extra virgin olive oil and salt into the mixing bowl and stir well with the wooden spoon.
- 3) Add the pumpkin seeds to the mixing bowl and stir them well with the wooden spoon until they are fully coated in the mixture.
- 4) Once the pumpkin seeds are fully coated, pour them onto the baking sheet.
- 5) Place the baking sheet in the oven and bake for 20 minutes.
- 6) After 20 minutes, remove the baking sheet from the oven, turn it off and let the salt and pepper pumpkin seeds cool for 1 hour.
- 7) After 1 hour, place four equal portions of salt and pepper pumpkin seeds into each of the four small plastic food bags and then grab a bag whenever you need a portable snack.

Calories:

- 960 calories total
- 240 calories per serving

Carbohydrates:

- 14g total
- 3.5g per serving

4. Scotch Eggs

Scotch eggs are a tasty snack that are packed full of protein and healthy fats. This simple recipe uses eggs, sausage meat plus a little salt and pepper, to create an all-natural, healthy scotch egg.

Equipment Required:

- 4 plates
- 1 baking sheet
- 1 mixing bowl
- 1 roll of plastic food wrap
- 1 wooden spoon

Ingredients Required:

- 5 oz. of sausage meat (142g)
- 4 large hard-boiled eggs (200g)
- 1 teaspoon of black pepper (5g)
- 1 teaspoon of salt (5g)

Instructions:

- 1) Pre-heat the oven to 370°F (190°C).
- 2) Place the black pepper, salt and sausage meat into the mixing bowl and stir well with the wooden spoon until all the ingredients are combined.
- 3) Divide the mixture into four portions and wrap one portion around each hard-boiled egg.
- 4) Once the eggs are fully coated in sausage meat, put them on the baking tray and bake for 30 minutes.
- 5) After 30 minutes, remove the baking sheet from the oven, turn it off and let the scotch eggs cool for 1 hour.
- 6) After 1 hour, wrap each of the four scotch eggs in plastic wrap and then grab one whenever you need a portable snack.

Calories:

- 708 calories total
- 177 calories per serving

Carbohydrates:

- 0g total
- 0g per serving

5. Smoked Salmon, Cream Cheese & Cucumber

Smoked salmon, cream cheese and cucumber is a great low carb snack that's filling, extremely tasty and contains high levels of protein and healthy fats along with various vitamins and minerals.

Equipment Required:

- 4 small plastic food bags
- 1 knife
- 1 roll of plastic food wrap

Ingredients Required:

- 12 slices of cucumber (60g)
- 4 oz. of chopped smoked salmon (56g)
- 4 ounces of cream cheese (112g)

Instructions:

- 1) Spread an equal amount of cream cheese onto each of the 12 slices of cucumber using the knife.
- 2) Break the smoked salmon into 12 equal sized pieces and then place a piece on each of the 12 slices of cucumber.
- 3) Wrap each of the 12 smoked salmon, cream cheese and cucumber slices in plastic food wrap.
- 4) Once all the smoked salmon, cream cheese and cucumber slices have been wrapped, place three slices into each of the four small plastic food bags and then grab a bag whenever you need a portable snack.

Calories:

- 588 calories total
- 147 calories per scotch egg

Carbohydrates:

- 6g total
- 1.5g per scotch egg

Summary – Follow These Principles & Create Your Own Low Carb Meals

I hope you've found these 25 healthy low carb recipes beneficial and that they help you gradually reduce your carbohydrate intake. With any new diet, enjoying the foods you eat and looking forward to eating them is the key to success.

The best part is that the 25 recipes listed in this report are just scraping the surface and if you follow the principles below, you'll be able to create countless low carb meals.

1. Avoid Highly Processed Foods

The most important part of successful low carb eating is avoiding highly processed foods. If you look at the ingredients list on almost any processed food, you'll see that not only does it contain lots of unnatural ingredients but it's also packed full of carbohydrates. By simply cutting down on or eliminating processed foods, you can slash the amount of carbohydrates you consume.

2. Base Savory Meals Around Eggs, Fish Or Meats

One of the reasons many people consume so many carbs is that they base their savory meals around carbohydrates. For example, most people eat high carbohydrate cereals for breakfast, high carbohydrate bread for lunch (in the form of sandwiches) and high carbohydrate pasta or rice for dinner. By basing your savory meals around eggs, fish or meats instead, you can cut down on these unnecessary carbs and start eating a diet that's richer in healthy fats and proteins.

3. Add Vegetables To All Your Savory Meals

While eggs, fish and meat are all fantastic foods, eating them on their own can start to get boring. By adding vegetables to the meals, you can make them much more interesting and create almost unlimited meals with the same base ingredient. For example, you can make a beef stew with bell peppers and mushrooms or a spicy beef curry with chopped tomatoes and onion. By using vegetables in all your savory meals, you also add plenty of vitamins, minerals and phytonutrients to your diet which gives your overall health a huge boost.

4. Flavor Your Savory Meals With Herbs

Eggs, fish or meat combined with a selection of vegetables can make a fantastic, low carb breakfast, lunch or dinner. However, to really take your low carb meals to the next level, try flavoring them with herbs. There are plenty of herbs out there that complement almost every low carb food you can think of and by using them in your cooking, you can add an extra dimension to the taste of your meals.

5. Focus On Fruit For Dessert

When most people think of dessert, they think of cakes and other sugary treats. While these may taste good, sugar is a pure carbohydrate and can make sticking to a low carb diet extremely difficult. Fruits contain a lot more fiber and a lot less carbohydrates than processed, sugary treats and if you use them as the base for your desserts, you can cut a lot of carbs without sacrificing sweetness. Learn to enjoy fruits without adding any sugar. If you must use a sweetener, check out the natural stevia rather than an artificial sweetener product.

6. Use Nuts For Snacking

Another area where people fall down when it comes to low carb eating is snacking. Most traditional processed snacks such as chocolate, chip cookies are loaded with carbs. However, nuts are extremely filling, filled with healthy fats and protein and contain virtually no carbs. They're also extremely portable and can be carried with you almost anywhere and by snacking on them, you can keep your carbohydrate consumption low.

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