

Solution to all the social-eating-dilemmas for a person with diabetes.

THE LOW CARB CROWD PLEASER COOKBOOK

131 recipes that every diabetic needs in the back pocket when cooking for family, friends or the fast life and still...

serving yourself!

Kristin Loyd

Diabetes Specialist, APRN, PhD

Dedicated to

All of my taste-testers including:

My son Jack Loyd

My life partner Cory Brown

All of my patients with diabetes



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About this keto recipe template in Word

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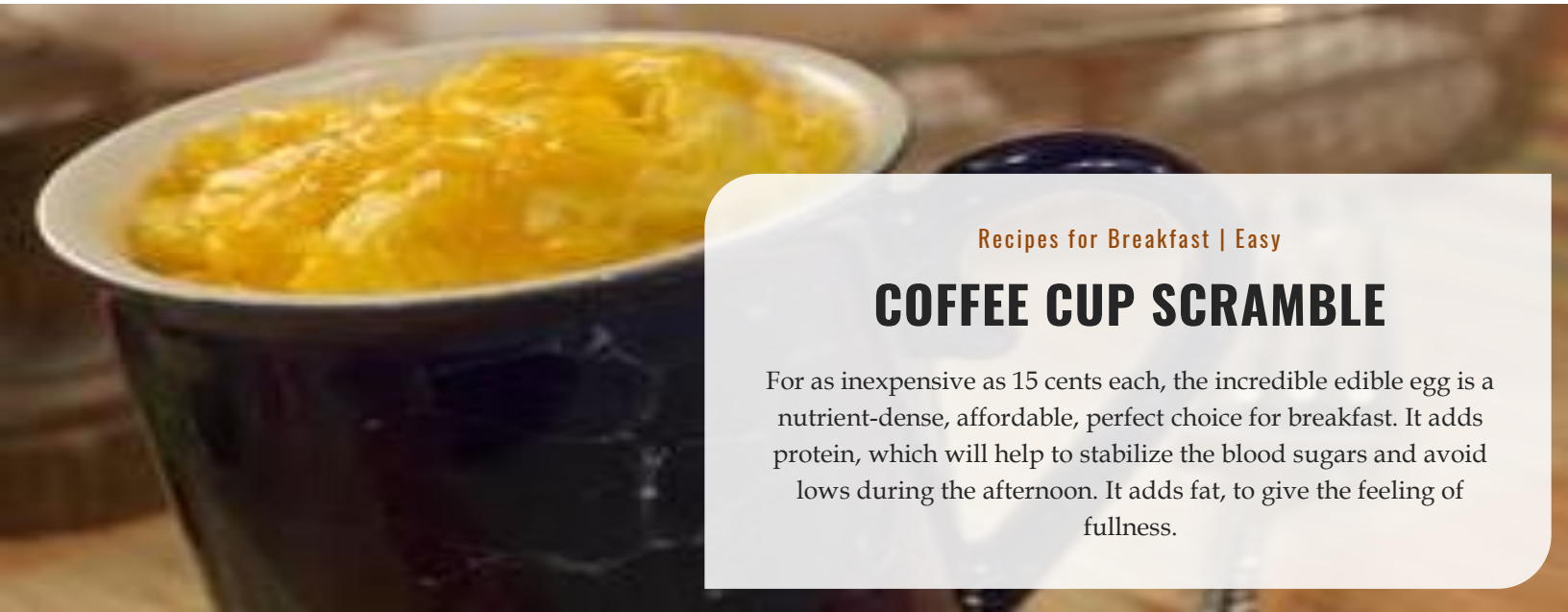


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Disclaimer:

My advice does not exceed the recommendations, advice or care management plan of your health care provider or diabetes specialist. I have not individually evaluated your medical history or diabetes and therefore, any suggestions made in this book are held as my opinion and not meant to replace your diabetes management. Especially if you are Type 1 or on insulin, then of course, you must refer to your clinician's diabetes counseling for your insulin plan with any diet change.



Recipes for Breakfast | Easy

COFFEE CUP SCRAMBLE

For as inexpensive as 15 cents each, the incredible edible egg is a nutrient-dense, affordable, perfect choice for breakfast. It adds protein, which will help to stabilize the blood sugars and avoid lows during the afternoon. It adds fat, to give the feeling of fullness.

Ingredients

Makes 8 servings

2 eggs

2 tbsp whipping cream

2 tbsp shredded cheese

Substitutions for cream:

half and half or milk

Cooking Tip:

The next time you buy a carton of eggs, notice that the package comes with a Sell By date rather than an expiration date. Your eggs should be edible for a 3-4 weeks after that date, so don't toss them in the garbage until then. If you're not sure an egg is still good, take a big whiff of it after cracking. Your nose will be offended by an unpleasant odor if it is no good.

Instructions

1. Coat a 12 ounce microwave safe coffee mug with cooking spray. Add eggs and milk.; beat until blended.
2. Microwave on high for 45 seconds, stir.
3. Microwave until the eggs are almost set, another 30 to 45 seconds longer.
4. Top with cheese; season with salt and pepper.

Microwave times vary and cooking times may need to be adjusted.

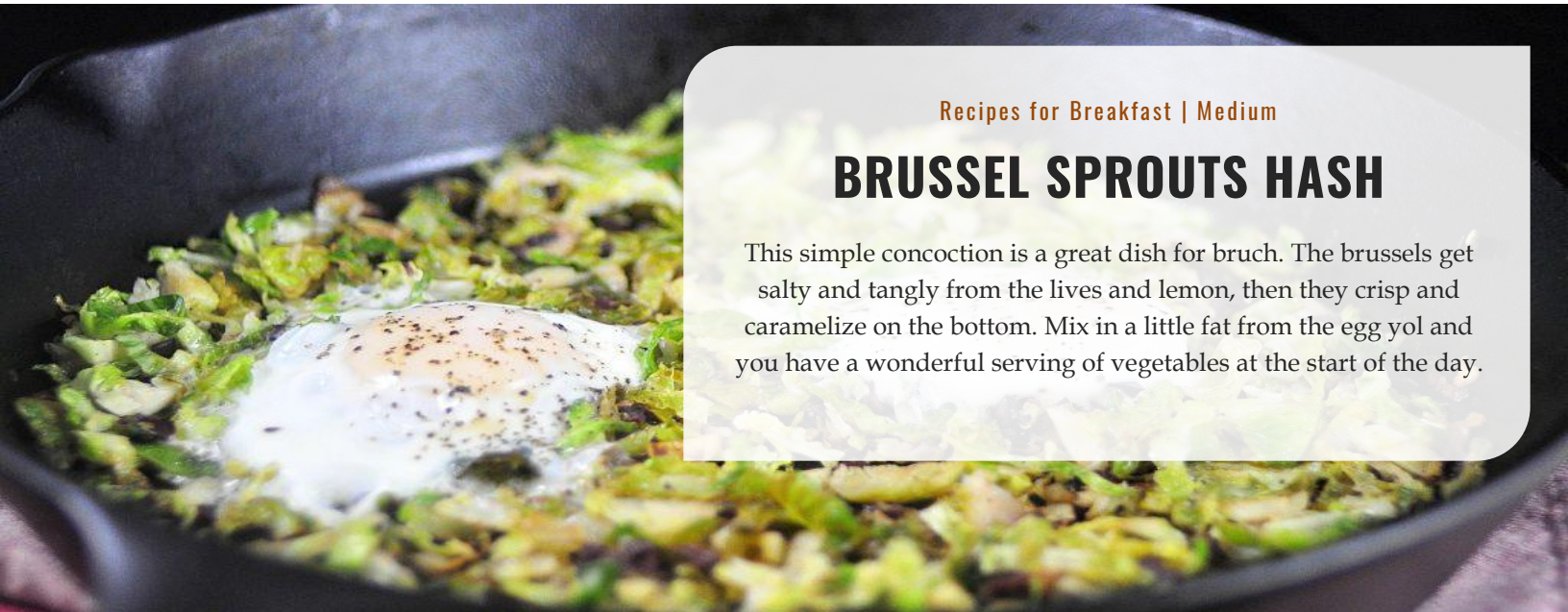
Nutrition

Serving Size: 1 cup

Carbohydrates 0 g

Protein 15 g

Fat 15 g



Recipes for Breakfast | Medium

BRUSSEL SPROUTS HASH

This simple concoction is a great dish for brunch. The brussels get salty and tangy from the olives and lemon, then they crisp and caramelize on the bottom. Mix in a little fat from the egg yolk and you have a wonderful serving of vegetables at the start of the day.

Ingredients

Yield: 2, or 4 as a side

1 pound Brussel sprouts

Salt and pepper, to taste

1 tbsp butter

3 clove garlic, minced

6 olives, minced

2 eggs

lemon juice, to taste

Optional:

4 slices of bacon

Instructions

1. Chop off the ends of the sprouts. Slice them in half, then finely chop each half. Place the shreds in a bowl and sprinkle with salt and pepper.
2. Additional option: Pan cook the bacon. Once completed, then remove the bacon and pour out the grease, leaving a slight coating on the pan. Then, skip the butter.
3. Melt the butter in a medium-size nonstick pan with a lid over medium-high heat, swirling to coat the pan. Add the Brussel and the garlic, then let them cook until just a little wilted, about 1 minute. Toss the mixture. Add the olives and toss again.
4. Crack the eggs into the pan so they aren't touching. Sprinkle with salt and pepper. Pour in 2 tbsp of water and cover with the lid. Let the eggs steam, undisturbed, until the whites are cooked through, but the yolks are still runny, about 2 minutes.
5. Turn off the heat and squeeze lemon juice on everything. Serve.

Notes



Recipes for Breakfast | Easy

OMELET

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Ingredients

Yields: 1

2 large eggs

1 tsp milk

1 tsp olive oil

Optional:

1 ox. Smoked salmon

¼ slice avocado

1 Tbsp fresh basil

Instructions

1. To prepare the omelet, beat 2 large eggs with 1 tsp milk and add a pinch of salt
2. Cook in 1 tsp olive oil in a small nonstick skillet over medium heat until the bottom is set and the center is still a bit runny, 1 to 2 minutes.
3. Flip the omelet over and cook until set, about 30 seconds more.

Optional: Top with smoked salmon, avocado slices and basil.

Notes

Recipes for Breakfast | Easy

EASY EGGS BENEDICT

This is an easy recipe because the sauce is simply put together in a blender- no double boiling necessary. Assemble the eggs with sauce over Canadian bacon. If you prefer, then choose salmon because it is an omega-3 option. What a great way to eat omega-3 with some variety!

Ingredients

Yields: 1

4 slices Canadian Bacon

1 tsp white vinegar

4 eggs

1 cup butter

3 egg yolks

Sauce:

1 tbsp heavy cream

1 dash cayenne pepper

½ tsp salt

1 tbsp lemon juice

Instructions

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Recipes for Dinner | Hard

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