



Solution to all the social-eating-dilemmas

# A LOW CARB CROWD PLEASER COOKBOOK

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

serving yourself!

**Kristin Loyd**

Diabetes Specialist, APRN, PhD

How about a solution to all the social-eating dilemmas that a person with diabetes may encounter?

# A LOW CARB CROWD PLEASER COOKBOOK:

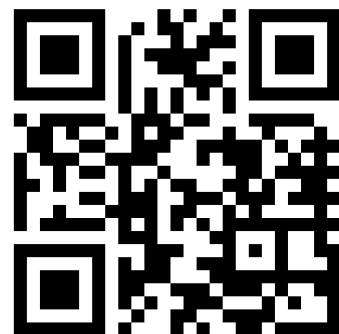
40 recipes that every healthy eater needs in the back pocket when cooking for family, friends or the fast life and still...  
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# DO YOU EAT HEALTHY, LOW CARB, & GLUTEN FREE? HAVE YOUR EXPERIENCED SOCIAL EATING “DILEMMAS” ?

**WITH THIS BOOK AS YOUR GUIDE**, recipes are altered to meet the occasion. Many social gatherings, such as potlucks, holidays, birthdays, game days, barbeques, have foods that are high in carbohydrates. The foods that are high in refined processed carbohydrates are easy to make and cheaper to buy. That creates a social dilemma for people who are trying to accomplish good thing for their bodies with low carb eating.

**Social Dilemma #1** If you are hosting the gathering, then you can control the foods presented and served. However, low carb items will require your cooking. The recipes are not ornate and tedious, because you do not want to be either stuck in the kitchen or exhausted when you have other people to enjoy. The best part is that your guests are going to love your food. My social advice: Do not tell anyone that it is low carb because no one is enchanted when you say “that is a diabetic food.” Watch the conversion of others as they taste and enjoy your low carb dishes.

**Social Dilemma #2** If you are attending to someone else’s party, then you are likely going to have a whole host of sabotaging foods. At any of these events, you could possibly find a perfect reason to eat that noddy food. If there was an awkward potluck at work, you might eat to pass the social anxiety. If there was a holiday, then you would eat to feel included. If there was a birthday, then you could eat to celebrate. If there was a barbeque, then you could find yourself munching while waiting on the meat to cook. If there was a big ball game day, then you could make a lot of trips to the appetizers during commercials. The best option is to bring your own food and have all your recipes handy for when they ask for them.

This cookbook supplies you with 40 recipes to keep in your back pocket for all of your social jambories that your friends, family and associates will love and your healthy body will love too.

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## INSPIRATION FROM THE AUTHOR

Dr. Kristin Loyd, PhD. is a clinical nurse practitioner, nutritionist, diabetes specialist and a person with diabetes. After her diabetes diagnosis at the age of 32, she dedicated her life to maintain good control of her diabetes and that is done best with a low carb eating lifestyle. She knows first-hand what it is like to want to enjoy your meals with others and still eat “guilt-free.” Her mission has been to perfect recipes that she can share with other people who have the same goal. This cookbook was created as a quick, “go-to” resource for various types of events. These recipes are designed to be practical for any novice cooks and still have a splash of gourmet. Eating healthy does not have to be bland, dry, or boring. Cheers to you for learning to serve others and still serving yourself and your goals!

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## INTRODUCTION

Where two or more are gathered, there will be food! The Low Carb Crowd Pleaser celebrates food that is to be shared with others. Regardless of the occasion, there are always delicious low carb options for everyone to enjoy and The Low Carb Crowd Pleaser brings them all together. Organized by food types, each chapter features a widely loved recipes as well as dishes for various celebrations, including cocktails. There is also an collection of desserts that will convince anyone who tries them that a low carb menu is tasty and satisfying. The recipes in this book are not only low-carb recipes, but simply recipes for fantastic foods that anyone will enjoy. These are the dishes that I've shared with my family and friends for over five years of gatherings.

*Check out the index in the back for suggestions of recipes to serve for the occasion !*

## THANK YOU FOR YOUR PURCHASE OF THIS COOKBOOK.

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This book comes with a guarantee that you and your guests will be pleased  
& a forewarning ... they will be going for seconds.



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### DISCLAIMER

Nutritional information is provided as a courtesy and we strive to keep it as accurate as possible. Carb count excludes sugar alcohols. Net carb count excludes both fiber and sugar alcohols, because these do not affect blood sugar in most people. We try to be accurate with this information, but please feel free to make your own calculations. I am a nurse practitioner and diabetes specialist, but this book 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 health conditions and therefore, any suggestions made in this book are held as my opinion and not meant to replace your medical nutritional management.

# CHAPTER 1.

## WEEKEND BRUNCH

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**LEVEL**

Medium

**COOK TIME**

15 mins

**SERVING**

12 servings

**PREP TIME**

10 Mins

## EASY EGG BENEDICT

*There's nothing more classic for brunch than Eggs Benedict. Poaching eggs in a muffin pan in the oven makes poaching eggs for a crowd a snap. Perfecting this dish is all about timing. Have all ingredients close at hand and prepare the Hollandaise sauce first.*

**Ingredients**

12 slices canadian bacon, bacon or ham  
12 eggs  
paprika

*For the Hollandaise sauce:*

2 tsp lemon juice  
2 tsp white wine vinegar  
3 egg yolks (pasteurized)  
1 1/3 c unsalted butter, diced

**Instructions**

1. Preheat oven to 350°F. Add 2 tbsp water to each cup in 12-cup muffin pan. One at a time, crack eggs into each cup, taking care not to break the yolk of the egg. Season eggs with a pinch of salt and pepper. Bake until egg whites are set and yolks are still runny, about 9 minutes. Let stand for 1 or 2 minutes. Scoop out with slotted spoon, gently patting dry with paper towel.
2. Preheat oven to 400° F. Place bacon on a fully rimmed baking sheet that has been topped with a wire cooling rack. Bake until the meat has browned, about 15-20 minutes.
3. As your bacon is baking, prepare your hollandaise sauce. To make Hollandaise sauce:
4. Meanwhile, melt your butter in the microwave.
5. Add your egg yolks and lemon juice to the blender and blend until they become a pale yellow color, about 20 seconds
6. Remove the butter from microwave. Then slowly pour through the hole in the top of your blender while the blender is on medium speed.
7. To assemble Eggs Benedict, place poached egg on plate, top with one slice of bacon. Drizzle with hollandaise sauce, add a pinch of smoked paprika to each egg for extra flavor and serve warm.

**LEVEL**

Difficult

**COOK TIME**

20 mins

**SERVING**

8 servings

**PREP TIME**

35 mins

## CREPE WITH CANNOLI

*The perfect crepe recipe to make for any occasion and completely delicious! The best part about these crepes is they are super easy and can be made right in your blender. Not only are they great for breakfast, but dessert too!*

**Ingredients****Instructions***For the crepes:*

8 oz. cream cheese, softened  
8 eggs  
1/2 tsp ground cinnamon  
1 tsp granulated erythritol sweetener  
2 tbsps butter, for the pan

*For the cannoli filling:*

6 oz. mascarpone cheese, softened  
1 c whole milk ricotta cheese  
1/2 tsp lemon zest  
1/2 tsp ground cinnamon  
1/4 tsp unsweetened vanilla extract  
1/4 c powdered erythritol sweetener

For the optional chocolate drizzle (not included in nutrition info:) use 3 squares of a Lindt 90% chocolate bar, melted in microwave for 30 seconds

*For the basic crepes:*

1. Combine all of the crepes ingredients in a blender and blend until smooth.
2. Let the batter rest for 5 minutes and then give it a stir to break up any additional air bubbles.
3. Heat 1 tsp of butter in a 10 inch or larger nonstick saute pan over medium heat.
4. When the butter is melted and bubbling, pour in about 1/4 c of batter (you can eyeball it) and if necessary, gently tilt the pan in a circular motion to create a 6-inch (-ish) round crepe.
5. Cook for two minutes, or until the top is no longer glossy and bubbles have formed almost to the middle of the crepe.
6. Carefully flip and cook for another 30 seconds. Remove and place on a plate. Repeat until you have 8 usable crepes.

*If you are making brunch fancy and decadent, the proceed to whip up the cannoli filling:*

7. Place all of the filling ingredients in a medium-sized bowl and fold gently with a silicone spatula until fully combined.
8. Spoon the filling into a pastry bag fitted with a large star tube. (If you don't have a pastry bag, use a gallon sized plastic bag with the corner cut out to create a 1 inch wide opening.)
9. Pipe a line of filling down the center of one crepe.
10. Fold the right side over the filling, and then the left side over the top to create a roll. Repeat with the remaining 7 crepes.
11. Drizzle the melted chocolate carefully using a fork or the bag method

**LEVEL**

Easy

**COOK TIME**

15 mins

**SERVING**

4 servings

**PREP TIME**

5 Mins

# SHEET PAN PANCAKES

*Sheet Pan Pancakes are an ingenious (and delicious) way to batch cook breakfast for the family, simply pour your pancake batter onto a sheet pan, bake, and cut into perfect fluffy, warm pancake squares!*

**Ingredients**

1 c almond flour  
 1/4 c coconut flour  
 2-3 tsp erythritol  
 1 tsp baking powder  
 5 large egg  
 1/3 c unsweetened almond milk  
 1/4 c avocado oil  
 1 1/2 tsp vanilla extract  
 1/4 tsp sea salt  
 1/2 c thinly sliced fresh strawberries  
 1/2 c fresh whole blueberries

**Instructions**

1. Preheat your oven to 425 degrees.
2. Whisk all ingredients, except for the strawberries and blueberries, together in a bowl until smooth.
3. Make your classic pancake batter and let it sit for 5 minutes.
4. Spray your baking sheet well with baking spray or butter and bit of flour.
5. Pour pancake batter in even layer onto baking sheet.
6. You must use fresh fruit for topping and make sure that they are patted dry after rinsing. Top with the strawberries and blueberries and bake at 425 degrees for 15 minutes.

**PREPPING:**

Batter should be the consistency of typical pancake batter. If it's too thick, add a little more milk. Don't add too much, or the pancakes will be too "wet"



**LEVEL**

Middle



**COOK TIME**

5 mins



**SERVING**

16 servings



**PREP TIME**

10 Mins

# FRENCH TOAST

*There are many, fancy variations on this basic recipe. This recipe works with many types of bread - white, whole wheat, cinnamon-raisin, Italian or French. Serve hot with butter or margarine and maple syrup.*

## Ingredients

15 slices of keto bread (Aldi's)  
10 eggs  
10 tbsp almond milk  
2 tsp vanilla extract  
5 pinch kosher salt  
5 tbsp erythritol  
3 tsp cinnamon  
unsalted butter for cooking

## Instructions

1. In a medium bowl or flat-ish dish (think one where you can lay down the slices!), whisk thoroughly together the egg, almond milk, heavy cream, vanilla extract and salt. Set aside.
2. In a small bowl mix the sweetener with the cinnamon and set aside.
3. Melt roughly 1 tbsp of butter in a skillet or pan over medium/high heat.
4. Slice up the loaf or cut into sticks and soak in the egg mixture for a minute or two.
5. Shake off any excess and cook on each side until nice and golden. Sprinkle with cinnamon 'sugar' right away and serve with toppings of choice.

6.

### OPTIONS:

Low carbohydrate breads are new to the market and now widely available at the local stores. A few to mention that have wonderful texture and taste are the Keto Zero Carb from Aldi's and Sola Bread.

**LEVEL**

Difficult

**COOK TIME**

3hrs 15 mins

**SERVING**

5 servings

**PREP TIME**

15 Mins

# WAFFLES AND CHICKEN

*Get ready for this perfect Chicken and Waffles Recipe. Imagine perfectly seasoned and crispy fried chicken on top of a fluffy, sweet and tender waffle!*

**Ingredients***For fried chicken*

- 1 lb chicken tenderloin
- 3 eggs beaten
- 1/3 c coconut flour
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 Tbsps olive oil

*For waffles*

- 6 tbsp melted butter
- 1 c almond flour
- 4 tsp granular erythritol
- 2 tsp baking powder
- 2 eggs

**Instructions**

1. Preheat waffle iron and set aside.
2. In a large mixing bowl, combine all ingredients and mix well.
3. Scoop batter onto waffle iron and cook for 2 minutes or until golden brown.
4. Carefully remove waffles from waffle iron and serve with toppings of choice.
5. At this point, you can make the choice whether to use pre-packaged and pre-cooked breaded chicken strips for a much faster brunch assembly or make your own that are lower in carbohydrates.
6. Preheat AirFryer to 330 degrees F
7. Place coconut flour and beaten eggs in two separate bowls
8. Add salt, pepper, and olive oil to the coconut flour, mix well
9. Dip chicken in the flour, then the egg, then the Panko crumbs until evenly coated. Option to spice it up: simply blend up the spices 1/2 tsp of paprika and 1/2 tsp of cumin with coconut flour and some Parmesan cheese.
10. Place in the cooking basket in the air fryer at 330 degrees F. You'll need to cook in batches. Fry for 12-14 minutes. Or until golden brown and internal temp reaches 165 degrees.

**PREPPING:**

If you do not own an air fryer, there is the option for pan frying, but these are best done in the air fryer because the pan frying sometimes results in losing the coating. You will need another 1 bsp of olive oil to add to the pan. It's best to spray each tender with oil after coated with egg and flour. Place the tenders to the skillet and cook for 4 minutes on each side.



# CHAPTER 2.

## APPETIZERS “A” LA MODE

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**LEVEL**

Easy

**COOK TIME**

0 mins

**SERVING**

24 servings

**PREP TIME**

30 Mins

# DEVEILED EGGS

*Deviled eggs are hard boiled eggs where the yolk is mixed with mayonnaise, mustard, vinegar, salt and pepper. The little sprinkle of paprika on top is the perfect finishing touch.*

**Ingredients**

12 hard-boiled large eggs  
 1/2 c mayonnaise  
 1 to 2 tbsps prepared horseradish  
 1 tsp dill weed  
 1/2 tsp ground mustard  
 Dash tabasco  
 Dash Worcestershire Sauce  
 1/4 tsp salt  
 Dash pepper  
 Dash paprika  
 Dash dried parley

**Instructions**

Hard boil eggs. Choose your favorite method to make hard boiled eggs" options include stove top, instant pot, air fryer and more. I prefer the air fryer at 270 degrees for 13 minutes.

The basic stove top version for hard boiled egg is as follows:

1. Cover the 6 eggs in a saucepan with water, 6 eggs should be covered by at least an inch.
2. Add 2 tsp of baking soda. Heat the pot on high heat and bring the water to a full rolling boil. Continue the rolling boil for 1 minute. Turn off the heat, put the lid on the pot and let it sit for 12 minutes on the burner. It can take a few minutes more or less depending on many different factors
3. Strain the water from the pan. Run cold water over the eggs.
4. Once the eggs are cooled to touch, roll them on the counter or shake in a jar to break the shell and peel them.

For the deviled eggs:

5. Cut the hard boiled egg in half. Spoon out the the cooked yolks and place into a mixing bowl. Do this for all 12 eggs, leaving 24 half eggs.
6. Combine all the other ingredients in the mixing bowl with the yolks and mash the yolks until you have a creamy smooth mix.
7. Use a spoon to scoop the mixture into the indentation in the egg.
8. Sprinkle with paprika. Sprinkle with dried parsley herb.

**HINT:**

Older eggs are easier to peel than fresh eggs, so buy them two weeks ahead of time. If you only have fresh eggs, steam them for 15 minutes before starting.



**LEVEL**  
L

Medium



**COOK TIME**

0 mins



**SERVING**  
G

6 servings



**PREP TIME**

20 Mins

## HAM ROLLS

*Ham roll ups are easy bite-size appetizers that require only 5 ingredients. They are made with pickles and cream cheese, and they are all the rage at Midwest parties. Slice them up OR be a hero and just leave them whole.*

### Ingredients

5 slices deli ham  
3-5 ounces cream cheese  
5 whole dill pickle (or 10 baby dill pickles, use 2 per roll up)

### Instructions

1. Dry the pickles and the ham with a paper towel.
2. Let the cream cheese sit out to soften it.
3. Evenly spread cream cheese on to each ham slice.
4. Place dill pickle spear at the end of each slice and roll up.
5. Place into refrigerator for 15 minutes
6. When chilled, cut each roll into about 1-inch thick bites. I recommend sliced slightly thicker than sandwich slices.
7. Space out in one layer on a platter. Keep in refrigerator until ready to serve.



**LEVEL**

Medium



**COOK TIME**

0 mins



**SERVING**

4 servings



**PREP TIME**

25 Mins

## VEGETARIAN MAKI

*This has an exquisite presentation with very basic vegetables and it is easy to assemble. A creative and easy catching appetizer to enjoy vegetables.*

### Ingredients

2 medium cucumbers, halved  
1/4 avocado, thinly sliced  
1/2 red bell pepper, thinly sliced  
1/2 yellow bell pepper, thinly sliced  
2 small carrots, thinly sliced  
3 tbsp cream cheese

### Instructions

1. Rinse and cut your vegetables of choice lengthwise, a quarter inch in width. Make sure to dry them off thoroughly with a paper towel or clean cloth. This recipe suggests bell peppers and carrots. You may also use asparagus.
2. Place the cucumber horizontal to you on the cutting board and cut the cucumber in half.
3. Using a small spoon, remove seeds from center of cucumbers until they are completely hollow. Crumble in a paper towel to dry the middle of the cucumber.
4. Press avocado into the center of cucumber, using a butter knife to press inside the cucumber and press laterally to one side.
5. Press cream cheese into the center of cucumber, using a butter knife to press inside the cucumber and press laterally to opposite side of the avocado
6. Next, slide in bell peppers and carrots until the cucumber is completely full of veggies.
7. Put into the freezer for 20 minutes to firm up.
8. Slice cucumber rounds into 1 to 1 1/4" thick pieces .
9. Arrange the vegetarian maki in a single layer on a platter.
10. Serve this with the spicy mayo (page ) for dipping.



**LEVEL**  
L

Easy



**COOK**  
**TIME**

0 min



**SERVING**  
G

12 servings



**PREP**  
**TIME**

10 Mins

## CAPRESE SALAD KABOBS

*Trade in the usual veggie platter for these fun kabobs. In addition to preparing these for get-togethers is super easy and fast.*

### Ingredients

24 grape tomatoes  
12 cherry-size fresh mozzarella  
cheese balls  
24 fresh basil leaves  
2 Tbsps olive oil  
2 tsps balsamic vinegar  
12 wooden skewers

### Instructions

1. Gather all your ingredients. Dry off the mozzarella balls that come in a preservative liquid. Dry off the tomatoes and basil leaves well after rinsing.
2. On each wooden skewer, thread a tomato, basil leaf, cheese ball, basil leaf and finish with another tomato.
3. Alternate each fresh item.
4. Place skewers on a serving plate in a single layer.
5. In a small bowl, whisk the olive oil and the vinegar. Pour the mixture into a small squeeze bottle or simply use a spoon. Then, drizzle over kabobs just before serving.

#### ADD ON:

You may keep it simple with the recipe above. There are a few options to add on to increase the variety in your kabobs. You may add on black olives and green olives and pepperoni or salami slices.

**LEVEL**

Difficult

**COOK TIME**

1 hr 30 mins

**SERVING**

12-15 servings

**PREP TIME**

30 Mins

# GRAPE LEAVE ROLLS

*These are grape leaves, stuffed with a tantalizing mixture of garlic, fresh parsley, dill and lemon. Your guests will not have to limit to just one like they would at a fancy restaurant, where only 6 are served. Yum' is the only one word to describe these.*

**Ingredients**

60 grape leaves One 16 oz jar (drained weight)  
 2 lbs ground beef  
 2 eggs  
 1/2 onion finely chopped  
 1 fennel bulb finely chopped  
 1 clove garlic minced  
 2 tbsp olive oil extra virgin  
 1 tsp dried dill  
 1/4 C flat leaf parsley finely chopped  
 3 whole pitted prunes minced  
 2 tsp salt  
 1 tsp black pepper  
 1.5 C chicken broth  
 1 whole lemon or lemon juice  
 Optional: 4 c cauliflower rice  
 2 tbsp fresh mint, finely chopped

**Instructions**

1. Remove the grape leaves from the jar and rinse them by putting them in a large bowl with or pour water on them to decrease the tearing.
2. Saute the onion for 2 minutes in olive oil or bacon fat. If you are cooking for a bigger crowd, then you can add in the optional 4 c of cauliflower to bulk it up and keep low carb, but this changes the carbs value.
3. In a large bowl, break up the ground beef. Add salt, pepper, 1 tbsp olive oil and eggs. Mix briefly by hand or with a hand mixer.
4. Add the sauteed vegetables and mix thoroughly.
5. Time to wrap it up. Lay one grape leaf, shiny side down, on your work surface, with the top of the leaf pointing directly away from you.
6. Place 1 tbsp of the meat mixture on the bottom of the leaf where the stem would have been. Pull up the bottom parts first. Bring down the top leaf. Place seam side down in baking dish. Pre-heat oven to 350.
7. Add a couple of tbsps of olive oil to the chicken broth and the lemon juice. Pour over the dolmades until it reaches half way up the sides of them.
8. Cover the baking dish tightly with foil or a tight fitting lid. Cook for 45 minutes.

**FREEZING AND SAVING FOR LATER:**

Cover and refrigerate any leftover dolmades up to 5 days or freeze in an airtight container up to 3 months. Reheat a portion in the microwave for 1-2 minutes on high or cover with foil and warm in a 350F oven for 20-30 minutes. Thaw overnight in the refrigerator before reheating.

# CHAPTER 3.

## DIPS FOR THE VEGGIE TRAY

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**LEVEL**

Easy

**COOK TIME**

30 mins

**SERVING**

8 servings

**PREP TIME**

10 Mins

## DOUBLE AOILI

*Learn to make a tangy, garlicky aioli and a creamy spicy aioli at home with these easy recipes. As the title states, you will want to double the aioli because your guests will love it because it helps them to enjoy a raw vegetables tray with wonderful flavor. Aolis can also be dolloped on top of the easy side dishes or a dressing for a plain meat.*

**Ingredients****Garlic Aioli:**

- 3/4 c mayonnaise
- 3 cloves garlic, minced
- 2 tbsps lemon juice
- 1/4 tsp salt
- 1/4 tsp ground black pepper

**Spicy Aioli**

- 3/4 c mayonnaise
- 2 tbsps sriracha
- 2 tbsps lemon juice
- 1/4 tsp salt
- 1/4 tsp ground black pepper

**Instructions****Garlic Aioli**

1. In a mixing bowl, mix mayonnaise, garlic, lemon juice, salt, and pepper in a bowl.
2. Cover and refrigerate for at least 30 minutes before serving.
3. Scoop into a serving bowl before serving.

**Spicy Aioli**

4. In a mixing bowl, mix the mayo, lemon juice and sriracha, salt and papper.
5. Cover and refrigerate for at least 30 minutes before serving.
6. Scoop into a serving bowl before serving.





**LEVEL**

Easy



**COOK TIME**

7 mins



**SERVING**

6-7 People



**PREP TIME**

5 Mins

# BAKED BRIE

*This is literally the easiest thing that you will make with a show stopping presentation after topped with honey and pecans. It makes a great centerpiece for a cheese board.*

## Ingredients

1 whole wheel brie  
1/3 c tbsps honey  
1/3 c pecans  
1/3 c pistachios

## Instructions

1. Place the brie on a sheet pan covered with parchment paper and drizzle with the honey.
2. Bake for 5 to 7 minutes at 350 F, or until the edges start collapsing just a bit, that means it is starting to ooze inside but we do not want it to melt. Do not overcook this and watch it while it bakes.
3. Remove from oven, top with pecans and pistachios. Wait 5 minutes before serving.

**HINT:**

Make sure to serve with a knife because it is runny. Apples are a healthy option that pairs well.



**LEVEL**

Easys



**COOK  
TIME**

20 mins



**SERVING**

8 servings



**PREP  
TIME**

10 Mins

## SPINACH ARTICHOKE DIP

*Spinach Artichoke Dip! It's deliciously rich, perfectly creamy and cheesy, brimming with spinach and artichokes and it's always a crowd favorite.*

### Ingredients

2 cans artichoke hearts  
10 oz frozen spinach  
3/4 c mayo  
1 c grated parmesan cheese  
8 oz cream cheese  
1 1/2 tsp chopped garlic  
1 tsp black pepper

### Instructions

1. Start off by getting everything prepped. Soften your cream cheese by leaving on the counter for about 15-20 minutes to bring to room temperature.
2. Drain 2 cans of artichokes and roughly chop them. Set aside.
3. To thaw the spinach: put spinach into a colander and run under cold water. Once thawed squeeze out any excess liquid.
4. In a medium bowl add the softened cream cheese and mayo. Stir together.
5. Add in the chopped artichokes and the chopped spinach. Mix again.
6. Sprinkle in the grated parmesan cheese, black pepper and chopped garlic. Stir all the ingredients until mixed well.
7. Transfer to a baking dish. Bake for 30 minutes at 350 degrees. Serve right away.



**LEVEL**  
L

Easy



**COOK**  
**TIME**

1 hour



**SERVING**  
6

8-12  
servings



**PREP**  
**TIME**

20 Mins

## CRACK DIP

*Crack Dip is an amazing dip, great for parties or game day! With a creamy cheesy base, have extra chips.*

### Ingredients

1 container (1 cup / 227g) cream cheese  
4 tbsp sour cream (or Greek Yogurt)  
1 package Ranch dressing mix  
2 cups shredded cheddar  
5-6 slices bacon - chopped  
1-2 green onions – chopped  
1 tsp paprika

### Instructions

1. Allow the cream cheese to come down to room temperature to soften.
2. Drain the frozen spinach by adding a dash of salt and putting into a strainer and allowing to sit for 30 minutes. Then push on it to squeeze out the water.
3. Combine all ingredients in a mixing bowl and stir it.
4. Transfer to a serving dish.
5. Top with shreds of cheese and bacon and chives for presentation.
6. Serve with celery.

---

#### PREPARATION TIP:

Dips taste better if they sit overnight in the refrigerator. This is a great recipe to make the day ahead if needed.



**LEVEL**

Easy



**COOK TIME**

20 minutes



**SERVING**

8-12



**PREP TIME**

20 minutes

## 7 LAYER BEAN DIP

*This 7 Layer Dip is the ultimate party food and game day food! It's jam packed with layers of fresh flavor and makes the best snack.*

### Ingredients

1 (16 oz) can Rosarita  
 1 (10 oz) can Rotel Diced Tomatoes & Green Chilies, drained  
 2 tsp chili powder  
 3/4 tsp ground cumin  
 1/2 tsp garlic powder  
 3 medium avocados, peeled 1 1/2 Tbsp fresh lime juice  
 1/4 c chopped fresh cilantro  
 12 oz . sour cream  
 1/2 (6 oz can) black olives, sliced  
 2 small Roma tomatoes, diced  
 1 3/4 c finely shredded cheddar and Monterey jack cheese blend  
 1/3 c sliced green onions

### Instructions

1. In a medium mixing bowl stir together refried beans, canned tomatoes, chili powder, cumin, 1/4 tsp garlic powder and season with salt and pepper to taste. Spread mixture into an even layer in 7 by 11-inch baking dish.
2. Mash avocado with lime juice. Mix in cilantro and season with remaining 1/4 tsp garlic powder and salt to taste.
3. Spread into an even layer over the bean layer in baking dish, then spread sour cream over avocado layer.
4. Sprinkle with cheese, black olives over sour cream layer then top with tomatoes and green onions. Serve with tortillas chips. Dip can be made a day in advance, just cover and refrigerate until ready to serve.

# CHAPTER 4.

## SEAFOOD TAPAS

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**LEVEL**

Easy

**COOK TIME**

0 mins

**SERVING**

6 servings

**PREP TIME**

15 Mins

# SHRIMP CEVICHE

*This shrimp ceviche recipe is fresh shrimp marinated with cucumber, red onions, cilantro, and lime juice. It takes just minutes to make and is full of bold and zesty flavors.*

**Ingredients**

1 pound shrimp cooked and deveined  
 1 c red onion chopped  
 1 c cucumber diced  
 3 tomatoes diced, about 1 c  
 1 jalapeño diced  
 1/2 bunch of cilantro finely chopped, about 2-3 tbsps  
 1/4 c lime juice  
 Salt and pepper to taste

optional:  
 1 tbsp olive oil

**Instructions**

1. Rinse shrimp in luke warm water to defrost it. Cut into small pieces .
2. In a large mixing bowl, mix the rest of the lime juice and all the veggies.
3. Transfer the mixed vegetables into the bowl with the shrimp and mix well so everything is fully incorporated.
4. Season the ceviche with some salt. Optional to add 1 tbsp of olive oil



**LEVEL**

Easy



**COOK  
TIME**

10 mins



**SERVING**

8 servings



**PREP  
TIME**

15 Mins

## BACON WRAPPED SHRIMP

*Crispy Bacon Wrapped Shrimp drizzled in an irresistible sticky Honey Garlic Sauce makes the perfect appetizer for any special occasion!*

### Ingredients

12 shrimp large, deveined and clean  
6 slices bacon  
salt and pepper to taste

### Instructions

1. Set your oven to 350F to preheat.
2. Rinse the shrimp thoroughly with water then pat dry with paper towels. Season with salt and pepper.
3. Place the shortening into a mixing bowl and whisk in the garlic and lemon juice. Brush each shrimp with the sauce on both side
4. Place the bacon slice on a chopping board. Cut into halves, lengthwise. Wrap each halved bacon strip around every shrimp. Secure altogether with a toothpick.
5. Organize the shrimp on the baking sheet in a way that the seam-side is down. Repeat for all the remaining wrapped shrimp.
6. Bake in the oven for 15 minutes. Serve once cooked thoroughly. Enjoy!

**LEVEL**

Easy

**COOK TIME**

0 mins

**SERVING**

6 servings

**PREP TIME**

20 Mins

# CUCUMBER SUSHI

*You can look like a rockstar at your next party. Just don't tell anyone how easy it is to make these little bites.*

**Ingredients**

*For the lemon dill cream cheese:*  
 3/4 c cream cheese (do not use light cream cheese)  
 2 tablespoons Greek yogurt  
 Zest from 1 lemon  
 1 tbsp freshly squeezed lemon juice  
 1 tbsp minced fresh dill  
 1 small garlic clove very finely minced  
 A pinch of sea salt

*To assemble sushi:*  
 6 mini cucumbers, sliced  
 8 ounces cold smoked salmon  
 Dill and fresh cracked pepper, to garnish

**Instructions**

*For the lemon dill cream cheese:*

1. Add all of the lemon dill cream cheese ingredients to a medium-sized bowl. Use electric beaters to whip together.
2. Transfer the cream cheese to a pastry piping bag fitted with a star attachment, or if you do not have a pastry bag, use a small resealable plastic bag and cut off the tip to make a 1 inch opening.

*To assemble the sushi:*

3. Lay the cucumber slices out on a serving tray.
4. Roll small strips of the smoked salmon and place them on top of the cucumber slices.
5. Use the bag of the lemon dill cream cheese and pipe the cream cheese on top of the salmon and garnish with a little fresh dill and fresh cracked pepper.

**PREP**

The lemon dill cream cheese can be made up to two days in advance and kept in your fridge until you are ready to assemble the cucumber smoked salmon appetizer bites

**Nutrition Facts:** Calories: 892 kcal, Carbs: 10g, Protein: 69g, Fat: 70g



# CHAPTER 5.

## SIMPLE SIDE DISHES

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**LEVEL**

Easy

**COOK TIME**

0 Min.

**SERVING**

4 servings

**PREP TIME**

10 Mins

# STRAWBERRY SPINACH SALAD

*The best ever Spinach Strawberry Salad with balsamic poppy seed dressing, pecans, and feta. Beautiful, healthy, and always a crowd pleaser. Ideal for summer barbecues, picnics and fresh lunches (or dinners!)*

**Ingredients****Instructions***For the dressing:*

2 tbsps sesame seeds  
1 tbsp poppy seeds  
1/2 c sugar substitute, erythritol  
1/2 c olive oil  
1/4 c distilled white vinegar  
1/4 tsp paprika  
1/4tsp Worcestershire sauce

*To assemble the salad:*

1 tbsp minced onion  
10 oz. fresh spinach  
1 quart strawberries - cleaned  
1/4c almond slices  
Feta cheese as desired

*For the dressing:*

1. Dressing: In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion.
2. Cover, and chill for one hour.

*To assemble the salad:*

3. In a large bowl, combine the spinach, strawberries, feta cheese, almond slices. Pour dressing over salad, and toss.
4. Refrigerate 10 to 15 minutes before serving.

**LEVEL**

Easy

**COOK TIME**

0 mins

**SERVING**

6 servings

**PREP TIME**

15 Mins

# CUCUMBER AVOCADO TOMATO

*A classic cucumber and tomato salad that is even better with the addition of avocado, enhanced with a light and flavorful lemon dressing and the freshness of cilantro.*

**Ingredients**

4 roma tomatoes  
 2 cucumbers  
 1/2 medium red onion sliced  
 2 avocados diced  
 2 tbsp extra virgin olive oil  
 2 tbsp fresh lemon juice  
 1/4 c cilantro, chopped  
 1 tsp sea salt  
 1/8 tsp black pepper

**Instructions**

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
2. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice.
3. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and 1/8 tsp black pepper.
4. Chill for at least 4 hours before serving so that all the flavors mesh together.

**PREPARATION TIP:**

Dips taste better if they sit overnight in the refrigerator. This is a great recipe to make the day ahead if needed.

  
**LEVEL**

Easy

  
**COOK  
TIME**

10 mins



**SERVING**

6 servings



**PREP  
TIME**

10 Mins

## ROASTED BRUSSEL SPROUTS

*Brussel sprouts are more nutritious when cooked. This recipe pairs well with the garlic aioli.*

### Ingredients

20 brussels sprouts  
3-4 tbsps live oil  
Salt & pepper

### Instructions

1. Preheat oven to 400 degrees.
2. Cut the Brussel sprouts into wedges. Best to use fresh brussels and not frozen.
3. Place brussel sprouts on a baking sheet and drizzle with live oil.
4. Sprinkle on salt and pepper to taste.
5. Mix around Brussels sprouts on pan
6. Bake for 15-20 minutes or until golden brown on at least one side.
7. Flip sprouts with a spatula a couple of times throughout baking
8. Watch carefully so they do not burn.
9. In meantime while the brussels sprouts are roasting, mix together the garlic aioli recipe for dipping
10. **Airfryer.** Heat air fryer to 390 degrees.
11. Add your Brussels sprouts to your air fryer basket and air fry for 10 minutes, shaking once halfway through.
12. Test for doneness after 10 minutes.

---

#### HEALTH TIP:

Brussel sprouts are more nutritious after cooking.

**LEVEL**

Medium

**COOK TIME**

15 mins

**SERVING**

4 servings

**PREP TIME**

30 Mins

# MASHED CAULIFLOWER

*Easier than mashed potatoes with less prep time and no peeling necessary, our mashed cauliflower recipe is light, buttery and smooth.*

**Ingredients**

1 large head cauliflower cut into florets  
3 tbsps unsalted butter  
3 tbsps sour cream  
6 cloves garlic divided  
1/4 c. parmesan cheese  
Salt and black pepper to taste

**Instructions**

1. 1 large head cauliflower cut into florets (3lb) Or frozen cauliflower rice This recipe calls for 2 pounds of riced cauliflower. 3 tbsps unsalted butter
2. Finely chop the cauliflower.
3. Cut a "V" shape around the core to remove the core from each half.
4. Sauté the cauliflower. Melt the butter in a 4-quart pot over medium-high heat.
5. Add the cauliflower and sauté, stirring occasionally, until the cauliflower has lightened in color, 3 to 5 minutes.
6. Reserve the cooking liquid, then drain. Reserve 1/4 c. of the cooking liquid. Drain the cauliflower.
7. Mash or purée. Place the drained cauliflower and reserved cooking liquid back in the pot.
8. Mash using an immersion blender to desired consistency.
9. Add in the butter, sour cream, garlic and parmesan cheese and mix in.
10. Serve hot.

**SERVING SUGGESTION:**

Loaded cauliflower is also another option and it is very simple. Sprinkle on cheddar cheese and shredded bacon, place into baking dish, and bake for 15 minutes at 350 degree.



LEV

Easy



**COOK  
TIME**

15  
mins



**SERVING**  
6 servings



**PREP  
TIME**

30 Mins

## ELLEGANT ASPARAGUS

*Simple, elegant, healthy. What more could you want from a side dish? For a prettier presentation, you can trim the "thorns" from the asparagus with a vegetable peeler.*

### Ingredients

1 bunch thin asparagus spears,  
trimmed  
3 tbsps olive oil  
1 ½ tbsps grated Parmesan cheese  
1 clove garlic, minced  
1 tsp sea salt  
½ tsp ground black pepper  
1 tbsp lemon juice

### Instructions

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper.
3. Arrange the asparagus onto a baking sheet in a single layer.
4. Bake at 425 degrees, 12 to 15 minutes depending on thickness to bake to tenderness Sprinkle with lemon juice just before serving.

# CHAPTER 6.

## HOSTING THE DINNER

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<hr/>	
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**LEVEL**

Medium

**COOK  
TIME**

30 min

**SERVING**

4 servings

**PREP  
TIME**

20 Mins

# BEEF TENDERLOIN

*Want to make a big impression at your next fancy gathering? This is the piece of meat that filet mignon comes from so you know it's good.*

**Ingredients**

- 1 (5 to 6 pound) beef tenderloin
- 2 tsp table salt
- 2 tsp black pepper
- 4 cloves minced garlic
- 2 tbs rosemary

**Instructions**

1. Grab some olive oil and just rub it all around the meat.
2. Generously season with salt and fresh ground pepper.
3. In a small bowl mash together minced garlic with a couple tbsps of fresh chopped rosemary leaves.
4. Rub the tenderloin with the prepared garlic mixture.
5. Cut roast in half if necessary to fit in a 12-inch skillet.
6. Place the tenderloin over pieces of precut kitchen twine spaced one-inch apart and tie them closed.
7. Fold the thin end up against the rest of the roast and use kitchen twine to tie it together
8. Preheat oven to 450 degrees. Heat a heavy 12-inch skillet over medium-high heat.
9. Sear the roast in the heavy skillet on all 4 sides until browned, about 3 to 4 minutes per side.
10. Transfer to a roasting pan or 9x13 pan and roast in the preheated oven until desired done-ness is reached,
11. Remove from the oven and let meat rest, covered loosely with aluminum foil, for 10 minutes before serving.
12. Slice the roast into  $\frac{3}{4}$  to 1 inch. Serve immediately.

**COST TIP:**

This cut of beef is quite pricey. However, it is considered a bargain compared to cost at an expensive restaurant, because it can be fairly easily prepared and taste just as good at home.

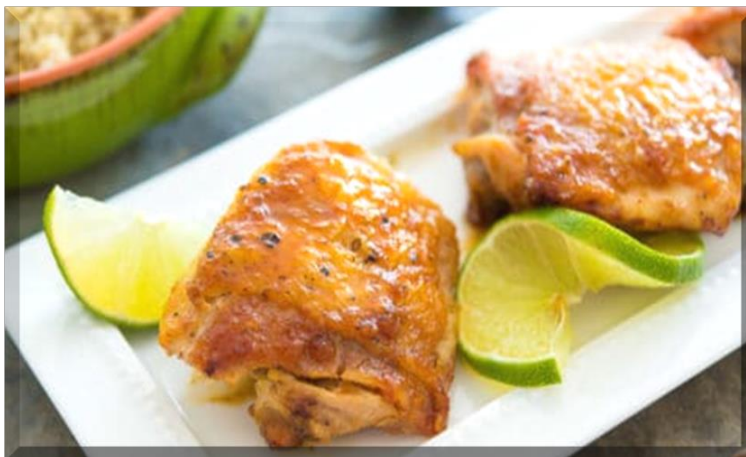


**LEVEL**

Medium

**COOK TIME**

25 mins

**SERVING**

6 servings

**PREP TIME**

10 Mins

# HONEY LIME CHICKEN

*Fresh and flavorful marinated Honey-Lime Chicken is marinated in a mix of fresh lime, fresh orange, olive oil, honey and spices, infusing it with incredible flavor.*

**Ingredients**

1 lb chicken thighs, skin-on  
3 cloves garlic, minced  
2 tbsps honey  
1.5 tbsp soy sauce  
2 tbsps lime juice  
3 dashes cayenne pepper  
1 big pinch salt  
chopped parsley  
lime wedges  
optional: orange zest 1/2tsp

**Instructions**

1. Preheat oven to 400 F.
2. Rub the minced garlic on the chicken thighs with your hands.
3. Add honey, soy sauce, lime juice, cayenne pepper and salt to the chicken.
4. Stir to combine well. Transfer the chicken and the honey mixture to a baking sheet
5. Cover the chicken with aluminum foil to prevent burning.
6. Bake the chicken for 20 minutes, or until cooked.
7. Broil the chicken for 1 minute or until the chicken skin is charred. Remove from heat, garnish with parsley.
8. If you want to spice it up a bit more for the guests, then rub the chicken with 1 tsp chili powder and cumin.
9. You may also make this recipe on a skillet or cast-iron pan on medium heat.
10. Cook for 3-4 minutes on each side
11. You may also grill the chicken on an outdoor grill.



**LEVEL**

Easy



**COOK TIME**

1 hours



**SERVING**

6 servings



**PREP TIME**

70 Mins

## SIMPLE CHILI

*This is the best chili recipe! A big pot of ground beef chili loaded with beef and beans is the perfect game day food!*

### Ingredients

- 1 1/2 pounds ground beef
- 1 yellow onion, diced
- 1 green pepper, diced
- 1 jalapeno, minced
- 1 clove garlic, minced
- 1/4c. tomato paste
- 15 oz. canned diced tomatoes
- 2 c beef broth
- 2 tbsps chili powder
- 1 tsp cumin
- 1 tsp salt

### Instructions

1. Add the ground beef, onion, and bell pepper to a large deep pot and cook over medium heat, breaking up the meat as it cooks. When meat is cooked through, drain fat from pan.
2. Add the jalapeno, garlic, tomato paste, diced tomatoes, beef broth, chili powder, cumin, and salt and stir.
3. Bring to a boil and reduce to a simmer. Simmer for at least 20 minutes, preferably an hour for the best taste and texture.
4. Serve with sour cream and shredded cheddar, as desired.

#### **PREPARATION TIP:**

Dips taste better if they sit overnight in the refrigerator. This is a great recipe to make the day ahead if needed.

**LEVEL**

Easy

**COOK TIME**

15 MIN

**SERVING**

8 servings

**PREP TIME**

18 Mins

# TERIYAKI CHICKEN STRIPS

*Teriyaki Chicken strips on-a-stick are perfect as snacks, appetizers, or even a meal.*

**Ingredients**

2 pounds chicken thighs  
 3/4 c. soy sauce  
 1/4 c. brown sugar substitute  
 1 tbsp garlic, chopped  
 1 tbsp ginger, chopped  
 1 tbsp apple cider vinegar

**Instructions**

1. Combine the teriyaki sauce using soy sauce, brown sugar substitute, garlic, ginger and apple cider vinegar. Hint: If you do not have in stock a brown sugar substitute, then add a few drops of molasses to a white sweetener.
2. Set sauce aside. If you want to thicken the sauce simply stir in 1/2 tsp of xanthan gum.
3. Cut the chicken thighs into thin strips. Place in a bowl and pour the teriyaki sauce over the top. Stir to coat and refrigerate overnight.
4. Place 15 wooden skewers in a container and cover with water to soak overnight
5. Preheat the grill over high heat. Thread the chicken strips onto the skewers. Place on then grill and immediately lower the temperature to medium. Grill for 3-5 minutes until chicken easily lifts from the grill.
6. Turn the chicken and brush with the remaining 1/4 c. of teriyaki sauce. Grill for an additional 3-5 minutes until the skewers are totally cooked.
7. Serve with a green side such as broccoli florets or asparagus.



**LEVEL**

Easy



**COOK  
TIME**

2hrs 10  
mins



**SERVING**

5 servings



**PREP  
TIME**

25 Mins

## STEAK KABOBS

*These skewers are pretty versatile and can be cooked on an outdoor or indoor grill, or broiled in the oven.*

### Ingredients

1/2 c. olive oil  
1/2 c. soy sauce  
3 cloves garlic minced  
1 tsp black pepper  
2 pounds sirloin steak cut in 1-inch cubes  
1 red bell pepper seeded  
1 green bell pepper seeded  
1 red onion  
1/2 pound whole fresh mushrooms  
1 medium yellow summer squash, cut into 1/2-inch slices  
8 12-inch metal skewers

### Instructions

1. Soak your wooden skewers in water for at least 30 minutes before using them to cook with.
2. In a medium bowl, whisk together olive oil, soy sauce, garlic and pepper.
3. Add the cubed sirloin steak to marinade and toss to coat. Cover with plastic wrap and let marinate for 1 hour.
4. Once the meat has marinated, thread it onto the skewers alternating with pieces of bell pepper and red onion.
5. Grill kebabs over medium heat, turning often, until all sides of the meat is well brown and vegetables are tender.
6. For the non-low carb eaters, you can replace the yellow squash with the pineapple.

# CHAPTER 8.

## CLASSIC HOLIDAY TICKETS

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**LEVEL**

Difficult

**COOK TIME**

1 hr 35 min

**SERVING**

6-10 servings

**PREP TIME**

5 Mins

## BAKED HAM

*Ham like all the other meat are no carbs, but they get but I can't ever eat ham at Thanksgiving because it is covered in a sugary glaze. Now, you and I can enjoy the sweet hangry ham without all the sugar.*

**Ingredients**

1 10 pound ham, smoked bone in fully cooked  
 1 c. Water  
 1 c. Golden Monk Fruit  
 1 tsp Black Pepper  
 ½ tsp Dry Mustard  
 ½ tsp Mustard  
 ½-1 tsp ground cloves  
 7 cloves garlic chopped or crushed

**Instructions****Keto Glaze:**

1. Use a small saucepan and add the water and golden monk fruit. Heat until monk fruit is dissolved.
2. Next, add the spices and mustard and all the other ingredients. Mix thoroughly.
3. Divide the glaze into 2 small bowls
4. Score the ham by making diagonal cuts with a sharp knife in the fat along the sides of the ham at approximately one-inch intervals.
5. Then cut in the opposite direction to form diamond shapes. If desired, cloves can be inserted into each diamond for flavor and to make the ham more decorative.
6. Preheat the oven to 325 degrees.
7. Place Spiral Ham in a baking pan.
8. Add Water or Chicken Broth to the pan.
9. Put a meat thermometer in Ham.
10. Pour one small bowl of glaze over the top and sides of the ham, including in-between the slices if possible.
11. Cover tightly with foil, making sure to expose the thermometer.
12. About half-hour before the ham is done take off the foil and baste.
13. After that apply the rest of the glaze on the sides and top and whatever slices that you can.
14. Put back in the oven and watch the thermometer for when it reaches 140 degrees.
15. When it is done let it rest for 15-20 minutes to allow the juices to be absorbed into the meat so that when you cut it you won't use all the juices.



**LEVEL**

Medium



**COOK  
TIME**

1hr 30 mins



**SERVING**

8 servings



**PREP  
TIME**

20 Mins

## ROASTED CHICKEN

*Juicy on the inside, and served with liquid gold pan juices loaded with flavor, this is the Roast Chicken recipe you'll make over and over again!*

### Ingredients

Whole chicken, giblets removed  
1 tsp salt and black pepper to taste  
1 tbsp onion powder, or to taste  
½ c. margarine, divided  
1 stalk celery, leaves removed

### Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken in a roasting pan, and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder.
3. Place 3 tbsps margarine in the chicken cavity. Arrange dollops of the remaining margarine around the chicken's exterior.
4. Cut the celery into 3 or 4 pieces, and place in the chicken cavity.
5. Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F (82 degrees C).
6. Remove from heat, and baste with melted margarine and drippings. Cover with aluminum foil, and allow to rest about 30 minutes before serving.



**LEVEL**

Easy



**COOK TIME**

45 mins



**SERVING**

8 servings



**PREP TIME**

15 Mins

# SOUTHERN GREEN BEANS

*Southern-Style Green Beans are cooked long and slow until melt in your mouth tender. Flavored with lots of bacon.*

## Ingredients

4 strips, thick cut bacon  
2 lbs. green beans, fresh (trimmed)  
3 c. water  
3 c. chicken broth  
1/2 tsp garlic powder  
1/2 tsp seasoning salt  
1/4 tsp black pepper  
4 tbsp butter, unsalted  
1/3 c. almonds, sliced

## Instructions

1. Cook the bacon in a large dutch oven or pot until crisp then drain on a paper towel lined plate. Cut into pieces.
2. Reserve the grease and add the beans, water, broth, garlic powder, seasoning salt and pepper to the pot.
3. Bring the mixture to a boil and then simmer for 20 to 30 minutes, until the beans are tender.
4. Drain the beans into a strainer and return the pot to the stove top.
5. Add the butter and almonds to the pot and cook over medium heat, swirling the pot, until the butter becomes golden brown and gives off a nutty aroma.
6. Stir the beans and bacon into the butter and heat through, making sure to coat everything with the butter. Serve warm. Enjoy!



**LEVEL**

Difficult

**COOK TIME**

15 mins

**SERVING**

6 servings

**PREP TIME**

30 Mins

# EGG NOGG WITH COOKING

*Make your own cooked eggnog! Enjoy your eggnog without worrying about uncooked eggs!*

## Ingredients

2 c.s unsweetened almond milk  
 2 c.s heavy cream or coconut cream\*  
 1 tsp nutmeg  
 6 egg yolks  
 3/4 c. powdered allulose or erythritol  
 2 tsps vanilla  
**Optional:** 1 cinnamon stick

## Instructions

1. Separate out the egg yolks.
2. In saucepan, also add the egg yolks, heavy cream, almond milk, and powdered sweetener. Whisk.
3. Continually stir ingredients until the mixture reaches 160 degrees, about 10 min. The mixture should not boil, just steam.
4. Turn off heat and then add vanilla and nutmeg.
5. Whisk.
6. Stir in liquor of choice, to taste.
7. Cover and transfer to the refrigerator to chill for a few hours.
8. Your eggnog will continue to thicken while chilling. So give it a good stir right before serving, and feel free to thin it out with a little nut milk until desired consistency is reached.
9. When you take it out of the refrigerator and are ready to drink your low carb eggnog, top with dusting of nutmeg on the top.

**COOKING TIP:**

You will need a candy thermometer to hook to the side of the pot and continuously measure the temperature of the egg yolk mixture.

# CHAPTER 9.

## DESSERT DELIGHTS

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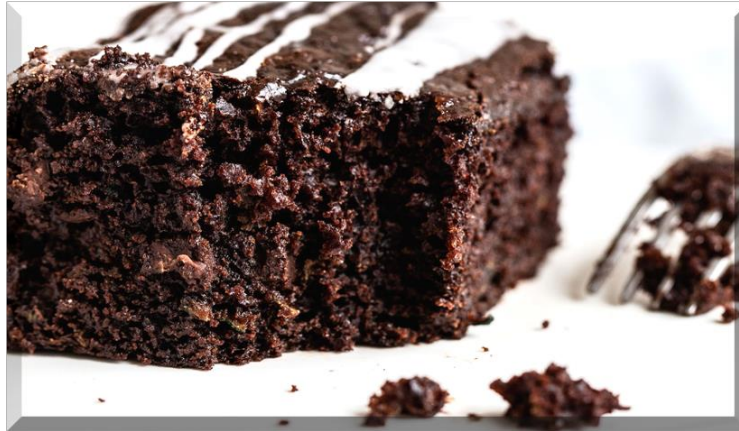
**LEVEL**

Easy



**COOK TIME**

30 mins



**SERVING**

12 servings



**PREP TIME**

20 Mins

# CHOCOLATE ZUCCHINI CAKE

*Super moist and indulgent chocolate zucchini cake is studded with chocolate chips and topped with chocolate fudge frosting.*

## Ingredients

- 1 c. coconut flour
- 1 c. unsweetened cocoa powder
- 1 1/2 c. low carb sugar substitute
- 1 tsp cinnamon
- 2 tsps baking soda
- 2 tsps baking powder
- 1/2 tsp sea salt
- 1/2 c. coconut oil melted
- 8 large eggs beaten
- 2 tsps vanilla extract
- 4 c.s zucchini shredded

**Optional:**

- 3/4 c. sugar free chocolate chips
- &
- chocolate buttercream frosting

*Chocolate Frosting ingredients:*

- 1/2 cup unsalted butter, room temperature
- 1/2 cup powdered sweetener, like Swerve confectioner's
- 3 tbsp cocoa powder
- 2-3 tbsp heavy cream
- 1 teaspoon Vanilla Extract
- pinch of salt

## Instructions

1. In large mixing bowl, combine coconut flour, cocoa, granular low carb sweetener, stevia, cinnamon, baking soda, baking powder, and sea salt.
2. Mix in eggs, coconut oil, and vanilla until well combined.
3. Stir in zucchini
4. Spread out into greased 9.13-inch pan (or two round 9-inch pans).
5. Bake at 350°F for about 30-40 minutes or until toothpick inserted in center comes out clean.
6. Cool on wire rack. Once cool, frost with chocolate buttercream frosting if desired.

*Chocolate Buttercream Frosting*

1. Add the room temperature butter and sweetener (and cocoa powder, if using) to a large bowl. Mix on low speed for a minute to combine, and then increase the speed to medium and mix for 3 minutes until light and fluffy.
2. Add the heavy cream, vanilla, and salt. And mix for another 1-2 minutes.
3. Adjust the consistency with either more heavy cream to thin, or more powdered sugar to thicken.

**Nutrition Facts (1 slice)** Calories: 96kcal, Carbs: 5.7g, Protein: 3.7g, Fat: 7.4g



**LEVEL**

Medium



**COOK  
TIME**

0 mins



**SERVING**

12  
servings



**PREP  
TIME**

15 Mins

# PUMPKIN PIE

*Fill a sweet short crust pastry tart case with lightly spiced squash to make a traditional American treat.*

## Ingredients

### *For the crust:*

6 oz of almond flour  
1/4 c of golden flaxseed meal  
1 tbsp of brown sugar substitute  
3 oz of unsalted butter, melted  
1 egg

### *For the filling:*

1 15-oz can pumpkin puree  
1/2 cup heavy cream (or coconut  
cream for dairy-free/paleo)  
2 egg  
2/3 cup powdered erythritol  
2 tsp pumpkin pie spice  
1/4 tsp sea salt  
1 tsp vanilla extract (optional)  
1 tsp blackstrap molasses (optional)

## Instructions

### *For the crust:*

Preheat the oven to 325F.

In a large mixing bowl, combine the almond flour, flax meal, and brown sugar substitute. Stir them together.

Add the butter and egg (\*best at room temperature). Stir together roughly. Then pick up and knead into a sticky dough.

Press into the base and up the sides of a 9 inch pie dish. Fork randomly into the crust. Cover the crust with foil to avoid overbrowning the edges.

Bake for 12-15 minutes, then set aside for your pie filling.

### *For the filling:*

Beat together pumpkin puree, heavy cream, eggs (best at room temperature), powdered erythritol, vanilla, sea salt, molasses. Use a mixer and mix at medium-low speed, until smooth. (Don't overmix.) Pour the filling into the crust. Gently tap on the counter to release air bubbles.

Bake at 325 F for 40-50 minutes, until the pie is almost set but still slightly jiggly in the center. (Check on it occasionally, and if you see the crust start to brown, cover the crust edge with foil and return to the oven until the filling is done. It should still jiggle a bit in the center, like a custard before it sets.)

Cool completely on the counter, then refrigerate at least an hour before slicing.

**Nutrition Facts: (1 slice)** Calories: 244kcal, Carbs: 8g, Protein: 7g, Fat: 21g



**LEVEL**

Medium



**COOK TIME**

35 mins



**SERVING**

8 servings



**PREP TIME**

20 Mins

# STRAWBERRY PIE

*A strikingly beautiful pie that has a bountiful heap of strawberries. Strawberry pie is a fresh summertime treat. It is perfect for barbecues, 4th of July and picnics.*

## Ingredients

### *For the pie crust:*

3/4 c coconut flour  
2 egg, at room temperature  
1 1/3 c coconut oil melted  
1/4 tsp salt

### *For the filling:*

2 lbs strawberries, cut in half  
reserve a few for decoration later!

1 1/2 c erythritol sweetener  
3 oz sugar free strawberry jello mix  
1 c. water  
1/8 tsp xanthan gum optional

## Instructions

### *For the pie crust:*

1. Grease a 9 inch pie pan with butter or coconut oil.
2. In a large mixing bowl combine and mix the coconut flour, beaten eggs (at room temperature), melted coconut oil (not hot, but cooled down) and salt and sweetener.
3. After roughly combined, just use your hands to knead the dough and form a dough ball. If you want to use a simple method, then just press the dough into the greased pie pan.
4. Bake at 350 for 12 minutes. Cool completely.

### *For the filling:*

5. Combine the water, erythritol and xanthan gum in a medium saucepan. Cook over medium heat until mixture comes to a boil and turns more translucent.
6. Turn off the heat and add the sugar free strawberry jello mix. Stir until dissolved.
7. Pour the strawberries into the jello mix. Stir to coat all of the strawberries with the mixture.
8. Pour mixture into your prepared pie crust. With your remaining strawberries that you saved for decoration, place them throughout the pie. Set in the refrigerator for four hours, or until set.

**Nutrition Facts (1 slice or 1/8<sup>th</sup> pie):** Calories: 180 cal, Carbs: 14g, Net Carb 9 grams



**LEVEL**

Easy



**COOK TIME**

2 hours



**SERVING**

12 servings



**PREP TIME**

5 Mins

# CHERRY FLUFF STUFF

*A quick and easy salad that is great for any occasion. This cool, shimmering treat makes a wonderful dessert, too.*

## Ingredients

- 1 c. cottage cheese
- 1 packet of sugar free black cherry jello (the box w/ 4 servings)
- 1/2 c. of shredded colby jack or cheddar cheese
- 1/3 c. chopped pecans
- 1 c. heavy whipping cream
- 1/2 c. cherries, halved

## Instructions

5. Place whipping cream, mixing bowl and beaters in freezer for about 10 minutes before starting.
6. Mix the Jello powder and cottage cheese together until completely combined.
7. Add pecans and shredded cheese to the jello mixture and combine.
8. Whip the cream to the soft peak stage and add in your sweetener.
9. Continue whipping cream until it forms stiff peaks.
10. Gently fold whipped cream and jello mixture together until completely combined.
11. Chill 2 to 4 hour before serving.
12. Enjoy!

**Nutrition Facts:** (1 /12<sup>th</sup> recipe) Calories: 184kcal, Carbs: 2g, Protein: 5g, Fat 16g



**LEVEL**

Easy



**COOK TIME**

0 minutes



**SERVING**

10 servings



**PREP TIME**

15 Mins

# SNOWFLAKE CHOCOLATE BALLS

*Your guests will be amazed at your tray of goodies that looks like snowballs. Perfect for the whole winter season.*

## Ingredients

1/2 c unsweetened flaked coconut  
1/2 c almond flour  
1/4 c cocoa, 100%  
1/2 c Swerve Confectioners  
1/4 c butter  
1/4 c cream cheese  
1/2 tsp vanilla

## Instructions

1. Chop dry ingredients in food processor
2. Add butter, cream cheese, and vanilla
3. Roll into balls.
4. Roll balls into more flaked coconut
5. Arrange on a platter, keep cool in refrigerator until serving

**Nutrition Facts:** (1 ball) Calories: 110kcal, Carbs: 6g, Net carb 3 g Fat: 6g

# CHAPTER 9.

## ALCOHOLIC DRINKS

<b>STRAWBERRY SENSATION</b>	<b>54</b>
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<b>INSTRUCTIONS</b>	<b>54</b>
<b>SUMMER BREW</b>	<b>55</b>
<b>INGREDIENTS</b>	<b>55</b>
<b>INSTRUCTIONS</b>	<b>55</b>



**LEVEL**

Medium

**COOK TIME**

0 Min

**SERVING**

2 servings

**PREP TIME**

20 Mins

# STRAWBERRY SENSATION

A caramelized strawberry has a sensational fruity taste. Turn it into a crisp frozen strawberry drink and it will make you giddy.

**Ingredients**

1 pound fresh. strawberries  
3 tbsp monkfruit, swerve or sweetener of choice  
1/2 c water  
1/4 tsp xanthum gum  
1/4 tsp vanilla extract  
2 can strawberry sparkling water

**Instructions**

1. De-stem strawberries and chop or slice loosely. You can also thaw frozen strawberries for a quicker preparation.
2. In a small saucepan, add strawberries, Swerve/Monkfruit, and 2 tbsp of water. Add xanthum gum.
3. Cook on medium heat until boiling, then turn down to low, stirring often until a nice syrupy sauce forms. Roughly 10 mins.
4. Once done, pulse in a food processor or blender until smooth. Set aside to cool. Add optional vanilla 1/4 tsp
5. Pour sauce into ice cube trays. About 1 tbsp should be used to make 1 cube. Freeze 2 hours at least.
6. Add as 5 cubes to a blender and 1 can of strawberry sparkling water and blend it.
7. Pour into a cup and garnish with a strawberry on the rim.

**Nutrition Facts based on 6 cubes:** Calories: 108 cal, Carbs: 12g, Net carb 9 g Protein: 0g, Fat: 0g



**TOTAL TIME**

5 mins



**COOK TIME**

0



**SERVING**

12 servings



**PREP TIME**

5 Mins

# SUMMER BREW

*This is a wonderful thirst quenching drink on a hot summer day and is a definite crowd pleaser.*

## Ingredients

- 6 cans of Michelob Ultra
- 1 c. vodka
- 1 pitcher packet of crystal light lemonade
- 2 quarts of water
- 6 wedges of lemon for garnish

## Instructions

1. Combine the lemonade, beer, and vodka in a pitcher; gently stir.
2. Serve right away over ice or keep it in the refrigerator until serving.
3. Garnish with lemon wedges.

Nutrition Facts for 1/12<sup>th</sup> recipes - 1 serving: Calories: 87cal, Carbs: 1.5g, Protein: 0g, Fat: 0g

# How to use this book

#1 Find at least one recipe that "sticks" with you for each occasion.

#2 Once you get comfortable with the basic recipes, like the roasted chicken or scrambled eggs, then start to add on some of your own flare, like extra veggies, spices and flavors.

#3 Keep in mind that people eat with their eyes before their mouths. So when you prep your dish, the style and the presentation can make your meal more well received.



## RECIPES FOR GAME DAY

Simple Chili	pg 39
Ham Roll Ups	pg 16
Crepe Cannolis	pg 10
Vegetarian Maki	pg 17
7 Layer Bean Dip	pg 25
Spinach Artichoke Dip	pg 23

## RECIPES FOR MOTHERS DAY

Beef Tenderloin	pg 37
Bacon Wrapped Shrimp	pg 28
French Toast	pg 12
Strawberry Spin Salad	pg 31
Elegant Asparagus	pg 35
Roasted Chicken	pg 44



## RECIPES FOR GUESTS OR WORK ASSOCIATES

Double Aoili w veg	pg 21
Cucumber Sushi	pg 29
Strawberry Sensation	pg 54
Teriyaki Ckn Strips	pg 40





## RECIPES FOR BARBEQUE

Deviled Eggs	pg 15
Crack Dip	pg 24
Shrimp Ceviche	pg 27
Cucumber Tomato Avocado	pg 32
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Summer Brew	pg 55

## RECIPES FOR HOLIDAYS

Baked Brie	pg 22
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Caprese Salad Kabobs	pg 18
Snowflake Choc Balls	pg 52
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## RECIPES FOR SUNDAY FAMILY DINNER

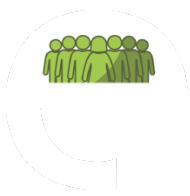
Waffles and Chicken	pg 13
Honey Lime Chicken	pg 38
Cherry Fluff Stuff	pg 51
Chocolate Cake	pg 48

The following pages are:

## **Tips & Guide Sheets**

For Living Low Carb with  
Diabetes Everyday

Disclaimer: Material on all of the information sheets are provided for informational purposes only. It is general information that may not apply to you as an individual, and is not a substitute for your own doctor's medical care or advice. I am a medical provider, but I am not your medical provider therefore, this is. not medical advice.



## Type 2 diabetes medication reduction for carb restriction

The main consideration is to prevent symptomatic hypoglycemia and coordinate the speed of medication adjustment with the patient's wishes and concerns. This involves weighing the potential risks against the potential benefits for each medication. In addition, all patients need to be comfortable checking their blood glucose multiple times per day.

Drug group (example)	Drug action	Hypoglycemia risk?	Suggested action
Long-acting insulins (Insulin glargine)	Long-acting exogenous insulin	YES	REDUCE by 50% for rapid reduction, or 33% if the patient is more concerned with maintaining strict glucose control.
Short-acting insulins (Insulin aspart)	Short-acting exogenous insulin	YES	STOP all short-acting, pre-meal insulin.
Combined long- and short-acting insulin	Mixture of long- and short-acting exogenous insulin	YES	STOP and convert to long-acting insulin with the appropriate adjustments.
Sulfonylureas (glyburide)	Increase pancreatic insulin secretion	YES	STOP (can consider continuing, if lowest blood sugar is still >200mg/dl).
Meglitinides (repaglinide)	Increase pancreatic insulin secretion	YES	STOP.
SGLT-2 inhibitors (canagliflozin)	Increase renal glucose secretion	No	STOP due to risk of euglycemic ketoacidosis.
Biguanides (metformin)	Reduce insulin resistance	No	No need to stop; may continue long term unless patient desires stopping all medication.
GLP-1 agonists (liraglutide)	Slow gastric emptying Increase glucose-dependent pancreatic insulin secretion	No	No need to stop initially. Can consider once glucose control maintained.
Thiazolidinediones (pioglitazone)	Reduce peripheral insulin resistance	No	Do not need to stop specifically for carb restriction need to assess overall risk-benefit ratio.
DPP-4 inhibitors (sitagliptin)	Inhibit DPP-4 enzyme	No	No need to stop with a carb restricted diet and can consider once glucose control is maintained.
Alpha-glucosidase inhibitors (acarbose)	Delay digestion of starch and sucrose	No	Generally no benefit when eating low-carb meals. STOP.

# TARGET PROTEIN RANGES BASED ON “REFERENCE BODY WEIGHT”



Follow these 3 steps to find out how much protein you need for a therapeutic carb restriction.

Find your “reference weight” using the first chart, **Reference body weights for adults**. This estimates your lean body mass and does not include body fat. Because protein is used to build and maintain muscle, use this number, rather than your weight on the scale, to estimate protein needs.

Important: Reference body weight is **not** a “goal weight.”

1. Find your “reference weight” on the second chart, **How much protein should I eat?** That row tells you how much protein food (in ounces/grams) you should put on your plate at each meal, assuming you eat three meals a day. This row also tells you how many grams of protein your food will provide and how many grams of protein you should get over the course of a day.
2. Use the third chart, **Where to find your protein**, to find out which foods—and what serving sizes—will help you meet your protein needs.



## Reference body weights for adults

### Women

Height	Reference Weight
4'11" (150 cm)	111-123 lbs (50-56 kg)
5'0" (152 cm)	113-126 lbs (51-57 kg)
5'1" (155 cm)	115-129 lbs (52-59 kg)
5'2" (157 cm)	118-132 lbs (54-60 kg)
5'3" (160 cm)	121-135 lbs (55-61 kg)
5'4" (163 cm)	124-138 lbs (56-63 kg)
5'5" (165 cm)	127-141 lbs (58-64 kg)
5'6" (168 cm)	130-144 lbs (59-65 kg)
5'7" (170 cm)	133-147 lbs (60-67 kg)
5'8" (173 cm)	136-150 lbs (62-68 kg)
5'9" (175 cm)	139-153 lbs (63-70 kg)
5'10" (178 cm)	142-156 lbs (65-71 kg)
5'11" (180 cm)	145-159 lbs (66-72 kg)
6'0" (183 cm)	148-162 lbs (67-74 kg)

### Men

Height	Reference Weight
5'2" (157 cm)	131-140 lbs (60-64 kg)
5'3" (160 cm)	133-143 lbs (60-65 kg)
5'4" (163 cm)	135-145 lbs (61-66 kg)
5'5" (165 cm)	137-148 lbs (62-67 kg)
5'6" (168 cm)	139-151 lbs (63-69 kg)
5'7" (170 cm)	142-154 lbs (65-70 kg)
5'8" (173 cm)	145-157 lbs (66-71 kg)
5'9" (175 cm)	148-160 lbs (67-73 kg)
5'10" (178 cm)	151-163 lbs (69-74 kg)
5'11" (180 cm)	154-166 lbs (70-75 kg)
6'0" (183 cm)	157-170 lbs (71-77 kg)
6'1" (185 cm)	160-174 lbs (73-79 kg)
6'2" (188 cm)	164-178 lbs (75-81 kg)
6'3" (191 cm)	167-182 lbs (76-83 kg)
6'4" (193 cm)	171-187 lbs (78-83 kg)





## How much protein should I eat?

**Note:** This chart assumes 3 meals per day. Adjust your amounts based on the number of meals you eat in a typical day.

Reference Body Weight		This much “protein food” at a meal	Provides this much protein	Giving you this many grams of protein a day, assuming 3 meals a day
125 lbs	57 kg	3.5 -6oz	23-39 ams	69-114grams
130 lbs	59 kg	3.5 -6 oz/	23-39 rams	69-118grams
135 lbs	61 kg	4-6 oz	24-44 rams	72-122 grams
140 lbs	64 kg	4 - 6.5oz	25-43rams	75-128grams
145 lbs	66 kg	4-6.5oz	26-44 rams	78-132grams
150 lbs	68 kg	4.5-7 oz	27-45 ams	81-136grams
155 lbs	70 kg	4.5 -7 oz	28-47grams	84-140 grams
160 lbs	73 kg	5-7.5 oz	29-49 grams	8-146grams
165 lbs	75 kg	5-7.5 oz	30-50 rams	90-150grams
170 lbs	77 kg	5-8 oz	31-56 grams	93-154 grams
175 lbs	80 kg	5-8 oz	32-56 grams	96-160 grams
180 lbs	82 kg	5-8 oz	33-56 grams	99-164grams

## Where to find protein

**Note:** Serving size is 100 grams (3.5 ounces, about the size of a deck of cards), cooked



100 grams (3.5 oz)  
of cooked meat

Provides this  
much protein

Chicken breast	28 grams
Lean steak (filet mignon, etc)	26 grams
Lean pork (tenderloin, ham)	26 grams
Lean fish (most fish, non-oily)	22-26 grams
Lamb chops (3 medium)	22 grams
Chicken thigh, medium	22 grams
Shellfish (shrimp, lobster, crab)	20-26 grams
Fatty fish (salmon, sardines, herring, mackerel)	20-25 grams
Fatty steak (ribeye)	20 grams
Bacon (5 slices, 60 grams/2 ounces)	20 grams
Chicken drumstick, medium	20 grams
Fatty pork (pulled pork, shoulder, etc.)	19 grams
Sausage	16-20 grams

## TARGET PROTEIN RANGES BASED ON “REFERENCE BODY WEIGHT”

All of the non-meat protein sources can be used in low-carb, lacto-ovo vegetarian diets.

The following can be used in vegan diets: pea and soy protein powders, black soybeans, tempeh, natto, edamame, and tofu

 <b>Non-meat protein food</b>	<b>This amount</b>	<b>Provides this much protein</b>
Soft cheese (ricotta, cottage)	1 cup (8 oz/240 grams)	<b>23-28</b> grams
Greek yogurt, plain	1 cup (8 oz/240 grams)	<b>20-25</b> grams
Whey protein powder (no sugar added)	1 oz (30 grams)	<b>20-25</b> grams
Soy or pea protein powder (no sugar added)	1 oz (30 grams)	<b>20-25</b> grams
Large eggs	3 whole eggs	<b>20</b> grams
Canned black soybeans	1 cup (260 grams)	<b>20</b> grams
Hard cheese	3 oz (85 grams), or 7-cm (3-inch) square	<b>18-21</b> grams
Tempeh	$\frac{2}{3}$ cup (3.5 oz/100 grams)	<b>18-20</b> grams
Natto (fermented soy)	$\frac{2}{3}$ cup (3.5 oz/100 grams)	<b>18-20</b> grams
Edamame (boiled or steamed green soybeans)	1 cup (5 oz/150 grams)	<b>17</b> grams
Tofu (extra firm)	$\frac{1}{2}$ cup (4 oz/120 grams)	<b>15</b> grams



# Sample menu for carbohydrate restriction

What does a carbohydrate-restricted menu look like? Plan your daily menu with this guide.

## GUIDE

# 1

First meal

**Protein source (usually meat or eggs):** Aim for a minimum of 3-4 ounces of meat (about the size of a deck of cards), 3 eggs, or a combination.

**Fat source:** This may already be in your protein. For example, bacon and eggs have fat in them. But if your protein source is lean, add some fat in the form of butter, cream (in coffee), cheese, or nuts.

Low-carb vegetable (if desired)

# 2

Second meal

**Meat or other protein source:** Aim for a minimum of 4 ounces.

**Fat source:** If your protein is lean, add some fat with butter, salad dressing, cheese, cream, avocado, seeds, or nuts.

**Veggies:** Have 1 to 1 ½ cups of salad greens or cooked greens and ½ to 1 cup of vegetables on the low-carb list.

Snack

Look for a low-carb, high-protein snack.

# 3

Third meal

**Meat or other protein source:** Aim for a minimum of 4 ounces.

**Fat source:** If your protein is lean, add some fat with butter, salad dressing, cheese, cream, avocado, seeds, or nuts.

**Veggies:** Have 1 to 1 ½ cups of salad greens or cooked greens and ½ to 1 cup of vegetables on the low-carb list.

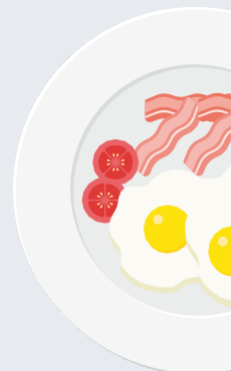
## EXAMPLE

2 slices bacon or sausage

2 eggs, cooked in butter, topped with slices of cheese (or 3 eggs)

Coffee or tea, with cream if desired

Low-carb vegetables can be added to scrambled eggs or an omelet, if you want them as part of this meal.



4-5 ounces grilled chicken or fish

Salad greens, ½ avocado, tomatoes, and other vegetables, topped with full-fat ranch or bleu cheese dressing

Water or unsweetened iced tea



Pepperoni slices and/or a cheese stick



4-6 ounces steak or bunless hamburger

Spinach salad, mushrooms and hard-boiled eggs, topped with olive oil-and-vinegar or creamy salad dressing

Green beans topped with toasted sliced almonds and butter

Water, unsweetened tea, or coffee, with cream if desired



# Shopping list

for therapeutic carbohydrate restriction

## Refrigerated, produce & freezer section

### Fresh meats

Beef – ground, steaks, ribs, or roast  
 Chicken  
 Duck  
 Lamb  
 Pork – ground, chops, ribs, or roast  
 Tempeh with no starches added  
 Tofu with no starches added  
 Turkey  
 Veal  
 Venison or game

### Seafood

Crab  
 Fish of all types  
 Lobster  
 Mussels  
 Octopus  
 Oysters  
 Scallops  
 Shrimp  
 Squid

### Dairy

*(no added sugars or starches)*  
 Butter  
 Cheeses, full-fat – all types  
 Cottage cheese  
 Cream cheese or mascarpone  
 Eggs  
 Cream, heavy or whipping  
 Ricotta  
 Sour cream or crème fraîche  
 Yogurt, unsweetened Greek

### Deli counter

*(no added sugars or starches)*

Bacon  
 Chicken salad  
 Chorizo  
 Corned beef  
 Egg salad  
 Hotdogs  
 Luncheon meats of all types  
 Pancetta  
 Pastrami  
 Pepperoni  
 Salami  
 Sausage  
 Soppressetto  
 Tuna salad



### Other

Avocados  
 Fresh herbs, such as cilantro, parsley, chives  
 Garlic  
 Lemons & limes  
 Olives  
 Salad dressings, full-fat  
*(no added sugars or starches)*  
 Shirataki or konjac noodles

### Vegetables

Artichoke	Green beans	Rhubarb
Asparagus	Greens of all types	Shallots
Bok choy	Jicama	Snow peas
Broccoli	Leeks	Spinach
Brussels sprouts	Lettuces of all types	Sprouts
Cabbage	Mushrooms	Squash
Cauliflower	Okra	Sugar snap peas
Celery	Onions	Tomatillos
Cucumber	Peppers	Tomatoes
Eggplant	Pumpkin	Turnips
Fennel	Radishes	Zucchini

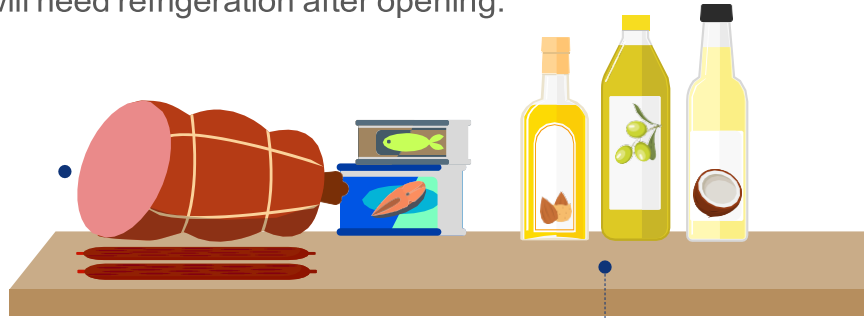
You can make dozens of simple, delicious meals with these basic items.

## Pantry & canned goods

Use this list to identify your favorite low-carb items. Check ingredients for added sugars and starches; check serving size and carb count (subtracting fiber from total carbs for net carbs) to stay within daily limits. Some of these items will need refrigeration after opening.

### Canned or packaged meats & seafood

Beef jerky or sticks (*no added sugars or starches*)  
 Ham  
 Pork rinds or chicharrons  
 Anchovies  
 Crab  
 Salmon  
 Sardines  
 Tuna



### Cooking & baking items

Low-calorie sweeteners (*your preference*)  
 Chocolate, dark (*80% cocoa or more*)  
 Cocoa powder  
 Flavorings and extracts  
 Herbs and spices  
 Psyllium husk powder  
 Whey protein & other protein powders

### Beverages

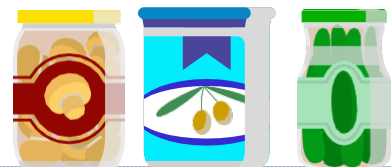
Club soda  
 Coffee  
 Tea  
 Unsweetened flavored seltzers

### Nuts & seeds

Almonds  
 Brazil nuts  
 Chia seeds  
 Flax seeds  
 Hazelnuts  
 Hemp seeds  
 Macadamia nuts  
 Peanuts  
 Pecans  
 Pili nuts  
 Pumpkin seeds  
 Sunflower seeds  
 Walnuts

### Fats & oils

Avocado  
 Coconut oil  
 Duck fat  
 Ghee  
 Lard  
 Nut oils  
 Olive oil  
 Schmaltz (*chicken fat*)  
 Sesame oil  
 Tallow  
 Vegetable oil  
*(use limited amounts)*



### Canned goods & condiments

*(no added sugars or starches)*  
 Alfredo sauce  
 Artichoke hearts  
 Broth or bouillon  
 Capers  
 Cheese crisps (*Parmesan, cheddar, etc.*)  
 Chipotle peppers  
 Coconut milk  
 Green chilies

Hearts of palm  
 Horseradish  
 Hot sauces  
 Mayonnaise  
 Mushrooms  
 Mustard  
 Nut butters (*no added sweeteners*)  
 Olives  
 Pasta sauce  
 Pesto

Pickles & relish, dill or no-sugar added  
 Roasted red peppers  
 Salad dressings  
 Salsa  
 Sauerkraut  
 Soy sauce, tamari, or coconut aminos  
 Sun-dried tomatoes in oil (*a little goes a long way*)  
 Tomatoes & tomato paste  
 Vinegar

# Substitutes for favorite foods

*with therapeutic carbohydrate restriction*

Are you afraid of missing out on some of your favorite foods when you go low carb? Don't be. There are substitutes that fill in for all of your old standbys.

## Replace these favorites

### Bread

- Wraps
- Tortillas
- Buns

### Potatoes

- Mashed potatoes
- French fries
- Boiled potatoes
- Potato salad

### Pasta

- Noodles
- Mac and cheese
- Lasagna noodles

## ... with these satisfying substitutes!

- Lettuce leaf wrap
- Cabbage leaf wrap
- Low-carb tortillas
- Low-carb breads made with eggs, nut flours, cream cheese, and/or psyllium husk

### Find recipes here:

<https://www.dietdoctor.com/low-carb/keto/recipes/bread>



- Mashed cauliflower
- Oven-roasted celery root
- Steamed cauliflower; boiled rutabaga
- Roasted cubed zucchini or kohlrabi dressed with potato salad fixings

### Find recipes here:

<https://alldaydreamaboutfood.com/category/side-dishes/>



- Shaved or spiralized zucchini
- Spiralized rutabaga
- Cooked spaghetti squash
- Homemade noodles made with eggs, cheese, nut flours, and/or pureed cauliflower
- Shirataki noodles or cubed cauliflower with mac and cheese fixings
- Sliced zucchini, eggplant, deli meat, or homemade low-carb noodles with lasagna fixings

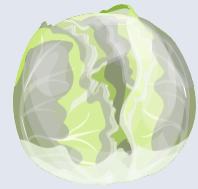
### Find recipes here:

<https://www.dietdoctor.com/low-carb/recipes/meals/pasta>



## Rice

- Riced cauliflower or rutabaga
- Shredded cabbage
- Shirataki rice



### Find recipes here:

<https://headbangerskitchen.com/category/keto-recipes/keto-essentials/>

## Pizza

- Crust made from cheese, eggs, cauliflower and/or nut flour with pizza fixings
- “Meatza” (crust made from ground meat) with pizza fixings
- Portabella mushroom or eggplant with pizza fixings



### Find recipes here:

<https://ketokarma.com/category/pizza>

## Cereal and breakfast foods

- Porridge made with eggs, chia/flax/hemp seeds, and/or coconut flour
- Low-carb granola
- Low-carb pancakes made with eggs, nut flours, and/or cream cheese.

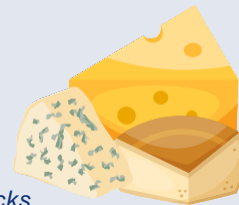


### Find recipes here:

<https://www.ketoconnect.net/breakfasts/>

## Chips, crackers and snacks

- Parmesan cheese crisps
- Low-carb seed crackers
- Roasted nuts
- Cheese



### Find recipes here:

<https://www.dietdoctor.com/low-carb/keto/recipes/snacks>

## Dessert

- Cheese plate
- Low-carb berries with whipped cream
- Square of dark chocolate (>80% cacao)
- Cheesecake made with low-calorie sweetener and nut flour crust
- Low-carb and keto recipes for almost anything you like are available online



### Find recipes here:

<https://www.ketoconnect.net/desserts/>

## Sugar

Natural low-calorie sweeteners like erythritol, xylitol, monk fruit, and stevia or artificial options (aspartame, sucralose, and saccharine).

## Starch

Low-carb vegetables with added fat replace the calories of starchy sides; you won't even miss the beige.

### Find meal planning help and recipes here:

<https://www.eatthebutter.org/keto-dinner-ideas>



# Simple meals and planned leftovers

## *with therapeutic carbohydrate restriction*

Creative use of leftovers can help minimize time in the kitchen while also minimizing carbohydrate foods.

Start with foods that make good leftovers. Fried foods don't, but grilled or roasted foods do. Vegetables that do double-duty — that are good both raw and cooked — are the most versatile. Foods that make good leftovers are:

- Grilled or roasted meat
- Broccoli and cauliflower – in most recipes these are interchangeable
- Cabbage
- Napa cabbage, also known as Chinese cabbage
- Spinach
- Miscellaneous veggies (squash, peppers, mushrooms, onions, eggplant, small tomatoes)

Serve veggies raw one night and cooked on another night. This way you can use fresh veggies in season, buy in bulk if you want, and save gas and steps when shopping. Cooked leftovers can become ingredients in soups, sauces, omelets, and casseroles.

When cooking, make more than you will need for one meal. You can even keep the “planned leftovers” in the kitchen instead of on the table to make sure tomorrow’s dinner is not consumed tonight.

### What can you do with grilled or roasted meat?

1

#### First time around:

Serve it off the grill with a low-carb sauce or gravy, such as:

- Full-fat yogurt mixed with spices
- Any kind of low-carb salsa
- Cream, bouillon, and a dab of soy sauce make a quick gravy



## 2

### Second time around:

- Make a stir-fry with vegetables and your choice of seasonings (soy sauce, ginger, or garlic).
- Serve it over greens for a “chef salad.”
- Toss with Napa cabbage & a spicy dressing.
- Toss with grilled or roasted veggie salad and a vinaigrette dressing.
- Add to a cream or cheese sauce, and serve this over mashed cauliflower.
- Stir-fry with onions, peppers, and cheese for “cheese-steak” on a plate.
- Add to a curry sauce over shirataki noodles.
- Stir-fry with onions, peppers, and Mexican seasonings for fajitas.

## What can you do with broccoli or cauliflower?

### 1

#### First time around — use it raw:

- Serve it raw with a low-carb dip.

### 2

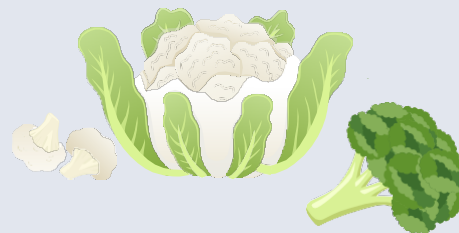
#### Second time around — cook it:

- Marinate it — raw or blanched — in a vinaigrette for salads.
- Steam or boil and serve with butter or cheese sauce
- Roast with olive oil, garlic, seasonings, etc.
- Stir-fry with soy sauce or other seasonings.

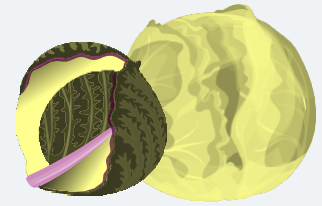
### 3

#### Third time around — use the cooked leftovers:

- Chop cooked veggies and make a casserole with cheese, cream, and bacon.
- Blend into a soup with cream and/or cheese.
- Add them to a broth-based soup with meat.
- Chop and add to a cream or cheese sauce, along with some meat & serve it all over mashed cauliflower.
- Mashed cauliflower makes a great substitute for mashed potatoes. Just blend or mash cooked cauliflower with cream and butter. Add some cream cheese or other cheese, if you'd like.



## What can you do with green or purple cabbage?



### 1 First time around — use it raw:

- Roll sandwich filling or leftover meat in the leaves; add dressing for moistness.
- Toss with dressing for coleslaw.
- Make a quick vinegar-based pickle for a cold salad.
- Add Indian spices and lime juice to chopped cabbage for a tasty side dish or condiment.

### 2 Second time around — cook it:

- Bake or roast cabbage wedges with olive oil and seasoning.
- Pan fry until slightly crisp. Add seasonings for versatile side dish.
- Sautéed with butter and other seasonings for a savory accompaniment to meat.
- Sautéed with ground meat or sausage, other veggies, and seasonings for a hearty one-dish meal.

## What can you do with Napa cabbage?



### 1 First time around — use it raw:

- The bottoms make great scoops for dip.
- Roll sandwich filling or leftover meat in the leaves, just as you would with regular cabbage.
- Toss with meat and a spicy dressing for a quick cold salad.

### 2 Second time around — cook it:

- Roast in wedges, just as you would regular cabbage.
- Stir-fry alone or with other veggies and seasonings for a side dish..
- Sautéed slowly in butter with salt and pepper until tender and savory.

## What can you do with spinach?

1

### First time around — use it raw:

- Add it to other ingredients in your favorite green salad.
- Make a classic spinach salad, with bacon, mushrooms, hard-boiled eggs, and a warm vinaigrette dressing.



2

### Second time around — cook it:

- Toss with a hot dressing and top with nuts for a “wilted spinach” side dish.
- Stir-fry with butter and garlic.
- Cook with cream sauce or cheese sauce for “spinach alfredo.”

3

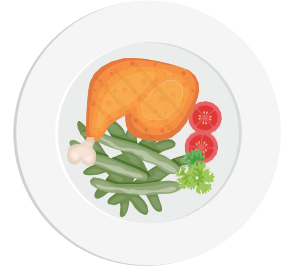
### Third time around — use the cooked leftovers:

- Serve in a cream sauce, alone or with meat, over mashed cauliflower.
- Add to a casserole with cheese and other veggies.
- Use it for filling in an omelet.
- Cut it up and heat with some cream cheese, cream, and seasonings. Add some chopped artichoke hearts too, if you want. Use as a warm dip for veggies or as a sauce to go over meat or fish.

## Meal planning ideas

These suggestions are courtesy of Dana Carpender at [danalowcarbforlife.com](http://danalowcarbforlife.com).

**"Meat" night:** Roast or grill a large amount of meat to use as leftovers during the week. You can use: chicken breasts or thighs—or bake a couple whole; London broil; pork roast; ham; or roast beef. If you are grilling, add some veggies to the grill (see below), or roast some if you are using the oven.



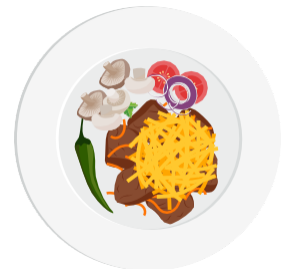
**Salad night:** Make a green salad with meat sliced on top (plus bacon, hard-boiled eggs, and cheese), or toss meat with grilled or roasted veggies and a vinaigrette dressing. Leftover chicken makes great chicken salad; eat it with a fork or rolled up in lettuce or cabbage leaves.



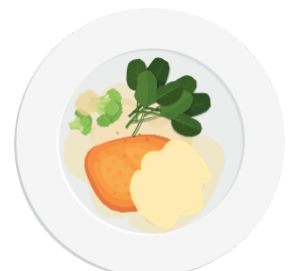
**Mexican night:** Make fajitas with leftover meat from “meat” night, plus salsa, cheese, sour cream and other favorite toppings. You can add some peppers and onions to this and serve it on a bed of shredded lettuce, rolled up in lettuce or cabbage leaves, or on low-carb tortillas if your carb allowance permits. If you don't have leftover meat, you can make this a quick dinner with ground meat and sugar-free taco seasoning, plus all the toppings.



**Sub-in-a-tub night:** Make "chicken cheese steak" or beef cheese steak by slicing leftover meat thinly, sautéing it briefly, and tossing some grated cheddar cheese on top. You can add shredded lettuce, jalapenos, onions, mushrooms, tomatoes, and other favorite toppings. This works well with ham and cheese too.



**Cheesy sauce with leftovers:** Make a simple cheese sauce with some melted butter, stirred together with some heavy cream. Add water to thin the sauce if you don't want it to be too rich. Throw in some grated cheese and stir until it melts. Chicken with Parmesan cheese sauce over asparagus or spinach is a good combination, as is ham with cheddar over broccoli.





# 5-DAY FOOD DIARY

1. Write down everything you eat for five days. Include at least one weekend day.
2. Be sure to record all beverages and snacks, as well as food eaten at meals.
3. Record your hunger level right before a meal and your fullness and satisfaction level right after a meal. This can help focus your attention on hunger and satiety cues.
4. Record the exact amount of food if you know it (such as a 4-ounce can of fish). Otherwise, give your best estimate (such as a fist-size serving of vegetables) of amount and ingredients.
5. Estimate grams of net carbs and grams of protein in your meal/snack.

First meal	Second meal	Third meal	Snack / Other
Hunger before eating: 4	Hunger before eating: 5	Hunger before eating: 4	Hunger before eating: 2
Time: 6:30 am	Time: 11:30 am	Time: 7:00 pm	Time: 4:00 pm
3 large eggs ½ cup raspberries 20 almonds  Coffee with 1Tbs heavy cream	4-ounce can tuna fish 1 Tablespoon mayo 2 cups lettuce ½ cup red bell peppers ½ medium avocado  Iced tea	Steak (about the size of 2 decks of cards) Roasted Brussels sprouts (about the size of a fist)  Wine (standard glass)  Water	10 macadamia nuts  Water
Fullness & satisfaction after eating: 4	Fullness & satisfaction after eating: 5	Fullness & satisfaction after eating: 5	Fullness & satisfaction after eating: 3
Estimated net carbs: 10 grams	Estimated net carbs: 6 grams	Estimated net carbs: 8 grams	Estimated net carbs: 1 gram
Estimated protein: 25 grams	Estimated protein: 30 grams	Estimated protein: 35 grams	Estimated protein: 1 gram
Estimate fat 30 grams	Estimate fat 28 grams	Estimate fat 43 grams	Estimate fat 21 grams

# DAY 1

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

<b>First meal</b>	<b>Second meal</b>	<b>Third meal</b>	<b>Snack / Other</b>
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs	Estimated net carbs	Estimated net carbs	Estimated net carbs
Estimated protein	Estimated protein	Estimated protein	Estimated protein
Estimate fat	Estimate fat	Estimate fat	Estimate fat

# DAY 2

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

<b>First meal</b>	<b>Second meal</b>	<b>Third meal</b>	<b>Snack / Other</b>
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs	Estimated net carbs	Estimated net carbs	Estimated net carbs
Estimated protein	Estimated protein	Estimated protein	Estimated protein
Estimated fat	Estimated	Estimated fat	Estimated



# DAY 3

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

<b>First meal</b>	<b>Second meal</b>	<b>Third meal</b>	<b>Snack / Other</b>
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs	Estimated net carbs	Estimated net carbs	Estimated net carbs
Estimated protein	Estimated protein	Estimated protein	Estimated protein
Estimated fat	Estimated fat	Estimated fat	Estimated fat

# DAY 4

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

<b>First meal</b>	<b>Second meal</b>	<b>Third meal</b>	<b>Snack / Other</b>
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs	Estimated net carbs	Estimated net carbs	Estimated net carbs
Estimated protein	Estimated protein	Estimated protein	Estimated protein
Estimated	Estimated	Estimated fat	Estimated

# DAY 5

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

<b>First meal</b>	<b>Second meal</b>	<b>Third meal</b>	<b>Snack / Other</b>
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs	Estimated net carbs	Estimated net carbs	Estimated net carbs
Estimated protein	Estimated protein	Estimated protein	Estimated protein
Estimated fat	Estimated	Estimate fat	Estimated fat