

NOTE.MOST INGREDIENTS IN THESE RECIPES CAN BE BOUGHT IN GOOD HEALTH FOOD SHOPS, SUPERMARKETS. IF YOU HAVE TROUBLE GETTING WHAT YOU WANT, EXCHANGE INGREDIENTS USING THE CARB COUNTER PROVIDED.

## **SALADS AND DRESSINGS**

### **Blue Cheese Salad Dressing**

1CarbsPerServing:1g total

Effort:Easy

#### **Ingredients:**

1 tablespoon sour cream                    2 teaspoons mayonnaise  
2 teaspoons heavy cream 1 tablespoon blue cheese                    1 teaspoon powdered  
ranch dressing mix.

#### **How to Prepare:**

Mix all together and chill before serving.

NOTES : Counts for ranch dressing mix not included in totals.

### **BLT Salad**

CarbsPerServing:7g total

Effort:Easy

#### **Ingredients:**

7 slices bacon - cooked                    crisp,drained and crumbled  
1 cup chopped lettuce                    1/8 cup chopped onion 1/2 medium tomato -  
chopped                    1 tablespoon mayonnaise

#### **How to Prepare:**

Stir mayo into lettuce, onion and tomato until evenly coated. Toss in bacon.

### **Beef Salad** UnknownCarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

Cold Roast beef -                    shredded or  
coarsely chopped                    boiled eggs  
Chopped onion ( I use                    green onions) Chopped dill pickle  
Sliced celery                    Mayo

#### **How to Prepare:**

Mix in desired amounts keeping track of the carbs you add. Let chill. Yummy on Wasa or maybe even with pork rinds for dipping!

### **Bacon & Egg Salad**

CarbsPerServing:23g total

Effort:Easy

#### **Ingredients:**

8 eggs                    1 cup mayonnaise  
1/2 pound bacon                    1 cup hot pepper cheese 3 tablespoons chives -  
4 thin radishes - sliced thin                    1 head lettuce - torn fine for  
salad                    1 avocado - cubed

#### **How to Prepare:**

Boil the eggs, until hard and dice them. Fry the bacon and crumble it. Mix all ingredients in a bowl.

NOTES:

Carbs for avocado based on 14.85 for 1 3/8 cup - adjust accordingly. Carbs for lettuce base on 2 for 1 cup - adjust accordingly Carbs for hot pepper cheese not included in above total - adjust accordingly

### **Bacon Cheeseburger Salad**

CarbsPerServing:7g total

Effort:Easy

#### **Ingredients:**

3 ounces lean ground beef crumbled, cooked and  
drained  
4 slices bacon - cooked                    crisp, drained and crumbled  
1 cup chopped lettuce  
1/8 cup chopped onion 1/2 medium tomato -                    chopped  
1 tablespoon mayonnaise                    1/4 cup cheddar cheese -                    (or 1 ounce)

#### **How to Prepare:**

Stir mayo into lettuce, onion and tomato until evenly coated. Toss in beef, bacon and cheese.

### **Basics: Meat, Egg or**

CarbsPerServing:7g total

Effort:Easy

#### **Ingredients:**

1/2 pound chicken, beef, or ham - cooked and cut according to preference  
OR  
12 ounces tofu, firm drained very well  
OR

6 large eggs                    2 tablespoons mayonnaise  
1 tablespoon yellow                    mustard  
1/4 cup chopped onion                    1/4 cup chopped celery  
2 tablespoons capers -  
drained                    3 tablespoons dill pickle -                    chopped

#### **How to Prepare:**

Note: chop meats to desired chunkiness after cooking. Leftovers work great! In a large bowl, mix desired main ingredient with remaining ingredients.

Season to taste with salt and pepper. I like to add a little horseradish sauce to the ham or roast beef salad for some zip.

For egg salad: Mix everything but the eggs well. Chop eggs to desired chunkiness and fold into mixed ingredients. Add a few drops of tabasco sauce if desired. A squeeze of lemon also goes well.

For eggless salad: Mix everything but the tofu Squish tofu with your hands or with a fork until it breaks apart. Fold in with remaining ingredients. Eggless salad should sit for at least an hour, refrigerated, before serving. Lemon or a few drops soy sauce work great in tofu based salads.

**\*\*personal note\*\*** Process meats find in a food processor for more of a 'spread' consistency. Don't process with the remaining ingredients until you get the meat broken down almost to the size you want. The spreads work very well on lettuce leaves for roll-ups The chunky version works great over lettuce for a salad meal.

NOTES : Counts for tofu and eggs not included in totals... tofu is 10 carbs, eggs 3.6.

### **Black & Blue Salad** CarbsPerServing:20

Prep Time:15

Effort:Easy

#### **Ingredients:**

2 heads of butterhead lettuce                      6 oz. Of cold leftover steak, thinly sliced  
8 cherry tomatoes, sliced in half 6 oz. Bleu cheese  
10 tbs heavy cream                      2 tbs mayonnaise  
1 tbs vinegar (optional)

#### **How to Prepare:**

Beat the heavy cream and mayonnaise together in a small mixing bowl. Crumble half the bleu cheese into the mixture (reserving the other half for a garnish) and stir a few times. Add a drizzle of the vinegar if it is too thick. Chill for at least two hours. (The longer it chills, the more intense the flavor becomes.)

Slice the butterhead lettuce in wedges (or tear into pieces if you prefer) and place on four salad plates. Pour the bleu cheese dressing over the lettuce. Arrange strips of the cold steak (cold filet is outrageously good in this dish!) and four cherry tomato halves over the lettuce. Sprinkle the reserved bleu cheese on top. Give each plate a grind of fresh pepper and serve immediately.

### **Blue Cheese Dip/Dressing**

CarbsPerServing:8g total

Effort:Easy

#### **Ingredients:**

4 ounces bleu cheese, crumbled                      4 ounces sour cream  
4 ounces mayonnaise 1/8 teaspoon garlic powder                      1/8 teaspoon onion powder

#### **How to Prepare:**

Mix ingredients and refrigerate ½ hour before serving.

### **Great Blue Cheese Dressing**

CarbsPerServing:18g total

Effort:Easy

#### **Ingredients:**

16 ounces mayonnaise                      1 container sour cream - (1 oz) (1 to 16)  
12 ounces blue cheese - crumbled garlic powder - to taste  
1 dash vinegar                      finely chopped onion

#### **How to Prepare:**

Combine all the above ingredients for a great blue cheese dressing that will really make salads more fulfilling. Enjoy.

NOTES : Carbs for sour cream, garlic powder and onion not included - adjust accordingly.

### **Blue Cheese Dressing 2**

Serves:10

CarbsPerServing:8g total

Effort:Easy

#### **Ingredients:**

4 ounces blue cheese - such as Roquefort                      ½ cup sour cream  
½ cup mayonnaise 1/4 teaspoon pepper                      1 dash hot pepper sauce  
¼ cup chives - minced

#### **How to Prepare:**

In a small bowl, break up the cheese with a fork and mash it lightly, leaving some small chunks. Add everything else but the chives and mix together thoroughly. Stir in the chives. Cover the bowl tightly and store in the refrigerator up to a week.

### **Broccoli & Bacon Salad**

Serves:8-10

Prep Time:15 Minutes

Effort:Difficult

#### **Ingredients:**

2 Heads Broccoli                      Hellman's Mayo (to taste)  
Hidden Valley Ranch Dressing (to taste)                      1 Jar Real Bacon Bits  
¾ Package Cracker Barrel Sharp Cheddar Cheese                      ½ Small Vidalia Onion  
Salt & Pepper

#### **How to Prepare:**

Pull broccoli from stems and steam. Broccoli should still be crispy.

Refrigerate when done. Shred the cheddar cheese and set aside. After broccoli cools, add mayo, ranch, bacon bits, onion, cheese, salt and pepper. Mix together and refrigerate until ready to serve. YUMMY!

### Broccoli, Olives, & Egg Salad

Serves:4

CarbsPerServing:?

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

Fresh broccoli florets                      Boiled eggs  
Green olives                                      Red Onion  
Mayonnaise                                      Black Pepper  
Paprika    Salt

#### How to Prepare:

Quantities of everything according to taste. I would use 1 bunch broccoli, 3 eggs chopped in large pieces, ½ cup olives, ½ large red onion chopped. The rest of the ingredients really depend on your preferences, but black pepper really makes this salad. Mix everything together and coat well with mayo. Chill and serve.

### Bruschetta Style Tomato Turkey Salad

Serves:1 or 2

CarbsPerServing:approx 8 (w/o subtracting fibre)

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

1 cup ground turkey                              1 cup mixed lettuce  
1 tomato    4 or 5 kalamata olives  
salt    pepper    1 or 2 T olive oil  
1 tsp crushed garlic                              1 tsp basil paste (or a few leaves of finely chopped fresh basil)

#### How to Prepare:

Dice the tomato and place in a small bowl. Add chopped olives, olive oil, garlic, basil, and salt and pepper to taste.

Brown the turkey mince in a saucepan. Add the tomato mix to the turkey and mix together.

Serve over a bed of mixed lettuce. So EASY!!! Tastes as good as italian restaurant food.

### Caulif-broccoli salad - THE BEST!

Serves:plenty - 16 or so

CarbsPerServing:never counted, but low

Prep Time:a tedious ½ hour

Effort:Average

#### Ingredients:

1 lg head cauliflower                              1 lg bunch broccoli  
1 sm onion (or 4 green ones)                      1 pkg froz peas (or pea pods)2 cups mayo  
1 cup sour cream                                      1 tsp garlic powder

#### How to Prepare:

mix mayo, sour cream and garlic powder in a small bowl. Break caulif and broccoli into bite sized florets. Add onion. Toss sauce with broccoli, cauliflower and onion. Add peas last (if using pods, cut into ¼ inch pieces. Refrigerate at least 4 hours or overnight.

### Cheesy Herb Dressing

CarbsPerServing:8g total

Effort:Easy

#### Ingredients:

½ cup yogurt    1 tablespoon oil  
1 tablespoon Parmesan cheese - grated                      ¼ teaspoon basil - dry 1 tablespoon parsley - dry  
1 ½ teaspoons lemon juice                              ¼ teaspoon garlic powder

#### How to Prepare:

Combine all ingredients and mix well. Chill overnight.

### Cheesy Thousand Island Dressing

CarbsPerServing:35g total

Effort:Easy

#### Ingredients:

1 cup cottage cheese                              ¼ cup ketchup  
1 teaspoon paprika                                      ¼ teaspoon salt  
1 tablespoon relish 1/8 teaspoon pepper                      2 tablespoons celery - finely diced  
2 tablespoons green pepper - finely diced                      2 tablespoons onion - finely diced  
2 tablespoons olive oil

#### How to Prepare:

In a blender combine cheese, ketchup, oil and spices. Blend till smooth. Stir in rest of ingredients. Chill several hours.

### Chicken Bacon Club Salad

Serves:4-6,5

CarbsPerServing:Unsure, but think it is minimal

Prep Time:30 minutes

Effort:Easy

#### Ingredients:

4 boneless skinless chicken breasts                      1 Cup Mayo  
6 slices bacon    2Cups shredded cheddar cheese

#### How to Prepare:

Cook bacon until crisp, then crumble. Cube chicken breast and cook thoroughly. Mix all ingredients together. Spread into a 8" cake pan. Bake for about 15 minutes. Serve on top of a bed of lettuce. Top with black olives if you like. Very yummy!

### Yummy Chicken Taco Salad

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Taco Salad: 4 chicken breast - boil, then shred with fork  
Olive Oil Cumin  
Chili Powder 1 Can Rotel tomatoes with green chilis  
1 Large yellow onion - diced 1 Head Iceberg lettuce  
1 Can black olives Shredded cheddar cheese  
Sour Cream Guacamole (optional)Homemade Salsa:  
1 large can peeled tomatoes 1 small bunch cilantro  
1 medium/large onion garlic salt

**How to Prepare:**

In a large skillet, pour about 2 Tblsp olive oil and turn up to med/high heat. Sautee about ¼ of the onions. Add the shredded chicken, cumin and chili powder and Rotel. Simmer for approximately 20 minutes, stirring occasionally. Meanwhile, shred lettuce and place in bowls. When Chicken mixture is done, place a heaping on top of the lettuce and cover with cheese, olives, sour cream, the remaining onions.

Combine salsa ingredients in blender. Add to salad.. this will be used as your dressing. Enjoy!

**Old Fashioned Cole Slaw**

Serves:8 Servings. CarbsPerServing:6 grams carb 2 grams fiber (ECC=4)  
Prep Time:<20 minutes Effort:Easy

**Ingredients:**

2/3 cup vinegar ½ cup whipping cream  
2 large eggs, lightly beaten ¼-1/2 cup Splenda  
Pinch of salt 1 ½ tablespoons butter cut into pieces  
1 (2-pound) head cabbage, shredded

**How to Prepare:**

Combine first 5 ingredients in a small, heavy saucepan; cook over low heat, stirring constantly with a wire whisk, 8 to 10 minutes or until thickened (mixture will appear curdled until it thickens). Remove from heat. Add butter, stirring until it melts. Pour over cabbage; toss gently to coat. Cover and chill.

You can add ½ cup chopped walnuts and only raise the carb count by ½ gram. If you're on maintenance, ½ cup dried, chopped cranberries and the walnuts brings you in at a little under 10 grams.

**Cool Taco Salad** CarbsPerServing:?

Prep Time:15 min Effort:Easy

**Ingredients:**

1 lb ground beef 1 can diced tomatoes  
1 package taco seasoning (follow directions for taco seasoning)  
½ cup sour cream ½ cup salsa  
as much lettuce you need for the salad vegetables to your liking for the salad  
shredded cheese

**How to Prepare:**

add ground beef and diced tomatoes to skillet after browning meat add taco seasoning (follow water requirements on back of seasoning package) after meat is cooked drain set aside.

Combine lettuce and your choice of vegetables your salad bowl add meat to top sprinkle with shredded cheese and add sour cream and salsa for your dressing.

**Cranberry Salad**

Serves:8 CarbsPerServing:6.125g Effort:Easy

**Ingredients:**

1 can crushed unsweetened pineapple - (9-oz.) juice packed 1 sugar-free cherry gelatin - (.3-oz.)  
1 tablespoon lemon juice ¼ cup artificial sweetener1 cup fresh cranberries - chopped fine  
1 small orange - peeled, quartered and chopped small 1 cup celery - chopped  
½ cup pecans - or other nuts, optional

**How to Prepare:**

Drain pineapple and save juice. Set pineapple aside for later use.  
2. Combine pineapple juice with water to equal 2 cups liquid. Prepare gelatin according to package label using juice-water mixture for the liquid.  
3. Once gelatin is dissolved, stir in lemon juice. Chill until partially set.  
4. In a separate bowl, combine the pineapple, sugar substitute, cranberries, orange, celery and nuts. Add this mixture to the partially set gelatin and stir until blended.  
5. Pour into large mold or individual molds. Chill until firm.

Do not use fresh or frozen pineapple in this recipe! It will not allow the gelatin to jell.

NOTES : Carbs for pineapple not included in above total - adjust

accordingly

### Creamy Italian Dressing 1

CarbsPerServing:46g total

Effort:Easy

#### Ingredients:

¼ cup yogurt - plain                      ¼ cup mayonnaise  
2 tablespoons heavy cream              1 tablespoon red wine vinegar  
½ teaspoon oregano - dry/2 teaspoon basil - dry              Stevia - to equal ¼t. sugar  
1/8 teaspoon garlic powder              salt - to taste  
pepper - to taste

#### How to Prepare:

Combine all and mix well. Chill several hours or overnight.

NOTES : Counts for stevia not included in totals.

### Dijon Vinaigrette

CarbsPerServing:5g total

Effort:Easy

#### Ingredients:

3 tablespoons red wine vinegar              2 tablespoons water  
1 tablespoon olive oil              1 teaspoon olive oil 1 tablespoon Dijon mustard  
1 teaspoon Dijon mustard              ¼ tablespoon garlic powder

#### How to Prepare:

Combine all in a bowl. Blend well with a whisk. Chill overnight to blend flavors.

### Easy Cole Slaw

Serves:1

CarbsPerServing:3 to 5

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

raw cabbage (shredded)              mayonnaise  
white distilled vinegar              salt & pepper (to taste)

#### How to Prepare:

Per 1 cup of shredded cabbage mix the following:              2 tablespoons of mayonnaise  
2 teaspoons of vinegar              salt & pepper to taste

### Easy Egg Plant Salad

CarbsPerServing:15g total

Effort:Easy

#### Ingredients:

spanish)

1 large eggplant - cut ½" pieces              1 large onion - cut ½" pieces, (red, white, yellow,  
1 can pitted black olives - diced small 1 small jar spanish olives  
diced into small pieces              ¼ cup cider vinegar - more to taste  
1 quart tomato sauce - whatever low carb brand you use

#### How to Prepare:

Mix all chopped ingredients and add the vinegar. Toss well to mix the vinegar with the mixed veggies. Let set a few minutes and toss again. Add the tomato sauce and mix again. Add red pepper and black to taste (1/2 tsp red is hot).

Mix one more time before placing in a 4 qt. Corningware pot. Bake in the oven at 325°F for about 1 hour (1 ½ hours is mushy)

Let cool to room temperature, toss and refrigerate before serving (sandwich spread, appetizer, main course with chicken,pork or beef).

Suggestions: prep time on the above recipe is about 15 minutes, has a very unique taste that satisfies the appetite.

NOTES : Counts for black and spanish olives not included in totals.

### French Dressing 2

CarbsPerServing:9g total

Effort:Easy

#### Ingredients:

½ cup salad oil              1/3 cup red wine vinegar  
1 tablespoon lemon juice              1 teaspoon worcestershire sauce  
½ teaspoon salt 1/4 package artificial sweetener - to taste              ½ teaspoon dry mustard  
½ teaspoon pepper              1 clove garlic - minced

#### How to Prepare:

Put everything in a jar with screw on lid and shake well.  
Makes about 1 cup

### french dressing

Serves:4 to 6 servings

CarbsPerServing:very low

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

½ cup walden farms ketchup ½ cup oil(canola or vegetable) ¼  
cup white vinegar 1 packet equal 1 teaspoon lemon juice dash of  
pepper

#### How to Prepare:

stir all ingredients until combined

### Broccoli and Bacon Salad

Serves:10,10

CarbsPerServing:57g total

Effort:Easy

#### Ingredients:

1 bunch broccoli - cut small                      1 cup shredded cheddar cheese  
1 small red onion - chopped fine                      1 pound bacon - fried crisp, set asidel cup mayonnaise  
¼ cup artificial sweetener - to taste                      2 tablespoons vinegar

**How to Prepare:**

Mix together: mayo, sweetener and vinegar, let stand 20 min. Mix again and pour over remaining ingredients. Mix well and sprinkle bacon over top.

Let sit all day and stir before serving.

**Cajun Chicken Caesar Salad**                      CarbsPerServing:4g total

Effort:Easy

**Ingredients:**

1 large chicken breast                      cajun spice or cayenne  
pepper to taste                      2 tablespoons Hot Sauce 2 Cups romaine lettuce  
2 tablespoons caesar                      dressing  
2 tablespoons parmesan                      cheese

**How to Prepare:**

Sprinke spices on chicken breast. May be grill on the BBQ (my favourite), baked, fried, etc. Cut in to 1 inch cubes and toss with hot sauce. Set aside.

Mix lettuce, dressing and cheese. Put on a plate and top with chicken. Top with addittional parmesan cheese if desired.

I like mine really hot and spicy so I use cayenne Cajun spice will make it a little milder.

NOTES : Counts for cajun spice and caesar dressing not included in totals.

**Chunky Tomato Salad**                      CarbsPerServing:24g total

Effort:Easy

**Ingredients:**

Chunky Tomato Salad                      2 cups fresh tomatoes - cut  
in ½" cubes                      ¼ cup scallions - sliced  
1 cup mushrooms - sliced                      1 tablespoon olive oil  
1 tablespoon vinegar 1 tablespoon water                      1 teaspoon dried basil  
1/8 teaspoon dried oregano                      ½ teaspoon splenda - or                      your choice  
salt and pepper to taste

**How to Prepare:**

Combine veggies. In small bowl mix rest of ingredients.

Add to veggies. Toss gently till spices are evenly spread thru out. Chill overnight.

**Cottage Cheese Casserole**                      CarbsPerServing:36g total

Effort:Easy

**Ingredients:**

3 eggs - slightly beaten                      3 cups cottage cheese -  
small curd 1 small diced onion                      black pepper to taste

**How to Prepare:**

Mix all ingredients and pour into a casserole dish. Bake at 350 degrees for 45-50 minutes, or until firm and pulls away from the sides of the pan. Serve warm.

**Cranberry Relish**                      CarbsPerServing:74g total

Effort:Easy

**Ingredients:**

1 cup dark rum                      1 teaspoon lemon rind - grated  
¼ cup artificial sweetener ¾ to 1 cup 1/2 cup walnuts - chopped, pecans or almonds  
4 ups cranberries - raw fresh or frozen

**How to Prepare:**

Put Splenda and rum in saucepan, heat to boiling. Add cranberries & lemon zest, bring back to boil & immediately lower heat so the mixture is on a low, rolling boil, just above a simmer. Cover and cook for 10 minutes, stirring occasionally. Add chopped nuts, mixing in thoroughly Let cook 1-2 min, then remove from heat, cover and let cool completely. The rum & lemon zest add tremendous richness complexity to the sauce. But, if you want to forego the rum, just substitute an equal amount of water.

**Double Cranberry Salad**                      Serves:8

CarbsPerServing:3.125g

Effort:Easy

**Ingredients:**

Double Cranberry Salad

2 ½ cups Diet Iced Botanicals(Cranberry-Raspberry) - zero carbs  
1 large package Cranberry                      Jell-O ( about 8 Carbs???)  
½ cup chopped celery 1/2 cup chopped pecans                      1 ½ cups cottage cheese  
1/8 cup mayonnaise

**How to Prepare:**

Bring Botanicals to boil. Stir in Jell-O until dissolved. Chill until partially set (thickened -but not solid Pour ½ in 8x8x2 inch glass pan. Stir ½ cup celery & ½ cup nuts into pan-add additional celery & nuts to remaining Jello. Chill 8x8 pan & remaining Jell-O mixture---until Jell-O is firm.Mix together cottage cheese & Mayo---place on top of 8x8 layer of Jell-O. Take remaining Jell-O (if it is firm

warm slightly in microwave & pour over cottage cheese. Chill until firm. Cut into 8 servings.

NOTES : Carbs for Cranberry Jello not included in above total - adjust accordingly

### Fancy Pea Salad

CarbsPerServing:78g total

Effort:Easy

#### Ingredients:

2 cups peas, canned - fancy  
1 cup celery - chopped  
bite-sized 1 cup mayonnaise  
¼ cup Parmesan cheese  
1 ½ cups finely chopped onion  
2 cups lettuce - cut  
10 slices bacon - cooked and crumbled

#### How to Prepare:

Toss peas, onion, celery, and lettuce with mayonnaise in a serving bowl. Sprinkle bacon on top. Sprinkle with Parmesan cheese. Cover; refrigerate overnight.

Little peas, celery, and bacon add crunch and color to this salad. It's a very nice change of pace for a picnic or potluck. Note that you can use frozen peas, if you prefer. You can use whatever variety of lettuce suits your taste. Serves 4-6.

### French dressing

Serves:4 to 6 servings

CarbsPerServing:very low

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

½ cup walden farms ketchup  
½ cup white vinegar  
1 packet equal  
½ cup oil (canola or vegetable)  
¼ cup white vinegar  
1 teaspoon lemon juice  
dash of pepper

#### How to Prepare:

stir all ingredients until combined

### Garlic and Pepper Bleu Cheese

Serves:6ish

CarbsPerServing:1-2 per serving

Prep Time:5 mins

Effort:Easy

#### Ingredients:

½ Cup Sour Cream  
1/2 Cup Mayo  
4oz Bleu Cheese Crumbled  
1 tsp Garlic Powder or Minced fresh cloves  
1/2 tsp black pepper or ground peppercorns

#### How to Prepare:

Mix all ingredients in a tupperware bowl and enjoy.. I think its better to let it sit in the fridge for a few hours so the cheese really gets in there good and the flavors combine a little.. This will hold in the fridge for 5 days to a week so if you don't think you can use it in that time half the ingredients and make a smaller batch.. This is also SUPER CHUNKY so if you want it less chunky reduce the amount of cheese.

### Ginger Salad Dressing

Serves:6

CarbsPerServing:1.83g

Effort:Easy

#### Ingredients:

¼ cup chopped onion  
2 tablespoons rice wine vinegar  
1 tablespoon ginger root - chopped  
1 ½ teaspoons tomato paste  
1 teaspoon lemon juice  
¼ cup peanut oil  
2 tablespoons water  
1 tablespoon chopped celery  
1 tablespoon SOY SAUCE  
1 ½ teaspoons splenda  
1 Dash salt and pepper

#### How to Prepare:

Combine all ingredients in blender container or wok bowl of food processor fitted with steel knife; process until almost smooth. May be kept refrigerated up to one week.

### Greek Salad

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 head lettuce torn into bite sized pieces  
½ small tomato choppe (optional)  
on how much you - (4 to 8 like it)  
6 oz chopped ham  
1 jar marinated artichoke hearts  
A few black olives (optional)  
4 oz feta cheese depending  
1 bottle Ken's Steakhouse  
Greek Dressing

#### How to Prepare:

Mix all of the ingredients including the dressing and let sit for 10 minutes before serving. This salad is AWESOME!!! I have made it for years for parties and at home and it has become a staple in our family.

### Grilled Chicken Salad

CarbsPerServing:31g total

Effort:Easy

#### Ingredients:

¼ cup soy sauce  
2 pounds skinless  
garlic powder - to taste  
1 medium cucumber  
black pepper - to taste  
¼ cup olive oil  
boneless chicken breast - cut in bite size chunks  
2 cups lettuce  
large tomato  
½ red onion  
balsamic vinegar - to taste

How to Prepare:

Heat oil in non-stick fry pan Saute chicken with garlic powder until just starting to turn a golden brown. Add soy sauce. Simmer on low heat for about 5 to 10 minutes. The oil will float a little to the top. That's okay.

Make salad with the remaining items. Sprinkle with black pepper. NO SALT! That's what the soy sauce is for.

When salad is ready, pour the hot mixture of chicken,oil and soy onto the salad. Add balsamic vinegar to taste and toss. The lettuce will wilt a little. You will love it!

**'Honey' Mustard!**

Serves:One

CarbsPerServing:About 3

Prep Time:Less than one minute!

Effort:Easy

**Ingredients:**

- 1 Tbs. Dijon Mustard
- 1 Tbs. Spicy Brown Mustard
- 2 Tbs. Heavy Whipping Cream
- 1 Packet Splenda

How to Prepare:

Mix all ingredients and serve! Origionally, I thought this up as a dip for chicken, but it also makes the BEST salad dressing. If you've been missing honey mustard dressing (It's my personal favorite!) suffer no more!

**Hot Chinese Chicken Salad**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

- For two large salads: 2 chicken breast - cooked with desired seasoning
- 2 large bowls of lettuce Tomatoes (optional)
- Crumbled bacon (optional) Hot peppers (optional)
- Slivered almonds (optional)Desired shredded cheese(I like cheddar)
- Dressing (the best part):
- 1/2 cup oil 1/3 cup apple cider vinegar
- 1 TB soy sauce (low sodium)
- 2 packets Equal - Splenda 1 Dash ginger
- 1 Dash pepper 1 Dash garlic salt

How to Prepare:

Bring ingredients of dressing to a boil in a pan and stir with wisk. Once all ingredients are well-blended, pour over salads.

**Hot German Turnip Salad**

CarbsPerServing:4g total

Effort:Easy

**Ingredients:**

- 1 cup mayonnaise 3 Tablespoons white wine
- 2 teaspoons vinegar 1/2 cup bacon grease
- 1/2 teaspoon fresh dill2 packages artificial sweetener - sweet n low
- 1/4 teaspoon salt 1/8 teaspoon pepper
- bacon strips - crushed 2 teaspoons onion

How to Prepare:

Whisk all ingredients together. Makes about 2 cups. Use about 1/4 to 1/2 cup per large turnip, boiled until soft. Add crushed bacon and 2 tablespoons onion sauted in bacon grease.

**Italian Cauliflower Salad**

Serves:6

CarbsPerServing:23g total

Effort:Easy

**Ingredients:**

- 3 cups cauliflower 2 tablespoons diced green
- bell pepper 2 tablespoons diced onion
- 1/4 cup water 3 tablespoons italian salad
- dressing1/4 teaspoon salt 1/8 teaspoon oregano - dry
- 1/8 teaspoon basil - dry 1/8 teaspoon garlic powder

How to Prepare:

Combine all ingredients in pan. Cover and cook over medium heat, stirring once in a while till 'flower is tender crisp, about 10 mins Chill thoroughly.

**Italian Mushroom Salad**

CarbsPerServing:11g total

Effort:Easy

**Ingredients:**

- 3 tablespoons italian salad dressing 1 tablespoon Parmesan
- cheese 2 cups sliced mushrooms thinly sliced

How to Prepare:

Mix dressing and cheese.Stir in the mushrooms. Chill several hours.

NOTES : Counts for italian dressing not included in totals.

**Kentucky Derby Salad**

CarbsPerServing:no counts provided

Effort:Easy



**Ingredients:**

Boston or Iceberg lettuce                      apple cider vinegar  
 4 strips bacon/onions                      brown sugar twin  
 sesame oil

**How to Prepare:**

Fry bacon very crisp, shred lettuce, dice or slice the onions warm 3-4  
 tablespoons sesame oil, crunch up bacon, put on lettuce and onions, twin brown sugar to taste,  
 vinegar to taste.

**Lemon Dressing**

CarbsPerServing:13g total

Effort:Easy

**Ingredients:**

2 teaspoons salt                      4 teaspoons Splenda  
 1 dash pepper                      1 dash Paprika 1/3 cups salad oil  
 8 tablespoons vinegar                      8 teaspoons lemon juice  
 1 teaspoon grated lemon                      rind - zest

**How to Prepare:**

Combine all ingredients in a jar with a tight fitting lid  
 and shake until well blended. Refrigerate.

**Lime and Cilantro Vinaigrette**

CarbsPerServing:7g total

Effort:Easy

**Ingredients:**

2 tablespoons red wine vinegar                      2 tablespoons lime juice  
 ¼ teaspoon black pepper                      ¼ cup cilantro leaves, whole  
 1 clove garlic 1 tablespoon egg substitute, liquid - (or 1 egg yolk)  
 2 teaspoons prepared mustard                      ½ cup oil  
 1 pinch salt

**How to Prepare:**

Put everything but half the cilantro and all of the oil in a  
 blender. Process until smooth. With the blender running, slowly pour  
 in the oil until it's well blended. Chop the remaining cilantro very  
 fine and stir into the dressing. The cilantro taste is very strong.  
 Start with just 2T if you like. The vinaigrette is an excellent  
 marinade for ribs or fish. If you like a stronger lime flavor (for  
 marinades) add 1T lime zest to the blender as well.

**Low Carb Version Waldorf Salad**

CarbsPerServing:90g total

Effort:Easy

**Ingredients:**

2 cups jicama - peeled and cubed                      2 tablespoons lemon juice  
 ½ cup strawberries - cut into ¼s                      ½ cup celery - sliced  
 ½ cup mayonnaise - more or less to taste 2 packets splenda  
 3 tablespoons slivered                      almonds  
 2 tablespoons blue cheese crumbled (optional)  
 4 cups romaine lettuce - shredded

**How to Prepare:**

Toss Jicama cubes with lemon juice and let sit 5 minutes. Mix in remaining  
 ingredients. Refrigerate 30 minutes or more before serving. Divide lettuce  
 among 4 plates and spoon ¼ of the salad over the top of each.

**Men Like It Salad (And Women Too!)**

CarbsPerServing:21g total

Effort:Easy

**Ingredients:**

8 ounces cream cheese                      ½ cup chopped pecans  
 1 cup diced celery                      1 small can crushed  
 pineapple 1 pkg. lime gelatin                      1 ¼ cup hot water  
 1 pinch salt

**How to Prepare:**

Mash cream cheese. Blend in pineapple. Add nuts and celery. Dissolve gelatin in  
 water. Cool. Mix with cream cheese mixture. Pour into mold or pan. Chill.

NOTES : Counts for crushed pineapple and lime gelatin not included in totals.

**Mexican Egg Salad**

CarbsPerServing:17g total

Effort:Easy

**Ingredients:**

6 large eggs - boiled                      1 small red pepper  
 3 ounces green chili                      peppers - 1 3 ounce can,  
 chopped 2 tablespoons mayonnaise                      1 teaspoon mustard  
 1/8 teaspoon cayenne                      pepper

**How to Prepare:**

We served it on roasted red peppers on the grill and it was awesome.

**Mock Potato Salad**

CarbsPerServing:18g total

Effort:Easy

**Ingredients:**

1 head cauliflower - cooked and chopped                      2 eggs - boiled and chopped

1 onion - chopped                      1 stalk celery - chopped  
1/3 cup mayonnaise 1/2 teaspoon dry mustard                      1/2 teaspoon seasoned  
rice vinegar - (1/2 to 1)                      salt and pepper - to taste  
fresh dill - optional,                      sprinkled over  
dill pickle - chopped, optional

How to Prepare:  
Serve chilled

### mock tuna/spam/ham mac.salad

Serves:4

CarbsPerServing:3  
Effort:Easy

Prep Time:15 min.

#### Ingredients:

8 boiled eggs diced                      1/4c.celery  
1/4c.onion                      1c. mayo  
add 1 can tuna                      diced spam  
or diced ham                      mustard to tast  
salt

How to Prepare:  
put every thing together, mix well

### Monaco Salad

Serves:1 - count for entire recipe

CarbsPerServing:22g carbs /10g fiber

Prep Time:Just chopping

Effort:Easy

#### Ingredients:

2 cups romaine lettuce, chopped                      2 cups bok choy, chopped  
1/2 cup endive, chopped                      1/2 cup spinach, stems removed and chopped  
1/2 cup red cabbage, chopped                      1/2 cup cucumbers, peeled and sliced  
1/2 cup celery, sliced                      1/2 cup mushrooms, sliced  
1/2 cup carrot shreds(I use jicama!)

How to Prepare:  
Toss everything together. The book suggests a poppyseed dressing, but I have not found one that was low-carb/low-sugar, so I usually use a good Italian and it's fine

### Salad

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 cauliflower, head                      1 cucumber - cut into bite-sized pieces  
grape tomatoes                      1 thick sliced ham (from deli) - diced 1 thick sliced turkey (from deli) - diced  
Mayonaise                      Salt  
Pepper

How to Prepare:  
Cook the cauliflower until tender - drain and cut into bite sized pieces. Add the cucumber, tomatoes, ham & turkey. Mix with mayonnaise and add salt & pepper. Chill.

### Mushroom and Olive Salad

CarbsPerServing:55g total

Effort:Easy

#### Ingredients:

1/2 cup kalamata olives                      1/2 cup green olives  
1/2 cup black olives                      1/2 cup banana peppers - rings  
2 ounces pimientos - (small jar)  
1/2 cup mushrooms - cut                      into 1/2s 1 cup italian salad dressing bottled  
3 tablespoons lemon juice                      1 teaspoon black pepper - freshly ground  
2 cloves garlic - smashed                      2 cups water  
1/2 teaspoon salt

How to Prepare:  
Use whole, pitted olives -or olive halves (not slices) depending on how you want to use the mix. Banana peppers can be mild or hot -your choice. Drain and rinse all ingredients. Bring water, salt and lemon juice to a boil. Add mushrooms and boil for 3 minutes. Drain well. Warm salad dressing, garlic and pepper to a low simmer, then remove from heat and let cool while you assemble the rest. In a gallon size zipper bag, place olives, mushrooms pimento and peppers. When dressing has cooled slightly, pour into bag and seal. Marinate 2-3 days, turning bag occasionally Drain or use with the dressing over salads.

### Mushroom Salad 2

CarbsPerServing:25g total

Effort:Easy

#### Ingredients:

2 cups pickled mushrooms or in brine                      3 ounces sour cream black pepper  
onion - chopped

How to Prepare:  
Cut pickled (or in brine) mushrooms, add chopped onion and mix with sour cream. Flavour with pepper.

### Oriental Salad Dressing- Single Serving

Serves:1,9

CarbsPerServing:0  
Effort:Easy

Prep Time:5 minutes or less

**Ingredients:**

1 TBSP Sesame Seed Oil                      2 TBSP Canola Oil  
 1 tsp Sesame Seeds 1 tsp Splenda                      1 TBSP apple cider vinegar

Salt & pepper to taste

How to Prepare:                      Mix all ingredients in a ½ cup measuring cup.

**Oriental Salad for Company**

CarbsPerServing:30g total

Effort:Easy

**Ingredients:**

½ pound cabbage - (1/2 to 1) finely shredded                      2 cups red cabbage - finely shredded  
 green onions - sliced thin                      toasted sesame seeds

**Oriental Dressing:**

3 tablespoons sesame oil - (3 to 4)                      6 tablespoons red wine vinegar  
 1 packet artificial sweetener                      pepper

**How to Prepare:**

Prepare above salad greens, onions & sesame seeds and layer in a glass bowl. Cover and chill. Make dressing.

Mix all dressing ingredients and let stand at room temp for 30 minutes just before serving, add dressing and toss.

Enjoy!

**Outback Steakhouse" Caesar Salad Dressing**

Serves:10

CarbsPerServing:17g total

Effort:Easy

**Ingredients:**

1 cup mayonnaise                      ¼ cup egg substitute  
 ¼ cup grated parmesan cheese                      2 tablespoons water  
 2 tablespoons olive oil                      1 ½ tablespoons lemon juice 1 tablespoon anchovy paste  
 2 cloves garlic - pressed                      2 teaspoons sugar  
 ½ teaspoon coarsely ground pepper                      ¼ teaspoon salt  
 ¼ teaspoon dried parsley - crushed fine

**How to Prepare:**

Combine all ingredients in a medium bowl. Use an electric mixer to beat ingredients for about 1 minute.

2. Cover bowl and chill for several hours so that flavors can develop. Makes approximately 2 cups.

This dressing keeps for weeks and weeks in the fridge in a covered container (if it's even around that long).

**Peanut Cole Slaw**

CarbsPerServing:26g total

Effort:Easy

**Ingredients:**

1 Medium Head Cabbage                      ½ Cup peanuts - I use spanish salted  
 1 Cup Sour Cream 1/2 Cup mayonnaise                      Sweetener

**How to Prepare:**

In food processor chop cabbage semi fine. Remove and process peanuts until chopped coarsely (be careful not to process too long or you'll have peanut butter). Mix the sour cream, mayo and sweetner to taste, then mix with cabbage and peanuts. Let set a few hours in the fridge to blend flavors.

I usually save a few peanuts whole and add when I serve.

NOTES : Counts for sweetener not included in totals.

**Pecan and Gorgonzola Salad**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Bibb or leaf lettuce                      gorgonzola cheese  
 pecan pieces (toasted in butter on stove top. Be careful because pecans will burn before butter. Make sure to toast them for full effect)olive oil/balsamic vinegar  
 season with salt and pepper to taste

**How to Prepare:**

There's something about the combination of these flavors that's out of this world. For those with a few carbs to spare, throw in a bit of chopped-up pear. If I'm having a sweet or a salty craving, this salad will almost always take care of it. (Left over flank steak also beefs up this dish). Bon appetit!

**Pepper/Parmesan/Ranch Salad Dressing**

CarbsPerServing:2g total

Effort:Easy

**Ingredients:**

2 tablespoons sour cream                      1 tablespoon parmesan cheese - finely grated  
 2 teaspoons heavy cream 1 teaspoon ranch dressing                      fresh ground pepper to taste

**How to Prepare:**

Mix all together and chill before serving

NOTES : Counts for ranch dressing not included in totals.

**Philly Cheese Steak Salad**

Serves:2

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

4 thin breakfast or chip steaks - cut into strips Olive Oil  
Onion Green pepper4 slices Provolone cheese  
Lettuce Tomato Mayo

**How to Prepare:**

Brown onion and green pepper in a little bit of oil in skillet. Add steak strips and cook until done.

Add slices of Provolone cheese and cook a few seconds until melted. Serve on a bed of lettuce. Top with sliced tomatoes and mayo.

**Pineapple Slaw**

Serves:4

CarbsPerServing:8.5g

Effort:Easy

**Ingredients:**

2 cups cabbage - finely shredded  
½ cup crushed pineapple in juice - drained  
¼ cup green peppers - finely diced  
2 tablespoons mayonnaise - (more if you like)  
2 tablespoons onion - finely dicedStevia - to equal 1 teaspoon sugar  
¼ teaspoon celery seed salt - to taste pepper - to taste

**How to Prepare:**

Combine pineapple and veggies. Toss. Mix rest of ingredients together. Spoon over veggie mixture. Mix well. Chill. Mix again before serving.

NOTES : Stevia not included in counts

**Quick Fixin' Taco Salad**

CarbsPerServing:7g total

Effort:Easy

**Ingredients:**

1 Can Herfords brand Shredded Roast Beef - Or equivalent (Libby's)1  
Cup shredded cheddar cheese 3 Tablespoons sour cream  
2 Cups Iceberg Lettuce 2 Tablespoons black olives  
3 Tablespoons low carb salsa

**How to Prepare:**

Drain gravy juice from can, Heat the Roast Beef (microwave works great). Place Roast beef over lettuce and top with: cheese, sour cream, black olives and salsa.

NOTES : Makes two good size servings at approximately 4/5 carbs per serving.

Counts for Herford's Shredded Beef and low-carb salsa not included.

**Ranch Dressing w/Blue Cheese Variation**

CarbsPerServing:19g total

Effort:Easy

**Ingredients:**

¼ cup sour cream ¼ cup mayonnaise  
¼ cup heavy cream ½ teaspoon salt  
½ teaspoon black pepper 1 teaspoon garlic powder1 teaspoon onion powder  
1 teaspoon dried parsley 2 tablespoons red wine vinegar  
3 ounces gorgonzola cheese - crumbled 1 tablespoon red wine vinegar

**How to Prepare:**

For ranch dressing: combine first 9 ingredients and whisk well. Add more cream if a thinner consistency is desired. For Blue cheese: combine first 9 ingredients with extra vinegar and 1 oz of the cheese. Blend until smooth, then stir in the remaining crumbles blue cheese.

Yield: 1 ½ cups

**Ranch Dressing 2**

Serves:10

CarbsPerServing:13g total

Effort:Easy

**Ingredients:**

1 cup mayonnaise ½ cup heavy cream  
½ cup water 1 tablespoon vinegar  
1 tablespoon dried chives 2 teaspoons garlic powder1 tablespoon dried parsley  
½ teaspoon paprika 1 dash cayenne pepper  
1 teaspoon celery salt ½ teaspoon black pepper  
1 teaspoon onion powder

**How to Prepare:**

Mix everything well and keep refrigerated. Makes about 2 ¼ cups.

**Restaurant Style Slaw**

Serves:10

CarbsPerServing:60g total

Effort:Easy

**Ingredients:**

8 cups cabbage - finely chopped, not shredded ¼ cup chopped carrot - finely chopped  
1/3 cup Splenda ½ teaspoon salt  
1/8 teaspoon white pepper1/4 cup half and half ½ cup mayonnaise  
¼ cup buttermilk - or heavy cream to reduce carbs 1 ½ tablespoons white vinegar  
2 ½ tablespoons lemon juice

**How to Prepare:**

This is not my own recipe

\*Note...I work full time so rather than shred all the veggies I just bought the stuff that's already shredded in the bag.

Be sure cabbage and carrots are chopped up into very fine pieces (about the size of rice.) If you have no food processor, cabbage and carrots may be "chopped", by adding small pieces of them to your blender with cold water and hitting the "grate" or med-low setting. Be sure to drain very well before proceeding. Combine Splenda, salt, pepper, half-and-half, mayonnaise, buttermilk (or cream), vinegar, and lemon juice in a large bowl and beat until smooth. Add the cabbage and carrots and mix well. Cover and refrigerate for at least 2 hours before serving.

When served, this will taste just like the creamy sweet slaw served in restaurants like KFC, Lee's, and many BBQ places.

### Sante Fe Beef and Hot Pepper Salad

CarbsPerServing:6.5g

Serves:8

Effort:Easy

#### Ingredients:

Dressing: ½ cup salsa - thick and chunky  
½ cup sour cream ½ teaspoon chili powderSalad:  
½ cup pitted ripe olives 8 ounces lettuce - 8 ounce bag, torn  
8 ounces deli roast beef - julienned 4 ounces hot pepper cheese (Alpine Lace makes one)  
2 medium tomatoes - cut into thin wedges 2 thin onion slices - separated into rings

#### How to Prepare:

Stir together salsa, sour cream and chili powder in a Small bowl. Mix well.

2. Combine all salad ingredients in large bowl, toss lightly. Serve with dressing.

### Seasme (Tahini) Dressing

Serves:4ish

CarbsPerServing:1-2 per serving

Prep Time:5 mins

Effort:Easy

#### Ingredients:

¼ cup Tahini ½ cup water  
2 tbsps lemon juice ½ clove garlic, crushed

#### How to Prepare:

Blend all ingredients until smooth. Yields ¼ cup dressing.. if you want it thicker you can decrease the amount of water.. This is nutty and tart a great substitute for oriental style dressing.

### Sesame Slaw

CarbsPerServing:93g total

Effort:Easy

#### Ingredients:

½ cup sesame seeds ½ cup slivered almonds  
2 tablespoons butter 1 head cabbage head - napa - shredded  
4 spring onion - choppedDressing: 1/3 cup red wine vinegar  
½ cup olive oil 8 packages artificial sweetener  
2 teaspoons salt ¼ teaspoon pepper

#### How to Prepare:

Saute sesame seeds and almonds in butter. Add this to cabbage and spring onions. Refrigerate. Mix dressing and pour over salad. Serves 8-10

### Seven Layer Salad

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

lettuce sliced boiled eggs  
chopped onion sliced olivescrumbled bacon  
mayo grated cheese

#### How to Prepare:

Layer. Make in single serving size or family size.Can be made ahead and refrigerated.

### Shrimp Curry Salad

Serves:2

CarbsPerServing:3.5g

Effort:Easy

#### Ingredients:

Salad:  
1/3 head lettuce 4 radishes - chopped  
3 green onion - finely chopped (green peppers are also good on this salad)Dressing:  
2 tablespoons butter ½ pound cooked shrimp - small  
1 clove garlic pepper 3 tablespoons mayonnaise  
1 teaspoon curry powder

#### How to Prepare:

Put about 2 Tbl Butter and ½ Lb. Small cooked shrimp in medium glass bowl with lid. Microwave 1 minute till butter is melted and shrimp is medium hot. Stir in 1 clove garlic and a small amount of pepper. In separate small bowl combine 3 large Tbls of Mayonnaise (I used Best Foods) and 1 tsp Curry powder.

Pour juice from shrimp in with mayonnaise and combine. Put shrimp on salad. Pour dressing on salad.

### Shrimp Egg Salad

CarbsPerServing:3g total

Effort:Easy

#### Ingredients:

2 eggs - hard boiled 2 tablespoons mayonnaise

1 cup shrimp - frozen, cocktail

How to Prepare:

Chop boiled eggs into bowl add mayonnaise and mix well. Dump frozen shrimp into boiling water for 1 min then drain. Add shrimp to egg salad. Mix and chill

This is good on Atkins bread, a bed of chopped spinach, or just by itself.

### Zesty Shrimp Salad

Serves:3

CarbsPerServing:4.5

Prep Time:20 mins

Effort:Easy

#### Ingredients:

1 lb shrimp 1 small head of lettuce

½ medium cucumber 1 cup green bell pepper ¼ cup Zesty Italian

light done right Kraft salad dressing

How to Prepare:

Bring one quart of water to a boil and drop shrimp in boiling water for 5 to 7 minutes. When shrimp cools peel and mix the salad dressing with the shrimp. All other ingredients prepare them in bite size pieces add the shrimp and toss. This is great to take for lunch. Keep shrimp separate from your greens and toss when you are ready to eat.

### Side Salad 2

CarbsPerServing:11g total

Effort:Easy

#### Ingredients:

½ pound salami - hard, cut ½" thick ½ pound mozzarella cheese - cubed

1 cup grape tomatoes - halved 1/8 cup fresh basil - chopped fine

¼ cup olive oil - light salt and pepper to taste

How to Prepare:

Toss together. Serve with diet flat bread grilled with olive oil and garlic salt.

NOTES : Counts for grape tomatoes not included in totals.

### Simple Colorful Salad

CarbsPerServing:40g total

Effort:Easy

#### Ingredients:

12 cherry tomatoes - cut in half

1 large cucumber - wash and slice about ¼" slices

1 small red onion - cut into thin slices and separate into rings

6 green olives - w/pimento cut into ¼s (optional) 1 lemon - cut

in ¼ and slice very thin -make sure peel is clean

2 tablespoons fresh parsley - chopped (2 to 3)

1/3 cup bottled Italian or Caesar dressing

salt and pepper to taste

How to Prepare:

Toss everything together and let marinate in the refrigerator for an hour before serving. By itself or this is also excellent spooned over some lettuce, cabbage or fresh spinach.

NOTES : Counts for dressing not included in totals.

### Spicy Steak Salad

CarbsPerServing:34g total

Effort:Easy

#### Ingredients:

1 pound round steak 2 tablespoons lime juice

4 tablespoons oil 1 clove garlic - crushed

1 teaspoon crushed red pepper - flakes

½ teaspoon salt ½ teaspoon pepper

6 cups romaine lettuce - shredded 4 tablespoons bottled Italian dressing

1 small tomato - diced ½ onion - cut into thin rings

1 medium cucumber - sliced thin, don't peel 8 black olives

2 medium radishes - sliced thin

How to Prepare:

Mix lime juice, oil, garlic and seasonings. Place in a large zipper bag w/meat. Let marinate overnight, turning occasionally. When ready to serve, heat Foreman grill and cook for 6 minutes. (You may need to cut steak in ½ or smaller). If using a skillet, preheat skillet -you want it to sizzle when you put the steak in☺ Cook over high heat for 4 minutes per side.

Toss lettuce with dressing and place in 4 plates. Top with the vegetables.

Slice steak thinly and place on top of salad.

NOTES : Counts for italian dressing not included.

### Spinach Salad with Peanut Salad Dressing

Serves:6,10

CarbsPerServing:5.17g

Effort:Easy

**Ingredients:**

1/3 cup unsalted peanuts, dry-roasted                      ½ pound fresh spinach  
 5 cherry tomatoes - (5 to 10)                              4 red onion slices  
 2 tablespoons rice wine vinegar 1/4 teaspoon salt                      1 tablespoon soy sauce  
 1/8 teaspoon cayenne pepper - or half this for less spiciness  
 6 tablespoons peanut oil

**How to Prepare:**

In a jar, shake together vinegar, salt, soy sauce & cayenne pepper until salt dissolves. Add oil & shake again to combine ingredients. Pour over salad when ready to serve and toss well.

**Spinach Salad**

Serves:4

CarbsPerServing:Not sure

Prep Time:10 minutes

Effort:Easy

**Ingredients:**

1 Bunch of Spinach    6 fresh mushrooms  
 1 cup bean sprouts    2 strips turkey bacon  
 1 ½ tbs Renees Gourmet Dressing                              Cucumber Dill flavour

**How to Prepare:**

Wash and Chop spinach into bite size pieces, chop mushrooms, add bean sprouts, Fry bacon till crisp, crumble and add. Mix in dressing and serve.

**Spinach Salad w/Hot Bacon Dressing**

Serves:10

CarbsPerServing:8g total

Effort:Easy

**Ingredients:**

4 Bacon Strips    ¼ cup splenda  
 ¼ teaspoon Salt    1 tablespoon Not-Starch  
 1 egg - beaten 1/8 cup Vinegar    ½ cup Water  
 1 bag Fresh Spinach Leaves    2 eggs

**How to Prepare:**

Fry bacon until crisp. Reserve drippings and drain bacon on paper towel, crumble and set aside.

In small saucepan combine splenda, salt and not-starch. Add egg and vinegar; mix well. Add water and reserved drippings and bring to boil. Reduce heat; simmer stirring constantly for 2-3 minutes. Cool just until dressing reaches desired thickness. Put crumbled bacon on top of spinach leaves in large bowl and toss with dressing.

NOTES : Counts for not-starch and spinach leaves not included in totals.

**Spring Mix Salad**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Good sized handful of spring greens lettuce mix.

Hidden valley ranch dressing package mixed with sour cream instead of mayo (much better that way). Mix a little water and/or cream to get a more fluid consistency. 1 Safeway Select brand Chicken, Parmesan, Mushroom, and Spinach Sausage, sauteed whole (slice when cooked), or any brand that has no carbs/sugar.

A small sprinkling of Planter's mixed salted nuts instead of croutons (more natural and yummiier than store bought croutons).

**How to Prepare:**

Toss all ingredients in a salad bowl with a tablespoon or two of your dressing, and you'll have the most amazing brunch, lunch or dinner. Add a sprinkling of garlic powder and pepper for extra zip).

**Spring Salad**

CarbsPerServing:17g total

Effort:Easy

**Ingredients:**

1 medium cucumber    1 large tomato  
 2 green onions 4 tablespoons low carb italian salad dressing - 4 - 5  
 2 teaspoons splenda

**How to Prepare:**

Dice vegetables- slice green onion, combine in a small bowl, sprinkle dressing and splenda over all and add salt and pepper if desired. Gently stir to mix and coat all, and refrigerate for at least 2 hours or overnight.

Suggestions: This is always better the next day. This recipe serves 2-3, and is awesome with a steak or chicken breast. The marinade is good on the meat as well.

NOTES : Counts for salad dressing not included in totals.

**Strawberry Feta Salad**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

How to Prepare:

Mix Strawberries (sliced) with Feta cheese, Lettuce, and Poppysed dressing. Delicious in the summertime.

**Sweet and Crunchy Chicken Salad**

Serves:4+,1

CarbsPerServing:see note on recipe

Prep Time:n/a

Effort:Easy

**Ingredients:**

8 ounces cooked chicken breast half - diced small 1 ounce slivered almonds  
½ cup jicama - diced small/see note ½ cup diced celery  
½ cup diced onion 4 tablespoons mayonnaise  
2 packets splenda packets 1 each salt and pepper - to taste

How to Prepare:

Put jicama and 2T water in a baggie with 1 packet splenda and let sit at room temperature for 1 hour, turning bag occasionally to marinate.

When ready to make, mix all ingredients well including liquid from jicama. Refrigerate at least 2-3 hours to blend flavors.

\*note: ½ cup of diced strawberries can be used instead, but don't add them until ready to serve and fold in gently.

\*\*Start with , pack of splenda/sweetener added to the salad mixture and taste before adding more. You may not like it as sweet as I do.

\*\*Nutritional information is for entire recipe. I get 3-4 servings, so divide the information provided by the number of servings you get.

Per serving: 990 Calories (kcal); 76g Total Fat; (66% calories from fat); 63g Protein; 23g Carbohydrate; 8g fiber; 174mg Cholesterol; 4768mg Sodium

**Sweet Orange Dressing/Marinade**

CarbsPerServing:11g total

Effort:Easy

**Ingredients:**

½ cup oil - grapeseed or olive or vegetable 3 packets sweetener  
2 tablespoons grated orange peel 4 tablespoons red wine vinegar  
1 teaspoon orange extract  
2 tablespoons chopped parsley 1 tablespoon red bell pepper - diced very fine  
1 tablespoon green bell pepper - diced very fine

How to Prepare:

Put the vinegar, sweetener, extract, and 1T orange peel into a blender and blend. Slowly blend in the oil. Stir in the remaining ingredients. Refrigerate, tightly covered. This is a good marinade for chicken, fish or pork and makes an excellent dressing for spinach salad.

**Sweet Spinach, Shrimp and Strawberry Salad**

Serves:4

CarbsPerServing:Per Serving: 175 Calories; 3g Fat (14.9% calories from fat); 27g Protein; 10g Carbohydrate; 3g Dietary Fiber; 227mg Cholesterol; 293mg Sodium.

Prep Time:15 minutes

Effort:Easy

**Ingredients:**

4 ounces spinach leaves 4 ounces baby lettuce leaves  
1 cup sliced strawberries -- \*reserve about ¼ cup  
½ cup jicama slices \*cut into matchstick pieces  
1 pound boiled shrimp, jumbo - peeled and chilled  
1 tablespoon balsamic vinegar  
6 ounces plain yogurt -- \*s/f vanilla, not plain  
½ cup sliced red onion

How to Prepare:

Cut lettuce and spinach however you like and place on 4 plates.

Divide jicama, onion, shrimp and strawberries on top.

In a blender or food processor, blend reserved strawberries, yogurt and balsamic vinegar. Drizzle over the salads.

\*IF you use plain yogurt, add ½tsp vanilla extract and 1 packet sweetener to the dressing mix when you blend it.

**Taco Mexican Salad**

Serves:1

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

How to Prepare:

Take a certain amount of hamburger meat, it depends on how many people are eating, cook it up in a pan and add low carb taco seasoning to the hamburger meat. While cooking, cut up one red onion into small pieces or however you like. Chop up one tomato into little squares. Slice up some lettuce. When hamburger meat is brown and cooked then dish it in a bowl, add your tomatoes, onions, and lettuce. Mix it all up and don't forget the cheese. Add sour cream. It's the greatest.

**Taco Salad Dressing**

CarbsPerServing:5g total

Effort:Easy

**Ingredients:**



2 tablespoons vegetable oil  
2 tablespoons white vinegar  
1 tablespoon artificial sweetener  
2 tablespoons La Victoria red taco sauce/8 teaspoon worcestershire sauce  
2 tablespoons white onion - finely minced  
¼ cup mayonnaise

**How to Prepare:**

Mix all together with a wire whip. This is very good, tastes like it has catsup in it.

NOTES : Counts for taco sauce not included in totals.

**Best Ever Taco Salad**

Serves:4 - nutritional information is per

serving based on 4 servings per recipe.

CarbsPerServing:Per serving: 618 Calories (kcal); 47g Total

Fat; (68% calories from fat); 36g Protein; 13g Carbohydrate;

4g fiber; 149mg Cholesterol; 520mg Sodium

Prep Time:30 minutes

Effort:Easy

**Ingredients:**

1 pound lean ground beef                      ½ pound chorizo 2 -- \*see recipe  
1 tablespoon chili powder                      1 teaspoon garlic powder  
1 teaspoon ground oregano                      1 teaspoon ground cumin  
½ cup water                      6 cups shredded lettuce  
½ cup diced onion                      ½ cup diced tomato  
½ cup diced avocado                      1 cup shredded brick cheese - or pepper jack  
4 tablespoons sour cream                      4 tablespoons salsa  
2 tablespoons heavy cream

**How to Prepare:**

Combine salsa, sour cream and heavy cream and refrigerate.

Saute ground beef, chorizo, chili powder, garlic powder, oregano and cumin until browned. Add water, reduce heat, cover and simmer for 10-15 minutes, stirring occasionally. Remove lid and continue to simmer until water is almost all gone. Taste for seasoning and add salt and pepper if needed.

Place lettuce in a gallon sized zipper bag and pour sour cream mixture over it. Seal and shake to coat lettuce with dressing.

Divide lettuce among 4 plates and then divide remaining ingredients(including cooked mixture) evenly.

**Tapenade**

Serves:4

CarbsPerServing:2.5

Prep Time:10 minutes

Effort:Average

**Ingredients:**

½ cup kalamata olives                      1 tsp capers  
¼ cup extra virgin olive oil                      1 tbsp balsamic vinegar

**Equipment Needed:**

Chef's knife  
cutting board  
mortar & pestle  
small bowl  
measuring cups and spoons ¼ to ½ tsp oregano  
¼ to ½ tsp rosemary  
1 clove garlic  
1/8 tsp black or white pepper

**How to Prepare:**

Hints: The vinaigrette should run slightly from the tapenade after it sits for a few seconds. Tapenade may be prepared a day in advance. Experiment with other herbs and types of acids to complement other foods such as fish or cold meats. Wine or cider vinegar may be substituted to reduce the carbohydrate by 0.5 g per serving.

Instructions: Chop olives until pieces are 1/8" or less. Crush capers and garlic with knife blade and mince fine. Grind oregano and rosemary with mortar and pestle until powdered. Combine all ingredients in small bowl. Cover and chill for 2 hours. Serve over cold asparagus or thin sliced tomato or other cold cooked vegetables.

**Tart and Tangy Blue Cheese Dressing**

CarbsPerServing:10g total

Effort:Easy

**Ingredients:**

¼ cup mayonnaise                      ½ cup sour cream  
¼ cup heavy cream                      1 teaspoon spike or Mrs Dash seasoning - 1-2 tsp 1 teaspoon salt -  
if using Mrs Dash  
3 tablespoons malt vinegar - or red wine vinegar  
½ cup blue cheese, crumbled - salemville or gorgonzola

**How to Prepare:**

Reserve ½ of the crumbled blue cheese. Put everything else in a blender and blend until smooth. Adjust for seasoning adding more salt, vinegar or spike as needed. Stir in remaining blue cheese. Let sit refrigerated at least 2 hours(overnight is better) before using to allow flavors to blend.

Yield: 1 1/3 cups

Store in the refrigerator, tightly covered.

NOTES : Salemville Amish blue cheese is a very good mild/medium flavored cheese. Gorgonzola is stronger and bolder. You can use a combination of both. You may prefer to use the stronger cheese in the blend and have the crumbles be milder.

### **Thousand Island Salad Dressing**

CarbsPerServing:1g total

Effort:Easy

#### **Ingredients:**

1 tablespoon mayonnaise                      2 teaspoons sugar free ketchup  
2 teaspoons apple cider vinegar 1/2 teaspoon worcestershire sauce  
1 Dash garlic powder                      2 teaspoons sweet relish

How to Prepare:

Mix all together and chill before serving

NOTES : Counts for sugar free ketchup and sweet relish not included in totals.

### **Tuna and Egg Salad**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

Tuna                      Mayonnaise  
LettuceTomato (optional)                      Shredded cheddar cheese  
Hard boiled egg

How to Prepare:

Mix tuna and mayo. Serve on a bed of lettuce and tomato. Add sliced hard boiled egg. Top with some shredded cheddar cheese.

### **Tuna & Goat Cheese Salad**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

¼ cup tuna, canned - (1/2 can)  
¼ cup crumbled goat cheese (can buy at grocery store) 2 cups lettuce  
2 tablespoons caesar dressing

How to Prepare:

Mix all ingredients! Only 210 calories, 13 grams of fat, 22 grams of protein and 4 grams of carbs...delicious!

### **Zippy Tuna Salad**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

2 cans of tuna packed in vegetable oil                      Minced onion as desired  
Minced celery as desired                      Cheddar Cheese as desired  
Chopped bacon as desired  
Mayo as desired                      2 tbsp Balsamic Vinegar

How to Prepare:

Prepare everything but tuna, mayo, and balsamic in a large bowl.

Add as much mayo as you'd like.

Add the tuna.

Mix until all ingredients are well mixed, and tuna is the consistency that you like.

Add the balsamic. Mix until balsamic is evenly spread throughout the tuna, or until all the tuna has a slight brown tint to it from the balsamic.

Put fork into tuna, lift fork to mouth, enjoy.

### **Waldorf Salad 2**

CarbsPerServing:33g total

Effort:Easy

#### **Ingredients:**

1 large red apple                      ½ cup chopped walnuts  
1 cup celery - or 3 stalks                      ½ cup mayonnaise  
Artificial sweetener to taste

How to Prepare:

Chop apples and celery in ½" chunks. Mix apples, celery, mayonnaise, and walnuts together. Add sweetener to taste.

About ¼ of the salad makes the perfect snack.

NOTES : Counts for artificial sweetener not included in totals.

### **Warm Spinach Salad with Bacon & Pine Nuts**

Serves:2,7

CarbsPerServing:8.5g

Effort:Easy

#### **Ingredients:**

2 tablespoons olive oil                      4 slices bacon - cut into ½" pieces  
2 tablespoons pine nuts  
2 cloves garlic - small, minced 1 pound spinach leaves - trimmed  
1 tablespoon balsamic vinegar                      1 tablespoon grated parmesan cheese

How to Prepare:

Heat 1 Tbsp oil in a heavy skillet over med-hi heat until hot but not smoking. Add the bacon and sautee, stirring occasionally, for 4 minutes, or until browned. Turn heat to Med., add the pine nuts, and

cook for 1 min., stirring occasionally. Add the garlic and cook, stirring for 30 seconds. Add the spinach, vinegar and remaining Tbsp of oil, cook tossing gently for 15 seconds, or until the spinach is warm and a bit wilted. Transfer to serving plates, sprinkle with Parmesan, and serve immediately.

The texture of the pine nuts mellows the saltiness of the bacon and the tanginess of the vinegar.

### Wilted Salad

CarbsPerServing:1g total

Effort:Easy

#### Ingredients:

4 cups salad greens Dressing: 2 tablespoons bacon drippings  
1/2 teaspoon salt 1/4 teaspoon dry mustard  
1 teaspoon Splenda 1 tablespoon vinegar

#### How to Prepare:

Mix all dressing ingredients in saucepan and heat to sizzling. Pour over salad greens.

NOTES : Counts for salad greens not included in totals.

## APPITIZERS AND SNACKS

### Avocado, cheese, and flavoured tuna

Serves:However much u choose,10,5

CarbsPerServing:not sure

Prep Time:5 mins

Effort:Easy

#### Ingredients:

1 cucumber 1 small tin of flavoured tuna  
1 avocado block cheese (your choice depends on your preference)

#### How to Prepare:

Quite easy i just thought it up the other day and i haven't tried it yet but it sort of gives a substitute instead of using cracker biscuits.

Slice the cucumber to reasonable thickness. Put a slice of cheese on the cucumber. Then some avocado then finally some flavoured tuna on top. Great snack

### CHICKEN WINGS (ZERO CARBS)

Serves:2,10

CarbsPerServing:0

Prep Time:20 min.

Effort:Easy

#### Ingredients:

3 lbs. chicken wings 6 T. Hot Sauce  
1 Stick Butter 2 qts. cooking oil Lawry's Seasoned Salt

#### How to Prepare:

WINGS: Cut whole wings at joints and discard tips. Sprinkle wings liberally with Lawry's Seasoned Salt. Deep fry until golden brown and crispy. Drain on paper towels.

SAUCE: Combine melted butter and hot sauce in a large bowl, mix well. Add wings and coat evenly.

This recipe is for mild wings-add extra hot sauce for more heat.

Serve with bleu cheese and celery.

### Bacon and Cheese Stuffed Mushrooms

Serves:Depends on # of mushrooms

CarbsPerServing:About 2 per mushroom

Prep Time:20 min

Effort:Easy

#### Ingredients:

8 oz cream cheese, softened 5 or 6 slices of bacon, fried crisp  
1 small onion, chopped - or less 15-20 large mushrooms

#### How to Prepare:

Preheat oven to 350. Take the stems out of your mushrooms, reserving 4 or 5. Clean your mushrooms well and set aside.

Chop your onion well, and chop up the reserved stems.

Fry your bacon til crisp, reserving the grease. Cook your onion and stems until tender in the bacon grease. Drain the grease and add onions/stems to the softened cream cheese. Crumble your bacon in cheese mixture. Combine well. Scoop some into each mushroom cap.

Bake for about 10-15 minutes on baking sheet with edges, then broil to brown the tops. YUMMY! Great refrigerated and reheated in oven the next day!

### bacon roll-ups

Serves:1 serving

CarbsPerServing:about 6 carbs(?)

Prep Time:5 mins

Effort:Easy

#### Ingredients:

4 large lettuce leaf's 4 slices bacon  
1/4 tomatoe, diced 4 oz cream cheese

#### How to Prepare:

fry up your bacon, dice up your tomatoe, take the lettuce leaf's and smear 1 oz of cream cheese on each leaf. crumble the bacon and place

on each leaf, spread the tomatoes on each slice and roll-up.

### Baked Salmon

Serves:two, Prep Time:15 minutes

Effort:Easy

#### Ingredients:

1 pound of salmon                      1/2 mayonase                      1/2 tsp paprika  
1/2 tsp cayenne pepper                      1 tbls dried minced onion  
1 tsp chopped garlic 1/4 tsp kosher salt  
1/4 tsp ground pepper                      1/2 tsp powdered mustard

#### How to Prepare:

Mix all ingredients in a bowl and let set in the frig for 1 hour. This lets all the flavors intensify.

Place the salmon on a sheet of aluminum foil skin side down, take the mixture and cover the salmon completely.

wrap the foil so it is sealed and leaves a pouch for the salmon to steam.

Place in a preheated (350) and let cook for approximately 35-45 minutes, depending on the thickness of the salmon.

### Banana Cream Pudding

Serves:make 4 cups, serves 4,10,10,9,8

CarbsPerServing:4

Prep Time:15 min

Effort:Easy

#### Ingredients:

1/2 stick cream cheese, 1/2 cup ricotta cheese, 1 cup heavy cream, 1/2 packet unflavored gelatin, 1 pack sugar free/fat free banana cream pudding mix, 1/2 cup hot!! water?

#### How to Prepare:

In a medium size bowl combine gelatin, pudding mix, and cream. Mix with electric mixer. Then add ricotta cheese & water. Mix. Then gradually add in cream cheese. Eat right away if you choose or let sit in fridge for 15 min for a cool treat!

### beef veggie

Serves:6

CarbsPerServing:approximately 7 per serving

Prep Time:20 minutes

Effort:Easy

#### Ingredients:

2 tablespoons olive oil                      1 large onion  
1.5 lbs. stew beef                      2 tablespoons beef base or 6 beef cubes  
2 cloves garlic 4 cups water                      2 cups chopped celery  
1/2 cup chopped carrots                      1 cup chopped cabbage  
1 small can diced tomato

#### How to Prepare:

Heat oil on medium heat, cooked garlic and onion til tender. Set aside. Add more olive oil and brown beef. Drain. Add water, beef base, and remaining ingredients. Additionally, you can add green bell pepper and chopped spinach for a taste that will set your soul free! Enjoy! Cook on low for 1-1.5 hours.

### Bites of Heaven

Serves:1,2

CarbsPerServing:Depends on serving- very low

Prep Time:Seconds

Effort:Easy

#### Ingredients:

Salami slices  
Cream Cheese or Cheddar Almond Accents" (salad topping by Sunkist-any flavor)

#### How to Prepare:

Spread cream cheese on a salami slice, top with a few Almond Accents (any flavor), fold like a taco and sit down to watch your favorite movie with a little plate of these. You can also substitute cream cheese for cheddar, or use both!

### Bite-Size Crustless Quiche

CarbsPerServing:trace

Prep Time:ten minutes

Effort:Easy

#### Ingredients:

1 tbs butter or margarine  
1/2 C. finely chopped red bell pepper  
1/4 C. chopped green onions (white and green parts)  
3 large eggs 2 tbs of milk  
2 oz cheddar cheese coarsely grated (1/2 Cup)  
1/4 tsp. salt  
1/8 tsp ground black pepper

#### How to Prepare:

1~Preheat oven to 425. Grease one tray of 24 mini-muffin pan cups. In a small saucepan melt butter over moderate heat. Add bell pepper and onion; saute' until soft, about five minutes. Remove the pan from the heat and let the mixture cool slightly.

2~In medium size bowl, combine eggs, cheese, salt and pepper. Stir in the bell peppers and onions. Spoon about a tablespoon of the mixture into each muffin cup (The mixture will fill 18-22 cups.)

3~Bake until centers are set, 8-10 minutes. Let the quiche cool for

1 minute. using a knife, loosen the quiches around the edges and remove from the cups. Arrange them on platter and serve.

### Bacon Lettuce & Tomato Treats

Serves:6-8

CarbsPerServing:2

Prep Time:30 minutes

Effort:Easy

#### Ingredients:

1 pound bacon                      2 cups mayonnaise  
1/2 teaspoon salt  
1/4 teaspoon pepper                      24 large cherry tomatoes  
Leaf lettuce

#### How to Prepare:

Cook up bacon crisp Drain on paper towels Crumble bacon finely.  
Mix bacon, mayonnaise, salt, and pepper all together. Refrigerate for 4 to 6 hours allowing flavors to blend and mixture to become firm.  
Slice cherry tomatoes in half. Lightly scoop out fruit.  
Cover platter with lettuce leaves.  
Working quickly, scoop mixture into cherry tomato cavity; place on platter.

### Bologna Wrap

Serves:1,10

CarbsPerServing:1

Prep Time:a little over a minute

Effort:Easy

#### Ingredients:

1 slice bologna                      1 sliver cream cheese  
2 pimento olives

#### How to Prepare:

Slice the 2 olives in half. Lay bologna on plate, put cream cheese across middle of bologna, and line olive halves on top of cream cheese. Roll up, and enjoy

### Cheese and Sausage Balls

Serves:6, CarbsPerServing:2 per serving

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

1 cup of Atkins Bake mix or other low carb. bake mix  
1/4 lb. of pork sausage 1 cup shredded cheddar cheese  
3 tbsp. heavy cream                      Hot Sauce to taste

#### How to Prepare:

Preheat oven to 350 degrees. Combine bake mix, sausage, cheese and cream. Form into 1 inch balls and place on a greased baking sheet.  
Bake for 20-25 minutes until lightly brown.

### Cheese Ball in Ham Rolls

Serves:lots

CarbsPerServing:less than 1 if you choose no carb ham

Prep Time:10 min.

Effort:Easy

#### Ingredients:

Cheese ball Spread:8 o.z. cream cheese, softened 1 pkg. thin sliced smoked beef (in the cheap little bags) 1/2 tsp. garlic salt 2-3 green onions chopped 1 tsp. worcestershire sauce sandwich sliced ham (check for carb counts)

#### How to Prepare:

Mix up cheese ball mixture. Spread in piece of ham and roll. I keep the mix on hand in the fridge and roll more ham as needed. This is great for taking lunch or a quick snack to go.

### Cheese Nachos

Serves:1

CarbsPerServing:3

Prep Time:5 min

Effort:Easy

#### Ingredients:

1 controlled carb tortilla  
shredded cheese (hard cheese is best, because most have 0 to very low carbs)  
pinch of salt to taste

#### How to Prepare:

cut the tortilla into 8 parts (like a pizza). Deep fry until golden brown. drain and add salt. Arrange on baking dish add cheese and bake 2-3 minutes until cheese melts. You can add any low carb toppings, or enjoy as is... This is sooo good!

### Cheese Puffs

Serves:I got 90 puffs from this recipe, 8,10

CarbsPerServing:16 grams total recipe

Prep Time:About 10 minutes prep, <1 hr baking

Effort:Easy

#### Ingredients:

1 bag pork rinds, plain                      2 eggs  
1 c half & half                      5 oz cheese\*-cut up or grated 1 tsp onion powder  
1/2 tsp garlic powder                      1 tsp mustard powder\*\*

#### How to Prepare:

Heat oven to 350.  
In a food processor, grind the pork rinds. Add the eggs, onion, garlic and mustard powders and cheese. Blend well until cheese is broken down. Add the half & half. This will make a stiff, moist dough.

Drop by small spoonfuls (about the size of a quarter) onto a lined and sprayed cookie sheet, approx 3/4" apart. Bake until browned around edges and lightly browned on top, approx. 18 min. (You can kick up the heat a little, just keep an eye on the first batch for a time)

\*You can use any mixture of cheeses (NOT sliced sandwich cheese). Sharp cheddar would give a stronger cheese flavor.

\*\* You may also choose to add a few dashes of cayenne powder for an extra kick!

Hint: To control portion servings of chunk cheese, I cut the entire brick into slices before serving any of it (8oz=8 slices, 16oz=16 slices)

### Cherry Tomatoes Stuffed

Serves:4 Servings,9

CarbsPerServing:3g Per Serving

Prep Time:20 Minutes

Effort:Easy

#### Ingredients:

16 Large Cherry Tomatoes                      1 6oz Can Albacore Tuna  
1 Stalk Celery - chopped fine                      1/2 small onion - chopped fine  
6 TBS Real Mayonaise

#### How to Prepare:

Slice top off each cherry tomato and core out insides. Discard the insides of the tomatoes. In a bowl, mix the tuna, mayonaise, celery and onion. Using a spoon, fill each cherry tomato with tuna mix.

### CRAB DIP

Serves:8,

CarbsPerServing:4

Prep Time:15 MINUTES

Effort:Easy

#### Ingredients:

1 CAN OR CONTAINER OF FRESH CRAB MEAT (HIGHER QUALITY IS BETTER)  
1 PKG CREAM CHEESE 2 TBSP LEMON JUICE  
4 CLOVES GARLIC DICED  
2 TBSP OLD BAY SEASONING  
1 BUNCH DICED GREEN ONION

#### How to Prepare:

PUT ALL INGREDIENTS INTO A MICROWAVE SAFE BOWL OR CROCK POT. HEAT. MIX. SERVE. BETTER WHEN KEPT WARM.

### cream cheese sushi

Serves:2-4

CarbsPerServing:about 3

Prep Time:10 mins

Effort:Easy

#### Ingredients:

8 slices dried beef                      8 oz softened cream cheese  
sweetener (to taste)                      green onions (to taste)

#### How to Prepare:

rinse dried beef under warm water and pat dry. mix cream cheese, chopped green onion, and sweetener. spread liberally on dried beef and roll. chill. slice each roll into 4 little "sushi" pieces. arrange on plate and garnish w/green onions.

### Crunchy Cheesy Chips

Serves:you and you only

CarbsPerServing:none

Prep Time:seconds

Effort:Easy

#### Ingredients:

1 inch cubed cheese pieces most any variety

#### How to Prepare:

Arrange several pieces on a small microwaveable plate and nuke for approx 1 min, 20 seconds, on high. Time will vary depending on cheese type and oven. Cheese will flatten out, bubble and then turn crispy...yummmmmmm

### Deep Fried Mushrooms

Serves:Depends on how many mushrooms you use.

CarbsPerServing:2.3 grams per half cup

Prep Time:15 minutes

Effort:Easy

#### Ingredients:

Original Flavored                      Pork Skins  
Eggs                      Whole Fresh Mushrooms

#### How to Prepare:

Crush Pork Skins until fine and powdery. Add pepper to taste. Don't add salt, as the pork skins tend to have enough. Coat whole mushrooms in egg and drop in the bowl of crushed pork skins. Deep fry until golden brown

### Dreamy Creamy Deviled Eggs

Serves:6

Prep Time:1 hour

Effort:Easy

**Ingredients:**

12 eggs                      heavy mayo  
 canned baby shrimp, green or black olive slices for garnish paprika  
 sea salt                      pepper

**How to Prepare:**

Place eggs in a large saucepan and add cold water until covered by 1". You can add salt to the water if you like. As the water starts to heat up, stir the eggs ... this will help the yolk harden in the center of the egg. Let eggs boil for 10 minutes. Take off the heat and drain ... place eggs in ice water to cool, replacing ice as it melts. Shell eggs and cut in half. Scoop out yolks into a mixing bowl. Place egg white "face" down on an absorbent paper towel. Using a fork, break up all yolks. Add heavy mayo until creamy. Add salt & pepper to taste. Using a whirr mixer (single bladed hand mixer), blend until all the lumps are gone. I use a pastry shooter to fill the egg whites with the deviled mixture. Top with baby shrimp, green or black olive rings. Whatever garnish looks good to you --or-- sprinkle with paprika.

**Easy Pizza Rolls**

Serves: your choice!, CarbsPerServing: depends on toppings, serving size, etc.

Prep Time: 5 minutes

Effort: Easy

**Ingredients:**

shredded italian cheese (mozzarella, italian blend, etc.)  
 pizza sauce (low carb, Ragu pizza quick is great)  
 pepperoni                      olives                      onions  
 other pizza toppings of your choice

**How to Prepare:**

Sprinkle the cheese into a small pan and cook until edges are lightly brown and cheese has a "lacy" appearance. Top with a LITTLE (a little goes a long way!) pizza sauce and toppings of your choice. Remove from pan, roll together and ENJOY!! SOOO good & SOOO easy!

**Easy Pizza**

Serves: 1, CarbsPerServing: eggs are 1 carb each. Other carbs vary

according to your toppings.

Prep Time: just a few minutes

Effort: Easy

**Ingredients:**

- 1) 2 eggs, beaten
- 2) Pizza sauce
- 3) Pizza toppings of your choice
- 4) Pizza cheese

**How to Prepare:**

You need a frying pan that can also go under the broiler. Beat eggs, adding any seasonings that you would like in your "crust". I add basil and garlic powder. Pour eggs into frying pan and cook like an omelet. When the egg is solid, add pizza sauce and toppings. Place under the broiler until cheese is melted. This tastes just like real pizza!

**Finger Food**

Serves: 3, 1

CarbsPerServing: zero carbs.

Prep Time: none - right out of can

Effort: Easy

**Ingredients:**

Whole Baby Corn in a can. one can

**How to Prepare:**

Usually found in the Chinese section in the food store. It is virtually free with only 3g carb. dietary fiber 4g. Sugar is zero. Add to soups and salads also.

**Fried Jicama Chips**

Serves: One

CarbsPerServing: 6

Prep Time: 10 minutes or less

Effort: Easy

**Ingredients:**

1/2 of a medium Jicama  
 Seasonings of choice Peanut Oil (or other oil suitable for high heat frying)

**How to Prepare:**

Peel and rinse 1/2 of one globe of jicama. Slice paper thin, using one of those "as seen on TV" type vegetable slicers if you can. They give you the thinnest slices. Otherwise use a very sharp knife and slice carefully and thinly. Blot excess moisture from slices. Use enough oil to cover bottom of large skillet and to cover the slices, about 1/4" deep should do it. Heat oil, but do NOT OVERHEAT. Add jicama slices in a single layer. You won't get them all done in one batch. Fry each batch until you have browning around the edges, then remove to paper towels to drain while the next batch fries.

The chips shrink considerably. While still warm sprinkle them with pepper, salt, low carb seasonings, parmesan cheese, whatever you like, but lightly.

If you make the slices thin enough and fry carefully these chips come out so delicate and crunchy. Really too delicate for dipping unless you just use a thin Ranch dip or something.

## Frying Pan Pizza

Serves:depends on size of pan used,

CarbsPerServing:depends on ingredients used

Prep Time:5 minutes

Effort:Easy

### Ingredients:

Mozzarella cheese                      Pepperoni  
Mushrooms                              Bottled Salsa or Tomato  
SauceGarlic Powder                      Onion Powder  
Oregano                                  Grated Parmesan cheese  
(optional)

### How to Prepare:

Line bottom of non-stick frying pan with pepperoni(or meat of choice). heat through and blot grease. Sprinkle desired amount of mozzarella cheese, salsa or tomato sauce, and seasonings. Heat through until Mozzarella melts its way to the bottom and browns. Slide onto plate and enjoy!

## Garlic and olive spread

Serves:4,4

CarbsPerServing:3

Prep Time:3 minutes

Effort:Easy

### Ingredients:

8 oz. cream cheese 12-15 green olives with pimentosdiced garlic

### How to Prepare:

mix all ingredients to taste

## Garlic-Pepper Parmesan Crisps

Serves:12,10

CarbsPerServing:1.6g/serving ; 19.2g total recipe

Prep Time:5 minutes

Effort:Easy

### Ingredients:

12 ounces freshly grated Parmigiano-Reggiano cheese  
2 teaspoons minced fresh garlic1 teaspoon freshly ground pepper

### How to Prepare:

Combine all ingredients in a small bowl, stirring well. Sprinkle cheese mixture into a 1 1/2" round cookie cutter on a nonstick cookie sheet. Repeat procedure with cheese mixture, placing 16 circles on each sheet. Bake at 350 degrees for 9 to 10 minutes or until golden. Cool slightly on baking sheets. Remove to wire racks to cool completely. Repeat procedure 5 times with remaining cheese mixture. Yields 96 crisps.

## Hot Wings

Serves:3-4

CarbsPerServing:About 1 carb per wing, plus your dressing and celery (depends on you)

Prep Time:1 hour or so

Effort:Easy

### Ingredients:

1 bag frozen chicken wing pieces, defrosted  
1 bottle Texas Pete\* Buffalo Style Chicken Wing Sauce  
1/2 stick butter                          Ranch or Bleu Cheese dressing  
Celery                                      Oil for deep frying                      Salt and pepper

### How to Prepare:

Heat your oil in either a deep pot or a fryer to 375.Salt and pepper your wings and fry in batches (usually 5-6 pieces)until the skin is crispy and well browned (about 12 minutes). Remove from oil and drain on cookie cooling rack. Repeat until all wings are cooked. Meantime, in a saucepan, melt the butter and pour in 1/2 jar of the wing sauce. When the wings are finished, place them in a large bowl and toss with the sauce. Serve w/celery and ranch or bleu cheese dressing.

## Ice Cream Cookies

CarbsPerServing:20 TOTAL over estimated for sweetner choice

Prep Time:5 mins 1 hour to freeze

Effort:Easy

### Ingredients:

1 cup heavy cream                          3 drops Stevia or 3 splenda packets  
2 tbs Natural Peanutbutter                      4 oz Softened Cream Cheese  
1 tbs Atkins Choc Syrup (optional)

### How to Prepare:

Whip cream & Sweetner with a hand beater until its like coolwhip texture. Add all the other ingredients and beat until well mixed.. taste for sweetness adjust if you want.

Using a spoon put big globs on a non stick cookie sheet or in an ice cube tray and freeze until firm pry them off cookie sheet and store frozen in a plastic bag.

They are pretty hard to get out of an ice tray i have to use a knife to get em out..lol but they come off the cookie sheets real easy..and taste like peanut butter cup ice cream! makes 20ish cookies

Im sure this would work with other flavors as well I know some folks have problems with Peanut butter

## Italian Omelette

Serves:varies,8,5

CarbsPerServing:varies

Effort:Average

### Ingredients:

eggs    mild or hot Italian sausage (watch the carbs)



butter  
peppers of choice (red, yellow, green)  
parmesan cheese

**How to Prepare:**

Brown sausage until no longer pink inside. Drain on paper towels. Crumble up or cut into slices. Cook peppers in same pan until tender. Set aside. Beat eggs up. Add butter to hot pan. Pour eggs in. Cook one side until you can flip the omelette over. Immediately add sausage, peppers & cheese to one side of omelette. Flip other side over top of those ingredients. Take pan off heat, put lid on pan to let cheese melt. Put on plate. Sprinkle lightly with parmesan cheese. Enjoy!

**Italian Sausage Stuffed Mushrooms**

Serves:6-8,

CarbsPerServing:.3 grams per mushroom

Prep Time:30 minutes

Effort:Easy

**Ingredients:**

18 to 20 large whole mushrooms  
2 1/2 links Italian Sausage (hot or mild, skin removed)  
3 cloves minced garlic  
1 tsp. onion powder (optional) 3 Tbsp. Olive Oil  
1/4 cup crushed Pork Rinds 1 egg 1/4 c. grated Parmesan Cheese

**How to Prepare:**

Remove stems from mushrooms, chop 1/2 the stems. Brown sausage, onion, garlic and chopped stems in oil. Drain well. Cool. Mix with crushed Pork Rinds, egg and Parmesan Cheese. Spoon filling into mushrooms. Bake at 350 degrees for 15 to 20 minutes. Garnish with Parmesan Cheese.

NOTE: After browning sausage, we use a chopper to chop meat fine (resembling taco meat) to make for easier stuffing. We prefer to leave the onion out for personal taste...you make the call.

**Ketchup or catsup-quick and easy**

Serves:10 @ 2 tbls

CarbsPerServing:5gms

Prep Time:5 mins

Effort:Easy

**Ingredients:**

1 small can of tomato paste 2/3 of a can of water  
1/3 can of plain vinegar salt to taste  
Splenda 1 or 2 to taste (you want it sweet and salty)  
other seasonings can include garlic powder onion powder  
allspice (use extra for a bbq sauce.) pepper  
hot sauce

**How to Prepare:**

simply mix up all your ingredients well in a bowl. Cover and store in the refridgerator. It may get "gel like", just give it a stir. I keep a batch for 3-4 days.

It's great on burgers or in meatloaf.

Take it easy though, tomato stills has sugar carbs.

**Lacy Cheese Rounds**

Serves:22 (2 per person

CarbsPerServing:0

Prep Time:5 minutes

Effort:Easy

**Ingredients:**

1 package (8-ounce chunk) Monterey Jack or Colby or Cheddar  
Cheesenone

**How to Prepare:**

Preheat oven to 375\*. Cut cheese chunk (5 1/2 x 2 inches) into 1/4-inch slices; cut each slice in half to make squares. Place cheese squares 2 inches apart on cookie sheet (stoneware works best). Bake 16-18 minutes or until cheese is lacy in appearance and edges are lightly browned. Cool cheese rounds 1 minute until cheese stops sizzling. Remove to cooling rack and continue baking cheese squares until all are baked. These are great crackers for eating alone or with a dip !!!

**Nutty Seed Snack**

CarbsPerServing:102g total

Effort:Easy

**Ingredients:**

1 1/2 cup almonds -- roasted & salted 3/4 cup pumpkin seeds, roasted -- roasted & salted  
1/4 cup cashews -- roasted & salted 1/2 cup soy nuts -- roasted & salted  
3/4 cup coconut -- unsweetened 2 tablespoons oil 1/4 cup water  
4 tablespoons ThickenThin not/Sugar -- (per TBSP 4.4 g carbs 4.4gfiber, 0.1 g protein)  
8 tablespoons Splenda 1/8 teaspoon salt  
1/2 teaspoon vanilla 1 teaspoon cinnamon

**How to Prepare:**

Dissolve the splenda tablets in water & add the oil & vanilla. Mix all of the dry ingredients. Mix everything together thoroughly. Transfer to a large roasting pan with sides. Bake @ 325 degrees for about 30 minutes--stir occasionally.

Cool & store in air tight container.

Makes 6 cups

NOTES : Counts for ThickenThin not/Sugar and soy nuts not included in totals.

### **Parmesan Chips**

Serves:3-4 servings

CarbsPerServing:0 carbs

Prep Time:0 prep time- cook time-15-30 minutes?

Effort:Easy

#### **Ingredients:**

1 cup Parmesan cheese no other ingredients

#### **How to Prepare:**

Put 1-1/2 tablespoon mounds onto a dry frying pan on stove at medium heat (place a pretty good way apart) spread out mounds to be thin and flat- may need to change to high heat -just see how it goes--let cheese brown around the edges (after about 2-3 minutes) then slip fork underneath and flip- brown other side the same-should be crispy like a chip-may need to pat dry with papertowel.will make 3-4 batches found this in the local newspaper- also- check out the Simple Fried Artichoke recipe in "Appetizer and Snacks" goes good with these chips

### **Peanut Butter Protein Bars**

Serves:10

CarbsPerServing:10g total

Effort:Easy

#### **Ingredients:**

3 tablespoons sugarfree peanut butter  
2 tablespoons butter  
4 ounces cream cheese 1/4 cup artificial sweetener -- splenda  
1 teaspoon vanilla  
2 1/2 scoops vanilla protein powder (mine is 0 carbs)

#### **How to Prepare:**

Melt peanut butter, butter and cream cheese in microwave. Mix in Splenda and vanilla. Make sure everything is mixed well before adding protein powder. Add protein powder, 1/2 scoop at a time. You will need to use your hands towards the end. Press into a small casserole and chill until firm.  
Makes 6 good size bars.

NOTES : Counts for peanut butter and protein powder not included in totals.

### **Pepperoni Chips**

Serves:10,10,10,3,10,10

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

#### **How to Prepare:**

Place pepperoni slices on a paper towel on a plate, and nuke for about a minute- to a minute and a half, usually it will stop sizzling sound when it is done.  
Let them sit a minute or two until they dry and get crispy.  
Great alone, or with cream cheese, dipping, etc...

### **Pickle Rolls**

CarbsPerServing:19g total

Effort:Easy

#### **Ingredients:**

8 ounces cream cheese -- softened  
5 dill pickles -- (5 to 7)  
(I suggest the refrigerated ones) 6 Slices Deli Ham (sliced just thick enough to -- (6 to 7)  
spread the cream cheese on).

#### **How to Prepare:**

Spread the softened cream cheese onto one slice of ham. Lay the pickle at one end of the sliced ham. Roll it up. You may need to push some cream cheese into each end when its completely rolled. Place roll on a plate with the seam down. Repeat this until you run out of cream cheese. Refrigerate for a few hours or long enough for the cream cheese to harden. Using sharp knife and seam down, slice the roll into 1/4 inch slices. You will want to lay each round slice on a platter. This is so easy and looks great. I have served this as holiday treat for years. Everyone loves them.

NOTES : Counts for ham not included.

### **Pico De Gallo**

CarbsPerServing:23g total

Effort:Easy

#### **Ingredients:**

3 serrano peppers                      3 roma tomatoes 3 green onions                      1 tsp minced garlic

#### **How to Prepare:**

Remove seed from peppers, chop all ingredients into very small pieces, mix together. Can add a dash of salt if you like. Letting this sit for a day or two in the frig enhances the flavor. I prefer the serranos over jalapenos because the serranos "heat" isn't as intense, but if you like it hot try more pepper or jalapeno.

### **Pigs in a Blanket 1**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1 package carbolite bread mix  
 (maybe the keto yeast bread would work -but I prefer carbo-lite ingredients to make bread)40 little smokie sausages  
 40 strips cheese approx 1" long by 1/4" wide  
 40 strips thin jalapeno 1" long by 1/4" wide(optional)

**How to Prepare:**

Make bread in bread dough according to package directions either by hand or in bread machine. As soon as it's done mixing, remove and put in an oiled bowl and let rest for 20 minutes. Cut dough into 4 equal pieces, working with 1 at a time and keeping the others covered to keep from drying out. Cut dough section into 10 pieces and flatten with the heel of your hand until it's about 2"x2" square. Place a little smokie, a cheese strip and a jalapeno strip (if using) in the center and roll the dough around it, pinching the seams to seal (dampen your fingers with water if needed). Place seam side down on a cookie sheet that has been sprayed with butter flavored cooking spray. Once all the pigs are made, spray the tops with the cooking spray and place in a warm, draft free place (like an oven) to rise for 1 hour. If you notice any coming apart, pinch the seams again or else the cheese will run out as they bake. Preheat oven to 350f. Bake pigs until golden brown. Makes 40

appetizer pigs. Serve with assorted dipping sauces.

**Pork Rinds (Nachos)**

Serves:2,10,10,10

CarbsPerServing:5

Prep Time:3 minutes

Effort:Easy

**Ingredients:**

Pork Rinds                      Green Onions  
 Cheddar CheeseSour Cream                      Salsa

**How to Prepare:**

On a microwavable plate, spread pork rinds. Top with graded cheddar cheese. Microwave for about 20 seconds or so (until cheese melts into pork rinds). Use sour cream and/or salsa for dipping.

**Potato Skins**

Serves:1,10,10,10,10,10,10

CarbsPerServing:depends on how much cheese/sour cream

Prep Time:5 minutes

Effort:Easy

**Ingredients:**

shredded cheese of your choice (I recommend colby-jack or cheddar)  
 bacon bits  
 sour cream

**How to Prepare:**

Sprinkle the cheese into a small pan and cook until lightly brown on the edges and "lacy" in the middle (drain off extra oil if you can). Top with bacon bits and cook about 30 seconds longer. Remove from heat, top with sour cream and enjoy! These taste so much like a real potato skin if you let the cheese get pretty crispy on the bottom! Please E-mail me @ rreed21527@aol.com if you loved these or if you have a recipe to share with me! :)

**Quicky Avocado Dip**

Serves:one

Prep Time:1 minute

Effort:Easy

**Ingredients:**

1/2 Haas Cal. Avocado                      1 tbsp Hellmans Mayo  
 1 tbsp salsa (your choice heat)1 tbsp cream cheese  
 1 tsp shelled sunflower seeds

**How to Prepare:**

Mash all together and serve with 5 or 6 pork rinds. Very quick and easy and tasty.

**Quick Tuna Dip**

Prep Time:10 minutes

Effort:Easy

**Ingredients:**

2 cans tuna                      8 oz cream cheese, softened  
 1 tsp lemon juice                      2 tsp horseradish1/4 tsp salt  
 1 tsp onion powder                      1/4 tsp liquid smoke

**How to Prepare:**

Mix all ingredients together and form into a ball. Refrigerate.

Serve with celery, cheese slices, or low carb crackers.

**Ramuki**

Serves:2

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1 package fresh chicken livers1 slices thin sliced bacon

**How to Prepare:**

Make livers easier to handle by dropping into boiling water. Quickly remove and cool. This step can be skipped if you don't mind handling raw liver.

If livers are large, cut in half. Wrap 1/2 slice of bacon around

each piece of liver and secure with round toothpick.

Bake at 400 until bacon is crisp.

### Roast Beef Roll Ups

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

2 slices thin sliced deli roast beef (I buy Boars Head Seasoned Roast Beef at my grocery store)mustard

#### How to Prepare:

Place roast beef slices flat with one edge of one slice overlapping the other slice, spread about a teaspoon of deli mustard on roast beef and then sprinkle with cheese. Roll up and place in hot skillet coated with cooking spray. brown on each side (careful this only takes a couple of minutes).

Place on plate and munch away. I have this in the afternoon with my low carb veggie.

### Roasted Olives in Feta Cheese

CarbsPerServing:50g total

Effort:Easy

#### Ingredients:

1 cup green olives -- pimento stuffed                      1 cup black olives -- Pitted  
3 tablespoons Italian salad dressing  
1/2 teaspoon pepper -- Coarse ground 1/2 pound Feta cheese -- drained and crumbled  
24 ounces Cream Cheese                      1/2 teaspoon garlic -- Chopped

#### How to Prepare:

Drain olives and toss with Italian salad dressing. Place olives in baking dish and roast for 25 minutes at 350 (med. hot oven) or until slightly charred. Cool and chop. In large bowl, mix and beat pepper, feta, cream cheese, garlic. Fold in olives. Line round, flat dish or pan with plastic wrap (I used a round Tupperware container) and firmly press cheese mixture into the dish. Smooth into a large cheese round. Fold ends of plastic wrap over all. Refrigerate for at least 4 hours, or until firm. Invert on plate, remove wrap and serve with wasa crackers or pepperoni chips. You can also cut into four wedges and wrap each and give as gifts.

Makes 4 cups.

### Roasted Turnips and Caviar

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

4 small turnips -- peeled and sliced to make about 20 slices  
olive oil                      salt and peppersour cream  
caviar

#### How to Prepare:

Preheat oven to 400°F. Dip the turnip slices in the olive oil. Place on baking sheet and season lightly with salt and pepper. Bake until golden brown on bottom (about 15 minutes).

Turn over and continue baking until second sides are golden brown.

Top with a little sour cream, then a dab of caviar.

### Salami Tacos

Serves:7

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

Genoa Salami                      Cream CheeseGreen Onion (cut up)

#### How to Prepare:

Place a heaping amount of cream cheese in the middle of a piece of salami topped with green onion. Now...fold in half !!!

\*\*\*This is wonderful as an appetizer or simply a snack\*\*\*

### Salami Wraps

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

Thin-sliced hard salami                      Cream Cheese  
CuminGreen onions                      Asparagus Spears (canned or blanched)

#### How to Prepare:

Mix cream cheese and cumin to taste. Spread on slices of salami and wrap around either a green onion spear or an asparagus spear. (Gets better if the cumin can absorb into the cream cheese overnight)

These snacks were a favorite at parties before Atkins... they just happen to work on it, too. Also, something crunchy to bite into...no spoon or fork required.

### salmon croquettes

Serves:12 patties or more,7

CarbsPerServing:< 1 per patty

Prep Time:5 min.

Effort:Easy

#### Ingredients:

1-15 oz. can pink salmon, drained                      1 egg  
2 Tbs. soy flour                      1/4 C green onion, minced

seasoning salt & pepper

vegetable oil

**How to Prepare:**

Put salmon into med. bowl. Remove big bones and any large pieces of skin. Combine well (mash) with remaining ingredients. Heat oil on med. high. Form small, thin patties 1-2 inches diameter. Fry until golden brown/crisp on both sides. Drain on paper towel. Serve with hot sauce, sour cream & green onion.

**Sausage Balls**

Serves:60 balls

CarbsPerServing:about 1/2 gram each ball (depends on your sausage and number of balls)

Prep Time:15 min. mix time, 1 hr forming and baking

Effort:Easy

**Ingredients:**

**How to Prepare:**

Prepare the Cheese Puff recipe and move into a bowl. Brown and crumble the sausage. Add the sausage to the cheese mixture and fold in well. Form 1" balls and place on lined, sprayed baking sheet. Bake at 350 approximately 20 minutes.

Add the cayenne! Definite kick and flavor boost there.

**SEAFOOD COCKTAIL SAUCE**

Serves:MAKES APPROX. 3 CUPS (ACCORDING TO

HOW THICK YOU COOK IT DOWN.)

CarbsPerServing:7 CARBS PER 1/4 CUP (ENOUGH TO DIP QUITE A FEW SHRIMP IN!)

Prep Time:HALF HOUR OR SO

Effort:Easy

**Ingredients:**

1/2 CUP FINELY SHREDDED HORSERADISH

1 - 10 OZ CAN TOMATOES WITH GREEN CHILIES

1 - 14.5 OZ CAN DICED TOMATOES

1 = 8 OZ CAN TOMATO SAUCE

(ALL TOMATO PRODUCTS WITHOUT ADDED SUGAR)DASH GARLIC POWDER

1/4TH CUP VINEGAR

DASH SALT

DASH OF GROUND CAYENNE (TO TASTE)

1 TBSP BROWN SUGAR TWIN

1 TBSP REGULAR SUGAR TWIN

**How to Prepare:**

SHRED HORSERADISH RADISH IN BLENDER WITH SOME WATER ADDED. CHOP FINE, POUR OUT AND DRAIN IN FINE SIEVE (I USED A STRAINER) BLEND 3 TOMATO PRODUCTS TO PUREE POUR ALL INGREDIENTS INTO 3 QUART HEAVY SAUCEPAN, COOK OVER LOW HEAT, STIRRING AS NEEDED TO KEEP FROM STICKING, UNTIL DESIRED THICKNESS. PUT IN CANNING JARS AND SEALS OR OTHER CONTAINERS AND KEEP IN FRIDGE.

**Seafood Stuffed Mushrooms**

Serves:4,8,8,9

CarbsPerServing:2

Prep Time:10 min

Effort:Easy

**Ingredients:**

canned crab meat (2 cans)

1/3 cup real mayo

1 pckg large mushrooms 2 tblspn red hot garlic chili sauce

2 tblspn olive oil

pinch basil

**How to Prepare:**

mix mushroom stems and all ingredients into bowl. Place all mushroom caps on foil and drizzle w/olive oil. Fill caps with mix and grill 15 minutes. Awesome!!! We love them

**Smokey Bacon Cheddar Cheese Balls**

Serves:varies -nutritional info is for entire

recipe,10

CarbsPerServing:Per serving: 3477 Calories (kcal); 319g Total

Fat; (81% calories from fat); 129g Protein; 28g Carbohydrate;

9g fiber; 842mg Cholesterol; 5020mg Sodium

Prep Time:30 minutes

Effort:Easy

**Ingredients:**

16 ounces cream cheese

2 cups shredded cheddar cheese -- sharp or extra sharp

1/2 cup crumbled blue cheese

1/2 teaspoon liquid smoke flavoring

1/2 cup sliced green onions -- thinly sliced green only

8 slices bacon -- crisply cooked, patted dry and crumbled

1 tablespoon bacon fat

1/2 cup sunkist Bacon Cheddar Almond Accents

**How to Prepare:**

Bring cream cheese and blue cheese to room temperature. In a food processor combine cheeses and bacon fat well. If it seems too stiff\*, add 2-3T cream to thin it out some.

Add the remaining ingredient (except almonds)and pulse to blend. Try not to break the bacon and onions up too much.

Form cheese mixture into either 60 marble sized balls or 2-3 cheese logs or balls and refrigerate until solid again(about 30 minutes).

For mini-balls, pulse almonds in a food processor until almost

ground then place 1T of the mixture in a baggie and shake 5-6 of the mini balls at a time to coat.

If making larger cheese balls or logs, crush almonds slightly to break up a bit then roll chilled cheese balls or logs to coat lightly.

### Spinach Cups

Serves:8

CarbsPerServing:15g total

Effort:Easy

#### Ingredients:

2 egg whites -- slightly beaten  
2 ounces chopped pimientos  
2 whole green onions -- thinly sliced  
1 teaspoon salt-free vegetable seasoning 1 tablespoon grated parmesan cheese  
10 1/2 ounces spinach, frozen -- defrosted and squeezed dry, chopped  
1 tablespoon grated parmesan cheese

#### How to Prepare:

1. Spray 1 3/4" muffin tins with butter-flavored nonstick cooking spray.
2. Combine egg whites, pimientos, green onions, vegetable seasoning, pepper and 1 Tbs Parmesan cheese. Mix thoroughly with fork.
3. Add chopped spinach and blend.
4. Fill muffin tins 2/3 full with mixture. Sprinkle with 1 Tbs Parmesan cheese.
5. Bake in preheated 375f oven for 10-12 minutes.

### Stadium Dip and Smoked Sausage

CarbsPerServing:23g total

Effort:Easy

#### Ingredients:

16 ounces smoked sausage -- halved lengthwise,  
sliced in thick bite size pieces  
2 tablespoons dijon mustard  
3 tablespoons horseradish 2 cups shredded cheddar cheese  
1/2 cup mayonnaise  
1 cup chopped green onions

#### How to Prepare:

Stir-fry sausage in large non-stick skillet approximately 3 to 5 minutes. Mix remaining ingredients in microwave safe bowl. Microwave on medium power 1 minute. Stir, heat another minute or more if necessary.

### Strawberry Yogurt

CarbsPerServing:12

Effort:Easy

#### Ingredients:

1 cup cottage cheese  
2 tbs. heavy cream 3 tbs. splenda (vary amt. to taste)  
3 strawberries (fresh or frozen)

#### How to Prepare:

Combine all ingredients in blender and blend until smooth.

### String Cheese Melt

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

Peel back plastic wrap but keep cheese in wrapper. Zap string cheese in microwave for 15-20 seconds. Warm Pizza Cheese! Orange cheddar cheese is not packed the same way as string cheese too!

### Stuffed Green Pepper Cups

CarbsPerServing:13g total

Effort:Easy

#### Ingredients:

1 Green Pepper  
1 stalk celery  
salt and pepper to taste  
cooked chicken breast or canned chicken  
1/4 cup chopped onion 1/4 cup mayonnaise -- to 1/2

#### How to Prepare:

Cut off the top of the pepper. Pull out the seeds. Slice the pepper in half length wise. Mix the chicken, sliced celery and chopped onion together with the mayonnaise. Scoop into pepper shells. This will serve two. Nice for a quick and easy lunch.

### Stuffed Jalopenas

Serves:20-30 jalopena halves

CarbsPerServing:1

Prep Time:45 min. but well worth it.

Effort:Easy

#### Ingredients:

8 oz. cream cheese, softened  
1/2 tsp. garlic salt  
1/2 c. finely shredded colby cheese 10-15 jalopena peppers, fresh  
1 lb. bacon, cut in half lengths

#### How to Prepare:

Mix cheeses and garlic and set aside. Using gloves, cut jalopenas in 1/2 longwise and remove seeds. Fill with cheese mixture. Wrap with

bacon half. Place on a cookie sheet. Bake in a 350 degree preheated oven for about 25 minutes or until bacon is crispy cooked.

### Stuffed mushroom

Serves:1

Prep Time:5 mins

Effort:Easy

#### Ingredients:

large Mushroom                      chives                      1tbs cream cheese                      cheese bacon  
tomato                      parsely

#### How to Prepare:

In bowl mix cream cheese, chives , cut up tomato , parsely . Then place on top of mushroom , then on top of cream cheese mix, add grated cheese, then on top of cheese add cut up bacon . Place in med oven for 20 mins .  
Tastes like pizza with out base .

### Stuffed Olives

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

Use the lowest carb sour cream at the store, and add less than half a packet of Lipton's onion soup mix. Then take large olives and fill with the mixture. 3 olives fills you up and tastes great. You can also dip your pork rinds in it.

### Stuffed Tomatoes

CarbsPerServing:16g total

Effort:Easy

#### Ingredients:

2 tomatoes                      1 can tuna fish  
1/4 cup mayonnaise -- (1/4 to 1/2)1/4 cup onion  
1 stalk celery -- sliced                      pepper

#### How to Prepare:

Cut off the tops of the tomatoes. Scoop out the seeds and insides of the tomatoes with a spoon. Mix tuna with mayonaisse, onion and celery. Scoop mixture into tomato cups. Garnish with pepper.

### Quick and Easy Sweet Pickles

CarbsPerServing:47g total

Effort:Easy

#### Ingredients:

One jar whole dill pickles (no garlic variety)  
3/4 cup cider vinegar 1 1/2 cups Splenda

#### How to Prepare:

Drain pickles well, rinse in cool water and drain again. Cover with cool water a second time and allow to sit for 15 minutes.

Remove from water and drain well.

Cut each pickle into 1/4" chunks (I use already SLICED pickles), and place back in cleaned pickle jar.

Combine vinegar and Splenda (I use equivalent in LIQUID Splenda, but I can't remember exactly how much).

Bring vinegar and Splenda to a boil. Remove from stovetop and cool 5 minutes.

Pour over pickles in jar and seal tight. Allow pickles to refrigerate a minimum of 48 hours.

Approximately 2 carbs per whole pickle.

### Tangy Deviled Eggs

Serves:4 Servings,8,10

CarbsPerServing:2.1g per serving

Prep Time:30 Minutes

Effort:Average

#### Ingredients:

4 Jumbo Eggs - Hard Boiled                      4 TBS Real Mayonaise  
2 TBS Stone Ground Mustard 2 TBS Sweet Dill Relish                      Paprika

#### How to Prepare:

Peel hard boiled eggs and cut each in half lengthwise. Remove yolks and place in food processor. Add mayonaise, mustard and sweet dill relish. Blend until smooth. Using a spoon, place dollops of the

mixture back into the egg halves. Sprinkle with Paprika for color on top of the yolk mixture.

### Toasted Spiced Walnuts

Serves:(8) 1/4 cup servings

CarbsPerServing:4

Prep Time:15 mintues

Effort:Easy

#### Ingredients:

2 cups walnuts                      1 tablespoon Splenda  
1 teaspoon sea salt                      1/2 teaspoon garlic powder 1/2 teaspoon ground cumin  
1/4 teaspoon cayenne pepper                      1 tablespoon walnut oil

#### How to Prepare:

Plunge walnuts into a pot of boiling water, turn off pot and let stand 2 minutes. Drain, spread walnuts on a baking sheet and toast in a 400°F oven for 10 minutes.

Measure seasonings in a small bowl and stir to combine. Heat oil in a skillet. Add toasted nuts and toss 1 minute. Add seasoning and toss until nuts are coated. cool on a paper towel.

### Tofu Pizza

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

In blender mix:                      1/2 block firm tofu

1 egg 1 tsp. crushed rosemary salt to taste  
1 Tbs. protein powder 1/4 cup parmesan cheese  
How to Prepare:  
Spread in a round 9" cake pan.

Top with:  
chopped tomatoes chopped peppers

Drizzle pesto sauce over this, then add grated mozzarella black olives bacon bits

Sprinkle parmesan cheese on top.

Preheat oven to 425 and bake for 20 min. Cool 5 min. then serve. 1 serving.

### **Tuna Stuffin'** CarbsPerServing:8g total

Effort:Easy

#### **Ingredients:**

1 package cream cheese -- softened 1 can tuna -- drained 1/2 teaspoon onion powder  
1 tablespoon lemon juice

How to Prepare:

Mix all together and let set a few hours for flavors to meld.  
Use to stuff celery or cucumber boats or onto of Wasa crackers.

### **turkey puff's**

Serves:?,10

CarbsPerServing:?

Prep Time:?

Effort:Easy

#### **Ingredients:**

1/2 LB TURKEY, COOKED AND SHREDDED  
4-6 OZ CREAM CHEESE 1/4 CUP CHEDDAR CHEESE SHREDDED SALT AND PEPPER TO TASTE

How to Prepare:

COOK AND SHREDD TURKEY, MELT CREAM CHEESE FOR ABOUT 45 SEC IN MIC,  
MIX ALL TOGETHER AND ROLL INTO ABOUT 4 INCH BALLS. ENJOY, WORKS  
GREAT WITH SHREDDED CHIX TOO!

### **Yummy Walnut-Cheese Crackers**

Serves:8,8,5,9

CarbsPerServing:25g total

Effort:Easy

#### **Ingredients:**

6 ounces walnuts -- approx 1 3/4 cup, chopped 1 cup grated cheddar cheese  
1/2 cup parmesan cheese 2 eggs salt/pepper to taste

How to Prepare:

Beat the eggs in a large mixing bowl. Add all other ingredients,  
stirring until well coated. Spread evenly on a baking stone or  
cookie pan. I spread mine thin, so they'll be more crisp like a  
cracker. But, you could spread it thicker if you wanted more of a  
bread type texture. Bake for 10-12 minutes at 375 until very bubbly.  
Let cool, then cut. Makes about 18 2X4 crackers, at 1.5 carbs each.  
Keep refrigerated. Pop one or two in the toaster oven to "crisp up",  
then enjoy with your favorite topping.

These "crackers" are very low carb and taste great with toppings  
like tuna or egg salad, or just by themselves! I eat them almost

every day, and they really satisfy my cracker/bread cravings.

### **Yummy Meatballs**

Serves:Makes about 60 meatballs.

CarbsPerServing:No counts, but very small amounts.

Prep Time:15 mins to prep, but takes a bit to cook them all.

Effort:Average

#### **Ingredients:**

2 lbs lean or extra-lean ground beef. 1 lb lean ground pork  
4 eggs 1 tsp salt  
1 tbs pepper 250 g fresh grated romano cheese. 100 g fresh grated parmesan cheese.  
6 cloves garlic (crushed). olive oil.

How to Prepare:

Combine all ingredients in a bowl (use your hands, it's fun). Fry  
your meatballs in olive oil. Eat hot or cold.

### **Zucchini Pizza**

Serves:1,-----Select-----,10

CarbsPerServing:2

Prep Time:5 minutes

Effort:Easy

#### **Ingredients:**

1 small zucchini  
Pepperoni Mozzarella cheese Salsa

How to Prepare:

Slice a baby zucchini length wise into 3 or 4 slices, top with  
pepperoni, cheese and salsa. Heat in the microwave for about 2  
minutes or until cheese starts to melt. Remove and enjoy

## **BEVERAGES**



### low carb frappachino

Serves:2

CarbsPerServing:don't know excatly but you only have whipping cream and coffee can't be much  
Prep Time:10 min Effort:Easy

#### Ingredients:

any flavored coffee whipping cream ice and splendablender

#### How to Prepare:

make some flavored coffee brew it very strong more than you normally would to drink. let cool put about a cup in a blender add heavy whipping cream until it looks like a light caramel color add about a cup of ice and blend well. sweeten to taste with splenda in a bowl put about 1/4 cup of heavy whipping and 1 pkt of splenda whip till stiff , pour blended coffee into tall glass and top with whipped cream ENJOY this is for all those low carbers missing they're favorite coffee shop fixes

### Something Strawberry

Serves:2

CarbsPerServing:Very Low Effort:Easy  
Prep Time:10 minutes

#### Ingredients:

1 Cup 1% milk 1/4 Cup of Splenda6 Strawberries diced  
1 Glass of Ice 1 small squirt fat free strawberry syrup

#### How to Prepare:

Blend in blender until ice is crushed and smooth. ENJOY!

### Italian Cream Soda

Serves:1

CarbsPerServing:1 gram Effort:Easy  
Prep Time:About 2 min.

#### Ingredients:

One Tall Glass Full of Ice  
1 Table Spoon Cream or Half and HalfOne Can Club Soda Chilled if You Want  
Your Choice Torani Sugar Free Syrup

#### How to Prepare:

Put ice into glass. Mix cream and syrup in small glass before pouring into tall glass( do this or the cream will get a weird texture.) Pour cream mixture into glas, then add club soda, mix. Ta-daa, now you have a very grubbinisque soda.

### Soy Steamer

Serves:1,10,9

CarbsPerServing:<2 Effort:Easy  
Prep Time:1 minute

#### Ingredients:

1 Cup Plain, Unsweetened Soy Milk 1 Packet Splenda

#### How to Prepare:

Heat the soymilk in the microwave until hot, add splenda.

### Easiest Eggnog!

Serves:Variable

CarbsPerServing:Negligible

Prep Time:5 minutes Effort:Easy

#### Ingredients:

Keto Shake mix(French Vanilla) Heavy Whipping Cream  
WaterIce Nutmeg Cinnamon  
Splenda

#### How to Prepare:

Combine heavy whipping cream, water and ice. Blend low, add Shake mix, nutmeg, cinnamon, and Splenda to taste. For reward add a Tablespoon of Brandy!

### Aspartame-free Cherry Soda

Serves:About 8 8-ounce servings,9

CarbsPerServing:Zero! Effort:Easy  
Prep Time:5 min.

#### Ingredients:

2-liter bottle Club Soda  
1 tbsp. Cherry Extract 1/4 c. bulk Splenda -OR- 9 packets Splenda

#### How to Prepare:

I prefer this to commercial sugar-free soda because I avoid aspartame.

Mix the Splenda and cherry extract together in a measuring cup until dissolved, adding a splash of the club soda if necessary. If you add soda, this will foam a lot until mixing is complete. Pour the mixture slowly back into the 2-liter bottle.

### Italian Soda

Serves:1,10

CarbsPerServing:1 gram Effort:Easy  
Prep Time:1 minute

#### Ingredients:

6 parts club soda  
1 part Davinci's sugar free flavored syrup of your choicel part heavy cream  
Crushed ice

How to Prepare:  
Fill glass with crushed ice. Add club soda. Then add syrup and cream. Stir with a straw and enjoy a sweet, sophisticated-looking drink!

**Berry berry Smoothy** Serves:2,8 CarbsPerServing:3-4

Prep Time:2 min Effort:Easy

**Ingredients:**  
1 cup of any Any frozen fruit 1 cup of Ice  
as much as u want of whip cream

How to Prepare:  
Blend in a Blenda

**Morning Java Coffee Drink** Serves:One,10 Prep Time:3 Minutes

Effort:Easy

**Ingredients:**  
Once cup of coffee  
2 tbls Davinci or Torani syrup of choice  
2 tbls half and half or cream  
splenda (optional)Blender

How to Prepare:  
Blend cup of coffee with syrup, cream and splenda if you like it a bit sweeter. Blend quick (10 sec)  
Pour in coffee mug. Will have a frothy top Just like a fancy coffee shop drink. Nice alternative to boring 'ol coffee :-)

**whipped tea** Serves:1

Prep Time:10 minutes Effort:Easy

**Ingredients:**  
1 cup any flavor de-caf tea 1 pack splenda  
1 cup heavy cream

How to Prepare:  
make and let cool 1 cup of tea add splenda. whip cream until peaks form and slowly add tea. peaks will not hold but add a thickening to the beverage.

**Peppermint Patty Tea** Serves:1,5

CarbsPerServing:0 Prep Time:5 minutes

Effort:Easy

**Ingredients:**  
1 Cup water  
1 Peppermint Tea bag1-2 Tbl. Atkins Chocolate syrup (to taste)  
1-2 Packet(s) Artificial Sweetner (to taste)

How to Prepare:  
Boil the water. Please tea bag in boiled water and steep for a minute or two. Add Chocolate syrup and sweetner to taste. Enjoy.  
This recipe has NO CARBS and is a GREAT substitute on a cold winter night!

**Easy Eggnog** Serves:2,8 CarbsPerServing:4

Prep Time:1 min. Effort:Easy

**Ingredients:**  
1 c. egg substitute 1/3 c. Heavy cream  
6-7 pckts. artifcl. swtnr. nutmeg to taste

How to Prepare:  
Mix egg sub., swtnr., and nutmeg. Add heavy cream. Stir.  
Note: Egg substitute is pasteurized and is safe to consume

**Kahlua and Creme Coffee** Serves:1,10,10,10

CarbsPerServing:3 Prep Time:5 minutes

Effort:Easy

**Ingredients:**  
Kahlua decaf coffee 2 tbs. cream 1 packet of Splenda  
Chocolate Redi-Whip

How to Prepare:  
Prepare coffee. Add cream and Splenda to a mug and pour in coffee.  
Add Chocolate Redi-Whip to taste.

**Lemonade Iced Tea** Serves:varies

CarbsPerServing:varies Effort:Easy

**Ingredients:**  
10 regular or decaf tea bags  
1 gallon of water  
1 packet of unsweetened lemonade Kool-Aid (or flavor of your choice)  
sweetener of choice to taste  
(I use 6 packets of Sweet'N Low for the whole gallon)

How to Prepare:  
Brew up a gallon of tea. Add the Kool-Aid & sweetener. Serve iced. I have used different Kool-Aid flavors such as orange & tropical punch and they were good as well.

**Cinnamon Tea** Serves:1

CarbsPerServing:less than 1 or zero Prep Time:2 min.

Effort:Easy

**Ingredients:**

8 oz. of water                      decaf coffee crystalscinnamon

**How to Prepare:**

heat 8 oz. of water    add desired amount of cinnamon then add a sprinkle of decaf coffee crystals

**Low-Carb Chai Tea**

Serves:6,8

CarbsPerServing:<1 for the entire pot

Prep Time:as long as it takes to boil water

Effort:Easy

**Ingredients:**

5 cups water                      1/2 cup heavy cream (unsweetened)  
1 scoop Atkins vanilla shake mix                      4 decaffeinated tea bags2 tsp. cinnamon  
1/2 tsp. ginger                      1/2 tsp. allspice  
3/4 tsp. nutmeg                      1-1/2 tsp. vanilla extract

**How to Prepare:**

Mix shake mix with 1 cup of water and set aside. In a saucepan/pot, mix all other ingredients, and bring to a boil. Once mixture has come to a FULL boil turn the heat off and briskly mix in the shake mix/water. Cover with a lid and let steep for 5 mins. Make sure that you strain this before drinking, the spices don't melt. You can adjust the spices to taste. And include other spices, such as anise, cardemom, and lemon or orange zest.

**Cool and Fruity Summer Spritzer**

Serves:1

CarbsPerServing:4

Effort:Easy

**Ingredients:**

tall glass of crushed ice  
8oz Crystal Clear brand wild cherry sparkling water(sweetened with sucralose and ace-k)  
1 slices lemon(frozen) and juice from 1/2 small lemon  
1 slice lime(frozen) and juice from 1/2 lime  
4 fresh raspberries(frozen)

**How to Prepare:**

Put raspberries, lime and lemon slices in the bottom of glass and top with crushed ice. Add lime and lemon juice then fill with sparkling water. Stir gently.  
For more color, add a sprig of mint:)

**vannila cream coke**

Serves:1,10,10,10

CarbsPerServing:n/a

Prep Time:1 minute

Effort:Easy

**Ingredients:**

1 can diet coke                      1-2 tsp. sugar free  
vanilla syrup1-2 tsp. whipping cream

**How to Prepare:**

pour in glass over ice. mix well. Tastes like a coke float!

**Snicker Bar Coffee**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Add to freshly brewed coffee  
1 shot of Da Vinci sugar free Chocolate syrup                      1 shot of Da Vinci Sugar free carmel syrup  
1 shot of Da Vinci Sugar free hazelnut syrup                      a pack splenda  
Dash of heavy cream

**How to Prepare::no counts provided**

blend

**Easy Pina Colada Drink/Dessert**

CarbsPerServing

Effort:Easy

**Ingredients:**

2 pineapple sugar free popsicles                      1/4 cup cream1/2 teaspoon coconut extract  
rum -- or rum extract to taste

**How to Prepare:**

Remove popsicles from the stick, break into pieces and place in glass. Pour cream and extracts/rum over popsicle and stir until mixture is completely combined. This will be the consistency of a frozen pina colada.  
NOTES : No count provided. The popsicles I use are 3 carbs per. variations include any other sugar free popsicle and the coconut extract and rum.  
Strawberry popsicles make a wonderful strawberry daiquiri.

**Brandy Mochaccino**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

2 scoops chocolate keto shake mix                      1 cup cold brewed decaf coffee  
1 cup chopped ice                      2 tablespoons heavy cream  
1 tablespoon ground flax seed -- optional                      1 capful of Brandy Extract  
1 package artificial sweetener -- optional

**How to Prepare:**

Blend.

## Cafe Mocha

Serves:10

CarbsPerServing:7 total recipe

Effort:Easy

### Ingredients:

1/3 cup heavy cream                      2/3 cup water  
1/2 teaspoon vanilla extract -- optional                      2 teaspoons unsweetened cocoa powder  
1 cup decaffeinated coffee                      2 splenda packets

### How to Prepare:

Brew 1 cup of decaf coffee. While it is brewing, heat water and cocoa in a pan. Whisk until smooth and until it just starts to bubble. Pour coffee in an extra large mug. Pour hot cocoa on top. Add Splenda and vanilla and stir well.

## CampfireKooler

Effort:Easy

### Ingredients:

1 cup cold water                      1 cup crushed/slightly broken up ice cubes  
1 tsp raspberry KetoKooler (powdered mix)                      2-4 tbs 1/2 and 1/2...according to your taste!

### How to Prepare:

Put all in the blender and blend away:  
Tastes like a raspberry flavored Dairy Queene Mister Misty Float!

## Cranberry Damsel

Serves:3,10,10,10

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

2 ounces sugar free cranberry-flavored sparkling water  
1/4 teaspoon Cranberry Blast Kool Aid drink mix -- unsweetened, powdered  
1 ounce white rum  
2 ounces mandarin orange-flavored sparkling water  
1/4 teaspoon orange extract  
1 dash lemon juice  
1 packet artificial sweetener (to taste) -- (1 to 2)

### How to Prepare:

Combine all ingredients in a shaker with crushed ice. Shake and serve with the ice in large stemmed glasses. (If you don't have a shaker, combine all ingredients in a blender with ice cubes and process on "pulse" until the ice cubes are crushed.

## Electric Lemonade

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

Blender almost full of crushed ice                      3/4 tub container of Crystal Light Lemonade powder  
6 oz. Vodka

### How to Prepare:

Mix in blender until slushee consistency. Enjoy...be careful, they're so good they sneak up on you.

## Fruity Smoothie

CarbsPerServing:7 total recipe, excluding milk

and egg protein and peach slices

Effort:Easy

### Ingredients:

3 tablespoons Naturade Milk and Egg protein                      3 tablespoons ricotta cheese  
8 ounces water                      3 packets splenda packets  
1/2 teaspoon vanilla extract                      4 each frozen strawberries, unsweetened  
4 slices frozen peach slices, unsweetened

### How to Prepare:

Put everything in a blender and blend on high until smooth and thick.

## Gin Rickey

CarbsPerServing:1 total recipe

Effort:Easy

### Ingredients:

1 1/2 ounces gin                      1 tablespoon fresh lime juice -- (juice of 1/2 lime)  
6 ounces club soda -- (or to fill)

### How to Prepare:

Fill a highball glass with ice. Add gin and lime juice. Fill with club soda and stir. Garnish with a wedge of lime.

## Hot Chocolate 1

CarbsPerServing:13 total recipe

Effort:Easy

### Ingredients:

2 tablespoons unsweetened cocoa                      2 tablespoons water  
2 teaspoons vanilla                      5 packages artificial sweetener

### How to Prepare:

Combine cocoa, sugar substitute, and water.  
Mix well, and cook over medium heat stirring constantly until it boils. Stir in vanilla. Store in refrigerator.

Add 1 tbsp. of mixture to 5 oz. heavy cream and 3 oz. water, heated.

## ICED CAPPUCCINO

CarbsPerServing:4 total recipe

Effort:Easy

**Ingredients:**

1 teaspoon instant coffee, decaffeinated -- (1 to 1 1/2)  
-- (depending how strong you like it to taste)  
4 tablespoons heavy cream 1 teaspoon vanilla  
4 ice cubes 3/4 cup cold water 2 teaspoons artificial sweetener

**How to Prepare:**

Put everything into a blender and frappe, until ice is broken into tiny particles, and mixture is foamy.

**Just Like Apple Cider**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Lipton Soothing Moments Herbal Tea bags in Cinnamon Apple  
Splenda to taste

**How to Prepare:**

Prepare tea as directed on box. Add Splenda to taste. Enjoy!  
For one cup, use one bag. For more, read box.

Tastes just like warm apple cider!

**Low Carb Bailey's**

CarbsPerServing:2 total recipe excluding syrup

Effort:Easy

**Ingredients:**

1 shot rum 1 shot low carb chocolate syrup  
2 shots heavy cream

**How to Prepare:**

Place the rum, chocolate syrup and heavy cream in a blender and mix.  
Pour over ice. It really tastes like Bailey's.

**Lowcarb Pina Colada**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1 Scoop Designer French Vanilla Protein Powder 1 Tablespoon DaVinci's Sugar Free Vanilla Syrup  
1 teaspoon pineapple extract 1/2 teaspoon coconut extract  
6 ice cubes

**How to Prepare:**

Mix in the blender till it is smooth and creamy. For those festive times you can add a shot of Rum. Enjoy!

**McDonald's Shamrock Shake**

CarbsPerServing:4 total recipe excluding syrup

Effort:Easy

**Ingredients:**

1/2 cup light cream 1/2 cup water  
1/2 teaspoon peppermint extract 1 tablespoon DaVinci's Vanilla syrup  
(0 carbs)  
3 drops green food coloring

**How to Prepare:**

put into blender with a couple ice cubes....omg it's just like the real one!!!!

**Orange Cooler**

CarbsPerServing:10 total recipe

Effort:Easy

**Ingredients:**

1 package sugar free orange jello 2 egg whites -- beaten stiff  
2 teaspoons lemon rind -- grated 1 teaspoon orange extract 2 packages artificial sweetener  
4 strawberries 4 ice cube 4 lemon slices

**How to Prepare:**

Prepare gelatin according to package directions and cool. Beat in stiff egg whites with wire whisk. Add lemon rind, orange extract, and sweetener. Place in blender. Add strawberries and ice cubes. Blend at medium speed for 30 seconds. Pour into glasses and garnish with lemon slices.

**Pina Colada (Alcoholic)**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1/2 cup ice  
1 teaspoon pineapple extract 1 ounce DaVinci Gourmet Natural Coconut Syrup  
1 ounce white rum

**How to Prepare:**

Combine all ingredients in a blender and blend on high speed until smooth and frothy.

**CAKES AND PIES**

### 3 Minute Chocolate Cake

Serves:2

CarbsPerServing:5.5g Carbs 2g Fiber 1g Sugar  
Prep Time:3 minutes Effort:Easy

#### Ingredients:

1/4 C Soy Flour                      1 T Cocoa Powder                      1/4 t Baking Powder  
5 Packets Splenda                      2 T Melted Butter                      1 T Water                      1 Egg

#### How to Prepare:

In 2-Cup Pyrex baking dish blend well left column (flour, cocoa, baking powder, splenda). Add water, melted butter and egg. Blend thoroughly with fork. Cover with plastic wrap (To vent, cut small slit in center of plastic wrap). Microwave on high 1 minute or until knife comes out clean. Cool a bit; eat warm with whipped cream or cool completely to ice.

### Lemon Cream Pie

Serves:4

CarbsPerServing:about 7                      Prep Time:30 mins to make, 3 hours chill  
Effort:Average

#### Ingredients:

##### Crust:

1/2 C ground nuts (macadamias or walnuts)                      2 packets Splenda  
1/4 C bake mix                      3 T melted butter                      Filling:

1/2 Pint (8 fl oz) heavy cream                      1 package sugar-free Lemon Jell-o  
3/4 C water                      1 packet Splenda

#### How to Prepare:

##### Crust:

Chop nuts in a food processor, or by hand. Try to get as fine a grind as possible without turning them to butter. Combine nuts, bake mix, and Splenda in a bowl. Add in melted butter and blend until you have a crumbly mixture that will hold its shape if pressed together (you may not need the entire 3 T of butter).

Grease a pie dish (7-8" works best), and pour in crust mixture. Press firmly into the bottom and sides of the pan, coming up the side about 2". Bake this in a 300 F Degree preheated oven for about 10-14 minutes, until it just barely begins to darken (careful - don't overbake). Remove from oven and cool.

##### Filling:

Heat 3/4 C water in a small saucepan. When boiling, add the package of Jell-o. Stir to dissolve completely, then take off heat. Chill until the Jell-o liquid is cold, but not starting to set (about 20 mins in the refrigerator).

Pour 3/4 C of heavy cream into a chilled bowl (the other 1/4 C will be whipped for a topping, but this is to be done just before serving). Beat until very stiff peaks form. Add the chilled Jell-o liquid to the whipped cream. Beat for a few seconds, just enough to fully mix. Pour the filling into the cooled pie crust and spread to form an even top. Place in the refrigerator and chill for at least 3 hours.

Just before serving, beat the remaining 1/4 C of heavy cream, adding Splenda to taste. Cut the pie into pieces and serve with a dollop of whipped cream.

### Pumpkin Squares

Serves:16,10

CarbsPerServing:3.44g                      Prep Time:10 minutes prep plus 25 minutes bake time  
Effort:Easy

#### Ingredients:

1 cup Atkins or Keto Pancake/Waffle Mix                      1 cup Splenda  
1 teaspoon baking powder                      1/2 teaspoon baking soda  
2 teaspoon ground cinnamon                      1/2 teaspoon ground ginger  
1 teaspoon ground cloves  
If you do not have these 3 spices, you can substitute (1) tablespoon of Pumpkin pie spice.                      1/4 cup chopped nuts(optional)  
1/2 vegetable oil                      1 cup canned pumpkin  
2 large eggs

Optional Cream cheese topping                      4 oz. softened cream cheese  
2 Tablespoons Splenda                      1/2 teaspoon vanilla flavoring

#### How to Prepare:

Preheat oven to 350 degrees. Mix eggs, oil and sugar together well. Add pumpkin and stir again. Add remaining ingredients and blend for about 1 minute. This batter can be beaten by hand if preferred. Pour into a slightly sprayed and dusted 9x9 square pan. Bake for 22 -25 minutes or until toothpick inserted comes out clean. Allow to cool completely! For the optional topping, mix cream cheese, splenda, and

vanilla. Spread onto cooled cake. Cut into 16 squares.

### Chocolate Walnut Cake with Chocolate Fudge Frosting

Serves:12

CarbsPerServing:8.45 g (2.62 g effective carbs)

Prep Time:40 minutes

Effort:Easy

#### Ingredients:

½ lb. walnuts                                 ½ c. Cake-Ability                                 ½ c. cocoa  
¼ c. Splenda, granular form  
2 t. vanilla extract   ½ c. + 3 T. canola oil, divided  
2 T. + 1 c. water, divided                                 3 eggs  
3 oz. Steels Gourmet Chocolate Fudge Sauce

How to Prepare:

Preheat oven to 350°F. Grease a 8 or 9-inch round baking pan.

In Vita-Mixer grind walnuts to fine. Pour into mixing bowl and add Cake-Ability, cocoa, Splenda, vanilla extract, ½ c. canola oil and 2 T. water and mix until blended. In a bowl combine eggs with remaining water and canola oil and beat briefly. Slowly pour into mixer bowl slowly while it is on mixing at medium speed. Blend until smooth. Pour into prepared baking pan and bake for 25 minutes, or until knife inserted in center of cake comes out clean.

Remove from oven. Allow cake to cool completely in the pan, then remove and put on plate. Frost top of cake with Steel's Gourmet Chocolate Fudge Sauce.

### Impossible Coconut Pie

Serves:8 generous servings

CarbsPerServing:not available

Prep Time:15 min. or so

Effort:Easy

#### Ingredients:

4 large eggs   1 cup heavy cream  
1 cup water   3 tsp. vanilla  
4 T. butter   1/2 C. almond flour   3/4 C. Splenda   1 C. coconut (unsweetened)

How to Prepare:

Place all ingredients into a large bowl. Blend until well combined. Pour into a greased (I used Pam), 9" pie dish and bake at 350 degrees for approx. 1 hour or until set well.

Tastes amazingly like rice pudding! Really nice :-)

### Unbelievable Pecan Pie

Serves:8 decent size servings.,9

CarbsPerServing:not sure, but none (effective) in syrup, very few in the rest. Not good at math.

Prep Time:less than half an hour.

Effort:Easy

#### Ingredients:

1 1/2 cups almond flour, 1/half stick melted butter, for crust  
3 beaten eggs, 1 cup Splenda, 1 tsp. vanilla, 2 tbls. melted butter, 1 cup STEEL'S SUGAR FREE COUNTRY SYRUP, 1 1/2 cups pecans.

How to Prepare:

for crust..add almond flour to butter, mix. Press into 8 or 9" pie plate. Refidgerate. Beat eggs, add Splenda. Beat. Then add vanilla, butter and syrup. Mix well, then add pecans. Bake at 350\* for about 45 minutes.

### Apple Cake

Serves:16 slices

CarbsPerServing:6g (3g fiber)

Effort:Easy

#### Ingredients:

1 cup boiling water (240ml)  
2 apple-flavored herbal tea bags - optional  
1 apple  
2 tablespoons lemon juice (30ml)  
1/2 teaspoon ground cinnamon  
2 teaspoons sugar equivalent  
1/2 cup Wise CHOice Cake-ability Baking Aid (50g)  
1/2 pound ground pecans (225g or about 2 cups)  
pinch salt  
3/4 cup sugar equivalent (equivalent to 150g)  
3 eggs  
3 tablespoons oil (45ml)  
2 teaspoons allspice or apple pie spice  
1/4 cup walnut pieces (30g) - optional

How to Prepare:

1. Optional: prepare apple tea concentrate and allow to cool.

Otherwise,  
just use plain water in Step 6.

2. Peel apple, slice thin, and then cut part into thin slices, the rest into a small dice. Sprinkle with lemon juice, cinnamon, and sweetener.

3. Grease tube pan and arrange apple slices in an attractive

pattern.  
Optional: if the pan is microwave safe, partly cook the apple slices  
--  
this will help them stay in place when batter is added.

4. Also cook the diced apple briefly in microwave or on stove to make the apple pieces tender.

5. Mix (or grind) together, breaking up any lumps: CBA, ground nuts, sweetener equal (if dry -- or add liquid sweetener in Step 3), pinch salt.  
The finer the nuts are ground, the finer the cake.

6. Combine liquid ingredients.

7. Stir liquid and dry ingredients together until thoroughly wet -- no need to beat!

8. Immediately pour into prepared pan. Swirl in apple pieces and optional walnuts. Microwave (around 7 minutes), preferably raised above the floor of the oven (an upside-down glass pie plate works well), or bake at 350°F (175°C) -- loaf pans 40-50 minutes, round pans 25-35 minutes, cupcakes/muffins 15-25 minutes -- or until center springs back.

9. Invert to serve.

#### NOTES:

- Use any combination of fruit and spices.

- Save the fruit carbs and get the fruit flavor from a commercial flavoring.

- Use apple or spice herb tea instead of water.

### Fluffy Cream Cheese Frosting

Serves:15

CarbsPerServing:1.2

Prep Time:0

Effort:Easy

#### Ingredients:

1 pound softened cream cheese                      2 tbl xanthan gum  
1/2 tsp liquiq splenda                                  1/2 stick softened butter

#### How to Prepare:

beat cream cheese & butter together, sprinkle on xanthan gum very slowly as you are beating it. Spread on cake...especially my zucchini cake recipe.

### Yellow Angel Food Cake

Serves:3

CarbsPerServing:30g carbs total

Effort:Easy

#### Ingredients:

1/4 cup soy flour                                      2/3 cup artificial sweetener  
4 egg yolks    6 egg whites  
1/4 teaspoon salt                                      1 teaspoon vanilla                      3 tablespoons water

#### How to Prepare:

Preheat oven to 300f. Spray a bundt pan with cooking spray very well. Whip egg whites with cream of tartar until stiff peaks form. In another bowl mix the other ingredients with just enough water to form a batter. Fold batter in the egg whites then pour into pan. Bake on 275 for 1 & 1/2 hours. Don't let it get too brown.

### Suisse Buttercream Frosting

CarbsPerServing:28g carbs total

Effort:Easy

#### Ingredients:

1 cup egg substitute                                  3/4 cup artificial sweetener  
1/4 teaspoon cream of tartar                      1 teaspoon vanilla extract  
1 1/2 cups unsalted butter -- softened

#### How to Prepare:

In a large bowl, beat softened butter until creamy Beat the egg substitute and cream of tarter on high speed, gradually adding Splenda as you beat, until you have soft peaks.  
Add the meringue in large dollops to the butter and beat until smooth and ceamy. Add paste colouring to your liking.

### Strawberry Pie

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

no itemized ingredientsno itemized ingredients

#### How to Prepare:

Wash fresh strawberries, slice, add splenda and vanilla to your likings, and let marinate. Beat 2 or 3 eggs whites with a little cream of tartar, splenda and a dash of vanilla. Beat until stiff peaks form. Line a pie plate with butter and place egg whites in pan to form a crust. cook on very low heat-300 until golden



brown. Let crust cool completely in oven. pour strawberry mixture in crust and make whipped cream with a little splenda and vanilla. Pour over or pipe onto pie. It's really yummy.

### Sponge Cake w/Lemony Cream Cheese Frosting

CarbsPerServing:35g carbs total

Effort:Easy

#### Ingredients:

|   |                                   |
|---|-----------------------------------|
| 5 jumbo eggs -- separated                 | 1 dash cream of tartar            |
| 7 packets sweetener                       | 2 tablespoons vanilla extract     |
| 2 teaspoons grated lemon peel             | 2 tablespoons lemon juice         |
| 4 tablespoons Atkins Bake Mix             | 4 tablespoons heavy creamFrosting |
| 3 ounces cream cheese -- room temperature | 3 tablespoons heavy cream         |
| 1 tablespoon butter -- room temperature   | 4 packets sweetener               |
| 1/2 teaspoon vanilla                      | 1 tablespoon lemon juice          |

#### How to Prepare:

Preheat oven to 325f. Spray a 9" square cake pan with butter flavor cooking spray. Beat egg whites until stiff with cream of tartar. In another bowl, beat remaining cake ingredients until smooth. Pour over beaten whites and gently fold in, being careful not to break the whites down too much. Bake in a 325f oven for approx 30 minutes or until browned all over on top and puffy. Remove from oven and let cool to room temperature.(cake will fall in the center). To make frosting, beat room temp butter and cream cheese until smooth. Add remaining ingredients and beat well. Spread over cooled cake.

### Spice & Nut Cake

CarbsPerServing:79g carbs total

Effort:Easy

#### Ingredients:

##### Cake

|  |                              |
|--|------------------------------|
| 1 1/2 cups zero carb soy protein isolate | 1/2 cup flax meal            |
| 1/4 cup wheat gluten                     | 4 teaspoons baking soda      |
| 1/2 teaspoon salt                        | 2 tablespoons cinnamon       |
| 1 tablespoon vanilla extract             | 1/2 cup oil                  |
| 2 eggs -- unbeaten                       | 1/2 cup chopped walnuts      |
| 2 tablespoons heavy cream                | 1/2 cup artificial sweetener |
| 4 teaspoons liquid sacchrin              |                              |

##### Cream Cheese Frosting

|                                   |                             |
|-----------------------------------|-----------------------------|
| 8 ounces cream cheese -- softened | 1 stick butter -- softened  |
| 1/2 cup artificial sweetener      | 4 teaspoons liquid sacchrin |
| 2 tablespoons vanilla extract     | 1 teaspoon cinnamon         |

#### How to Prepare:

Preheat oven to 350.

Mix all cake ingredients together by hand, this comes out very thick, gloppy & sticky.

In a extra large cake pan (if you dont have a large pan use 2 or 3 smaller pans), place parchment paper and spray with Pam, put mixture into pan and spread out so it is no more than 1/3" thick (if it is too thick itdoesn't taste right) it will puff up to over 1/2 thick.

Bake at 350% for 25-40 minutes (depending on altitude) until knife comes out clean. Cut into 1" square pieces (this is very rich), makes about 25-30 servings.

Frost with Cream cheese frosting.

Frosting: cream all frosting ingredients together, add more sweetner or extract to your taste, and spread on top of warm cake and allow to cool.

### Quick Pie Crust

CarbsPerServing:8g carbs total

Effort:Easy

#### Ingredients:

|                         |                          |                     |
|-------------------------|--------------------------|---------------------|
| 1/4 cup Atkins Bake Mix | 1/2 cup pecan meal       | 1/4 cup unsweetened |
| coconut meat            | 1/4 cup butter -- melted |                     |

#### How to Prepare:

Combine ingredients and mix well. Press into pie plate. bake at 350degrees F for 10 minutes. Fill with your favorite filling.Mine is sugar free lemon jello with 8 oz of cream cheese blended in NOTES : Counts for pecan meal not included in totals

### POUND CAKE

CarbsPerServing:44g carbs total

Effort:Easy

#### Ingredients:

1/3 cup oat flour  
1/2 cup atkins bake mix  
1/2 cup macadamia meal --  
or 1/4 cup ground fine  
(about 1.5oz) - 7g  
3 eggs -- jumbo \*see Note -  
3g

1/4 cup heavy cream  
 2 tablespoons vanilla  
 extract10 splenda tablets -- tablets  
 .5g \*see note  
 1/2 teaspoon stevia -- 0g -  
 \*see note  
 1/2 teaspoon saccharin --  
 liquid \*see Note  
 1 stick butter -- melted  
 1/2 cup sour cream  
 1 tablespoon baking  
 powder

**How to Prepare:**

1. Melt butter and beat in eggs, cream, vanilla and sweeteners. (\*\*I'm guessing this totals about 1 cup sugar equivalent if you use another sweetener other than the splenda, stevia, saccharin combo - add the carbs to the totals, please Beat in sour cream and mix until smooth, then add dry ingredients and beat for 2 minutes Pour into a greased large loaf pan and bake for 45 minutes to 1 hour(very dense - give it time to cook even if the top gets really brown).Let cool before inverting on a plate. This is a very moist, cake like finished product.

2. \*\*Notes: I would try this and beat the egg whites separately with 1/4 tsp cream of tartar, then fold them into the batter once it's time to pour into the pan. It rose quite a bit, but fell in the center and the beaten whites may help lighten it up.

3. Glaze if desired: Mix 2T softened cream cheese, 2T cream and 2T sour cream with 2pkt sweetener and 1/2 tsp vanilla extract until smooth. Drizzle over cooled cake NOTES : Counts for stevia, splenda tablets and macadamia meal not included in totals

**PIE CRUST** CarbsPerServing:15g carbs total Effort:Easy

**Ingredients:**

1 1/4 cups protein powder 1 teaspoon artificial  
 sweetener 1 teaspoon xanthan gum1/2 teaspoon salt substitute  
 1/2 cup oil -- (I used canola) 4 tablespoons heavy cream

**How to Prepare:**

Mix the above ingredients right in your pie tin. Press out and bake as normal (I backed empty shell, in which case you want to "prick" the bottom with a fork first. It only took a little over 5 minutes at 450 degrees) I think it will bake faster than a regular flour crust, so be sure to watch it.

**Peanut Butter Cupcakes** Serves:6,5  
 CarbsPerServing:3.8g Effort:Easy

**Ingredients:**

8 ounces Cream Cheese 1 egg 1 1/2 teaspoons Vanilla  
 1/4 cup peanut butter4 splenda packets -- (4 to 5)  
 cupcake baking cups/papers 1 dash sugar free chocolate  
 and/or caramel espresso syrup (Optional)

**How to Prepare:**

Mix all ingredients together well (approximately 5 minutes). Distribute evenly into 6 cupcakes. Bake at 325\* for 40-50 minutes until golden brown. Let cool completely, and keep refrigerated.

**Its So Good Tirimisu** Serves:1  
 CarbsPerServing:34g carbs total Effort:Easy

**Ingredients:**

16 ounces mascarpone cheese -- bel-gio-oso brand is best  
 3 Eggs 2 shots decaf espresso or strong coffee1 teaspoon vanilla  
 1/2 cup artificial sweetener -- equal is ok, it's no bake  
 OPTIONAL - about 24 vanilla wafers -- keebler's has the lowest carbs

**How to Prepare:**

Separate the egg yolks from the whites. In one bowl, beat egg yolks, sweetener, 1 TBSP espresso, and vanilla for 2-3 minutes. Add this mixture to the marscapone cheese and beat until smooth, but do not over-beat! In another bowl, beat the egg whites until stiff peaks form. Gently fold the egg whites into the marscapone mixture. If you want a crust, line the bottom of a pie or bread pan with the wafers and drizzle espresso over them lightly. If not, just put the mixture into the pie or bread pan, sprinkle cocoa powder or cinnamon on top if desired. Refrigerate for 3-4 hours. This will knock your socks off!!! Your friends who eat sugar will clean the plate, too, and it's very simple to make.  
 NOTES : Counts for espresso not included in totals.

**Low Carb Icing** CarbsPerServing:no counts provided Effort:Easy

**Ingredients:**

1 package (8 oz.) of Cream Cheese  
1 tbs of Vanilla Extract 4 packages of Splenda brand sweetner

How to Prepare:

Directions: Mix all ingredients in mixing bowl and mash together mixing well. May heat in microwave for 30 sec for more effective mixing. Spread on cake.

### Low-carb Cakey Brownies

CarbsPerServing:38g carbs total

Effort:Easy

#### Ingredients:

2 ounces unsweetened baking chocolate  
1/2 cup butter -- (1 stick) 1/2 cup splenda -- to taste  
2 eggs 1/3 cup atkins bake mix 1/8 teaspoon salt  
1 teaspoon vanilla extract -- sugar free

How to Prepare:

Carefully melt chocolate with butter together - do not let chocolate boil or burn! Pour into mixing bowl. Add Splenda gradually (taste to desired sweetness) and beat well. Add eggs and beat well. Add bake mix and salt and beat well. Add Vanilla and mix in. Pour into greased 8" X 8" pan (you will need to spread it evenly into the pan) and bake at 325 degrees for 20-25 minutes. Check for doneness with a toothpick and if clean, remove from oven. If slightly underdone they will be more chewy. Let cool in the pan and cut into 16 pieces.

### Light'n Fruity Pie

CarbsPerServing:57g carbs total

Effort:Easy

#### Ingredients:

1 sugar free jello (any flavor) -- (3oz.) 2/3 cup boiling water 2 Cups ice cubes  
8 ounces Cool Whip"

How to Prepare:

(1) Dissolve sf jello completely in boiling water stirring about 3 mins. Add ice cubes and stir until sf jello is thickened about 2 to 3 mins. Remove any unmelted ice.

(2) Using wire whisk, blend in Cool Whip; then whip until smooth.

(3) Fold in a cup of strawberries if desired and spoon into a 9 inch pie plate. Chill 3 hours or overnight.

### Key Lime Pie 2

CarbsPerServing:4g carbs total

Effort:Easy

#### Ingredients:

1 box gelatin powder with aspartame -- (sugar free Jell-O) prepared 1 tablespoon Cool Whip

How to Prepare:

Pour prepared Jell-O into blender. Add cool whip and blend for 3 minutes. Pour into 4 wine glasses and let jell.

It is great! Make others like peaches and cream, strawberry short cake, orange cream pie etc.

### Chocolate French Silk Pie

Serves:8,10

CarbsPerServing:5g

Effort:Easy

#### Ingredients:

1 cup heavy cream -- whipped 3 tablespoons unsweetened cocoa  
3/4 cup artificial sweetener 1 teaspoon vanilla 8 ounces cream cheese

How to Prepare:

Mix until velvety smooth, refrigerate. 8 servings

### Flourless Chocolate Cake

Serves:2

CarbsPerServing:63g carbs total

Effort:Easy

#### Ingredients:

4 ounces unsweetened baking chocolate squares  
1/2 cup butter 1/2 cup unsweetened  
cocoa powder 3 large eggs 1/4 cup Splenda  
30 drops Sweet 'n' Low 3 tablespoons coffee -- strong, liquer or extract

How to Prepare:

Preheat oven to 325. Butter an 8 inch cake pan. Line the bottom of the pan with parchment paper or wax paper. Butter the paper. Lightly dust pan with flour. You can use soy flour here or sifted bake mix. Bang out excess dusting.

Melt chocolate squares and butter in microwave. Mix Cocoa, Splenda eggs and Sweet 'n' Low. Add the coffee/liqueur/extract whichever you choose. Whisk in the chocolate mixture. Now it will have a cookie dough type consistency. Spread it into the pan and bake for 35 minutes or until a tester

comes out clean. Cool in the pan for 1 hour.

Turn out, peel off the paper and refrigerate until cold.  
Now you can make a Grenache from sugar free chocolate chips, or make from 1 oz chocolate and cream and sweetener or you can make raspberry sauce, or use raspberry syrup over this. Be creative. Serve with whipped cream perhaps. But remember to add the carbs for toppings.

NOTES : Counts for Sweet 'n' Low not included in totals.

### Flax Brownie-Cake

CarbsPerServing:34g carbs total

Effort:Easy

#### Ingredients:

1 cup flax meal                      3/4 cup water  
2 eggs                      3 tablespoons splenda                      1 tablespoon vanilla                      1/4 cup butter

#### How to Prepare:

Mix everything in a mixing bowl until well mixed. Pour contents evenly over baking sheet. Bake at about 375 for 10-15 min.

### Desperation Coffee Cake

Serves:2

CarbsPerServing:40g carbs total

Effort:Easy

#### Ingredients:

2 Dr. Atkins almond                      brownie Advantage bars  
1/4 cup unsalted butter -- softened                      2/3 cup artificial sweetener  
1 tablespoon artificial sweetener                      2 eggs  
1 cup atkins bake mix                      4 scoops Dr. Atkins Cappuchino Shake mix  
1 teaspoon baking powder                      1/2 teaspoon salt  
1/2 cup canola oil                      1 cup coffee -- cold  
2 ounces macadamia nuts -- chopped

#### How to Prepare:

Crumble Advantage bars completely with knives or pastry cutter and press into bottom of buttered 9x9 pan. Cream butter and 2/3 cup Splenda. Add eggs and try to incorporate - this will look a little funny but don't sweat it. Add coffee and oil and stir briefly. Now it really looks gross, but keep going! In a separate bowl, sift together the bake and shake mixes with salt and baking powder. Add to liquid mix, stir by hand just till it comes together, and spread over Advantage bar crust. Sprinkle chopped nuts and additional Splenda over the top. Bake at 375 about 30-35 minutes until a toothpick, blah, blah. (350 in a glass pan)

NOTES : Counts for

Advantage Bars and Shake Mix not included - adjust accordingly

### Cream Cheese Icing

CarbsPerServing:10g carbs total

Effort:Easy

#### Ingredients:

1/2 cup cream cheese                      1/2 teaspoon vanilla                      1/4 cup artificial sweetener  
-- add more to taste

#### How to Prepare:

Place all three ingredients in small mixing ball and mix by hand until cream cheese is soft and all ingredients are mixed together well. The amount of sweetener and vanilla used is a matter of personal taste.

### Cream Cheese Frosting

CarbsPerServing:10g carbs total

Effort:Easy

#### Ingredients:

4 ounces cream cheese                      1/2 teaspoon vanilla                      1/4 cup artificial sweetener  
-- to taste

#### How to Prepare:

Place all three ingredients in small mixing bowl and mix by hand until cream cheese is soft and all ingredients are mixed together well. The amount of sweetener and vanilla used is a matter of personal taste- Try adding half butter; keeps the carbs down & still great  
- Sometimes I add a little sour cream to soften it up a bit

### Chocolate Mousse Cake

Serves:10,10,10

CarbsPerServing:5g carbs total

Effort:Easy

#### Ingredients:

1 Bar Carbolite Dark                      Chocolate (1.75 oz)  
1/4 cup butter                      2 tablespoons splenda                      2 tablespoons half and half  
1/4 teaspoon Vanilla Extract                      1 Egg

#### How to Prepare:

Preheat oven to 350degrees. In heavy saucepan over low heat, add chocolate, butter, splenda, half and half, and vanilla. Stir frequently until melted and smooth. In medium bowl lightly beat egg. Slowly beat warm chocolate mixture into egg until blended. Pour batter into small baking dish. Bake for 45 minutes or until toothpick inserted 1 inch from edge comes out clean. Enjoy!

NOTES : Counts for carbolite dark chocolate not included in totals.

### Cafe Au Lait Pie

CarbsPerServing:90g carbs total

Effort:Easy

#### Ingredients:

1/2 cup coffee -- strong                      1/2 can condensed milk,  
sweetened -- Eagle Brand                    1 cup whipping cream  
pecans    meringue pie shell

#### How to Prepare:

Blend coffee into condensed milk. Whip cream; fold into coffee mixture. Pour into meringue shell; garnish with pecans. Chill or freeze until firm.

This pie is so rich, so easy, and so good! If you prefer, you can serve the filling in parfait dishes, topped with pecans, rather than in a pie. You can also add 1/4 cup of chopped pecans to the filling.

NOTES : Counts for meringue pie shell and pecans not included in totals.

### AngelFood Cake

CarbsPerServing:28g carbs total

Effort:Easy

#### Ingredients:

1 cup protein powder -- vanilla, sifted                      2 teaspoons baking powder -- sifted  
1/8 teaspoon salt -- sifted                                      1/2 teaspoon cream of tartar  
5 large eggs -- separated                                        2 teaspoons vanilla extract  
1 tablespoon lemon peel -- finely grated                      1 teaspoon lemon extract  
1/4 cup water    10 packages artificial sweetener -- (glaze:)  
2 ounces heavy cream    2 tablespoons butter  
1 teaspoon vanilla extract -- or lemon extract                      3 ounces cream cheese

#### How to Prepare:

Preheat oven to 300f. Spray a bundt pan with cooking spray very well. Sift protein powder, baking powder and salt and set aside. In a large bowl, beat egg whites with cream of tartar until stiff. In another bowl, beat egg yolks, artificial sweetener, extracts and lemon peel. Beat in water and cream, then beat in dry ingredients. Fold into whites very carefully, then spoon into prepared bundt pan. Bake for 45 minutes, then let cool 10 minutes before inverting and removing (this is the tricky part - just do your best). For the frosting: Beat the cream, butter, cream cheese and extracts well. If this is too thick, add more cream, 1 T at a time. Drizzle over cooled cake. I found this to make 12-15 servings in a standard bundt pan

### Amazing Tiramisu

Serves:12,10,1

CarbsPerServing:10g

Effort:Easy

#### Ingredients:

5 egg yolks    16 ounces marscapone cheese -- (Bel-Gio-Oso brand is best. Some of the other brands don't set up as well)  
1/8 cup artificial sweetener -- or equivalent, sweeten to taste.  
2 teaspoons vanilla  
1/8 cup espresso coffee -- or extremely strong coffee (can be decaf)  
24 vanilla wafer cookies -- (Keeblers brand has fewest carbs)  
2 teaspoons cocoa powder -- (optional - cinnamon or little peels of unsweetened chocolate make good garnishes as well)                                      Whipping cream -- (also optional)

#### How to Prepare:

Brew the espresso or very strong coffee. Pour in a cup. Put in the freezer to cool. Mix together the eggs, sugar, mascarpone cheese and vanilla, until very smooth. Side aside. Line the bottom of a 12" springform pan with one layer of vanilla wafers (about 24). When the coffee is cool, spoon the coffee onto the wafers, just enough to flavor them but not make them distinguishable (a very fine line). Spoon the cheese mixture onto the wafers, smooth with the back of a metal spoon. Refrigerate for 4 hours. When ready to serve, top the tiramisu with a thin layer of cocoa powder. Garnish with whipped cream and serve. Serves 12. Also try mixing in a bit of the espresso into the cheese mixture

NOTES : My friends had no idea it was sugar-free, this is a MUST try!!!

### Keto Chocolate Cake w/vanilla icing

Serves:20

CarbsPerServing:5g

Effort:Easy

#### Ingredients:

##### Cake:

8 x 8 cake pan    cup butter or Betta Butta  
cup half-n-half or heavy cream                                      22 oz of water  
1 Keto Bread    1 Keto Cookie and Brownie

##### Icing:

1 package (8 oz.) of Cream Cheese                                      1 tbs of Vanilla Extract  
4 packages of Splenda    brand sweetner

#### How to Prepare:

Cake Directions: Preheat oven to 350. Grease cake pan. Mix dry ingredients. Then mix liquid ingredients. Combine and mix thoroughly but quickly then pour into greased 8 x 8 cake pan. Cook for 50-60 minutes until well done. Allow \* hour time to cool, then spread on icing. (below) Cut into 20 pieces.  
Icing Directions: Mix all ingredients in mixing bowl and mash together mixing well. May heat in microwave for 30 sec for more effective mixing. Spread on cake.

LC Cool 'n Easy Pie CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

FILLING

1 pkg. (4 serv. size) sugar free jello, any red flavor

2/3 c. boiling water 1/2 c. cold water

ice cubes 1 to 1-1/2 c. whipping cream

2-3 packets artificial sweetener

PIE SHELL

1 c. ground walnuts (or nut of choice)

2 packets artificial sweetener

3 T. butter, melted

How to Prepare:

PREPARE PIE SHELL: Melt butter in small bowl. Add ground nuts and sweetener. Mix well. Press firmly into bottom and up sides of 8" pie plate. Refrigerate until firm.

PREPARE FILLING: Whip cream and sweetener on high speed of mixer until

whipped. (You want 8 oz. of whipped cream.) Set aside. Stir boiling water

into jello in large bowl. Stir at least 2 minutes until jello is completely

dissolved. Mix cold water and ice to measure 1 cup. Add to jello, stirring

until slightly thickened. Remove any remaining ice. Stir in whipped cream

with wire whisk until smooth. Refrigerate 15-20 minutes or until mixture is

very thick and will mound. Spoon into nut crust. Refrigerate 4 hours or

overnight. Garnish with additional whipped cream and chopped nuts if desired. Store leftover pie in refrigerator. Serves 8.

## DESSERTS

New York Cheese Cake Serves:12

Prep Time:20 prep/ 1 hr cook 8 hrs chill

Effort:Easy

**Ingredients:**

Crumb Crust

1 1/2 cups Crushed Low Carb Cinnamon Nutrageous Granola ( by expert foods) Net 3 carbs per 1/2 cup. 5 Tbsp. Butter

1/3 cup Splenda 1/8 tsp salt

Filling

2 lbs cream cheese 1 c.splenda

1 tsp Vanilla extract 1 tsp Lemon juice 4 eggs

How to Prepare:

Crust

For the crust, stir together crust ingredients and press onto the bottom of the spring pan and 1 inch up the sides of a buttered 24 cm.spring pan. Fill immediately or chill up to 2 hours.

Preheat the oven to 325 degrees.

Filling: use your mixer on the lowest speed. beat the cream cheese no more than 30 seconds stop the bowl and scrape the beaters. Add the sugar in a stream, mixing no more than 30 seconds. Stop and scrape. Add Vanilla, lemon juice and one egg at a time mix only until each egg is absorbed no more than 30 seconds at a time. Stop and scrape after each addition.

Wrap aluminum foil around the bottom of the springform pan so that is at least 1 inch up the sides place the pan in a roasting pan and pour warm water into the pan to a depth of 1/2 inch.

Bake for 60 minutes or until lightly colored and firm except for the very center.

Remove from the pan of hot water.

Remove the foil and cool completely on a rack. Wrap the cheese cake in plastic or foil and chill overnight before unmolding..

Root Beer Float

Serves:1

CarbsPerServing:1

Prep Time:30 seconds

Effort:Easy

**Ingredients:**

1 4oz cup Atkins Vanilla Ice Cream 12 oz can A&W Diet Root Beer

How to Prepare:

Open Ice Cream and place in tall glass, pour in Root Beer, enjoy

**Butterscotch Peanut Butter Pudding Mousse**

Serves: Serves 6

CarbsPerServing: 4-6

Prep Time: 5 minutes

Effort: Easy

**Ingredients:**

3 oz. cream cheese, softened                                        3 Tbsp. SF peanut butter                                        ½ cup heavy cream  
 1 cup water                                        1 package instant SF butterscotch pudding

**How to Prepare:**

Mix cream cheese & peanut butter together until smooth. Add cream, water and dry pudding mix. Mix until smooth. (Could be made with chocolate pudding also).

Carb count depends on carbs in peanut butter.

Add cream, water and dry pudding mix. Mix until smooth. (Could be made with chocolate pudding also).

**Raspberry Pudding**

Serves: 1

CarbsPerServing: 5

Prep Time: 2 minutes

Effort: Easy

**Ingredients:**

4 oz. cream cheese 1 Tbs. Davinci Sugar-free Vanilla Syrup 1 Tbs. sugar free Raspberry jelly

**How to Prepare:**

Soften cream cheese for 30 seconds in microwave. Remove and add syrup and jelly; stir.

**versatile pie**

Serves: 6

CarbsPerServing: not sure but not more than 10

Prep Time: 10

Effort: Easy

**Ingredients:**

crust: 1 1/2 cups pecan meal 1/2 stick of butter 6 pkgs of sugar substitute. mix and press into a pie plate. Use a foil pan to press into a glass plate bake 10 min at 350. flavoring of choice 2 8oz pkgs of cream cheese softened 1 12 oz of cool whip 9 pkgs of sugar substitute. whip together. flavoring of choice. put into crust and cool then slice and freeze. at serving thinly slice 1 strawberry heat one min in microwave and sprinkle with sugar sub. and put on top of a piece of pie. This pie works for peanut butter (1/2C) works for lemon, vanilla, coconut.

**Blondies**

Serves: 12

CarbsPerServing: 32g total

Prep Time: 10 min

Effort: Easy

**Ingredients:**

8 tbs butter                                        1 cup sweetener  
 2 tsp vanilla 2 eggs                                        1 tsp almond extract  
 1 tbs lemon juice                                        1/2 cup atkins bake mix

**How to Prepare:**

mix softened butter, sweetener, and vanilla  
 add eggs one at a time  
 add almond ex. and lemon juice. Stir in bake mix  
 pour in greased pan and bake at 350 for 30 min. also makes a dozen mini muffins (bake 20 mins for mini muffins)

**Easy 1 Carb Jello/Mouse Dessert**

Serves: 9

CarbsPerServing: 1.2

Prep Time: 10 minutes

Effort: Easy

**Ingredients:**

1 Envlope Unflavored Gelatine                                        1/4 Cup of Splenda  
 1/4 SF Cup of Vanilla Syrup                                        8 Ounce Cream Cheese  
 One Small Box of SF Lime Jello                                        One Small Box of SF Strawberry Jello

There are about 6 carbs in the splenda and 4 carbs in the cream cheese. The entire dessert comes to 10 carbs.

**How to Prepare:**

First make up your lime jello and start cooling in the fridge.  
 In another bowl mix your cream cheese, splenda & vanilla syrup. In a saucepan boil your water and add non flavored gelatine. Pour the non flavored gelatine into your cream cheese mixture ... mix well and pour all of these ingredients into your lime jello. Let cool in refrigerator for at least 2 hours. Then make your strawberry jello ..... let cool and pour it on top of your lime/cream cheese mixture ..... let cool in refrigerator.

**Easy Chocolate Mousse**

Serves: 6-8

CarbsPerServing: look on the 2 ingredients:)

Prep Time: 10 mins or less

Effort: Easy

**Ingredients:**

1 package sugar free chocolate pudding mix  
 (get brand with the lowest carbs) 1 pint HEAVY whipping cream  
 (keep it as cold as possible)

**How to Prepare:**

Get a large metal mixing bowl and fill it with one layer of ice

Put a 2nd smaller metal mixing bowl in in the ice bowl and let it

get super cold

Put pudding mix in smaller bowl, and slowly add whipping cream to it, beating with an electric mixer until its all added in. The longer you mix it, the smoother and moussier(?) it becomes.

I have done it with super-cold whipping cream and a refrigerated mixing bowl and it works, but for the best effect use the ice bowl method. Portion it into small tea cups or whatever (it should make 6-8 servings) and top with a dollop of sugar-free cool whip if you want, just before eating.

Delicious!

### Chocolate Macadamia Nut Cheesecake

Serves:Serves 8

CarbsPerServing:Approx. 2.6 to 3.0 carbs per slice  
Prep Time:10-15 mins--minus time for cream cheese to soften  
Effort:Easy

#### Ingredients:

1 8 Oz pk cream cheese                      1 egg  
1 cup sour cream                      1/3 cup (each)of 3 artificial sweetners.  
1/2 cup macadamia nuts unsalted                      4 ozs. pre-melted unsweetened chocolate.  
Pam spray.

#### How to Prepare:

Cream cheese needs to be softened (set out about 2 hrs). Add sour cream, sweetners, egg and pre-melted chocolate in medium bowl and blend with hand mixer. Add softened cream cheese. Blend well. Add nuts. Pour into pie pan that has been sprayed with Pam spray. Cook in 325 degree oven for 1/2 hr. Turn off the oven and let set in oven for 45 mins. Take out and cool in refrigerator.

### Gellair

Serves:4

CarbsPerServing:~2

Prep Time:10 min not counting set time                      Effort:Easy

#### Ingredients:

4 oz cream cheese @ room temperature                      2 packets of sugar free, flavored gelatin  
2 cups boiling water                      6 ice cubes  
2 packets sweetener (optional)

#### How to Prepare:

Mix gelatin into boiling water until dissolved. Add ice cubes to gelatin and stir to dissolve. Place mixture in freezer until gelatin is semi-set (15 &#8211; 30 minutes, depends on your freezer).

Mix sweetener into cream cheese or simply stir cheese until smooth if no sweetener is used. You may want to warm cheese in microwave but be careful not to start cooking it.

Remove gelatin from freezer and whip with mixer on high until frothy. Gelatin should be set enough to hold air bubbles you&#8217;re introducing. Add cream cheese and continue to whip until fully blended.

Place in refrigerator until set. Result is an airy, somewhat creamy gel with strong flavoring.

### Fresh Fruit Ice Cream

Serves:2,10

Prep Time:One Minute

Effort:Easy

#### Ingredients:

1 Cup Frozen Berries                      1/3-1/2 Cup Cream 1/4 Teaspoon Vanilla  
Sweetener (as you like)

#### How to Prepare:

Blend all ingredients in a food processor or blender till smooth.  
Voila!! Delicious ice cream!

### Lemon Icebox

Serves:4-8

CarbsPerServing:8 total

Prep Time:10 minutes not counting fridge time                      Effort:Easy

#### Ingredients:

8 oz. cream cheese (I use 0-1 carb kind)room temp  
4 tbs lemon juice                      2/3 cup Splenda                      1/2 cup whipped cream

#### How to Prepare:

Combine the cream cheese, lemon juice and splenda. Whip until smooth fold in the whipped cream gently smooth into a pie tin or bowl. Refrigerate for about an hour until firm. Enjoy!

### Hazelnut Muffins

Serves:8

CarbsPerServing:1.5

Prep Time:10 Minutes                      Effort:Easy

#### Ingredients:

1 Cup Atkins Bake Mix                      1/2 Cup Flax Seed Meal  
1/2 Cup Splenda                      1 Tsp Cinnamon 2 Eggs  
1/4 Cup of Heavy Cream                      1/4 Cup of Water  
1/4 Cup of SF Hazelnut Syrup                      2 Tblsp. Vegetable Oil



How to Prepare:

Combine all dry ingredients in a mixing bowl and stir. Then, add remaining ingredients and blend gently. Spoon into greased muffin pan and bake in preheated oven at 325 for 20 minutes or until golden Brown.

### death by chocolate

Serves:4,1,10,4

CarbsPerServing:8

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

1 box of sugar free instant chocolate pudding

Cool Whip (as topping, if desired)2 1/2 pints of heavy whipping cream

How to Prepare:

Blend the pudding mix with the heavy whipping cream until thick. I separate this dessert into 4 containers and enjoy it throughout the week. I like to add a big spoonful of Cool Whip to each container right before eating. This recipe can be made with all sugar free, instant puddings. Butterscotch is my second favorite!

### Chocolate Ganache

Serves:Makes about 1 cup,10

CarbsPerServing:8 gms ( total 1 cup)

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

4 oz. Heavy Cream

1/2 Cup Sugar Substitute\*

1 Tablespoon Butter

2 Teaspoon Vanilla Extract

1/4 Cup Cocoa \*This recipe was tested using DiabeticSweet Sugar Substitute. Use of Splenda will have higher carb counts

Other flavored extracts may also be used. No counts for extract. Recipe can easily be doubled

How to Prepare:

Place cream, sugar substitute and cocoa into a medium saucepan. Place over medium-high heat and whisk to combine ingredients. Stir constantly for about 3-5 minutes being careful not to burn. Remove from heat and add extract and butter. Stir. Allow to cool. Mixture will thicken as it cool. Mixture will be of a medium fudge consistency when placed in fridge-this makes a great filling for cookies or frosting brownies.

### Easy Peanut Butter Balls!

Serves:varies

CarbsPerServing:4

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

2 scoops of Vanilla Shake Mix

2 tablespoons of Natural Peanut Butter

3 drops of Stevia or 1 packet of Splenda/a

How to Prepare:

1.Mix all ingredients in a bowl.

2.Roll into any size desired.

3 Freeze for atleast 1hr.

4.Enjoy!

### French Silk

Serves:4,1

CarbsPerServing:Per Serving <6

Prep Time:30 minutes, 1-2 hr chill time

Effort:Easy

#### Ingredients:

3/4 c butter, softened

1/2 c Splenda (12 g)

2 oz unsweetened baking chocolate (8 g)

1 tsp vanilla (3 g)

3/4 c refrigerated or frozen egg product, thawed

How to Prepare:

Cream butter and Splenda together until light and fluffy. Melt chocolate and let cool. Slowly fold in 1/4 c of the egg product, beating 5 minutes on medium speed, then add 1/4 c again, beating 5 minutes, then again with the remaining egg product. Add the cooled chocolate, beating on high 5 minutes. Stir in vanilla. Beat well with mixer until smooth. Chill 1-2 hours minimum. Top with whipped cream, if desired.

Carb Count: Recipe Total 23 g

### Mock Strawberry Shortcake

Serves:depends on serving size,10

CarbsPerServing:Unsure-count carbs in strawberries and pudding

Prep Time:15 min

Effort:Easy

#### Ingredients:

1-2 Boxes SF FF Vanilla Pudding mix

Frozen, No sugar added whole strawberries

Heavy whipping cream

1 Can of real whipped cream

4-5 packets of splenda

water

How to Prepare:

Thaw strawberries. Put in sealable bowl with a little water and splenda to taste. Shake well to mix water with juice of strawberries. refrigerate for at least 1/2 hour. Empty dry pudding into bowl. slowly add whipping cream while beating with electric mixer. Keep adding until pudding is the consistency of thick custard. Refrigerate until ready to use.Add some pudding/custard in

bowl and top with strawberries. Top strawberries with whipped cream and spoon a little juice from strawberries over whole dessert. This is soooooo yummy and rich. It is a family low carb favorite.

**Pumpkin roll** Serves: 1, 1, 1, 1 Prep Time: 30 minutes Effort: Average

**Ingredients:**

3 eggs                                    2 packets sweetnlow                                    2/3 cup pumpkin  
 1/2 t. ginger                                    1T. cinnamon                                    1T. baking powder  
 1T. baking soda Filling:                                    4 oz. cream cheese                                    2T. butter  
 2 packets sweetnlow                                    1t. vanilla                                    1T. heavy cream

**How to Prepare:**

Bake for 15 minutes at 350.  
 Beat eggs for 5 minutes. Add remaining ingredients and mix. Spread onto a well greased sided cookie sheet. The layer of batter will be very thin. Remove and let cool. Turn out on a couple of papertowels doubled. (I used an egg turner to loosen from the pan) Roll up in the papertowels. Lay aside.

Beat cream cheese and butter until smooth. Add remaining ingredients and beat until blended.

Unroll the log and spread on the filling. Roll back up without the papertowels. Refrigerate for at least a half an hour. Start at the end and cut into app. 1/2 " sections as much as you want at that particular time. Will look like a pinwheel.

Vary by adding adding pecans. (sprinkle over batter before baking).

**Creamy Nutty Gelatin** Serves: 4 CarbsPerServing: 7  
 Prep Time: 5 minutes Effort: Easy

**Ingredients:**

2 packages of Sugar-Free Gelatin (I used Strawberry-Banana)  
 3 Cups Water  
 1 Cup Heavy Cream  
 1 Cup Nuts (I used Walnuts - but you can substitute your favorite)

**How to Prepare:**

Prepare gelatin as instructed on package, substituting 1 cup of water for 1 cup of cream. Add nuts and chill.

For an extra treat, try whipping some cream and adding a dollop on top.

**Chocoholic Fix** Serves: one CarbsPerServing: 5  
 Prep Time: 3 minutes Effort: Easy

**Ingredients:**

one chocolate Endulge bar                                    two tablespoons Kroger nut topping  
 Kroger brand whipped cream in a can - two tablespoons, or as much as you can afford in carbs.

**How to Prepare:**

Break Endulge bar into a custard cup, microwave until melted.

Blend nut topping into melted chocolate and top with whipped cream.

**Chocolate Mousse** Serves: 4 (1/2 cup each), 10, 10  
 CarbsPerServing: 5gm                                    Prep Time: About 15 active time, 1 hr chill time  
 Effort: Easy

**Ingredients:**

1 envelope unflavored gelatin                                    2 tablespoons unsweetened cocoa  
 2 eggs, separated                                    2 cups half & half divided  
 5 packets sugar substitute                                    1 1/2 teaspoons vanilla

**How to Prepare:**

In medium-size saucepan, mix gelatin and cocoa. In separate bowl, beat egg yolks with 1 cup half&half. Blend into gelatin mixture. Let stand 1 minute to soften gelatin. Stir over low heat until gelatin is completely dissolved, about 5 minutes. Add remaining half&half, sweetener and vanilla. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. In separate large bowl, beat egg whites until soft peaks form; gradually add gelatin mixture and beat until doubled in volume, about 5 minutes. Chill until mixture is slightly thickened. Turn into dessert dishes or 1-quart bowl and chill until set.

**White Chocolate Strawberry Mousse** Serves: 4, 5, 10, 10  
 CarbsPerServing: 8                                    Prep Time: 10 minutes  
 Effort: Easy

**Ingredients:**

4 TBS Cream Cheese, room temp                                    5 large Strawberries  
 1 cup Whipping Cream 1 cup Water                                    1 pkg Jello SF Instant White Chocolate Pudding mix

**How to Prepare:**

Beat the strawberries and Cream Cheese together until smooth and creamy. Add the water and whipping cream and beat for 2 minutes

until blended. Add the Jello Instant Pudding mix and beat until well mixed. Place in fridge for 5-10 minutes until set.

Tastes creamy and rich and decadent!

### Chocolate & Banana Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

8 oz. cream cheese                      1/2 ripe banana  
1 1/2 tbsp. water 6 packets Splenda                      1 1/2 tsp. unsweetened cocoa  
1/4 tsp. banana flavored extract (optional)

#### How to Prepare:

Beat banana into cream cheese with 2 packs Splenda, 1/2 tsp. of the unsweetened cocoa and banana flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

### Chocolate & Peanut Butter Cream Cheese Bites

Serves:8

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

8 oz. cream cheese                      2 tsp. sugar-free peanut butter  
1 1/2 tbsp. water 6 packets Splenda                      1 1/2 tsp. unsweetened cocoa  
1/4 tsp. almond flavored extract (optional)

#### How to Prepare:

Beat peanut butter into cream cheese with 2 packs Splenda, 1/2 tsp. of the unsweetened cocoa and almond flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

### Lemon Coconut Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

8 oz. cream cheese                      2 tsp. sugar-free lemon flavored jello  
1 1/2 tbsp. water 6 packets Splenda                      1/4 cup shredded coconut  
1/4 tsp. lemon extract (optional)

#### How to Prepare:

Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and lemon flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and coconut. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

### Chocolate & Orange Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

8 oz. cream cheese                      2 tsp. sugar-free orange flavored jello  
1 1/2 tbsp. water 6 packets Splenda                      1 1/2 tsp. unsweetened cocoa  
1/4 tsp. vanilla or orange flavored extract (optional)

#### How to Prepare:

Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and 1/2 tsp. of the unsweetened cocoa and extract, if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

### Chocolate & Raspberry Cream Cheese Bites

CarbsPerServing:Unknown

Prep Time:10 minutes

Effort:Easy

#### Ingredients:

8 oz. cream cheese                      2 tsp. sugar-free raspberry flavored jello  
1 1/2 tbsp. water                      6 packets Splenda  
1 1/2 tsp. unsweetened cocoa                      1/4 tsp. strawberry flavored extract (optional)

#### How to Prepare:

Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and 1/2 tsp. of the unsweetened cocoa and strawberry

flavored extract, if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

### Easy Lime Panna Cotta (Italian Cream Custard)

Serves:6

CarbsPerServing:6 gr

Prep Time:15 min

Effort:Easy

#### Ingredients:

1 packet gelatin 1/4 cup water  
Another 3 Tablespoons water to dissolve gelatin  
1/2 tsp Almond Extract 2 cups heavy cream  
1/4 cp Splenda or Stevia 1 Tablespoon lime juice  
2 Tablespoons grated lime peel (optional)

#### How to Prepare:

Although panna cotta translates as "cooked cream," in fact, you heat the heavy cream only long enough to dissolve the gelatin.

1. Set out six 6-oz dessert cups. (Can use dessert molds, but cups are easier.)
2. In a 1/4 cp measuring cup, add the 3 Tablespoons of water and sprinkle the packet of gelatin over the top. Mix. In 5-7 minutes, the gelatin will be softened.
3. In a medium saucepan, combine heavy cream, 1/4 cup water, sugar substitute, lime juice, and optional grated lime peel. Stir occasionally until starts to steam- do not boil!
4. Remove from heat, stir in the gelatin mixture, and mix well.
5. Divide mixture among the six dessert cups or molds.
6. Chill until firm (about one hour). Serve with optional lime peel garnish.

### Crepes and Cream

Serves:6

CarbsPerServing:7

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

6 Ready made Crepes Redi-Whip Cream Cheese  
Nuts (optional)

#### How to Prepare:

Spread cream cheese over a Crepe and top with Redi-Whip and nuts if desired.

### Nut Logs

Serves:10 - 15

CarbsPerServing:entire recipe is about 28 carbs, 2.5 carbs per glob

Prep Time:15 mins

Effort:Easy

#### Ingredients:

1 8 oz package of cream cheese  
1 cup slice almonds 1 1/2 tsps of Cinnamon  
5 Splenda packets

#### How to Prepare:

Lay almonds slices on a cookie sheet and toast in a 350 degree oven for 5-7 mins. Remove and let cool. combine almonds, cinnamon and splenda in a bowl and mix well. Using a melon baller or small spoon take a glob of cream cheese and roll it in the dry mix, pressing the almonds in until they stick and glob is completely covered... store in refrigerator in a tight container or covered in plastic wrap.. 1 pack of cheese makes about 10-15 snacks depending on how big you make em.. You could also make a large nut log for the holidays by adding the sweetner and cinnamon to the cream cheese and just covering the whole lump in the nuts and then just slice it to serve it!

### Peanut Butter Fluff

Serves:1,10,10,10,10,10,9

CarbsPerServing:3-5

Effort:Easy

#### Ingredients:

Two tbs chunky peanut butter Whipped cream (as much as desired)

#### How to Prepare:

Blend well. Grab a spoon and enjoy!

### Sherbert (Ice Cream)

CarbsPerServing:very low carbs

Effort:Easy

#### Ingredients:

Heavy Cream Artificial sweetner packets Kool-Aid

#### How to Prepare:

First whip the cream to peaks. Then add kool-aid and sweetner to taste.

What taste extremely good is something called "Ice blue raspberry lemonade" and watermelon cherry combinations.

Freeze. May need to thaw in refrigerator or a few seconds in the microwave after a couple days.

### 100% great sweet party snack balls

Serves:Makes 18-22,10

CarbsPerServing:.5-1.5 depending

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

4 oz cream cheese 2 oz almonds 1-2 packets art. sweetner

2 Tb heavy cream

How to Prepare:

1. Mix cream cheese, art. sweetener, and cream together good. 2. Mix in almonds. 3. Wet hands. 4. Break off marble size amount and roll into balls. 5. Refrigerate.

### Suspiros

Serves: 5, 9, 1, 10

CarbsPerServing: 0

Prep Time: 30 min

Effort: Easy

**Ingredients:**

4 Egg whites 1 1/2 cup of splenda

How to Prepare:

This is a Venezuelan recipe

Beat the egg whites for about 6 minutes in hi, add the splenda really slow.

In a non stick pan put little pieces of that mix and bake at 180°C until they are golden brown

### California Clouds

Serves: 10 pieces, 10

CarbsPerServing: unspecified

Prep Time: 10 min

Effort: Easy

**Ingredients:**

1/2 Cube Cream Cheese (softened) 1/2 Cube Butter (softened)  
1/4 Cup Blueberries 5 Packets Splenda 1 tsp Vanilla extract  
1 tsp Davinchi Syrup (any flavor)

How to Prepare:

Mix all ingredients in bowl till creamy, drop by teaspoons on large platter lined with parchment paper. Freeze and eat

### BROWN BROWNIES

Serves: 10, 7, -----Select-----, 1, 1, 1

Prep Time: 45 minutes

Effort: Easy

**Ingredients:**

1 Box of Dark Brown Sugar 2 2/3 Cup of Flour 1/2 Teaspoon Salt of semi-sweet chocolate chips 1/4 Teaspoon Vanilla 3 Eggs 2/3 Cup Wesson Oil 1/2 Teaspoon Baking Powder 1 6 oz. pkg. semi-sweet chocolate chips 1/4 Teaspoon Vanilla

How to Prepare:

Grease pan and flour and bake for 30-35 minutes at 350

### Jello Fluff

Serves: 10-12, 5, 8, 10

CarbsPerServing: not sure

Prep Time: 5 minutes

Effort: Easy

**Ingredients:**

8 oz. sour cream  
8 oz. cream cheese 1 pkg. sugar free jello

How to Prepare:

Mix ingredients together and serve.

Can use any flavor of jello and top with fruit.

example: Strawberry kiwi jello with strawberries on top. Or Lemon jello, topped with limes.

### Quick and Easy Ice Cream Flavors

Serves: ?

CarbsPerServing: Depends on flavor and ingredients used

Prep Time: Also depends on ingredients used

Effort: Easy

**Ingredients:**

Cool Whip Flavored Cream Cheese

How to Prepare:

Use mixer to blend container of cool whip with container of flavored cream cheese. Freeze and serve.

Some of my favorite flavors: Strawberry - strawberry cream cheese and a few fresh strawberries finely chopped.

HoneyNut Chocolate - honeynut cream cheese, one low carb chocolate bar chopped fine and a few pecans chopped fine.

Try your own flavors! Enjoy!

### Dairy-Free Chocolate Pudding

Serves: 4 Servings

CarbsPerServing: 9g per serving

Prep Time: 10 Minutes

Effort: Easy

**Ingredients:**

2 small avacados 1/3 cup organic cocoa 3/4 cup sugar-free maple syrup (Cozy Cottage brand)...

How to Prepare:

Peel and cut up avacados. Place in food processor and blend until smooth. Add cocoa and blend well. Add maple syrup and blend until mixture is smooth and completely mixed.

### Pink Lemonade Shake

CarbsPerServing: 7g total

Effort: Easy

**Ingredients:**

3 tablespoons lemon juice 1/2 cup protein powder -- vanilla  
1 tablespoon lecithin -- granules 1 packet artificial sweetener 1 drop red food coloring  
10 ounces water -- ice cold 2 ounces heavy cream -- ice cold  
1 cup crushed ice

How to Prepare:

Put everything in blender and blend until thick and creamy. You can partially freeze this for an ice cream type treat. Lemon juice is to taste - I like it tart. :)

### Mockolate Danish

CarbsPerServing:3g total

Effort:Easy

#### Ingredients:

2 ounces cream cheese                      1 egg                      2 Splenda packets -- if needed  
the keto cocoa is sweet enough! 1/2 tablespoons keto cocoa  
3 tablespoons protein powder -- whey, or ground almonds or both

#### How to Prepare:

Put cream cheese in microwave for 30 seconds. Then put in all the rest. Stir with a whisk until well blended. Put in microwave for 1 minute. This is like chocolate sponge pudding with thick custard in the middle!

NOTES : Counts for Davinci's vanilla syrup not included in totals.

### Yummy Blizzard Dairy Queen Recipe

Serves:10

CarbsPerServing:9g carbs total

Effort:Easy

#### Ingredients:

1/3 cup cream                      1 handful low-carb  
chocolate kisses                      1 teaspoon unsweetened  
cocoa!2 teaspoon vanilla                      5 packages artificial sweetener  
10 slightly softened ice cubes or less

#### How to Prepare:

blend all of the above for about 60 seconds. I used a Vita-Mix. Depending on your mixer, you may need more of less time. If the ice cubes (make sure they are a TINY bit slushy) aren't blended yet, try using the reverse option on your blender for a few seconds.

### Almost Maple Walnut Ice Cream

Serves:10,10,10

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 Cup Plain Yogurt                      1/8 Cup Howard's Low  
Carb Maple Syrup!8 Cup Chopped Walnuts

#### How to Prepare:

Mix ingredients together and put in freezer, stirring every 15 minutes until ice cream like. Enjoy!

### Tofu Creme Brulee

CarbsPerServing:6g carbs total

Effort:Easy

#### Ingredients:

1/3 cup heavy cream                      2 ounces tofu -- prefer silken, soft  
1 Tablespoon splenda!4 teaspoon vanilla extract                      1 dash cinnamon  
1 large egg yolk

#### How to Prepare:

##### Microwave directions:

In a blender mix all ingredients well until smooth. Pour into a 10oz glass ramiken and place into a larger glass bowl. Fill to about 1/2 way up the ramiken with hot water and microwave on 50% power for 7 minutes or until set. Let sit at room temperature for 15 minutes before eating.

### Swedish Cream

CarbsPerServing:58g carbs total

Effort:Easy

#### Ingredients:

1 cup Splenda                      1 unflavored                      gelatin(envelope)  
2 cups heavy whipping                      cream! teaspoon vanilla extract                      2 cups sour cream

#### How to Prepare:

Combine Splenda and gelatin in a sauce pan. Add cream. Heat on medium for 5 minutes stirring CONSTANTLY, until hot but NOT boiling. Sugar and gelatin must be completely dissolved. If it gets too hot or cooks too long, it will be tough. Cool 10 minutes. Combine sour cream and vanilla and stir into the warm mixture. Ladle into a medium-sized bowl or molds. Refrigerate 2 hours or until set. If placed in molds, unmold swedish cream by running a knife around the edges and turning out. Serve alone or with fresh berries mixed with Splenda.

### Strawberry-Watermelon Whip

PerServing:no counts provided

Effort:Easy

#### Ingredients:

1 Individual tub of Crystal Light                      Strawberry-Watermelon  
Whipping Cream (amount depends on how much you need - remember  
whipping cream whips up to more than you pour in!)

#### How to Prepare:

Pour whipping cream in a deep bowl. Add Crystal Light sparingly at first. Whip with a mixer tasting periodically. Depending on your taste, you can add a lot of the mix or a lot of the cream depending. This will keep in the refrig. for a while. This is wonderful to dip strawberries or blueberries in! I end up eating it out of the container by itself!

### Strawberry Shortcake

CarbsPerServing:48g carbs total

Effort:Easy

#### Ingredients:

2/3 cups just whites -- egg                      white powder                      2 cups artificial sweetener  
2 cups water

#### How to Prepare:

Blend egg white and water until soft peaks form. Blend in Splenda. Put the mixture evenly into two 8" cake pans sprayed with cooking spray. Do not spread up the sides, just mound it in the middle of the pans as if you were pouring cake batter into the pans. Bake at 275 degrees for one hour. After the "cake" is finished cooking, remove from pans. Frost one layer with whipped cream, put the other layer on top and frost with remaining whipped cream. Decorate with berries top. I served this to guests and they did not know it was not really strawberry shortcake. It is pretty and very tasty! You can't go wrong with this one.

NOTES : Counts for just whites not included in totals.

### Strawberry Custard

CarbsPerServing:5.2g carbs total

Effort:Easy

#### Ingredients:

2 cups heavy cream                      4 each egg yolk                      1 teaspoon vanilla extract  
8 packets artificial sweetener                      1/2 cup strawberries --  
diced 1 teaspoon lemon extract -- optional -brings out the fresh flavor  
2 packets artificial sweetener                      2 tablespoons s/f  
strawberry syrup -- optional -use if available and omit extra 2pkts sweetener

#### How to Prepare:

Sprinkle diced strawberries with 2pkts sweetener(or strawberry syrup) and toss gently. Let sit while you proceed. Put the remaining ingredients in a blender. Process to blend yolks well. Pour into a saucepan and heat over med/low heat, stirring constantly, until it comes to a simmer. Simmer, stirring, for 4 minutes or until it thickens. Remove from heat and gently stir in strawberries and any liquid that has accumulated with them. Serve warm or cold. This makes about 6 decent sized servings.

NOTES : Counts for strawberry syrup not included in totals.

### Strawberry Crepes

Effort:Easy

#### Ingredients:

3 egg                      1 Tablespoon water                      2 packets artificial  
sweetener 1/4 teaspoon vanilla                      2 teaspoons sugar free  
strawberry jam                      1/4 cup cottage cheese -- or ricotta

#### How to Prepare:

Beat eggs with water, sweetener and vanilla. Cook like crepes (2 ea.). Spread jam and cheese onto crepes and fold in half. Optional: top with sweetened sour cream and strawberries

NOTES : Counts for strawberry jam not included in totals

### Sinfully Rich Fudge

Serves:24,1,1

CarbsPerServing:1.8g

Effort:Easy

#### Ingredients:

1 ounce paraffin wax -- canning                      2 tablespoons sugar free peanut butter -- I like  
crunchy 1 cup heavy cream  
1 package sugar free                      instant pudding mix

#### How to Prepare:

Mix Sugar Free Pudding, Heavy Cream, and Peanut Butter in a saucepan over med heat. At same time in double broiler melt Paraffin Wax. Once Peanut Butter and Wax have melted, add wax to mixture while mixing (electric) on med power Place in 7 x 7 square baking pan. Refrigerate, ready to eat when hard.  
Serves : 24 squares

### Sinful White Chocolate Mousse

Serves:4,7

CarbsPerServing:9.25g

Effort:Easy

#### Ingredients:

2 cups heavy cream                      1 package sugar free jello  
brand White Chocolate pudding mix -- small                      package

#### How to Prepare:

So easy to make! Pour whipping cream in mixing bowl, dump in dry pudding mix Beat till very thick and fluffy Divide into 4 servings. This is also excellent with chocolate fudge and butterscotch. Even half a serving is very satisfying.

### Simple Fruit Ice Cream 2

CarbsPerServing:16g carbs total

Effort:Easy

#### Ingredients:

1 cup frozen unsweetened strawberries  
-- raspberries, mangoes,  
blueberries, etc. 1/4 cup heavy whipping cream  
1 teaspoon liquid stevia -- to taste

#### How to Prepare:

Place ingredients in blender. Blend till smooth, soft serve consistency. Eat and enjoy. Does not refreeze well. It will be hard as a rock if you refreeze.

**Butter Pecan Pudding** CarbsPerServing:no counts provided Effort:Easy

**Ingredients:**

12 oz. 1/3 less fat cream cheese -- softened  
1/2 cup heavy whipping cream 1 teaspoon Sugar Free  
Jell-O Butterscotch Pudding 1 tablespoon Sugar Free  
Jell-O Butterscotch Pudding 2 packets Splenda 2 tablespoons Divinci sugar  
free Caramel syrup 1 tablespoon Divinci sugar  
free Irish Cream syrup 1/4 cup pecan pieces broken up small

**How to Prepare:**

Whip softened cream cheese until smooth. Add pudding, splenda, syrups and whip. Slowly add cream, whipping well and scraping bowl often. Fold in pecans and refrigerate until firm. \*\*If the syrup separates while in the fridge-just beat by hand some before serving\*\*\* You can also try using chocolate pudding with other nuts of your choice-just use chocolate and maybe a little vanilla syrup. Makes two cups-really sweet so 1/2 cup serving may be too much!

**SHERBERT** CarbsPerServing:5g carbs total Effort:Easy

**Ingredients:**

1 package sugar free jello -- raspberry or orange  
3/4 cup heavy cream -- whipped

**How to Prepare:**

Disolve the geletin in 1 cup of boiling water. Let cool Whip the cream. Pour cooled geletin into whipped cream, fold gently. Set into freezer for 20 minutes. Enjoy! Great quick snack. Makes about 4 servings

**Chocolate Torte** CarbsPerServing:64g carbs total Effort:Easy

**Ingredients:**

4 eggs -- extra large 3/4 cup artificial sweetener 1 cup pecans  
1 teaspoon vanilla extract 2 tablespoons flour 2 1/2 teaspoons baking powder  
3 tablespoons cocoa powder

**How to Prepare:**

BLEND (in blender) eggs and sweetener for 45 seconds. Add other ingredients IN THE ORDER LISTED. Blend 2 minutes.  
POUR into greased 9" round pan. Bake at 350 for 20 minutes or until toothpick comes out clean.

**Rich Chocolate Pudding** CarbsPerServing:27g carbs total Effort:Easy

**Ingredients:**

1 envelope unflavored gelatine 1/4 cup cold water  
2 tablespoons butter 3/4 cup heavy cream 2 packages artificial sweetener  
3 tablespoon unsweetened cocoa powder 1 teaspoon vanilla extract

**How to Prepare:**

sprinkle the gelatine over the water and let sit for a few minutes then microwave for about 40seconds on high then stir in butter and let sit for another 2 min. In a blender mix the cream, equal, cocoa and vanilla until smooth. Add the gelatine and butter mixture while still blending, continue to blend until completely smooth. Pour into a bowl and chill until set.

**Rhubarb Fool** CarbsPerServing:26g carbs total Effort:Easy

**Ingredients:**

1 pound rhubarb -- washed and sliced in 1 inch pieces  
1/4 cup water 4 packages artificial sweetener -- to taste 1 cup heavy cream

**How to Prepare:**

In a medium saucepan bring water to boil. Add Rhubarb, turn heat to low, cover and simmer for 15 - 20 minutes until rhubarb is soft. Cool and re Fridgerate until cold. Stir in sweetner. Whip cream Fold rhubarb into whip cream.

**Refreshing Lemon Cream** CarbsPerServing:12g carbs total Effort:Easy

**Ingredients:**

1 cup heavy cream 2 tablespoons lemon juice 2 tablespoons artificial sweetener -- to taste

**How to Prepare:**

Whip cream until frothy and beginning to form soft peaks (not stiff). Add lemon juice and sweetener and continue beating until fully mixed. Adjust sweetener based on personal preference for sweet/sour flavor. Place in muffin cups for individual servings or directly in freezer safe tupperware container. Freeze until solid. If using muffin cups, serve directly from freezer as an ice cream. If using tupperware, place frozen mixture in a food processor and blend until softened. Serve

**Raspberry Delight** CarbsPerServing:no counts provide Effort:Easy

**Ingredients:**

1 pint heavy cream 2 bricks of cream cheese



sweetner to taste 1 teaspoon vanilla

1 container Chrystal Light - Raspberry Ice

**How to Prepare:**

Add all ingredients, except Chrystal Light, together and whip until firm. Add Chrystal light and continue beating until mixed. Serve as is or top with fresh Raspberries, crushed and sweetened with preferred sweetner. This recipe can be halved.

**Quickie Ice Cream** CarbsPerServing:6g carbs total Effort:Easy

**Ingredients:**

1/2 cup heavy cream 1/3 cup water  
2 packages artificial sweetener 1/2 teaspoon vanilla  
1/2 teaspoon syrup of your choice (or extract)

**How to Prepare:**

Place ingredients in a small ziploc and seal well. Place inside a gallon sized ziploc with ice and salt. Set bag on a towel beside you on the couch and flip and jiggle the bag around for about 15 minutes, until set.

NOTES : Counts for syrup or extracts not included in totals.

**Puddin' Toppin'** CarbsPerServing:13g carbs total Effort:Easy

**Ingredients:**

16 ounces heavy cream 1 sm. box sugar free pudding any flavor

**How to Prepare:**

Blend together until nearly stiff. Refrigerate or use immediately, density does not change during refrigeration. Great alone or as a topping/frosting on your favorite dessert. NOTES : Counts for pudding not included in totals. Small box of Vanilla Pudding adds 24 carbs, Chocolate adds 28 carbs.

**Popcicles** CarbsPerServing:0 Effort:Easy

**Ingredients:**

2 cups water 1 package jello any flavor

**How to Prepare:**

Heat water in microwave until it boils, then add the jello. Stir until dissolved. Pour in ice cube trays and place in freezer. In an hour place toothpicks in each cube. Let freeze for a few hours.

**Peach Melba Jell-o** CarbsPerServing:25g carbs

total

Effort:Easy

**Ingredients:**

1 package s/f peach jell-o gelatin 1 package s/f raspberry jell-o gelatin  
2 cups boiling water 1 cup cold water 1 cup heavy cream -- whipped to soft peaks  
1 small peach -- sliced thin 1/2 cup raspberries -- fresh

**How to Prepare:**

This is an adaptation of a high carb recipe - but it works great:) Dissolve peach flav. jello in one cup of boiling water/mix. Add cold water. Chill until SLIGHTLY thickened. Dissolve raspberry jello in remaining one cup of boiling water. Spoon in whipped cream, stirring until smooth. Pour into serving bowl, chill to firm, but not set. Arrange peach slices and raspberries on ice cream mixture in bowl. Spoon peach jello over fruit. Chill for at least 3 hours.

**PINEAPPLE SLAW** CarbsPerServing:8.5g Effort:Easy

**Ingredients:**

2 cups cabbage -- finely shredded 1/2 cup crushed pineapple in juice -- drained  
1/4 cup green peppers -- finely diced 2 tablespoons mayonnais-- (more if you like)  
2 tablespoons onion -- finely diced Stevia -- to equal 1 teaspoon sugar  
1/4 teaspoon celery seed salt -- to taste pepper -- to taste

**How to Prepare:**

Combine pineapple and veggies. Toss. Mix rest of ingredients together. Spoon over veggie mixture. Mix well Chill. Mix again before serving. Serves 4.

NOTES : Stevia not included in counts

**Nookie Pudding** CarbsPerServing:25g carbs total Effort:Easy

**Ingredients:**

8 ounces cream cheese -- softened 1 cup heavy cream  
3 teaspoons vanilla 8 packages artificial sweetener -- to taste  
1 teaspoon unsweetened cocoa powder

**How to Prepare:**

Whip the cream cheese and 1/2 cup whipping cream in mixer. Add vanilla, artificial sweetener, cocoa, and remaining 1/2 cup of whipping cream. Blend until thick and creamy.

**Mint Chocolate Freezer Ice Cream Cups** CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1 cup whipping cream                      1 teaspoon mint extract 3 teaspoons Carnation Fat  
Free Hot Cocoa mix

**How to Prepare:**

Whip cream until frothy, but before it forms stiff peaks. Add extract and cocoa mix until blended. Spoon into paper cupcake cups and place in bottom of freezer ready tupperware container. Seal container and freeze until solid. No sweetener needed, plenty in the cocoa mix. Take cups out of freezer and serve.

May also substitute almond extract for chocolate almond cups or experiment with other extracts (I recommend Splenda sweetener) and sugar free drink mixes/jello mixes for fruit flavors.

**Induction sweet surprise!**

CarbsPerServing: 3g carbs total

Effort: Easy

**Ingredients:**

1/4 cup sour cream                      1 packet artificial sweetener 2 tablespoons lecithin --  
granules - Lewis Lab type

**How to Prepare:**

Mix all and let set 1 minute, top with favorite nuts. I like walnuts. That's all, unbelievable... This recipe is so low in carbs as you can see and it is amazing to think it's the Equal that turns this into a delicious pudding.

**Hot Chocolate Coconut Pudding**

Serves: 1

CarbsPerServing: 11g carbs total

Effort: Easy

**Ingredients:**

25 g unsweetened coconut meat                      5 g unsweetened cocoa  
powder 60 ml heavy cream -- (12 teaspoons) (double cream)                      1 splenda packets

**How to Prepare:**

Put all the ingredients in a small bowl and stir them together. Nuke in the microwave on full power for 1 minute then stir again.                      This makes 1 serving

**Fruit Whip**

CarbsPerServing: 23g carbs total

Effort: Easy

**Ingredients:**

2 boxes sugar free jello                      (any desired flavors)  
16 ounces cottage cheese 1 cup heavy cream

**How to Prepare:**

Beat heavy cream till soft peaks. Set aside. Beat cottage cheese to break curds to tiny pieces. Add the two boxes of jello and beat till mixed. Add the whipped heavy cream.                      Chill

**Fruit Fluff**

CarbsPerServing: 13g carbs total

Effort: Easy

**Ingredients:**

1 pint Heavy Cream 1 box sugar free jello -- any  
kind

**How to Prepare:**

Make Jello Like on Box, Whip Heavy Cream And Jello Together and Put in ice box for 3 to 4 hours NOTES : Counts for jello not included in totals.

**Frozen Pudding Dessert**

Serves: 30

CarbsPerServing: 1.2g

Effort: Easy

**Ingredients:**

8 ounces cream cheese -- softened                      1 1/2 cups heavy cream  
1/2 package sugar free instant pudding mix --                      vanilla 4 splenda packets  
2 cups fruit flavored extract

**How to Prepare:**

Whip together and spoon into cake decorating bag with large tip, or use a baggie and cut one corner off the bag. Make plops about cookies size on wax paper lined cookie sheet. Freeze then transfer to container and keep in freezer.

Makes 30.

NOTES : Counts for fruit flavored extract not included in totals.

**Flax Pudding**

CarbsPerServing: 6g carbs total

Effort: Easy

**Ingredients:**

1 egg                      1/4 cup whole milk ricotta cheese  
2 tablespoons flax meal                      dash nutmeg dash salt substitute  
2 tablespoons DaVinci                      French Vanilla syrup  
water                      2 tablespoons heavy cream

**How to Prepare:**

In microwavable cereal bowl, beat one egg with fork. With fork, beat in ricotta.

When well blended, add flax meal, nutmet, salt sub, and syrup. Add water one tablespoon at a time to desired consistency (I used 2 and it turned out well).

Nuke on high 2 minutes. Stir and top with desired amount of butter and heavy cream.

**Espresso Cream Dream** CarbsPerServing:no counts provided Effort:Easy

**Ingredients:**

For the base: 2 shots espresso (decaf is OK!) -- (2 to 3)  
2 packets sweetenerFor the topping:  
Whipped cream or -- better yet, clotted cream  
sweetener -- if the cream's not sweetened 4 raspberries -- (4 to 5)

**How to Prepare:**

Mix sweetener into espresso. Stir in 2 ice cubes to cool it and make it a bit more palatable! Put in freezer Every 30 minutes or so, stir with a fork and break up the ice that's forming. After about 2 hours of this, it'll end up a fine grainy slush.

For the topping, smooch up the raspberries and mix the sweetener into the cream. Top generously.

**Egg Custard 2** CarbsPerServing:13g carbs total Effort:Easy

**Ingredients:**

5 eggs 1/2 pint heavy cream  
1/2 pint water4 teaspoons artificial sweetener -- splenda (4 to 6)  
1 teaspoon vanilla cinnamon or nutmeg

**How to Prepare:**

place first 5 ingredients in blender and whip for 3-4 minutes. pour into a glass baking dish or individual oven safe dessert bowls, sprinkle with cinnamon or nutmeg or both.Bake @ 350 for 40-45 minutes or until set. Chill 1 hour and serve.

This makes a great dessert as well as breakfast (eaten warm)  
NOTES : Counts for cinnamon or nutmeg not included in totals.

**Custard for Pudding or Ice Cream** CarbsPerServing:14g carbs total Effort:Easy

**Ingredients:**

2 cups heavy cream 2 egg yolkscocoa and splenda to taste  
(or otherflavorings/sweeteners)

**How to Prepare:**

Whisk together over med heat until boiling.Remove from stove, beat with beater, and add xanthan gum by the 1/2 tsp,shaking it in gently while beating until it thickens. YUM!This can also be chilled overnight and then put into ice cream maker to make a yummy ice cream with no milk.  
NOTES : Counts for cocoa and splenda not included in totals.

**Cream Cheese & Peanut Butter Thingies** CarbsPerServing:56g carbs total

Effort:Easy

**Ingredients:**

8 ounces cream cheese 1 pint heavy cream2 tablespoons sugar free  
peanut butter 1 package sugar free  
instant pudding mix -- chocolate

**How to Prepare:**

Cream the cream cheese then add other ingredients(works better if you follow the order)Spoon onto a cookie sheet(parchment paper) I spoon into a ziploc and cut off the corner and use it as a pastery bag. They come out like hersey kisses.

**CRÉME BRULEE** Serves:10,10 CarbsPerServing:14g carbs total

Effort:Easy

**Ingredients:**

2 cups heavy cream 4 egg yolksStevia or Splenda to taste

**How to Prepare:**

just a teeny bit (\*\*the real recipe only calls for 3 t sugar, so this is not a sweet pudding)

Heat cream over med-low heat (you do not want to scorch or boil any of this!) Beat egg YOLKS for several minutes until foamy lemony looking  
Add the artificial sweetener & beat that in,  
Add half of the hot cream to the yolks and beat in  
Add back to cream in pan TURN heat DOWN and cook til thickened (should take up to five minutes) remembering not to let this boil.

**Cinnamon Bread Pudding** PerServing:6g carbs total Effort:Easy

**Ingredients:**

2 Slices Cheeters Brand Cinnamon Bread 1 Large Egg  
3/4 cup Heavy CreamPumpkin Pie Spice (to taste) 1/2 teaspoon Splenda

**How to Prepare:**

Break up cinnamon bread into large custard cup.

Combine egg, cream,spice, and Splenda, pour over bread pieces. Place in refrigerator, for 1 hour at least. Microwave, for 2 minutes or until puffy,slightly over the top of dish.  
 NOTES : Counts for bread and pumpkin pie spice not included in totals.

## **FISH MEALS**

### **seafood chowder (NO CARBS)**

Serves:4-5

CarbsPerServing:0

Prep Time:1/2 HOUR

Effort:Easy

#### **Ingredients:**

2quarts heavycream  
 butter/salt/pepper/haddock/clams/scallops with all juices.you can add any kind of seafood you like, Most has 0 carbs.

#### **How to Prepare:**

sautea all seafood in pan with butter until done, add heavy cream, enjoy!!!!TIP- the longer it sets the better it tastes. add salt & pepper as you like.

### **Tasty Tuna Burgers**

Serves:4

CarbsPerServing:3.5

Prep Time:10

Effort:Easy

#### **Ingredients:**

1- 7 oz. cana tuna, drained 1/2 cup wheat bran  
 1/2 cup diced celery 2 tbsp minced onion1/3 cup mayo  
 2 tbsp low carb ketchup 1 tsp lemon juice

#### **How to Prepare:**

Mix all ingredients and form into 4 patties. Spray frying pan with pam and cook like a hamburger until browned on both sides.

Per burger:

153 calories

3 g fat

6.5 carb

3 g fiber

3.5 net carb

9 protien

### **Lobster Imperial**

Serves:4

CarbsPerServing:3

Prep Time:30 minutes prep, 15 cook

Effort:Easy

#### **Ingredients:**

3 pounds Maine lobster meat, cooked  
 1 small bell pepper, finely diced (1/2 c=4.8g)  
 1 tablespoon chopped canned pimienta (about 1g)  
 1/3 tablespoon dry English mustard  
 1/2 tablespoon salt 1/4 teaspoon white pepper  
 1/4 teaspoon white pepper 1 or 2 dashes cayenne pepper 2 eggs  
 1/2 teaspoon Worcestershire sauce (.5)  
 1/2 cup mayonnaise (and extra for spreading)(about 4.5)  
 paprika

#### **How to Prepare:**

##### **Preparation:**

Remove any bits of shell from the lobster meat and set aside. Combine the rest of the ingredients and mix. Fold in the lobster meat.

Divide among four small ramekins/gratin dishes or baking shells. Lightly spread a coating of mayonnaise on top and sprinkle with paprika. Bake in preheated oven at 350°F for 15 minutes or until the mayonnaise browns. Serve hot or cold.

### **crawfish quiche**

Serves:6-8

CarbsPerServing:unknown

Prep Time:15 min.

Effort:Average

#### **Ingredients:**

2 eggs 1/2 C mayo 1/2 C half & half  
 2 Tbs. soy flour salt & pepper1 C grated mozzarella  
 1 C grated cheddar (or other) 1/3 C green onion, chopped  
 6 oz. crawfish tails

#### **How to Prepare:**

Blend left column ingredients with beater or blender. Stir in remaining ingredients (roughly chop tails). Pour into buttered pie dish. Bake at 350 for approx. 40 min.

### **Tilapia with Flaxseed and Parmesean Crust**

Serves:2,10,7

CarbsPerServing:About 2 net carbs per serving, plus the health benefits and fiber of flaxseed.

Prep Time:15 minutes

Effort:Easy

#### **Ingredients:**

2 5-6 oz Tilapia filets  
 2 T ground flaxseed (I run mine through a coffee grinder)  
 4 T butter 2 T olive oil  
 2 cloves garlic2 T finely shredded Parmeseano Reggiano (or regular parmesean in a pinch)  
 sea salt white pepper

#### **How to Prepare:**

In oven and stove safe pan or dish, heat butter and olive oil over

medium high heat. Press 2 cloves garlic (or mince) and add to butter/oil. Saute until garlic is soft but not brown. Rinse and dry tilapia filets. Salt and pepper filets as you wish. Place filets in pan, spooning garlic butter oil mixture over them. Cover and cook over medium heat until fish flakes easily with a fork--about 4 minutes. In a small bowl, combine flaxseed, parmesan, and salt and pepper to taste. Cover tops of filets with flax mix, about 2 T on each. Spoon some of the butter/oil over topping to moisten. Place under broiler to brown for about 2 to 3 minutes. As pictured above, I like to serve with baby spinach and Newman's Own Light Italian Dressing (0 carbs for the dressing!). This is such a treat--it's kind of like a tilapia scampi. Enjoy!

**Fried Fish with Pork Rind** Serves:2 CarbsPerServing:16.365

Prep Time:20 min Effort:Easy

**Ingredients:**

2 tilapia (cod, scrod, or sole will also work) fillets  
2/4 bag frito lay bakenette pork rinds  
1 tbsp bacon bits  
1 tbsp parmaesan or romano cheese  
1 tbsp onion flakes  
1 tsp garlic powder  
salt and pepper to taste  
1 tsp old bay seasoning  
1 tsp cayenne or chili pepper  
6 slices cabot garlic and herb cheese (fried crispy)  
2 eggs  
enough equal parts olive oil and butter to fill pan 1 cm

**How to Prepare:**

blend 3/4 bag bakenette pork rinds, 1 tbsp bacon bits, 1 tbsp parmaesan or romano cheese, 1 tsp garlic powder or chopped garlic, 1 tbsp onion flakes, salt, pepper, old bay, cayenne or chili powder, and crushed fried cabot garlic and herb cheddar cheese (you can use any cheese, but i reccomend this savory cheese from cabot, instructions below) in a food processor until you have a fine powder. dip tilapia (my favorite, but cod, sole, or scrod works just as well) fillets in an egg wash (beaten eggs) and then coat thoroughly with "breading." fry in a large iron frying pan in olive oil and butter (about 1 cm) until golden brown. this "breading" tastes just like bread crumbs only ten times better.

fried cheese

Simply slice your favorite cheese fairly thin, throw it on a hot griddle with some butter, and cook to desired browning level. these are delicious dipped in ranch dressing.

**TUNA MELT FAST (ZERO CARBS)** Serves:1,1,10,10,7 CarbsPerServing:0

Prep Time:Less than 5 min. Effort:Easy

**Ingredients:**

1 can tuna (drained)  
Mayo (use as much as you like-I use 2 T)  
1-2 slices cheese (I like provolone or cheddar)

**How to Prepare:**

Mix together drained tuna and mayo in a small oven proof bowl. Top with cheese. Broil on Hi for 3 min. Variation: Use a slice of Atkins bread.

I like this better than a tuna melt- who needs soggy bread anyway?

**Broiled Halibut** Serves:4 CarbsPerServing:6 (high est.)

Prep Time:15-20 minutes Effort:Easy

**Ingredients:**

2 pounds of halibut, cut into pieces 1 cup of chicken broth  
2 tablespoons of chopped parsely 1 teaspoon of tarragon or dill  
1/2cup of grated cheddar cheese 1 egg white, beaten until foamy

**How to Prepare:**

- \*Preheat oven to 400
- \*Into an oven-save dish, arrange halibut pieces
- \*Pour in chicken broth; sprinkle fish with parsely and tarragon or dill.
- \*Bake into preheated oven for 10 minutes; throw away excess liquid.
- \*Preheat broiler.
  - \*In a bowl, fold grated cheese itno beaten egg white.
- \*Spread cheese mixture over halibut pieces.
- \*Broil until golden.

**Salmon Delight** Serves:Two,10,9,9 Prep Time:15 minutes

Effort:Easy

**Ingredients:**

1 pound of salmon 1/2 mayonase  
1/2 tsp paparika 1/2 tsp cayenne pepper  
1 tbls dried minced onion 1 tsp chopped garlic  
1/4 tsp kosher salt 1/4 tsp ground pepper  
1/2 tsp powdered mustad

**How to Prepare:**

Mix all ingredients in a bowl and let set in the frig for 1 hour.  
 This lets all the flavors intenseify.  
 Place the salmon on a sheet of aluminun foil, skin side down, take  
 the mixture and cover the salmon completely.  
 rap the foil so it is sealed and leaves a pouch for the salmon to  
 steam.  
 Place in a preheated (350) and let cook for approximetly 35-45  
 minutes, depending on the thickness of the salmon.

**Sante Fe Salmon** Serves:2-4 people,10 CarbsPerServing:1 can of Rotel has 4 carbs  
 Prep Time:15 min Effort:Easy

**Ingredients:**

1/2 Lemon Pinch of Salt & Pepper  
 1 1/2lbs. Fresh Salmon Fellet1 can of Mexican Rotel 1/2 cup Mayo

**How to Prepare:**

Mix mayo and Rotel.  
 Rub the Salmon with salt,pepper, and lemon.  
 Coat both sides of Salmon with mixture and place in preheated  
 skillet. Scope the rest of the mixture on top of the fish. Cook for  
 3-6 minutes on each side or uniltl done and enjoy!!!!

**Delicious Tuna Patties** :Makes ~4 patties Prep Time:10 minutes  
 Effort:Easy

**Ingredients:**

2 cans tuna fish 1/2 can fried onion (I use French's)  
 salt & pepper to taste (I like to use Jane's Crazy Mixed Up Salt)1 egg  
 1/2 stick celery finely chopped soy sauce or Asian dressing (optional)

**How to Prepare:**

Mix ingredients, shape into patties and fry in pan with olive oil  
 until browned.

Drizzle with a little soy sauce or Asian dressing if desired.

**Tuna pie** Serves:8,7 CarbsPerServing:3 Prep Time:10 minutes  
 Effort:Easy

**Ingredients:**

1 1/2 C. Flour = 1C. Atkins Bake Mix 1 1/2 C. Grated Cheddar Cheese, divided  
 1 Tsp. salt 1 Tsp. paprika  
 1 stick butter, softened 2 6Oz. cans of Tuna packed in water, drained  
 3 eggs1 C. Sour cream 1/4 C. Mayonnaise  
 1/4 C. Green pepper, chopped 1 small onion, chopped fine

**How to Prepare:**

Preheat oven to 400 degrees.  
 Butter a ten inch deep dish pie pan, and set aside  
 In a medium bowl, combine the flour,1C. cheese,salt and paprika.  
 Cut the butter in with pastry blender.  
 Reserve one cup on mixture to put on top.  
 Press the rest on to the bottom and up the sides of the pie pan.  
 Arrange the drained tuna on top of the crust.  
 Beat the eggs with a mixer until they are light and fluffy.  
 Stir in the sour cream and the remaining half cup cheese,  
 mayonnaise, green pepper and onion.  
 Pour over tuna and sprinkle with the reserved crumb mixture.  
 Bake for 35 to 40 minute.  
 Let stand for 15 minutes before cutting and serving.

**Mussels!** Serves:1 CarbsPerServing:4 Prep Time:10 mins Effort:Easy

**Ingredients:**

2 Pounds of Mussels 1 tbls spoon of butter  
 squeeze of lemon or lime 2 cloves of Garlic minced

**How to Prepare:**

Sort your Mussels, If a Mussle is wide open it is bad and must be  
 tossed, a little open is ok.. if you squeeze it shut and it stays  
 shut.. To steam your mussels you just put a little water in a big  
 pot and bring it to a boil dump in the mussels and cover for about  
 2-5 mins, they are done when they are wide open and white/solid  
 looking on the inside. Remove mussels from heat and start pulling  
 them from thier shells. remove any debris like seaweed or whatever  
 that might be inside.. in a bowl melt the butter and garlic in the  
 microwave for 45 secs pour over your mussels squeeze a little juice  
 on em and ENJOY!!!!... you could also stick this on Spegetti Squash  
 im sure!

**Crab & Artichoke Cheese Puff** Serves:1 CarbsPerServing:4 net gr  
 Prep Time:5 min prep / bake time 20-25 Effort:Easy

**Ingredients:**

1/2 6-oz can Lump White Crab Meat- drained/patted dry;  
 1/2 cup Artichoke Hearts- chopped (I use canned/NOT marinated);  
 1 tsp garlic powder;1/2 cup Sargento Pizza Double Cheese  
 (mozzarella/cheddar);  
 1/2 cup grated Parmesan Cheese;  
 1/2 cup mayonnaise.

**How to Prepare:**

Spray a small bakeware bowl with Pam (non-stick spray). Add all

ingredients & stir until well mixed.

Bake 20-25 minutes in 350 degree oven. Very rich. Enjoy.

### Shrimp Dumplings

Serves:four

CarbsPerServing:5gr.?

Prep Time:20 min.

Effort:Easy

#### Ingredients:

One lb cooked shrimp;chopped..2 chopped scallions. 2 slices chopped gingerroot . dash 5 Chinese spice power. mix wellRound Wonton Wrappers . good quauity chicken broth seasoned with ginger a little garlic. chopped parsley.

#### How to Prepare:

to assemble; place a slight teaspoon on one moistened wrapper ; seal with another.Steam dumplings until done in electric steamer.cool slightly add to prepared broth.

### Ceviche

Serves:Depends on how much shrimp you use

Effort:Easy

#### Ingredients:

Shrimp (raw) cilantro onion tomatoe Lime juice (fresh)  
salt pepper garlic Jalepenos (optional)

#### How to Prepare:

Peel and wash shrimp.  
dice all veggies and drop in same bowl with shrimp. Add lime juice and add seasoning- salt, pepper, garlic powder to taste. let sit for 10 to 15 minutes and when shrimp is pink, ready to eat!

### Salmon Patties for People Who Don't Like Fish

Serves:4,10,10

CarbsPerServing:3.0

Prep Time:30 mins.

Effort:Average

#### Ingredients:

2 cans red salmon 1-1/2 c. finely crushed pork rinds (divided)  
1 clove garlic, minced 2 large eggs4 tbsp. Parmesan cheese  
1/2 c. heavy whipping cream 1 tsp. Worcestershire sauce  
2 tbsp. unsalted butter 2 tbsp. canola oil

#### How to Prepare:

Carefully flake the salmon into a bowl, discarding any small bones, cartilage and skin. Set aside.

In another bowl, combine the garlic, eggs, cheese, cream and Worcestershire sauce. Fold these ingredients into the salmon with a rubber spatula.

Fold in 1/2 cup of the crushed pork rinds. Place the remaining cup of pork rinds on a dinner plate.

Form the salmon mixture into 8 patties. Carefully coat them with the pork rinds. Refrigerate, loosely covered, for 1 hour.

Melt the butter with the oil in a 10-inch nonstick skillet over medium heat. Cook the salmon patties, four at a time, for 3 to 4 minutes per side, pressing down slightly on them with the back of the spatula and add more butter or oil to the skillet if necessary. Remove to paper towels to drain.

Serve with a mixture of mayonnaise and Dijon mustard for dipping.

### shrimpcado delight

Serves:1-2

Prep Time:approximately 15 minutes total

Effort:Easy

#### Ingredients:

shrimp, peeled, one serving(already cooked, detailed)  
butter 1 1/2 -2 tbls  
garlic, about 3-4 cloves already oven roasted in garlicmushrooms  
about 1/2 cup (desired amount  
Lemon juice to taste(1/2fresh)  
1 med avacado (cut into small bite size cubes  
salt and pepper to taste

#### How to Prepare:

Saute the garlic and oily garlic with mushrooms for approximately 3-5 mins. Add shrimp til warmed through (3 mins) Add avacado at last so you dont over cook it,about 3-5 mins depending on you, keeping it's texture non mushy. Lemon squeezed over top, and salt and pepper to taste, stir fry until warm through and serve alone. Very filling and yummy

### Mexican Shrimp II

Serves:4-6 ,10

CarbsPerServing:unknown

Prep Time:20 minutes if shrimp is peeled and cleaned

Effort:Easy

#### Ingredients:

1.5 lbs shrimp 2 tbl olive oil  
1 tbl chopped garlic 2 regular cans of diced tomatoes with green chiles  
2 cups mozz. cheese

#### How to Prepare:

Fry shrimp with garlic in olive oil until shrimp turns pink. Drain cans of tomatoes and add to skillet. Bring to boil. Turn down heat and add cheese. Serve when cheese melts. Quick and easy!!

**Salmon Patties**

Serves:10

Effort:Easy

**Ingredients:**

16 oz Can of Pink Salmon, drained  
 1 teaspoon of ground Black Pepper  
 1 teaspoon of Dillweed, dried

1 Large Egg  
 1/2 cup of Dry Grated Parmesean Cheese  
 Peanut Oil for frying

**How to Prepare:**

Mix Salmon, Egg, Cheese, Dillweed and Black Pepper well. Form into 9 patties.

In Large non-stick skillet, add enough peanut oil to cover bottom and heat to a medium-high heat. Add Salmon patties and fry on each side till a golden brown.

Caution: While cooking Salmon Patties...they are known to pop and splatter grease everywhere. Cuss words generally follow.

**Nutrient Info for entire recipe:**

Calories: 834                      Fat: 43                      Sat: 17                      Poly: 8                      Mono: 14  
 Carbs: 4                      Fiber: 1                      Net Carbs: 3                      Protein: 101

**Creamy Shrimp And Veggies**

Serves:2-4 depending on how hungry you are!

CarbsPerServing:25 total

Prep Time:15 min

Effort:Easy

**Ingredients:**

1 pound shrimp cooked and peeled  
 1 Bag Frozen Birds Eye Red Peppers/Broccoli/Mushroom and Onion  
 1 tbsp Butter                      1/3 Cup of Cream  
 1 tsp Garlic                      1 tbsp Parmesan Cheese

**How to Prepare:**

Sautee Frozen Veggies in Butter until warm.  
 Add shrimp, cream, and garlic  
 Simmer on low-Med heat until veggies are done and mix is heated thru.. top with Parmesan cheese and serve!

**No carb Cheesy Shrimp Delight**

Serves:Just me,10,10,10

CarbsPerServing:0

Prep Time:10 min

Effort:Easy

**Ingredients:**

8 Large peeled shrimp                      2 Tbl butter  
 1/4 cup parmesan cheesedash salt & pepper                      1 tbl-garlic powder

**How to Prepare:**

First clean shrimp well, melt butter in a sauce pan, add shrimp, salt pepper and garlic, stir fry until shrimp is pink add parmesan, and stir until melted. use a non stick pan. This is yummy with no carbs

**Best Tuna Casserole**

Serves:4,10

CarbsPerServing:14.5

Prep Time:40 minutes

Effort:Easy

**Ingredients:**

2 packets Proslim pasta                      1 cup celery -- chopped  
 1/3 cup onions -- chopped                      1 (10 3/4 ounce) can cream of mushroom soup, condensed  
 3/4 cup heavy cream

Serves 4.

Calories: 435.4

Carbs: 14.5

Dietary Fiber: 2.1

1 (9 1/4 ounce) can tuna in water, canned                      2 tablespoons butter  
 3 tablespoons Parmesan cheese

**How to Prepare:**

Cook the pasta according to the directions on the package but remove after 5 minutes instead of 6. Drain and set aside. Meanwhile, preheat the oven to 375 degrees. Place the butter in the sauce pan and let melt. Add the celery and onions. Cook and stir over medium heat until tender. Stir in the condensed soup and cream. Then gently stir in the pasta, tuna and parmesan. Transfer the mixture to a 1 1/2-quart casserole dish. Bake for 25 minutes or until heated through.

**Salmon Pate**

Effort:Easy

**Ingredients:**

1 lge can salmon 1 pkg cream cheese (8 oz.) 3 T mayonnaise 1 T liquid smoke (or more) Sm. can of chopped Black Olives

**How to Prepare:**

Remove the larger bones from the salmon and blend with mayonnaise and softened cream cheese. Add the liquid smoke (we like a little more than 1 T) and blend. Stir in desired amount of chopped olives.

**Fish Pate**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Cod -- steamed, baked, broiled, or leftover - minced finely  
 celery -- chopped fine, to taste  
 salt and pepper onion salt  
 any other seasoning you might like  
 mayonnaise -- just enough to make stick together, or to taste



How to Prepare:

The restaurant served it with breadsticks and crackers. I usually serve it with celery sticks--unless of course I eat it with a spoon for lunch!

NOTES : Carbs for celery not included (2.2 per diced 1/2 cup)

### Anise Shrimp with Zucchini Ribbon Noodles

Serves:10,9,8,5

CarbsPerServing:3 total recipe excluding zucchini noodles and anise

Effort:Easy

#### Ingredients:

1/4 cup butter 1 teaspoon dried parsley -- flakes  
2 cloves garlic -- crushed.. I used garlic salt to tasted instead..  
lower carbs 1 teaspoon dried anise  
1/4 teaspoon ground pepper 12 jumbo shrimp

How to Prepare:

Melt butter in skillet, add parsley, garlic, anise & pepper. Melt & set aside. Clean shrimp, place between paper towels to dry. Just before you are ready to serve dinner, reheat butter mixture, add shrimp, cooking for 2 minutes on either side.

### Asparagus with Salmon Sauce

Serves:5,4,4

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 1/2 Cups Heavy Cream 1 pound fresh salmon2 tablespoons salmon cream cheese  
Asparagus

How to Prepare:

Cook Salmon until barely done.

Put Cream in pan and heat, add cream cheese, cook until melted. Add flaked (or chunked fish) Heat through and sauce has thickened. Pour over cooked Asparagus.

### Bacon-Wrapped Scallops

Serves:9,8 CarbsPerServing:12 total recipe

Effort:Easy

#### Ingredients:

1 pound sea scallops -- bay scallops are too small1/2 pound bacon -- (1/2 to 3/4)

How to Prepare:

Preheat oven to 450\*. Rinse your scallops in cold water. Cut your bacon into three sections. Wrap a piece of bacon around each scallop. Secure bacon together with a toothpick. Place on a baking sheet. Bake until your bacon is brown and crispy (Not too crispy though)

### Baked Mustard/Mayo Fried Fish

CarbsPerServing:4 total recipe

Effort:Easy

#### Ingredients:

4 fish fillets -- (4 to 6) 1/4 cup mustard  
1 cup mayonnaise1/2 large bag plain pork skins -- smash with rolling pin  
fresh ground pepper

How to Prepare:

Mix mayonnaise and mustard together to make a sauce. Cover fillets with sauce, then coat each side of the fillet with the smashed up pork skins. Put these in the oven on 350 and bake for approximately 15 to 20 minutes. Season to taste with fresh pepper.

Enjoy! May use with poultry too! Adjust cooking time accordingly.

### Basil-Tomato Tuna Steaks

CarbsPerServing:7 total recipe

Effort:Easy

#### Ingredients:

1 tablespoon olive oil -- or canola oil 4 tuna steak -- or salmon  
1/2 teaspoon salt 1/8 teaspoon pepper1/3 cup fresh basil leaves -- loosely packed  
1 medium tomato -- chopped 1/4 cup shredded mozzarella cheese

How to Prepare:

In a large nonstick skillet, heat oil over medium heat. Add the tuna steaks; cook for 3 minutes on each side or until fish flakes easily with a fork. Transfer to a broiler pan. Sprinkle fish with salt and pepper. Cover with basil leaves. Top with tomato and cheese. Broil 4-6 in. from heat for 2 minutes or until the cheese is melted.

### Cedar Plank Salmon

Serves:10,10,10,8

CarbsPerServing:0 total

Effort:Easy

#### Ingredients:

1 large salmon fillet -- with skin salt/pepperhot pepper oil  
cedar planks

How to Prepare:

For the cedar planks: I buy a 8' plank that is 8" wide and 1" thick. You MUST buy "Untreated Cedar" planking. Have the lumber yard cut the plank into 10"-12" pieces.

Soak one of the cedar plank pieces in water for at least 2 hours (do

this in anything but your kitchen sink!)

Place the salmon fillet skin side down on the plank, brush liberally with hot pepper oil, then salt and pepper to taste.

Place the plank on a hot grill and reduce heat to medium. Grill for about 15-20 minutes (depending on thickness of fillets and how well done you like it). DO NOT FLIP/TURN THE FISH!

**Cheesy Salmon Loaf** Serves:9 CarbsPerServing:6 total recipe excluding shredded cheese Effort:Easy

**Ingredients:**

1 can salmon 1 egg -- beaten  
1/2 cup heavy cream 1/2 teaspoon salt  
1/2 teaspoon pepper 2 tablespoons melted butter 1 tablespoon lemon juice  
1 1/2 cup shredded cheese

**How to Prepare:**

Combine all ingredients and put into greased breadpan. Bake at 350 F for 30 minutes.

**Cajun Fish** CarbsPerServing:44 total recipe Effort:Easy

**Ingredients:**

1 1/2 pounds flounder fillets -- or other white fish  
14 1/2 ounces tomato sauce  
1/2 small green bell pepper -- sliced thin  
2 cloves garlic -- minced  
1/2 cup onion -- sliced thin 2 tablespoons olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 pinch cayenne pepper  
1 each salt and pepper -- to season fillets

**How to Prepare:**

Heat oil in a large skillet and saute garlic, bell pepper and onion until limp and very fragrant. Remove veggies and add fillets. Let saute for 2 minutes, then turn. Add veggies and remaining ingredients over fish, cover and reduce heat to low and let simmer for 15 minutes.

**Cheesy Salmon Loaf** Serves:9 CarbsPerServing:6 total recipe excluding shredded cheese Effort:Easy

**Ingredients:**

1 can salmon 1 egg -- beaten  
1/2 cup heavy cream 1/2 teaspoon salt  
1/2 teaspoon pepper 2 tablespoons melted butter 1 tablespoon lemon juice  
1 1/2 cup shredded cheese

**How to Prepare:**

Combine all ingredients and put into greased breadpan. Bake at 350 F for 30 minutes.

**Chili Fried Prawns** CarbsPerServing:12 total recipe Effort:Easy

**Ingredients:**

1 red chili pepper 150 grams shrimp -- (150 to 200)  
1/2 lemon -- juiced 2 cloves garlic -- chopped 2 tablespoons Butter  
Salad to serve with extra-virgin olive oil to dress

**How to Prepare:**

Chop the chili and fry gently in butter for a minute or two. Add the prawns and garlic and cook on a high heat for 3-4 minutes until prawns are cooked. Add lemon juice and cook for a further 30-60 secs.

**Clams Cassino** Serves:10 CarbsPerServing:12 total recipe Effort:Easy

**Ingredients:**

1/4 pound bacon -- fried, drained and crumbled  
1 can clam, canned -- drained, minced or chopped  
1/2 cup shredded sharp cheddar cheese 2 tablespoons lemon juice  
1 dash garlic powder 1 dash parsley flakes

**How to Prepare:**

mix above ingredients. form into small balls and press into clam shells. sprinkle top w/ paprika. bake 350 for about 20 minutes.

**Crab and Salmon Cakes**

Serves:5 CarbsPerServing:5 total recipe Effort:Easy

**Ingredients:**

6 ounces salmon fillet -- skinned, cut into strips  
1/4 cup heavy cream  
1 teaspoon salt  
1/4 teaspoon pepper  
1 pound lump crabmeat 1/4 cup tomatoes -- seeded, finely diced -or rotel tomatoes with green chilis  
2 tablespoons fresh chives -- chopped  
2 tablespoons fresh parsley -- chopped  
1 tablespoon olive oil

How to Prepare:

In food processor, pulse salmon strips until finely chopped.

With machine running, slowly add cream, salt, and pepper; process until smooth.

Transfer to a medium bowl; stir in crabmeat, tomato, chives, and parsley until well blended.

Shape and flatten into 8 3-inch round cakes.

In large non-stick skillet, heat oil over medium-high heat. Fry 2-4 minutes per side to brown. Drain on paper towel.

Makes 4 servings.

### **Crispy Snapper and Shrimp Balls**

CarbsPerServing:11 total recipe excluding

dipping sauce

Effort:Easy

#### **Ingredients:**

1 pound red snapper -- fillets                      1 pound shrimp -- peeled and cleaned  
1/2 cup finely chopped green onions  
1 clove garlic 1/2 cup protein powder -- plain flavor/may need more or less  
1/4 cup heavy cream                      1 large egg  
1/2 teaspoon salt and pepper -- each                      oil for frying

#### **How to Prepare:**

In a food processor, finely chop everything except the oil and protein powder. Stir in powder until the mixture can be formed into firm balls (your choice on size- large marble to golf ball size). Heat oil to 350 in a deep fryer. Fry balls for approximately 5-6 minutes or until nicely browned. Drain well on paper towels.

Oriental type dipping sauce: 2 tablespoons dijon mustard, 1/4 cup mayonnaise, 2 tablespoons soy sauce, 1 tsp hot pepper sauce (more or less to taste).

### **Curry Shrimp**

CarbsPerServing:55 total recipe

Effort:Easy

#### **Ingredients:**

2 large onions -- sliced                      1 1/2 pounds shrimp  
2 tablespoons olive oil                      salt and pepper -- to taste  
2 tomatoes -- ripe, peeled, seeded and chopped  
1 red bell pepper -- or yellow, chopped                      1 tablespoon minced garlic  
2 tablespoons minced fresh cilantro  
1 tablespoon fresh lemon juice 1 tablespoon ground cumin  
1 teaspoon ground coriander                      1 teaspoon black pepper  
1 teaspoon ground turmeric                      1/2 teaspoon fenugreek seed -- ground  
ground red pepper -- to taste

#### **How to Prepare:**

This is very spicy, like curry you would get in London. You can eat it like a "stew" and serve it to your spouse over rice if he/she is not also on the diet. BTW, I got this out of Joy of Cooking, pg 515. Slow-cooked onions and shrimp stock make this curry rich and flavorful.

Place onions in a large, heavy saucepan or large, deep skillet: Cover and cook over med-low heat, stirring every 10 minutes, until the onions begin to brown and almost stick to the pan, about 30 min. Meanwhile, peel shrimp

Simmer the shells in just enough water to cover for 10 min. Strain and measure 1 c. stock (save rest for thinning it out later)

To the onions add olive oil salt and pepper

Increase heat to med and cook, stirring occasionally, until the onions are deep brown and very tender, almost falling apart. Add the shrimp stock along with all other ingredients except shrimp.

Bring to a boil over mid-high heat. Reduce the heat to med-low and cook, stirring occasionally, until the tomatoes break up and the mixture is very saucelike. Taste-adjust seasonings. Stir in the shrimp and cook until pink and firm, 3-4 minutes. Garnish with cilantro

### **Deep Fried Fish**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

How to Prepare:

1. Select a type of fish you enjoy. I use Red Snapper.
2. Debone it thoroughly.
3. Cut into small chunks.
4. Soak small chunks in beaten eggs.
5. Roll fish in grated parmesan cheese.
6. Deep fry until done. (with Red Snapper it's about 8 minutes)

### **Delicious Seafood casserole**

CarbsPerServing:16 total recipe excluding sherry, parmesan and lemon juice

Effort:Easy

#### **Ingredients:**

1/2 pound lobster meat                      1/2 pound crab meat  
1/2 pound sea scallops                      1/2 pound jumbo shrimp  
1/4 cup heavy cream                      1 tablespoon old Bay Seafood seasoningsalt/pepper  
dry sherry                      1/4 cup mayonnaise  
1/4 cup flax meal                      parm cheese                      fresh lemon juice

How to Prepare:

chop up the lobster meat and scallops to about 1/4 inch in size, de-shell the crab and de-vein the shrimp. saute the scallops in butter and salt/pepper until translucent...add to the rest of the seafood into a large bowl. Add enough mayonnaise (approx 1/4 cup) to the seafood mixture to just make it a little wet. add approx. 1 TBS of seafood seasoning and the juice of one lemon to the seafood mixture as well...sprinkle 1/4 of flaxmeal and 1/4 of heavy cream, along w/ a squirt of dry sherry to taste...mix all of this together in a large bowl. put the mixture in a large casserole dish so that it sits approx. 2 inches deep. sprinkle the casserole with parmesan cheese and a little paprika to taste.

bake at 400 for approx 35 minutes or until golden...delizioso!

### Deviled Crab

CarbsPerServing:5 total recipe

Effort:Easy

#### Ingredients:

1 pound crab meat -- backfin or lump blue 2 eggs  
2/3 cup mayonnaise 1 tablespoon prepared mustard 2 teaspoons salt  
2 teaspoons pepper Old Bay Seasoning (add to your taste like about 3 tbsp)

How to Prepare:

Preheat oven to 350 degrees, lightly grease a glass pie plate or 8x8 pan

Put crab meat in a large bowl and check carefully for cartilage. Be careful not to break up the lumps.

Set aside In another bowl, mix mayonnaise, melted butter, eggs, salt, pepper and Old Bay. Stir this together until well blended.

Pour the mayonnaise mixture over top of the crab meat. With a rubber spatula carefully fold this into the crab meat, till well distributed.

Again, being careful not to break up the lumps.

When you have well mixed the crab and mayonnaise mixture, transfer to a lightly greased glass pie plate or 8x8 glass baking dish.

Bake until golden and bubbly.

This is wonderful as an appetizer or a main dish. If main dish, serve with a nice side salad. Enjoy!

### Dover Sole Rolls

CarbsPerServing:6 total recipe excluding crab

Effort:Easy

#### Ingredients:

12 dover sole fillet 1 pound cooked shrimp -- salad size  
1 can lump crab meat 3 tablespoons butter  
1/2 cup green onion -- chopped 1 clove garlic -- or more to taste  
1/2 cup parmesan cheese 1 dash black pepper -- to taste 1 dash salt

How to Prepare:

Heat oven to 375 degrees.

Lay the sole in a baking dish and sprinkle with salt -- let sit while preparing the filling.

In a skillet, melt butter and saute onions & garlic until soft.

Add shrimp and crab meat and heat through. Add black pepper to taste. While that is heating, drain any liquid off the fish fillets.

Add parmesan cheese to the shrimp/crab mixture and stir until melted.

Then drop tablespoon-size portions of the shrimp mixture onto the fish fillets and roll up (you can secure with a toothpick, but I just arrange it so that the "seam" is at the bottom.)

Arrange the fillets in the baking dish as far apart from one another as possible. If there is any shrimp mixture left after filling all the fillets, spread it over the top of the fish rolls. Then, if you wish, sprinkle a little more parmesan over the top. (I also added a little paprika for color.)

Bake uncovered for 35-40 minutes or until fish is flaky.

### Easy Shellfish Stew

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

How to Prepare:

Start with a can of chicken broth. Throw in your favorite shellfish (crab, shrimp, clams, oysters, etc), a can of mushrooms, a handful of chopped dill, some coarsely ground black pepper and about 3 Tablespoons of butter. Simmer

till everything is cooked and the flavors have blended. Pour in a pint of heavy cream. Bring to a simmer, remove from heat and serve.

You can knock this out in about 15 minutes and it's great on a cold day.

### EASY SHRIMP SCAMPI

CarbsPerServing:2 total recipe

Effort:Easy

#### Ingredients:

1 pound Cooked Shrimp - Defrosted

3 ounces Butter 2 teaspoons garlic -- chopped - to taste  
2 handfuls Pork Rinds

**How to Prepare:**

Whiz the pork rinds in a food processor until the consistency of breadcrumbs. Set aside.

Remove the tail shells from the shrimp. Set aside.

Place the butter and garlic in a pan suitable for frying/baking and saute the garlic until its starts turning clear - be careful not to burn it or it will taste bitter. Add the shrimp and saute on medium heat for about 5 minutes.

Top the shrimp with the crushed pork rinds. Place the pan under the broiler for 3 or 4 minutes or until the pork rinds get crisp and brown(er).

Very rich and very filling. Pork rinds actually add to the flavor instead of overpowering it. Great for a quick mid-week supper.

**English Tuna Burgers** CarbsPerServing:3 total recipe excluding chopped spices

Effort:Easy

**Ingredients:**

2 185g Tuna in oil 2 ounces cheddar cheese -- finely grated  
2 teaspoons soy sauce 2 egg yolks 2 tablespoons spring onions -- chopped  
chopped coriander/oregano/basil - whatever works for you -

**How to Prepare:**

Drain tuna and flake into a bowl, add all ingredients and mix well. Either leave for a couple of hours (really brings out flavours) or preheat oven to medium-high heat, lightly grease a baking tray and using fingers either pat and roll mixture into two equal patties or make little bite-sized balls. Place on baking tray an inch or so apart. Bake for approx 20mins until browned and sizzling. Serve hot with salad or refrigerate - a perfect cold protein snack. Substitute tuna for salmon, crabmeat, minced prawn...Mmm!

**Fish batter for Deep frying** CarbsPerServing:1 total recipe excluding soy powder

Effort:Easy

**Ingredients:**

2/3 cup soy powder 1/2 teaspoon salt  
1/2 teaspoon baking soda 1 tablespoon vinegar 2/3 cup water

**How to Prepare:**

Cut fish into 2 x 1 1/2 in. pieces. Pat dry with paper towels. Mix powder and salt. Set aside. Mix baking soda and vinegar. Stir vinegar mixture and water into powder mixture, beat until smooth. Dip fish into batter, allow excess to drip off into bowl. Fry for about 3 minutes. Drain on paper towel. The recipe says this will coat a pound of cod or other lean fish fillets.

**Fish with Cucumber Sauce** CarbsPerServing:6 total recipe Effort:Easy

**Ingredients:**

2/3 cup cucumber -- chopped and seeded 1/2 cup radishes -- chopped  
1 teaspoon vegetable oil  
2 tablespoons tarragon vinegar 1/4 teaspoon dried tarragon  
salt and pepper -- to taste 4 tilapia fillets ( 6 ounces each )  
2 tablespoons butter

**How to Prepare:**

Combine first six ingredients in a small bowl; mix well. Let stand at room temperature while preparing fish. Saute tilapia ( also known as St. Peters Fish) in butter in a large skillet over medium heat for two to three minutes on each side or until fish flakes easily. Transfer to serving plate. Spoon cucumber mixture over each serving. Serves four.

**Four Seasons Crab Cakes** CarbsPerServing:11 total recipe excluding lemon juice

Effort:Easy

**Ingredients:**

2 pounds lump crabmeat 1/2 pound cod fillets -- fresh  
1/2 cup heavy cream -- (1/2 to 1) 1 Tablespoon Dijon mustard  
2 teaspoons sesame oil  
2 Tablespoons parsley -- finely chopped 2 Tablespoons chives -- finely chopped  
2 Tablespoons basil -- julienned  
Salt and pepper to taste Juice of 1/2 lemon Olive oil for sauteing

**How to Prepare:**

Pick through crabmeat, removing all shells but being careful not to break up the large lumps too much. In a food processor, grind codfish until pureed. Add 1/2 cup of heavy cream and puree until incorporated. Then add more cream if needed. The mixture should be smooth and shiny, yet firm enough to hold its shape.

Place this mousse in a metal bowl and add the other ingredients, except for the olive oil. Take a small portion of the crab-cake mixture and saute in hot olive oil until golden brown. Taste to adjust seasoning.

Form the rest of the crab cakes and saute in hot olive oil until golden on both sides. Finish by baking in a 450-degree oven for 4-5 minutes. Serves six to eight

### Fried Sea Scallops

CarbsPerServing:10 total recipe

Effort:Easy

#### Ingredients:

1 pound sea scallops -- fresh  
HOT pork rinds -- crushed salt -- to taste (optional)

#### How to Prepare:

Heat oil in skillet. Crush the pork rinds into a fine powder. Add the salt. I do it in a large zip lock baggie. Add the scallops to the baggie and coat really well with the pork rinds. Fry them until they are good and crispy.

### Halibut Steaks

CarbsPerServing:19 total recipe

Effort:Easy

#### Ingredients:

3 tablespoons lemon juice                      1 teaspoon salt  
1/2 teaspoon paprika                              6 halibut steaks 1/2 cup chopped onion  
2 teaspoons butter                                1 green pepper -- cut into 6 strips

#### How to Prepare:

Combine first three ingredients, marinade halibut in it for at least one hour. Cook chooped onion in butter until just soft.

Preheat oven to 450. Place steaks in greased glass baking dish and top with cooked onion and pepper strips. Bake for 10 minutes, or until fish flakes easily.

### Indian Style Tuna Kebabs

CarbsPerServing:17 total recipe excluding

tuna and coriander

Effort:Easy

#### Ingredients:

1 can tuna in brine                                1 small red onion  
2 ounces cheddar cheese -- mild                1 teaspoon chili powder  
1/2 teaspoon salt 1/2 teaspoon cumin seed                1 egg -- beaten  
fresh corriander                                1 egg -- beaten for coating

#### How to Prepare:

add all ingredients into a bowl and mix well once all ingredients are mixed into a dough take a handfull and roll into a ball then flatten like a burger

Once firmly into shape coat with egg by dipping the kebab into the egg mixture turn over and then straight into the frying pan. make sure the pan is coated with 3 tblspns of oil (any).

once side is cooked then turn until golden brown. once cooked as they cook very quick serve with salad and sour cream and onion dip. makes about 7-8 kebabs

### Salmon Dinner

CarbsPerServing:10 total recipe

Effort:Easy

#### Ingredients:

1 salmon steak -- (chopped up)                      1 tomato -- small  
2 ounces feta cheese                                1/2 teaspoon garlic salt -- (approx.) 1 tablespoon oil  
salt    pepper    1 tablespoon lemon juice

#### How to Prepare:

fry up the chopped salmon with all the flavourings.... then add the diced tomatoes and feta and lemon juice.... and voila!!

### Marinade for Fish

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

I made this with Salmon and it was to die for.

Rub fish with black pepper. For marinade mix olive oil, a little sessami oil, and a little soy or teriyaki sauce.

Let fish sit in the marinade at least 30 min and upto two days.

To grill, add a little bit of oil to the pan and heat very hot until starts to smoke. Add fish and grill a 1-2 minutes per side. Longer if you like you fish well done.

### Mexican Shrimp

CarbsPerServing:16 total recipe

Effort:Easy

#### Ingredients:

18 ounces shrimp -- uncooked, peeled                      2 cloves garlic -- minced

1 tablespoon oil 1/2 cup salsa 1/4 cup chopped fresh cilantro

1 cup shredded cheddar cheese

How to Prepare:

Cook shrimp and garlic in oil for about four minutes, or until just opaque.

Stir in salsa and remove from heat. Stir in cilantro.

Divide into four overproof bowls and sprinkle evenly with cheese.

Place

under broiler for 2-3 minutes, or until cheese is brown and bubbly.

### Oh So Good Salmon

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

A nice size salmon filet w/the skin

Adobo seasoninggarlic powder

2 pats of butter -- (2 to 3)

How to Prepare:

Place salmon filet on aluminum foil (spray foil with non stick spray. Season filet with adobo and garlic and place butter pats on top. Pop in the broiler until cooked (usually around 10 mins or so).

### Orange Roughy

CarbsPerServing:13 total recipe

Effort:Easy

**Ingredients:**

4 Orange Roughy Fillets

1/2 cup chopped Pecans

2 tablespoons Olive Oil2 tablespoons lemon juice -- fresh or bottled

2 tablespoons Butter

How to Prepare:

Brush fillets lightly with Olive Oil. Take the oiled fillets and press onto the chopped pecans. Place in a heated skillet with the remaining oil and cook approximately 3 - 5 minutes on each side.

Remove the fillets and place in the oven to keep warm.

Place the the remaining pecans, lemon and butter in the frying pan where the fillets were to make a sauce. Stir the mixture until the pecans are toasted. Add more butter if you wish. Pour sauce over fillets and enjoy.

### Oven-Fried Fish Serves:7

CarbsPerServing:28 total recipe

Effort:Easy

**Ingredients:**

2 pounds firm fish -- cut into serving size pieces

1 tablespoon salt

1 egg -- beaten1/2 cup flax seed -- 1 cup ground -- 1/2 cup seeds

should grind to 1 cup

1 teaspoon onion powder

1 teaspoon chili powder

How to Prepare:

Add salt to beaten egg, mix well. Mix ground flax seeds, onion powder and chili powder. Dip fish into egg, then roll in dry ingredients. Place in foil-lined baking dish. Pour melted butter over fish. Place pan on shelf near top of oven. Bake 10-12 minutes at 500 F.

### Parmesan Crusted Sole

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

2 fillets sole or flounder

lemon juice (or ReaLemon)

salt pepper

garlic powderonion powder

6 tablespoons grated parmesan cheese

2 tablespoons butter

How to Prepare:

Preheat the broiler. Spray a pan lined with aluminum foil with Pam or brush with olive oil.

Rinse the fish in cold water and cut away any parts with bones.

Lay the fish on the pan. Drizzle with lemon juice. Sprinkle salt, pepper,

garlic powder and onion powder to taste. Sprinkle each fillet with 3 tablespoons grated parmesan cheese (or more to taste). Using a knife, place

small pieces of butter on the fish (not too close together).

### Pecan Crusted Roughy

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

10 ounces orange roughy fillets -- or any mild fish - 2 fillets

4 tablespoons mayonnaise

2 tablespoons ground pecan mealMcCormack's Old Bay Style Seafood seasoning

How to Prepare:

Preheat the oven to 400 degrees. Spray a baking dish with Pam, or brush with a light coating of oil. Place the filets in the pan, and sprinkle with a little of the seafood seasoning, then turn over and season the other side as well. Spread each filet with 2 T mayo (or slightly less to taste, but it should be a fairly thick coating), and sprinkle with 1 T. pecan meal.

Bake for approximately 15-20 minutes, or until fish turns opaque and flakes.

### Quick & Easy Shrimp Alfredo

Serves:10,10

CarbsPerServing:14 total recipe

Effort:Easy

**Ingredients:**

2 ounces cream cheese                      1/2 teaspoon garlic -- (wet is best)  
 2 tablespoons butter  
 2 Tablespoons Onion -- chopped fine 2 cups zucchini -- peeled & shredded  
 1/2 cup grated parmesan cheese              1 pinch salt  
 1/2 pound small shrimp

**How to Prepare:**

Melt butter in frying pan. Add onion and cook until clear but not browning. Add garlic, and shredded zucchini . Cook for 2 minutes

Cut cream cheese into small pieces and put in pan, and add parmesan cheese. Add shrimp and salt and cook until shrimp are done.

**Remoulade**

CarbsPerServing:15 total recipe

Effort:Easy

**Ingredients:**

1/3 cup mayonnaise                      1/4 cup dijon mustard  
 1/4 cup vegetable oil                      1 tablespoon lemon juice  
 1 tablespoon horseradish -- prepared, white              2 tablespoons minced fresh parsley  
 1 1/2 teaspoons tarragon -- minced, fresh 1 1/2 teaspoons gherkins --  
 minced, or sweet pickle relish              1 1/2 teaspoons capers -- drained, chopped  
 1/2 teaspoon minced garlic                      1/2 teaspoon anchovy paste  
 1 tablespoon paprika -- sweet                      Salt and pepper                      Liquid hot pepper sauce

**How to Prepare:**

Combine mayo, mustard, oil, lemon juice & horseradish. Blend well. Stir in parsley, tarragon, gherkins, capers, garlic, anchovy paste & paprika. Season with salt, pepper & hot pepper sauce. transfer to covered container, and refrigerate for 2 hours.  
 Keeps 4-5 days.

(Great over Salmon) Makes 1 1/4 cup

**Rich Tuna Salad**

Serves:10

CarbsPerServing:11 total recipe

Effort:Easy

**Ingredients:**

6 ounces tuna in water, canned                      4 ounces cream cheese  
 1/4 cup mayonnaise                      2 stalks celery -- chopped fine  
 2 tablespoons onion -- chopped fine 1 medium dill pickle -- chopped fine  
 2 tablespoons parsley -- minced-if desired                      1/2 teaspoon salt and pepper -- each

**How to Prepare:**

Bring cream cheese to room temp to soften then mix all ingredients together well. This is a very rich take on tuna salad and I love this if I haven't had enough fat and calories for the day -just spread 1-2T in a lettuce leaf for a "quick fix" that's sati sfiyng:) You could also stir in 1/4 cup shredded cheddar cheese if you like.

**Salmon & Spinach Roulade**

CarbsPerServing:20 total recipe

Effort:Easy

**Ingredients:**

8 ounces spinach                      4 eggs  
 400 grams salmon 4 tablespoons mayonnaise                      1 small onion

**How to Prepare:**

Spinach - fresh or frozen, cook and squeeze out moisture then finely chop.  
 Beat in 4 egg yolks. Whisk the egg whites and fold into the mixture.  
 Place in a swiss roll tin (flat baking tray) lines with non stick baking paper.  
 Bake at 200c 400f for approx 12 minutes. Turn out and allow to cool.  
 Mix 400 gms of salmon, cooked fresh or tinned, with 4 tablespoons of mayonnaise and 1 small onion chopped finely. Spread along the roulade and roll up  
 like a swiss roll. Place back in oven for 15 to 20 minutes.

**SALMON BALL**

CarbsPerServing:25 total recipe

Effort:Easy

**Ingredients:**

1 can salmon (red or pink is more attractive)  
 2 tablespoons horseradish -- mounded, squeezed 8 ounces cream cheese -- softened  
 Salt -- to taste                      1/2 cup nuts -- chopped

**How to Prepare:**

Blend all ingredients except nuts (use a food processor if you want a smoother texture); chill. Roll in nuts before serving.

Here's an excellent variation on the traditional cheese ball. It's quick and easy to prepare, so providing an elegant-tasting appetizer for dinner guests doesn't have to be a chore--the only other thing you need is a box of crackers. Note that red or pink salmon lends an attractive color. You can omit the nuts, if you prefer. The ball keeps  
 2 to 3 days. Serves 4-6.

**Salmon Fritters**

CarbsPerServing:4 total recipe

Effort:Easy

**Ingredients:**

1 can pink salmon -- ( pink is cheaper then red and works great in this recipe)



1 1/2 cup finely crushed pork rinds (make sure after the pork rinds are crushed they make 1 1/2 cups chop in food processor for best results. 1 clove garlic -- chopped fine  
1 egg 2 tablespoons parmesan cheese 1/4 cup heavy cream  
1 teaspoon worcestershire sauce canola oil for frying

How to Prepare:  
Mix together well the ingredients and form 1 inch balls and deep fry till crispy brown all over.

### Salmon Puffs

CarbsPerServing:7 total recipe

Effort:Easy

#### Ingredients:

14 1/2 ounces salmon, canned -- drain; pick out bones and skin  
1 large egg 1 teaspoon tabasco sauce  
3 tablespoons protein powder  
1/2 teaspoon salt and pepper 1/4 cup celery -- diced fine  
1/4 cup onion -- diced fine 1/2 cup pork rinds -- crush then measure  
2 ounces cream cheese -- cut into cubes oil for frying

How to Prepare:  
Mix everything well and shape into balls (you may need to add more protein powder if they're too wet to hold their shape, or a little cream if too dry). Deep fry at 350f for 3-4 minutes or until golden brown. Drain well on paper towels.

### Salmon with lemon pepper and cumin crust

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

salmon filet or steak cumin seeds -- freshly ground  
freshly squeezed lemon juice ground pepper -- five spice blend sea salt  
bay leaves (2-3 depending on size) butter

How to Prepare:  
Preheat oven to 375 degrees  
-place salmon in a baking dish and brush on melted butter.  
-Sprinkle salmon with lemon, salt, pepper and cumin until completely covered.  
-Place two to three bay leaves on top and bake at 375 for 35-40 min.

This is an awesome way to prepare fresh salmon! It's quick and easy too.

The cumin combined with the lemon and pepper gives the salmon a unique taste that's both tart and spicy. I've found though that with

this recipe, the longer you bake the salmon, the more cumin lemon flavour you get. (For those of you who prefer very moist seafood, try roasting the cumin before adding it to your salmon.)

### SalsaTuna

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

2 cans tuna in spring water  
1 dollop of sour cream to taste jar salsa (mild -- medium or hot)

How to Prepare:  
mix together and serve over bed of lettuce or use as a dip for celery or pork rinds or just eat it out of the bowl MMMMM tastes like hot shrimp!!

### Seafood and Sausage Snack/Spread

CarbsPerServing:3 total recipe

Effort:Easy

#### Ingredients:

1 can Tuna 4 sausage links 200 g shrimp -- peeled  
3 tablespoons mayonnaise

How to Prepare:  
Cook sausage. Let cool and cut into bite size pieces. Mix all ingredients in a bowl. Add seasoning to taste. Makes a great snack or spread. Enjoy!

### Seafood in Cream Sauce

CarbsPerServing:14 total recipe

excluding seafood

Effort:Easy

#### Ingredients:

4 tablespoons butter 1/2 pint heavy cream  
4 cloves garlic 2 teaspoons lemon pepper salt -- to taste  
1/4 cup parmesan cheese seafood of choice

How to Prepare:  
In a small saucepan heat about a half of stick of real butter. Simmer until all melted. Then add about a half of a pint of heavy whipping cream. Bring to a low boil then reduce heat to simmer. Add 4 cloves of garlic and then 2 tsp. of lemon pepper and salt to taste. Add 1/4 cup of parmesan cheese to liquid to thicken. Once the consistency has thickened add your favorite seafood...i.e; chopped clams, real crabmeat, lobster or shrimp. Continue to heat thoroughly through your seafood then top with fresh parsley!

## Tuna Loaf

CarbsPerServing:6 total recipe excluding caeser dressing

Effort:Easy

### Ingredients:

1 can tuna 1/2 cup finely crushed pork rinds  
2 tablespoons butter  
1 egg -- slightly beaten (2 eggs would make it a bit firmer)  
salt and pepper -- to taste 1/4 cup heavy cream  
1/4 cup warm waterTopping: 4 ounces cream cheese  
1 tablespoon Caesar Dressing (Cardini's is the BEST! no  
carbs) Great taste 1 1/2 tablespoons heavy cream

### How to Prepare:

Mix ingredients, Bake in buttered pyrex dish at 350 for 25-30 minutes until set. (With only one egg, it doesn't set very firmly.) Top with cream cheese, softened with salad dressing and cream to spreading consistency.

## Tuna with Roasted Pepper Sauce

CarbsPerServing:12 total recipe

Effort:Easy

### Ingredients:

#### SAUCE:

1/2 cup roasted red peppers -- 1/2 - 3/4, drained 1 1/2 teaspoons dried dill weed  
2 teaspoons garlic -- fresh, finely chopped 1/4 teaspoon salt  
1/8 teaspoon pepper 1/3 cup sour cream

#### TUNA:

2 thick tuna steaks -- (1") 1 tablespoon Olive Oil  
1 teaspoon paprika 1 teaspoon chili powder

### How to Prepare:

Prepare grill, heat until coals are ash white. Cut each tuna steak into 2 pieces. Combine oil, paprik & chili powder in small bowl. Brush onto both sides of tuna. Place tune on grill. Grill, turning once, until fish flakes easily with fork (8-12 mins). Meanwhile, combine all sauce ingredients EXCEPT sour cream in 5 cup blender or food processor fitted with metal blade. Blend at high speed until smooth (30 seconds). Pour pepper mixture into 1 qt saucepan. Stir in sour cream with wire whisk. Cook over med heat until heated thru, 1-2 minutes. Spoon sauce onto serving plates, top with tuna.

## Tuna/Zucchini Bake

CarbsPerServing:8 total recipe

Effort:Easy

### Ingredients:

Zucchini layer 1 cup zucchini -- shredded  
1 tablespoon butter 1/2 teaspoon mustard powder  
1/4 teaspoon salt 1/4 teaspoon pepper  
2 Tablespoons parmesan cheeseTuna layer 6 ounces canned tuna  
1 egg -- beaten 1/2 teaspoon garlic powder  
1/2 teaspoon oregano 1/2 teaspoon paprika 1/2 cup shredded cheddar cheese

### How to Prepare:

Mix zucchini layer ingredients and microwave for 60 seconds. Drain excess moisture from zucchini mixture. Spray a cake pan with Pam and spread zucchini mixture into the pan. Mix tuna layer ingredients. Spread tuna mixture over zucchini. Sprinkle top w/ parmesan cheese, if desired. Bake at 400 degrees for 20 minutes or until tuna is firm and brown on top.

## Spicy Salmon Steaks!

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

4 Salmon steaks  
1 tsp garlic minced.(use powdered if fresh is not available)  
1 tsp Ginger minced.(use powdered if fresh is not available)1 tsp ground cumin 1 tsp ground chilli  
1/4 c lemon juice salt to taste  
3-4 tbsp soy flour (add a pinch of the cumin chilli and salt)

### How to Prepare:

Hot oil for frying (deep fryer is best)

Mix all ingredients (except flour)in bowl. Marinate salmon steaks for at least 30 minutes turning every 5-10 minutes. After at least 30 minutes coat each salmon steak in the flour mixture completely and drop carefully into hot oil. (make sure there is enough oil to cover the steaks. Fry until brown and cooked. Remove from oil and put on paper towel to soak excess oil. Serve with salad or vegetables.

## PORK MEALS

### Slow Cooked Pork, Cabbage and Onions

Serves:4-6 easily,7

CarbsPerServing:Per entire recipe: 1453 Calories (kcal); 54g  
Total Fat; (32% calories from fat); 174g Protein; 75g  
Carbohydrate; 31g fiber; 496mg Cholesterol; 3857mg Sodium  
Prep Time:varies  
Effort:Easy

**Ingredients:**

3 pounds lean pork shoulder -- cut into bite-sized pieces  
1 large head of cabbage -- cut into chunks 1 large onion -- cut into 1" pieces  
1 teaspoon salt 1/2 teaspoon black pepper  
3 each whole cloves 1/8 teaspoon nutmeg  
6 ounces diet rite or other diet cola 1 teaspoon caraway seeds  
6 ounces beef broth

**How to Prepare:**

Preheat oven to 300f.  
In an oven proof pan with a tight fitting lid, saute onion in bacon grease until slightly translucent. Add pork cubes and saute for 5-6 minutes or until they change colors. Then add the cabbage and remaining ingredients. Bring to a simmer, cover tightly with lid. Place in oven and let cook for 3-4 hours.  
You can strain the juices out and reduce them and serve with the dish or just use a slotted spoon and serve as-is.  
Serve in a bowl with a dollop of sour cream on top.

**Chorizo 2**

Serves:Nutritional info for entire recipe.

Divide by number of servings you get.,10  
CarbsPerServing:Per serving: 638 Calories (kcal); 44g Total  
Fat; (62% calories from fat); 52g Protein; 8g Carbohydrate; 4g  
fiber; 165mg Cholesterol; 1356mg Sodium  
Effort:Easy

**Ingredients:**

1 pound lean pork shoulder -- or tenderloin 1 tablespoon hot chili powder -- or mild  
1/2 teaspoon salt 1/2 teaspoon black pepper  
1 teaspoon ground cumin 1 teaspoon ground oregano  
2 tablespoons olive oil 2 tablespoons water  
1 teaspoon red pepper flakes 1/2 teaspoon garlic powder

**How to Prepare:**

Roughly chop pork then process in pulses in a food processor until very fine. Add remaining ingredients and pulse to blend thoroughly. You want almost a pate/paste consistency.  
Refrigerate covered overnight to allow flavors to blend.  
Form into patties or crumbles and fry until cooked through. Cook thoroughly.

**Sausage Balls**

CarbsPerServing:5g carbs total

Effort:Easy

**Ingredients:**

1 pound sausage 1 cup cheese -- or more if needed

**How to Prepare:**

I form this into balls and bake at 400 until done. They are wonderful as snacks.

**Kale and Sausage**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1 tube of pork sausage 1 bunch kale 1/2 stick butter

**How to Prepare:**

Make patties out of the bulk pork sausage and start frying. Wash the kale in vinegar water; shake off excess moisture. Cut the kale every 1/2 inch crossways with a scissors into about one inch of boiling water in a large kettle. (It cooks down quite a bit; I also add butter when I cook it.) Fry the pork slowly because the kale takes about 45 minutes of simmering to get tender. Either mix with pork or serve them side-by-side. A delicious way to eat your greens. (If you cut the kale thin enough it's almost the texture of fettucini.) Enjoy.

**Italian Sausage and Greens**

Serves:4

CarbsPerServing:16.25g

Effort:Easy

**Ingredients:**

1 tablespoon extra virgin olive oil 1 pound italian sausage -- sweet or hot  
1 pound kale (or mustard greens or collards or turnip greens or escarole)  
3/4 pound mushroom minced garlic (to your taste -- we like it with a lot of garlic)  
dried red pepper flakes (also to taste) salt and pepper  
2 cups chicken stock -- or water

**How to Prepare:**

Cut sausage into bite size or smaller pieces, brown in olive oil. Trim and slice mushrooms. When sausage is done, remove from pan and set aside. Put mushrooms in pan. While mushrooms are cooking trim leaves from their stems and chop into 1/2 inch long pieces. Roll leaves up and slice into thin strips. Brown chopped up stems, then add garlic, dried red pepper and green leaves. Cover and cook a few minutes Add sausage and liquid and cook until greens are done.

Serves 4

NOTES : Counts for protein powder not included in totals.

**Spinach Stuffed Pork Chops**

Serves:10,10,10

CarbsPerServing:12g carbs total

Effort:Easy

**Ingredients:**

1/4 cup chopped onion 1 box frozen spinach --  
thawed and squeezed 2 cloves garlic -- minced

2 tablespoons butter 2 tablespoons water 6 pork chops -- for stuffing  
1/4 cup olive oil 1/2 cup water

How to Prepare:

Saute onion and garlic in butter until soft. Add spinach and 2 tbsp water. Mix well and heat through. Stuff this mixture into the pocket of the pork chop. Close pock with toothpicks. Heat olive oil in skillet, add chops and borwn on both sides. Transfer to baking dish, adding 1/2 cup water. Bake for 1.5 hours or until chops are tender.

NOTES : Counts allow for 1 cup spinach, or 6 carbs - adjust accordingly.

**Savory Rosemary Pork**

Serves:8,8

CarbsPerServing:6g carbs total

Effort:Easy

**Ingredients:**

4 pork cutlets -- thinly sliced 1 clove garlic -- to taste  
2 teaspoons rosemary -- to taste salt -- to taste  
black pepper -- to taste 2 tablespoons heavy cream 1 tablespoon sour cream  
2 large mushrooms olive oil

How to Prepare:

1) Sautee pork and mushrooms and seasonings in olive oil over medium heat until lightly browned.  
2) Turn heat to low, add cream and sour cream stir continuously until warm. Do not let this boil.

**Paprika Pork Chops**

CarbsPerServing:21g carbs total

Effort:Easy

**Ingredients:**

4 pork chops 3 tablespoons paprika -- (3 to 4)  
salt and pepper 1 tablespoon Mrs. Dash  
1/2 cup sour cream 1/2 cup heavy cream 1/3 cup water  
3 egg yolks 3 slices bacon -- diced 1/4 cup butter

How to Prepare:

Saute the bacon in skillet until golden brown, remove. Saute pork chops on both sides in bacon fat. When chops are browned on both sides, remove. To the pan add salt and pepper, paprika, Mrs. Dash, and water. Scrape the pan drippings to release into mixture. Allow to reduce by 1/3 over low heat, just below a boil. Beat egg yolks, add a bit of the mixture into the egg yolks and whisk.....do not allow yolks to scramble.....then add to mixture. Remove from heat...whisk in butter and sour cream. Add chops to reheat.

Serve with low carb aktins noodles ( egg whites beaten, salt, and egg yolks folded in.....spread on a greased cookie sheet and baked for 10 min 350 degrees, then sliced into strips when cool.

NOTES : Counts for mrs.dash not included - adjust accordingly.

**SMOTHERED PORK LOIN CHOPS**

Serves:4,9,10

CarbsPerServing:5.5g

Effort:Easy

**Ingredients:**

1 thick cut pork loin chops -- (4 1/2") 1 tablespoon flour  
1 tablespoon butter meat tenderizer  
fresh cracked pepper 1 cup chicken stock 1 shallot -- minced  
1 tablespoon parsley 1/2 cup whipping cream  
8 ounces fresh mushrooms -- sliced 4 tablespoons olive oil

How to Prepare:

Season pork with tenderizer and pepper. In a fry pan heat 1 T olive oil and saute the shallot till tender. Add butter to pan and combine flour to make a roux, cook for 3 minutes to remove flour taste. Add in chicken stock and cook till thickened slightly. In a seperate pan add 3 T olive oil and fry the pork till cooked through. Add mushrooms to the sauce and cook till tender, add the cream and reduce the sauce till thick and bubbly. Toss in the parsley and serve over the pork loins. Serves 4

Hint: After cooking the pork, drain off as much oil as possible and add the pan drippings to the finished sauce.

**Juicy Pork Tenderloin**

CarbsPerServing:12g carbs total

Effort:Easy

**Ingredients:**

2 pounds pork tenderloin 1/4 cup vermouth  
2 cloves garlic -- minced 3 tablespoons artificial  
sweetener 1 teaspoon worcestershire  
sauce 1/2 teaspoon salt 1/2 teaspoon red pepper  
3 tablespoons sugar free ketchup  
2 teaspoons rosemary --fresh, finely chopped

How to Prepare:

cut tenderloin into 2 strips, lengthwise. Mix marinade and rub into meat. Refrigerate for 2-4 hours. Place on roasting rack in pan. Roast for 35-45 mins or until juices run clear. Let stand 10 minutes, cut into slices and pour pan juices over meat.

4-6 servings

NOTES : Carbs for sugar free ketchup not included in above total - adjust accordingly

### Pork Casserole

Serves:4,10

CarbsPerServing:8.75g

Effort:Easy

#### Ingredients:

12 ounces fresh mushrooms 1/4 cup chopped onion  
3 tablespoons butter 1 pound pork browned and drained  
1 package frozen spinach -- thawed 1 pinch seasoning  
3/4 cup heavy cream 2 eggs 1 cup Swiss cheese

#### How to Prepare:

Preheat oven to 375 and grease casserole dish with butter. In a bowl, combine cream, egg, and the egg yolks. Pour cream/egg mixture over everything else, browned and simmering. Bake 30 minutes.

Servings: 4

### Crock Pot Pork Chili Verde

CarbsPerServing:46g carbs total

Effort:Easy

#### Ingredients:

2 pounds pork -- 2 to 3 (boneless country-style  
pork ribs or pork stew meat) 1 medium onion -- diced  
16 ounces green salsa (salsa verde) 2 teaspoons chili powder -- or more if needed  
1 teaspoon cumin -- (1 to 2) 2 cloves garlic -- minced, or more if needed

#### How to Prepare:

If possible, rub the pork with the chili powder and cumin and let marinate overnight. This isn't critical, but it does make sure the meat gets well seasoned before cooking.

Place pork in crock pot; add seasonings if above step was not performed. Then toss in garlic and onion, top with the green salsa. Turn crock pot on Low and let cook for 8 hours. Enjoy with shredded cheese, sour cream, etc.

### Snow Capped Broccoli 'N' Ham

Serves:4

CarbsPerServing:depends what you add to this

Prep Time:fast

Effort:Average

#### Ingredients:

1 10 ounce package frozen or fresh broccoli ( can put cauliflower to or )  
10 ounces fully cooked ham, chopped ( about 2 cups)  
1/4 cup chopped onion 3/4 cup salad dressing or mayonnaise  
3 egg whites  
1 teaspoon dry mustard  
2 tablespoons of parmesan or moserala cheese  
I add mushrooms

#### How to Prepare:

run hot water over broccoli just until thawed. drain and put in square casserole dish or divide in 4 10 ounce custard cups. combine chopped ham, onion and 1/4 cup of the sald dressing or mayonnaise. Spoon ham mixture over broccoli in custard cups or caserole dish.

For egg topping, in a small mixer bowl beat egg shites till stiff and peaks form . stir together the remaining salad dressing and dry mustard. fold salad dressing mixture into beaten egg whites. Spoon egg mixture over ham mixture in custard cups or casserole dish. sprinkle the cheese on top. Bake in a 350 oven for 18 min or till topping is golden.

### Pork Steaks and Cabbage

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

Pork steaks Garlic salt  
Cabbage -- cut in smallpieces, about 1 cup raw for every 6 ounces of pork.  
Bacon -- 3 or 4 pieces

#### How to Prepare:

Wash pork steak and sprinkle with garlic salt. Saute the cabbage with the bacon, then layer the cabbage/bacon mixture with the pork in a crock pot. There is no need to add water, and the juice will be awesome. until very tender.

### Pork Tenderloin Slices

Serves:5

CarbsPerServing:4g carbs total

Effort:Easy

#### Ingredients:

1 Pork Tenderloin -- french cut into 1/4 inch slices  
1 egg 1/4 cup atkins bake mix 4 tablespoons vegatable oil -- (4 to 5)  
Sauces to taste

#### How to Prepare:

Pound Pork tenderloin slices with a meat hammer until thin.Heat the oil in a heavy

skillet over Medium high heat. Dredge each slice in egg and then coat with Bake Mix.

Places slices in hot oil until golden brown. Remove to paperplate to drain.

Serve with sauces such as the Adkins Cherry Raspberry Sauce or Ranch dressing to dip in.

### Pigs in a Blanket

Serves:5

CarbsPerServing:12g carbs total

Effort:Easy

#### Ingredients:

1/3 cup atkins bake mix                      1 tablespoon sweet dairy whey  
1/8 cup artificial sweetener -- splenda                      2 eggs 1/4 cup half and half  
1 dash nutmeg                      1 pinch salt                      6 sausage links

#### How to Prepare:

mix all ingredients. make 6 silver dollar size pancakes, butter and sprinkle with splenda. Then wrap around a cooked sausage link.

### Leftover Pork Stirfry (easy)

CarbsPerServing:11g carbs total

Effort:Easy

#### Ingredients:

12 ounces cooked pork --                      shredded or chopped  
2 tablespoons soy sauce                      4 cups bok choy -- chopped  
1/4 cup oil -- for cooking 1/2 cup water                      1/2 teaspoon ground black pepper  
1/2 teaspoon garlic powder

#### How to Prepare:

Stir fry pork in hot oil for 2 minutes, then add remaining ingredients. Cover and reduce heat - let steam 5-7 minutes, stiring every 2 minutes to prevent burning and sticking.

### Simple Pork Chops

CarbsPerServing:10g carbs total

Effort:Easy

#### Ingredients:

4 boneless por chops about 1 1/2 in. thick  
1 cups sauerkraut -- I used the kind in the bag (1 to 1 1/2)  
1/2 cup Atkins Pancake                      Syrup

#### How to Prepare:

Place the pork chops in a baking dish. Surround them with the sauerkraut. Make sure there is enough fluid so that they have a chance to absorb the moisture. If there is not enough, they will be dry. Take the pancake syrup and pour it over the dish. Try to even it out. If you need more, you can use it because it is zero carbs. Bake at 350-375 degrees for an hour. Check to make sure pork is done. It has sort of a sweet and sour taste, and the chops were moist and tender.

NOTES : Counts for syrup not included in totals.

### Creamy Mushroom Pork Chop

CarbsPerServing:11g carbs total

Effort:Easy

#### Ingredients:

1 tablespoon Butter                      4 pork chops -- (4 to 6), bone in  
Garlic Salt                      Black Pepper 1 Jar Ragu Parmesan  
Alfredo Sauce -- (16 oz.)                      8 ounces button mushrooms -- whole  
1 Pinch Dried Thyme

#### How to Prepare:

Melt butter in large skillet. Season chops on both sides with garlic salt and pepper, and brown in butter. Transfer chops to slow cooker. Remove skillet from heat and stir alfredo sauce into drippings. Slice mushrooms and scatter over chops in slow cooker. Pour alfredo sauce over all. Sprinkle with dried thyme. Simmer on medium low heat about two hours or until chops are fork tender. NOTES : Counts for Alfredo sauce and garlic salt not included in totals.

### Stuffed Mushrooms III

CarbsPerServing:21g carbs total

Effort:Easy

#### Ingredients:

20 large fresh mushrooms                      1/2 pound sausage 2 green onion -- with 1/2 stem  
1 block Philadelphia cream                      cheese

#### How to Prepare:

stem mushrooms, fry cut up stems with sausage, add chopped onion to sausage mixture, cook till done. Add cream cheese and stir till mixed will. Fill mushrooms with mixture and bake in 350 degree oven 15-20 min or golden brown

NOTES : Counts for cream cheese not included unknown size - adjust accordingly

### bacon wrapped pork chops

Serves:4,10

CarbsPerServing:1.5

Prep Time:15 minutes

Effort:Easy

**Ingredients:**

4 pork chops, sliced onion, sliced green pepper, baconsalt & pepper, crushed red pepper (optional)

**How to Prepare:**

season pork with salt, pepper, and red pepper. Place on each chop, 1 slice of onion and green pepper wrap bacon around chop (toothpick will hold bacon to meat) bake in oven for 25-30 min at 375 degrees

**Creamy Maple Pork Chops**

Serves:3-4,2

CarbsPerServing:Varies depending on s/f syrup and sweetner (approx. 20 carbs total)

Prep Time:10 minutes

Effort:Easy

**Ingredients:**

10-12 Thin Sliced Pork Chops2-Tbsp Butter8 oz cream cheese (softened)4 oz heavy cream1/2 to 1-cup Splenda (to taste)1/4 cup Sugar Free (Atkins) Pancake Syrup (or Dvinci Maple flavored syrup)

**How to Prepare:**

In an electric skillet (or frying pan) lightly brown the pork chops to seal in juices (about 10 seconds each side). Then in a bowl mix together the cream cheese, heavy cream, S/F Syrup and splenda. Add this mixture to the skillet with pork chop and turn heat to medium and simmer until pork chops are cooked and sauce is warmed. THAT'S IT!!!

**Great SpareRibs**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

no itemized ingredients providedno itemized ingredients provided

**How to Prepare:**

Pepper slab of ribs, put in shallow pan, cover with white distilled vinegar, cover with foil & bake on 350 until done, have grill hot and put on grill & cook until brown as you like. Baste with Mixture of vinegar, salt & little lemon juice. Serve with a nice salad.

**Pork and Green Bean Stir-Fry**

Serves:4,6

CarbsPerServing:6g

Effort:Easy

**Ingredients:**

1 pound pork tenderloin -- or boneless pork loin  
2 tablespoons vegetable oil 4 cloves garlic -- minced  
10 ounces green beans -- frozen, or 3/4 pound fresh  
2 teaspoons artificial sweetener2 teaspoons soy sauce  
1/2 teaspoon red pepper flakes 1 teaspoon fresh ginger -- shredded  
1 teaspoon sesame oil 1 teaspoon rice wine vinegar

**How to Prepare:**

Cut meat into 1/2 inch slices. Heat oil in large skillet. Add garlic, stirfry until lightly browned. Add pork and cook until lightly browned. Add green beans. Stirfry until beans and pork are done, about 8 mins. Push meat and beans to side of pan, add splenda, soy sauce, red pepper, and ginger. stir until blended. Add oil and vinegar. toss with meat and beans.

4 servings

**Pizza Casserole**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

2 packages sliced mushrooms 2 bell peppers -- chopped  
1 small onion -- chopped - or chives chopped olives  
1 small can tomato sauce pepperoniitalian sausage -- browned  
grilled chicken or turkey meat - in bite size pieces  
whatever cheese you like - shredded bacon pieces  
maybe a few pieces of pineapple

**How to Prepare:**

Spray the bottom of a baking pan with Pam. Arrange the mushroom slices to cover the bottom. Pour the tomato sauce over the mushrooms - won't be much so be sparing. Put on the rest of the ingredients in whatever order you like and top with cheese.Bake at 400 for about 20 minutes. Let sit for a few minutes. Cut and serve with nice salad.

The carbs vary depending on how much of what you use. Should be fairly easy to figure out. It makes about 6-8 good portions, along with a salad, and maybe low-carb tiramisu for dessert!!!

### Slow Cooker Country Spare Ribs

Serves:4

CarbsPerServing:10g per serving (2 ribs)

Prep Time:15-20 min

Effort:Easy

#### Ingredients:

4 lbs Country Style Spare Ribs                      2 Tbs Butter  
1 Can Diet Coke or Diet Rite                      Lots of Lawry's Seasoned Salt  
  
1 Can Diced Tomatoes(undrained)                      1 Tbsp Molasses  
1 Tbsp Minced Garlic  
1 Tbsp Dried Minced Onion (or fresh onion - about 1/3 chopped)  
1 Tbsp Hot Hungarian Paprika (if desired)

#### How to Prepare:

Mix all ingredients from second column in your crock pot. Next, heat up the butter in large skillet until very hot but not so the butter burns. Sear each piece of ribs (I do 4 at a time) on each side. I like to sear, but it is not necessary. Sprinkle Lawry's salt generously on both sides of each rib. Layer ribs in slow cooker and pour diet coke over the top. Turn cooker on low (1 or 2) and cook all day (about 7 hours). 1/2 hour before serving, season again if necessary and turn to high so liquid boils. Serve and enjoy!! Tip - if you cook these even longer and/or on higher heat remove the bones and you'll have a wonderful stew (add a bit of sour cream to the broth).

### Sausage Puffs

CarbsPerServing:19g carbs total

Effort:Easy

#### Ingredients:

1 pound pork sausage -- hot, in roll                      2 cups sharp cheddar  
cheese -- shredded 1 cup Atkins bake mix

#### How to Prepare:

Preheat oven to 350 degrees Cover large cookie sheet with heavy duty tin foil Mix all together and roll into 1" balls. Bake for 30-35 minutes  
Makes approximately 60 balls Remove from sheet and throw away foil. Voila the cookie sheet should be clean!

### Sausage Cabbage Au Gratin

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

no itemized ingredients no itemized ingredients

#### How to Prepare:

In a large skillet, saute' five or six slices of diced bacon. Add a package of little smokies and cook through. Add one head of cabbage and saute'till wilted. Mix together 1/2 cup whipping cream, 1/2 cup Parmesan cheese, and 2 teaspoons of flour. Pour over the cabbage mixture and cover. Leave for 15 minutes till set.

### Mushroom topped Pork chops

Serves:10

CarbsPerServing:11g carbs total

Effort:Easy

#### Ingredients:

4 pork chops -- boneless,                      3/4 in thick (4 to 6)  
1 tablespoon butter                      1 cup mushroom -- finely chopped  
1 tablespoon butter                      1/2 cup parsley -- finely  
chopped 1/3 cup red onion -- finely chopped  
1 egg                      1 teaspoon salt                      2 tablespoons grated cheddar cheese -- (2 to 3)

#### How to Prepare:

heat butter in pan. Brown chops on both sides. Place in casserole dish. Saute mushrooms in butter until no longer moist. Cool. Mix mushrooms, parsley, onion, egg, and salt and pepper. Place on top of pork chops. Bake at 350F for about 40 mins. Sprinkle with cheese after 30 mins. Check for doneness.

### Zuchini Lasagna

Serves:10,10

CarbsPerServing:29g carbs total

Effort:Easy

#### Ingredients:

1/2 pound Italian sausage                      -- ground cooked til crumbly  
3 zucchini -- medium,                      peeled, sliced and boiled for 3 minutes  
1/2 cup Ricotta cheese 2 cups Mozzarella cheese  
1 cup low carb Spaghetti sauce -- (I use Classico  
Sun Dried Tomato 8 carbs)                      1/4 cup Parmesan cheese

#### How to Prepare:



Spread a very thin layer of sauce on the bottom of a  
corning ware type dish. Then begin layering  
your lasagna with the ingredients from  
above. Sprinkle Parmesan cheese on top. Cover and  
bake for 30 minutes at 350. Then uncover for 15  
minutes at 350. Let stand for 10 minutes.  
Then enjoy!!

NOTES : Counts for spaghetti sauce not included  
CarbsPerServing:36g carbs total Effort:Easy

### Sausage Stuffing

**Ingredients:**  
1 pound sausage -- seasoned 2 large onions -- finely chopped  
3 stalks celery -- finely chopped (3 to 4) 2 tablespoons butter -- (2 to  
4) 1 head cabbage - finely chopped  
15 ounces chicken broth -- canned  
3 eggs -- beaten Seasonings

#### How to Prepare:

This has all the taste of real stuffing, without the bread.  
You won't miss the bread and can "stuff" yourself as much as you like.  
Saute your onion and celery in the butter. Add sausage,  
brown, crumbling the sausage finely. Let the oils  
and butter brown on the bottom of the pan to get that  
great carbonation flavor. Add seasonings you like  
such as thyme, oregano, pepper, salt, to taste. My  
sausage was preseasoned, so I just  
added pepper. Add cabbage and continue  
cooking. Add chicken broth to moisten as dish starts to  
get dry. I ended up using a whole can. Cook until  
cabbage is cooked and tender. Put in a 3-4 qt  
baking dish and add the eggs. Bake in 350 degree oven for 20-30 minutes.

### Pepper and onion porkchops

Serves:10 CarbsPerServing:37g carbs

Effort:Easy

#### Ingredients:

4 pork chops, center cut -- about 1 1/2 lbs. 1/4 teaspoon salt -- pepper  
1/2 teaspoon paprika 1/2 teaspoon dried thyme 2 green pepper -- or red  
2 medium onions 2 tablespoons butter 1/3 cup beef broth

#### How to Prepare:

Combine spices and sprinkle over both sides of  
chops. Slice pepper and onions.  
Heat half butter in skillet, saute onions and peppers  
until soft, not brown. Remove from pan.  
Heat remaining butter and brown chops on both sides.  
Lower heat. Add broth, onions, and  
peppers. Cook over low about 20 mins or until chops are done.

4 servings

### Red Cooked Pork

Serves:4 CarbsPerServing:depends on vegetables

Prep Time:1/2 hour Effort:Easy

#### Ingredients:

2 lbs very fatty cut of pork or 4-6 chicken legs w/thigh  
6 scallions 9 slices ginger  
1 head garlic 9 T. soy sauce 3 T. rice wine  
a few slices small red chile 1/2-1 cup water  
3 pacs splenda vegetables of choice (carrot, chinese radish, bamboo)

#### How to Prepare:

Place all of the ingredients except Splenda and vegetables in a  
large crock pot. If the cut of pork is large, cut it into a few  
chunks. Cook on high for about 3 hours. Then add Splenda and chopped  
vegetables. Cook another hour. Eat with sauteed greens.

P.S. Pork and Chicken can be cooked together. This can also be  
cooked on the stove, just reduce cooking time to 1 1/2 hours or so  
and make sure the liquid doesn't boil off.

### Citrus Skillet Pork Chops

Serves:4 CarbsPerServing:1g

Prep Time:5 min. / cook time 30 min.? Effort:Easy

#### Ingredients:

1 Clove garlic, chopped 1 tsp. paprika 1/4 tsp. ground coriander  
1/8 tsp. freshly ground black pepper 4 center-cut loin pork chops (4  
ozs each) 3/4" thick 3/4 cup reduced sodium chicken broth  
1 tsp. fresh lemon juice

#### How to Prepare:

combine first 5 ingredients. sprinkle both sides of chops.

in a large nonstick skillet combine broth and lemon juice.  
Mix well. Add Pork and simmer, covered, over low heat about 30 min.  
pour broth mixture from skillet into a glass measuring cup; cool  
slightly set aside.  
Place chops in same skillet. Heat over med. heat turning once until  
browned and heated through about 2 to 3 min. remove chops cover with  
foil to keep warm.  
Using a spoon, skim fat from sauce. Return broth to skillet. bring

to boil, stirring, over med. heat until reduced slightly, about 2 min. Spoon lemon sauce over pork chops. Serve immediately

### Nitrate Free Pork Sausage

CarbsPerServing: 5g carbs total

Effort: Easy

#### Ingredients:

2 pounds ground pork  
1/4 cup parsley -- finely minced  
1/2 teaspoon salt -- or more to taste  
1/2 teaspoon ground black pepper  
1/4 teaspoon ground nutmeg  
2 teaspoons cream  
2 each eggs

#### How to Prepare:

Mix all ingredients well and refrigerate overnight to blend flavors. Divide into 12 balls and pat into patties. Fry 4 minutes on each side or until cooked through.

### Southern Sausage Skillet

Serves: 7

CarbsPerServing: no counts provided

Effort: Easy

#### Ingredients:

no itemized ingredients

#### How to Prepare:

Easy and fast... quantities determined by how many people you are cooking for! polish sausage or kielbasa onions green beans... fresh, canned (drain first) or frozen (thaw first)... NOTE: french style do not work well here Score the sausage so when you brown it in a skillet, the juices will flow I do this even with the pre-cooked sausage). Add the onions and green beans, and sautee until they have taken in the flavor of the sausage without getting limp and overcooked. The juices from the sausage will prevent the green beans from sticking to the pan. This was a meal created in a moment of desperation and it turned out to be a new favorite!

### Pork Chops with Blue Cheese Gravy

Serves: 4

Effort: Easy

#### Ingredients:

2 tablespoons butter  
1/2 teaspoon ground black pepper, or to taste  
powder, or to taste  
4 thick cut pork chops  
1/2 teaspoon garlic  
1 cup heavy cream  
2 ounces blue cheese, crumbled

#### How to Prepare:

Melt butter in a large skillet, over medium heat. Season the pork chops with black pepper and garlic powder. Fry the chops in butter until no longer pink and the juices run clear, about 20 to 25 minutes. Turn occasionally to brown evenly.

Remove chops to a plate and keep warm. Stir the whipping cream into the skillet, loosening any bits of meat stuck to the bottom. Stir in blue cheese. Cook, stirring constantly until sauce thickens, about 5 minutes. Pour sauce over warm pork chops.

### Ham roll-up variation

CarbsPerServing: no counts provided

Effort: Easy

#### Ingredients:

no itemized ingredients

#### How to Prepare:

Spread softened cream cheese thinly on a slice of imported ham. Lay a green onion along one of the long sides Roll up the ham, and slice into 1" pieces. Makes a fabulous appetizer and can be a very elegant presentation on a serving tray... your party guests will never know it's one of your "diet" foods!

### Ham Steak with Onion Gravy

Serves: 10

CarbsPerServing: 30g carbs total

Effort: Easy

#### Ingredients:

1 ham steak -- 1.5 inches thick  
1 cup sour cream  
1/8 cup heavy cream  
2 cups sliced onions - thinly sliced  
1/8 cup warm water

#### How to Prepare:

Pan cook ham steak on both sides. Remove from pan. Add onions to pan and cook until browned. Mix heavy cream with water. Add sour cream and heavy cream/water to pan heat through. Pour over ham steak.

### Spicy Mushroom Pork Chops

Serves: 6

CarbsPerServing: 1.9 per serving

Effort: Easy

#### Ingredients:

6 boneless pork chops  
4.5 oz can mushrooms w/liquid  
2 tbsp LC BBQ sauce of choice  
1 tbsp Louisiana Cajun Seasoning  
2 tbs Mesquite Liquid Smoke  
1/3 cup chopped onions  
salt and pepper to taste

How to Prepare:

Trim excess fat off of pork chops. In large non-stick pan put pork chops on medium heat. Pour liquid smoke over them. Sprinkle with cajun seasoning and salt and pepper. Cook until done about 1/2 way through. Turn pork chops over, cook about 5 more minutes. Add rest of ingredients to pan. Cook covered over medium high heat, stirring sauce around pork chops occasionally, making sure mushrooms and onion are in sauce. Cook for 15 more minutes, turning chops again 1/2 way through. Serve chops with sauce on top.

NOTE: Carb count does not include BBQ Sauce.

### Shaking Bake Mix for Pork Chops

Serves:10,5,7

CarbsPerServing:2g carbs total

Effort:Easy

#### Ingredients:

3/4 cup finely crushed pork rinds 1 teaspoon salt  
1/4 teaspoon paprika 1/4 teaspoon garlic powder  
1/4 teaspoon onion powder 1 splenda packets

How to Prepare:

Preheat oven to 400'. Place all ingredients in a large plastic bag. Lightly moisten pork chops with water and place in bag and shake. Arrange pork chops on a baking sheet and bake 45 minutes with a bone, and 20 minutes without a bone, or until you can tell yourself the pork is cooked. NOTES : Counts for natural peanut butter not included in totals.

### Queso Fundido

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

Chorizo (Mexican Sausage) Queso Chihuahua (Chihuahua Cheese)

How to Prepare:

Remove casing from sausage. Cook and drain fat. Place thin layer of cooked sausage on microwave safe dish. Top with sliced chihuahua cheese Microwave for on high 1 minute or until cheese melts.

### Pork Taco

CarbsPerServing:3g carbs total

Effort:Easy

#### Ingredients:

1 pork chop (sliced into thin strips)  
1 teaspoon olive oil 1 tablespoon sour cream  
1/2 slice American Cheese 1 tablespoon salsa -- pace  
1 lowcarb tortilla 1 tablespoon onion

How to Prepare:

Add Olive oil to a small frying pan . Add pork to the pan and stir fry until done. Warm tortilla in the oven until just warm. Put tortilla on a plate and add pork, sour cream, cheese, salsa and onion on tortilla and fold over. This taco is very tasty and quick to make. NOTES : Counts for low-carb tortilla not included - adjust accordingly

### PORK CHOPS

CarbsPerServing:1g carbs total

Effort:Easy

#### Ingredients:

4 boneless pork chops -- (4 to 8) 2 eggs -- beaten  
pork rinds - crushed to bread crumb consistency dash seasoned salt -- or two  
cooking oil

How to Prepare:

Pound the pork chops to flatten, dip in egg, then coat with the crushed pork rinds and fry in oil. Can sprinkle with seasoned salt while cooking. Next time I make these I am going to make mock mashed potatoes and gravy to go with. Yummm

### Jalapeno Stuffed Sausage

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 can pickled jalapenos 1 pound pork sausage 1 package cream cheese

How to Prepare:

I take the seed out of my jalapenos, but they can be left in. Slice jalapenos in half and add cream cheese. Wrap the jalapeno with the sausage, kind of like your coating it (actually you are...lo). Bake in a 300 degree oven for about 20-30 minutes or until sausage is cooked. It's delicious.

### Horseradish Encrusted Pork Loin Chops

CarbsPerServing:19g carbs total

Effort:Easy

#### Ingredients:

6 pork loin chops (1" thick) 1/4 cup olive oil  
1 tablespoon pepper 1 tablespoon rosemary 1 tablespoon thyme  
1 cup finely crushed pork rinds  
6 tablespoons prepared horseradish 3/4 stick butter -- (3/4 to 1)

**How to Prepare:**

Marinate pork chops in olive oil, rosemary, thyme & 1/2  
tbls pepper overnight. Remove and  
cook chops for 5 min each side. Blend softened butter,  
horseradish, pork rinds & remaining pepper together.  
Place on pork chops and bake at 350 for 8-10  
minutes or until topping is brown & chops are done.

**Ham Hocks and Cabbage**

Serves:10

CarbsPerServing:60g carbs total

Effort:Easy

**Ingredients:**

3 each ham hocks -- meaty 10 cups cabbage -- cut into chunks  
1/2 teaspoon salt 1/2 teaspoon pepper -- or more to taste  
1/2 cup diced onion 4 each sausage links -- cut  
into bite-size chunks 1/2 cup dry white wine -- (optional -remove 4g carbs if not using)  
1/2 stick butter 2 cloves garlic -- peeled and minced  
1/2 teaspoon crushed red pepper -- flakes water to cover hocks

**How to Prepare:**

Put hocks in a large kettle and cover with water. Bring  
to a boil, reduce heat and simmer 20  
minutes or until the meat starts falling off the bone.  
Remove the hocks and let cool. Add the remaining  
ingredients to the water and cover. (You want the  
cabbage covered at least 3/4 of the way with  
broth - so add more water if necessary to get this level.  
You can add 2 cans chicken broth at this time of  
you want this for soup). Simmer over low  
heat until cabbage is tender (about 20 minutes).  
When cooled enough, cut the meat off the hocks  
and add back to the pan of simmering cabbage.  
You can serve this drained or with the broth as a soup.  
I know this seems pretty high carb - but it  
makes a lot and it freezes well.

**Pork Tenderloin a la King**

Serves:4

CarbsPerServing:5

Prep Time:no more than 10 min

Effort:Easy

**Ingredients:**

3 Tablespoons Knorr brand french onion soup mix, or to taste  
  
1 cup heavy cream 1/2 pounds pork tenderloin, cut into 1-inch  
pieces  
  
1 8oz package mushrooms, trimmed and quartered

**How to Prepare:**

Preheat oven to 350 degrees. In a bowl, mix soup mix and cream. In a  
casserole sprayed with cooking spray (for easy clean up), combine  
pork and mushrooms. Pour cream mixture over pork and mix well to  
combine. Cover with foil and bake for 25-30 min or until cooked  
through. This is wonderful and you could probably try this with beef  
or chicken. Enjoy!!!!!!

**Easy Cuban Pork**

Effort:Easy

**Ingredients:**

**Marinade:**

1 cup fresh orange juice 1 cup fresh lemon juice  
1 cup olive oil 6 garlic gloves - minced  
2t cumin For Pork: 5-7lb pork shoulder  
2T liquid smoke 2T coarse salt

**How to Prepare:**

--Mix marinade ingredients together, and pour over pork shoulder.  
--Cover and refrigerate 4 - 24 hours (the longer you marinate, the  
more flavour it will have)  
--Preheat oven to 500 degrees  
--Lay heavy duty foil on work surface.  
--Place drained pork shoulder on foil.  
--Cover pork with another piece of heavy duty foil and make a  
"packet" (it should all be tightly sealed).  
--Place on rack in roasting pan and pour 2" water into pan.  
--Roast at 500 degrees for 30 minutes.  
--Turn down oven temp to 350 and continue roasting for 30-35 min PER  
LB of roast.

The meat will fall apart when you are finished.

**deep south ham & redye eye gravy**

Serves:4

CarbsPerServing:1gm

Prep Time:none

Effort:Easy

**Ingredients:**

1tbl butter 1 ham steak about 1 1/3lbs

1 cup strong coffee 3/4 teap. sugar 1/4 tea hot pepper sauce

How to Prepare:

place 10" skillet over med-high heat until hot. add butter, titlt skillet to coat bottom. add ham steak, cook 3 min. turn cook 2 min longer. remove ham; place on service platter and set aside increase heat to high add coffee, sugar, pepper sauce. bring to boil continue boiling 2 to 3 min until reduced to 1/4 cup liquid, scraping bottom and sides spoon over meat

## BEEF, LAMB AND VEAL MEALS

### Crock Pot Ribs or Chops

Effort:Easy

#### Ingredients:

6 or 8 chops or ribs to fill crock pot 1/4 c. onion, chopped  
1/2 c. celery, chopped 1 c. catsup  
1/2 c. water 1/4 c. lemon juice 2 tbsp. brown sugar substitute  
3 tbsp. Worcestershire sauce 2 tbsp. vinegar  
1 tbsp. mustard 1/2 tsp. salt 1/4 tsp. pepper

How to Prepare:

Mix all together and pour over meat in crock pot. Cook on low 6 8 hours

### LAMB WRAPPED IN GRAPE LEAVES

Serves:15+

CarbsPerServing:3 - 5 (1 carb per wrapped leaf)

Prep Time:1 1/2 - 2 hours

Effort:Average

#### Ingredients:

1 whole leg of ground lamb \*or extremely lean red meat\*  
1/2 cup of pine nuts  
Amt of all spice (whole) to liking (minimal amt)  
\*you can choose to alter what you put in your lamb filler\*  
Water  
lemon juice  
tiny can of tomato sause.

How to Prepare:

You have to estimate the amt of filling for the leaves because of the varying sizes. DO NOT overstuff the leaves.

Layer and tightly lay the wrapped grape leaves in your pot. Lemon juice and tomato in pot and THEN add just enough water to cover the grape leaves. You want then to make sure that you have a plate or something heavy to keep the grape leaves from floating around. If they float at all then they will unwrap and you wont have Lamb in Grape Leaves.

SIMMER ! NOT BOIL

Takes about 1 1/2 - 2 hours. Just test for the leaves to be cooked. Carb count per leave minus the dietary fiber is .6 carbs. Pine nuts are only 4 carbs per 1/2 cup. So they are not even measureable unless you eat the whole pot LOL.

### It's Lasagna!!

CarbsPerServing:Total Carbs for entire dish: 25

Prep Time:Depends on how long you simmer sauce

Effort:Easy

#### Ingredients:

Spaghetti Squash (cooked) 1 lb.Ground Chuck  
onion garlic Spaghetti Sauce(9 per 1/2 cup)  
Mozzarella Cheese(1 carb) Parmesan Cheese (1 carb) Cottage Cheese(5 per 1/2 cup)

How to Prepare:

Brown hamburger with onion and garlic. Add spaghetti sauce and simmer for at least 30 min. Layer in small casserole dish: Meat sauce, spaghetti squash, meat sauce, cottage cheese, mozz. cheese, parm. cheese, spaghetti squash, meat sauce, repeat cheeses. Bake at 350 until cheese has melted.

### Fajita Burger

Serves:1

CarbsPerServing:5.2 per serving less .6 fiber

Prep Time:less than 30 mins.

Effort:Easy

#### Ingredients:

1/2 lb. lean ground beef 2 tsp. fajita seasoning mix  
1/2 c. shredded cheddar cheese 2 tbsp. sour cream 2 tbsp. salsa

How to Prepare:

Mix ground beef with dry fajita seasoning mix. Form ground beef into patty. Pan broil burger to desired doneness. Top with shredded cheese, sour cream and salsa.

### Meatloaf

Serves:4

CarbsPerServing:7

Prep Time:30-min

Effort:Average

#### Ingredients:

1-loaf pan 1-lb ground beef (or turkey or chicken)  
1-med onion (chopped finely)  
12-mushrooms (or around that; chopped finely, like onion/NOT sliced))  
3-5 cloves of garlic (or less, if you're a wimp! crushed/chopped finely )  
2-3 TBS chopped parlsey1-egg  
1/2 cup chicken broth (or water)  
1-cup bread crumbs (or substitute; I use Keto Crumbs but you could

also just use less broth and more mushrooms/onion)  
1/2-cup olive oil (you can use more if you'd like)  
1-tsp salt (or 1-TBS soy sauce)  
1/2-tsp black pepper

**How to Prepare:**

I make a wonderful meatloaf that can pass for a meatball-flavored meal. You can slice it up and serve it with brown gravy and vegetables or top with melted mozzarella and marinara sauce or break it up into pieces and make into a beef stroganoff or however else you feel like being creative...It's a great thing to have around for lunches or dinners. You can even freeze slices and have whenever you feel like it. BTW-I think this is the best meatloaf I've ever had, not like the traditional at all.

First, pre-heat oven for 375-degrees. Next, saute all the mushrooms, onion, garlic, and parsley in a pan with the olive oil. Don't let it burn (garlic tastes yucky when burnt). When the onions are soft, remove from heat to let cool down. In a large bowl, add meat, egg, bread crumbs (or substitute), chicken broth (or water), salt (or soy sauce), and pepper. When the sauteed mixture has cooled enough, add it to the bowl and mix all ingredients (with very clean hands or proper mixer) until everything is well-combined. Now, put mixture into loaf pan (NO need to oil/grease pan as there is plenty of fat already in the mixture from the olive oil). Put into the oven and bake for 45-minutes. Voila! Now, you have a delicious, low-carb meatloaf (that tastes sort of like a meatball) that you can serve up all sorts of ways. Slice loaf into ten slices. There are about 3-gm of carbs per each slice (or 30-gm carbs/loaf). Enjoy!

**Steak with Pate and Cheese**

Serves:2 CarbsPerServing:2-4 (depending on pate and cheese)

Prep Time:15 mins

Effort:Easy

**Ingredients:**

2 x thinly sliced Beefsteak  
1-2oz Ardennes or Brussels pateThinly-sliced Cheddar or other mild cheese

**How to Prepare:**

Fry the steak until it's cooked as much as you want (I prefer well done) then remove from pan, spread a thin layer of pate over the cooked steak and top with cheese. Place under the grill until cheese bubbles. Yum. You can also fry some onion with the steak and put it between the pate and the cheese.

**Ropas Viejas**

Serves:4

CarbsPerServing:See note

Prep Time:5 hours

Effort:Easy

**Ingredients:**

3-4 lb beef roast, cut up 1 med onion, sliced (10g)  
1/2 red bell pepper, sliced(4g) 1 sm. can tomato paste (60g)\*\*\*SEE NOTE BELOW\*\*\*  
1 can beef broth 1 tsp sweetener (1g)  
2 DASHES Cinnamon 2-3 tsp cumin (1g)  
Salt/Pepper to taste oil or lard

**How to Prepare:**

\*\*\*FIRST!! Don't panic about the number of carbs! MOST of them will remain in the crockpot in the sauce.

Get out your crock pot and heat it.

Prepare the tomato paste by mixing well with a small amount of water to tomato sauce consistency.

In a large skillet, heat the oil or lard, brown the meat. Place the meat, onion, bell pepper, tomato paste and seasonings in the crockpot. Cook until the meat is fork tender (usually about 4-5 hours).

Remove from sauce w/a slotted spoon, making sure to let as much of the sauce as possible drain. Place in a bowl or on a plate and pull to shreds with the back of a fork.

Serve on a locarb tortilla or on a bed of lettuce. Side with pico di gallo, sour cream, if you wish.

TOTAL RECIPE CARB COUNTS: 76g--remember, most is left in the crock pot!

You may choose to use tomato SAUCE instead of paste for a carb count of 8.8g/HALF cup

**Red Chile Chimichangas**

Serves:4

CarbsPerServing:8

Prep Time:15 minutes

Effort:Average

**Ingredients:**

3c cooked beef or pork (canned works)  
1/2 c. beef broth 2T Atkins Ketato flakes  
8" square spring roll wrappers 3 Tbls. chile powder  
1tsp. salt 1Tbls. garlic powder 1 c. vegetable oil

How to Prepare:

Bring broth to a boil and add meat. (If you've used canned meat you may not need extra broth, there may be enough in the can) Add salt, chile powder, and garlic powder and cook for a couple of minutes. Add the ketato flakes and stir until thickened. Remove from heat and put 1/8 of mixture at the edge of a spring roll wrapper. Fold in sides and roll up like you would a tortilla. When you have 8 burritos, heat the oil in a small skillet and fry the burros, turning til browned on all sides. Drain on a paper towel covered plate and enjoy! 4 carbs per burro, with salad and sour cream you have a great 10 carb dinner!

### beef scrambler

Serves: As many as you want

CarbsPerServing: depends on amounts used

Prep Time: 20 minutes

Effort: Easy

#### Ingredients:

ground beef                      Mozzarella cheese                      canned mushrooms seasoned salt  
italian seasoning

How to Prepare:

Brown the ground beef in a frying pan, then salt it and put the italian seasoning on, depending on your tastes you may have to repeat this a couple times. Put in as much mushrooms as you like, keep in mind to check the can for carb listings. Wait until the meat and mushrooms have a "crisp" look, then sprinkle grated mozzarella over the top, let melt and you're done! Sometimes I make a couple small cheese chips too.

### Veggie Meatloaf

Serves: 6-8 depending on thickness of slices

CarbsPerServing: 2-3 NET carbs per medium slice

Prep Time: Prep: 20 mins / Cook: 45\* = 65 total

Effort: Easy

#### Ingredients:

1 lb ground beef (80% lean)                      1 lb ground chicken  
1 large or extra large egg, beaten                      1 large red pepper, diced  
1 medium sweet onion, diced                      1 tbsl minced garlic  
2 tbsl of minced carrot

1 medium celery stalk, diced                      1/4 cup shredded monteray or mozzarella cheese  
1/4 cup grated parmesian cheese                      1 tsp Beef Boullion powder  
cilantro or parsley, salt & pepper to taste

How to Prepare:

Mix meats and egg together.

Saute all veggies (celery, pepper, onion, garlic, carrots) in a saucepan with 1 tbsl of butter until softened.

Cool mixture for about 10 minutes and then add to the meat. With clean hands, mix well until veggies are evenly distributed amongst the meat.

Add all the rest of the ingredients except the shredded cheese. Make sure the mixture is well combined.

In a loaf pan or in a regular roasting pan, shape meat to make a loaf. Add the shredded cheese to the top.

Put aside to "rest". Preheat oven to 375 F. Put meatloaf into oven and cook for about 45 minutes - I use a thermometer to check - 170 F internal temp.

### Chili Relleno with or without chicken

Serves: 3 to 4

CarbsPerServing: not sure

Prep Time: 20 minutes tops

Effort: Easy

#### Ingredients:

1 lb cheddar cheese grated 1 lb monterey cheese grated 3(7 oz)cans  
diced green chilies 5 beated eggs 2 to 3 chicken breast cooked and  
diced (optional)

How to Prepare:

mix cheese cooked chicken and green chilies together in 9x13 inch baking dish pour eggs over and bake at 350 for 45 minutes

### Reuben Quesadilla

Serves: 8

CarbsPerServing: 4 carb per serving

Prep Time: 30 minutes

Effort: Easy

#### Ingredients:

Sliced Corned Beef Sauerkraut Cheese  
Caraway seed Thousand Island dressing or Mayo  
Two low carb Tortilla

How to Prepare:

Layer sliced Corned beef, drained Sauerkraut with caraway seed, drizzel of dressing and shredded cheese on a large Tortilla. Top with second Tortilla and more cheese. Bake in pizza pan 350 degrees for half hour. Cut into wedges.

### Green Chili & Jack Stuffed Meatloaf

Serves: 6, 10

CarbsPerServing: 2 or less

Prep Time: 15 min.

Effort: Easy

#### Ingredients:

2 lbs. Ground Beef                      2-3 cloves crushed Garlic  
2 eggs                      salt

Cumin                      Chili powder \*OptionalFilling:  
Shredded Monterey Jack Cheese                      Large can Green Chilis

Topping:  
Sour Cream                      Jack cheese  
Green Chilis                      Salt

**How to Prepare:**

Mix the egg and spices into the ground beef, then roll out into a flat square. Sprinkle cheese and the chilis saving a little for the top. Then roll the beef and pinch the edges so the jack and chilis won't leak out while cooking. Place in a standard loaf pan. Then top with the rest of the cheese and chilis, sour cream and spices. Bake in oven at 400 degrees for about 45 min-1hr. This is beautiful when sliced and a fun twist on classic meatloaf.

**Beef with mushroom and onion sauce**                      Serves:about 4 depending on how much meat you use.

CarbsPerServing:not sure best I can figure out, about 4  
Prep Time:5 minutes                      Effort:Easy

**Ingredients:**

about 2 pounds of tenderized round or sirloin steak.I've also used boneless pork chops.one package dry onion soup mixone or two small cans of mushrooms, depending on your taste.salt and pepper or any seasoning you prefer

**How to Prepare:**

place your meat in a covered baking dish, sprinkle on the onion soup mix and cover with the mushrooms , juice and all. If you're making a larger amount you may need to add a little water to make sure the soup mix is all soaked. Bake for 1 1/2 to 2 hours on 325.This absolutely delicious , the meat is so tender it falls apart.

**Gaelic Steak**

Serves:1                      CarbsPerServing:.028

Prep Time:5 mins                      Effort:Easy

**Ingredients:**

1 ribeye steak 3/4" thick                      1 Tablespoon butter  
2 Tablespoons heavy cream 2 Tablespoons Irish Whisky salt & pepper  
to taste watercress

**How to Prepare:**

Heat butter in heavy skillet until very hot, but not burned. Season steak with salt & pepper and fry quickly both sides. Remove to a warmed platter. Pour cream and whisky into skillet. Stir into browned butter, heat to bubbling. Stir one minute, pour over steak and garnish with watercress.

**pepper jack cheese meatballs**

Serves:6

CarbsPerServing:4                      Prep Time:20 min.                      Effort:Easy

**Ingredients:**

1 lb ground beef                      1 lb ground turkey  
sm. package ital sausage                      3 eggs1/4 c.diced onion  
1 tsp.sage                      1 c. ketchup                      1-1/2c. graded pepper jack cheese

**How to Prepare:**

put every thing together, mix well,make into balls with a spoon and palm of your hand,drop into a baking sheet and bake for 1/2 hr.on 350. serve speg sause,classic alfredo,roasted garlic parmesan or a jar of gravy over the top. yummmmmmy!

**Mexican burger**

Serves:1-multiply for quantities,10

CarbsPerServing:2                      Prep Time:15 min.                      Effort:Easy

**Ingredients:**

1 ground beef patty                      2-3 tbs fresh salsa (sold in deli dept.)  
1 slice cheese (works best with pepper jack-can use any)sliced  
jalapenos                      salt/pepper

**How to Prepare:**

Cook ground beef to your specifications.Place cheese on top and melt.Salt and pepper to taste.Place salsa/jalapenos on top. Enjoy!!

**Italian hamburger**

Serves:1-or multiply for quantities

CarbsPerServing:3                      Prep Time:15 min.                      Effort:Easy

**Ingredients:**

1 ground beef patty                      1 slice onion  
2 tbs. low carb tomato sauce                      1 slice mozzarella cheesesalt/pepper  
italian seasons/mrs. dash

**How to Prepare:**

Cook beef patty to you specifications. Turn heat to low. Place onions,tomato sauce,seasons,cheese on top of burger. Let stay on low heat until cheese has melted. Enjoy!!

**Pastrami, Swiss & Sauerkraut**

Serves:4

CarbsPerServing:5 (16 total in jar of sauerkraut)  
Prep Time:5 minutes                      Effort:Easy

**Ingredients:**

1 lb pastrami, sliced                      4 slices havarti cheese  
1 (24oz) jar sauerkraut                      3 Tbsp stone ground mustard                      1/2 tsp caraway seeds

**How to Prepare:**



Cut pastrami into bite size pieces, toss in large bowl with mustard. Set aside. Drain sauerkraut in collander and rinse with hot water until brine odor is gone. Squeeze excess moisture out of sauerkraut, put in bowl and toss with caraway seeds. Arrange 1/4 of pastrami and 1/4 of sauerkraut side by side on plate, cover pastrami with slice of havarti, microwave for 1 to 2 minutes until hot and cheese melts.

### Salisbury Steak with Mushroom and Onion Gravy

Serves:4

CarbsPerServing:6.25 carbs - 2.75 dietary fibre = 3.5 net carbs  
Prep Time:45 minutes total Effort:Easy

#### Ingredients:

4 Tbsp butter, divided 1 1/2 cup sliced mushrooms  
1 lb ground beef 1 medium onion  
1 egg 1/4 cup flax seed meal  
1 Tbsp horseradish, or more to taste 1/2 tsp salt  
1/2 tsp pepperGravy 1/2 tsp Xanthan gum  
1 cup chicken broth/boullion 1/2 cup heavy cream  
salt & pepper Worcestershire sauce Kitchen Bouquet (optional)

#### How to Prepare:

In a large skillet, melt 2 Tbsp butter. Thinly slice 2/3 of the onion. Saute the onion slices and mushrooms until tender. Remove to a plate and set aside.

Combine beef, flax seed meal, egg, 1/2 tsp each salt & pepper and the remaining 1/3 of onion, diced finely. Form into 4 patties. Melt 2 Tbsp butter in the skillet over medium heat, add patties to skillet and cook for 8 minutes per side, until no pink remains inside.

Remove cooked patties from skillet and set aside.

Whisk the Xanthan gum into the hot oil in the skillet until smooth & thickened. Gradually whisk in the chicken broth, bring to a simmer. Simmer 2 minutes, or until it's thickened. Gradually whisk in the heavy cream. Season to taste. Use Kitchen Bouquet if desired to darken colour. Heat over medium til it's simmering again. Add the onions, mushrooms & patties. Simmer on low for 10 minutes until heated through.

### Steak with sun-dried tomatoes & crab recipe

Serves:serves 4

CarbsPerServing:5 grams

Effort:Easy

#### Ingredients:

2/3 cup soft cream cheese with herbs.

1 tbsp chopped oil pack sun-dried tomatoes.

2/3 cup imitation crab meat (about 4 OZ).4 beef top loin steaks, cut 1 inch thick.

1 tsp cracked black pepper.

1 tbsp chopped fresh chives.

#### How to Prepare:

1. Preheat grill to medium.Stir seasoned cream cheese to soften. Add sun-dried tomatoes. Stirin crab meat. Set aside.

2. Trim fat from steaks. Sprinkle both sides of steaks with the cracked pepper.

3. Grill steaks to desired doneness, turning once halfway through grilling.(allow 8-12 minutes for med-rare and12-15 for med-doneness). Top with cheese mixture just after turning.

4. Sprinkle with chives.

### Meatloaf-

Serves:makes 2 large meatloafs with atleast 6 - 8 servings each,10,10

CarbsPerServing:per atkins carb count - 36 net carbs total recipe

Prep Time:1 hour plus baking time

Effort:Easy

#### Ingredients:

3 lbs hamberger 1 1/2 lbs pork sausage (I use Jimmy Dean)  
4 cloves garlic minced 1 med onion chopped fine  
1 stalk celery chopped fine 1 large carrot chopped fine  
2 Tablespoons Butter 2 teaspoons salt1 teaspoon pepper  
2 Tbl sp worcestershire sauce 1 cup pork rinds crushed fine  
3 Tbl sp heavy cream 1/2 cup less 3 TBL SP water  
3 large eggs scrambled 8 oz tomato sauce divided  
1/3 cup dried Parsley

#### How to Prepare:

In a heavy skillet cook garlic, onion, celery and carrot in butter until tender. Stir in worcestershire sauce, salt and pepper.Mix well and remove from heat to cool. In a small bowel mix crushed pork rinds, heavy cream and water. Allow to set for 5 minutes. In a large bowel mix hamberger and sausage well. In bowel with pork rind mixture add scrambled eggs, parsley and 4 oz tomato sauce. Mix well. To meat mixture add cooked vegetables - mix well then add pork rind mixture and mix really well. Meat will be very moist. Devide meat

mixture in half and mold each into a meatloaf shape. (I have also made one portion into mini meatloaf balls for quick snack) Add meatloaf to well greased pan. One portion can also be frozen for next meal. Bake for 1 hour at 350 degrees then put other 4 oz of tomato sauce on meat loaf and bake additional 45 minutes or until done. Enjoy

### low carb meatloaf

Serves:9

CarbsPerServing:5 to 10 approximate

Prep Time:10 min

Effort:Easy

#### Ingredients:

2 lbs hamb.                                3 slices boiled ham lunch meat or ham  
1 can mushroom                           1 pkg onion soup and mushroom 1 can green beans  
mozzarella cheese                        parmassan cheese                       1 egg

#### How to Prepare:

I take my hamb and put the one egg in and half an envelope of lipton onion, musroom soup. Add a little cream if need more moisture. but may not need to.. Add can of drained mushrooms to hamb mix. and you can put a tad of chopped onion in to if you want. spread half hamb in square casserole dish.. then put mozzarella cheese on top.. then place ham or ham slices on top of this. then spread green beans over top of that. Then put rest of hamb on top and top this with parmassan fresh cheese or you can use mozzarella.. Place in oven for 45 min to one hour at 350.

I tried this new recipe out on a potluck and they ate it all.. ( and none were low carb eaters LOL)

### gourmet burgers

Serves:4 or 5 depending on size

CarbsPerServing:3 to 4

Prep Time:about 20 to 25 minutes

Effort:Easy

#### Ingredients:

1 1/2 pounds ground sirloin                                course black pepper (placed on dish)  
1 can beef broth  
1/2 pk mushrooms (preferably portabella)Tbl fresh parsley  
1 or 2 green onions sliced

#### How to Prepare:

Pat out meat to make 4 nice size burgers (1/2 in thick)

Place each burger on plate of pepper and pat on both sides

Heat iron skillet to almost smoking (turn on fan, could get alittle smokey)

Place burgers in hot pan and cook for about 3 or 4 minutes on each side.

Be careful not to burn, check to see if the burgers are nice and brown on the outside of each side.

Next, add the beef broth slowly ( will get hot), then add the rest all at once. Add mushrooms and onions. Cook on medium until broth is cooked by half. Spoon broth over top of meat and turn meat over. Add parsley. Cook for about 4 minutes more. To serve, place meat on plate and spoon mixture over meat. Enjoy!!

### Baked Spaghetti

CarbsPerServing:39g carbs total

Effort:Easy

#### Ingredients:

2 cups cooked spaghetti squash -- (2 to 3)                                1 pound lean ground beef -- cooked and drained  
2 cups fresh mushrooms 1 small onion -- diced  
2 cups your favorite lo carb spaghetti sauce -- or canned tomatoes  
2 cups grated cheese

#### How to Prepare:

Saute; mushrooms and onion in 1 tbsp butter.

Combine all ingredients and top with cheese. Bake at 350 for 30 minutes.

### Bacon Cheeseburger Casserole

Serves:8,10,3,9

CarbsPerServing:5g carbs total

Effort:Easy

#### Ingredients:

1 pound ground beef                                1 egg  
4 ounces shredded                                cheddar cheese  
4 ounces shredded                                mozzarella cheese 3 slices bacon -- (3 to 5)  
garlic powder                                        black pepper

#### How to Prepare:

Fry or broil bacon, remove from pan and place on towels to drain oil. Lightly brown beef. Drain well.

Preheat oven at 350 degrees. Mix all ingredients reserving mozzarella for top.Press mixture into a small casserole and top with mozzarella. Bake in the oven for approximately 30-35 minutes. Edges should be brown and topping (cheese should be melted and lightly browned in places.

### Famous Meats

CarbsPerServing:4g carb total

Effort:Easy

#### Ingredients:

1 pound burger meat                    1 tablespoon barbecue  
sauce pinch salt 2 teaspoons                    worcestershire sauce

**How to Prepare:**

You mix it around for about 2 minutes at the most.  
make them into little pattys of meat and  
serve them with thousand island dressing. This  
recipe might not sound so good but believe me. Once  
you try it, it is delicious. This is no joke at  
all. Try it for yourself. It doesnt even have alot of carbs!

**Lamb Patties**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

454 grams minced lamb                    salt and pepper chopped mint or sugar free mint sauce  
1 4x 1"x1/4" pieces feta cheese

**How to Prepare:**

Season the minced lamb with plenty of salt and  
pepper. Form into eight 2ozs patties all the same  
size. Place a teaspoon of sugar free mont sauce and  
a peice of feta on 4 of the patties. Place the other 4 on  
top and press around the edses to seal. Cook on a  
hot griddle, under a hot broiler or in a lightly oiled frying pan.

**Salisbury Steak**

Serves:10,10

CarbsPerServing:13g carbs total

Effort:Easy

**Ingredients:**

1 pound ground beef                    1/3 cup dry bread crumbs\*  
1/2 teaspoon salt                    1/4 teaspoon pepper  
1 egg 1/4 cup sliced onion                    10 1/2 ounces beef broth -- condensed  
4 ounces mushroom stems and pieces -- drained                    3/4 teaspoon Guar gum\*\*

**How to Prepare:**

Mix ground beef, bread crumbs, salt & pepper and  
egg;shape into 4 oval patties,  
each about 3/4inch thick.Cook patties over medium  
heat, turning occasionally,until brown, about 10  
minutes; drain. Add onion,broth  
& mushrooms. Heat toboiling; reduce heat. Cover  
& simmer until beef is done,about 10 minutes.

Remove patties; keep warm. Heat onion mixture to  
a boil. Sprinkle guar gum over mixture; stir in. Heat  
for a couple of minutes &gravy will start to thicken.  
If too thick add some water to desired consistency(I  
add 1/2 can of water tomake more gravy & cut  
down on the salty taste).

**Round Steak Rollups**

CarbsPerServing:29g carbs total

Effort:Easy

**Ingredients:**

2 Round Steaks                    16 ounces pork sausage --any brand  
2 large bell peppers -- sliced in thin strips                    1 Medium onion -- sliced in  
thin strips 1/4 Cup pepper jack cheese  
Seasoning To Taste                    Lemon Pepper To Taste

**How to Prepare:**

Preheat oven to 350 degrees. Put round steak  
on chopping board and pound it with any large  
utensil (Serving spoons work the best)  
Season each steak on both sides. Cover each steak  
with the 1/4 of the pork sausage, then add  
a palm full of peppers and onions and  
1/8 cup of pepper jack to each. Roll the steak and put  
tooth picks into the steak to hold it shut.  
Bake in oven from 25 to 30 minutes,  
making sure that pork is cooked through. Make sure  
to take picks out,you can slice and serve with  
any sauce of choice, I prefer none.  
NOTES : Counts for pepper jack cheese and  
seasonings not included in totals.

**Roast Beef Melt**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

2 slices leftover roast beef  
2 green pepper slices -- cut  
in 2 inch pieces  
3 mushrooms -- sliced  
2 onion slice -- cut in 2 inch  
pieces 1 tablespoon butter  
2 tablespoons LC Ranch  
Dressing

Mozzarella cheese to cover

How to Prepare:

The quantities are approximate - add to your liking. Place roast beef on a heat proof plate or pan. Saute vegetables in butter until tender-crisp and place on top of beef. Spread dressing over the vegetables and top with mozzarella cheese. Broil until cheese is hot and bubbly. This is a quick and easy way to use up leftover roast.

### Roast Beef and Asparagus Wrap

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

no itemized ingredientsno itemized ingredients

How to Prepare:

You will need: Cream Cheese (I use cream cheese with chives), Low carb tortilla, Roast beef, 3 asparagus spears grilled. Place in oven on cookie sheet and spray with olive oil and sprinkle with pepper. Bake for about 10 minutes. Spread cream cheese on tortilla, add asparagus and roast beef. Wrap and enjoy!

### Red Hot Sirloin

Serves:2

CarbsPerServing:trace

Effort:Easy

#### Ingredients:

1 pound Beef top sirloin  
1/2 cup FRANK'S Red Hot3 tablespoons butter -- (3 to 4)  
Salt an Fresh cracked pepper

How to Prepare:

Season the sirloin with salt and pepper and grill till desired doneness. In a saucepan over low heat melt butter and hot sauce together until mixture is hot and blended. Pour directly over hot sirloin and serve. Serves 2.

### Ranch Hamburgers

Serves:6

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 pound Hamburger Meat  
1 Package Hidden Valley Ranch Dressing  
1 Cup Cheese -- Shredded

How to Prepare:

Mix entire dressing package and shreeded cheese in with hamburger and make into hamburger patties. Really adds a lot of flavor to the basic old hamburger. No bad stuff eiether- the ranch dressing has two carbs.

### Quick and Easy Meatballs

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1 pound ground beef  
2 eggs  
crushed pork rinds (about 1  
cup -- or 1/3 of a bag) 2 tsp ns of italian  
seasoning  
2 tsp ns of emeril lagasse's  
original spice (BAMM!)  
1/2 cup parmesan cheese

How to Prepare:

Mix all the ingredients  
together in bowl. Form into  
meatballs, and put on  
cookie sheet. Bake 30 min  
at 350 degrees. Here's a  
hint. Hunt's Light Spaghetti  
sauce has 8 carbs per 1/2 a  
cup. Have a couple  
meatballs with some  
spaghetti sauce, and top it  
with mozzarella cheese.  
Almost as good as a  
meatball sub!

**Pressure Cooker Swiss Pepper Steak**

CarbsPerServing:34g carbs total

Effort:Easy

**Ingredients:**

2 lbs round steak -- cut into  
serving size pieces  
1 tablespoon olive oil -- or  
more if needed  
1 can beef broth -- (14.5oz)  
1 tablespoon dehydrated  
onion flakes  
1/2 tsp salt and pepper 1 tsp garlic powder  
1 tsp onion powder  
3/4 cup sliced onion  
2 medium green bell  
peppers -- cut into chunks

How to Prepare:

Salt and pepper the steak  
and brown in oil in the  
pressure cooker. Add  
remaining ingredients and  
close cooker, bringing  
pressure up to full, then  
reduce heat and cook under  
full pressure for 15  
minutes. Turn off heat and  
let cooker sit for 15  
minutes, then release  
remaining pressure and  
serve.

**Pot Roast Extraordinaire**

CarbsPerServing:13g carbs total

Effort:Easy

**Ingredients:**

1 2 1/2 lb pot roast -- (2 1/2  
to 3)  
1/8 teaspoon garlic powder  
1/8 teaspoon ginger  
1/8 teaspoon cilantro  
leaves, whole  
1/8 teaspoon rosemary  
sprigs 8 twists ground pepper  
1/4 teaspoon salt  
3 allspice berries  
3/4 cup water

How to Prepare:

Mix together all dry  
ingredients EXCEPT  
allspice berries in a small  
bowl.

Pour water into bottom of shallow baking pan (I use a shallow glass baking dish), place roast in pan. With your fingers, sprinkle the herb mix all over the top and sides of the roast, pressing into meat slightly. Use ALL the herb mix.

Drop the berries into the water.

Cover roast with lid, place in oven and bake for approximately one

hour and 15 minutes. Serve with salad or vegetables. According to my DH, this makes the most moist and tasty pot roast he's ever eaten.

NOTES : Counts for ground pepper not included in totals. Pepper is 4.1carbs per tablespoon.

### **Portabello Mushroom Lasagne**

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

1 pound ground beef  
4 Italian sausage links -- (4 to 5) mild or hot  
1 medium onion  
garlic salt to taste  
pepper to taste  
6 large Portabello mushrooms  
1 large container ricotta cheese  
1 egg  
Lots of grated mozzarella cheese  
Canned spaghetti sauce (or make your own)

#### **How to Prepare:**

Preheat oven to 350 degrees. Remove sausage meat from casings. Brown sausage and ground beef with onions, adding garlic salt and pepper to taste. Wash mushrooms and scrape out the black gills. Beat egg into ricotta cheese. Spread a small amount of spaghetti sauce in a large baking dish or shallow roasting pan to prevent sticking. Generously pack each mushroom cap with ricotta mixture and place in the baking dish or roasting pan ricotta side up. Top each cap with a handful of the grated mozzarella. Then top each cap with a with a generous amount of the meat/onion mixture. Top each cap with another handful of mozzarella. Pour spaghetti sauce over the each cap and around the bottom of the pan. Top with the remaining mozzarella cheese. Bake at 350 for 30-35 degrees. Allow to cool for about 10 to 15 minutes.

## Peppered Steak with Mushrooms

CarbsPerServing:6g carbs total

Effort:Easy

### Ingredients:

4 Tri Tip Steaks (or Top Sirloin)  
1/4 cup Table Grind Black Pepper (Very Course)  
Olive Oil package sliced Mushrooms  
4 ounces Heavy Cream  
1 shot Cognac

### How to Prepare:

Spred pepper on a flat surface. Press the steaks firmly on each side coating the steaks with the pepper. Heat olive oil in a heavy frying pan and cook the steaks several minutes on each side. I use medium heat. Once steaks are done to your liking, (ie: rare, medium,or done.) remove the steaks from the frying pan and place in a warm oven to keep. Place the mushrooms in the frying pan to saute. You may have to add a little more Olive Oil. Once the mushrooms are tender add the heavy cream and cognac. Let the sauce simmer and bubble stirring often. Pour the sauce over the steaks and serve.

## Open Faced Roast Beef Sandwich

CarbsPerServing:6g carbs total

Effort:Easy

### Ingredients:

1 loaf Better tasting protein bread -- (10g carbs)Cut into 8 slices  
4 pks budding roast beef or deli beef -check carbs! -- sliced thin  
4 ounces muenster cheese -- cut into 8 slices1/4 cup onion slices  
2 tablespoons mayonnaise  
1 tablespoon mustard  
1 tablespoon horseradish sauce -- more or less to taste

### How to Prepare:

Preheat oven to 350f. Spray a cookie sheet with cooking spray. Place the slices of bread on the sheet and bake for 10-15 minutes or until bread crisps up a bit. Mix mayo, mustard and horseradish. Spread on each slice of bread. Layer beef, onions and cheese on slices, and return to oven for approx 15 minutes or until hot and cheese is melted.  
NOTES : Budding roast beef is 1g per package; protein bread is 10g per loaf(I'm adding in the egg white powder count at .5g per tablespoon).  
I added the protein bread to my MC as "better tasting protein bread"

and 10g carbs per loaf:) I  
added "budding meats" at  
1g per package:)

Counts for protein bread  
and budding roast beef not  
included in totals.

## Old Fashioned Beef and Cabbage Casserole

CarbsPerServing:32g carbs total  
Effort:Easy

### Ingredients:

8 cups shredded cabbage  
-- thick shreds  
3 pounds ground beef, lean  
1 cup ragu double cheddar  
sauce -- 12g carbs 1/2 cup embassa or herdez  
salsa -- 4g carbs -get the  
cans, not the bottle kind  
1/4 cup heavy cream

### How to Prepare:

Brown ground beef and  
drain. Preheat oven to 350f.  
Spray an 11x13 deep  
baking pan with cooking  
spray and spread the  
cabbage in the bottom. Salt  
and pepper to taste.  
Mix the cream, sauce and  
salsa well.  
Spoon the ground beef  
evenly over the cabbage  
and then pour the sauce  
over all, spreading as  
evenly as possible.  
Bake, uncovered, for 40  
minutes or until cabbage is  
tender-crisp.  
NOTES : Counts for ragu  
cheese sauce and  
embassa not included in  
totals.

## Monster Cheeseburger Pie

CarbsPerServing:123g carbs total  
Effort:Easy

### Ingredients:

Filling:  
3 pounds lean ground beef  
1 onion -- sliced  
1 tablespoon  
Worcestershire sauce  
1/2 cup soy sauce  
6 ounces tomato paste  
1 1/2 cups shredded  
cheddar cheese  
2 eggs -- beaten with  
1/4 cup water  
Crust:  
2 cups soy flour  
1/2 cup lard  
1/2 cup soy milk -- ready to  
drink

### How to Prepare:

Cut lard into soy powder  
with pastry cutter until it  
forms pieces the size of  
small peas. Add soymilk a  
little at a time, mixing until a  
dough is formed (this is a  
VERY hard pastry to work  
with but it's worth it!). Roll  
out on floured (soy) surface  
to 1/4 inch thickness (or pat  
into 12"x2" pie pan) Fry  
hamburger. Drain. Add  
onion, sauces and tomato  
paste, and fry adding a little  
water if too thick. Add eggs  
& stir until combined. Fill



crust and top with cheddar.  
Bake for 40 mins. Serves 4  
very hungry people or 8

## Mock Chili

CarbsPerServing:no counts provided  
Effort:Easy

### Ingredients:

1 pound ground beef  
4 no carb smoked  
sausages  
1/4 cup onion -- diced  
1 small can tomatoessalt -- to taste  
1 pinch chili powder  
cheddar cheese --  
shredded

### How to Prepare:

Sautee onion, then brown  
ground beef, slice  
sausage in bite size pieces  
and brown in frying pan.  
Then combine all  
ingredients in frying  
pan.Simmer about 10  
minutes. Top with shredded  
cheese before serving.

## Tasty Steak

Serves:10,4  
CarbsPerServing:no counts provided  
Effort:Easy

### Ingredients:

no itemized ingredients  
no itemized ingredients

### How to Prepare:

For the best steak EVER  
take any steak , fry in butter  
w/a dash of A-1 , and  
pour on the parmesian  
cheese (on both sides )fry  
till done

## Tacos Pioneros

Serves:10  
CarbsPerServing:no counts provided  
Effort:Easy

### Ingredients:

Beef (lean cuts work best) --  
chopped  
slices of Bacon -- chopped  
slices of Ham -- chopped  
Onion -- chopped  
Bell Pepper -- choppedDiced tomato  
Worcestershire Sauce  
(spelling?)if desired  
Powdered cummin and  
pepper  
Shredded Cheese (The  
melting kind.  
Mexican Chihuahua cheese  
works  
best)

### How to Prepare:

Start by heating up a large  
non-stick skillet and placing  
the bacon  
until somewhat brown but  
not quite done. Add the ham  
and beef and  
let it all cook on a medium  
fire with the seasonings.  
Add the  
vegetables, finish cooking  
and put it on a separate  
container.  
On the same skillet place a  
small portion of the meat  
and vegetables  
(enough for a single taco)

and add a generous amount of shredded cheese.  
wait until the cheese melts and turns somewhat hard under the meat, fold it in order to form a taco with the hardened melted cheese acting as a tortilla. Repeat the process over for the remainder of the meat and vegetables.

## Swill

Serves:8  
CarbsPerServing:39g carbs total  
Effort:Easy

### Ingredients:

1 pound pork -- ground  
1 teaspoon coriander seed  
1 teaspoon fennel seed  
1 teaspoon mustard seed  
1/2 jicama -- cubed2 stalks celery -- sliced thinly  
1/2 green bell pepper -- cut in small pieces  
salt  
pepper  
onion and or garlic if desired

### How to Prepare:

Saute jicama cubes, celery slices and green pepper pieces (and onion/garlic if desired) in butter til tender; remove from pan

In same pan, brown ground pork; when half way browned, add coriander, fennel and mustard seeds; when pork is browned, add vegetables back in and continuing sauteing a few more minutes while you add salt and pepper to taste.

Voila! this was great served with a salad. (if you prefer, you can use ground beef or ground turkey, I'm sure either of those would be good too).  
NOTES : Counts do not include onion and/or garlic

## Stuffed Zucchini Bake

CarbsPerServing:35g carbs total  
Effort:Easy

### Ingredients:

4 medium zucchini -- wash and cut in 1/2 lengthwise  
1 pound ground beef  
1 clove garlic -- minced fine  
1/2 cup onion -- diced1/2 cup mushroom -- diced  
1/2 cup parmesan cheese  
-- or cheddar -your choice  
1 each salt and pepper -- to taste

### How to Prepare:

Preheat oven to 350f and spray a cookie sheet or casserole with cooking spray. Use a spoon and shell out the zucchini to make "boats". Leave the skin and about 1/4 inch or so of flesh intact. Chop pulp

roughly.  
In a skillet, add ground  
beef, onion, garlic,  
mushrooms and zucchini  
pulp. Cook through, stirring  
to break up meat.  
Lay the zucchini boats in  
prepared pan and spoon  
meat filling into  
them. Bake, covered, for 20  
minutes. Uncover and  
sprinkle with cheese and  
bake until cheese melts.

### **Pin Wheel Steaks stuffed with Spinach**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

2 Pin Wheel Steaks, stuffed with spinach & feta  
(purchase at grocery already stuffed,  
Brunos in our Area.)  
Olive Oil for frying Garlic Powder -- Sea Salt,  
BlackPepper (to taste) watch salt feta cheese is very salty.  
4 oz. heavy cream 1/4 stick or more of butter  
1 lg. can green beans

#### **How to Prepare:**

Sautee steaks in Olive Oil.Cover and simmer on  
low about 1hour or until very tender. Turning  
gently. ( they fall apart very easily) Remove  
steaks melt butter in skillet with meat drippings,  
add heavy cream, stir until blended. Stir in 1  
can of drained green beans simmer covered for a  
few minutes serve green beans along with steak.  
Pour Sauce over meat Serves 2. This is absouletly  
excellent.

### **Stuffed Flank Steak**

Serves:1

CarbsPerServing:10g carbs total

Effort:Easy

#### **Ingredients:**

1 pound flank steak -- (1 to  
1/2)  
1 cup ricotta cheese  
fresh parsley -- diced  
garlic powder -- to tasteonion powder -- to taste  
1/2 cup mozzarella cheese  
1 cup fresh spinach --  
washed and cleaned

#### **How to Prepare:**

Pound flank steak out to  
create a thin layer, sprinkle  
with meat tenderizer and let  
sit. Mix ricotta, parsley  
and spices. Spread on  
steak in a thin layer. Top  
with  
spinach leaves and  
sprinkle with mozzarella.  
Roll up  
tightly and tie up the ends  
(or pierce with Kabob  
holders).  
Bake in 375 degree oven for  
about 30 - 45 minutes. Slice  
into rolls.  
\*Optional--serve with red  
sauce for topping. This  
gives it  
a manicotti type feel.  
NOTES : Counts for parsley,  
garlic powder and onion  
powder not  
included in totals.

### **Steak Pizzaiola**

Serves:10,10

CarbsPerServing:3g carbs total

Effort:Easy

#### **Ingredients:**

1 steak -- rib eye.. any size  
2 teaspoons tomato pasteItalian seasoning -- or

herbs as below  
1 ounce mozzarella cheese  
-- grated

How to Prepare:  
Preheat broiler to as hot as  
you can get it.

Broil steak on top rack of  
oven (just about 2-3  
inches from broiler) until  
brown on one side. Turn  
and broil second side.

When almost to your  
desired doneness, remove  
from broiler and spread  
with tomato paste. Sprinkle  
lightly with Italian  
seasoning (if you don't have  
it pre-mixed, just sprinkle  
on a dash of organo, basil,  
and rosemary), and top with  
cheese. Return to broiler  
until cheese is melted and  
beginning to brown.

This recipe is my version of  
the famous dish from  
Anna's Little Napoli in  
Savannah, GA. It's very  
close to the original, I think!  
NOTES : Counts for italian  
seasonings not included in  
totals.

### Steak Marsala

CarbsPerServing:4g carbs total  
Effort:Easy

#### Ingredients:

1 steak -- strip, chuck eye ,  
or ribeye  
1/4 c dry sherry -- or white  
wine  
1 clove garlic -- minced3 tablespoons sour cream  
2 tablespoons butter

How to Prepare:  
Saute garlic in butter. Add  
seasoned steak. Cook to  
desired doneness.  
Remove steak. Add Sherry  
to pan...let it cook down a  
little...whisk in the  
sour cream. Serve sauce  
over the steak. Wonderful  
taste that is good  
enough for company.  
Everyone who has tried it,  
loves it! If you are making  
it for everyday, use the  
chuck eye steak. It's cheap  
and tasty.

### STEAK AU POIVRE

CarbsPerServing:5g carbs total  
Effort:Easy

#### Ingredients:

1 teaspoon whole black  
peppercorn  
1 teaspoon whole white  
peppercorns  
\*tsp whole corriander  
seeds  
\*tsp whole allspice  
4 beef tenderloin steaks --  
top loin or sirloin - 1" thickkosher salt -- to taste  
2 tablespoons butter  
\*cup brandy  
1 \*cup beef stock

How to Prepare:

Combine all the peppercorns and seeds. To crush: place them in a clean kitchen towel & smash them with a cleaver so the mixture is partly coarse and partly fine. (You can also use a mortar & pestle or a coffee grinder --- just pulse til the correct consistency.) With your hands, press the pepper mixture into both sides of the steaks and then sprinkle them with the salt.

Heat a large, heavy-based skillet (preferably cast iron) over medium-high heat for a few minutes. Add the butter, and before it turns brown, add the steaks, making sure not to crowd the pan. Cook them, turning often, for 6 to 8 minutes or until they are brown. Set a steak on each of four dinner plates and keep them in a warm oven.

Pour the brandy into the pan and bring it to a boil. Scrape the bottom of the pan to remove the brown bits that cling to it. Pour in the stock and bring to a boil. Let the mixture bubble steadily until it reduces to \* cup. Spoon the sauce over the steaks and serve at once. I have also, on occasion, put a pat of butter on top once the sauce has been put on.

Great with a 'loaded' salad w/ bleu cheese dressing and mashed 'fauxtatoes'. :)

## **Cheesy Steak**

Serves:2,10,8

CarbsPerServing:6

Prep Time:20 min.

Effort:Easy

### **Ingredients:**

8 oz Beef for chicken fried steak  
1/4 c onions -chopped  
1 garlic clove chopped  
1 Tbs. olive oil  
1/2 c Ragu Double Cheddar Pasta Sauce

### **How to Prepare:**

Sear steaks in oil 2 minutes per side in a hot skillet. Remove steaks, lower heat to medium, add onion and garlic to remaining oil in skillet. Sauté until tender. Return steaks to skillet and top with cheese sauce. Heat throughly.

Delicious!!

## **Sausage, Cabbage and Mushroom Pie**

Serves:6-8,5,10,10

Prep Time:30 minutes

Effort:Easy

### **Ingredients:**

1 lbs of Jimmy Dean Hot Sausage  
8 oz fresh mushrooms, sauteed in butter  
1 head of cabbage, shredded  
16 oz sour cream

How to Prepare:

brown the sausage, drain, add the cabbage in the same pan and cook until slightly wilted. Mix sausage, cabbage, mushrooms, sourcream and seasonings to your taste. Bake at 350 for 20 to 30 minutes. I bake mine in 2 9" pie plates. As we use to bake this in pie shells.

### **cheesesteak supreme**

Serves:varies  
CarbsPerServing:varies  
Effort:Average

#### **Ingredients:**

frozen minute steaks                      chopped pepperoni  
shredded mozzarella and or deli american cheese  
canned mushrooms  
peppers  
onion  
(I use the Birdseye frozen pepper stir fry, it has red, green, yellow peppers & onion in it)

#### **How to Prepare:**

Crumble frozen minute steaks into a pan. Cook until no longer pink and take out of pan and drain well on paper towels. While steaks are draining add chopped pepperoni, mushrooms, peppers & onions to hot pan. When peppers are tender add steak back to pan. Mix everything together and sprinkle generously with cheese and let melt. This is VERY good so portion control is a must!

### **Super Easy Stir-Fry**

Serves:1  
CarbsPerServing:4  
Prep Time:10 mins  
Effort:Easy

#### **Ingredients:**

8oz Steak  
3/4 Winter Mix Veggies  
(Broc & Caul) Thawed  
2 tps Worcestershire  
1/2 tsp Garlic Powder  
Salt & Pepper

#### **How to Prepare:**

Cut Steak in to Bite sized strips... Brown in Wok or frying pan add Veggies, Wor. Sauce & Garlic. Heat until Veggies are done to desired tenderness. Add salt and Pepper to taste and Enjoy!

### **Alfredo Beef and Broccoli Bake**

Serves:4,8,7,8,7,9  
CarbsPerServing:7  
Prep Time:25-30 minutes  
Effort:Easy

#### **Ingredients:**

1.5lbs lean ground beef  
1 cup diced onion  
1 can (4oz) sliced mushrooms; drained  
1lb bag frozen broccoli flowerettes; thawed  
1/2 bottle ragu alfredo sauce  
salt, pepper and garlic powder to taste  
extra parmesan cheese for the top

#### **How to Prepare:**

Brown ground beef with onions. Drain if needed. Add salt, pepper and garlic powder to taste then add the mushrooms and broccoli. Cover and let steam for about 5 minutes over medium heat, stiring occasionally.  
Raise heat to high, pour on alfredo sauce\* and let simmer 2-3 minutes to heat through.  
Top with a sprinkle of parmesan cheese and enjoy!

### **Shepherds Pie**

Serves:2,9,10,10,10,1  
CarbsPerServing:11.7 grams w/ 5.7 fiber ECC: 6 grams  
Prep Time:around 45 minutes  
Effort:Average

#### **Ingredients:**

1.5 lbs. ground chuck  
1.5 cups frozen french cut green beans  
2 cups cauliflower florets  
2 T. butter  
1/8 cup heavy cream

#### **How to Prepare:**

Make mashed fauxtato topping by boiling cauliflower until soft. Drain thoroughly, then add butter, desired seasonings and heavy

cream. Whip until they become a "mashed potato-like" consistency.

Fry ground beef in a pan until done. Drain off grease and set aside.

Cook green beans until tender.

Layer green beans at the bottom of a small casserole dish. Next add ground beef, covering the green beans. Top with whipped cauliflower.

Bake at 400 for 15 minutes.

### Asian Lamb

Serves:5

CarbsPerServing:5g total

Effort:Easy

#### Ingredients:

1/2 teaspoon cinnamon

1/2 teaspoon black pepper

2 teaspoons lemon juice

1 tablespoon olive oil 1 tablespoon dried onion -- minced

1 teaspoon No-Salt

5 pounds leg of lamb -- (5 to 6)

#### How to Prepare:

Combine all ingredients except lamb. Rub mixture over outside of lamb. Place leg, fat side up, on a rack in a shallow pan. Roast at 400 degrees for 2 hours, or until done to your tastes.

### Cottage Pie

Serves:3

CarbsPerServing:5g carbs total

Effort:Easy

#### Ingredients:

1/2 pound ground beef -- or  
steak

1 teaspoon onion flakes

1/2 teaspoon garlic powder

1 teaspoon beef gravy

powder

salt and pepper -- to taste Topping:

3 medium cauliflower

flowerets

1 stick butter

1/2 cup cheddar cheese --

grated

salt and pepper -- to taste

#### How to Prepare:

Cook beef, garlic powder,  
and onion flakes in 1 tsp oil  
until meat is all brown. Add  
1 cup boiling water to the  
beef gravy powder and stir  
into the meat mixture. Add  
salt/pepper as desired.

Meanwhile, cook the  
cauliflower in boiling water  
until very soft. Mash well  
with a potato masher, or  
whizz in a food blender until  
smooth. Mix in the butter

and cheese and  
salt/pepper. Put the meat  
mixture into a small pie  
dish and top with the  
cauliflower mash. Bake for  
about 20 minutes at 350F.  
Add a little more grated  
cheese to the top and  
brown under a broiler.

NOTES : Counts for beef  
gravy powder not included  
in totals.

### Veal Steaks

CarbsPerServing:17g carbs total

Effort:Easy

#### Ingredients:

2 tablespoons whole wheat  
flour

1/4 teaspoon pepper --

freshly ground

4 boneless veal loin steaks

(1 inch thick) -- (4oz)  
Vegetable cooking Spray  
1 teaspoon Olive Oil 1/2 cup canned  
no-salt-added beef broth --  
undiluted  
1 1/2 tablespoons Capers  
2 teaspoons Dijon Mustard  
1/2 cup sour cream

How to Prepare:

1. Combine flour and pepper; dredge veal steaks in flour mixture. Coat large nonstick skillet w/cooking spray; add oil. Place over medium-high heat until hot. Add veal and cook 2 minutes on each side or until browned. Remove from skillet. Drain and pat dry with paper towels. Wipe drippings from skillet w/paper towel. Return veal to skillet.

2. Combine beef broth, capers and mustard; pour over veal. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until veal is tender. Transfer veal to serving platter and keep warm.

3. Bring broth mixture to a boil; cook, uncovered, over medium heat 5 minutes or until mixture is reduced by 1/2. Remove from heat; add sour cream, stirring until blended. Spoon over veal.

## Famous Meats

CarbsPerServing:4g carb total  
Effort:Easy

### Ingredients:

1 pound burger meat  
1 tablespoon barbecue sauce  
pinch salt  
2 teaspoons worcestershire sauce

How to Prepare:

You mix it around for about 2 minutes at the most. make them into little pattys of meat and serve them with thousand island dressing. This recipe might not sound so good but believe me. Once you try it, it is delicious. This is no joke at all. Try it for yourself. It doesnt even have alot of carbs!

## A Different Tostada

Serves:8  
CarbsPerServing:8.5  
Effort:Easy

### Ingredients:

8 each red cabbage leaf -- washed; raw  
1 can black soy beans -- drained  
2 tablespoons lard -- or shortening  
1/4 cup chopped onion  
1 pound ground beef  
1 cup shredded lettuce  
1/2 cup diced tomato  
1 cup shredded cheddar cheese  
1 Tablespoon chili powder -- divided



2 teaspoons cumin powder  
-- divided  
1 tablespoon dried oregano  
-- divided  
1 each salt and pepper -- to  
taste

**How to Prepare:**

In a food processor,  
process drained beans with  
1/2 the seasonings  
until desired consistency is  
reached. Heat lard in a  
skillet and fry  
processed, seasoned  
beans over low heat for  
about 7-8 minutes or until  
warmed

through and creamy  
looking. Fry ground beef  
with remaining seasonings  
until cooked through.

Assemble tostadas: lay out  
cabbage leaves (you need  
firm leaves).

Spread with the refried  
beans, then the meat,  
onion, lettuce, tomato then  
top  
with the cheese. This  
makes 8 large tostadas  
-you can also skip the  
leaves and add a  
layer of sour cream,  
guacamole and salsa to  
make a layer dip that's great  
with pork rinds.

### **Burger Scramble Florentine**

Serves:10,10

CarbsPerServing:27g carbs total

Effort:Easy

**Ingredients:**

1 1/2 pounds ground beef  
1/2 onion -- diced small  
10 ounces frozen spinach --  
thawed and drained  
8 ounces cream cheese 1/2 cup heavy cream  
1/2 cup shredded  
parmesan cheese  
salt and pepper -- to taste

**How to Prepare:**

Preheat oven to 350f. Spray  
a large casserole with  
cooking spray(lol -unless  
you enjoy scrubbing;)).  
Brown ground beef and  
onion. Add spinach and  
cook through until meat is  
done. Soften cream cheese  
and add in salt, pepper,  
cream and parmesan  
-blend  
thoroughly. Mix with meat  
mixture and spoon into  
casserole. Bake,  
uncovered, for 30  
minutes or until bubbly and  
browned on top.

### **Broccoli Beef with Fried Rice**

Serves:2

CarbsPerServing:10.5g

Effort:Easy

**Ingredients:**

2 pieces flank steak or any  
thin sliced beef -- about 1/2  
pound  
1/2 head broccoli  
1/4 onion  
1/2 head cauliflower  
1 egg -- beaten Olive oil  
Soy sauce  
Garlic Salt  
1/4 cup water

How to Prepare:

Cut beef into strips  
Stir fry in olive oil on  
medium high heat, season  
slightly with Garlic salt.  
Add 1/4 cup water, 1/2 head  
Broccoli (cut in small  
pieces) and sliced onion.  
Add and a splash of soy  
sauce and cook on medium  
heat until broccoli and  
onion are cooked, I like  
mine  
still crunchy.

Cut the cauliflower florets  
into tiny pieces (like rice)  
Stir fry in olive oil, add a  
splash of soy sauce and  
garlic salt.  
Add 1 egg and stir fry until  
egg is cooked and  
cauliflower  
is just getting tender.  
If it still tastes like  
cauliflower add a little more  
soy  
sauce.

Pour the broccoli/beef  
mixture over the "Fried Rice"  
and  
pretend you are in the  
Chinese restaraunt!  
Makes enough for two  
meals.

## Country Fried Steak

Serves:10

CarbsPerServing:3g carbs total

Effort:Easy

### Ingredients:

1 bag pork rinds and  
crushed them till very fine  
4 small boneless steaks2 eggs  
1/4 cup heavy cream -- or  
more if needed

How to Prepare:

Whip eggs and heavy  
cream together using fork.  
Then dip steak into the  
eggs/cream and roll in  
crushed pork rinds.  
Deep fry till done. Very  
good!

## Bleu Cheese Burgers

CarbsPerServing:4g carbs total

Effort:Easy

### Ingredients:

1 1/2 pounds ground beef  
1/2 tea spoon onion powder  
1/2 tea spoon garlic powder1/4 teaspoon salt  
1/4 teaspoon pepper  
2 ounces bleu cheese --  
crumbled

How to Prepare:

1. Preheat grill. Combine  
ground beef, onion powder,  
garlic powder, salt, pepper  
in a bowl; mix well.

2. Shape ground beef  
mixture into 8 thin patties.  
Place  
on a surface lined with  
waxed paper.

3. Divide blue cheese  
among 4 patties. Top  
cheese with

remaining patties. Press edges of patties together to completely enclose filling.

4. Place burgers on rack. Grill over medium-hot coals, turning once, until cooked through, about 15 minutes.

\*vary the burger by using swiss or cheddar instead of blue cheese.

## Sloppy Joes

CarbsPerServing:no counts provided  
Effort:Easy

### Ingredients:

Minced beef (0 carbs so as much as you want)  
1 can chopped tomatoes  
1 1/2 tubes very low carb tomato paste -- less than 1 carb per tube)  
100 ml V8 juice  
minced garlicolive oil  
a little water (about 100 ml)  
250 grams chopped mushrooms  
spices: italian herbs (1 tablespoon) -- onion powder, cumin, paprika, (1 tsp of each), a pinch of salt and pepper.

### How to Prepare:

Brown the minced beef in one pan. In another large pan, fry the garlic in the olive oil. Then add the beef, the chopped tomatoes, the tomato paste, the V8 juice, the water, the chopped mushrooms and the spices. Bring to the boil and simmer for an hour.

Make the revolution rolls from the recipe room for the buns. (I add a little carbolite bake mix to them for a better texture).

Spoon the sauce onto the rolls and add some shredded cheese and top with another roll. Enjoy!!

You can also use the sauce as a spaghetti sauce on the mung bean vermacellie available from Chinese grocery stores.

## Black & Blue Burgers

CarbsPerServing:9g carbs total  
Effort:Easy

### Ingredients:

1 pound ground beef  
1 egg  
4 ounces bleu cheese -- crumbled  
2 tablespoons vinegar -- malt - a must!2 tablespoons white vinegar  
4 tablespoons sour cream  
pepper

### How to Prepare:

This will generate a lot of

smoke so turn on the fans,  
open the kitchen  
windows, disconnect the  
smoke alarm, etc.

First, we'll make the blue  
cheese sauce. Combine  
the sour cream, a little  
pepper, and the vinegars  
into a bowl. Beat until mixed  
well. Then, when  
smooth, mix in the blue  
cheese. Return to the fridge  
while we make the  
burgers.

Mix the egg into the ground  
beef and form patties. Heat  
a skillet until  
SMOKIN hot (Cast iron is  
best here). Sprinkle a  
liberal amount of pepper  
into the bottom. Then drop  
on the hamburger patties.  
Blacken the burgers  
- they should be dark and  
crusty on the outside while  
still a touch pink  
in the middle.

Now spoon the sauce onto  
the burgers and enjoy.

### **Pork Tenderloin in Hearty Cream Sauce**

CarbsPerServing:21g carbs total  
Effort:Easy

#### **Ingredients:**

1 medium onion  
1 pound pork tenderloin --  
cut in bite size pieces  
3 tablespoons minced  
garlic  
garlic powder and onion  
powder -- a shake or two -  
optionall stick butter -- to taste  
16 ounces chicken broth --  
canned  
4 tablespoons heavy cream

#### **How to Prepare:**

- 1.Melt butter over medium  
heat
- 2.Slice or dice onions and  
pork
- 3.Sautee in pan with garlic  
until meat is lightly browned
- 4.Deglaze pan by pouring in  
chicken broth and cook on  
high heat until liquid is  
reduced by 50%
- 5.Add cream and reduce to  
desired thickness
- 6.Add cracked pepper to  
taste.

### **Benihana Steak**

CarbsPerServing:3g carbs total  
Effort:Easy

#### **Ingredients:**

1 teaspoon soybean oil  
5 ounces sirloin steak --  
boneless  
2 large mushrooms --  
sliced vertically1 tablespoon lemon juice  
1 pinch salt and pepper  
(optional)

#### **How to Prepare:**

Heat non-stick skillet (if  
electric set to 360 F). Add oil  
to heated skillet. Cut steak  
into bite-size cubes: place  
in skillet with mushrooms  
and lemon juice. Cook  
steak until done to taste.  
Season with salt and  
pepper if desired and serve

hot. (Makes 1 serving)  
Serving suggestion: Dip  
steak in Benihana Magic  
Mustard Sauce.

### **Benihana Hibachi Steak**

CarbsPerServing:2g carbs total  
Effort:Easy

#### **Ingredients:**

1 teaspoon safflower oil  
7 ounces sirloin steak --  
boneless, bite size pieces2 large mushrooms --  
sliced vertically  
1 pinch salt and pepper  
(optional)

#### **How to Prepare:**

Add oil to heated non-stick  
skillet (for electric skillet, set  
at 425F). Place steak in the  
skillet with mushrooms and  
cook until done. Season  
with salt and pepper if  
desired.

### **Chicken or Beef Stroganoff**

CarbsPerServing:27g carbs total  
Effort:Easy

#### **Ingredients:**

1 1/2 pounds chicken -- or  
beef cut into stir fry strips  
4 tablespoons butter --  
divided  
1/2 onion -- sliced thin  
1 clove garlic -- finely  
chopped  
1/2 cup water1 chicken bouillon cubes --  
or 2  
1 pint sour cream -- 1  
medium container (pint?)  
dash mustard  
pepper  
dill seed -- optional

#### **How to Prepare:**

In skillet melt 2  
tablespoons butter and add  
onion and garlic (and  
sliced fresh mushrooms or  
canned if you like) .  
Brown on low heat (not to  
burn garlic) and cook until  
onion is  
carmelized. Remove from  
pan and set aside.  
In same skillet add 2  
tablespoons butter and  
meat strips. Add pepper  
and dill seed.  
Cook until well browned  
and butter has cooked  
away. Then add 1-2  
boullion cubes (beef or  
chicken) and 1/2 cup water.  
Continue cooking  
until ll moisture has gone  
and beef/chicken is coated  
nicely.  
Turn heat to low and add  
sour cream, 1 small squirt  
regular mustart.  
Add onions and garlic (and  
mushrooms if used)  
Stir well and heat through  
without boiling.

### **Beef Pull-A-Part**

CarbsPerServing:22g carbs total  
Effort:Easy

#### **Ingredients:**

4 lbs. chuck roast -- (4 to 6)  
3 pieces celery -- minced1 onion -- minced,  
small/medium

1/3 cup soy sauce

How to Prepare:

Cut the chuck roast into 1-2 inch cubes, place in crock pot. Add minced onion and celery. Pour soy sauce over meat. Cover. Cook on high for 1 hour, then turn heat down to low and cook for 11 hours. Shred cooked meat with a fork. This recipe is supposed to be for sandwiches, but it is just as tasty by itself!

Important -- leave the fat on the roast while cooking, discard while shredding the meat. This helps to keep the meat tender.

**Beef Patties w/Mushroom Gravy**

CarbsPerServing:14g carbs total

Effort:Easy

**Ingredients:**

1 1/2 pounds ground chuck  
-- or other lean ground beef  
1/2 cup pork rinds --  
crushed  
1 each large egg  
1 tablespoon  
worcestershire sauce  
1/2 teaspoon salt 1/2 teaspoon pepper  
4 ounces canned  
mushrooms -- do not drain  
1/2 cup heavy cream  
1/2 teaspoon salt  
1/2 teaspoon pepper

How to Prepare:

In a large bowl, mix beef with pork rinds, egg, worcestshire, salt and pepper. Divide into 4 and form into patties. Fry for 4 minutes on each side to brown, then add the mushrooms and liquid. Reduce heat, cover and let simmer 15 minutes, turning patties after 10 minutes. If the liquid boils off, add another 1/4 cup water. Add the cream and remaining salt and pepper. Cover and simmer over very low heat an additional 10 minutes or longer - until patties are cooked through. Turn patties to coat with sauce, then pour any remaining sauce and mushrooms over to serve. Personal note: I find that a dash of nutmeg in the cream brings out the flavor better.

**Beef with Broccoli(simple)**

CarbsPerServing:36g carbs total

Effort:Easy

**Ingredients:**

1 pound beef round steak,  
R-T-C -- cut into bite-sized  
pieces  
2 tablespoons soy sauce --  
low sodium if preferred  
1 bunch broccoli -- cut into  
1" pieces and florettes  
separated 1 packet sweetener

1/4 cup oil -- more or less -  
for cooking  
1/2 cup water

**How to Prepare:**

Toss cut round steak with  
soy sauce and let sit 15  
minutes.  
Heat oil over med/high heat  
and quickly stir fry beef.  
Remove from pan. Add  
broccoli, water and  
sweetener, cover and cook 5  
minutes or until broccoli is  
just starting to turn tender,  
stiring occasionally.  
Add beef back in and warm  
through before serving.

**Beef Bar-B-Que**

Serves:10  
CarbsPerServing:15g carbs total  
Effort:Easy

**Ingredients:**

3 pounds beef chuck roast  
chopped onion  
3 tablespoons artificial  
sweetener  
2 teaspoons yellow  
mustard  
pepper  
2 tsp paprika 2 cloves garlic -- minced  
salt -- to 1 teaspoon -  
personal preference  
1/3 cup vinegar -- cider  
vinegar best  
1 tablespoon  
worcestershire sauce  
1 can tomato paste -- (1.6  
ounce)  
1 cup water

**How to Prepare:**

Put meat in crock-pot. Mix  
all other ingredients and  
pour over meat.  
Turn crock pot on high and  
let it go for about 4 hours  
then reduce heat to low and  
cook another 6 hours or so.  
The longer the better.  
Remove meat to a plate  
and let cool a bit. Then  
shred it using two forks.  
Return it to sauce.  
Can be eaten immediately  
or refrigerated for later. (if  
meat does not shred easily  
then you need to cook it  
longer) NOTES : No carbs  
added for onion - you will  
need to add to carb total  
above depending on how  
much you use.

**Bbq**

CarbsPerServing:18g carbs total  
Effort:Easy

**Ingredients:**

1 pound ground beef  
seasoning (salt, pepper,  
italian seasoning)  
1/2 cup canned crushed  
tomatoes  
1 tablespoon  
worcestershire saucel tablespoon lemon juice  
1 tablespoon vinegar  
3 tablespoons splenda

**How to Prepare:**

Brown hamburger with salt ,  
pepper, Italian seasoning,  
Drain. Add the rest of the  
ingredients and simmer

uncovered for 20 minutes  
until liquid is gone.

## BEEF ITALIANO

Serves:2  
CarbsPerServing:14.5g  
Effort:Easy

### Ingredients:

For Meat Patties:  
1 pound ground beef --  
(Angus)  
meat tenderizer  
fresh cracked pepper  
1 egg yolk  
1/4 cup parmesan cheese  
-- shredded  
For Tomato Fresco:  
14 ounces tomatoes,  
canned -- 14 - 16, chopped  
1 clove garlic -- minced  
1 shallot -- minced 1 jalapeno pepper --  
minced  
1/2 teaspoon basil  
1/2 teaspoon oregano  
1/4 teaspoon salt  
1/8 teaspoon fresh cracked  
pepper  
2 tablespoons olive oil  
Additional ingredients:  
2 slices mozzarella cheese  
-- extra thick cut  
4 tablespoons parmesan  
cheese -- shredded

### How to Prepare:

Mix all lightly...do not  
overwork! Shape into 2  
large thick patties.  
Set aside.

Heat oil in a saucepan, and  
saute the garlic, shallot and  
jalapeno  
until tender. Add tomatoes  
and all spices, cook over  
medium heat for 15  
minutes.

Grill or fry patties until  
medium rare. Place them  
on a ovenproof pan  
and top with the mozzarella  
slices and broil until  
cheese is bubbly. Place  
patties on plates, and top  
each with half of the  
sauce...Sprinkle each  
with 2 T of cheese and  
serve. Serves 2

## Beef and Sausage Casserole

CarbsPerServing:35g carbs total  
Effort:Easy

### Ingredients:

1 1/2 pounds Ground Beef  
3/4 pound Pork Sausage --  
(3/4 to 1)  
1/2 cup red onion --  
chopped  
1/4 pound chopped  
mushrooms  
3 cloves garlic -- crushed -  
3 to 4  
1/4 teaspoon italian spices  
-- to taste 1/2 cup shredded cheddar  
cheese  
3 Eggs  
6 ounces tomato sauce  
salt and pepper -- to taste  
2 Italian sausage links

### How to Prepare:

Lightly brown the Italian  
sausage. Mix 2/3 of the



tomato sauce with the  
rest of the ingredients  
(except the Italian sausage)  
in a large bowl.

Place half the mixture in a  
large (3x5x9 or larger) loaf  
pan. Layer the  
Italian sausage links  
lengthwise down the  
middle and cover with the  
remaining mixture. Spread  
the remaining tomato  
sauce over the top and  
bake at 350 until well done.

### **Beef and Been Entree**

CarbsPerServing:25g carbs total

Effort:Easy

#### **Ingredients:**

1 pound lean ground beef  
1 cup diced onion  
1 can tomatoes with green  
chilies1 can trappeys black eye  
peas -- 70g carbs; 18g fiber  
1/2 cup shredded cheddar  
cheese  
1 each salt and pepper -- to  
taste

#### How to Prepare:

Brown ground beef and  
onions until cooked lightly.  
Drain well and add  
everything but the cheese.  
Reduce heat to low, cover  
and simmer 15  
minutes.

Serve with cheese  
sprinkled over top.

### **Beanie Weenie Stir Fry**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

Your favorite Sausage:

turkey, pork, or beef  
Onions and garlic to taste  
Frozen green beans:  
bluelake or other blunt cut  
style

#### How to Prepare:

Slice sausage on the  
diagonal. Meanwhile,  
defrost beans til almost  
thawed.  
Sautee sausage with  
onions and garlic, adding  
beans when there are  
enough drippings that the  
beans won't stick. (You  
could also use olive oil or  
butter.) Sauteee until  
sausage is cooked through  
and beans are warmed to your liking.

### **BBQ Beef Kabobs**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

1 pound top round steak  
1 broccoli or cauliflower  
1 large onion cut into  
wedges  
1 large green pepper --  
seeded and cut into  
1 inch pieces12 cherry tomatoes  
12 bacon slices  
12 fresh mushrooms  
Barbeque sauce

How to Prepare:

Pound meat tenderizer into steak. Cut steak into 1-1/2 inch pieces.  
Thread carrot, onion, steak, green pepper, tomato and mushroom wrapped with bacon slice alternately on 6 (15 in.) skewers. Make sure carrot slice is the last item on each end to hold kabob together during grilling. Place on grill over medium hot coals. Grill, covered, 6 minutes on each side or to desired doneness. Baste frequently with Barbeque sauce.

### **Basic and Easy Stove Top Beef w/Onion Mushroom Gravy**

CarbsPerServing:17g carbs total

Effort:Easy

#### **Ingredients:**

1 really big beef roast  
(4-5lbs -or  
whatever will fit into your  
biggest pan)  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon garlic powder  
1/2 cup cooking oil 4 cups water  
2 teaspoons guar gum  
2 tablespoons dehydrated  
onion flakes  
4 ounces sliced mushroom  
-- pieces are fine  
additional salt and pepper  
to taste

How to Prepare:

Mix salt, pepper and garlic powder and rub into roast. Let sit 10 minutes at room temp. Heat oil in a big pan. You want it hot - but not smoking. Put in roast and let brown well, over medium heat, for about 5 minutes per side or until really browned nicely. Once that's done, Raise heat to high and add water. Bring to a good boil, cover, reduce heat and simmer for 2 hours -turn roast every 1/2 hour so it doesn't dry out. Remove roast from water and raise heat. Add in mushrooms and dried onion and let boil for about 2 minutes. (There should be about 3 cups liquid at this point -you may want to skim off some of the fat on top). Mix guar gum with 1/2 cup cold water and whisk into the boiling gravy to thicken. Allow to boil for 2 minutes.  
Serve hot. NOTES : Counts for guar gum not included - adjust accordingly

### **Crock Pot Meatballs**

CarbsPerServing:19g carbs total

Effort:Easy

#### **Ingredients:**

2 lbs ground beef  
2 cups crushed pork rinds  
(measure before  
crushing)  
2 large eggs  
1/4 cup parmesan cheese  
-- shredded  
1/2 cup onion -- finely

minced2 tablespoons  
worcestershire sauce  
1 teaspoon salt and pepper  
2 ounces tomato sauce  
1/4 cup water

**How to Prepare:**

Mix everything except the tomato sauce and water well.  
Form into meatballs. Place in crock pot and pour mixed sauce/water over all. Cover and cook on low for 5 hours. (After about 2 hours, gently stir to make sure they don't all stick together. You may need to remove about to do this without breaking them all up).  
\*\*I have made these many times, and baked them for 30 minutes first so they dont put as much fat into the sauce.

### **Crockpot Corned Beef and Cabbage**

CarbsPerServing:14g carbs total  
Effort:Easy

**Ingredients:**

3 beef brisket  
1/2 cup water  
1/2 cup chopped onion2 cloves garlic -- minced  
2 Bay leaves  
1 Head cabbage -- cut into  
8 wedges

**How to Prepare:**

Place corned beef in Crock pot. Add water, onion, garlic and bay leaves. Cover, and cook on Low for 10 to 12 hours(overnight is good). About 2 hours before its finished, add in the cabbage and let continue to cook.  
\*\*Note: If you don't have a huge crock pot, remove the beef and put the cabbage in the liquid and let cook 2 hours, then heat the beef in the oven wrapped tightly in foil.

### **Crockpot Beef Roast**

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

not itemizednot itemized

**How to Prepare:**

Take 3 to 4lb beef roast and brown in olive oil then place in crockpot with 2c. of diet caffeine free cola add about 1/2t. of garlic powder and 1/2t.of onion powder and 2 bay leaves. Cook on low in crockpot for about 5hr. This is so easy and so moist and flavorful!!! and also very low carb!!!!

NOTES : No counts provided.

### **Creamy Mushroom Steaks**

CarbsPerServing:37g carbs total  
Effort:Easy

**Ingredients:**

2 pounds beef top loin  
steaks -- cut into 4 or 6  
pieces  
1 Tablespoon butter  
1 each red bell pepper -- cut  
into strips  
1 each green bell pepper --  
cut into strips  
Sauce  
1/2 pound fresh  
mushrooms -- sliced 2 Tablespoons butter  
3 tablespoons onion --  
chopped  
1 cup heavy cream  
1 cup water  
2 teaspoons soy sauce  
1 each salt and pepper -- to  
taste

**How to Prepare:**

Saute sliced mushrooms in  
butter until slightly browned.  
Add in onions  
and saute for 3 minutes.  
Add remaining ingredients  
and let simmer,  
uncovered, until slightly  
thickened (you can whisk in  
1-2 T soy flour that has  
been  
dissolved in 1/4 cup water if  
desired for a thicker sauce).  
Fry steaks in remaining  
butter for 2 minutes each  
side. Remove and stir  
fry pepper strips for 2  
minutes. Add steaks and  
sauce back in and simmer  
10  
minutes or until steaks are  
at desired doneness.

## **Corned Beef and Cabbage**

CarbsPerServing: no counts provided  
Effort: Easy

**Ingredients:**

You will need 2 cans of corn  
beef in the can. (I use  
Hormel brand.) 1 large  
head of cabbage 1/2 medium  
onion, celery seeds and  
salt and pepper to taste.

**How to Prepare:**

- 1) shread cabbage & cut  
onion.
- 2) place both cabbage and  
onion in pan with a little  
oil. Let it cook for a couple  
of minutes. (you can add  
a little water if needed)
- 3) add both cans of corn  
beef mixing with cabbage &  
onion. Again, allow it to  
cook for awhile then add  
tablespoon of celery seeds  
and salt and pepper to  
taste.

## **CONEY ISLAND STYLE CHILI**

Serves: 4

CarbsPerServing: 9.5g  
Effort: Easy

**Ingredients:**

1 1/4 pounds ground beef  
8 ounces tomato sauce  
2 tablespoons tomato  
paste  
3 tablespoons chili powder  
-- or to taste 1/4 cup poblano peppers --  
minced (or 1 jalapeno

pepper)  
salt if desired  
fresh cracked pepper to  
taste

How to Prepare:  
Brown ground beef, add in  
the poblano pepper, tomato  
sauce and paste,  
and chili powder and salt.  
Simmer for 10-15 minutes.  
Serves 4

I like to serve this over hot  
dogs and top with cheddar  
cheese and  
broil till cheese melts.

## Chili, Texas-Style

Serves:6  
CarbsPerServing:9.3g  
Effort:Easy

### Ingredients:

2 teaspoons olive oil --  
divided  
3 pounds beef chuck -- cut  
into 1/2-inch cubes  
2 1/2 teaspoons salt --  
divided  
1 cup chopped onions --  
finely chopped  
1 cup chopped green bell  
peppers  
2 teaspoons chopped  
jalapenos -- finely chopped5 cloves garlic -- crushed  
2 tablespoons Chili Powder  
2 teaspoons cumin  
2 teaspoons oregano  
1 teaspoon ground red  
pepper  
5 tablespoons tomato  
paste  
Lime wedges and sour  
cream -- for garnish

How to Prepare:  
1. Heat 1 teaspoon oil in a  
large skillet. Sprinkle beef  
with 1/2 teaspoon salt.  
Brown meat over  
medium-high heat in two  
batches; transfer to Dutch  
oven. Pour drippings into  
one-quart measure; add  
enough water to make 4  
cups.

2. Heat remaining oil in  
same skillet. Add onions,  
peppers, jalapeno and  
garlic; cook 4 to 5 minutes,  
until softened. Stir in  
remaining salt and spices;  
cook 1 minute. Stir in  
tomato paste; cook 1  
minute, then add 1 cup  
water mixture. Bring to a  
boil; scrape up any brown  
bits and stir into beef. Add  
remaining water; bring to a  
boil.

3. Cover and simmer over  
low heat 1 1/2 hours.  
Increase heat to medium;  
uncover and cook 30  
minutes more.

4. Garnish with lime and  
sour cream, if desired.  
Makes 6 servings.

Source: [www.lhj.com](http://www.lhj.com)

NOTES : Counts for lime  
wedges and sour cream  
not included in totals.

### Chili Lovers Low Carbohydrate Chili With Beans

CarbsPerServing:58g carbs total  
Effort:Easy

#### Ingredients:

1 pound ground chuck  
1 pound chuck roast cubed  
1 medium onion -- chopped  
1 medium green pepper --  
chopped  
1 habanero chile -- seeds  
and membrane removed,  
chopped fine  
1 jalapeno pepper -- seeds  
and membrane removed,  
chopped fine  
1 teaspoon chopped garlic  
1 can beef broth -- (15 oz)  
1 can Delmonte stewed  
tomatoes -- (14.5 oz)  
2 tablespoons chili powder  
-- mild1 teaspoon hot ground  
Chile  
1 tablespoon ground cumin  
1 teaspoon Mexican  
oregano  
1 teaspoon Natures  
Seasoning (salt and  
pepper)  
1 teaspoon garlic pepper  
1/2 cup wheat bran  
1 can Westbrae Organic  
Soy Beans -- (15 oz)  
1/2 oz unsweetened baking  
chocolate -- not semi-sweet  
1 tablespoon mole.  
(Optional)

#### How to Prepare:

Lightly Brown together first  
seven (7) ingredients on  
high  
heat, breaking up ground  
chuck.

Reduce to simmer and add  
everything else but beans,  
chocolate  
and mole. Simmer covered  
1 1/2 hours. Add beans,  
chocolate  
and mole. Simmer very low,  
uncovered, 1/2 hour longer,  
stirring  
often. Enjoy! Serves 4 to 6.

NOTES : Counts for stewed  
tomatoes, hot ground chili,  
mexican oregano,  
garlic pepper, and soy  
beans not included in  
totals.

### Chili-Cheese Dog Bake

Serves:6  
CarbsPerServing:8.2g  
Effort:Easy

#### Ingredients:

10 each oscar Meyer  
Weiners -- 1 pack  
2/3 cup Kroger frozen  
chopped onions  
1 can kroger chili no beans  
-- 1 can  
1 cup kroger mexican  
cheese blend -- shredded  
kind  
3 each large eggs --  
separate out yolks  
1/4 cup protein powder --  
unflavored1/2 teaspoon salt and  
pepper -- each  
1/2 teaspoon chili powder  
1 dash cream of tartar  
1 dash artificial sweetener-

liquid  
3 tablespoons water --  
more if needed

How to Prepare:

Spray a 3 quart casserol  
dish with cooking spray.  
Preheat oven to 350f.  
Cut weiners into 1" pieces  
and mix with the onions and  
chili then pour  
into the casserole dish.  
Sprinkle 1/2 the cheese  
over the top.  
Beat the egg whites and  
cream of tartar until stiff. In  
another bowl,  
mix remaining ingredients  
except cheese. Should  
make a thick batter. If it's too  
thick, add another 1-2T  
water and beat in. Fold into  
whites, then fold in cheese.  
Pour over top of chili  
mixture. Place on a cookie  
sheet to catch spills and  
bake at 350 for 30 minutes  
or until nicely browned.  
Makes about 6 servings.

**CHILI**

Serves:2  
CarbsPerServing:8g                      Effort:Easy

**Ingredients:**

1 cup beef broth  
1/2 cup diced tomatoes  
1/4 cup chopped onion 1 tablespoon chili powder  
2 teaspoons tabasco sauce  
-- optional  
1 pound ground beef

How to Prepare:

brown hamburger and  
onion till hamburger is no  
longer pink and onion is  
soft. drain if needed. add  
rest of ingreds, and simmer  
for 1/2 hour. add grated  
cheese if wanted and  
enjoy. This serves 2 people.

**Cheesy Taco Bake**

CarbsPerServing:52g carbs total  
Effort:Easy

**Ingredients:**

1 cup Atkins Bake mix  
1/2 cup heavy cream  
3 large eggs -- slightly  
beaten  
3/4 cup water  
4 ounces green chile --  
canned -do not drain  
1/2 teaspoon pepper  
1 dash cayenne  
1/2 teaspoon cumin --  
ground type 1 1/2 pounds ground beef  
1/2 cup diced onion  
8 ounces tomato sauce  
1/2 teaspoon salt and  
pepper -- each  
1 teaspoon ground cumin  
1/2 teaspoon garlic powder  
1 cup monterey jack cheese

How to Prepare:

Preheat oven to 350f. Spray  
a 9" pan (spring form, cake,  
or square)  
with cooking spray.

In a large bowl, mix bake  
mix, cream, water, eggs,  
green chilis, salt, pepper,  
cayenne and cumin. Pour

and spread in the prepared pan, covering bottom evenly. If this is too thick to work with -add 1/4 cup water and mix in. If it's too thin -let it sit a few minutes to firm up. Bake, uncovered, for 20 minutes or until it starts to brown. While the crust is baking: brown ground beef with onions and seasonings. Pour in tomato sauce and heat through. Pour into the crust and bake for 20 more minutes, then sprinkle on cheese and bake another 10 minutes.

Approx 6-8 servings.

### **Cheesy Bacon Meatloaf**

CarbsPerServing:7g carbs total

Effort:Easy

#### **Ingredients:**

1 1/2 Pounds Lean Ground Beef  
4 Strips Bacon  
2 Eggs  
1/2 Medium Onion -- chopped  
1/4 Cup Pork Rinds -- finely crushed  
1/2 Cup Cheddar Cheese -- shredded  
Salt and Pepper to taste

#### **How to Prepare:**

Preheat oven to 400 degrees. Cook the bacon until it is about three quarters done (not yet crispy), then chop it into small pieces. Combine the ground beef, bacon, eggs, onion, pork rinds, and salt and pepper in a large bowl and mix well. Place in loaf pan and bake, uncovered, for 40 minutes. Add the cheddar cheese and bake until melted, about 5 more minutes. Enjoy!

### **Cheese Steak with Cheese and Mushrooms**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

not itemized  
not itemized

#### **How to Prepare:**

2-1/2 pounds ground chuck, salt and peppered to your desire. Roll 4 large meatballs/ reserving enough meat to make 4 small flat patties to make toppers for. With your meatballs, create and form a "bowl" (not making them too shallow, but deep enough for your filling. Add to the center "bowl": grated cheese and mushrooms and onion powder. (to make it Mexican style, add crushed red pepper or your favorite stuffing mixture) Next, place your topper (flat patty) on top of your mixture, making sure the patty is small enough to lay on top/inside, so you can bring the sides of the bowl up and



blend into the topper to seal. Note: If you are having a problem with sealing them, use egg white. Place the meat bowl in a heavy pre-heated skillet, cover with lid, and cook until browned on both sides, being very careful not to break the bowl. Place browned patties in shallow pan and cook in the oven for 30 min. @400 degrees. Serve with a salad and Enjoy! It's worth the work. This delicious cheese steak can be made in advance and the filling can be altered to your favorite stuffing allowance.

### **Cheese Burger w/an Unbun**

CarbsPerServing:no counts provided  
Effort:Easy

#### **Ingredients:**

4 oz Ground chuck beef  
80%lean 20% fat  
1 oz shredded Cheddar  
Cheese 1 tsp Ketchup  
1 lo carb tortilla

#### **How to Prepare:**

Stir Fry ground chuck well until fully cooked. Lay in lo-carb tortilla, and sprinkle so that it's heavily laden with cheese. Drizzle ketchup on top of the cheese, fold up bottom, then fold sides in. Eat like a buritto!

You can also stir fry some mushrooms and onions, and substitute swiss cheese, for the cheddar. Voila a Swiss Burger. Add Bacon to the original cheese burger recipe, voila, a bacon cheese burger! So many different variations to this.

### **CHEESEBURGER QUICHE**

Serves:10, CarbsPerServing:15g carbs total  
Effort:Easy

#### **Ingredients:**

3/4 pound ground beef  
1/3 cup chopped onion  
2 eggs -- beaten  
1/2 cup mayonnaise  
1/4 cup water 1/4 cup heavy cream  
6 ounces cheddar cheese  
-- grated  
4 ounces mushrooms  
salt and pepper

#### **How to Prepare:**

Brown ground beef & onion, drain grease. Add mushrooms & cook through. Mix eggs, mayonnaise, cream, cheese & salt & pepper, and pour over ground beef in a pie pan. Bake on 350 for 40-45 minutes. Let stand 10 minutes.

### **Canned Beef and Pork**

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

round steaklean boneless pork

**How to Prepare:**

You can buy round steak and lean boneless pork on sale. Cut in bite size chunks and can for a quick meal or camping. Fill qt. jars almost full, add NO water, pressure in cooker as per directions. Mine is 10 lb. pressure for 90 min.

You can also do chicken.

Cut and stuff, bone and all, in qt. jar and pressure at 10 lbs pressure for 75 min.

**California Style Pot Roast**

CarbsPerServing:28g carbs total

Effort:Easy

**Ingredients:**

4 pounds Beef roast  
2 tablespoons Flour  
1 teaspoon Salt  
1/2 teaspoon Pepper  
3 tablespoons Oil1 Onion -- chopped fine;  
1 tablespoon  
worcestershire sauce  
1 cup Water  
3 packages artificial  
sweetener

**How to Prepare:**

Sprinkle flour, salt and pepper all over roast. Brown in oil in skillet; add remaining ingredients. Cover. Simmer about 4 hours over low heat.

\*\*Note: Peel and slice turnips and add about 1/2 way through the cooking time for "potatoes" on the side:)

**Cabbage Rolls**

CarbsPerServing:28g carbs total

Effort:Easy

**Ingredients:**

10 large cabbage leaves  
1 pound ground beef  
1/4 cup flax meal  
1/2 cup crushed pork rinds1 large can chopped  
tomatoes -- drained well  
1 small onion -- chopped  
fine  
1 teaspoon salt

**How to Prepare:**

Cook cabbage leaves for two mintutes in just enough water to cover. Drain off water. Mix remaining ingredient together. Place 1/10th of mixture in cabbage leaf and roll up. Wrap rolls in foil and bake at 300 degrees for 40 minutes.

**Pepper Steak**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

1/4 cup soy sauce  
1 clove garlic  
1/2 teaspoon ginger  
1 thin slices beef -- cut from  
steaks  
(enough for 4 people)green onion or regular  
onion -- sliced  
2 celery stalks sliced  
red or green peppers sliced  
1 tablespoon cornstarch --

1 c. water

How to Prepare:

Combine soy sauce, garlic,  
and ginger with beef, set  
aside.

Heat oil, add beef, simmer  
40 minutes on low, or until  
tender.

Add onion, peppers, &  
Celery. Cook until tender.

Mix cornstarch and water.

Add to meat. Heat until  
sauce is thick

### Italian Beef (with Au Jus)

CarbsPerServing:18g carbs total

Effort:Easy

#### Ingredients:

5 pounds rump roast,  
trimmed -- (5-7lb)

2 beef bouillon cubes -- (2  
to 3)

2 cups water -- (2 to 3)

3 teaspoons Italian  
seasoning

1/2 teaspoon Tabasco  
sauce

1 clove garlic -- minced 1/2 cup chopped green bell  
pepper

2 tablespoons

Worcestershire sauce

3 pepperoncini pepper -- (3  
to 4)

1/4 cup pepperoncini brine  
salt and pepper to taste

How to Prepare:

Slow cook in a crock pot all  
day or until fork tender. Pull  
apart and serve. Makes a  
wonderful sandwich on  
carb legal bread. Good by  
itself or on a salad(cold).

NOTES : Counts for brine  
not included in totals

### Haystack

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

Hamburger patty

Salad what ever topping you like  
on your salad

dressing

How to Prepare:

I make my with Hamburger  
patty, melted with cheese  
on top and then pile on the  
salad.

Throw on chopped egg,  
sprouts, broccoli and  
dressing.

Then eat it all together,

### Ground beef stir fry

CarbsPerServing:33g carbs total

Effort:Easy

#### Ingredients:

1 pound ground beef -- lean

1/2 cup chopped onion

2 tablespoons soy sauce --  
low sodium if desired

2 cups zucchini slices

1 cup diced tomato -- large  
dicel packet sweetener

1/2 cup water

1/2 teaspoon salt and

pepper -- each  
1/2 teaspoon ground ginger

How to Prepare:  
Mix ground beef, onion,  
soya sauce and salt  
together. Peel and slice  
zucchini. Dice tomatoes.  
Heat oil on high. Stir fry  
ground beef mixture until  
browned, about 7-8  
minutes. Add zucchini and  
water, stir well, then cover.  
Cook 5 minutes,  
stirring occasionally. Add  
tomatoes and sweetener,  
cook 2 or 3 minutes more  
or until tomatoes just warm  
through and start to wilt.

### Grilled Balsamic & Soy Marinated Flank Steak

Serves:10

CarbsPerServing:21g carbs total  
Effort:Easy

#### Ingredients:

1/2 small onion -- roughly  
chopped  
3 cloves garlic -- roughly  
chopped  
1/4 cup olive oil  
1/4 cup balsamic vinegar  
1/4 cup soy sauce 1 tablespoon dijon mustard  
1 tablespoon rosemary  
1 teaspoon salt  
1/2 teaspoon freshly  
cracked black pepper  
1 1/2 pounds flank steak

How to Prepare:  
Combine all ingredients  
except steak in a mixing  
bowl. Whisk until  
well combined. Place steak  
in ziplock bag or casserole  
dish, and pour  
marinade over. Marinate in  
refrigerator for a minimum  
of 30 minutes, up to 2 days.

Grill over hot coals,  
brushing with extra  
marinade throughout. Grill  
until golden and cooked to  
desired doneness, about  
6-8 minutes per side  
(medium rare). Slice thinly  
to serve. Makes 4 servings.

### Ground Beef and Savoy Cabbage Casserole

CarbsPerServing:36g carbs total  
Effort:Easy

#### Ingredients:

3 small heads savoy  
cabbage -- chopped  
1 1/2 pounds lean ground  
beef  
1 large onion -- chopped  
1/2 can tomato sauce garlic powder -- to taste  
1 can chicken broth  
1 can beef broth

How to Prepare:  
saute ground beef and  
onion until no longer pink,  
add garlic  
powder, tomato sauce and  
cabbage, saute until  
cabbage is slightly wilted  
about 10 min.  
add both cans of broth  
, bring to a boil, reduce heat  
and simmer about 1  
hr. or until cabbage is done  
and liquid has reduced.

NOTES : Counts provide for  
1/2 cup tomatoe sauce..  
poster did not indicate can  
size.

### German Beef Rolls

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

no itemized ingredientsno itemized ingredients

#### How to Prepare:

Thinly sliced beef ( I often  
use 'sandwich steak' or  
inside round) size  
per roll roughly 5"x11"  
Spread with mustard  
Layer on one strip of bacon  
(I cut it in half) chopped  
onion (optional)  
and thinly sliced dill pickles.  
Roll up and secure with  
skewers or toothpicks.

In a frying pan at least 1.5"  
deep, brown the meat on all  
sides. Then, 1 bay  
leaf, 6-10 pepper corns and  
Bovril (beef  
broth)(concentrated double  
strength)  
to come 1/2 way up the  
sides of the pan. Cover and  
simmer for 1.5 hours  
and add water if it gets too  
dry.

I make it the day before, and  
then just have to simmer  
when I get home  
from work.

### Special Rib Roast (Prime Rib)

CarbsPerServing:10g carbs total

Effort:Easy

#### Ingredients:

10 pounds rock salt -- (3  
3-4 lb boxes)  
1 beef prime rib, roasted --  
(three-bone choice  
standing; about 5-6 lbs)  
3 tablespoons  
Worcestershire sauce1 1/2 teaspoons paprika  
pepper

#### How to Prepare:

Preheat over to 500  
degrees. Pour a small  
amount of rock salt in a  
large roasting pan until  
bottom is evenly covered,  
and then pray a fine  
mist of water over salt with  
a hand-held sprayer until  
salt is moist and  
sticky. Place prime rib in the  
pan. Mix Worcestershire  
sauce and the  
paprika in a small bowl and  
pour carefully over prime  
rib. Using your  
hands, rub the mixture all  
over the meat. Season  
meat with pepper.  
Cover meat completely with  
remaining rock salt (there  
may be some extra  
left over) and spray entire  
surface of salt with water  
until moist and  
sticky. Place in oven and  
bake for 15 minutes a  
pound (roast will be  
medium rare inside)  
Remove from oven, let meat  
stand for 5 min then

carefully break salt away  
with a kitchen mallet and  
remove. Brush any  
remaining rock salt off and  
slice.

## Flank Steak with Spinach Cheese

CarbsPerServing:3g carbs total  
Effort:Easy

### Ingredients:

Flank Steak  
1 bunch Spinach  
1/2 cup parmesan cheese 1 clove garlic  
1/4 cup olive oil  
prosciutto -- (thinly sliced  
ham)

### How to Prepare:

\*Flatten flank steak with  
rolling pin. Sprinkle salt and  
pepper over steak.  
In skillet, place rinsed  
spinach in and wilt  
completely. Put Parmesan  
cheese, garlic (minced),  
olive oil, and wilted spinach  
in a food processor  
and mix into a paste.  
Separate the prosciutto and  
put on top of flank steak  
covering completely,  
and generously spread  
spinach mixture of the  
prosciutto.

\*Roll steak and put on a  
9x13 cookie sheet. Brush  
steak with olive oil to  
seal in juices and ENJOY  
!!!!

\*\* Bake at 375 for 35-40  
minutes.  
NOTES : Counts allow for 1  
cup spinach .. adjust  
accordingly.

## Eggplant Meatball Stack

CarbsPerServing:33g carbs total  
Effort:Easy

### Ingredients:

1 medium eggplant -- cut  
into 6 sliced lengthwise  
1/2 cup protein powder --  
unflavored  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder  
1/2 cup oil for frying  
1/2 pound ground pork  
1/2 pound ground beef 1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder  
1 teaspoon italian  
seasoning -- dried blend  
1 cup tomato based pasta  
sauce  
1/2 cup water  
1/4 cup Parmesan cheese  
-- shredded

### How to Prepare:

Make meatballs by: mixing  
pork, beef, salt, pepper,  
garlic powder, and  
italian seasonings. Mix well  
by hand and form into 18  
balls.  
Put balls into a large skillet  
over medium heat and  
cook, turning

occasionally to brown on all sides, for 20 minutes. Mix pasta sauce and water and pour over meatballs. Cover and simmer 10 minutes. Meanwhile, mix protein powder with salt, pepper and garlic powder. Dredge eggplant in the mixture, then fry in hot oil until just tender -turn only once. Drain on paper towels.

To serve: lay 1 eggplant slice down and top with 3 meatballs. cut in 1/2. Spoon a little sauce over it and sprinkle on some Parmesan cheese. if having trouble making meatballs stick together, may need to add a tablespoon or 2 of protein powder:)

### **Easy Corned Beef**

CarbsPerServing:2g carbs total  
Effort:Easy

#### **Ingredients:**

1 can corned beef 4 eggs

#### **How to Prepare:**

Combine corned beef and eggs and mix it all together. Then put a bit of oil in the pan (Enough to coat the bottom) Pour it in and fry it all up. I love this meal because it's quick and filling!

### **Minnesota Stuffed Green Peppers**

CarbsPerServing:109g carbs total  
Effort:Easy

#### **Ingredients:**

2 pounds lean ground beef  
2 eggs  
1/4 pound wild rice 1 can Campbells family sized tomato soup  
3 large green peppers  
salt, pepper, onion, garlic,  
to taste

#### **How to Prepare:**

Cook wild rice for approx. 1 hour.  
Mix hamburger, rice, eggs seasonings in a large bowl. Mold mixture into 6 large meatballs.  
Brown meatballs in a skillet.  
Core and halve peppers and arrange in a large bowl. Put browned meatballs in pepper halves.  
Pour tomato soup over them (add one cup water if desired).  
Cook in microwave for 30+ minutes on half power.  
Serve by breaking up dry meatballs and pouring sauce over them.  
NOTES : Counts for soup and spices not included in totals.

### **Mexican Meatloaf**

CarbsPerServing:15g carbs total  
Effort:Easy

#### **Ingredients:**

1 pounds ground beef -- (1

to 2)  
3 tablespoons hot Salsa or  
Picante sauce  
2 tablespoons chili powder  
2 tablespoons ground red  
pepper  
1 tablespoon ground cumin 2 teaspoons black pepper  
2 teaspoons salt  
1 egg  
1 cup shredded monterey  
jack cheese -- or pepper  
jack

How to Prepare:

Preheat oven to 400  
degrees. Mix all ingredients  
together in a large bowl  
until evenly distributed. Any  
mexican spices may be  
substituted for the  
chili powder, red pepper  
and cumin. Shape into loaf  
in a 13"x9" baking pan  
or in a loaf pan. Bake at 400  
for about an hour, or until  
fully cooked. Pour  
off any fat that drains out.  
Garnish with shredded  
cheddar cheese and sour  
cream, and serve with  
salsa.

NOTES : Counts for salsa  
not included

### **Meaty Cheesey Cajun Balls**

CarbsPerServing:7g carbs total  
Effort:Easy

#### **Ingredients:**

1 1/2 pounds lean ground  
beef  
1 egg  
Cheddar cheese -- cubed  
and frozen 1 tablespoon cajun spice  
salt -- to taste  
pepper -- to taste

How to Prepare:

Mix ingredients in large  
bowl Form mixed meat into  
golfball size meatballs  
Then Carefully push frozen  
cheddar cubes into  
meatballs  
leave the opening where  
the cheese went in open so  
the cheese wont leak  
out when they're in the oven  
sprinkle with a little more  
cajun spice just for fun  
Then bake at 400 degrees  
for aprox 30 minutes

NOTES : Counts for  
cheddar cheese not included  
in totals.

### **Meat Paprika**

CarbsPerServing:no counts provided  
Effort:Easy

#### **Ingredients:**

1 pkg grnd meat-browned  
1 can of consomme  
garlic powder to taste lots of paprika  
chopped onions-remember  
to remember where you are  
on the diet and add amount  
accordingly

How to Prepare:

I kind of threw this together  
and by gum my husband  
liked it!  
when consomme has  
cooked down add sour  
cream and stir til heated.



## Meatloaf, for people who like meatloaf

Serves:10  
CarbsPerServing:10g carbs total  
Effort:Easy

### Ingredients:

1 pound ground beef  
1 pound ground pork  
1 pound pork sausage --  
bob evans, no sugar  
2 eggs 1/4 cup heavy cream -- to  
1/2 cup - to moisten  
1 cup cheddar cheese,  
shredded -- or mozzarella  
1 teaspoon chili powder --  
or 2  
bacon strips

### How to Prepare:

mix one pound ground beef,  
one pound ground pork,  
one pound ground  
sausage, (i use bob evans  
sausage, no sugar).  
Add two eggs, apx. 1/4 to  
1/2 cup cream to moisten, 1  
cup shredded cheese  
(chedder or mozzarella, or  
your  
favorite,) add apx. one or two  
teaspoons chilli powder,  
mix thoroughly, put in loaf  
pan, lay strips of bacon on  
top.  
Bake at 350, apx one hour  
or till done. slice and eat.

## Meatloaf for Meatloaf-haters

CarbsPerServing:8g carbs total  
Effort:Easy

### Ingredients:

1 pound ground beef  
2 tablespoons  
worcestershire sauce -- 2 -  
3  
1/8 cup heavy cream -- 1/8 -  
1/4  
1 cup shredded cheddar  
cheese 3 slices thinly sliced ham --  
(3 to 4)  
salt and pepper  
seasoning (Lawry's or  
steak seasoning)  
wax paper

### How to Prepare:

Lay out a piece of wax  
paper about 18 inches long.

Take a pound of  
hamburger, mix it up with  
some worcestershire  
sauce,  
one egg and some heavy  
whipping cream. Add salt  
and pepper to  
taste. (Guesstimate on  
these ... the meat should be  
nice and gooey.)

Place the mixture on the  
wax paper and  
pound/shape the meat until  
you  
have a flat rectangle that's  
about half to 3/4 inch thick.

Now, lay some slices of  
ham across the rectangle  
until the hamburger is  
covered. Pour about a cup  
or so of cheese over that, or  
until the ham  
is semi-covered.

Lift one end of the wax paper and start rolling the rectangle of meat into a roll (kind of like a big meat hoho!) Pinch the ends of the roll so everything stays inside. Sprinkle whatever seasoning you like on top.

Bake at 350 on a shallow baking sheet for 50 minutes. Just before it's done, sprinkle with cheese across the top.

TIP: You could add finely chopped veggies to the roll for added flavor/carbs.

### **Meatball Stoganoff**

CarbsPerServing:13g carbs total  
Effort:Easy

#### **Ingredients:**

Meatballs  
1 package meat loaf mix  
(Beef/Pork/Veal combination from the butcher)  
1 package lipton onion soup mix (half package works just fine too; less carbs)  
1 large egg  
2 tablespoons heavy cream  
1 clove minced garlic -- (1 to 2)1 tablespoon parsley  
Salt and pepper to taste  
Gravy  
1 package Schilling Homestyle gravy mix  
1/2 cup sour cream  
1 tablespoon worcestershire sauce  
1 cup sliced mushrooms  
Salt and pepper to taste

#### **How to Prepare:**

Meatballs: Combine all meatball ingredients in a large bowl. Mix lightly with fingers, do not overwork. Form into 1 inch balls and place on baking sheet. Bake at 350 for 20 minutes. The last minute, turn on broiler to brown meatballs.

Gravy: Boil gravy mix as directed. Add mushrooms and gently cook for a minute or two. Mix in sour cream and worcheshire sauce.

Arrange meatballs in casserole dish and pour gravy on top. Best is made a day ahead and reheated.

NOTES : Counts for onion soup mix and gravy mix not included in totals.

### **Marinated Skirt Steak with Grilled Asparagus**

CarbsPerServing:6g carbs total  
Effort:Easy

#### **Ingredients:**

1 skirt steak  
1/2 cup olive oil  
3 cloves chopped garlic4 basil leaves -- chopped  
1 tablespoon thyme -- chopped

monteral seasoning

How to Prepare:

Use all the ingredients above to marinate overnight, grill 10 to 15 minutes on each side, cut like a London broil.

Marinate the asparagus with olive oil, garlic, and kosher salt. Grill on low till tender, keep rotating.

### **Make Me Stuffed Peppers**

CarbsPerServing:24g carbs total

Effort:Easy

#### **Ingredients:**

1 pound ground beef  
2 large green peppers  
1/4 cup chopped onion  
1/2 cup chopped tomato 1 cup shredded cheddar cheese  
salt and pepper to taste  
oil for frying

How to Prepare:

Core and deseed the peppers. Boil in salted water for 5 minutes (for firmer peppers, don't boil). Rub the insides with a generous amount of salt. Brown the onion and beef in the oil, and the tomato and cheese to the pan. Spoon the beef mixture into the peppers, and place the peppers standing up in a small casserole dish. Cook at 350 for 20-25 minutes. Eat and enjoy!

### **Low Carb Weiner Schnitzel**

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

Veal Cutlets  
1 bag Pork Rinds 2 Eggs  
3 tablespoons oil -- (3 to 4)

How to Prepare:

Beat the eggs in a bowl. Crush the pork rinds real good in a bag and pour into a separate bowl. Heat the oil in a pan. Dip the cutlets first in the beaten eggs and then into the crushed pork rinds getting them fully coated.

Fry cutlets in the oil until nicely browned and serve. Top with a fried egg to make it even better. Not like Mom used to make but not bad if you're hankering for some quick German grub! Auf Wiedersehn

### **Low-Carb Manicotti**

CarbsPerServing:20g carbs total

Effort:Easy

#### **Ingredients:**

1 pound ground turkey -- or beef  
1 jar pasta sauce (I used Classico Tomato & -- it was lowest in carbs)  
Pesto  
1 tablespoon dried onions

-- minced  
8 savoy cabbage leaves --  
savoy is an oblong cabbagel pound ricotta cheese  
1/2 cup grated parmesan  
cheese -- divided  
1/2 teaspoon Italian  
seasoning  
2 eggs

How to Prepare:

Brown ground turkey or beef  
& onion in large skillet. Add  
sauce, stir and simmer over  
low heat. Meanwhile, wash  
cabbage leaves, then dunk  
each one in boiling water  
for 30 seconds, followed by  
ice water for 30 seconds.  
Lay flat to dry. Mix ricotta, 1/3  
c. parmesan, seasoning  
and eggs. Stir well. Cut  
cabbage leaves into  
uniform size by cutting off  
some of the thick stalk  
ends. Put 1/8 of cheese  
mixture onto thick end of  
each leaf, then roll up.  
Place in greased 9 x 12  
casserole dish. Repeat with  
remaining cabbage leaves.  
Spoon turkey or beef sauce  
over top of cabbage rolls,  
sprinkle with remaining  
parmesan, cover tightly with  
foil, and bake at 350% for 1  
hour  
NOTES : Counts for  
cabbage, pesto, and pasta  
sauce not included in totals.

## Low-Carb Lasagna

CarbsPerServing:58g carbs total  
Effort:Easy

**Ingredients:**

30 ounces ricotta cheese  
Mozzarella Cheese  
Parmesan Cheese  
3 eggs  
2 1/2 pounds ground beefsalt and pepper  
garlic powder  
15 ounces tomato sauce --  
1 15 oz can - hunts, no  
sugar  
spices

How to Prepare:

Take ricotta put in bowl. Add  
some mozzarella if you  
want to and add 3 eggs mix  
well and put aside.  
Brown ground beef. Add  
salt, pepper, garlic powder  
and tomato sauce.  
Taste cause you might  
need more spices. Lightly  
grease a 10x13 pan with  
butter.  
Put 1/2 of the meat mixture  
layered on the bottom.  
Layer all of the cheese  
mixture over that, then the  
remaining meat mixture on  
the top.  
Sprinkle top with  
mozzarella/parm mixture.  
Actually...I left this top layer  
of cheese off to try and have  
less carbs and it was great.  
Bake 350 degrees till  
bubbly...usually about 40-50  
minutes.

## London Broil

CarbsPerServing:no counts provided  
Effort:Easy

### Ingredients:

1 london broil  
seasoningspesto sauce -- your favorite  
(I got mine fresh ready  
made at Sam's Club)

### How to Prepare:

Season a London broil with  
salt, pepper (lots) and garlic  
and bake at 350 until done  
the way you like it.

When done, slice at an  
angle. To your serving,  
spread with about 2  
tablespoons of pesto sauce  
(2 grams per quarter cup is  
listed on mine - check yours  
and apply accordingly).

This is delicious -- and  
believe it or not, I don't miss  
the pasta I  
used to put this sauce on!

## Eggplant Casserole

CarbsPerServing:48g carbs total  
Effort:Easy

### Ingredients:

4 cups eggplant -- sliced  
thin  
10 ounces provolone  
cheese -- sliced  
8 ounces mozzarella  
cheese -- shredded  
1 pound lean ground beef  
1/2 cup chopped onion3 cloves garlic -- sliced  
1 cup mushrooms -- sliced  
1/2 cup celery -- chopped  
1 teaspoon italian  
seasoning  
16 ounces Newman's  
Sockarooni sauce

### How to Prepare:

Preheat oven to 350  
degrees.  
Take one pound of lean  
ground beef, add to a frying  
pan. Add mushrooms,  
garlic, onion, celery and  
about 1 tsp of Italian  
seasonings.  
Fry this until the meat is no  
longer pink.

Peel eggplant and slice it  
very thin. Grease bottom  
and sides of a 9x13  
glass baking dish with olive  
oil on bottom and sides.  
Layer half of the  
eggplant on bottom of pan.  
Sprinkles eggplant with  
some of the Italian  
seasoning.  
Layer half of the meat  
mixture, half of the sauce  
and half of the  
provolone. Repeat layering  
with remaining eggplant,  
meat, sauce and  
provolone.

Spread mozzarella over the  
top of the casserole, cover  
with foil and  
bake for approx. 30 min. or  
until done, taking foil off last

5 min. to  
brown  
NOTES : Carbs for  
Newman's Sockarooni  
sauce not included in above  
total - adjust accordingly

### **Leftover Roast Beef(or chicken)Casserole**

CarbsPerServing:29g carbs total  
Effort:Easy

#### **Ingredients:**

2 cups beef roast -- cooked;  
diced  
2 medium turnip -- peeled  
and sliced thin  
1/2 medium onion -- sliced  
thin  
1 cup sliced mushrooms1/2 cup cream  
1/2 stick butter  
1/2 cup havarti cheese --  
grated  
1 each salt and pepper -- to  
taste

#### **How to Prepare:**

Preheat oven to 350f and  
spray a casserole with  
cooking spray.  
Melt butter in microwave.  
Add cream and microwave  
1 minute.  
Place 1/2 of turnip slices in  
the casserole, followed by  
1/2 the roast  
and 1/2 of each veggie.  
Repeat layer and finish by  
pouring cream and butter  
over all and sprinkling on  
cheese. Cover with foil and  
bake for 30 minutes.  
Uncover and bake 10-15  
minutes or until browned on  
top.

## **POULTRY MEALS**

### **Lombardi Chicken**

Serves:4  
CarbsPerServing:6  
Effort:Easy

#### **Ingredients:**

1 lb. (4-6)skinless, boneless breast  
3 to 4 Tablespoons All purpose flour  
3 Tablespoons Butter  
1 cup sliced fresh Mushrooms  
1/2 cup dry Marsala Wine (cooking kind, usually with vinegars)1/3  
cup chicken broth  
1/3 cup shredded mozzarella  
1/2 cup grated Parmesan  
1/4 cup thinly sliced green onions

#### **How to Prepare:**

Place each piece of chicken breast between two pieces of clear  
plastic wrap; pound with flat side of meat mallet until 1/8 inch  
thick. Remove plastic wrap. Coat chicken lightly with flour.

In a 12 inch skillet, melt 1 tablespoon of the butter over medium  
heat; add half of the chicken pieces. Cook for 2 min. on each side.

Transfer to a 2 quart rectangular baking dish. Repeat with another 1  
tablespoon of the butter and remaining chicken pieces; transfer to  
the dish.

Melt remaining butter in the skillet. Add mushrooms.Cook and stir  
until tender; add wine, broth, and dash of salt and pepper. Bring to  
boiling; boil gently until mixture is reduced to 1/2 cup including  
mushrooms (about 5 min.) Pour over the chicken.

Combine mozzarella and Parmesan cheeses and green onion; sprinkle  
over the chicken. Bake, uncovered, in 375 oven for 20 min.

## Parmesan Chicken Breasts

Serves:3  
CarbsPerServing:1  
Prep Time:5 minutes  
Effort:Easy

### Ingredients:

1 pound chicken breasts  
1/2 cup mayonnaise/4 cup parmesan cheese  
1 teaspoon oregano

### How to Prepare:

Mix together the mayonnaise, parmesan cheese, and oregano. Spoon over chicken breasts in oven-proof glass or ceramic - like a 6"x12" pyrex baking dish or a 9" round pie plate. Bake uncovered 1 hour at 375 degrees.

## Lemon Sauce Chicken

Serves:4  
Prep Time:10 minutes  
CarbsPerServing:1.6  
Effort:Easy

### Ingredients:

4 chicken breasts  
1 TBS vinegar  
6 TBS mayonaise  
1 tsp salt  
2 TBS lemon juice  
1 tsp pepper

### How to Prepare:

Mix mayonaise, lemon juice, vinegar, salt, and pepper in bowl. Place chicken in casserole dish and spoon mixture over chicken. Bake in 350 degree oven for 1 hour, until bubbly and lightly browned.

## Chicken breasts alfredo

Prep Time:5 mins.  
CarbsPerServing:6grams  
Effort:Easy

### Ingredients:

Any amount of chicken breasts  
Seasoned salt  
1 jar of Ragu Alfredo sauce'  
Fresh shredded parmesan cheese  
Garlic powder  
olive oil to drizzle on chick.  
Toppings:  
Mozerella cheese

### How to Prepare:

Very Easy and delicious! Heat oven to 375 degrees. Drizzle chicken breasts w/ a little olive oil. Season with garlic powder, seasoned salt or your preferred seasonings. Bake for approx. 1 hr. Pour some of the Alfredo sauce in baking dish and cook for additional 15-20 mins. Then top with as much cheese you want, melt if you want..IT's awesome! Great with fresh spinach.

## Chicken Mozarella

Serves:2  
Prep Time:15 min. , bake time 22-25 min  
CarbsPerServing:8 total recipe  
Effort:Easy

### Ingredients:

2 Chicken breasts (or the number needed to serve number of ppl you have)  
1/2 c grated parmesan  
4 oz mozarella, shredded  
1 egg, beaten  
1 tsp Italian seasoning  
Bacon

### How to Prepare:

Mix the parmesan with the Italian seasoning. Coat the chicken breasts with egg and dredge in the parmesan. Saute in a little olive oil until browned. Remove from skillet. Place onto a cookie cooling rack which has been placed on a LINED cookie sheet. Put a slice of bacon on each piece (or two-whatever it takes to cover surface of chicken)...on top of that, the mozarella. Bake until the chicken is done through. Enjoy!

The way to test for doneness: press with a fork, the thickest part of the breast...it should press just slightly and bounce back up. The amount it should press is to be compared to the amount the end of your nose presses when pressed gently with your finger.

### STEAK/HAMBURGER DONENESS:

GENTLY....

1. Press the space between your upper lip and nose(relaxed-don't tense it). This is RARE.
2. Press the side of your nostril. This is MED RARE.
3. Press the end of your nose. This is MEDIUM (also perfect for chicken breasts---no dry, cardboard chicken this way!)
4. Press the bridge of your nose (where the cartilage meets the bone). This is WELL DONE.

Transfer the idea of how much these areas press down to your meat and it will be exactly as you want it.

## Itallian Garlic Chicken Legs

Serves:3  
Prep Time:10 minutes  
CarbsPerServing:5-6  
Effort:Easy

### Ingredients:

Roasted GarlicVinagrette-Dress6 chicken legs(thawed)ButterLemon  
Pepper Garlic saltWater

**How to Prepare:**

Pre-heat oven to 400 degrees. Put butter in bottom of shallow baking pan. Rub butter all over chicken. Sprinkle plentiful amounts of lemon pepper on chicken and less garlic salt on chicken. Do this on both sides. Take 1/2 cup of water and mix with 3 tbs of dressing. Pour in pan. When done pouring in pan brush a plentiful amount of dressing on to chicken in both sides. Cover with foil with pierced openings. Cook for 40-50 minutes...

**Oven Fried Chicken** Serves:serve 2 pcs. of chicken per person  
Prep Time:15 minutes Effort:Easy

**Ingredients:**

cut up chicken                      grated parm  
Keto crumbs                              oil

**How to Prepare:**

pour oil in a bowl. rinse and pat dry chicken. dip and coat chicken in oil then roll in parm and keto crumb mixture or roll in just the parm. or roll in just the crumbs.  
bake at 400 degrees for 1 hour and 45 minutes. comes out so tender and juicy!!

**Cheese Death** Serves:1 CarbsPerServing:Trace  
Prep Time:1 hour Effort:Average

**Ingredients:**

1/3 cup olive oil                      1 package parmesan cheese (DiGiorno works well)  
1/3 cup heavy cream or heavy whipping cream  
As much Oregano as you like                      Splash of Lemon Juice  
1/2 to full stick of butter                      1-2 Boneless Skinless breast of chickenPatience

**How to Prepare:**

I put together this recipe after getting bored with all the usual foods of the diet. When making this recipe it is important to transcend the limitations of measurements.

Put the olive oil in a large frying pan on medium heat. Watch the oil change consistency slightly. Place your thawed chicken in the pan and adjust temperature to keep chicken chatting nicely in the oil. Sprinkle Oregano on top. Cook chicken so as to only turn once. I let the white get to about half-way through the chicken, then flip. Apply liberal oregano sprinklings on other side. After the chicken is firm, take out of pan and set aside. Add lemon juice in and stir in oil. Next add in the heavy cream and butter. Warm until mixed. gently add in parmesan cheese, stirring and making sure to get a nice smooth consistency. Add more cheese as necessary to get a nice thick sauce. Add more oregano.

**Awesome Chicken Salad** Serves:4? CarbsPerServing:1?  
Prep Time:5 min Effort:Easy

**Ingredients:**

Chicken (2 cans)                      Mayo  
Hardboiled eggs (2-3)                      Onion powder  
Optional:  
bacon bits                      tomato                      cheddar (very small cube)  
favorite mustard (a little goes a long way)  
packet or 2 of splendaRelish (dill is usually lo-carb)  
Salt                      Pepper                      Tarragon                      Celery flakes

**How to Prepare:**

Mix chicken, eggs, spices, and any optional ingredients, then add enough mayo to make nice consistency. I like it as is but you can spread on a leaf of lettuce if desired. Most ingredients 0 carbs.

**Atkins Baked Chicken** Serves:2-4 people (depending on how many drums you can eat!)  
CarbsPerServing:3-4 (to be safe) Prep Time:5 minute  
Effort:Average

**Ingredients:**

3-4 chicken drumsticks  
1 egg, beaten  
1/4 cup Atkins bake mix (or other low-carb friendly baking mix)  
2 tbs of Adobo (Goya preferred)  
\*\*for Italian style chicken, substitute 1/8 cup of grated parmesan/romano cheese w/ Italian seasonings for 1 tbs of Adobo\*\*  
salt and pepper

**How to Prepare:**

Heat oven to 350. For best results, use glass bottom baking dish (if not available, cookie/baking sheets are fine too). No need to spray or butter.

Prepare chicken drumsticks (thaw, etc, if they have been in the



freezer). Prepare two bowls, one w/ the beaten egg, the other with the Atkins mix -- which includes the bake mix, adobo seasonings and liberal amounts of salt and pepper (to taste). (To those making Italian-style, grate your parmesan/romano cheese into the bake mix, and add liberal amounts of Italian seasonings and adobo). Mix baking mix around till everything is well-blended. Dip chicken into egg batter, cover well. Take the egg-battered chicken and dip into bake mix, cover well. Take covered chicken drum and place into baking dish. Repeat for as many drums as needed. When completed, place into pre-heated oven. Baked for about 40-45 minutes.

### Middle Eastern Chicken

Serves:4

CarbsPerServing:about 5 g for whole recipe

Prep Time:about 1 hour

Effort:Easy

#### Ingredients:

4 chicken breasts                      1/2 C olive oil  
2 tbl mixed spices (from any mid east store)  
1 small onion, chopped                      1 tsp cumin powder  
1/4 tsp ground cinnamondidn't really count carbs, except for onion.

#### How to Prepare:

In a baking pan (9\*13) put onion, spices, and olive oil, and mix with hand well. start bringing the chicken breasts and dipping them in the mixture and arranging them in the pan. cover with foil and bake at 350 for 45-60 min. check for doneness, when done, take foil off, put in broiler for a couple of minutes. let sit for 10 minutes, and enjoy!!! Goes great with creamed spinach on the side. also great on salads. Carb count is minimal  
and all I can think of is the onion that has carbs. :)

### AWESOME EASY CHICKEN WINGS (ZERO CARBS)

Serves:2

CarbsPerServing:0

Prep Time:20 min.

Effort:Easy

#### Ingredients:

3 lbs. chicken wings                      6 T. Hot Sauce  
1 Stick Butter                      2 qts. cooking oil                      Lawry's Seasoned Salt

#### How to Prepare:

WINGS: Cut whole wings at joints and discard tips. Sprinkle wings liberally with Lawry's Seasoned Salt. Deep fry until golden brown and crispy. Drain on paper towels.

SAUCE: Combine melted butter and hot sauce in a large bowl, mix well. Add wings and coat evenly.

This recipe is for mild wings-add extra hot sauce for more heat.

Goes great with a fresh salad!

### 40 cloves and a chicken

Serves:1 CarbsPerServing:0

Prep Time:1/2 hour

Effort:Easy

#### Ingredients:

1 whole chicken(broiler/fryer) cut into 8 pieces  
1/2 cup plus 2 tablespoonsolive oil10 sprigs fresh thyme  
40 peeled cloves garlic  
Salt and pepper

#### How to Prepare:

Preheat oven to 350F.  
Season chicken with salt and pepper. Toss with  
2 tablespoons olive oil and brown on both sides in a wide fry pan orskillet over high heat.  
Remove from heat and transfer to a shallow casserole dish. Add oil, thyme, and garlic cloves. Cover and bake for  
1-1/2 hours.  
Remove chicken from the oven, let rest for 5 to 10minutes, carve, and serve.

### Stuffed Pepperoni Chicken

Serves:4-6,8,10

CarbsPerServing:2-3 carbs per serving

Prep Time:30 - 45 minutes

Effort:Average

#### Ingredients:

6 boneless chicken breasts                      1 pkg. Pepperoni pizza slices  
1 8 oz. pkg. grated Mozzarella                      20 wooden toothpicksSauce:  
1 can diced tomatoes                      3/4 cup mushrooms  
1/4 cup white cooking wine                      1/4 cup olive oil  
1 tbsp. minced garlic                      Italian seasoning to taste                      Salt to taste

#### How to Prepare:

Put olive oil, wine, mushrooms in sautee pan, sautee until mushrooms are done, add garlic, diced tomatoes, italian seasoning and salt, let simmer while you do the chicken. Next, take chicken breast, turn underside up, beat with a little tenderizing mallet to flatten a little. Place pepperoni on chicken until covered, then put grated mozzarella on top. Roll from top end up to creat a stuffed pepperoni chicken, place 2 -3 wooden toothpicks in to hold in place. Put into

baking dish. Continue until done with all chicken. Pour sauce on top of the chicken, put into oven at 350 degrees for 45 min - 1 hour.

### Chicken Fajita Rollups

Serves:varies

CarbsPerServing:as little as 2, depending on how much sauce, sour cream and peppers and onions are used  
Prep Time:10 min. for chicken, 5 min. to prepare

Effort:Easy

#### Ingredients:

Bnls chicken breast                      Mccormick mexican seasoning  
sour cream                                  taco sauce  
shredeed cheesepeppers                      onions  
romaine lettuce                                  olive oil

#### How to Prepare:

Cut chicken into small slices, saute in fry pan with a little oil and mexican seasoning,saute peppers and onions with oil or whatever you like, spread sour cream, taco sauce cheese,peppers and onions, chicken onto lettuce leaf and roll up. It's delicious.

### Ranch Stuffed Chicken

Serves:4,8

CarbsPerServing:2-3

Prep Time:10 min

Effort:Easy

#### Ingredients:

4 Chicken Breasts  
4 slices of ham  
4 oz. cream cheese  
4 oz. mozzarella cheese (or cheese sticks)  
sprinkle of dry hidden valley ranch

#### How to Prepare:

Defrost chicken breasts until you can cut through the center, cut until almost to the edge, then open up (will look like a sub roll almost) and put ham slice, then spread cream cheese on ham. place mozz. on top and fold together. Sprinkle ranch dressing on top. Bake at 350 for approx. 45 minutes

### Spicy Chicken

Serves:2,10

CarbsPerServing:1 gram

Prep Time:5 mins

Effort:Easy

#### Ingredients:

2 Boneless, Skinless Chicken Breasts/Tenders  
1 Tbsp Frank's Hot Sauce                      Lemon-Pepper  
Cayenne Pepper1 1/2 Tbsp canola oil                      Garlic powder  
Parsley    Oregano

#### How to Prepare:

Heat frying pan and oil. Cube chicken breasts into squares and add to hot oil. Add hot sauce and dashes of herbs and spices to taste.

### chunky chicken

Serves:4-5

CarbsPerServing:about 5

Prep Time:20 -25 minutes

Effort:Easy

#### Ingredients:

chicken breast                                  rotel  
seasoning    shredded cheddar cheese

#### How to Prepare:

pre-heat oven to 375.on a cookie sheet or caserole dish, lay out chicken.  
season as you like, drain rotel and spoon over chicken.  
close to doneness sprinkle on cheese and put back into oven for about 3 minutes until melted.

### Cheesy Pepperoni Chicken

Serves:1

CarbsPerServing:4 gm

Prep Time:about 10 mins

Effort:Easy

#### Ingredients:

1 boneless chicken breast                      4 pepperoni slices  
1/4 c. Ragu Alfredo Sauce                      shredded parmesan cheese

#### How to Prepare:

brown the chicken breasts in olive oil until almost cooked through. drain on paper towel and put into baking dish. Add slices of pepperoni and shredded parm cheese on top of each breast. Bake at 350 until chicken is cooked through and cheese is bubbly. Warm up the Ragu Alfredo sauce in microwave and pour over baked chicken.

## Chicken Chilaquiles

Serves:8

CarbsPerServing:4

Prep Time:1-2 hours

Effort:Average

### Ingredients:

|                                 |                             |
|---------------------------------|-----------------------------|
| 1 whole chicken, cooked/deboned | 5 tortillas cut into strips |
| 1 cup shredded cheddar cheese   | 1/2 cup Monterey jack       |
| 1/2 cup sour cream              | 1 clove garlic, chopped     |
| 2 lg tomatoes                   | 1/4 cup onion               |
| 1 teasp. oregano, chopped       | 1/4 cup cilantro, chopped   |
| 1 cup (or more) chicken stock   | 1 tblsp olive oil           |
|                                 | 2 serrano chilis, seeded    |

### How to Prepare:

Boil chicken in water, remove when cooked, debone and cut into lg pieces.

Cut tortillas into strips and deep fry till golden, drain, set aside.

In large saute pan, heat olive oil and add tomatoes, chilis, onion, garlic, 1/2 cilantro and the oregano. Saute till all is cooked and little juice remains. Do not burn. Add the chicken stock and cook longer to meld flavors. Place all in blender and puree. Return to the saute pan and simmer with more stock into a nice thick sauce. Set aside.

In layers, place the tortilla strips, chicken, cheeses into a 9x13 pan. Add the sour cream in dollops, the cheeses and remaining cilantro. Cover with the sauce and top with more of the shredded cheeses. Bake at 350 till hot, bubbly and the cheese on top is lightly browned.

## Lemon-Pepper Chicken

Serves:3-4

CarbsPerServing:Not sure, but not many.

Prep Time:45 minutes over all, but worth it.

Effort:Easy

### Ingredients:

2 Tablespoons Lemon-Pepper seasoning. 2 Tablespoons Italian Seasoning. 2 Tablespoons Garlic Powder. 4 Tablespoons Butter. 3-4 Boneless, skinless chicken breasts.

### How to Prepare:

Melt butter in skillet over medium heat. Sprinkle both sides of chicken with the Lemon-Pepper, Garlic Powder, and Italian Seasonings. Place in pan and cook for about 15 min on each side or until cooked through.

## Chicken Alfredo with Parsley

Serves:3 ,1,10,7,10,10

CarbsPerServing:less than 7 total

Prep Time:15 minuts

Effort:Easy

### Ingredients:

|                           |                              |                 |
|---------------------------|------------------------------|-----------------|
| 3 Chicken Breast          | 3 Green Onions               |                 |
| 2/3 Cup Chopped Mushrooms | 2 Tbs Cream cheese           |                 |
| 1/4 Cup Heavy Cream       | 1 Tbs Butter                 |                 |
| 1 tsp Minced Garlic       | 2 Tbs Finaly Chopped Parsley | 1 Tbs Olive oil |

### How to Prepare:

Chop chicken breast into 1 inch cubes. Chop Green Onions finely. Heat skillet/wok with Olive oil. Stir fry Chicken first till brown and add onion and mushrooms.

Add Cream Cheese, Cream , Butter to a Sauce pan on low heat. "DO NOT BOIL". Stir until combined. Add Garlic, Parsley Salt & Pepper to Taste. You may have to add more cream to your liking. Combine Sauce in skillet with chicken and give a quick toss.

## Spicy Chicken Strips

Serves:1-2,10,8

CarbsPerServing:2-3

Prep Time:10 min

Effort:Easy

### Ingredients:

|                                       |                     |
|---------------------------------------|---------------------|
| 1 pkg. chicken breast cut into strips | 5 tbsp hot sauce    |
| 1/2 cup oil                           | 3 tsp basil         |
| 1 tsp pepper                          | 2 oz cheddar cheese |

### How to Prepare:

combine all ingredents into frying pan. fry till chicken is done.

## Grilled Bacon Wrapped Chicken

Serves:2-3

CarbsPerServing:0

Effort:Easy

### Ingredients:

|                              |                        |
|------------------------------|------------------------|
| 1 lb Boneless chicken breast | bacon - about 6 slices |
| butcher stringgarlic powder  | black pepper           |

### How to Prepare:

season chicken with pepper and garlic and let sit for at least an hour. Wrap bacon around chicken and secure with butcher string. Grill over medium coals for about 20 minutes until chicken is done and bacon is crispy.

### Smothered Chicken

Serves:9,10,10,10

Effort:Easy

#### Ingredients:

4 chicken breasts                      1 lg onion  
1 pkg mushrooms                      granulated garlic  
black pepper                      4-6 oz cheese (swiss, provolone, cheddar or mozzarella)  
4 slices bacon                      2 tbsp white wine

#### How to Prepare:

I got this idea from bennigans, they make smothered steak too, but I never tried it. Fry the bacon in a large skillet. While the bacon is frying, slice the onion and mushrooms. When bacon is desired crispness, remove it from the pan. If there is too much grease, pour some off, there should be enough to coat the bottom of the pan. Add onions and mushrooms to the grease. Butterfly the chicken and/or pound thin to make like cutlets. Push the onions and mushrooms aside and place the chicken in the pan. Season to taste and sautee until done, flipping half way through, about 5 minutes each side, depending how thin. Add the white wine to deglaze. When done, scoop up all the onions and mushrooms and place on top of pieces of chicken. Break up bacon and place that on top. Then top each piece with cheese. Place a lid over to melt the cheese for a minute or two.

### Chicken Cacitorre with Faux Pasta

Serves:3-4,10

CarbsPerServing:around 35 Total  
Effort:Easy

Prep Time:30 mins

#### Ingredients:

1 pound chicken breast cut into bit sized pieces  
1 can of diced tomatoes medium can  
1/2 a Spegetti Squash  
1 small can or half cup of chopped mushrooms 2tblsps of Olive oil  
1 tsp Italian seasoning  
Garlic and onion to taste  
salt and pepper to taste  
Parm Cheese for sprinkling!

#### How to Prepare:

Saute chicken chunks in oil add tomatoes, mushrooms and seasonings once chicken is cooked thru. while thats cooking Microwave half of a Spegetti squash for 10 mins, Microwave cut side down and poke a few holes in the skin. when that is done use a fork and scrape the insides to make your spegetti! add it to the chicken and toamto mix and simmer it for 10 mins so the sauce really gets in the squash.. top with your fav Italian Cheese and Enjoy

### REUBEN CHICKEN

Serves:4-6,10,10

CarbsPerServing:UNKNOWN BUT LOW

Prep Time:10 MINUTES AND THEN 45 TO BAKE

Effort:Easy

#### Ingredients:

4-6 BONELESS, SKINLESS CHICKEN BREASTS                      SAUERKRAUTSWISS CHEESE  
THOUSAND ISLAND DRESSING

#### How to Prepare:

PLACE RAW CHICKEN BREASTS IN BAKING DISH,SPREAD DRAINED SAUERKRAUT OVER RAW CHICKEN, COVER WITH THIN SLICES OF SWISS CHEESE, THEN SPREAD DRESSING OVER THE CHEESE.  
BAKE AT 350 DEGREES FOR ABOUT 45 MINUTES OR UNTIL DONE.

### Chicken mushroom cheesy bacon bake

Serves:4,10

CarbsPerServing:approx. 5 gms  
Effort:Average

Prep Time:20 minutes

#### Ingredients:

4 chicken breasts  
1 can condensed cream of mushroom soup  
1/4 cup water  
1 small white onion  
1 pkg whole baby portabella mushrooms  
2 cloves garlic  
4 slices of bacon  
1 cup shredded white cheddar cheese  
olive oil  
salt  
pepper  
garlic powder

#### How to Prepare:

Rinse chicken breasts and place into a baking dish. Sprinkle with salt, pepper, and garlic powder.

Add about 2 tbsp of oil to a frying pan on medium heat and add chopped garlic cloves. Sautee, but do not brown the garlic. Add mushrooms and brown. Set pan aside to cool to room temperature.

Mix soup with 1/4 cup of water and whisk. Add sauteed mushrooms to the soup mixture. Spoon 2 tbsp over each breast and spread evenly over entire breast.

Place 2 sliced raw onion rings over each breast and cover each breast with a slice of raw bacon (cutting each slice in half makes it easier to cover the entire breast).

Place into 400 degree oven until meat is no longer pink and bacon is browned and slightly crisp. About 45 minutes. Remove dish from oven and cover each breast with 1/4 cup of cheese. Place under broiler until cheese bubbles and is slightly browned.  
Enjoy!

### Chicken broccoli casserole

Serves:8,10,-----Select-----

Effort:Easy

#### Ingredients:

2 tbsp butter  
4 or 5 chicken breasts  
1 tbsp olive oil  
5 eggs  
1/2 c cream  
1/4 c parmesan  
1/4 c crushed pork rinds (you can sub bake mix or soy flour)  
2 or three stalks broccoli  
8 oz cream cheese  
1/2 c sour cream  
about 2 cups of cheese  
garlic powder  
black pepper

#### How to Prepare:

I never measure anything, so these amounts are estimates, vary them as you wish. chop up chicken and broccoli in chunks and sautee in olive oil in a non-stick skillet. Set aside to cool. Mix in mixer the cream cheese, cream, sour cream, and eggs. Add a little garlic powder, parmesan and black pepper. Rub casserole dish with butter and coat with about 1/2 the pork rinds. fold the cheese in to the mixture. You can use any kind of cheese, or a mixture, swiss and cheddar are good. Fold in the chicken and broccoli. Pour in the casserole dish. Top with remaining pork rinds and parmesan. Bake about 45 minutes, or until golden brown.

### Simple Curry Chicken Salad

Serves:depends

CarbsPerServing:approx 2-3

Prep Time:20 minutes tops

Effort:Easy

#### Ingredients:

boneless/skinless chicken tenders (I use about 6)  
approx 1/4-1/2 cup of mayo(will vary depending on amount of chicken)  
1 TBSP of full fat sour creamapprox 1 TBSP prepared mustard  
1 TBSP Blue cheese dressing  
salt  
pepper  
curry powder to taste

#### How to Prepare:

Boil chicken. Shred chicken, (easy to do with food processor)add all other ingredients and mix well.

### Sesame Garlic Thai Chicken and Veggies

Serves:2-3,10

CarbsPerServing:15 total

Prep Time:20 mins

Effort:Easy

#### Ingredients:

4 Chicken Breasts  
1 small can or 1 cup fresh mushrooms sliced  
2 tbls of Tahini (ground seasmse seeds)  
Half Bag frozen Brocclli  
1 tbls of olive oil  
1/2 cup of cocunut milk  
Salt and pepper

#### How to Prepare:

Cut Chicken into bite size pieces, brown in olive oil add veggies to pan till cooked In a small cup or bowl mix Cocunut milk, tahini, garlic and salt pepper until smooth and mized pour into pan over chicken and veggies and toss until they are all covered simmer for 5 minutes and serve... This is really garlicy and GOOD..

I f you are unfamiliar with tahini you can usually find tahini in the section with the Olives and wierd peppers and stuff or with the thai stuff in the store... Tahini is AWESOME it is Seesame butter add a splenda to it to make a great low carb peanut butter substitute

### Chicken Enchilada Stuff

Serves:2,7,10

CarbsPerServing:9-10

Prep Time:20 minutes

Effort:Easy

#### Ingredients:

1 large chicken breast, diced  
1/2 green pepper, chopped  
2 cloves garlic, sliced or crushed  
Sauce  
2 T butter  
1 T chopped onion  
salt, pepper, onion powder, nutmeg to taste  
jalapeno pepper, chopped (optional)  
4 oz cream cheese  
2 T heavy cream  
1 T cheese Whiz pimento flavor

Enchiladas                    2 eggs                    2 T heavy cream                    ½ t salt  
1 t baking powder                    1 sachet sweetener                    2 t oil

**How to Prepare:**

Saute chicken in olive oil/butter mix until almost done. Add onion, green pepper and spices and sauté until vegetables are cooked.  
Sauce directions: Mix together in blender adding just enough water to get a sauce consistency.

When chicken/vegetables are cooked through, add sauce and heat through. Remove from heat and keep warm.  
Enchilada directions: Whisk all together and using a bit at a time cook crepe fashion in hot pan. This recipe made 4 good sized crepes.

Fill each crepe with ¼ c chicken mixture and roll crepe and put seam side down in baking dish. When all are rolled, cover with any extra sauce and grated cheese. Bake for about 15 minutes until cheese is melted.

**Pecan crusted chicken**

Serves:10,8,10,7

Prep Time:20 minutes

Effort:Easy

**Ingredients:**

crushed pecans                    egglessboneless skinless chicken breasts

**How to Prepare:**

take the chicken breasts and roll it in the egg wash, then cover it ALL OVER in the crushed pecans. Put it in a pan and cook it up!  
(Medium heat) IT IS HEAVENLY!

**Chicken Fingers**

Serves:2

CarbsPerServing:1-2 maybe

Prep Time:20 minutes

Effort:Easy

**Ingredients:**

Chicken tenders  
2 eggs (scrambled with cream-uncooked)sesame seeds  
dehydrated minced onion                    oil

**How to Prepare:**

Mix minced onion and sesame seeds in a bowl. scramble eggs and cream in another bowl. Dip chicken tenders in egg and then sesame/onion mixture and fry in oil.

**Pan Glazed Balsamic Chicken**

Serves:2 or 3,10,10,10,10

CarbsPerServing:4

Prep Time:15 minutes

Effort:Easy

**Ingredients:**

1 lb boneless chicken breast                    salt  
freshly ground black pepper                    olive oil1/2 cup good quality balsamic vinager  
1/4 pine nuts                    1 tbs Dijon mustard

**How to Prepare:**

heat olive oil in non stick skillet on med high. Brown chicken for 3 minutes, turn and brown for 3 more minutes.  
Remove chicken, sprinkle with salt and pepper and cover to keep warm. In same skillet, add the vinager and pine nuts. Let cook on med high about 30 seconds or until liquid is reduced to half. add mustard and mix to form a smooth glaze. Return chicken, cook for 2 minutes and serve.

This dish is great served with roasted squash and red peppers.

**Easy Mexican Chicken**

Serves:6-8,10

Prep Time:45 min

Effort:Easy

**Ingredients:**

8 chicken pieces (bone in and skin on)                    1 stick margerine  
garlic salt and pepper to taste                    2 cans diced tomatoes (undrained)  
2 pkg. taco seasoning                    1 can chopped green chili's  
1 cup shreaded cheddar cheese

**How to Prepare:**

Melt margerine in frying pan. Season chicken with grlic salt and pepper. Fry chicken in margerine till browned. Reduce heat, cover pan, and let simmer for 20 min.  
In large bowl, mix the diced tomatoes, taco seasoning, and chili's well. Pour over chicken. Cover pan, and let chicken simmer in sauce 25 min. or until chicken cooked through. Uncover and top with cheddar cheese. Serve warm.

**Parmesan Crusted Chicken Tenders**

Serves:varies

CarbsPerServing:trace carbs

Effort:Easy

**Ingredients:**

2 pounds Chicken Tenders  
1 cup Heavy Cream  
2 teaspoons Garlic Powder  
2 teaspoons Ground Black Pepper  
1 can Parmesan Cheese, the powder kind  
2-3 teaspoons each: Garlic Powder & Ground Black Pepper  
Peanut oil for pan frying

**How to Prepare:**

Mix marinade ingredients and marinate at least 6 hours or overnight.

Combine the Parmesan breading and coat each chicken tender really well.

Add enough oil to pan fry the breaded chicken tenders. Med-High heat.

Cook the batches of tenders till they are a nice crunchy golden brown.

**SouthWestern Chicken Rolls**

Serves:4

CarbsPerServing:9

Prep Time:prep 11 minutes/cooking time 25 minutes

Effort:Average

**Ingredients:**

4 large boneless skinless chicken breast  
4 oz. Monterey Jack cheese with jalapeno peppers  
1/3 c. packaged plain bread crumbs  
1 large egg  
1 tbs. milk  
1/4 tsp salt  
2-3 tbs. all purpose flour  
1/4 c. vegetable oil

**How to Prepare:**

1~Preheat oven to 400. Place the chicken breast between sheets of wax paper or plastic wrap; using a mallet, pound each piece until it's about a 1/4 inch thick. Sprinkle the chicken breast with salt.

2~Cut cheese into 4 strips. Place 1 strip of cheese in the center of each chicken breast. Fold the sides of the chicken over the cheese to enclose completely. Secure with wooden toothpicks, if necessary.

3~On two separate sheets of wax paper, place bread crumbs and 2 tbs. of flour. In a pie plate, combine eggs and milk. Coat the chicken rolls first with the flour, then with the egg mixture, then with the bread crumbs.

4~In an oven safe skillet, heat oil over moderate heat. Cook the chicken rolls until lightly browned on all sides, 5 minutes. Place the skillet in the oven and bake until the chicken feels firm to the touch, 15 to 20 minutes. Remove the toothpicks. Serve with salsa if desired.

**Chicken, peas, pecans and grapes Salad**

Serves:4

Effort:Easy

**Ingredients:**

3 cups cooked chicken, diced  
1 cup frozen peas  
1/4 cup red onion, chopped  
1/4 cup mayo  
1/2 cup red grapes, halved  
1/2 cup pecan pieces  
1 hard boiled egg  
salt and pepper to taste  
romaine leaves

**How to Prepare:**

mix ingredients and serve on romaine leaves.

**Rotel Chicken**

Serves:2,10

Prep Time:20 minutes

Effort:Easy

**Ingredients:**

2 Boneless/Skinless Chicken Breasts  
Cheddar/Mozzarella Cheese  
Salt/Pepper to taste  
Foil  
1 can Rotel

**How to Prepare:**

Season Chicken with Salt and pepper to taste. Place chicken in foil and pour Rotel over chicken. Bake at 350 until chicken is done, about 30-45 minutes, chicken should be white in the center. Drain the juice and sprinkle cheese on top. Place back in the oven with the foil open to melt the cheese. No mess to clean up, just throw away the foil and enjoy!

**Fried Chicken Breast**

Serves:4

CarbsPerServing:1-2

Prep Time:30

Effort:Easy

**Ingredients:**

4 Large boneless, skinless chicken breasts with rib meat  
1 Cup of Parmesan Cheese  
Pepper  
3 Eggs  
1 TBsp of heavy cream  
Olive Oil

**How to Prepare:**

Pour generous amount of olive oil (about 1/2 inch deep) in a large non-stick skillet and heat on med-high. Beat three eggs and cream together in a shallow bowl. Pour cheese on a plate for battering your chicken. Wash and pat dry your chicken. Pepper to taste. Dip

chicken one at a time in the egg mixture (get both sides coated well). Roll in cheese. Place chicken in hot oil and fry; turning chicken several times until golden brown and done. There's just trace amounts of carbs in all the ingredients so eat and enjoy!

### You'll Love These Wings

CarbsPerServing:34g total

Effort:Easy

#### Ingredients:

5 pounds chicken wings -- fresh or frozen Marinade: 2 cups broth  
1/2 cup soy sauce 4 cloves garlic -- crushed, or 3 tbsp powder  
1 cup Atkins Pancake Syrup 2 tablespoons Atkins Vanilla Syrup  
2 splenda packets -- or equal 1/4 cup ketchup -- omit if in induction  
1/2 teaspoon salt

#### How to Prepare:

Mix marinade and pour over wings and marinate 48 hours. Broil wings 5 mins on each side or until blackened patches appear on wings. These are sticky-finger-lickin'-good! My kids LOVE these and I never seem to make enough!

NOTES : Counts for syrups not included in totals

### Turkey Meatballs with Spinach, Bacon & Cream Sauce

CarbsPerServing:11g total

Effort:Easy

#### Ingredients:

1 pound turkey  
1 bag crushed bbq pork rinds  
1 egg  
1/2 teaspoon rosemary  
1/2 teaspoon oregano  
1/4 teaspoon cayenne 1/4 teaspoon garlic salt  
2 cups spinach  
2 slices bacon -- cooked and crumbled  
1 cup heavy cream  
2 tablespoons parmesan cheese

#### How to Prepare:

Mix turkey, pork rinds, eggs, rosemary, oregano, cayenne and garlic salt. Cook meatballs. In separate pan, wilt spinach in 1/4 cup of water. Drain and add bacon. Add cream and parmesan and reduce. When reduced pour over meatballs. This is good with some tabasco sauce!

NOTES : Counts for pork rinds not included - adjust accordingly

### Turkey Crispies

CarbsPerServing:5g total

Effort:Easy

#### Ingredients:

2 cups Shredded roast turkey breast  
1 ounce sliced almonds  
2 tablespoons olive oil

#### How to Prepare:

Saute shredded turkey meat until beginning to brown on edges, add almonds. Stir until mixed thoroughly and hot throughout.

Remove and drain slightly. Eat warm or save some in refrigerator. Also good on salad and very filling.

### Turkey and Cheese Roll-up

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:



1 thin slice deli turkey\*  
1 thin slice deli swiss  
cheese\*  
1 spoonful of Philadelphia  
cream cheese 2 fresh chilled asparagus  
spears  
1 paper towel

How to Prepare:

Lay the turkey slice flat on  
the paper towel, put the  
swiss cheese slice on top  
of the turkey, spread the  
cream cheese on top of the  
swiss cheese, cut the  
asparagus spears into  
thirds and lay them  
horizontally on top of the  
cream cheese. Then at one  
end of the layer start rolling  
until you're able to hold the  
roll in one hand, then place  
the paper towel around the  
roll-up, eat, and go.

You can substitute the  
turkey and swiss with your  
favorite meat and cheese.  
Boar's Head brand is my  
favorite deli meat and  
cheese: it's low on sodium,  
has no preservatives, and  
offers varieties like  
peppered Turkey, Virginia  
baked ham, and jalapano  
mozzarella cheese.

**Tomatillo-Chicken**

Serves:3

CarbsPerServing:44g total

Effort:Easy

**Ingredients:**

Pico de Gallo:

1 jalapeno chile pepper --  
diced  
1 medium onion -- diced  
1 diced tomato  
1/3 cup chopped cilantro

Sauce:

2 cups light sour cream  
1 can Herdez green  
tomatillo sauce (in the  
Ethnic Foods aisle) Enchiladas:  
6 chicken breast halves --  
grilled or boiled,  
with cumin and fajita  
seasonings  
2/3 cup heavy cream  
3 cups shredded monterey  
jack cheese  
2 cans green tomatillo  
sauce

How to Prepare:

Dice chicken. Pour 1/3 cup  
of heavy whipping cream in  
the bottom of a glass  
casserole dish. Layer 1/2 of  
the chicken on top. Sprinkle  
1 cup of shredded monterey  
jack cheese on top of  
chicken. Repeat cream,  
chicken and cheese layer.  
Pour 2 cans of Herdez  
green tomatillo sauce on  
top of all. Sprinkle 1 cup of  
shredded monterey jack  
cheese on top. Cover with  
foil and bake at 350  
degrees for 40 minutes or  
until cheese is bubbly.  
Serve with sour cream/  
tomatillo sauce and pico de  
gallo.

NOTES : Counts for  
tomatillo sauce, cumin and

fajita seasonings not  
included in totals .

## **The Perfect Roast Chicken**

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

### **Ingredients:**

1 3 pound whole chicken --  
(3 to 4)  
2 tablespoons unsalted  
butter  
salt and pepper to taste

### How to Prepare:

Place empty pan in oven  
and preheat to 375  
degrees.

Melt butter and brush entire  
chicken skin with it.

Season according to your  
taste

Place chicken in v-rack so  
that one wing is down and  
one wing is up. Put rack in  
roasting pan in oven.

After 20 minutes, turn  
chicken over so that the  
other wing is facing up.  
Return chicken to oven.  
After another 20 minutes,  
turn chicken so that the  
breast is up and return to  
the oven to finish cooking.  
Check chicken for  
doneness after 30 minutes.  
If chicken is done, remove  
from oven and let rest for 15  
minutes. Carve and enjoy.  
This chicken is worth the  
extra effort as the breast  
meat is perfectly juicy and  
the skin is crisp and brown.

## **Thai Turkey Bundles and Dipping Sauce**

CarbsPerServing:32g total

Effort:Average

### **Ingredients:**

1 egg -- beaten  
1/2 cup waterchestnuts --  
chopped  
1/3 cup crushed pork rinds  
-- or grated parmesan  
cheese  
1 green onion -- finely  
chopped  
1 tablespoon soy sauce  
1 tablespoon lemon juice  
2 teaspoons ginger root --  
fresh, grated  
1/2 teaspoon artificial  
sweetener  
1/4 teaspoon salt  
1/4 teaspoon chili oil -- OR  
a dash of ground hot  
pepper  
24 ounces ground turkey --  
raw  
12 whole lettuce leaves --  
iceberg lettuce or savoy  
cabbage  
Dipping Sauce:  
1/4 cup lemon juice  
3 tablespoons fish sauce  
(nam pla or nuoc mam)  
1 tablespoon chopped  
cilantro  
2 teaspoons artificial  
sweetener  
1 tablespoon soy sauce  
1/2 teaspoon crushed red  
pepper  
1/2 teaspoon dark sesame  
oil  
Optional: 1 T water if sauce

is too strong

How to Prepare:

Combine first 11 ingredients and mix with hands. Shape into 12 4 x 1-1/2 x 3/4" logs. Grill, broil, or pan fry until juices run clear, turning once. Serve with leaves, garnishes, and dipping sauce. At table, each log is to be wrapped in leaf along with garnishes of choice, and dipped. Warning: this is messy but lots of fun!

Garnish as desired: fresh cilantro sprigs, bean sprouts, shredded red and green bell pepper, shredded carrots (count those carbs!)

Dipping Sauce: Mix all together.

NOTES : Counts for chili oil, and fish sauce not included in totals.

**Cilantro Cream Chicken**

Serves:9,10,10,6

CarbsPerServing:64g total

Effort:Easy

**Ingredients:**

4 chicken breasts  
3 ounces cream cheese  
3/4 cup heavy whipping cream  
1 lime -- juicedMcCormick's Rotisserie Chicken Seasoning (to taste)  
salt and pepper to taste  
3 tablespoons butter  
1/2 cup chopped cilantro

How to Prepare:

Brown chicken in butter. Season with spices while cooking and browning. Remove chicken when browned. Add cream cheese in cubes to skillet with butter and drippings from chicken. Add whipping cream. Add lime juice and cilantro. On medium heat melt and stir all ingredients. Put chicken back in sauce mixture ---cover and cook on low for about 10 or 15 more minutes.

Note - instead of the McCormick's seasoning I just use some garlic powder along with the salt and pepper. Still delicious.

NOTES : Counts for coconut extract not included in totals.

**Tarragon Chicken with Cream Sauce**

Serves:1,10,8

CarbsPerServing:6g

Effort:Easy

**Ingredients:**

1 chicken breast  
1 tablespoon dried tarragon  
1/2 cup heavy creamsalt & pepper to taste  
1 tablespoon butter

How to Prepare:

Place chicken breast between two layers of plastic wrap and pound until flattened. Sprinkle the

tarragon onto each side and sprinkle with salt & pepper to taste. Let sit for 15 minutes to develop flavors. In a regular skillet (not non-stick), melt butter. When hot, put in seasoned chicken breast and sear on medium-high heat. Turn after 2-3 minutes and cook until done, 5-7 minutes total. Remove chicken breast from skillet. Pour heavy cream into skillet, scraping up bits from the skillet bottom. Let simmer until thickened, 3-5 minutes. Add salt to taste. Pour over chicken to serve.

### **Tangy Chicken (easy and fast)**

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

#### **Ingredients:**

6 frozen chicken breasts dressing

1 bottle Zesty italian salad

#### **How to Prepare:**

Take the frozen chicken breasts out in the morning and place in a bowl. Pour the salad dressing over the chicken breasts and cover. Refrigerate until you get home. Take chicken out and fry, bake or grill it. Great with a caesar.

### **Szechwan Chicken and Vegetables**

CarbsPerServing:19g total

Effort:Easy

#### **Ingredients:**

3 tablespoons corn oil  
1 teaspoon crushed red pepper  
2 medium chicken breast, no skin, no bone, R-T-C -- thinly shredded  
1 stalk celery -- thinly sliced  
1 small carrot -- thinly sliced  
1 medium green bell pepper -- thinly julienned  
1/2 teaspoon salt  
1 tablespoon soy sauce  
1 packet splenda packets  
1/4 teaspoon tabasco sauce -- optional  
1/3 cup chicken stock  
1/4 teaspoon guar gum -- to thicken if needed

#### **How to Prepare:**

Heat wok or deep skillet over high heat with oil and pepper flakes for 10 seconds. Reduce heat to medium and stir fry chicken for 1 1/2 minutes. Add celery, carrot and bell pepper and stir fry for 1 minute. Add the remaining ingredients and stir fry for 1-2 more minutes or until slightly thickened.

### **Stuffed Chicken Breasts**

Serves:10

CarbsPerServing:2.3g

Effort:Easy

#### **Ingredients:**

1 pkg. bratwurst -- Johnsonville Fresh  
10 chicken breasts -- skinless and boneless  
14 ounces chicken meat -- skinless  
2 tablespoons jalapeno peppers -- finely chopped  
1 cup yellow onion -- chopped  
1 tablespoon garlic -- chopped  
2 eggs  
1 teaspoon dried oregano  
1 teaspoon black pepper

1/2 teaspoon chili powder

How to Prepare:

Remove sausage from casing and brown in skillet. Drain and preserve. Place chicken breasts on work surface and pound even. Process chicken meat in food processor until almost paste. Add remaining ingredients to processor and mix until well chopped, not pureed. Season inside of each chicken breast with salt and pepper. Place approximately 2 tablespoons of filling on breast and fold over, fasten with toothpicks. Place in a roasting pan, seam sides down. Roast at 400% for 20-25 minutes or until internal temperature reaches 160%.

**Stuffed Chicken Alfredo**

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

How to Prepare:

Take 4 boneless skinless chicken breast and pound flat with a meat mallet. Lay a piece of ham on the flattened breast, then swiss cheese or cheese of choice. Roll up, and wrap with a piece of bacon. Secure with a tooth pick. Spray pan with non stick spray and lay in pan. Cover with alfredo sauce. Bake for 1 hour 30 minutes. Serve with broccoli.

**Spinach-Stuffed Chicken**

CarbsPerServing:39g total

Effort:Easy

**Ingredients:**

20 ounces frozen chopped spinach -- thawed and squeezed dry  
1 cup shredded Swiss cheese -- (4 oz.)  
3/4 cup ricotta cheese  
1/3 cup grated Parmesan cheese  
3 tablespoons finely chopped onion  
1 clove garlic -- minced  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon ground nutmeg  
6 bone-in chicken breast halves

2 tablespoons olive or vegetable oil  
1 teaspoon paprika  
1/2 teaspoon dried oregano  
1/2 teaspoon thyme  
Additional paprika -- 'optional'

How to Prepare:

Combine the first 9 ingredients; gently stuff 1/2 cupfull under the skin of each chicken breast. Place in a greased 15-in. x 10-in. x 1-in. baking pan. Combine the next 4 ingredients; brush over chicken. Sprinkle with additional paprika if desired.

Bake at 350-F for 1 to 1 1/4 hours or until juices run clear.

### Spicy Thai Peanut Chicken

CarbsPerServing:25g total

Effort:Easy

#### Ingredients:

1/4 cup Peanut butter  
2 tablespoons chopped peanuts  
2 tablespoons soy sauce  
1 tablespoon instant minced onion  
1 tablespoon minced parsley  
1 garlic clove -- crushed and minced  
Red Pepper sauce to taste 1/8 teaspoon ground ginger  
4 whole chicken breast -- halved, skinned, boned  
2 tablespoons soy sauce  
2 tablespoons Sugar Twin Brown  
1 tablespoon melted butter  
1 can chicken broth  
1/4 cup heavy cream

#### How to Prepare:

Mix peanut butter, peanuts, 2 tbs soy sauce, onion, garlic, parsley, pepper sauce (& red pepper flakes if you like kick) and ginger. Spread paste on chicken breasts and roll. Secure with toothpick. Place in slow cooker. Mix remaining soy sauce, sugar twin brown, butter and broth and pour over chicken. Cover and cook for 4 to 5 hours on low. Remove chicken mix in cream and cook sauce on high for 15 minutes or until thickened and creamy. Serve over cabbage noodles.

NOTES : Counts for instant minced onion, red pepper sauce, and brown Sugar Twin not included in totals.

### Spiced Breaded Chicken Strips

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

Combine 1/4 cup flour substitute (soy flour) with 1 1/2 teaspoons "Season-All" spices; 1/2 teaspoon "Lemon Pepper"; 1/2 teaspoon "Paprika" and 1/2 teaspoon salt (adjust seasoning to taste). Cut 500g chicken fillets into strips and lightly coat with seasoned "flour". Allow chicken to rest while heating oil (enough to cover chicken strips) in a pan. Fry the chicken and serve (if you can wait long enough).

I'm in Australia and the brand of "Season-All" I use is McCormick (also comes in "Season-All Spicy" & "Season-All Garlic"). The MasterFoods one doesn't taste as good.

Be careful not to coat the chicken too much with the seasoned "flour" as it can be too strong for the meat if

there is too much.

I'm not 100% sure of the spice amounts as I usually just throw it together without measuring.

### Spiced Chicken Strips

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

Debone chicken, and slice it into pieces no more than two fingers thick. Boil the chicken strips in oil or water, over medium heat, stirring constantly (if pressed for time or patience, fresh precooked or microwaved chicken will work almost as well). Drain the oil--into a can or another pan, not the drains! Melt butter in the pan, enough to cover the bottom thoroughly. Place the chicken strips into the pan, stirring every 2-3 minutes. Add finely chopped onions, parsley, garlic powder, salt and black pepper--or other spices--to taste. Stir every couple of minutes until the chicken is browned; remove from heat and serve. The carbohydrate content will vary depending upon the spices and amounts used. Caution!: Cut several pieces of chicken in half, to be sure it's cooked all the way through--if it's cooked, the meat should be white.

### Sour Cream Chicken

CarbsPerServing:30g total

Effort:Easy

#### Ingredients:

6 chicken breasts  
2 cups sour cream  
3 cloves fresh garlic -- (3 to 4)  
2 tablespoons worcestershire sauce  
2 tablespoons lemon juice salt and pepper -- to taste  
1 slice bread (optional)  
melter butter  
paprika

#### How to Prepare:

Blend sour cream, garlic, lemon juice, worcestershire sauce, salt and pepper together and pour over chicken breasts. cover and marinate in fridge overnight. Remove chicken breasts and put in baking pan, sprayed with Pam. If desired, grind up 1 slice bread in food processor and lightly sprinkle on top of chicken. Drizzle with a little melted butter. Shake a little paprika on for color. Bake 350 for 45 min.

### Sausage, Mushroom and Cream Cheese Chicken Casserole

Serves:9

CarbsPerServing:18g total

Effort:Easy

#### Ingredients:

4 large chicken breast halves

-- pounded even but not too thin  
salt, pepper and garlic powder to season chicken  
2 tablespoons olive oil  
1/2 pound pork sausage  
-- roll type breakfast sausage  
4 ounces cream cheese -- softened  
1 cup shredded cheddar cheese -- divided  
8 ounces button mushroom -- fresh, sliced or quartered  
2 tablespoons chopped parsley -- (2 to 3), optional

**How to Prepare:**

Season chicken and brown for 3 minutes on each side in hot oil. Set aside and then crumble and cook the sausage. Drain well and let cool slightly. Preheat oven to 350f. Spray a casserole or baking pan with cooking spray and place mushrooms in the bottom. In a bowl, mix the sausage, cream cheese, 1/2 the shredded cheese and parsley well. Spoon and smooth over the mushrooms and place the chicken on top. Cover and bake for 30 minutes, remove cover, sprinkle over remaining cheese and parsley and bake an additional 15 minutes or until the cheese is melted and browned and the chicken is completely cooked.

**Saudi Satay**

CarbsPerServing:88g total

Effort:Easy

**Ingredients:**

1 tablespoon curry powder  
1 teaspoon coriander seed  
1 teaspoon salt  
1/2 teaspoon ground ginger  
1/4 teaspoon ground red pepper  
1 tablespoon grated onion  
1 clove garlic -- large, crushed (or 1T powder)  
3 tablespoons apple juice -- I used pineapple  
1/2 cup olive oil  
1/4 cup soy sauce  
1/4 cup honey -- optional  
skewers -- if wooden, soak in warm water  
4 boneless/skinless chicken breasts

**How to Prepare:**

Cut chicken into small pieces. In a medium sized bowl, combine ingredients and mix.

Add chicken, stir to coat. Marinate at ROOM temperature for 30 minutes. (then I've marinated in the fridge for up to 4 hours)

Place chicken on a broiler pan or grill (I really suggest the grill).

Cook for approx. 10 minutes.

NOTES : Carbs are in the



marinade, and not all will be consumed.

### Quick and Easy Chicken in Lemon & Butter Sauce

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 pound chicken -- either boneless breasts or tenderloins  
3 tablespoons butter -- (3 to 4)  
lemon juice -- to taste

#### How to Prepare:

Melt butter in skillet. Place thawed chicken pieces in pan, cook at medium heat. Cook time depends on the type of chicken you're using. Add lemon juice to taste, and serve! Note: Worcestershire Sauce or Teriyaki and Soy Sauce can substitute for the Lemon Juice.

### Pepper-Lime Chicken

CarbsPerServing:10g total

Effort:Easy

#### Ingredients:

2 pounds meaty chicken pieces  
1/2 teaspoon lime peel -- shredded  
1/4 cup lime juice  
1 tablespoon olive oil 2 cloves garlic -- minced  
1 teaspoon ground pepper  
1 teaspoon thyme -- crushed  
1/4 teaspoon salt

#### How to Prepare:

Rinse chicken, pat dry. Place chicken pieces, skin side down, on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat about 20 minutes or until lightly browned. Meanwhile, for lime glaze, in a bowl stir together lime peel, lime juice, oil, garlic, salt, black pepper, and thyme. Brush chicken with lime glaze. Turn chicken and brush with more glaze. Broil for 5 to 15 minutes until no longer pink, brushing often with glaze.

### Orange Baked Chicken Breasts

CarbsPerServing:1g total

Effort:Easy

#### Ingredients:

6 chicken breast -- boneless and skinless  
1/2 cup water  
1 teaspoon orange extract  
1 teaspoon No-Salt 1/4 teaspoon black pepper  
1/2 teaspoon dry mustard  
1/4 cup brown sugar twin

#### How to Prepare:

Spray glass baking dish with Pam. Put chicken breasts on bottom. Mix remaining ingredients well and pour over. Bake at 350 degrees for 35-40 minutes.

### Onion-Chicken with Lemon juice

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

Use an electric fry skillet or large frypan and add as much olive oil or vegetable oil as you like. Fry split chicken breasts (or any part of the chicken) with NO BREADING and slice 1/4" thick slices of onion over it as it fries. Add lemon juice and Liquid Smoke ( I use about 4-8 tablespoons of lemon juice and LOTS of Liquid Smoke) over chicken and onion mixture. COVER. Fry for apx. 1/2 hr on meduium, then uncover and fry on medium until chicken is browned and onions are nice and done. The lemon juice and Liquid Smoke really give it a zingy taste and the onions are yum.

### KFC Twister Variation

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

Boneless/Skinless chicken tenders battered in soy flour and fried in oil until "crunchy" golden brown. (add your favorite seasonings to the soy flour before breading).

Wrap chicken, shredded lettuce, and diced tomatoes with low carb ranch dressing in a low carb tortilla and enjoy.

### Salsa Chicken

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

4 chicken breasts  
equal parts salsa and sour cream

#### How to Prepare:

You can use any type of salsa -- of course the lower the carbs the better and with this recipe chunkier works better. Because of the sour cream you also may want the salsa to be spicier than usual (we use medium instead of mild). Brown the chicken breasts in pan with a small amount of oil. Then add the sour cream and salsa, stir well. Cover and simmer for about 10-15 min. That's it.

## Italian Chicken 2

CarbsPerServing:27g total

Effort:Easy

### Ingredients:

2 pounds chicken breast  
1 large tomato -- chopped  
1 onion -- chopped  
1/2 cup italian salad dressing

### How to Prepare:

Cut chicken breast's in half, add salad dressing to pan sautee chicken in salad dressing. Half way through cooking put in tomatoes and onions. Cook till onions are translucent. Put in casserole dish into the oven at 350 degrees. Top with any flavor shredded cheese you like I used monterey jack. Bake covered 15 minutes then remove cover and cook another 10 min.

## CHEESY TOMATO GARLIC CHICKEN BREASTS

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

COLBY CHEESE (OR ANY KIND OF CHEESE YOU WISH)  
FRESH TOMATOES - SLICED INTO ROUNDS  
BONELESS CHICKEN BREASTS  
GARLIC POWDER  
BUTTER

### How to Prepare:

SPREAD YOUR BUTTER OVER YOUR CHICKEN BREASTS AND SPRINKLE THE GARLIC OVER THE BREASTS. COVER WITH ALUMINIUM FOIL AND COOK IN YOUR OVEN AT 400 DEGREES UNTIL DONE. MAKE SURE THEY ARE JUST DONE AND NOT OVERLY DONE! TAKE OFF THE ALUMINIUM FOIL AND COVER EACH CHICKEN BREAST WITH SLICES OF CHEESE TILL THE BREAST IS COVERED THEN PLACE THE TOMATO SLICES ON TOP OF CHEESE USUALLY TWO SLICES IS ALL THAT WILL FIT. BAKE A LITTLE LONGER UNTIL CHEESE IS MELTED ABOUT TEN MINUTES LONGER. REMOVE AND SERVE. I DO NOT HAVE THE COUNTS ON THIS RECIPE....JUST MADE IT UP MYSELF, BUT THE ONLY CARBS WOULD BE IN

THE

TOMATOES WHICH WOULD ONLY BE ABOUT 6-7 CARBS FOR A WHOLE TOMATO SO THE SLICES WOULD ONLY BE A FEW CARBS.  
I ENJOYED THIS RECIPE ... I HOPE YOU DO TOO

## Chicken tikka masala

Serves:4

CarbsPerServing:9

Effort:Easy

### Ingredients:

Marinade:1 cup plain yogurt  
2 Tablespoons lemon juice  
2 teaspoons each: ground cumin, ground red pepper, freshly ground black pepper  
1 teaspoon each: cinnamon, salt  
1 piece (1/2 inch long) ginger root, minced (I used 1 tsp ground ginger)  
1 1/2 pounds boneless, skinless chicken breasts, cut into 1 inch cubes  
Sauce:1 tablespoon unsalted butter  
2 cloves garlic, minced  
1 jalapeno chili, minced  
2 teaspoons ground coriander  
1 teaspoon each: ground cumin, paprika, garam masala, see note  
1/2 teaspoon salt  
1 can (8 oz) tomato sauce  
1 cup whipping cream  
1/4 cup chopped fresh cilantro

### How to Prepare:

1. For marinade, combine yogurt, lemon juice, cumin, red pepper, blackpepper, cinnamon, salt and ginger in medium bowl or food-safe plastic bag. Stir in chicken and marinate in refrigerator for 1 hour.  
2. For sauce, melt butter in large deep skillet over medium heat. Add garlic and jalapeno and cook 1 minute. Stir in coriander, cumin, paprika, garam masala and salt. Stir in tomato sauce and simmer 15 minutes. Stir in cream and simmer until sauce thickens, about 5 minutes. Add chopped cilantro.  
3. Meanwhile, heat grill to medium high (or heat broiler). Thread chicken on skewers and discard marinade. Grill or broil chicken until cooked through, about 8 minutes.  
4. Remove chicken from skewers and add to sauce. Simmer about 5 minutes.

## Honey Mustard Wannabe Strips

CarbsPerServing:29g total

Effort:Easy

### Ingredients:

1 1/2 pounds boneless chicken -- breast, meat only  
1/2 cup grated Parmesan cheese  
1/2 teaspoon Salt -- table  
1/2 teaspoon black pepper  
1 tablespoon Oil -- olive, salad or cooking  
Sauce:

1/2 cup Splenda  
1 cup yellow mustard -- French's

**How to Prepare:**

The beginning step is to turn those chicken breasts into something resembling strips. Not only is this process easy as all hell, it's quite emotionally satisfying as well. Take the breasts, one at a time, rinse them in water, and place them in a heavy duty freezer bag. Then place the bag with the breast in it on a sturdy counter or table and bang away at it with a hammer. That's right, with a hammer. Make nice, even hits, and hammer the breast out until it's about 1/4 inch thick. If some hapless soul wanders into the kitchen to ask what the heck you're doing, give them a maniacal stare and sort of growl, "I'm making chicken!"

Now that you've hammered the chicken out to 1/4 inch thick, remove it from the bag and cut it into strips, lengthwise. You can make your strips as wide or as thin as you want. The world's your oyster, baby. Once you've cut them into strips, roll them in the parmesan cheese and spices, until you have a fine coating.

Now, starting with a hot pan, fry the strips on medium high heat in the olive oil, for about eight minutes on each side, or until the chicken is easily pierced with a fork and the juices run clear. Once the strips are done, lay them on a bed of paper towels and read them a story while they drain of grease. That's it kidlets!

Use the sauce for dipping, and force your family members to bow before your low carbohydrate mastery!

**Grilled Brie Chicken**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

**How to Prepare:**

Grill a frozen boneless, skinless chicken breast on the grill. Grilling it frozen keeps it juicy. When it is almost done, make a slit in the breast and add a slice of brie cheese. Cook long enough for the cheese to melt. Top with mushrooms that you saute in butter. DELISH! My children love this one too. You can also add a slice of cooked bacon around the chicken as the cheese is melting. Also use other types of cheese if you don't like brie.

**Ginger Glazed Chicken**

CarbsPerServing:3g total

Effort:Easy

**Ingredients:**

1 tablespoon fresh ginger -- grated  
2 cloves garlic -- minced  
1 tablespoon brown Sugar Twin1/8 teaspoon salt substitute  
4 boneless skinless chicken breast  
1/4 cup low sodium chicken broth

**How to Prepare:**

Preheat oven to 375. Combine first four ingredients in a bowl and mix thoroughly. Rub mixture on both sides of chicken. Place in glass baking dish. Add chicken broth to dish and bake 30-35 minutes until chicken is no longer pink.

NOTES : Counts for brown sugar twin not included.

**Garlic Parmesan Chicken**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Chicken Breast (as many or as few as you need)  
Butter  
Crushed Garlic (I use the jar kind from Christopher Ranch- 1 carb per tsp.)Shredded parmesan  
1 egg  
Toothpicks

**How to Prepare:**

Beat egg and set aside. Pound chicken until about 1/4 to 1/8 inch thick. Put one tablespoon of butter and one teaspoon of crushed garlic in the center of the breast. Roll the breast up keeping the butter and garlic in the middle and secure with toothpicks. Dip chicken in egg and then in parmesan to coat outside. Cook at 350 for about 20 minutes or until done.

**Garlic Chicken with Creamy Pesto Sauce**

CarbsPerServing:7g total

Effort:Easy

**Ingredients:**

2 Boneless skinless chicken breasts -- pounded thin (2 to 3)  
salt to taste  
garlic powder to taste3 tablespoons pesto sauce -- (3 to 4)  
1/2 cup heavy cream  
2 tablespoons Olive Oil

How to Prepare:

Sprinkle chicken with salt and garlic powder on both sides to your desired taste. Brown chicken in frying pan then put approximately one tablespoon of Pesto on each piece of chicken and spread around to cover. Add Heavy Cream and an additional tablespoon of Pesto to pan and stir with whisk. Heat until sauce starts to thicken. I like to add a little Arrowroot or Not-Starch to help thicken. Serve chicken breasts with sauce on top and over your fresh cooked vegetables. Delicious!

## Fried Chicken Wings - Asian Style

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

Marinade:

1 tablespoon grated onion  
1/2 tablespoon ground ginger  
1/2 tablespoon ground or minced garlic  
1 tablespoon white vinegar  
1 teaspoon soy sauce  
Salt by estimate  
Coating:  
1 tablespoon arrowroot (or any other cornstarch substitute)  
1 tablespoon cream cheese

How to Prepare:

Marinate the chicken wings in the above marinade for 4 - 8 hours (or overnight to really mix in the flavors) in the refrigerator. Drain and combine wings with the cream cheese & arrowroot mixture -- just toss it all together and mix well (tip: use your hands). Then deep fry in very hot oil till browned on the outside. Drain on paper towel and enjoy with a tall cool drink.

Cooking time varies but this should not be overcooked -- just till the inside is no longer pink. Generally if the outside is evenly browned to a rich golden brown, these are done. For best results keep the skin on.

8 to 12 chicken wings

## Creamy Alfredo-ey Chicken w/Broccoli

CarbsPerServing:16g total

Effort:Easy

Ingredients:

2 tablespoons butter  
1 clove garlic -- chopped  
2 tablespoons dry vermouth -- or dry white wine  
1 pint heavy cream/parmesan cheese -- or regaggio, shredded  
broccoli -- cooked and chopped  
chicken breast

How to Prepare:

In saucepan melt butter with garlic. Add vermouth or wine and slightly reduce. Add cream and stir often, keeping mixture just under the boiling point. As mixture begins to thicken, add shredded parmesan cheese or regaggio. Keep stirring until mixture thickens. Add broccoli. Remove from heat and let stand a few minutes--serve over chicken breast.

For variation, add mushrooms to the sauce when adding the broccoli! The sauce also tastes great with seafood (i.e. small shrimp or scallops). The sauce tastes great, is very low carb and very filling!

## Cream Cheese Stuffed Cornish Hens

CarbsPerServing:5g total

Effort:Easy

### Ingredients:

2 Cornish Game Hens  
Salt, pepper, and nutmeg -- to taste  
4 Ounces Cream Cheese  
2 Heads Garlic  
2 Tablespoons Butter

How to Prepare:

Rinse hens, pat dry; reserve giblets for another use. Sprinkle hens with salt, pepper and nutmeg. Mix garlic with cream cheese and butter. Place half of mixture inside each hen, and some under skin as well. Place hens, breast side up oven dish, and cover with aluminum foil. Set oven to 450 degrees. Bake until hens are tender and light brown, about 1 1/4 hours. Remove cover; bake about 10 more minutes, until brown. Serve with cooking juices over hens.

## Cream Cheese & Onion Chicken

CarbsPerServing:16g total

Effort:Easy

**Ingredients:**

8 ounces cream cheese  
 1 onion  
 chivesbacon  
 chicken - bones in -- bones out, pounded flat - any way you like it

**How to Prepare:**

Chop onion, mix with chives an cream cheese. Bones in chicken - chicken in baking dish, cream cheese mixture on top, cover with bacon slices Boneless chicken - layered - bacon, chicken, cream cheese mixture, chicken, bacon Pounded chicken - roll cream cheese mixture in center, wrap bacon around rolls Bake 350 for about an hour.

**Chinese Pepper Chicken**

CarbsPerServing:37g total

Effort:Easy

**Ingredients:**

2 tablespoons soy sauce  
 1 tablespoon cider vinegar  
 1 tablespoon water  
 1 splenda packets  
 2 teaspoons sesame oil -- or vegetable oil  
 1/2 teaspoon Frank's hot sauce  
 3 pounds chicken -- (3 to 3 1/2) broiler/fryer cut up2 tablespoons vegetable oil  
 1 teaspoon ginger root -- finely chopped  
 2 cloves garlic -- finely chopped  
 3 tablespoons green onion -- sliced  
 1 1/2 cups mushrooms  
 3 bell peppers -- cut into 1-inch pieces

**How to Prepare:**

Mix soy sauce, vinegar, water, sesame oil and pepper sauce in shallow glass or plastic dish or heavy resealable bag. Add chicken; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning chicken occasionally, at least 1 hour but no longer than 24 hours. Remove chicken from marinade; reserve marinade. Heat vegetable oil in 12-inch nonstick skillet or Dutch oven over medium heat. Cook chicken in oil about 15 minutes, turning occasionally, until brown on all sides. Cover and cook over low heat about 20 minutes or until juice is no longer pink when centers thickest pieces are cut. Remove chicken from skillet, keep warm. Drain all but 1 tsp drippings from skillet. Heat drippings and marinade in skillet over medium-high heat. Stir in gingerroot, garlic and onions. Cook and stir about 30 seconds or until garlic is light golden brown. Stir in mushrooms and bell peppers. Cook about 5 minutes, stirring occasionally, until bell peppers are crisp-tender. Serve with chicken.

**Chinese Chicken**

CarbsPerServing:7g total

Effort:Easy

**Ingredients:**

1/2 small red bell pepper -- chopped  
 2 tbs white vinegar  
 red pepper flakes -- to taste  
 1 package artificial sweetener2 chicken breast -- boneless, skinless  
 Shredded lettuce  
 Mung bean sprouts

**How to Prepare:**

Puree red pepper with vinegar in blender. Pour into saucepan. Add red pepper. Bring to a boil. Reduce heat and simmer three minutes. Remove from heat and let cool. Once cool, add sweetner. Cut chicken breasts into strip and stir fry until brown. Cover with sauce. Serve on bed of shredded lettuce and mung bean sprouts.

**Chicken with Cheesy Mushrooms**

Serves:10

CarbsPerServing:27g total

Effort:Easy

**Ingredients:**

4 boneless skinless chicken breasts  
 1 pound fresh mushroom -- sliced  
 2 tablespoons butter  
 1/2 cup sour cream1/4 teaspoon salt  
 ground pepper  
 1/2 cup grated parmesan cheese  
 Parsley Flakes

**How to Prepare:**

Place thawed chicken breasts in a 9X13 baking pan that has been sprayed with non-stick cooking spray. Bake in 425 oven for 30-45 min. until done. During the last 10 minutes of baking saute mushrooms in butter in a heavy skillet for 4 min. Stir in sour cream, salt and pepper. Heat until bubbly. Spread mushroom mixture on top of chicken breasts. Sprinkle top with cheese and parsley and bake for an additional 10 min.

## Chicken Stroganoff

CarbsPerServing:27g total

Effort:Easy

### Ingredients:

1 1/2 pounds chicken -- or beef cut into stir fry strips  
4 tablespoons butter -- divided  
1/2 onion -- sliced thin  
1 clove garlic -- finely chopped  
1/2 cup water  
1 chicken bouillon cubes -- or 2  
1 pint sour cream -- 1 medium container (pint?)  
dash mustard  
pepper  
dill seed -- optional

### How to Prepare:

In skillet melt 2 tablespoons butter and add onion and garlic (and sliced fresh mushrooms or canned if you like). Brown on low heat (not to burn garlic) and cook until onion is carmelized. Remove from pan and set aside.

In same skillet add 2 tablespoons butter and meat strips. Add pepper and dill seed. Cook until well browned and butter has cooked away. Then add 1-2 bouillon cubes (beef or chicken) and 1/2 cup water. Continue cooking until all moisture has gone and beef/chicken is coated nicely.

Turn heat to low and add sour cream, 1 small squirt regular mustard. Add onions and garlic (and mushrooms if used)  
Stir well and heat through without boiling.

## Chicken Satay

CarbsPerServing:21g total

Effort:Easy

### Ingredients:

--marinade--

2 tablespoons tamari soy sauce  
1 teaspoon garlic -- minced  
1 tablespoon sherry  
2 teaspoons splenda -- granular  
1/4 cup water  
1 1/2 pounds chicken breast -- sliced 1/2" thick---sauce---  
4 tablespoons peanut butter -- fresh  
3 tablespoons hot water  
1 tablespoon tamari soy sauce  
1 tablespoon sesame oil  
1 teaspoon garlic -- minced  
1 teaspoon ginger -- minced  
1 teaspoon lime juice

### How to Prepare:

Place thawed chicken in marinade and refrigerate for 2 hours or overnight. Skewer onto bamboo skewers and place on grill (indoor or outdoor).

Baste with peanut sauce towards end of cooking time--be sure sauce doesn't burn. Microwave and remaining sauce to warm for dipping.

## Chicken Pepperoni

CarbsPerServing:106g total

Effort:Easy

### Ingredients:

1/4 cup extra virgin olive oil  
20 boneless chicken tenders  
1 cup red pepper -- sliced thin  
1 cup green pepper -- sliced thin  
1 cup mushrooms -- sliced  
8 artichoke hearts -- chopped  
16 pepperoni slices -- (1/4 pound)  
2 cups chicken stock  
1 cup No sugar marinara  
1/4 cup locatelli cheese  
1/4 cup dry white wine (optional)  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon black pepper  
1 tablespoon butter

### How to Prepare:

1. Heat olive oil in saute pan and add chicken & peppers. Saute for

2-3 minutes and turn chicken over for 2-3 more minutes.

2. Add mushrooms, artichoke hearts and pepperoni and continue to saute for 5 more minutes.

3. Add chicken stock, marinara, cheese, wine, powders and black pepper. Simmer for 5 additional minutes.

4. Before serving, add tablespoon of butter rolled in flour (to coat), stir. Serve in a bowl.

### Chicken Parmesan Goodness

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

2 Chicken Breasts  
1 can diced tomatoes (my kind has Italian seasonings in it)  
2 tablespoons minced garlic  
Olive Oil  
Mozzarella Cheese  
Parmesan Cheese  
Italian Spices

#### How to Prepare:

Put a few tablespoons of olive oil in a frying pan and fry up the garlic in it. Smell it, it's yummy. Pound the chicken breasts (very cathartic) until they are thinner, but not itty bitty. Put the chicken in the pan, browning it well on both sides, making sure the garlic gets on both sides of the breasts. When they are brown, dump the can of tomatoes in the pan and keep cooking until the breasts are done in the middle (5 or 10 more minutes?) - and plop more Italian spices on top, especially if the tomatoes didn't have any. Then put a handful of shredded mozzarella cheese on each breast and cover the pan for a few minutes to steam the cheese into gooey submission. Take the chicken out and put on the dish, then pour the tomato mixture over the chicken. Then put tons of Parmesan cheese on top of it. It's so simple and good it'll make your momma cry.

### Chicken 'Nachos'

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

Grilled/Baked Chicken Strips (not breaded)  
Shredded Cheese  
Salsa  
Sour Cream  
Black Olives

#### How to Prepare:

Place cooked chicken strips on a plate. Add shredded cheese and black olives. Heat in microwave until cheese melts. Add about a Tablespoon of Salsa and 1 or 2 Tablespoons of Sour Cream (I use 2).

### Chicken Mushroom Dijon

CarbsPerServing:12g total

Effort:Easy

#### Ingredients:

4 chicken breast halves -- skinned & boned  
1 teaspoon Lemon Pepper  
1/4 teaspoon onion powder  
1 cup Heavy cream  
1 tablespoon Dijon mustard  
1 cup mushrooms  
2 tablespoons Butter

#### How to Prepare:

Sprinkle both sides of chicken with lemon-pepper seasoning and onion powder. In a skillet cook chicken in margarine or butter over medium heat for 8 to 10 minutes, or till tender and no longer pink, turning once.

In a small mixing bowl mix together sour cream, cream and mustard. Pour mushrooms over chicken, pour mustard mixture over chicken and mushrooms.

Stir until sauce thickens and mushrooms and chicken are well coated.

### Chicken Medallions

CarbsPerServing:2g total

Effort:Easy

#### Ingredients:

1 boneless skinless chicken breast  
1 stalk rosemary -- strip leaves off, discard stick (1 to 2)  
8 basil leaves -- (8 to 10) --(dried herbs can be used but fresh is better)  
salt  
pepper  
butter or olive oil for frying  
optional: garlic and/or onion powder

#### How to Prepare:

1. Chop rosemary and basil together very fine. push to one side of cutting board.
2. Place chicken breast on cutting board. Hold down with palm of hand and slice into medallions carefully w/sharp knife (knife should be held horizontally and pass under the hand holding it down).
3. Salt and pepper medallions (also garlic/onion powder if desired).
4. Dredge medallions in chopped herbs. Shake off excess, but be sure some sticks.
5. Fry in butter or olive oil over medium heat, 3-4 minutes per side (don't overcook, but be sure it is cooked through).
6. Serve w/side vegetable and salad.

## Chicken Kiev

CarbsPerServing:6g total  
Effort:Easy

### Ingredients:

4 large chicken breast -- boneless  
1/4 cup atkins bake mix -- optional  
1 egg -- beaten

### Garlic Butter:

1/4 cup butter -- softened  
1 tablespoon parsley  
1/8 teaspoon garlic powder -- (or 1 clove garlic minced, but this raises carb count a little)"Bread" crumbs:  
1 1/2 ounces plain pork rinds  
2 tablespoons parmesan cheese  
1 teaspoon oregano  
1 teaspoon parsley  
1 pinch garlic powder

### How to Prepare:

1. Mix garlic butter ingredients (butter, parsley, and garlic powder) in a small bowl. Chill in freezer for 15 minutes.
2. Crush pork rinds finely (the finer they are, the more they resemble bread crumbs). Combine crushed pork rinds with other "bread" crumbs ingredients (parmesan cheese, oregano, parsley, and garlic powder).
3. Flatten chicken breasts, either by rolling between sheets of wax paper or pounding with a tenderizer mallet.
4. Remove garlic butter from freezer. Place a piece of garlic butter (shaped into a small "stick") in center of each flattened chicken breast (divide garlic butter evenly between chicken breasts).
5. Roll up chicken breasts with garlic butter in the center.
6. Dredge rolled up chicken breasts in Atkins bake mix. Dip in or brush with egg and roll in "bread" crumbs.
7. Use toothpicks to hold rolled chicken breasts together. Either fry the chicken until cooked or place seam-side down on a buttered baking sheet (with sides) and bake uncovered at 425 for 40 minutes.

## Chicken in Basil Cream

Serves:10  
CarbsPerServing:16g total  
Effort:Easy

### Ingredients:

1/4 cup butter -- melted  
1/4 cup parmesan cheese -- could use pork rinds (recipe called for dry bread crumbs)  
4 boneless breasts (about one pound)  
3 tablespoons butter  
1/2 cup chicken broth  
1 cup whipping cream  
4 ounces pimientos -- chopped  
1/2 cup grated parmesan cheese  
1/4 cup fresh basil -- minced  
1/8 teaspoon pepper

### How to Prepare:

Dip breasts in melted butter then in parmesan or crushed pork rinds, cook in skillet on both sides till juices run clear, about ten minutes. Set aside and keep warm. Add broth to skillet, bring to boil, scraping bottom of pan to loosen browned bits. Stir in cream and pimientos; boil and stir one minute.

Reduce heat. Add Parmesan cheese, basil and pepper. Stir till heated through, pour over chicken.



### Chicken Florentine Capitan

Serves:4

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 pkg. boneless chicken breast(cut into bite size pieces)  
1 cut sliced mushrooms  
1 onion (I like vidalia onions)  
1 pkg. frozen chopped spinach (thawed and water squeezed out)  
8 ounces shredded mozzarella cheese (I use Italian 6 cheese mix)  
grated parmesan or romano  
garlic powder  
salt & pepper, to taste  
Italian seasoning (optional)

#### How to Prepare:

Sautee and season with garlic powder, salt & pepper, chicken & chopped onion in olive oil, until cooked, but not browned. When almost done add mushrooms. Continue sauteeing until mushrooms are tender. Put in 9" x 9" casserole. Cover with spinach, then cover that with mozzarella, sprinkle with grated parmesan. Broil until top is golden brown.

### Chicken Devan

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

#### How to Prepare:

Get a deep casserole dish for cooking in the oven. Cut up some skinless and boneless chicken into chicken tender slices. Place them in the bottom of the dish. Next cut up a broccoli head into smaller broccoli heads. Place a layer of broccoli on top of the chicken. Next take one can of cream of mushroom soup and spread it evenly over the broccoli. Then spread a layer of mozzarella cheese on top of the mushroom soup. Repeat again with another layer of broccoli heads, cream of mushroom soup then cheese. Bake in the oven for 30 minutes at 350 degrees F. You will know that the chicken is done when the cheese on top is brown.

### Chicken Cream Cheese Bacon Loaf

Serves:10

CarbsPerServing:14g total

Effort:Easy

#### Ingredients:

1 pound Bacon  
8 ounces Cream Cheese  
Chicken tenderloins -- Boneless (amounts will vary)  
1 tablespoon Garlic Powder -- (yes Tablespoon trust me)

#### How to Prepare:

Soften cream cheese in microwave for 45 seconds, mix in garlic powder well. Line loaf pan with bacon stirps, sideways, so ends hang over pan. Pound out chicken tenderloins slightly, place layer of chicken in pan on bacon, spread with entire cream cheese mixture, add another layer of pounded chicken. Fold bacon up around chicken and cream cheese, shaping a loaf. Use remaining bacon on top, and tuck in sides. Bake at 350 for about an hour, done when bacon is crisp. This tastes incredible.

### Chicken Cordon Bleu

CarbsPerServing:15g total

Effort:Easy

#### Ingredients:

4 boneless skinless chicken breast  
4 ham slices  
4 slices Swiss cheese  
Paprika

#### How to Prepare:

Place chicken breasts between two sheets of waxed paper or plastic wrap. Using meat mallet, pound chicken breasts until very thin (about 1/4" thickness) Place slice of ham, then cheese on each piece. Roll up and secure with toothpicks, or tie with string. Sprinkle with paprika.

Place in glass baking pan and place in a preheated 350\* oven for 40-45 min.

### Chicken Broccoli Casserole

CarbsPerServing:21g total

Effort:Easy

**Ingredients:**

1 pound chicken Boiled and deboned. -- (1 to 5)  
8 broccoli flowerets  
1 cup mayonnaise  
1/2 cup sour cream  
1/2 cup chicken stock  
12 ounces cheddar cheese  
3 tablespoons frenchfried onions  
3 tablespoons bacon bits  
1 1/2 teaspoons curry powder

**How to Prepare:**

Boil and debone chicken. Boil broccoli and drain. Mix mayo, sour cream, chicken stock and curry powder. Arrange shredded chicken on bottom of casserole dish, then broccoli. Pour mayo mixture over the chicken and the broccoli. Layer cheddar cheese and then onions and bacon. Bake in a 350 degree oven for 25 minutes. Allow to cool for five minutes and then serve.

**Chicken Breasts w/Dijon Mushroom Sauce**

Serves:4

CarbsPerServing:2.5g

Effort:Easy

**Ingredients:**

4 boneless chicken breasts  
salt and pepper to taste  
3 tablespoons butter  
1 tablespoon minced garlic  
4 ounces mushroom pieces -- do not drain  
2 tablespoons dijon mustard  
1/4 cup water

**How to Prepare:**

Season meat. Mix dijon mustard with water. Melt butter in skillet and add garlic. Saute for 30 seconds. Add chicken breast (or other meat) and let cook for 5-6 minutes. Turn, add remaining ingredients to pan and cover. Simmer over low heat for 10 minutes or until meat is cooked through. Remove meat and raise heat. Let sauce reduce slightly -pour over meat to serve.

(can use fish, shrimp, or beef in place of chicken -adjust cooking times)

**Lombardi Chicken**

Serves:4

CarbsPerServing:6

Effort:Easy

**Ingredients:**

1 lb. (4-6) skinless, boneless breast  
3 to 4 Tablespoons All purpose flour  
3 Tablespoons Butter  
1 cup sliced fresh Mushrooms  
1/2 cup dry Marsala Wine (cooking kind, usually with vinegars)  
1/3 cup chicken broth  
1/3 cup shredded mozzarella  
1/2 cup grated Parmesan  
1/4 cup thinly sliced green onions

**How to Prepare:**

Place each piece of chicken breast between two pieces of clear plastic wrap; pound with flat side of meat mallet until 1/8 inch thick. Remove plastic wrap. Coat chicken lightly with flour.

In a 12 inch skillet, melt 1 tablespoon of the butter over medium heat; add half of the chicken pieces. Cook for 2 min. on each side.

Transfer to a 2 quart rectangular baking dish. Repeat with another 1 tablespoon of the butter and remaining chicken pieces; transfer to the dish.

Melt remaining butter in the skillet. Add mushrooms. Cook and stir until tender; add wine, broth, and dash of salt and pepper. Bring to boiling; boil gently until mixture is reduced to 1/2 cup including mushrooms (about 5 min.) Pour over the chicken.

Combine mozzarella and Parmesan cheeses and green onion; sprinkle over the chicken. Bake, uncovered, in 375 oven for 20 min.

**Chicken Breasts Stuffed w/Blue Cheese Filling**

CarbsPerServing:6g total

Effort:Easy

**Ingredients:**

Filling:

3 ounces cream cheese

1 ounce crumbled blue cheese  
1 ounce butter  
1 teaspoon dried basil  
For the chicken:  
4 boneless skinless chicken breast halves  
1 tablespoon mrs dash  
1/2 teaspoon garlic powder -- salt, pepper,  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon italian seasoning  
4 tablespoons olive oil

**How to Prepare:**

For filling: Beat ingredients until smooth and place on a piece of plastic wrap. Form into a log about the thickness of a quarter and wrap tightly in plastic. Freeze at least 30 minutes.

In each breast, using a very sharp knife, cut a "pocket" into the flesh almost all the way through the chicken. Rub each breast with the spice mixture and then rub with 1T oil (prevents drying). Preheat the foreman grill. Cook each breast for 4 minutes or until just almost cooked. Remove and let cool a few minutes to be able to handle it. Remove the cheese log from the freezer, remove plastic and cut into 8 equal sized disks. Insert 2 disks into each chicken breast pocket and return to the grill for 3-4 minutes or until chicken is cooked through. Serve immediately (I like this on a bed of fresh spinach).

### Chicken Paprika

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

4 boneless chicken breasts  
1 can cream of mushroom soup  
8 ounces sour cream  
paprika  
red pepper flakes  
olive oil

**How to Prepare:**

Fry up chicken in olive oil til almost cooked. Add sour cream and soup. Do not add milk to soup. If the sauce seems a bit thick, add a little water. Add paprika and red pepper flakes to taste. Cook until chicken is no longer pink in middle.

### Chicken - Bacon Stir Fry

CarbsPerServing:6g total  
Effort:Easy

**Ingredients:**

1 large chicken breast  
1/2 pound bacon  
1/3 cup onion  
1/4 cup mushroom -- canned or fresh, chopped  
Soy sauce

**How to Prepare:**

Cut bacon and chicken into bite sized pieces. Fry bacon until not quite crisp (do not drain). Add chicken and other ingredients and stir fry until chicken is browned and cooked through and veggies are done. Add soy sauce to taste. You can add other veggies, too, just count the carbs.

### Chicken Breasts with Rosemary, Lemon & Garlic

CarbsPerServing:5g total  
Effort:Easy

**Ingredients:**

2 boneless skinless chicken breast  
1/2 lemon  
2 cloves garlic -- crushed  
1 sprig fresh rosemary  
2 tablespoons olive oil  
sprinkling of salt and pepper  
sprinkling of Italian Seasonings

**How to Prepare:**

Using a sharp knife, butterfly each breast. Put each breast between plastic wrap and pound with a mallet till thin. Loosen the rosemary from the sprig and chop coarsely. Season the breasts with salt, pepper, Italian Seasonings, rosemary and the crushed garlic. Let them marinate while you prepare the vegetables for the saute. When you start the veggies, heat the oil in a large skillet and gently place the chicken breasts over med-high heat to brown. After you turn them, squeeze lemon juice over.

Served alongside Sauteed Broccoli, Mushrooms and Zucchini - recipe found in the Veggies Category.

NOTES : Counts for Italian Seasonings not included in totals.

## Chicken Marsala

CarbsPerServing:20g total

Effort:Easy

### Ingredients:

2 cooked chicken breast halves -- (2 to 3) cubed  
2 cups heavy whipping cream  
1/4 cup chicken broth  
3 ounces Marsala Wine  
2 tablespoons butter2 tablespoons olive oil  
2 cloves garlic -- thinly sliced, optional  
4 mushroom -- sliced, optional  
1/2 teaspoon nutmeg

### How to Prepare:

Cook chicken until desired tenderness in some olive oil (keep in mind that the chicken will continue to cook a little bit after the sauce has been added. Add mushrooms, thinly sliced garlic and nutmeg. Cook until garlic and mushrooms just begin to soften.

Add marsala wine. Leave in for about three seconds and then add chicken broth and simmer for about 2 minutes.

Stir in cream and simmer until reduced to desired thickness.

Presto! Chicken Marsala. YUM!

You can play around with the chicken broth to cream ratio to find out which way you like your sauce. Be careful with the Marsala wine, though, because it's 3 grams of carbs per ounce.

## chicken bullseyes

Serves:4

CarbsPerServing:0 per piece (depending on cheese and ham used)

Prep Time:1/2 hour

Effort:Average

### Ingredients:

4 boneless chicken breast's  
4 slices hormel ham sliced thick at deli  
4 slices american cheesetoothpicks

### How to Prepare:

pound chicken with meat tenderizer. place 1 slice of ham and cheese in center of each piece of chicken.Roll chicken end to end flip on side and stick with toothpick to hold.(they will look like a bullseye if rolled correctly). bake @ 350 for 35-40 min.

## BREADS AND PASTRIES

### chocolate chip muffins

Serves:24

CarbsPerServing:3.6 g each, excluding choc chips as counts vary by brand

Prep Time:10 minutes

Effort:Easy

### Ingredients:

12 oz box Atkins Brownie mix  
3/4 cup oil  
3 eggs1 1/2 cups water  
1 cup Atkins Pancake Mix  
1/2 cup sugar free choc chips

### How to Prepare:

Beat together eggs, oil, water. Add brownie mix, beat on low for 1 minute. Add pancake mix, beat on medium for 2 minutes. Add chocolate chips and mix well. Divide into 24 paper lined muffin cups. Bake at 400 for 25-30 minutes. Tastes better than Atkins Choc Choc chip muffins and makes twice as many!

### High-rise... Lo-carb Bread

CarbsPerServing:84 total

Effort:Average

### Ingredients:

1 1/8 cups water &#8211; warm  
3 Tbsps olive oil  
1 teaspoon salt  
3/4 cup wheat gluten flour  
1/4 cup oat flour  
1/4 cup flax seed meal  
1/4 cup wheat bran  
1 cup soy flour  
1 Tbsp artificial sweetener

1 teaspoon sugar  
1 package quick dry yeast

How to Prepare:

IMPORTANT: This is a SINGLE RISE bread.

You can knead the dough by hand (about 10 minutes) or..

place the ingredients (in the same order as listed above) in a bread machine.

In the bread machine:

Set to Dough setting and stop it after the kneading cycle is completed. Do not let it rise in the breadmachine.

Remove dough and place in a long narrow oiled bread pan (15x8 1/2; or two 8x4 1/2;), roll it over.

Cover with a clean light cloth and let rise for about an hour or until at least double, or triple in size.

DO NOT PUNCH DOWN.. (single rise only).

Bake in preheated 375o oven for 40- 45 min

### **Awesome Mover Muffin**

Serves:8 muffins

CarbsPerServing:5 carbs each

Prep Time:5 min

Effort:Easy

#### **Ingredients:**

1 scoop choc protein powder

1/4 c oat bran

1 c bran

1/2 c cream1 large egg

1/2 c Splenda

1 tsp vanilla extract

How to Prepare:

Combine all ingredients. Makes 8 muffins. Bake about 15 minutes.

These are short but so tasty, better than a real muffin.

### **Strawberry Whipped Cream Crepes**

Serves:6,10

CarbsPerServing:Total 4.68 Fiber 1.27 Atkins 3.41

Prep Time:10 minutes

Effort:Easy

#### **Ingredients:**

Crepes:

2 eggs

1/3 cup heavy cream

1/3 cup water

2 Tbsp. butter, melted

1/4 tsp. salt

1 dropper stevia extract

3 Tbsp. soy protein powderCream:

1/2 cup heavy cream (or more if you like lots of cream!)

1/2-1 tsp. vanilla

1/2-1 dropper stevia extract

1 1/2 cups strawberries, sliced

How to Prepare:

To make cream: beat cream until stiff, add vanilla and stevia to taste.

To make crepes: whisk together

eggs, cream, water, butter, salt, and stevia until well-mixed. Add protein powder and whisk until smooth.

Heat frying pan to medium hot, melt a little butter in pan, and pour in 1/6 of crepe batter, tilting pan this way and that so that batter spreads out. Cook until top is dry and full of air holes, then turn and cook

briefly on second side. Remove to plate and set aside while cook remaining crepes.

To assemble: Place crepe on plate with good side down. Spread with cream. Top with 1/4 cup

strawberries, and fold top of crepe over cream and strawberries. Top crepe with dollop of whipped cream

and slice of strawberry.

### **Pizza Crust - Finally a Winner !!!!**

Serves:1 large pizza pan/ 8 slices approx,10

CarbsPerServing:whole pizza crust only - under 10 carbs

Prep Time:20 minutes

Effort:Easy

#### **Ingredients:**

1 1/2 c.vanilla

protein powder

1/2 c. soy flour

2 envelopes dry italian salad  
dressing ( most are 1 c )  
like good seasons etc...

2 envelopes sweetener  
1 c. water  
1/3 c. olive oil  
3 T. heavy cream ( 3 c )  
1 egg ( 1 c )  
1 T basil  
1 t cayenne powder  
1 T salt  
pepper to taste

How to Prepare:  
in food processor, add flour,  
protein powder, italian seasoning pckgs, salt and pepper, sweetener  
and spices. pulse then add water, olive oil, cream, and egg.  
chill dough slightly, and i roll it out under plastic wrap to avoid  
sticking...  
place on oiled pizza pan, and  
continue to press out even thinner.... 400 degrees 10-15 minutes...  
do not overcook!  
\*\*note\*\* after sampling many  
pizza crust recipes for low carb. i find the addition of the dry  
salad dressing a nice  
change.. it virtually eliminates any unpleasant soy  
flavour... top with low-carb  
pizza sauce, pepperoni, mushrooms and mozerella and or other  
low-carb toppings and rebake till cheese melts.

### **I Can't Believe It's Low Carb Cornbread**

Serves:9,10,10  
CarbsPerServing:6.77grams  
Prep Time:5minutes plus 25 minutes baking  
Effort:Easy

#### **Ingredients:**

1/2 cup yellow (SR) corn meal  
1/4 cup soy flour (will not taste it in the bread)  
1/3 cup Keto or Atkins Pancake /Waffle Mix  
1/2 teaspoon baking powder  
1/4 teaspoon salt2 packs of Splenda(optional)  
3/4 cup grated parmesan cheese(the canned type)  
1/2 cup heavy cream  
1 cup of water  
1 large egg  
1/4 cup vegetable oil

How to Prepare:  
Preheat oven to 375 degrees. Mix cream and water to make one and a  
half cups. Add dry ingredients together. Add egg, oil and cream.  
Beat until well incorporated. Pour into a well greased 9x9 square pan.  
This is the size I used. Guess you could use muffin tins just be  
sure to divide total carbs by number of muffins made. Bake for about  
20-25 minutes or until toothpick inserted comes out clean. Less  
baking time is required for muffins-maybe about 15-20 minutes. This  
is so good.

### **Cheese Bread(and it's great!)**

Serves:n/a, CarbsPerServing:1 carb per piece  
Prep Time:Less than 20 minutes  
Effort:Easy

#### **Ingredients:**

1 c. soy flour  
1 teaspoon baking powder  
1/2 teaspoon salt1 1/2 cups shredded cheddar(sharp is best)  
1 slightly beaten egg  
1/4 cup cream

How to Prepare:  
Sift dry ingredients. Stir in cheese. Combine egg with cream and add  
to dry ingredients. Mix very well.

Roll to 8x8 square and cut in 1" cubes. Place on greased baking  
sheet and sprinkle lightly with salt. Bake at 350 degrees for 10  
minutes.

Bottoms will be crunchy, tops lightly golden.

These are surprisingly good. I cut them in half and buttered them.  
Yum!

Might also work for pizza crust if you spread the dough in a pan and

bake it first. It's too soggy if you pile everything on the 'raw' dough.

But the bread cubes are terrific. If there's a soy taste it's pretty minimal!

### **Almond Breakfast Bread Pudding**

Serves:2,1

CarbsPerServing:Per serving: 419 Calories (kcal); 41g Total Fat; (82% calories from fat); 10g Protein; 9g Carbohydrate; 4g fiber; 165mg Cholesterol; 159mg Sodium  
Prep Time:quick!  
Effort:Easy

#### **Ingredients:**

2 ounces almonds -- ground  
1 large egg -- slightly beaten  
1 tablespoon flax seed meal  
2 tablespoons butter -- melted  
4 tablespoons heavy cream  
2 each splenda packets  
1 dash cinnamon

#### **How to Prepare:**

Mix almonds, flax, egg, 1T butter, 2T cream, cinnamon to taste and 1 packet splenda until it makes a paste.  
Pour into a small, microwave safe bowl and microwave for approx 1 minute and 20 seconds(1100 watt oven)or until the center puffs up. Remove and immediately top with remaining butter, cream, splenda and cinnamon to taste.  
\*note using 1/2 & 1/2 instead of cream reduces calories to 356 and does not change carb count.

### **Yummy Chocolate Pancakes**

Serves:Depends on how big you make your pancakes, I made 3 medium sized ones.  
CarbsPerServing:7 carbs  
Prep Time:15 minutes  
Effort:Easy

#### **Ingredients:**

1 egg (.6 carb)  
1 packet Splenda (1 carb)  
1 scoop Atkins Bake Mix (3 carb)1 scoop Atkins Chocolate Shake Mix (1 carb)  
1 Cup Water  
2 Oz Cream Cheese (1.4 carb)

#### **How to Prepare:**

Combine all ingredients (I used hand blender) till well mixed. Cook like traditional pancakes.

### **Cream Puffs without filling**

Serves:1,10,10,1  
CarbsPerServing:0  
Prep Time:1 hour  
Effort:Easy

#### **Ingredients:**

- 1/4 cup butter
- 1/2 cup water
- dash salt
- dash baking soda
- 1/2 cup soy protein powder
- 2 eggs

#### **How to Prepare:**

Makes 12 to 15 puffs.

Preheat oven 375 degrees.

Generously grease cookie sheet.

In 2 qt. saucepan, melt butter and water, add salt, bring to boil. Add protein powder and baking soda. Place on heat till it forms a hard sticky ball. Add eggs. Mix with mixer on high 5 - 10 minutes. Drop 1 1/2" drops on greased cookie sheet. Bake at 375 for 35 to 45 minutes.

(Convection oven is best)  
Let cool, remove from pan.

Serve as a roll, or stuff with meat salad, or stuff with artificially sweetened whipped cream, or artificially sweetened and flavored cream cheese, or even pudding, and if you want, top with some artificially sweetened sauce.  
(My favorite is to serve with roast beef, replacing Yorkshire pudding, To Die For!!!!)

## Mock Danish 2

Serves:7,3,1,8,9  
CarbsPerServing:no counts provided  
Effort:Easy

### Ingredients:

3 ounces cream cheese  
1 egg2 tablespoons splenda --  
or sugar free davinci syrup,  
any flavor

### How to Prepare:

any desired flavorings  
(cinnamon, vanilla,  
pumpkin pie spice, lemon  
juice, etc.  
A good combination is 1 tsp  
of lemon juice and 1tsp  
vanilla).

Microwave cream cheese to  
soften, then mix all  
ingredients with a mixer  
until smooth. Microwave  
mixture until firm at the  
outside and soft/runny in  
the middle (1:20 at 80%  
power in my microwave).

I sometimes stir in 1/4 cup  
of frozen blueberries right  
before I microwave it.

(Note - I certainly didn't  
invent this, but newbies ask  
about it frequently, so it  
ought to be here. This the  
version I make, but many  
people tweak the ratio of  
cream cheese to eggs up  
or down).

## Easy Doughnuggets

CarbsPerServing:13g carbs total  
Effort:Easy

### Ingredients:

1 cup protein powder --  
vanilla  
1/2 cup atkins Bake Mix  
3 each splenda packets  
3/4 cup water  
1 large egg2 teaspoons vanilla extract  
4 tablespoons ricotta  
cheese  
1/2 teaspoon ground  
cinnamon  
1 each oil for frying

### How to Prepare:

Beat the egg and add the  
ricotta, cinnamon and  
splenda. Mix into the dry  
ingredients to make a  
rough dough(not runny, not  
cookie dough thick - in  
between). Heat 1" of oil in a  
non-stick skillet until hot,  
but not smoking. Pinch off  
about 2T of the dough and



pat into rounds that are about 1" thick and the size of a small egg. Gently place into oil and fry on one side until golden brown (about 3 minutes) carefully turn and cook another 4-5 minutes on the other side. Remove to paper towels to drain briefly. Eat as is or make a mixture of splenda and cinnamon and shake the still warm nuggets in it to coat or make a glaze with cream cheese, splenda and cream and ice them. These are >1g carbs each without the protein powder counts and based on 16 doughnuggets per recipe - adjust and add in according to the powder you use and number of doughnuggets you get from it!

Yield: 16 nuggets

### Creme Puffs

CarbsPerServing:10g carbs total

Effort:Easy

#### Ingredients:

Atkins Diet Revolution Roll

3 eggs -- separated

1/4 teaspoon cream of tartar

3 tablespoons cottage cheese

3 packages artificial sweetener

Filling

1/2 cup heavy cream

2 packages artificial sweetener

1 teaspoon cocoa powder

How to Prepare:

Atkins Diet Revolution Roll :

Preheat oven to 300 degrees.

Separate eggs. Beat the whites with the cream of tartar till stiff peaks form. You can check this by inverting the bowl and if the whites don't slip, it's ready.

In a small bowl stir together the rest of the ingredients.

Fold

carefully into the whites using a rubber spatula.

Spray Pam on a nonstick cookie sheet. Place the

mixture carefull onto the cookie sheet, gently

mounding one tbsp. full on top of the other

until each "roll" is about 2 inches high. Repeat this

until you have 6

piles.

Bake for one hour. Cool.

Filling:

Whip the cream till frothy and add splenda and

cocoa. This will be enough filling for about 24

puffs.

Carefully cut a roll in half and spread with the cream

mixture.

You'll feel like you're in heaven! and not on a diet at

all.

## Cream Cheese Pastry

Serves:5

CarbsPerServing:21g carbs total

Effort:Easy

### Ingredients:

Pastry:

3 eggs -- room temp -  
reserve 1/2 yolk for filling  
1/4 teaspoon cream of  
tartar  
1/4 cup artificial sweetener  
-- heat stable like splenda  
1 teaspoon cinnamon  
3 tablespoons ricotta  
cheeseFilling:  
4 ounces cream cheese  
1/2 egg yolk reserved from  
Pastry  
1/4 cup artificial sweetener  
1/4 teaspoon vanilla

How to Prepare:

Pastry: Separate eggs  
carefully, reserving 1/2 yolk  
for the filling.  
Whip whites till very stiff with  
cream of tartar.  
Mix the remaining yolks,  
cinnamon, cheese and  
sweetener until smooth.  
Fold yolk mixture into  
beaten whites and portion  
into 6 mounds on a  
buttered cookiesheet, make  
make an indentation in the  
top of each roll to hold  
filling.

Filling: Microwave cream  
cheese until soft enough to  
stir into a smooth pasty  
consistency.  
Add remaining ingredients  
to cream cheese and stir  
until smooth. Fill each roll  
on the cookie sheet with  
filling.  
Bake 40 minutes in a 300  
degree oven. Bake until  
golden

## You'll Never Need Another Bread Recipe

Serves:10,-----Select-----,2,10,5,9,3,10

CarbsPerServing:13g carbs total

Effort:Easy

### Ingredients:

1 cup 100% soy protein  
isolate (0)  
2 teaspoons baking powder  
6 large eggs  
2 tablespoons oil 4 tablespoons water  
4 tablespoons coconut milk  
-- or heavy cream  
4 splenda packets  
1 teaspoon cinnamon -- or  
herb of choice

How to Prepare:

Splenda and cinnamon are  
the two ingredients you can  
mess around with  
depending on the flavor you  
want. I added spike  
seasoning to mine instead  
of the cinnamon, but kept  
the Splenda (like sweet

herb bread).

Preheat oven to 350 and spray a loaf pan with non-stick spray. Mix all ingredients until smooth. Pour into loaf pan and bake about 15-20 minutes or until middle tests done. Cool 5 min in pan. Then remove from pan and finish cooling.

NOTES : Counts for soy protein isolate not included in totals.

### **Whole Wheat and Seed Bread (bread machine-Sugar Busters!)**

Serves:1  
CarbsPerServing:214g carbs total  
Effort:Easy

#### **Ingredients:**

2 cups whole wheat flour  
1/2 cup unprocessed wheat bran  
1/4 cup flax seeds -- roughly ground -just enough to break the hulls  
2 tablespoons sunflower seeds  
1 tablespoon pumpkin seeds, roasted 1/2 teaspoon salt  
1 package yeast -- rapid rise  
1/2 teaspoon Sweet 'n Low sweetener  
2 tablespoons olive oil  
1 1/4 cups warm water

#### **How to Prepare:**

Place ingredients in machine in order recommended by manufacturer. Hold out flax, pumpkin and sunflower seeds until almost the end of the kneading/mixing cycle. Add those in when there are 2 minutes left for mixing before the first rise. Bake on small loaf/medium white crust setting.

### **Unbelievable French Toast**

Serves:8,10,10,10,10,10,10,10,10,10,8,9,9,10  
CarbsPerServing:6g carbs total  
Effort:Easy

#### **Ingredients:**

1/2 a 3-oz bag UNFLAVORED pork rinds  
2 eggs  
1/4 cup heavy cream 3 splenda packets  
1/2 teaspoon cinnamon  
1/2 teaspoon vanilla

#### **How to Prepare:**

Crumble pork rinds until the resemble fine bread crumbs.

Beat eggs well then mix with the remaining ingredients and beat again. Add crushed pork rinds to the egg/cream mixture and allow to sit for 5 minutes. Mix will thicken to a "gloppy" phase.

Meanwhile, heat skillet or griddle with butter or oil, and when hot, fry pancakes until golden brown on both

sides. Serve with lots of butter and low-carb syrup.

If you don't tell someone who eats them, they will never have a CLUE that these delicious french toast pancakes are made with pork rinds. THESE ARE UNBELIEVABLE!! You WILL be surprised at how delicious these are!

### **Tortillas (flat bread)**

Serves:8,8  
CarbsPerServing:3g carbs total  
Effort:Easy

#### **Ingredients:**

1 egg -- beaten  
2 tablespoon regular pork rinds ~ crushed very fine -- (2 to 3)  
1 tablespoon heavy cream -- I used half and half  
1 tablespoon water 1 1/2 cups shredded cheddar cheese -- (1.5 to 2) Mrs. Dash to season (I use both garlic -- and Tomato and Basil)  
and herb

#### **How to Prepare:**

Mix all ingredients well, and let set approximately 5 minutes to thicken. Heat griddle. No butter or oil is needed. Spoon a big dollop onto griddle, and spread out evenly and thin, then sprinkle with Mrs. Dash, or your choice of seasonings. Brown well on each side. These make wonderful soft shells for taco or quesadillas.  
NOTES : Counts for pork rinds and Mrs. dash not included in totals.

### **Sticky Nut Buns**

Serves:12  
CarbsPerServing:4.2g  
Effort:Easy

#### **Ingredients:**

3 tablespoons butter  
4 tablespoons ricotta cheese  
4 tablespoons cream cheese  
2 eggs  
1/4 cup almonds -- ground into 1/2 cup almond flour  
1/2 cup atkins bake mix  
1/2 cup protein powder -- plain  
1/2 cup vanilla protein powder  
1/2 cup artificial sweetener 1 tablespoon baking powder  
1 tablespoon cinnamon  
1 tablespoon vanilla  
1 cup water (start w/3/4 cup and see how much -- (more or less) you need)  
2 tablespoons artificial sweetener -- 1/4 cup chopped  
\*\* Base:  
1/4 cup pecans  
12 thin pats butter

How to Prepare:

Preheat oven to 350f.  
Spray a muffin tin w/cooking  
spray. Place 1 pat of butter  
in each, followed  
by equal amounts of the  
\*\*Base Splenda and  
pecans.

IN a large bowl, cream the  
butter, cream cheese and  
ricotta well. Add eggs  
and blend again. Add  
splenda and beta again.  
Add remaining ingredients  
and beat well. This should  
be a very thick pancake  
type batter.  
Spoon into prepared muffin  
tin and bake at 350 for  
approx 40 minutes or  
until nicely browned on top.  
\*\*These don't get that gooey  
butter/sugar run off that you  
get with  
traditional sugar. You might  
even be able to skip the  
splenda in the tins:)

Makes 12

NOTES : Counts for Vanilla  
Protein Powder not  
included - adjust  
accordingly

### Sausage and cheese muffins

CarbsPerServing:26g carbs total  
Effort:Easy

#### Ingredients:

1 pound sausage  
6 eggs -- separated  
1 cup atkins bake mix  
1 teaspoon salt 1/2 cup mayonnaise  
1/2 cup sour cream  
4 ounces shredded  
cheddar cheese -- or  
cheese of choice

How to Prepare:

Pre-heat oven to 375. Pam  
spray muffin tin.(you can  
use papers, but I hate  
the way they stick to  
muffin!!)

Crumble and cook  
sausage, drain. Seperate 6  
eggs. Beat yolks, add 1 c  
Bake  
mix, salt, mayo. sour cream,  
and cheese. Blend with a  
spoon. Add sausage.

Whip egg whits untill stiff.  
Gently fold whites into  
batter. Mix carefully  
(so as not to break down  
whites completely) Spoon  
into muffin tins and bake for  
about 30 mins.

### Quick Bacon Bread

Serves:7

CarbsPerServing:42g carbs total  
Effort:Easy

#### Ingredients:

2/3 cup soy flour  
1/2 cup protein powder  
2 large eggs  
1 teaspoon baking powder 1/2 cup heavy cream  
1/4 cup club soda  
1 teaspoon artificial  
sweetener  
1/2 cup bacon bits

How to Prepare:

Mix ingredients thoroughly.

Pour into sprayed loaf pan.  
Bake at 375  
degrees for 25 min. This  
bread is very light and  
moist. Enjoy!

### Original Atkins Rolls

Serves:10

CarbsPerServing:4g carbs total

Effort:Easy

#### Ingredients:

4 eggs -- room temp  
1/4 cup ricotta cheese 1/4 teaspoon cream of  
tartar  
parmesan cheese -- little or  
a lot - whatever

#### How to Prepare:

Set oven to 300  
Separate CAREFULLY your  
eggs.  
Beat your whites until stiff  
peaks form, add cream of  
tartar, keep beating till really  
stiff.  
Mix yolks, and cheeses  
together, add a little of your  
white to the yolk mixture .  
Slowly fold in your yolk  
mixture, trying not to break  
the whites down, streaky is  
okay.  
Pour in 6 globs on a greasy  
cookie sheet or in a  
greased muffin top pan.  
Bake for 35-40  
Great as a sandwich  
holder, weird alone  
I use two of these for a  
burger instead of slicing in  
half, I just can't get good  
volume.

### Modified Basic Protein Bread

Serves:1

CarbsPerServing:21g carbs total

Effort:Easy

#### Ingredients:

3 eggs -- separated  
2 tablespoons sour cream  
2 tablespoons butter --  
melted 1/2 cup soy flour  
1 tablespoon baking  
powder

#### How to Prepare:

Preheat oven to 350. Butter a  
glass loaf pan ( Glass is  
the best, I have  
tried the other kind but they  
don't work as good)  
Measure out Soy Flour and  
baking powder. Stir good  
with wire whisk. Set  
aside. Put your egg whites  
in a separate bowl from  
yolks.  
Mix the yolks, sour  
cream, and melted butter  
and beat real good. (Make  
sure  
butter is not too hot when you  
pour in egg and sour  
cream).  
Beat your egg whites until  
stiff but not dry. Add egg yolk  
mixture and dry  
mixture and beat till just  
mixed good, scrapping  
sides of bowl. Pour into

bread pan. Bake at 350  
Degrees, for 20 to 25  
minutes. This bread does  
not rise to  
much if any. I usually triple  
the recipe and put in 3 pans  
and freeze 2  
and keep the other in refrig.  
Eat with lots of real good  
butter.  
Note: I only eat this with my  
breakfast except  
sometimes I have a piece  
with  
dinner. I just don't like eggs  
with out bread. This taste  
like corn bread  
to me.

### **Keto Potato Bread**

CarbsPerServing:3.5g per slice  
Effort:Easy

#### **Ingredients:**

8" loaf pan  
cup of butter or Betta Butta  
1 up of water 2 tbsp of half-n-half or heavy  
cream  
1 Keto Bread Mix  
1 Keto Ketato Mix

#### **How to Prepare:**

Directions: Preheat oven to  
350. Grease loaf pan. Mix 1  
can of Keto Bread mix with  
6 heaping tablespoons of  
Keto  
Ketato Mix. Combine water,  
butter and cream and mix  
with dry ingredients  
thoroughly and quickly as  
excessive mixing  
will reduce rising effect.  
Pour into loaf pan and bake  
for 30-35 minutes until  
golden brown.

### **Keto Pizza Crust**

CarbsPerServing:6g carbs per slice  
Effort:Easy

#### **Ingredients:**

Standard 12 \* pizza pan  
Shredded whole milk  
mozzarella cheese  
cup water stick butter  
can of Keto Bread Mix (1  
cup)  
1 cup tomato sauce

#### **How to Prepare:**

Directions: Preheat oven to  
350. Place 1 cup of Keto  
Bread mix in a bowl. Melt \*  
stick of butter and add in  
with \*  
cup of water. Mix  
ingredients well to a paste.  
Grease pizza pan and add  
mix, spreading with a  
spoon to the outer  
edge. (spreading is quite  
easy as you can make the  
edges thicker to simulate  
crust) Cook for 15 minutes  
until  
slightly brown. Remove  
from oven and add tomato  
sauce and cheese. Bake  
until cheese is melted and  
crust is golden  
brown. Cut into 8 slices.  
Enjoy!

### **Ketogenics Bread Cubes**

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

ketogenics bread mixno other ingredients

**How to Prepare:**

Again with the ketogenics low carb bread mix. (this stuff is great!!) Follow instructions on bag, but set machine on DOUGH setting. When cycle finishes, remove doughand roll out onto wax paper, sprinkled lightly with soy flour. Roll out into a pretty flat roll (like pizza dough) cutinto strips (About 1 1/2 to 2 inches). Place on a sprayed cookie sheet, brush with melted butter or olive oil, and bake at 400 until golden (about 15-20 minutes). Let bread cool. Cut cooled bread into 1/2 inch cubes, enough for 10 cups of bread cubes. Place on cookie sheetand bake at 325 for 20 minutes or until toasted. Set aside. \*\*You can bake the bread in the machine as per instructions, but the texture comes out MUCHbetter if done as above.

**KETO CINNAMON BREAD**

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

8 inch loaf pan  
1 Keto Bread Mix  
1 \* cup water  
cup of butter or betta butta4 tsps of cinnamon  
1 tbsp vanilla extract  
6 packets of splenda brand sweetner or 6 tsps  
splenda granular

**How to Prepare:**

Directions: Preheat oven to 350. Grease loaf pan. Mix 1 can of Keto Bread mix with splenda, and cinnamon. Combine water, butter and vanilla extract and mix with dry ingredients thoroughly and quickly as excessive mixing will reduce rising effect. Pour into loaf pan and bake for 30-35 minutes until golden brown.

**HUSH PUPPIES**

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

3 Tablespoons Keto Ketato Mix (2 gms carbs)  
1/2 ounce Hot water  
1 1/2 Tablespoons Heavy Cream  
2 shakes garlic powder1 shake onion powder  
1 teaspoon parmesan cheese  
salt and pepper  
Oil for frying

**How to Prepare:**



Combine all ingredients well. Mixture will be heavy like cookie dough. Heat oil for frying. Form into small (1/2" - 3/4") balls and drop into hot oil - a few at a time. Only takes about 20 seconds to cook. Remove with slotted spoon and drain. Enjoy!

### **Fluffy Cinnamon Muffins**

Serves:10,8

CarbsPerServing:14g carbs total

Effort:Easy

#### **Ingredients:**

4 eggs  
1/2 teaspoon cream of tartar  
1/4 cup cottage cheese  
2 tablespoons soy flour -- or atkins bake mix, both work  
1 tablespoon artificial sweetener  
1/2 teaspoon cinnamon  
1 tablespoon artificial sweetener  
1/2 teaspoon cinnamon  
4 tablespoons butter -- softened

#### **How to Prepare:**

Spray a muffin tin with cooking spray. Preheat oven to 300. Beat egg whites with cream of tartar until stiff. Set aside. Mix cottage cheese, egg yolks, 1T splenda and 1/2tsp cinnamon until well blended (can use blender if desired). Add soy flour / baking mix & blend well. Gently fold into egg whites and spoon into muffin tins makes 8-10. Bake at 300f until lightly browned and springs back when touched -about 25 minutes.

Mix butter, splenda and cinnamon well. When muffins are done and cooled slightly, spread the butter mixture over each one. You could make a cream cheese frosting (cream cheese, splenda, vanilla and some cream -beaten well) and bake this in a small loaf pan (4x8?) and have a cinnamon coffee cake out of it:)

### **CRACKERS**

CarbsPerServing:52g carbs total

Effort:Easy

#### **Ingredients:**

1/2 cup protein powder  
1/2 cup soy flour  
1/4 cup flax seed -- (already ground)  
1/4 cup sesame seeds -- (already ground)  
1/2 cup sesame seeds -- whole  
1 teaspoon salt  
1/2 teaspoon baking powder  
1/4 cup butter  
1/4 cup half and half water -- a little less than 1/4 cup  
1 egg

#### **How to Prepare:**

Mix the dry ingredients in a bowl, cut in butter 'til mixture is crumbly.  
Add half&half and egg and mix to make a stiff dough, adding water as needed.  
Goal here is to make it pliable but not too sticky.

Knead dough and then roll out very thin (between 1/8"-1/4"). Cut into squares or rounds and place on lightly greased cookie sheets.  
Prick crackers with fork and bake at 400 degrees for 10 minutes or until lightly browned.

This made 48 2" round crackers

## Cauliflower and cheese

Serves:6

CarbsPerServing:Per Serving: 288 Calories; 26g Fat (79.0% calories from fat); 9g Protein; 7g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 934mg Sodium.  
Prep Time:30 minutes  
Effort:Easy

### Ingredients:

1 large cauliflower, head  
1 cup heavy cream  
3 ounces cream cheese -- diced small  
1 cup shredded cheddar cheese  
2 teaspoons dijon mustard  
1 each salt and pepper -- to taste

### How to Prepare:

Clean cauliflower and chop into small pieces. Boil in salted water for 5 minutes or until it starts to soften. Drain very well without mashing.

Heat cream in a small non-stick saucepan. Once the cream starts to simmer slightly, whisk in mustard and small diced cream cheese. Whisk until cheese melts, then whisk in the cheddar, salt and

pepper.

Once it's melted and thickened, toss with the cauliflower, spoon into a microwave safe casserole and microwave on high, uncovered, for 3-4 minutes until bubbly and the cauliflower is tender. Serve immediately.

## Mashed Turnips with Boursin

Serves:2 portions

CarbsPerServing:about 3

Prep Time:about 10 min.

Effort:Easy

### Ingredients:

Turnip, cubed 1 each  
Olive Oil 1 tsp  
Salt & Pepper to tasteButter 1 Tbsp  
Devon Cream (optional) 1 Tsp  
Boursin (garlic spread) 1 Tbsp

### How to Prepare:

1. Bring water, olive oil, and salt to a boil. Add turnips and boil until they can be pierced by a knife.
2. Drain off as much water as possible, put turnips back in pot over medium heat, and carefully cook to evaporate water.
3. Add butter, cream, and boursin and mash well. You will notice the turnip is watery, but if you evaporated it well, it shouldn't be too much so that it makes the mashed turnips watery.
4. Season with as much salt and pepper as you like and serve. The better it is seasoned, the better it tastes, so don't skimp.

## Turnips and Onions

CarbsPerServing:unknown

Effort:Easy

### Ingredients:

5 turnips peeled and sliced thin  
1/4 white onion sliced thin  
3/4 stick (6T) butter, melted3/4 c heavy cream  
3/4 c chicken broth  
1/8 t nutmeg  
1/8 t sage  
1/8 t garlic powder  
1 t salt  
1/4 t pepper

How to Prepare:

Toss turnips, onion and butter in a 9x13 pan, cover with foil and bake 30 mins at 375. Heat thoroughly on stove remaining ingredients. Pour over turnips/onions, toss to coat. Sprinkle with 1 c shredded cheddar cheese. Cover with Foil, return to oven for 30 min, Uncover add another cup of shredded cheddar cheese and bake uncovered for 20 mins til brown and crusty.

## Brussel Sprouts w/ Bacon, Shallots & Garlic

Serves: 3 portions, 9  
CarbsPerServing: about 6.2  
Prep Time: about 20 min.  
Effort: Easy

### Ingredients:

Brussel Sprouts 12 each  
Olive Oil 1 Tsp  
Bacon, chopped 4 slices  
Shallots, chopped 1 Tbsp  
Garlic, minced 2 cloves  
Butter 1 Tbsp  
Salt and Pepper to taste

How to Prepare:

1. Fill a medium-sized pot with water and salt and bring to a boil over high heat.
2. While water comes to a boil, put bacon and olive oil in a medium saute pan and slowly render until slightly crisp.
3. Meanwhile, remove any loose leaves from sprouts, trim ends, and score an X on the bottoms. Blanch in boiling water for 2-4 minutes (depending on size) until they can be pierced with a knife without much resistance.
5. Prepare a bowl with ice and cold water. Remove blanched sprouts from boiling water and put in ice bath to stop cooking (1-2 min.). Drain and cut into quarters. Set aside.
6. Add shallots and garlic to bacon. Continue cooking over low heat until softened, 4-5 min.
7. Raise the heat to medium and add brussel sprouts and stir well. Cook for about 5 minutes. Be careful not to overcook.
8. Season with salt & pepper and serve.

## Roasted Rosemary Veggies

Effort: Easy

### Ingredients:

Yellow Squash  
Red Bell Pepper  
Sliced Mushrooms  
Chopped Broccoli stalks  
Olive oil  
Dried Rosemary  
black pepper  
salt

How to Prepare:

Slice all veggies and place in pan. Coat with olive oil and seasonings and stir. Roast in oven at 450 degrees for 30 minutes.

## zucchini stew

Serves: 4  
Prep Time: 15 prep 2hrs cook time  
Effort: Easy

### Ingredients:

6 small zucchini sliced  
1/2 # bacon cut in pieces  
1 small onion chopped  
1 tsp. celery seed  
salt and pepper to taste

1 tbl worstershire sauce  
couple dashes of hot sauce tabasco  
1 can of tomatoes with the juice  
1 small can of v-8 juice

How to Prepare:

in a large sauce pan brown bacon and onion bacon should start to render but not be fully cooked. do not drain fat add tomatoes with juice then add all other ingredients and cook on low heat for about two hours. enjoy

## Lo-Carb Spinach Souffle

Serves: 6, 10, 7, 10  
CarbsPerServing: 3.5g each serving  
Prep Time: 15 minutes  
Effort: Easy

**Ingredients:**

1 16-oz pkg frozen spinach (cooked & squeeze-drained)  
 1/2 c. sour cream  
 1 egg  
 1 c. shredded parmesan cheese 1 clove garlic (minced)  
 salt & pepper  
 cayenne pepper (if preferred)

**How to Prepare:**

Boil spinach according to directions on package. Drain and squeeze spinach well. In large bowl, add spinach, sour cream, egg, garlic, 1/2 c. of the cheese, and salt and pepper. Place in 9x13 glass dish and top with remaining cheese. Bake at 350 degrees for 25-30 minutes. Let cool 10 minutes before serving. Great with any meat entree' or served alone.

**Spinach Alfredo**

Serves:Nutritional info for entire recipe

CarbsPerServing:677 Calories (kcal); 57g Total Fat; (71% calories from fat); 24g Protein; 28g Carbohydrate; 14g fiber; 132mg Cholesterol; 5429mg Sodium  
 Prep Time:15 minutes  
 Effort:Easy

**Ingredients:**

16 ounces frozen spinach -- thaw and squeeze as much water out as possible.  
 1 tablespoon olive oil  
 1 clove garlic -- minced fine  
 1/2 cup alfredo sauce -- bottled 2 ounces cream cheese -- diced small  
 1 each salt and pepper  
 1 dash nutmeg

**How to Prepare:**

Heat oil and garlic in a pan. Add spinach and saute, stirring often, for about 6 minutes. Add the alfredo sauce and cream cheese, stir well then cover. Let cook over very low heat for 5 minutes until it's heated through. Add a dash of nutmeg, then salt and pepper to taste.

**Red Swiss Chard with Bacon**

Serves:3 or 4

CarbsPerServing:Don't know  
 Prep Time:20 - 30 minutes  
 Effort:Easy

**Ingredients:**

10 or so stalkes of red Swiss chard  
 1 small onion  
 1 tsp balsamic vinegar 3 or 4 slices of bacon  
 black pepper to taste

**How to Prepare:**

Chop the bacon into small pieces and render in a skillet over low heat. When nearly crisp add diced onion and black pepper. Gather and chop the chard stalks into 1/2" long pieces and the leaves into 1/2" wide strips. When the onion is translucent add chard. Cook the chard until tender stirring several times. Add vinegar and toss. Serve hot.

**mock potato casserole**

Serves:2 to

CarbsPerServing:?  
 Prep Time:20 min  
 Effort:Easy

**Ingredients:**

16oz frozen cauliflower  
 2tbs butter  
 4 oz cream cheese  
 1lb bacon cooked and crumbled  
 8 oz shredded cheddar  
 thing of green onions chopped?

**How to Prepare:**

steam or boil cauliflower until totally tender. mash and add butter and cream cheese. add remaining ingredients, and place in a casserole dish and bake at 350 degrees for about 30-45 min until bubbly.

**Free Baby Corn**

Serves:3

CarbsPerServing:0  
 Prep Time:open can  
 Effort:Easy

**Ingredients:**

Whole Baby Corn in a can. One Can

How to Prepare:

Usually found in the Chinese section in the food store. It's virtually free with Carb. 3g for 6 cobs. Fiber 4g for 6 cobs. Sugar 0. Add to soups or salads or heat it up and add butter salt and pepper.

### Spicy Cauliflower for One

Serves:1,6

CarbsPerServing:Per serving: 147 Calories (kcal); 10g Total Fat; (58% calories from fat); 9g Protein; 9g Carbohydrate; 5g fiber; 30mg Cholesterol  
Prep Time:5-10 minutes  
Effort:Easy

#### Ingredients:

1 cup cooked cauliflower florets  
2 tablespoons ro\*tel diced tomatoes w/green chilies  
4 tablespoons shredded cheddar cheese  
1 each salt and pepper -- to taste

How to Prepare:

Use leftover steamed cauliflower or frozen cauliflower that has been cooked until just tender. Give it a rough chop and add to a non-stick skillet w/the ro\*tel tomatoes. Saute for a few minutes to heat through, add salt and pepper to taste then dump into a bowl and sprinkle cheese on top. If it doesn't melt, pop in into the microwave for 20 seconds.

### Spinach ellagant

Serves:8 to 10

CarbsPerServing:not much carbs dependent on the sour cream you use  
Prep Time:15 min  
Effort:Easy

#### Ingredients:

spiniach about two bags  
sour cream  
baccon  
cheese  
marjoram  
garlic  
butter  
salt  
pepper

How to Prepare:

Place spinach in caserole dish, add marjoram, garlic,salt and pepper and butter for flavoring. Add baccon on top.  
bake untill warm and baccon drippings soak through.  
add a thin layer of sour cream and lots of cheese on top of the sour cream to cover entire dish. place back in oven to melt cheese on top. ( I prefer to fully cook baccon to a crispin a pan after the drippings soak through the spinach.)

### broccoli salad

Serves:varies,8,7

CarbsPerServing:varies  
Effort:Easy

#### Ingredients:

raw broccoli florets  
low carb dressing of choice (I like Kraft caesar vinaigrette with parmesan)  
bacon bits (I use Oscar Mayer real bacon bits)  
shredded or cubed cheddar cheese

How to Prepare:

Rinse broccoli florets well. Put in big bowl. Add cheese, how much depends on how cheesy you like it, same with the bacon bits & dressing, add the amount you like. Mix well. Refridgerate for at least an hour before eating.

### Low Fat Zucchini Lasagna

Serves:6

CarbsPerServing:23  
Prep Time:This take time, but is worth it.  
Effort:Average

#### Ingredients:

1/2 c onion, chopped  
2 cloves garlic, chopped  
3 tbsp parsley  
1 tbsp olive oil  
1/2 tsp oregano

1/2 tsp basil  
1/2 tsp thyme  
1/2 tsp pepper  
3 c canned tomatoes  
3/4 c tomato paste  
1 c tomato sauce  
3 c mushrooms, chopped  
3 medium Zucchini  
8 oz Lite mozzarella, grated  
8 oz lowfat ricotta cheese  
3 tbsps parmesan, grated

**How to Prepare:**

Saute onion, garlic, parsley, and herbs in oil until onions are tender.

Add chopped tomatoes, tomato paste and sauce. Cook for 1/2 hour on medium heat, stirring often. Add the chopped mushrooms at the end.

Slice zucchini lengthwise, about 8 slices each.

In an 8 inch baking dish, layer ingredients beginning with a layer of sauce, then zucchini, then ricotta, more sauce, zucchini, mozzarella, sauce, etc. Top with parmesan cheese.

Bake at 375 degrees for 35 minutes. Let lasagna rest 10 minutes at room temperature before slicing.

This dish does not slice easily. You will do better to use a spoon to scoop it out. I served it to a vegetarian friend one evening and he returned for thirds.

### Stuffed Peppers w/ Tofu

Serves:4

CarbsPerServing:10  
Prep Time:30 minutes  
Effort:Average

**Ingredients:**

1/2 lb. ground beef  
4 bell peppers ( any color)  
1 package firm tofu - chopped in 1/2 inch cubes  
chopped onion  
1 can tomatoes - diced  
1 can tomatoe sauce  
1/2 cup cheddar cheese- grated  
salt and pepper

**How to Prepare:**

Brown ground beef and onion. Drain and add tomatoes and tomatoe sauce. Warm through. Mix in cheddar cheese and tofu. Add salt and pepper. Sit aside and clean bell peppers. Cut tops off of peppers, remove seeds and wash out. Fill peppers with hamburger mixture. Sit tops back on peppers. Cook at 350 degrees for 45 minutes.

### Veggie Saute

Serves:One to Two People  
CarbsPerServing:3 carbs per serving  
Prep Time:10-15 minutes  
Effort:Easy

**Ingredients:**

Two tablespoons of olive oil  
one tablespoon of fresh garlic  
2 cups of fresh spinach  
1/2 cup of chopped onion  
1 1/2 cups of fresh mushrooms  
One cup of chopped black olives  
Salt, pepper to taste

**How to Prepare:**

Heat up olive oil and garlic in a skillet over medium heat  
Add onions and mushrooms first  
After a few minutes, add olives  
Fold in Fresh spinach  
Add seasonings  
Saute until veggies are cooked

### BBQ Bacon Asparagus

Serves:As many as you want  
CarbsPerServing:0  
Prep Time:1/2 hour  
Effort:Easy

**Ingredients:**

Bacon

Asparagus  
Garlic Salt  
Olive Oil  
Toothpicks

How to Prepare:

Put olive oil in a bowl with garlic salt  
Wrap uncooked bacon around uncooked asparagus and secure with  
toothpick (about half a bacon strip per asparagus stick.) Brush with  
olive oil mixture and cook on BBQ. Brush with olive oil now and then  
as cooking.

### Grilled Portabello Mushrooms

Serves:3

CarbsPerServing:12 total recipe with 2 from fiber

Prep Time:5 minutes

Effort:Easy

#### Ingredients:

6oz Portabello Mushrooms, sliced  
1/2 cup Olive Oil  
3 TBS Lemon Juice  
3 or 4 Garlic Cloves, minced 1/2 tsp Salt  
1/4 tsp Pepper  
Dash of Worcestershire Sauce

How to Prepare:

In a glass bowl combine all the ingredients, toss in the mushrooms.  
Let marinate for at least 30-60 minutes, stirring every now and  
then. Grill for 2-3 minutes on each side.

### FRIED SQUASH CASSEROLE

Serves:2,10

CarbsPerServing:10

Prep Time:20 MINUTES

Effort:Easy

#### Ingredients:

2 CUPS SQUASH CROOKED NECK)-(DICED)  
1 TOMATOE (DICED)  
1 SMALL ONION(DICED)

1/2 STICK OF BUTTER  
2 CUPS SHARP SHREDDED CHEESE

How to Prepare:

PLACE THE HALF STICK OF BUTTER IN SKILLET AND LET MELT. ADD THE  
DICED SQUASH AND DICED ONION AND COOK UNTIL ALMOST DONE. THEN ADD  
DICED TOMATOE COVER AND LET COOK UNTIL SQUASH IS TENDER. THEN ADD  
CHEESE AND LET MELT. ENJOY

### Cauliflower Bake

Serves:4,10,10

CarbsPerServing:6

Effort:Easy

#### Ingredients:

1lb bag frozen cauliflower  
1/2 cup diced onion  
1 cup diced mushrooms  
2T butter  
1/4 cup cream  
1/4 cup mayo  
1/2 cup cheddar cheese

How to Prepare:

Take a bag of frozen cauliflower and cook as the package directs.  
Drain very well and give it a rough chop.  
Saute mushrooms and onion in butter until soft.  
Mix remaining ingredients and stir everything together.  
Bake covered at 350f, for 25 minutes, then uncover and let cook  
another 10 minutes or until browned.

### Shoe string

CarbsPerServing:depends

Prep Time:not too long

Effort:Average

#### Ingredients:

shredded cabbage. (I prefer the angel hair kind - packaged in the  
produce aisle.) Oil for deep frying

How to Prepare:

Deep fry cabbage until golden brown. Drain on paper towel. Salt to

taste. Makes a good substitute for shoe string potatoes. Nice on top of a steak!

### **Eggplant Parmesan Pizza Thingies**

Serves:1                      Prep Time:1 hour  
Effort:Average

#### **Ingredients:**

eggplant, sliced in 1/2" thick slices  
egg  
heavy cream  
parmesan cheese  
spaghetti/marinara sauce  
shredded italian blend cheese, or mozzarella

#### **How to Prepare:**

I didn't put any measurements on the ingredients because it just depends on how much eggplant you're fixing. I usually just do one eggplant at a time, which makes two meals for me - I usually get about 10 slices out of one of them.

After you slice the eggplant, salt it and put it between paper towels to absorb the bitter juices. Let it sit like this for about an hour. Blot off the juices. Then beat your egg, and mix it with the heavy cream. For one eggplant, I use 1 egg, and about 1/4 cup of cream. Heat some oil for frying in a skillet. Put some parmesan cheese in a small bowl. Dip the eggplant first in the egg/cream mixture, then in the parmesan cheese, then put it into the heated oil. You'll want to use a medium temperature, maybe a little less than medium, or else your parmesan cheese will get browned/burned before the eggplant is cooked.

After you've fried all the eggplant pieces, and drained them on paper towels to soak up the excess grease, place the individual slices on a cookie sheet. Top them with a scant spoonful of spaghetti sauce (this is where the "bad carbs" are, so go as lightly as you can, unless you're using lowcarb spaghetti sauce), and then the shredded cheese. Stick the pan under the broiler in your oven just until the cheese is melted and I like mine a little browned.

### **Broccoli Casserole**

Serves:4  
CarbsPerServing:26 total carbs, subtract 13 grams of fiber =  
3.1 carbs  
Prep Time:5-10 minutes  
Effort:Average

#### **Ingredients:**

1 7 ounce can of mushrooms, drained, 1 10 ounce package broccoli, 2 eggs beaten, 1/2 cup Dukes mayonaise, 1 cup shredded cheddar cheese, salt and pepper to taste

#### **How to Prepare:**

cook broccoli according to package directions, remember to salt water. Drain broccoli well, I drain on paper towels after draining in colander. Mix broccoli, beaten eggs, drained mushrooms, Dukes and shredded cheese. Pour into greased casserole dish or pie plate, bake at 350 for 25-30 minutes

### **Creamed Cabbage with Ginger and Chilies**

Serves:10  
Effort:Average

#### **Ingredients:**

6 Quarter-size pieces crystallized ginger  
6 dried small hot red chilies  
2 large heads savoy cabbage (about 3 pounds total), thinly sliced crosswise  
1 1/2 cups whipping cream  
3 tablespoons butter  
1 tablespoon white wine vinegar  
2 tablespoons grated orange peel (optional)  
1 cup thinly sliced fresh basil leaves

#### **How to Prepare:**

Combine ginger and chilies in medium metal bowl. Pour enough boiling water over to cover. Let stand 15 minutes. Drain, reserving 1/4 cup soaking liquid. Transfer ginger, chilies and reserved soaking liquid to blender. Puree until smooth. Cook cabbage in large pot of boiling salted water 2 minutes. Drain, rinse under cold water until cool. Drain well. Boil whipping cream, butter, and vinegar in large pot until slightly thickened, about 3 minutes. Mix in chili puree. Add cabbage and orange peel; toss until heated through. Mix in basil. Season with salt and pepper.

### **Spaghetti Squash alla Carbonara**

Serves:6,10,7,7,10,10  
CarbsPerServing:9g (1g is fiber)  
Prep Time:45-60 minutes



Effort:Easy

**Ingredients:**

1 large spaghetti squash (4 lb)  
1/2 lb bacon, cut crosswise into 1/4 inch pieces  
1/4 cup dry white wine  
1 cup heavy cream  
2 egg yolks 1/2 cup Parmigiano Reggiano cheese (worth the extra cost to get the real stuff!)  
1/4 cup fresh Italian Parsley (flat-leaf), finely chopped  
black pepper to taste

**How to Prepare:**

Pierce the spaghetti squash multiple times with a fork. Bake in a 400 degree oven for 45-60 minutes, until tender.

While squash is baking, fry bacon until crisp. Drain fat and set aside on paper towels to drain.

Add the wine to the pan and cook for 3-4 minutes on medium until reduced in volume by about half. Reduce heat to low.

Beat together egg yolks and cream, then slowly stir into wine mixture. Cook on medium-low until sauce begins to thicken (warning: make sure temperature is not too high or you will end up with scrambled eggs).

Once the sauce coats the back of a wooden spoon, return the bacon to the pan and add the parsley. Cook for 1-2 minutes to heat through.

Cut the spaghetti squash in half, scoop out seeds, then pull strands out with a fork into a large serving dish.

Pour sauce over hot squash. Sprinkle parmesan over all and toss

well.

Add freshly ground pepper to taste.

**Chinese Stir-Fried Asparagus**

Serves:6 as a side dish,9  
CarbsPerServing:3-4  
Prep Time:20 mintues  
Effort:Easy

**Ingredients:**

A medium bundle of asparagus  
1/4 pound pork loin  
And entire head of garlicsalt  
MSG  
small red chile (optional)  
lard

**How to Prepare:**

Prep: Cut off the tough ends of the asparagus, or peel the lower portions. Cut the asparagus into bite size pices. Wash them in a bowl of water. Slice the pork into very thin small strips (much easier to do if the pork is slightly frozen). Peel all the garlic cloves and slice thickly.

Cook: Heat the wok. Add at least 3 T. lard. Throw the garlic in and stir-fry til slightly browned. Throw in the pork and cook until color changes, the garlic will also hopefully be very browned at this point. Throw in the chile and about 1/2 teaspoon salt, stir briefly. Throw in the asparagus, add 1/4-1/2 teaspoon MSG, stir-fry a few mintues. Put in about 3/4 cup water, cover and cook until asparagus is just tender. Add more salt to taste. Serve. Be sure to eat the garlic also!

**Ante Pasta**

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

**How to Prepare:**

chop finely - 3 tomatoes, 2 gr. peppers, onion to taste, 4 med to lg mushrooms, and garlic cloves to taste. Toss with olive oil and a little salt. Add tobasco or jalepenos if you like it spicy, and a few red pepper flakes. Wrap in lettuce leaves for a crunchy treat that is healthy and low carb.

**Artichoke and Spinach Frittata**

CarbsPerServing:18 total recipe  
Effort:Easy

**Ingredients:**

6 ounces marinated artichoke heart  
1 cup chopped onion  
1 cup grated parmesan cheese

1 teaspoon minced garlic  
1/2 teaspoon oregano 4 eggs  
1 teaspoon salt  
1/2 teaspoon pepper  
10 ounces frozen chopped spinach -- thawed

**How to Prepare:**

Preheat oven to 350. Spray a 9" pie pan with vegetable oil. Drain oil from artichokes into a small skillet. Add onion and garlic. Cook until onion is tender. In a mixing bowl, beat eggs until foamy. Dice artichokes and add to eggs, along with cooked onion and remaining ingredients. Stir well. Pour into prepared pie pan and bake 25 minutes. May be made the night before and refrigerated. Serves 6.

**Asparagus stir-fry**

CarbsPerServing:29 total recipe

Effort:Easy

**Ingredients:**

1 pound asparagus -- fresh spears  
1 can bamboo shoots  
1 can waterchestnuts -- sliced  
2 stalks celery -- sliced 1/2" thick 1 cup fresh mushrooms -- sliced  
4 tablespoons oil -- for cooking  
1 each salt and pepper -- to taste

**How to Prepare:**

Cut all vegetables about the same thickness to promote even cooking. Heat oil in wok or large skillet. Stir fry asparagus for about 2 minutes. Reduce heat to medium, cover and cook for 5 more minutes, stirring occasionally to prevent burning. Add all the other ingredients and raise heat to med/high, stir fry 3 - 5 minutes, making sure to stir often.

**Bacon Flavored Asparagus**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

Asparagus  
REAL Bacon Bits  
Extra Virgin Olive Oil  
Butter  
Pepper

**How to Prepare:**

Simply melt a little butter in a large frying pan. Add a little bit of olive oil and heat. Add asparagus and sprinkle REAL bacon bits over top. Cover and let simmer for about 5-8 minutes, turning asparagus twice. Pepper to taste - serve warm.

**Bacon-Stuffed Cherry Tomatoes**

CarbsPerServing:18 total recipe

Effort:Easy

**Ingredients:**

1 pound bacon  
1/4 cup mayonnaise 1/4 cup green onions  
1 pint cherry tomato

**How to Prepare:**

Cook bacon until very crisp. Crumble up bacon and mix with mayonnaise (add more if you need it) and green onions. Cut off top and scoop out inside of cherry tomatoes. (Trick to make tomatoes stand still cut a small sliver off the bottom). Fill with bacon mixture. Better when they sit a while so the flavors meld and they taste like a little BLT without the L!

The carb count for a cherry tomato is .8 per tomato with .2 fiber, but you are scooping out the guts so it should be less.

So under 1 carb per treat. I used to serve them for parties and never had any left. Enjoy.

**>From Dawn:**

I make this too but instead of mayonnaise, I use a package of cream cheese. I cut the tomatoes in half, scoop out the insides, sprinkle them with salt and pepper and let them drain cut side down on papertowels. You have to whip the cream cheese until light & fluffy (use a bit of heavy cream to thin out the mixture) and then mix in the onion and bacon. I use a pastry bag to fill the cups to give a nice finishing touch. If you use a bag, then you have to make sure the onion and bacon are chopped fine so they can pass through the pastry tip. Or, you can fill them with a teaspoon.

## Baked Cheese-Zucchini

CarbsPerServing:16 total recipe  
Effort:Easy

### Ingredients:

2 medium Zucchini -- sliced very thin  
1 Egg  
1 tablespoon prepared mustard  
1/8 teaspoon Ground white pepper 1/8 teaspoon Ground nutmeg  
1 Green onion -- sliced thin  
1/2 cup Swiss cheese -- grated

### How to Prepare:

Put the zucchini in a colander or on towels to drain off the moisture. Combine the remaining ingredients. Add the zucchini and mix well. Pour into a lightly oiled 2-quart casserole. Bake at 350 F for 40 to 45 minutes.

## Baked Eggplant Hashbrowns

CarbsPerServing:31 total recipe  
Effort:Easy

### Ingredients:

1 small eggplant  
salt  
pepper  
oregano 2 cloves garlic  
2 tablespoons ricotta cheese

### How to Prepare:

Peel skins off of eggplant and cut the flesh into 1 inch pieces.

Sprinkle with salt/pepper/oregano (to taste) and then sprinkle minced garlic over the top of the eggplant.

Pull off little piece of the ricotta and put on top of the whole mix.

Bake until golden brown at 400 deg. You can also broil for 2 minutes to make them crispy.

I was liberal with the salt which made them taste great! Use all spices to taste though.

This is for those people who miss the greasy hashbrowns from diners and pancake places

## Roasted Cauliflower

Serves:Makes 2 to 4 servings.  
CarbsPerServing:No carb count  
Prep Time:5 minutes  
Effort:Easy

### Ingredients:

1 medium head cauliflower 2 tablespoons olive oil 1/2 teaspoon coarse salt 1/4 teaspoon coarsely ground black pepper 2 cloves garlic (pressed)

### How to Prepare:

Preheat oven to 400°F. Rinse cauliflower; cut into medium size floweretts. In a large bowl or resealable plastic bag, mix together floweretts, olive oil, salt, pepper and garlic. Spread in a single layer in a non-stick baking dish or rimmed baking sheet. Bake approximately 20 to 25 minutes, or until cauliflower is browned or caramelized on edges and tender. Serve warm or at room temperature.

## Baked Turnip 'Taters

Serves:5,7  
CarbsPerServing:26 total recipe  
Effort:Easy

### Ingredients:

3 small turnips -- tennis-ball sized  
3 tablespoons butter -- melted  
2 tablespoons sour cream 2 eggs -- beaten  
1/4 cup grated parmesan cheese  
salt and pepper -- to taste

### How to Prepare:

Peel turnips, making sure to remove the tough top bits; place in a saucepan. Cover with water and bring to a boil. Cover with pan lid, lower heat and simmer for about an hour until tender. Drain then cut into chunks small enough to fit in your food processor. Place chunked veggies, butter, and sour cream in a food processor and puree. Add beaten eggs and cheese and

whirr some more until ingredients are well-mixed (it won't take long). Pour into casserole dish and bake for about 20 minutes at 350F until it's a little brown on top and edges (or you can nuke it for about 7-10 minutes). You might want to experiment the first couple of times you make it to see how brown you like the top. You can sprinkle a little more cheese on the top before baking, if you like. Makes 4 servings.

(You can also cube the turnips ahead of time then simmer and it doesn't take so long to cook, but some turnips are so hard to cut when raw that I've given up on that technique and just boil them whole.)

Optional: add a garlic clove to the cooking veggies and puree along with everything else; adds .25 carbs to each serving.

Other options: 1/4 tsp dill, crumbled bacon, etc.

Fluffier than other mashed-potato substitutes, because of the egg baked in.

Mmmm!

### **Benihana Vegetable Delight**

CarbsPerServing:19 total recipe

Effort:Easy

#### **Ingredients:**

1 ounce cauliflower -- fresh, boiled  
5 slices mushroom  
1 ounce sliced zucchini  
1 ounce snap beans -- fresh, boiled  
salt and pepper (optional)  
1 teaspoon oil  
1 ounce carrot -- fresh, cooked 2 ounces sliced onion  
2 ounces broccoli -- fresh, boiled  
1 teaspoon white wine  
1/4 lime  
1 teaspoon butter -- optional

#### **How to Prepare:**

Coat one side of a square foot of damp rice paper with oil and butter.  
Combine ingredients with 2 teaspoons water. Place in paper and wrap tightly.  
Cook seven minutes (turning once) in heated non-stick skillet until paper expands. For electric skillet, start at 300 F and raise temperature to 360F.  
Place paper on plate and cut open with scissors. Use caution air inside paper is very hot. Makes one serving.

### **Better Fake Mashed Potatoes**

Serves:10,10,10

CarbsPerServing:7 total recipe

Effort:Easy

#### **Ingredients:**

1 head cauliflower  
8 tablespoons butter 1 teaspoon pepper -- up to 1 tablespoon

#### **How to Prepare:**

Cook 1 head of cauliflower until very soft.

MASH all the water out of it through a screen mesh colander (If you skip this step you get cauliflower soup)..

Add 1 stick butter and considerable pepper (min 1 teaspoon up to a tablespoon - careful it goes from perfect to HOT very fast). Whip with mixer or in food processor, re-heat if necessary.

I have served this at parties and no one has known they were not real.

### **Brittish Brussels Sprouts**

Serves:8

CarbsPerServing:8 total recipe

Effort:Easy

#### **Ingredients:**

1 cups brussels sprouts -- boiled (cut off bottoms and trim off extra leaves) - 1 to 2 cups  
1 cup Gruyere cheese -- shredded

slice bacon -- several

**How to Prepare:**

Cook the bacon in a large frying opan--brown it well so it will crumble easily.

In the same pan, brown the brussels sprouts in the bacon fat. Don't actually get them brown, but sort of glaze them so they are tender and have acquired some of the yummy bacon drippings. Put them into a baking dish. Put 3/4 cup of the gruyere and the crumbled bacon on top.

Stir gently (the sprouts might come apart). Top with the rest of the cheese. Serve hot.

### Broccoli au Gratin for 1

Serves:10,10,10

CarbsPerServing:13 total recipe

Effort:Easy

**Ingredients:**

1 1/2 cups broccoli, frozen  
1 tablespoon Butter2 tablespoons Sour Cream  
1 ounce cheddar cheese -- shredded

**How to Prepare:**

Microwave broccoli until done, drain.

Add remaining ingredients & microwave. Stir until thouroughly mixed

### Broccoli Bacon Salad

CarbsPerServing:36 total recipe

Effort:Easy

**Ingredients:**

8 slices bacon -- fried and cooled  
1 bunch broccoli -- broken up1/2 cup mayonnaise  
1 tablespoon vinegar  
2 tablespoons artificial sweetener

**How to Prepare:**

Mix mayonnaise, sugar, and vinegar, and pour over broccoli. Break up bacon into salad and stir.

### Broccoli Casserole

Serves:10,10

CarbsPerServing:26 total recipe excluding mushrooms

Effort:Easy

**Ingredients:**

10 ounces frozen broccoli -- cooked, 10-15 ounces  
1 cup mayonnaise  
1 can cream of mushroom soup -- or cream of chicken2 eggs  
1 1/2 cups shredded cheddar cheese  
mushrooms or bacon (optional)

**How to Prepare:**

Preheat oven to 350 and grease 9x9 glass dish.

Beat eggs, soup, mayo and shredded cheddar in bowl until well mixed.

Add cooked broccoli (and mushrooms & bacon if you desire).

Pour mixture into glass dish and bake about 45 minutes or until top is browned.

### Broccoli w/Cheese Meringue

Serves:10,10

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

..

**How to Prepare:**

Steam broccoli til nearly done (tender but not mushy). Put it in a baking dish & salt to taste. You may want to put a little butter on it too if you want to.

In a small-to-medium mixing bowl, beat 2 egg whites with a mixer til it forms soft peaks. Fold in about 1/4 to 1/2 cup mayonnaise (depends how much broccoli you're using) and 1-2 cups grated cheddar and/or swiss cheese. Mix that together gently (don't w ant those egg whites to break down altogether) & spread it over the cooked broccoli in a baking dish. Bake uncovered in a preheated 400 degree oven until lightly golden brown (depends on how hot your oven really is -- usually about 5 to 10 minutes).

If you're fixing this for a lot of broccoli (like for 6 people) you may want to use 3 egg whites.

Tip: room temperature eggs yield the most egg whites when you separate them from the yolks & beat up the highest.

This is also good on steamed asparagus.

### Brussels Sprouts in Lemon Sauce

CarbsPerServing:56 total recipe  
Effort:Easy

#### Ingredients:

20 ounces brussels sprout -- 2 10 oz frozen packages  
1/4 cup butter  
2/3 cup mayonnaise  
2 tablespoons lemon juice 1/2 teaspoon celery salt  
2 tablespoons parmesan cheese -- grated  
1/4 cup almonds -- sliced

#### How to Prepare:

Cook Brussels sprouts according to package directions, omitting salt; drain.  
Place Brussels sprouts in a shallow 2-quart casserole and keep warm.  
Melt butter in saucepan; add mayonnaise, lemon juice, and celery salt.  
Beat with a wire whisk until smooth; cook over medium heat until hot, stirring constantly (do not boil).  
Pour sauce over Brussels sprouts; sprinkle with cheese and almonds.  
Serves 6.

### Buttery Green Beans with Tofu julienne

CarbsPerServing:31 total recipe  
Effort:Easy

#### Ingredients:

2 cup green beans  
1 6"x6" tofu block  
4 tablespoons sliced almonds 3 tablespoons butter  
1/2 teaspoon salt (or measure salt to taste)

#### How to Prepare:

Slice tofu cube into julienne strips. Set aside.

Sprinkle sliced almonds onto a cookie sheet and heat in a 275 degree oven until lightly crisp and golden.

Steam green beans until al dente.

In a bowl, toss green beans with almonds, tofu, butter and salt.  
Enjoy!

Sorry, no exact carb count on this, but be assured it is very low!  
Also, this recipe is very forgiving, so be free with you moderations on this if you're serving more than two people. untoasted almonds are also great with this warm veggie mixture.

### Zucchini Hashbrown Cakes

Serves:12,9,10  
CarbsPerServing:Total 1.94 Fiber 0.74 Atkins 1.2  
Prep Time:10 minutes  
Effort:Easy

#### Ingredients:

2 medium unpeeled zucchini, shredded (1 cup grated)  
1 small onion, grated  
1 egg  
3 Tbs soy powder  
1 cup cheddar cheese, shredded  
salt and pepper to taste butter for frying

#### How to Prepare:

In a bowl, combine zucchini, onion and egg. Add soy powder one tablespoon at a time, until the mixture holds together. Stir in cheese, salt and pepper. In skillet or griddle over medium heat, melt butter. Drop batter by ¼ cupfuls into skillet and flatten. Cook until crispy and brown, turn and cook the other side.

### Cabbage 'Macaroni' and Cheese

CarbsPerServing:24 total recipe  
Effort:Easy

#### Ingredients:

3 cups cooked cabbage  
10 ounces cheddar cheese -- I like extra sharp 2 tablespoons heavy cream

#### How to Prepare:

Separate cabbage leaves individually, cut into 1 inch cubes. Put in pan of cold water and boil until tender but slightly undercooked. Grate 10 oz of cheddar cheese. Use 8X8 inch square pan. Place 2 tbsps of heavy cream in the bottom of the pan. Layer cabbage and cheese like you would a lasagna making sure top layer is cheese. Bake in 350 degree oven for 10-15 minutes or until cheese is melted. Enjoy! This recipe makes 6 1/2 cup servings.

## Cabbage Stir Fry

Serves:10  
CarbsPerServing:40 total recipe  
Effort:Easy

### Ingredients:

8 cups shredded cabbage  
1/2 cup sliced onions  
2 tablespoons soy sauce  
2 tablespoons olive oil  
2 teaspoons sesame seeds  
1 each salt and pepper to taste  
2 each dried red chili pepper -optional  
2 tablespoons butter

### How to Prepare:

Heat wok or deep skillet/dutch oven with the oil. Add in onions and stir fry over high heat for about 30 seconds. Add in cabbage and stir fry for 2 minutes or until cabbage is all starting to wilt. Add red pepper(if using) and soy sauce. Stir fry another minute. Remove from heat and stir in butter, salt, pepper and sesame seeds.

## CAULIFLOWER BAKE

Serves:10  
CarbsPerServing:14 total recipe  
Effort:Easy

### Ingredients:

1/2 head cauliflower  
8 ounces cream cheese  
1/2 cup heavy cream  
2 tablespoons butter  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 cup cheddar cheese -- shredded (optional)

### How to Prepare:

Cut the cauliflower into small pieces and boil till tender. Place the cream cheese and cream into a blender and blend. Place the cauliflower into the blender one piece at a time until smooth. Add butter salt and

pepper.

Transfer to a baking dish and top with cheese (if desired) and bake at 400

for 15 minutes till cheese is bubbly. Serves 4

## Cauliflower Casserole

Serves:7,10  
CarbsPerServing:55 total recipe  
Effort:Easy

### Ingredients:

5 cups cauliflower  
2 cups sour cream  
1 1/2 cups grated cheddar cheese  
6 green onions -- chopped (separate white and green)  
5 1/2 teaspoons salt  
1/2 teaspoon pepper  
6 slices bacon -- cooked crisp and crumbled

### How to Prepare:

Cook cauliflower until tender but firm, chop into pieces about the size of hashbrowns. Mix in sour cream, 1 cup of the cheddar, white part of the green onions, salt and pepper. Stir in cauliflower. Place in greased baking dish and sprinkle rest of cheddar on top. Bake at 350\* for 20 minutes or until heated through. crumble bacon on top and sprinkle on the tops of the green onion. reheats well in the micro, but doesn't freeze well. recipe can be doubled, serves 10

## Cheese Sauce for Vegetables

CarbsPerServing:2 total recipe  
Effort:Easy

### Ingredients:

1 tablespoon butter  
3 tablespoons heavy cream  
1/3 cup shredded cheddar cheese -- or any flavor

### How to Prepare:

Melt it slowly while stirring in a small non-stick saucepan until heated through. Add fresh ground pepper if you'd like.

This makes approximately 2 servings.

### **Colorfull Grilled Marinated Vegetables/Foreman Grill**

CarbsPerServing:11 total recipe excluding  
salad dressing  
Effort:Easy

#### **Ingredients:**

1 bunch asparagus spears -- trimmed to about 8"  
1 bunch green onions, whole -- trim to about 8"  
1 large red bell pepper -- clean and slice into long thin strips1/2  
cup any brand italian salad dressing  
1 clove garlic -- crushed  
1/2 teaspoon pepper -- fresh cracked is best

#### **How to Prepare:**

Mix dressing, pepper, garlic and italian seasoning well. Pour into a gallon-sized ziplock bag.

Blanch the asparagus in boiling water for 3 minutes or until it turns darker green. Drain well and put into the baggie of marinade along with the onions and pepper. Let marinate at room temperature for 1 hour, turning bag as needed to get an even coating. After an hour, drain the marinade off.

Preheat foreman grill. Place veggies in a single layer across the grill - - fit as many as you can on in the 1st batch. Close lid and grill for 4 minutes. The onions should remain tender/crsp. If you desire them to be softer, cook another 2 minutes, but don't get them too soft.

Arrange on a platter and drizzle with a little melted butter if desired.

### **Cottage Cheese, Broccoli Casserole**

Serves:10  
CarbsPerServing:48 total recipe  
Effort:Easy

#### **Ingredients:**

2 cups Cottage Cheese  
3 Eggs  
8 ounces shredded cheddar cheese20 ounces Frozen Broccoli -- partially thawed  
Salt and Pepper to taste

#### **How to Prepare:**

Preheat oven to 350 F.

Combine Ingredients and place into a casserole or baking dish.

Bake uncovered for 60 mins.

### **Delicious Yellow Squash Casserole**

CarbsPerServing:36 total recipe excluding  
cheese  
Effort:Easy

#### **Ingredients:**

4 yellow squash -- (4 to 6)  
1 large tomatoes  
1 large white onion3 strips bacon -- (3 to 4)  
1/2 block sharp cheddar cheese (enough to cover top of casserole)

#### **How to Prepare:**

(note: scale quantities to your casserole dish)

In 9 by 13" casserole dish, begin by slicing the squash into 1/4" slices. Add enough to cover the bottom of the dish about 2 slices deep.

Next, slice the white onion and layer on top of the squash. Do the same with the sliced tomato. Finish by placing a slice of cheddar on top of each tomato, then topping off the dish with the raw bacon slices.

Bake in a 350 degree oven for about 1 hour or until the bacon on top is done.

(important - don't add any liquid to the recipe. The veggies will generate plenty of juice on their own.)

### **DUM GOBHI (Cauliflower steamed with herbs and spices)**

CarbsPerServing:33 total recipe excluding  
tumeric and garam masala  
Effort:Easy

#### **Ingredients:**

1 pound cauliflower



1/2 teaspoon chili powder  
1/4 teaspoon tumeric  
2 teaspoons grated ginger root  
1/3 cup chopped tomatoes  
1 green chile -- chopped  
1 tablespoon nonfat plain yogurt  
2 tablespoons chopped cilantro -- (2 to 3)  
1/2 teaspoon garam masala

**How to Prepare:**

Wash, drain, and cut cauliflower into 1 inch flowerets, including stem.

Combine chili powder, ginger, tomato, green chili, tumeric with the yogurt in

A small bowl. Spray with pam, use nonstick pan, use a little water, whatever you do to nonstick yourself. Put Cauliflower into pan then pour spices over the top. Cover pan tightly and cook over LOW heat for 10-15 minutes (Cauliflower will steam in the spi

cy mixture). Stir in half the cilantro

leaves, increase heat to medium, and cook with lid off, for another 5-6

minutes, to drive off excess moisture. turn off heat and sprinkle with

garam masala and reamaining cilantro. Make sure all liquid is driven off.

### **Fake Mashed Potatoes**

CarbsPerServing:17 total recipe

Effort:Easy

**Ingredients:**

1/2 cauliflower, head

1 ounce butter

2 ounces cream cheese  
1 teaspoon dried onions -- ground

white pepper -- salt

**How to Prepare:**

Cook the caoliflower, until very tender. Dry it and put in food processor. Add the remaining ingredients and process, until you get a smooth paste. If the result is too thin, put back in pot and cook, while stirring, until the texture is ok.

### **Fantabulous Creamed Spinach**

Serves:4

CarbsPerServing:6.5g tot - 3.25g fiber = 3.25g digestible carbs

Effort:Easy

**Ingredients:**

1 package (10 oz) frozen chopped spinach, thawed

1 cup chopped mushrooms

1/2 cup chopped onion

2 Tbsp. butter

2 Tbsp. heavy cream

2 Tbsp. cream cheese

2 Tbsp. mayonnaise

1 tsp. Thicken/Thin not StarchVege Sal (or Salt) & Pepper

Optional: 2 slices bacon, cooked and crumbled

**How to Prepare:**

Saute onion in butter until translucent in a medium skillet. Add mushrooms and saute until both onions and mushrooms are soft and cooked.

Add in thawed chopped spinach and mix well with mushrooms and onions.

Add cream, cream cheese, and mayo. Stir in until everything is melted and/or incorporated. Add salt and pepper to taste. Sprinkle Thicken/Thin not Starch over entire pan and stir in until the liquids thicken. (Optional: sprinkle 2 slices of crumbled bacon over everything.) Serve hot.

Notes:The Thicken/Thin Not Starch is optional, but it makes things really nice and creamy. Guar/Xanthan gum could also be used for this (although I do not know what amount).

If you don't use Thicken/Thin, it won't change the digestible carbs because it is all fiber. If you add bacon, it adds a bit more protein and fat, but no carbs.

### **Flavored Mushrooms**

CarbsPerServing:3 total recipe

Effort:Easy

**Ingredients:**

1/2 cup sliced mushrooms

1 teaspoon butter  
1 teaspoon basil

1/2 teaspoon garlic salt

**How to Prepare:**

put all ingredients in a pan a saute til mushrooms are slightly browned.  
eat them alone or with a favorite meat.

## French Fries

CarbsPerServing:8 total recipe  
Effort:Easy

### Ingredients:

6 ounces daikon -- radish  
1 EggCrushed Pork Rinds

### How to Prepare:

Slice the radish like you would French Fries.  
Beat egg in a bowl and coat the fries  
Put fries in a bag filled with crushed Pork Rinds and shake  
Put fries in pan containing 1/4 inch hot oil  
Cook until golden brown and crispy

These are wonderful, you will never miss potato fries again and they total to only 8 carbs

## Fried Cabbage 1

Serves:10  
CarbsPerServing:32 total recipe  
Effort:Easy

### Ingredients:

1/2 cabbage head -- julienned  
3 slices bacongarlic -- to taste  
1/2 cup chopped onion

### How to Prepare:

Cook bacon in large skillet. Remove and chop. In same skillet, cook garlic and onion in bacon grease. When both begin to brown, add bacon and cabbage and fry, stirring often until warmed through. You want the cabbage to remain crispy, not soggy.

This is the only way I will eat cabbage. Great for veggie haters!

## Garlicky Brussels Sprouts

CarbsPerServing:27 total recipe  
Effort:Easy

### Ingredients:

1/2 cup water  
3 tablespoons butter  
1 tablespoon minced garlic  
1 teaspoon ground ginger1 dash salt and pepper -- each  
10 ounces brussels sprouts -- fresh or frozen

### How to Prepare:

Cut sprouts into 1/2 or 1/4s through the stem end. Bring everything except sprouts to a simmer in a large saucepan. Add the sprouts, cover and simmer over med heat for 10 minutes or until tender. Uncover and let simmer until most of the liquid is gone -may take 3-4 minutes.

## Green Bean Casserole

Serves:10  
Effort:Easy  
CarbsPerServing:35 total recipe excluding cheese

### Ingredients:

2 cans green beans, canned -- french cut  
4 ounces mushroom stems and pieces -- drained  
1/2 medium yellow onion -- sliced thin, separated into rings  
2 stalks celery -- sliced small  
2 tablespoons butter1/2 cup heavy cream  
1/4 cup mayonnaise  
1 cup assorted cheeses cut into small -- jack, pepper jack, cream -your choice) diced  
3/4 teaspoon salt -- or 1/2 lite, and 1/4 reg  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder

### How to Prepare:

Melt the butter in a skillet and sautee the onions, celery and mushrooms until soft(about 7-8 minutes). Mix the mayonnaise and cream. Mix everything together in a casserole and bake at 350F, covered, for 30 minutes. Uncover and brown if desired.

## Green Bean Parmesan

CarbsPerServing:29 total recipe excluding  
garlic powder and parmesan  
Effort:Easy

### Ingredients:

1 pound green beans -- fresh  
1/4 cup melted buttergarlic powder -- to taste  
parmesan cheese -- to taste

How to Prepare:

Par-boil green beans rapidly for 10-15 minutes. Drain water.  
Put beans in 13x9 casserole dish. Toss with butter, garlic and cheese.

Bake for 10 minutes at 400 degrees.

good! Beans are still slightly crunchy!

You can do this with fresh asparagus too!

### Green Beans a la Cheese

CarbsPerServing:20 total recipe

Effort:Easy

#### Ingredients:

2 cans green beans, canned -- french cut 2 cups grated cheese

Paprika

How to Prepare:

Drain green beans; mix in 1 c. cheese; place in microwave safe dish.

Sprinkle top with rest of the cheese and paprika. Nuke for about 2

1/2 to 3

minutes on high.

### Broccoli Onion Swiss Quiche

CarbsPerServing:30 total recipe

Effort:Easy

#### Ingredients:

3 cups chopped broccoli -- cooked, drained, cooling

1/2 cup chopped onion -- favorite color

3 tablespoons butter -- (or less)

1 1/2 tablespoons soy flour

3/4 teaspoon salt

pepper and nutmeg to taste (pinch) 3 eggs

1/2 cup heavy cream

with enough water to equal 2/3 cup liquid

4 slices cooked bacon -- crumbled or cut in

small pieces

2 ounces shredded swiss cheese

How to Prepare:

9" pie plate sprayed with non-stick spray

375 degrees, 25 minutes

1. Set aside cooked broccoli

2. Saute onions gently in butter, when tender add soy flour and cook

a

couple more minutes.

3. Whisk together eggs, cream & water. Blend in salt and spices.

4. Combine egg mix, prepared vegetables and cheese.

5. Pour into prepared pie plate.

6. Bake until puffed and browned.

Personal notes: Next time I will increase the 2 oz cheese to 4 oz because I

want the swiss flavor more pronounced. Also I think this would make a great

appetizer if baked in a 7 x 11" chilled and cut into small squares, served

cold or reheated. Very pretty if topped with small strips of pimento

or red

bell pepper laced through a slice of black olive?

### Hash Browns

CarbsPerServing:11 total recipe

Effort:Easy

#### Ingredients:

2 cups cabbage -- thinly sliced

salt and pepper -- to taste 1 green onion -- chopped

1 egg

How to Prepare:

Shred cabbage very thin add S & P, the green onion and egg.

Mix well. Fry in oil in non stick frying pan. Makes 2 patties.

### Holiday Mashed Potato Casserole

CarbsPerServing:12 total recipe excluding

cauliflower

Effort:Easy

#### Ingredients:

2 packages frozen cauliflower

1/2 cup butter

1 bunch green onions -- (4 or 5)

1/4 heavy cream -- 1/4 to 1/28 ounces cream cheese -- at room temp

1 cup grated Parmesan cheese

Salt and pepper to taste

How to Prepare:

Place the cauliflower in a large saucepan and cover with lightly salted cold water. Bring to a boil, reduce heat to medium and simmer for 15 to 20 minutes or until tender when pierced with a fork. Drain thoroughly; transfer to a large mixer bowl.

Preheat oven to 350 degrees. While cauliflower is cooking, in a medium skillet over medium low heat, melt butter. Add green onions and saute until tender. Add 1/4 cup milk, cream cheese and Parmesan cheese; stir until cheeses are melted. Add the melted cheese mixture to cauliflower and beat with electric mixer until fluffy. Season to taste. If mixture seems too stiff, add a little more milk. Pour into a 9 X 13 inch casserole dish and bake at 350 degrees for about 30 minutes. Mixture should be nicely browned on top and slightly bubbly.

### Italian Zucchini Pie

Serves:10,10,10,10  
CarbsPerServing:44 total recipe  
Effort:Easy

#### Ingredients:

4 cups sliced zucchini -- unpeeled, thinly sliced  
1 cup onions -- coarsely chopped  
2 cloves garlic -- crushed  
1/2 cup butter  
1/2 cup chopped fresh parsley  
1/2 teaspoon salt 1/2 teaspoon pepper  
1/4 teaspoon basil  
1/4 teaspoon oregano  
8 ounces shredded mozzarella cheese  
1/2 cup grated parmesan cheese  
2 eggs -- well beaten  
4 tomato slices -- (4 to 5

How to Prepare:

Preheat oven to 375. In a skillet, cook onion til golden, throw in garlic and cook two more minutes. Throw in zucchini and cook til tender. Stir in parsley and all seasonings. In a large bowl, blend eggs with cheeses, stir in vegetable mixture. Butter an 11-inch quiche or glass pie plate and pour mixture in evenly. Layer the tomato slices over and sprinkle a little bit of parmesan over. Bake for 18 to 20 minutes.

### Ultimate Low-Carb Mashed

Serves:4  
CarbsPerServing:Per Serving: 97 Calories; 7g Fat (59.3% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 20mg Cholesterol; 357mg Sodium.  
Prep Time:20 minutes  
Effort:Easy

#### Ingredients:

1 cup turnips -- diced, measure uncooked  
16 ounces frozen cauliflower -- thawed before cooking  
1 clove garlic -- peeled and halved 1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons soft butter  
2 tablespoons heavy cream

How to Prepare:

Bring 4 cups water to a boil. Add diced turnips and garlic. Boil for 5 minutes, then add thawed cauliflower and boil for 10 minutes or until all veggies are fork tender. Drain well and use a spoon to smooch out as much water through the colander as possible. Put into a bowl and add cream, butter, salt and pepper. Using a stick mixer (like the Thunder Stick or Braun kind), puree until smooth and well blended. Serve immediately. You can do this in a blender or food processor, but I like the stick mixer for control.

### Macafoni and Cheese

Serves:10,10,9,8,10,3  
CarbsPerServing:17 total recipe  
Effort:Easy

#### Ingredients:

12 ounces firm tofu  
8 ounces sharp Cheddar cheese -- grated  
2 eggs -- beaten  
1/4 cup cream 1/4 teaspoon onion powder

1 dash cayenne  
1/4 teaspoon garlic powder  
1/4 teaspoon dry mustard

**How to Prepare:**

Drain tofu well (i let mine sit in the colander for awhile and then squished even more liquid out of it with my hand)

Mix all ingredients together mashing the tofu well (but leaving a few chunky pieces),

Place in a buttered casserole dish. Sprinkle with Parmesan & a little paprika. Bake at 350 for 30-40 minutes. The top should be golden brown. (its the crispy brown parts that really give it the flavor)

### **Marinated Garden Tomatoes**

CarbsPerServing:45 total recipe

Effort:Easy

**Ingredients:**

6 large tomatoes -- cut into wedges

1/2 cup green onions -- thinly sliced  
1/3 cup olive oil -- or canola  
1/4 cup red wine vinegar  
1/4 cup minced fresh parsley2 garlic cloves -- minced  
1 teaspoon salt  
1 tablespoon fresh thyme -- or 1 teaspoon dried  
1/4 teaspoon coarsely ground pepper

**How to Prepare:**

Place tomatoes and onions in a shallow serving bowl. In a bowl, combine the remaining ingredients: pour over tomatoes. Cover and refrigerate for at least 2 hours or overnight. Yield: 10 servings or 3/4 cup

### **Mashed Cauliflower and Broccoli**

CarbsPerServing:no counts provided

Effort:Easy

**Ingredients:**

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**How to Prepare:**

Steam cauliflower and broccoli, when softened put in a food processor with sour cream, half and half, salt, and a little pepper. Blend together and serve. It has a similar consistency to mashed potatoes, it is delicious! And adds fiber to your meal.

### **Mushroom Pie**

CarbsPerServing:42 total recipe

Effort:Easy

**Ingredients:**

200 grams mushrooms -- chopped fresh  
1 large onion -- chopped  
salt  
pepper3 tablespoons mushroom soup  
750 grams cream cheese -- (5% fat)  
3 eggs

**How to Prepare:**

Fry the onion with the mushrooms. Add salt and pepper and the mushroom soup. Then when it is all blended together with all the aroma and taste, you pour to a pan and stir with the cheese and eggs. That's it! You put in the oven for about 45 min. at 250 degrees. Bon appetit!!! (-:

### **Noodles Romanoff Atkins style**

CarbsPerServing:35 total recipe

Effort:Easy

**Ingredients:**

1 head cabbage -- sliced into noodles  
  
1 pound cream cheese -- softened  
8 ounces sour cream  
2 tablespoons butter -- melted  
1/2 cup scallions -- chopped(green onions)1 clove garlic -- crushed  
1/4 teaspoon black pepper  
1/4 cup TVP -- (or omit for topping)  
1/2 cup grated Parmesan cheese

**How to Prepare:**

Cook until barely tender. Drain. Mix together cream cheese, sour cream, and butter. Stir into cabbage. Add scallions, garlic, and pepper, and turn into buttered baking dish. Combine TVP(crums) and

Parmesan cheese and sprinkle over top of noodle mixture.  
Bake at 350 degrees for 30 minutes.  
\*\*Note: If you have leftover protein bread that has dried, pules in the foodprocessor for crumbs and use in place of the TVP.

### **Parmesan Onions**

CarbsPerServing:12 total recipe  
Effort:Easy

#### **Ingredients:**

1 medium white onion  
2 cloves minced garlic  
butter1 teaspoon balsamic vinegar  
Parmesan cheese  
Black pepper

#### **How to Prepare:**

Slice onion into rings. Melt butter in pan, and saute garlic for about a minute. Add onions. Sprinkle with vinegar. Cook until soft, then sprinkle with cheese and pepper (to taste). Allow cheese to melt, then serve.

### **PEPPER-VODKA-SOAKED CHERRY TOMATOES WITH SEASONED SEA SALT**

CarbsPerServing:17 total recipe  
Effort:Easy

#### **Ingredients:**

1 pint cherry tomatoes -- vine-ripened  
1/2 cup vodka -- pepper-flavored3 tablespoons sea salt -- coarse or fine  
1 tablespoon lemon pepper

#### **How to Prepare:**

Store-bought seasoned salt can also be used in the following recipe.

Can be prepared in 45 minutes or less but requires additional unattended time.

Poke 5 or 6 holes with a wooden pick or skewer in each tomato and put in a shallow bowl. Pour vodka over tomatoes and let stand, covered, tossing occasionally, 1 to 2 hours, or until soaked to desired taste.In a small bowl stir together salt and pepper.Serve tomatoes with seasoned salt for dipping using toothpicks. Makes 2 cups.

If you cant find the pepper vodka,, to use red pepper flakes mixed into the vodka.

### **Portobello's and Cheese**

CarbsPerServing:20 total recipe  
Effort:Easy

#### **Ingredients:**

2 portobello mushrooms -- (2 to 3)  
cooking wine -- red, or balsamic vinegarolive oil  
2 slices provolone cheese

#### **How to Prepare:**

Using skillet w/ about a capfull of olive oil, and medium heat, place portobello caps in skillet, and add the wine/ vinegar, and give the mushrooms time to absorb the liquid. then repeat , and slice the mushrooms into 3/4 inch slices. when still hot, top with sliced provolone.

### **Prosciutto and Spinach**

Serves:10  
CarbsPerServing:no counts provided  
Effort:Easy

#### **Ingredients:**

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#### **How to Prepare:**

Heat up a frying pan over medium heat (about 5 on an electric stove top). Melt about 2 tablespoons of butter in the pan. Peel and chop one clove of garlic, and fry it in the pan, just until it's light brown. Add 8 slices of prosciutto, cut into smaller pieces. Fry the prosciutto for about 3-5 minutes; you're not trying to make it crisp, just flavor the butter. Add 12 ounces of chopped spinach, toss all of it together in the pan, cover the pan. Let it cook until the spinach is cooked (it's better if the spinach is not over cooked), about 3-5 minutes. Delicious and fast!

### **Vegitable medly**

Serves:2-3  
CarbsPerServing:very low

Prep Time:10 minutes  
Effort:Easy

**Ingredients:**

4 slices Bacon chopped1 onions chopped2 peppers chopped1 large zucchini chopped1 clove Garlic crushed1 teaspoon saltnone

**How to Prepare:**

dice bacon and brown in fry pan. add onion and peppers and saute till lightly browed, add zucchini, garlic and salt and continue till zucchini is tender and cooked thru. Great side dish or add chicken, sausage etc. it is quite vesatile. try other seasonings as well for variety.

**Puffy Asparagus & Ham Bake**

CarbsPerServing:53 total recipe  
Effort:Easy

**Ingredients:**

1 pound fresh asparagus -- cooked and drained  
6 slices ham  
4 ounces mushrooms -- sliced3/4 cup mayonnaise  
1 tablespoon lemon juice  
2 egg whites  
1 dash salt

**How to Prepare:**

Spray bottom of baking dish with Pam. Place ham on bottom, top with asparagus, then mushrooms. Combine mayo with lemon juice. Beat egg whites with salt until stiff, fold in mayo mixture. Spoon over mushrooms. Broil at least 6 inches from heat for 5 minutes, or until puffed and brown.  
You can also bake at 425 degrees for 3-5 minutes, watching carefully.

**Salmon-Stuffed Mushrooms**

Serves:10  
CarbsPerServing:15 total recipe  
Effort:Easy

**Ingredients:**

8 ounces mushroom -- fresh  
1 tablespoon butter  
1 clove garlic -- pressed  
2 tablespoons onion -- minced  
1/2 cup salmon -- smoked, canned, or crumbled salmon burger1/2 teaspoon parsley -- flakes  
1/4 teaspoon pepper  
1/8 teaspoon marjoram  
1 tablespoon lemon juice

**How to Prepare:**

Saute in 1 Tbs. butter until tender but not brown: finely chopped mushroom stems, onion, and garlic.  
Remove from heat and add: salmon, parsley, pepper, marjoram, lemon juice; mix thoroughly.  
Press a teaspoonful of mixture into each mushroom button.  
Cook under broiler 3 to 5 minutes until mushroom buttons turn dark, but aren't browned.  
Serve hot on small crackers or by themselves.  
Makes about 24 stuffed mushrooms

**Sauteed Broccoli Florets, Zucchini and Mushrooms**

Serves:10  
CarbsPerServing:11 total recipe excluding broccoli, lemon juice and italian seasonings  
Effort:Easy

**Ingredients:**

1 1/2 zucchini -- sliced and chopped  
1/2 cup sliced mushrooms -- 1 large handful - I estimated 1/2 cup for nutritional counting  
2 stalks broccoli florets  
(I save the stalks to make Appletree Salad later in the week, YUM)1 clove garlic -- crushed  
salt and pepper  
sprinkling of Italian Seasonings  
1 squeeze of lemon  
2 tablespoons olive oil

**How to Prepare:**

In a skillet, heat the olive oil and throw in all the veggies, sprinkle on the seasonings and cover with a lid so that the steam helps cook them too.

Temp should be med-high. Stir occasionally and when the broccoli is bright green throw in the garlic and cook for two more minutes. Before taking off heat, squeeze lemon juice over.

Slice three tomato slices for each plate, season with salt and pepper and drizzle balsamic and olive oil over. Exquisite!!

Serve with a lemon wedge alongside Chicken Breasts with Rosemary, Lemon & Garlic - recipe in the Chicken/Poultry/Eggs category here.

## Sauteed Garlic Spinach

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

Raw Spinach  
Sliced Garlic cloves  
Jane's Crazy Mix-Up Salt SeasoningsCracked Black Pepper  
-- (or seasonings of choice)  
Olive Oil or one of your choice

### How to Prepare:

Heat about one tablespoon of olive oil in hot skillet (I use a wok). Throw as much spinach in pan as you would like (use your own judgement); then put sliced garlic cloves in (again, you as much as you would like -- I use about 3 large cloves). Season with the salt seasoning and cracked pepper.

Don't blink! As soon as the spinach wilts (takes seconds, if pan is hot) take spinach out of pan. This is a very simple and delicious dish.

## SAVORY SPINACH BALLS

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

2 pkg frozen chopped spinach -- cooked and drained  
1 lg onion -- chopped fine  
4 eggs -- beaten  
3/4 c butter1/2 tsp salt  
1/2 tsp garlic salt  
1/2 tsp thyme  
1/2 c Parmesan cheese  
2 c stuffing mix

### How to Prepare:

Mix all ingredients in a large bowl; chill 1/2 hour.

Preheat oven to 350 degrees. Grease cookie sheets or line with parchment paper. Roll spinach mixture into small balls (rounded teaspoons or tablespoons). Bake 15 minutes.

This recipe is a handy make-ahead appetizer--you can prepare a batch, freeze the unbaked balls, and then bake as many as you need later. But, thanks to a shortcut ingredient (stuffing mix), these Spinach Balls are also quick and easy at the last minute. Makes about 4 dozen.

## Side Salad

CarbsPerServing:11 total recipe excluding grape

tomatoes

Effort:Easy

### Ingredients:

1/2 pound salami -- hard, cut 1/2" thick  
1/2 pound mozzarella cheese -- cubed  
1 cup grape tomatoes -- halved1/8 cup fresh basil -- chopped fine  
1/4 cup olive oil -- light  
salt and pepper to taste

### How to Prepare:

toss together  
serve with diet flat bread  
grilled with olive oil and garlic salt

## Smothered Mushrooms

CarbsPerServing:58 total recipe

Effort:Easy

### Ingredients:

1 1/2 pounds fresh mushrooms -- fresh - I use white button  
12 ounces bacon -- may sub ham  
2 cups sour cream8 ounces cream cheese -- softened



1 can black pitted olives -- sliced

How to Prepare:

1. Wipe mushrooms clean, slice.
  2. Fry bacon until just not quite crisp, drain, cut into small pieces with kitchen shears
  3. In bacon fat or (equal amounts of real butter and worchestershire if your daily carb count can take it--the worchestershire gives it real ZIP) saute mushrooms on medium until tender, but not browned or crisp.
  4. In crockpot mix together sour cream and cream cheese.
  5. Toss in mushrooms, bacon and olives. Keep hot in crockpot, not boiling or heat in 1 1/2 qt casserole in 350 oven.
- Then call me and I will come right over to share it with you!

This isn't exactly carb 'cheap' and is so good you will have to limit your amount of servings. But everything is Atkins "legal". On a low-fat diet I always used to feel guilty making and serving this--one of my all time favorite potluck dishes!

## Spaghetti (Squash) Pie

CarbsPerServing:44 total recipe exluding  
tomato sauce  
Effort:Easy

**Ingredients:**

3 cups spaghetti squash -- cooked, strands  
1 egg -- beaten  
1/3 cup parmesan cheese  
1 tablespoon butter -- melted  
1 cup ricotta cheese  
1 egg -- beaten  
1/2 pound ground beef -- or bulk Italian Sausage  
1/2 cup chopped onion 1/4 cup green pepper -- chopped  
2 small cans tomato sauce  
1 teaspoon garlic powder  
1/2 teaspoon dried oregano -- crushed  
1/2 teaspoon dried basil -- crushed  
1 teaspoon dried parsley -- crushed  
1/2 cup shredded mozzarella cheese

How to Prepare:

Mix squash, 1 egg Parmesan Cheese and butter well. Press evenly into a 9" pie plate to form crust.  
Mix Ricotta and 1 egg and spread evenly over squash mixture in pie plate.  
In large skillet, brown meat with onion and green pepper. Drain off excess fat. Add tomato sauce and spices. Simmer a few minutes, then spoon over Ricotta mixture in pie plate.  
Bake at 350 for approximately 15 minutes. Sprinkle mozzarella over top, then bake an additional 5 ð 10 minutes to melt cheese and set crust. Let sit 5 ð 10 minutes before cutting.

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Wondering about spaghetti squash?

It is a sorta football-shaped squash, fairly large and quite yellow in color. Cut it in half lengthwise (it is pretty hard to cut-be careful!) and scoop out the seeds in the middle.

To oven bake, place in a baking pan, cut side down, with 1" water. Bake at 350 for 20-30 minutes (until its somewhat soft). To microwave bake, place in glass pan, cut side down, with 1" water and nuke on med-high for at least 10 minutes (until somewhat soft).

After cooking, use a fork to remove the pulp from the rind-it'll come out in spaghetti-like strands.

The smallest one I've ever bought yielded 3 c. strands. Larger ones may yield 3 c. per half of the squash!

## Spanish 'Rice'

CarbsPerServing:39 total recipe  
Effort:Easy

**Ingredients:**

1 head cauliflower -- freshly ground  
1 bell pepper -- diced rough  
1/2 cup onion -- diced rough  
olive oil  
14 1/2 ounces whole tomatoes -- canned  
1 tablespoon balsamic vinegar 1 teaspoon worcestershire sauce -- 1 to 2  
1 teaspoon splenda -- 1 to 2

salt and pepper -- to taste  
2 scallions - optional -- green only, chopped  
garlic powder/salt - optional

How to Prepare:

- 1) In a small saucepan, add tomatoes, vinegar, worcestershire sauce, splenda, salt and pepper, and garlic, if using. Break up tomatoes with a wooden spoon. Simmer on medium low, covered for at least 30 minutes. Be careful not to let it cook down too much.
- 2) Chop up peppers and onion and saute in olive oil a large skillet over medium high heat, until the pepper and onion start to get a little charred.
- 3) While peppers and onions are cooking, remove outer leaves of cauliflower, and cut away at the base until you are left with a stalk stem to hold onto and all the green cut away. Use the stalk as a handle and grate the entire head of cauliflower on the largest hole. It should be in small, grainy rice like pieces.
- 4) Add a little more olive oil to the skillet, and the cauliflower. Stir, to make sure the cauliflower is coated and continue to cook until it's soft like rice, but not mushy. (You may want to cover skillet with a lid and steam it a bit if you're in a hurry)
- 5) Serve topped with tomato sauce and little chopped scallion (optional).

### Spanish spinach omlet

CarbsPerServing:no counts provided  
Effort:Easy

#### Ingredients:

1 box frozen chopped spinach  
1 dashes of: Salt -- pepper, garlic salt  
or other preferred spicesolive oil  
2 eggs

How to Prepare:

Thaw spinach and drain excess liquid.  
Saute spinach in about 3 TBLS. of olive oil .  
Add desired spices ( also very good with chopped onions and fresh garlic.)  
Beat eggs in a bowl.  
Add sauted spinach and mix with eggs.  
Return to pan and fry on both sides till done. Yummy!

### Easy Creamed Cabbage

Serves:2 large,10  
CarbsPerServing:2 net carbs  
Prep Time:20 minutes  
Effort:Easy

#### Ingredients:

1/2 Head Cabbage - leaves seperated  
3 oz Cream Cheese  
1/3 Stick Butter3 Tablespoon heavy cream  
1/4 Teaspoon Onion Powder  
salt and pepper to taste

How to Prepare:

Steam cabbage until very tender. (You can do this in the microwave or steamer.)In medium pan on med low heat - melt butter - add cream and cream cheese, onion powder and salt and pepper. Stir until all is melted. Add steamed cabbage - mix well. Contiuue to cook until desired doneness. Serve hot.

### Squash and Zucchini with onions

CarbsPerServing:31 total recipe  
Effort:Easy

#### Ingredients:

2 yellow squash -- large, diced  
2 zucchini -- large, diced  
1 yellow onion -- shredded, or vidalia  
(2 small will do as well)garlic salt  
salt and pepper  
lemon pepper

How to Prepare:

Grease the frying pan with a small pad of butter. Cooking spray or vegetable oil can be used if preferred.  
In a large frying pan saute onions until limp. Add zuccinis and

squash.  
While cooking add 1 tsp garlic salt and one tsp of lemon pepper.  
Cook on  
med/high until soaft but not mushy. Add salt and pepper to taste.

And

viola! Simple and easy in 10 min!

### Stuffed Mushrooms with Goat cheese topping

CarbsPerServing:6 total recipe  
Effort:Easy

#### Ingredients:

6 medium mushrooms -- white  
6 large pork rinds (smashed to bread crumb consistency)  
2 tablespoons butter  
1/2 tablespoon olive oil 1 tablespoon red onion -- finely chopped  
1/2 ounce goat cheese  
black pepper and garlic-salt to taste

#### How to Prepare:

Preheat oven to 450 F  
Clean mushrooms, chop stems and set aside.  
Heat olive oil in small skillet.  
Add: smashed porkrinds, butter,  
chopped onions and mushroom stems.  
Cook until onion is soft.  
Season with enough garlic salt and black pepper  
to hide "pork" flavor.

Spoon mixture into mushroom caps.  
Lightly brush tops with olive oil.  
Bake in glass pie plate or teflon cookie sheet,  
uncovered for approx. 10 minutes.  
Mushrooms should look slightly translucent.  
Add a nickel size drop of goat cheese to  
the top of each stuffed mushroom and bake 5 minutes  
longer.

Makes appetisers for two!

### Summer Squash casserole

CarbsPerServing:6 total recipe  
excluding squash  
Effort:Easy

#### Ingredients:

4 medium yellow squash -- sliced  
1/4 cup sour cream  
1 tablespoon butter  
1 cup grated cheddar cheese -- divided  
1 teaspoon paprika  
1 egg yolk -- beaten  
1 tablespoon chives -- chopped  
4 slices bacon -- fried crisp  
1/2 teaspoon salt

#### How to Prepare:

Simmer squash, covered, in 1/4 c. water until tender. Drain well. In  
a saucepan, combine sour cream, butter, 1/2 c. cheese, salt and  
paprika. Stir over low heat until cheese is melted. Remove from heat  
and add egg yolk, chives, and bacon. Add squash. Place in buttered  
dish and top with remaining cheese. Bake at 350 degrees for 30-35  
minutes.

### Turnips Au Gratin

CarbsPerServing:41 total recipe  
Effort:Easy

#### Ingredients:

4 turnips -- washed peeled and thinly sliced  
1 Small onion -- thinly sliced  
2 tablespoons Olive Oil -- (2 to 3) 1 Cup grated cheddar cheese  
Salt to taste

#### How to Prepare:

Place turnips and oil in skillet and saute until tender. Add onion  
and continue to saute until some are golden. Remove from stove and  
place turnips and onion into a baking dish. Add cheese over the top  
of the turnips and onion and bake at 350 til cheese  
e is melted.

### Twice Baked Turnips

CarbsPerServing:33 total recipe  
Effort:Easy

#### Ingredients:

4 medium turnips  
2 tablespoons olive oil  
1/2 teaspoon salt  
1/4 teaspoon pepper 1/4 cup heavy cream  
4 tablespoons butter  
1/2 cup shredded sharp cheddar cheese -- (or so), or 3 oz cream cheese

**How to Prepare:**

Preheat oven to 350f. Cut the stem end off each turnip and rub with oil. Wrap each tightly in foil and roast for 1 hour or until soft. Carefully scoop out most of the insides, leaving the 'shell' intact. Beat the insides w/remaining ingredients until smooth. Put back in shells and bake, uncovered, for 20 minutes or until nicely browned on top (place in a small baking dish for best results -so they are touching).

(Too carby? Instead of cutting off the stem end, just cut in 1/2 across the equator and follow same directions -you get 8 - 1/2 turnip servings instead of 4!)

**Yum Yum Mashed Potatoes**

CarbsPerServing:17 total recipe  
Effort:Easy

**Ingredients:**

1 head cauliflower  
1/4 cup almond meal  
1/4 stick butter 1/4 cup heavy cream  
salt and pepper to taste

**How to Prepare:**

steam the cauliflower till reasonably soft  
mash with a potato masher or ricer  
add the almond flour  
add the butter  
add the cream and water if a thinner mixture is desired  
add salt and pepper desired  
place contents in a food processor if you desire a creamier mash  
\*\*\*\*(this mixture can be diluted with more cream, water or chicken broth  
for a good mock potato soup)add a cube of emmenthaler , cheddar or whatever  
cheese you like to bowl before pouring hot mock soup and top with fresh  
cracked pepper mmmmmmmmm

**Chinese Stir-Fried Greens**

CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

Any green leafy vegetable (spinach, cabbage, nappa cabbage, kale, swiss chard, etc.) about 1 lb.  
3-4 cloves garlic hot red chile (optional)  
oil  
salt  
MSG

**How to Prepare:**

Chop the vegetable in large pieces, wash in a large bowl, drain water. Cut garlic into large pieces. Cut red chile on diagonal, one or two slices is okay if the chile is very hot. Heat about 3 T. oil in wok until hot. Swirl the oil around with spatula. Add garlic and chile. Add about 1/2 t. salt. Stir briefly with spatula, don't let garlic brown. Throw in the vegetables. Stir briefly. Add more salt to taste, probably another 1/4-1/2 teaspoon. Add about 1/4 teaspoon MSG. Stir some more. If it is a very watery vegetable like Spinach you won't need to add any water. Other vegetables need some water. If it needs water add 1/4-1/2 cup. Tender, watery vegetables only need 1-2 minutes to cook, others like cabbage or kale may need up to 5 minutes, it also depends on how soft or crunchy you like them. Transfer to serving dish and eat immediately. Eat the garlic, too, it's yummy.

NOTE: I live in Taiwan and have tried to copy the fabulous taste of the vegetables here to no avail. My friend finally taught me the exact method and it's very important to follow this process as closely as possible. And unfortunately, the secret to the fabulous taste is MSG. You can leave out the MSG, of course, but be warned that your dish won't have a fraction of the flavor. And as a side note, if you can ever find a vegetable that in Chinese is called "Dragon Beard Vegetable" snatch it up, or grow it yourself, it's the best tasting green I've ever had.

**Garlic Mashed**

Serves:10  
CarbsPerServing:no counts provided  
Effort:Easy

**Ingredients:**

1 head cauliflower

1/3 stick butter  
1/2 pkg cream cheese garlic salt to taste (we use about 1/2 lid full)

**How to Prepare:**

cut cauliflower from head and put in microwave safe bowl with a small amount of water. Cover with plastic wrap and cook on high until soft. (I usually cook at 5 min intervals for 15 min total). Lightly mash the cauliflower, then mix with a hand mixer until smooth, all the while adding the butter, cream cheese and garlic salt. Creamy and delicious!

## SWEETS

### Hard Candy

Serves:for days  
CarbsPerServing:0 carbs  
Prep Time:3 minutes  
Effort:Easy  
**Ingredients:**  
Jell-O 1 large package  
1/2 cup of water 8 gelatine packages

**How to Prepare:**

mix jello and gelatine in bowl add water will not mix well at all but do your best..put on medium heat until melted. Take off heat. what I do is freeze it in the bowl I mixed it in until hard (5 min).Remove from bowl and cut into picese.. wait a few days it will get harder and harder...Lasts a long time and gets harder and harder from the air.. lasts for days

### Coconut-Chocolate Fudge

Serves:18 squares  
CarbsPerServing:4.5  
Prep Time:less than 10 min.  
Effort:Easy  
**Ingredients:**  
2 c. Splenda  
3 tbs SF cocoa  
1/2 c. butter 1/4 c. heavy cream or 1/2n1/2  
1/4 c. water 1 tsp vanilla  
1/2 c. SF peanut butter  
2-3 c. SF coconut

**How to Prepare:**

Mix Splenda, cocoa, butter, cream & water in sauce pan. Stirring constantly bring to rolling boil for 1 min. Remove from heat. add peanut butter & vanilla until melted. Stir in enough coconut until most of chocolate mixture is absorbed. Spread into PAM sprayed pan. Chill 2-3 hours.

### Butterscotch Fudge

18 squares  
CarbsPerServing:useable carbs about 1.9  
Prep Time:5 min.  
Effort:Easy  
**Ingredients:**  
1 c. heavy cream  
8 oz cream cheese  
2 tbs Splenda or 3 pkts Equal 1/2 c. SF peanut butter  
1 small box SF butterscotch pudding (I use Jello brand)

**How to Prepare:**

blend until very smooth heavy cream, cream cheese & sweetner. Add peanut butter until smooth. Add pudding mix until smooth. Pour into PAM sprayed 7x11 pan. Chill 2-3 hours.

### Good Fudgie Chocolate Candy

Serves:25 pieces,9  
CarbsPerServing:5 grams/piece  
Prep Time:10-15 mins  
Effort:Easy  
**Ingredients:**  
20 pkts "Splenda"  
1 pkg "cook to serve" sugar-free chocolate pudding  
1 oz butter or margerine  
1 can evaporated milk 1 pkg {8 ozs} unsweetened baking chocolate, any brand

**How to Prepare:**

Melt baking chocolate in Microwave {about 7 mins @ 40% power} in medium sized bowl.

Combine other ingredients in saucepan and cook according to pudding

directions.

Pour cooked pudding into melted chocolate, mix thoroughly, then pour into glass pie plate.

Refrigerate. Gets really firm. Makes good dark chocolate candy!

### Low Carb Chocolate Treats

Serves:24,10

CarbsPerServing:.33 grams of carbs each

Prep Time:30 minutes

Effort:Easy

#### Ingredients:

1 8oz pkg cream cheese softened  
1 large box sugar free jello  
1 oz square unsweetened chocolate  
1 tbs heavy cream  
1 pkg splenda  
1 tbs butter

#### How to Prepare:

Mix first two ingredients together in a mixer...Mix well. Form into 24 balls. chill for 1/2 hour  
Melt together chocolate, cream, butter and splenda..Dip cream cheese balls in chocolate.Refrigerate for another 20 minutes.

### Chocolate No Bakes

Effort:Easy

#### Ingredients:

2 Tbs butter  
1/3 cup chunky peanut butter  
2 Tbs cocoa powder  
10 packets Splenda  
1/3 cup ricotta cheese  
1 tsp vanilla  
1 Tbs cream

#### How to Prepare:

On a very low heat, melt butter and peanut butter. Mix in cocoa powder. Remove from heat. Add rest of ingredients and mix. Lay wax paper on cookie sheet then spoon mixture onto wax paper. (Usually makes 16) Refrigerate.

### lower carb fudge

Serves:6 by 9 pan or pyrex,8,8,10

CarbsPerServing:48 total carbs

Prep Time:fast

Effort:Easy

#### Ingredients:

1/4 c. margarine or butter  
2 oz unsweetened chocolate  
24 packets Equal  
1 tsp vanilla  
1 (8oz)pkg cream cheese,  
1/2 chopped nuts optional

#### How to Prepare:

melt butter over low heat. Add chocolate and stir until melted. Remove from heat and stir in sweetner and vanilla. combine chocolate mixture with cream cheese(softened)( don't use fat free) beat until smooth. Stir in nuts and spread in lightly greased 8 inch square pan .. Refrigerate until firm.

### Gummi Jigglers

Serves:4,1

CarbsPerServing:0

Prep Time:15

Effort:Easy

#### Ingredients:

4 envelopes unflavored gelatin  
14 Packets of saccharin  
1/2 Cup Water-Cold  
1/4 Packet of Kool-Aid Drink Mix Unsweetened

#### How to Prepare:

Add gelatin packets, Kool-Aid and saccharin together in a saucepan. Mix together. Pour in the water and stir over medium heat until melted. Pour the mixture into a shallow pan and place in the freezer for 10 minutes. Remove from the freezer and use cookie cutters to make jigglers!

## Macadamia Nut Joys

Serves:6,10

CarbsPerServing:approx 6 (didnt take coconut carbs into this recipe)

Prep Time:20 minutes

Effort:Easy

### Ingredients:

3 Ozs cream cheese softened  
1/2 Cup unsweetened shredded Coconut  
1-2 Tablespoons of Heavy Cream  
1 Teaspoon Vanilla Extract  
4-5 Packets of Splenda  
12 Macadamia nuts For chocolate coating

2-Low Carb Dark Chocolate bars

1-Tablespoon of Heavy Cream

### How to Prepare:

Using tin foil, make a little tray approx the size of 3 x 6 and give it a light coating of Pam or something similar.

Break up chocolate and add the cream and microwave for one min and stir to make sure its all melted. Take half of the melted choc and spread it on the bottom of the foil tray evenly. Place in freezer to get hard for about 10 minutes. While waiting, mix the softened cream cheese, coconut extract and Splenda and enough of the cream to make a workable dough. Take foil tray out and spread the "dough" mixture evenly over the top and place the Macadamia evenly so you can get 6 bars with 2 nuts each on them. Take remaining chocolate and spread evenly over the top. Place back into the freezer for about 2 hours and then cut into 6 equal portions. Store in freezer.

Just take and eat directly from the freezer!

## Gummy Bears

CarbsPerServing:0g

Effort:Easy

### Ingredients:

1 package sugar free jello -- any flavor  
6 packages gelatin powder, unsweetened -- unflavored  
1/2 cup water -- cold

### How to Prepare:

In a small saucepan, mix flavored and unflavored gelatin. Stir it up. Pour cold water in, stir with spatula until you have a gloppy-chunky blob, not unlike play-doh. Turn heat on medium, melt blob. Stir obsessively until melted. Pour into miniature bear molds. Stick in freezer for 10 minutes to cool. If you don't have miniature bear molds, do this: take the rack out of your toaster oven and put it on the counter. Drape a big sheet of aluminum foil over it. Cram the aluminum foil down into the gaps, leaving striplike molds. Presto! Gummy tapeworms. Yummy.

## Yummiest Chocolate Candy

Serves:1,1,10

CarbsPerServing:38g carbs total

Effort:Easy

### Ingredients:

4 tablespoons butter  
2 ounces unsweetened  
baking chocolate squares  
2 tablespoons heavy cream  
18 Splenda packets -- or equal  
2 ounces nuts -- crushed (I used macadamias and walnuts)

### How to Prepare:

Melt butter and chocolate in microwave or on low heat on stove. Stir in cream. Add vanilla flavoring. Stir in equal or Splenda. Add nuts (crushed). Drop by teaspoon onto foil or wax paper, or you could pour and cut to divide into servings.

## TRUFFLES

Serves:4,3

CarbsPerServing:15g carbs total

Effort:Easy

### Ingredients:

1 pkg Strawberry -- cherry,  
orange, or  
raspberry sugarfree jello  
2 cups water  
1 cup heavy whipping  
cream 8 ounces cream cheese  
1 square Hershey's  
unsweetened baking  
chocolate  
1 teaspoon vanilla extract  
artificial sweetner to taste

#### How to Prepare:

Prepare jello as directed  
and chill to firm. In  
microwave or double  
broiler, melt chocolate  
square. Add creamcheese  
to soften. Stir. Remove from  
heat and add vanilla and  
sweetner until desired  
sweetness. Allow to cool.  
Whip cream until stiff  
peaks  
and add small amount of  
sweetner. Fold firm jello  
into chocolate mixture. Fold  
in whip cream. Chill. This  
recipe is really good without  
the jello too, but i find it to  
be incredibly rich and the  
jello just makes it taste  
yummier, like eating a box  
of chocolates!

Okay, so its not really  
truffles, but it tastes like  
them.

NOTES : Counts for jello  
and artificial sweetener not  
included in totals.

### Peppermint Patties

CarbsPerServing:16g carbs total  
Effort:Easy

#### Ingredients:

1 stick butter  
1 ounce unsweetened  
baking chocolate  
8 splenda packets 2 teaspoons unsweetened  
cocoa powder -- (2 to 3)  
1 teaspoon peppermint  
extract -- pure - to taste

#### How to Prepare:

Heat butter and chocolate in  
microwave until liquid form;  
try not to boil the mixture!  
Mix well then add the  
splenda  
4 packages at a time. Mix  
well! Add the cocoa to make  
a  
thicker consistency. I  
usually use between 2 and  
3 tablespoons.  
Then add the peppermint to  
taste. Start with a  
little...taste  
it and add more if you like!  
Put in muffin tin with  
papers, 1  
tablespoon per paper. Any  
leftovers add evenly. Put in  
freezer  
for at least an hour! YUM!!  
The amount of carbs will  
vary on  
the amount of cocoa and  
peppermint you use. On  
average about  
1.5 - 2 grams of carbs per



patty! ENJOY!

### chocolate candy bar

CarbsPerServing:10g carbs total

Effort:Easy

#### Ingredients:

1/2 stick butter  
1 tablespoon cocoa powder  
-- hershey's dutch2 packages artificial  
sweetener  
1/3 cup walnuts -- broken in  
small pieces

#### How to Prepare:

Melt butter over low heat.  
Add cocoa, sweetener and  
walnuts.

Mix well. Now you can put  
the whole thing in the foil,  
close and freeze  
for about 30 minutes. It's  
like a candy bar, crunchy  
and chocolaty. You can  
also freeze it in paper  
muffin cups for small  
portions.

### CHOCOLATE NUT CLUSTERS

Serves:9

CarbsPerServing:6g carbs total

Effort:Easy

#### Ingredients:

1/2 oz unsweetened baking  
chocolate  
1/4 cup walnuts -- (or  
pecans or Almonds)  
1 tablespoon butter --  
poster said 1 pat2 packages artificial  
sweetener  
2 cupcake papers

#### How to Prepare:

melt chocolate in  
microwave til melted, add  
butter and stir til melted and  
smooth then the  
Equal. mix in the nuts and  
coat all of the nuts. divide  
into the 2 papers and put  
into the freezer for  
15 minutes til set eat and  
enjoy variation I add a  
tablespoon of cream after  
stirring the butter in and is  
cooled a little for a like milk  
chocolate taste. total carbs  
vary to nut choice

## BISCUITS

### Chocolate Chocolate Chip Cookies

Serves:Makes 36 cookies

CarbsPerServing:~30 grams total

Prep Time:1 hr

Effort:Easy

#### Ingredients:

.8 cups Atkins Bake Mix  
2 Tbl. unsweetened chocolate  
1 tsp baking powder  
3/4 tsp salt  
1 stick (1/2 cup) unsalted butter  
1/2 cup sugar (splenda)  
3 large eggs  
1 lb bittersweet chocolate  
(I used 1 bag of LowCarb  
Success sugar free semi-  
sweet chocolate chips  
plus 3 PureDelite dark

chocolate bars, because that was what I had in my kitchen)

#### How to Prepare:

Preheat oven to 350 degrees.  
Stir together bake mix, cocoa and baking powders and salt.

In a double boiler, melt 3/4 of the chocolate and all the butter; stir until smooth.

Remove chocolate mixture from heat and stir in sugar. Mix eggs in one by one. Combine with dry ingredients and mix until just combined. At this point, I mixed in the additional chocolate chips, though you may want to save them to sprinkle on the dough before baking.

Chill dough, covered in fridge, for 10-60 minutes.

Drop rounded tablespoon measures of dough about 1 inch apart on greased cookie sheet. Stud cookies with additional chocolate, if you didn't mix it into the batter earlier.

Cook for 10 minutes. DO NOT OVERCOOK!!! Cookies will have a cake-like texture.

These are great for chocolate lovers. I got the recipe off Epicurious.com (originally from Gourmet magazine) and altered it slightly for us low-carb lovers.

Enjoy!

### cream wafers

Serves:60 halves or 30 sandwiches  
CarbsPerServing:Each cookie - 3g. Each sandwich w/ frosting - 7g.  
Prep Time:none really  
Effort:Average

#### Ingredients:

Wafers -  
1 cup butter  
1/3 cup heavy whipping cream  
2 cups all-purpose flour  
Splenda (packets or bulk)Creamy Butter FillingButter Filling -  
1/2 cup soft butter  
10 - 12 Splenda packets or 3/4 cup bulk Splenda.  
(You can use as much sweetener as you like...to taste)  
Pink or blue tint (if you want to get festive!)

#### How to Prepare:

OK - First, make sure the butter is somewhat soft. Mix butter, cream, and flour in a mixer until blended. Preheat oven to 375. Have a shallow bowl of Splenda near by. Roll dough into 3/4" balls and then roll in sugar. Place on an ungreased cookie sheet. Flatten with a flat bottomed glass dipped in Splenda. Prick each cookie 4 times with a fork. Bake for 7-9 minutes. Remove from pan promptly and let cool completely before frosting. These taste spectacular with or without the frosting.

### Snickerdoodles II

Serves:30 cookies  
CarbsPerServing:.53 per cookie  
Effort:Easy

#### Ingredients:

1/4 cup Butter  
1/4 cup shortening  
3/4 cup DiabetiSweet or Spenda  
1 egg  
1 tsp vanilla  
3/4 cup almond flour  
1/2 cup Atkins bake mix  
1 tsp cream of Tartar

1/2 tsp baking soda  
1/8 tsp salt  
1 TBL DiabetiSweet  
1 tsp cinnamon

**How to Prepare:**

Preheat oven to 400. Mix all dry ingredients in a bowl, set aside. Cream butter, shortening, and sweetner in a large bowl. Add egg and vanilla, beat well. Add dry ingredients and mix well. In a small shallow bowl, mix DiabetiSweet and cinnamon. Using a teaspoon, roll teaspoon of dough into a ball then roll ball in cinnamon mixture then place on cookie sheet (use parchment paper if you have it). Bake for 7-9 minutes until golden brown. Let cool on cookie sheet before removing.

### **Cream Cheese Sugar Cookies**

Serves:3 dozen cookies  
CarbsPerServing:2 carbs per cookie  
Prep Time:10 minutes  
Effort:Easy

**Ingredients:**

1 cup Atkins Bake Mix  
4 oz cream cheese  
1 cup Splenda  
1 tsp sf vanilla  
1/4 tsp almond extract  
1 cup butter  
1 pinch salt  
1 large egg (or 2 small)  
1 tsp baking soda  
Chopped Almonds

**How to Prepare:**

Cream butter, cream cheese, eggs, vanilla, Splenda, almond extract, salt, soda. Add Atkins bake mix until it is a consistency that allows you to roll. Roll into small ball and flatten into cookie and sprinkle with chopped nuts. Bake at 365 (about 8 minutes). These do not brown on top, watch carefully. They are easily crumbled. I also use these crumbled up for cheese cake crust!

### **Cinnamon Applesauce Bars**

Serves:15  
CarbsPerServing:11.5, appx 6 if oats omitted and use 4 C.  
almond flour instead  
Prep Time:5-10 min.  
Effort:Easy

**Ingredients:**

2 C. almond flour (meal)  
2 C. oats  
1 C. unsweetened applesauce  
1 large egg  
1 T. cinnamon  
1 t. baking soda  
1 C. Splenda  
2 T. sugar free pancake syrup

**How to Prepare:**

Slightly beat egg and mix in applesauce and syrup. Mix in Splenda then add almond flour, oats, baking soda and cinnamon. Press into the bottom of a 9x13 pan and bake at 350 for 20 minutes.

### **KRAFT Super Easy Peanut Butter Squares**

Serves:16,10,8  
CarbsPerServing:3.2  
Prep Time:5 minutes - 20 minutes baking  
Effort:Easy

**Ingredients:**

½ cup Splenda  
1 Egg 1 cup Peanut Butter & Kraft Smooth

**How to Prepare:**

1. Mix together 1 cup of KRAFT Smooth Peanut Butter, ½ cup Splenda and an egg. 2. Press into an 8 or 9 inch square pan. 3. Bake at 325F for 20 min. Do not over-bake!!! Makes 16 squares.

Total Grams of Carbs : 51  
Total Calories: 1450  
16 serves

**Per Serve:**

Total Grams of Carbs: 3.2  
Total Calories: 90.5

## Walnut Butter Cookies

Serves:5

CarbsPerServing:20g total

Effort:Easy

### Ingredients:

8 packages artificial sweetener -- to taste  
1 serving Creamcheese according to package  
1 Serving Ricotta cheese according to package  
1 ounce walnuts -- crushed  
2 teaspoons cinnamon 1 teaspoon vanilla  
1/4 cup atkins bake mix  
2 eggs  
2 tablespoons butter

### How to Prepare:

The bake mix and butter can be adjusted by using more or less of either according to your desired consistency of the batter.

Mix everything together and bake on a greased cookie sheet for 20-25 minutes or until browned (I usually flip them over halfway through so they don't get too done on the bottom). I set the oven (I cook them in a toaster oven) at 350.

The counts I'm giving you are approximate, not exact, but you can just add the carbs as you add the ingredients to the mix.

The cookies are a bit soft so they also make a good muffin mix if you have the tins. Enjoy.

NOTES : Counts for cream cheese and ricotta cheese not included.

## Pecan Macarons

Serves:7

CarbsPerServing:27g total

Effort:Easy

### Ingredients:

1 egg white  
1/2 cup artificial sweetener 1 cup ground pecans

### How to Prepare:

Beat egg whites until stiff peaks form Add Splenda Fold in pecans. Drop by tps. full onto greased cookie sheet. Bake at 375 until golden brown or about 8 - 10 minutes.

I usually triple this recipe. Original calls for 1/2 cup sugar. Very light and very good.

## Meringue Cookies

CarbsPerServing:28g carbs total

Effort:Easy

### Ingredients:

4 egg white  
dash salt  
dash cream of tartar  
1 teaspoon vanilla 2 tablespoons good  
chocolate  
1/2 cup nuts -- to 3/4 cup,  
chopped  
1/2 cup unsweetened  
coconut meat -- finely  
shredded

### How to Prepare:

you need to be home (and patient)for at least an hour to make these

preheat oven to 275 butter  
cookie sheet well

Beat egg whites until stiff  
with dash of salt and dash  
of cream of tartar  
Add vanilla ( or another  
extract) In food processor  
grate chocolate Chop nuts.  
Mix chocolate, nuts and  
coconut, then fold into  
eggwhites. Make  
Tablespoonsful into cookie  
size drops on buttered  
cookie sheet--they will not

change shape  
or spread or anything---  
Bake at 275 for 30 minutes.  
DO NOT OPEN OVEN FOR  
ANY REASON NO MATTER  
WHAT OR THESE WILL BE  
RUINED!!!!!! Turn oven off  
leaving cookies inside for 2  
(two) more hours WITHOUT  
OPENING OVEN AT ALL!!!!!!

NOTES : Carbs for  
chocolate not included in  
above total - adjust  
accordingly 15 carbs  
included  
for nuts.

Serving Ideas : there are  
lots of great combinations,  
and these are about 1 carb  
per  
cookie. you could add a half  
a teaspoon of stevia to the  
eggwhites, but I try to cut out  
sweet everywhere I can.  
Addiction, you know.

2 T butterscotch chips and  
cashews  
2 T dark chocolate and  
walnuts  
2 T white chocolate and  
macadamias  
2 T milk chocolate and  
pecans  
sometimes it is hard to  
have the chocolate around. I  
try to buy tiny  
quantities of good  
(expensive) stuff at a local  
health/premium food co-op.

### **Low Carb Sugar/Chocolate Cookies**

Serves:4,4

CarbsPerServing:11g carbs total

Effort:Easy

#### **Ingredients:**

1/2 Cup atkins bake mix --  
or any low carb flour  
substitute  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/8 cup artificial sweetener  
-- 10-12 packets  
1/2 Cup butter  
1/3 Cup brown sugar twin  
1/2 teaspoon vanilla extract  
1 egg  
1 teaspoon unsweetened  
cocoa -- optional

#### **How to Prepare:**

Preheat Oven to 375.F deg.

Mix flour, salt, and baking  
soda in one small bowl.  
In another bowl, blend  
together butter, sugars, and  
extract until creamy with  
electric mixer.

When creamy, add egg to  
mix and beat again until  
even more creamier.  
Gradually add dry mix into  
the  
wet mix bowl and continue  
to beat until dough like.

Optional: Add cocoa into  
mix and beat well.

Flop onto greased (I use

Pam) cookie sheet, flatten out if you want to and bake for 15-20 minutes. Take out when done and let sit for another 5 minutes. Makes about 12 2x2in cookies.

I got this recipe from the back of chocolate chip bag and switched some of the ingredient to its low carb equivalent. It tastes really good but it never hurts to add more sugar sometimes.

### **Linzertorte Bars**

CarbsPerServing:33g carbs total

Effort:Easy

#### **Ingredients:**

1 1/2 cups almond flour --  
(or hazelnut or walnut flours)  
3 tablespoons artificial sweetener -- splenda  
1/2 cup artificial sweetener -- splenda  
1 cup Zero Carb Carbolite Bake mix  
1/2 teaspoon baking powder  
1/2 teaspoon cinnamon 1/8 teaspoon ground cloves  
1/8 teaspoon salt  
3/4 cup butter -- room temp (12 T)  
3/4 teaspoon vanilla extract  
2 egg yolks  
4 tablespoons preserves, apricot -- or raspberry or strawberry

#### **How to Prepare:**

Preheat oven to 350degrees. Line a 9" square baking pan with aluminum foil. Butter the foil.

Stir together the Nut Flour and 3 T splenda. In a separate bowl, sift together Carbolite bake mix, baking powder, cinnamon, cloves and salt. Set both mixtures aside.

Combine the butter, 1/2 c. Splenda and the vanilla in a large bowl. Using an electric mixer set on high speed, beat until light and fluffy. Add the egg yolks and beat until fluffy. Reduce the speed to low and add the nut and flour mixtures and mix until just blended (it will be crumbly-ish)

Spread 1 3/4 c of the batter into the prepared pan. Top with a thin layer of preserves, leaving a 1/2 inch border. Spoon the remaining batter into a pastry bag fitted with a 1/4" plain tip. Pipe the batter in a lattice pattern atop the preserves. (I made little ropes of batter and laid them on top). Refrigerate for 20 min.

Bake until the preserves begin to bubble and the

crust is just firm to the touch, about 40 min. let cool in pan on wire rack.

Using the foil, lift the sheet from the pan. Peel back the foil sides. Cut into 20 squares. Sprinkle a little Splenda on top (lift you would powdered sugar).  
Makes 20 bars.

NOTES : Counts for bake mix and preserves not included in totals.  
I found apricot preserves at 6g per T - total 24g.

## Lemon Bars

Serves:8,8  
CarbsPerServing:42g carbs total  
Effort:Easy

### Ingredients:

#### Crust

1 cup Atkins Bake Mix --  
(Sorry -soy flour would be too heavy...)  
1 stick butter -- softened  
1/4 cup artificial sweetener  
-- splenda

#### Filling:

3 eggs  
1/2 cup artificial sweetener  
-- splenda  
4 tablespoons lemon juice  
1 tablespoon artificial sweetener -- splenda  
3 ounces cream cheese  
1 tablespoon lemon juice

#### How to Prepare:

Put these 3 things in a food processor and process in pulses until crumbly. Press into a 9X13X2 cake pan that has been sprayed with Pam.  
Bake in a preheated 350f oven for 15 minutes or until just browned. Let cool while you prepare the filling.

Beat these 3 ingredients together well. Pour over slightly cooled crust and put back in oven for 20 minutes or until set (depends on your oven - may take as long as 30 - watch carefully). This is not as thick as traditional lemon bars -but you \*could\* double the filling ingredients if you're bold;)).

Allow to cool - then blend:

And drizzle over bars.  
Makes 24 3"x1 1/2"  
bars(approx)

## Freezer Cookies

CarbsPerServing:4g carbs total  
Effort:Easy

### Ingredients:

1/2 cup heavy cream  
1 tablespoon sugar free pudding or mousse mix  
2 teaspoons artificial sweetener -- or less

#### How to Prepare:

Whip that cream nice a

fluffy, THEN add your  
pudding mix (gets hard fast)  
the splenda if needed  
I used 1 tsp, freeze on a  
cookie sheet on wax paper.

Same idea as other similar  
recipes, but less carbs. No  
bitter aftertaste  
from the cocoa powder too.

14 big 'cookies'  
NOTES : Carbs for pudding  
or mousse mix not included  
- adjust accordingly

### Cool Cookies

Serves:10,10,8  
CarbsPerServing:13g carbs total  
Effort:Easy

#### Ingredients:

2 cups heavy whipping  
cream  
1 serving sugar free  
chocolate pudding

#### How to Prepare:

Whip whipping cream until  
thick consistency (sorta like  
cool whip) blend in the  
pudding mix drop on cookie  
sheet by teaspoon, put in  
freezer until frozen, then  
store in a freezer bag

Makes about 50 "cookies"  
NOTES : Carbs for pudding  
not included in above total  
due to unknown quantity -  
adjust accordingly

### chocolate Praline Bar

Serves:8  
CarbsPerServing:6g carbs total  
Effort:Easy

#### Ingredients:

1 ounce unsweetened  
baking chocolate -- or  
semisweet  
2 ounces Unsalted Butter  
4 tablespoons Peanut  
Butter  
1 tablespoon heavy cream  
-- to taste, optional  
Splenda to taste (optional if  
using semisweetened)  
4 ounces nuts -- ground or  
finely chopped in grinder

#### How to Prepare:

Melt chocolate in Microwave  
and stir, add butter and PB,  
melt and stir to combine.  
Heat only until just melted.  
Add cream and Splenda if  
using. Grind nuts and stir  
in.

Spread into large thin slab  
on baking paper on a tray  
and freeze for a couple of  
hours. Cut into small  
squares and store in bag or  
box.. I get at least 40  
squares less than 0.5g  
each ! They are very rich so I  
just find 1 or 2 a night are  
enough to satisfy my sweet  
craving. I eat them straight  
from the freezer, they keep  
their crispâ that way.

Notes for UK dieters  
(Sainsbury's Luxury  
Continental Belgian Dark



has 24g for whole 100g  
bar).  
Waitroseâs only has 32g so  
itâs not bad and I find I do  
not need the Splenda with  
it. Lindt 85% Excellence is  
also good  
NOTES : Counts for  
Splenda not included in  
totals.

### **CHOCOLATE CRUNCH BAR**

Serves:1  
CarbsPerServing:27 total recipe  
Effort:Easy

#### **Ingredients:**

4 oz unsweetened chocolate  
16 pks sugar twin  
2 oz crushed pork rinds

#### **How to Prepare:**

melt chocolate in microwave  
add sugartwin and microwave about 1 1/2 mins  
add crushed pork rinds  
pout into pan and let set up  
cut into 1 inch squares  
makes about 30 pieces

## **EGGS AND BREAKFAST**

### **Coconut Breakfast Bars**

Serves:8 generous portions  
CarbsPerServing:Don't know  
Prep Time:20 mins.  
Effort:Easy

#### **Ingredients:**

4 large eggs  
1 cup heavy cream  
1 cup water  
3 tsp. vanilla  
2 scoops vanilla whey protein powder  
1 cup almond flour(grind almonds  
in blender)  
1 cup Splenda  
1 cup unsweetened coconut

#### **How to Prepare:**

Place all ingredients into a large bowl. Stir until well combined.  
Pour into a greased(I use Pam)9x13 casserole.  
I sprinkle splenda sweentened coconut on top,also.  
Bake for approx. 1 hour at 350 degrees until golden brown.

### **Yummy Yoghurt Muesli**

Serves:1-2  
CarbsPerServing:2g  
Prep Time:3 minutes  
Effort:Easy

#### **Ingredients:**

3 TBL spoons strawberry yoghurt  
1/3 cup of muesli

#### **How to Prepare:**

Put the muesli into a breakfast bowl and then scoop in the yoghurt  
and mix it all around until evenly distributed, and wa-la!

### **Awesom Quiche Lorraine**

Serves:12  
CarbsPerServing:2g  
Effort:Average

#### **Ingredients:**

2 tbs. butter  
1/2 cup chopped yellow onion  
1 cup sliced fresh button mushrooms  
2 eggs  
2 egg yolks  
1 1/2 cups half-n-half  
2 tbs. sour cream  
1/2 pound bacon, cooked crisp, drained & crumbled  
1/4 pound (1 cup) shredded swiss cheese  
1 tsp. Dijon mustard  
1/2 tsp. coarse salt  
1/4 tsp. freshly ground pepper  
1/8 tsp. cayenne pepper

#### **How to Prepare:**

Preheat oven to 350 degrees F. Lightly coat a quiche pan or a 1 1/2 quart baking dish with a nonstick vegetable spray. Set aside. Melt butter in a medium skillet over medium heat. Add the onion and saute' for 3 min., stirring occasionally. Add the mushrooms and cook for 3 min. or until softened, stirring occasionally. Set aside.

Combine the eggs, egg yolks, half-n-half and sour cream in a medium bowl. whisk until well blended. Add the cooked onion mixture and the rest of the ingredients and blend well. Pour the mixture into the prepared pan. Bake for 40 to 45 minutes or until set in the center and golden brown on top. Cool at least 10 minutes before serving.

### Broc-shroom Quiche

Serves: 4 -6  
CarbsPerServing: 22 total  
Prep Time: 10 min  
Effort: Easy

#### Ingredients:

1/2 cup diced onion  
a cup of brocolli flowerets (cut up pretty small)  
1 cup minced fresh mushrooms  
1 tbsp olive oil  
5 eggs  
10 oz Half&Half  
1 and 1/2 cup shredded Swiss cheese

#### How to Prepare:

saute left column in olive oil, (place in pie pan or glass oven ware sprayed with non stick spray - a 9x9 pyrex pan works real well and its easy to serve.)  
beat eggs and add half and half and the cheese  
season to taste, Pour on top of veggies and bake @ 350 40 minutes.  
Diced ham works well in this too.

### Meat Lovers Quiche (EASY & CRUSTLESS)

Serves: 6-8 people  
CarbsPerServing: 1-2 per slice  
Prep Time: 5 mins to make, 40 mins to cook  
Effort: Easy

#### Ingredients:

5 eggs  
1 cup heavy cream  
1/4 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. seasoning salt  
dash of oregano  
4 turkey sausage links ( cut into pieces)  
3 pieces of bacon ( cut into pieces)  
1/4 cup mushrooms  
1/4 cup of cheese ( your choice)

#### How to Prepare:

Mix eggs and heavy cream until blended. Add all ingredients except cheese in the bowl. Pour mixture into pie pan ( I did spray mine with PAM) Crumble cheese over top! Bake at 350 degrees for about 40 mins!

### Scotch Eggs 2 die For

Serves: 5  
CarbsPerServing: 2  
Prep Time: 40 mins  
Effort: Easy

#### Ingredients:

1 tube of jimmy dean breakfast sausage (I like the HOT)  
5 peeled dry hardboiled eggs  
1/2 cup pork rind crushed to a powder  
1/2 cup shredded cheddar Cheese  
1/4 cup chopped Jalepenos or mild bannana peppers (optional)  
1 tsp Garlic powder

#### How to Prepare:

Mix all ingredients together like you would for a meatloaf, take 2 clumps of the meat mixture and press them out flat and thin about 1/4 inch.. tke your hard boiled egg and place it between the 2 patties and seal the egg inside and roll it like a meatball and make sure its sealed inside. Repeat with the rest of the eggs.. I find this is enough meat for 5 Jumbo eggs you might be able to make 6 or 7 with smaller eggs.. place "meatballs" in a baking pan and bake at 350 for 30 mins.. They might split while baking but thats ok still tastes the same.. store in the fridge for a nice grab and go breakfast just microwave for 30 seconds to reheat! Also great topped with a spoon of Salsa! Try em youll love em!

## French Toastless

Serves:1  
Prep Time:10 minutes  
Effort:Easy

### Ingredients:

2-3 eggs  
2-3 Tablespoons heavy cream  
dash salt 2 dashes cinammon  
1/2 teaspoon vanilla

### How to Prepare:

Blend or whisk well all the ingredients. Cook in a buttered skillet on medium to medium-high heat (I like it to turn out to be kind of dry) for 2-3 minutes each side. Serve with butter and/or low-carb syrup and/or a sprinkling of Splenda.

## Breakfast Crepes

Serves:depends on pan size  
CarbsPerServing:about 4.5 total in the batter  
Prep Time:5-10 min  
Effort:Easy

### Ingredients:

3 Lg. Eggs  
2T. Atkins Bake Mix  
1/2t. Cinnamon  
1/4t. Nutmeg  
1/4t. Splenda 1T. Heavy Cream  
1T. Water  
2T. Butter  
Splash of Vannila

### How to Prepare:

I found this recipe on [atkinscenter.com](http://atkinscenter.com) but have made some changes, it was called 'Crepes with Curried Seafood Filling'. Mix all ingredients well. Making sure to get all the lumps out, til the batter is thin and smooth. Melt some of butter in fry pan of your choice, over medium heat. Add a small amount of batter, while turning the pan around to evenly coat the bottom. Cook until it is lightly browned, about 1 minute. Flip over to finish cooking other side. Yummy! Would also work without spices, Splenda, and vanilla, to use as tortilla. Please e-mail me with any questions. [elliottpl130@hotmail.com](mailto:elliottpl130@hotmail.com)

## No-Crust Sausage Casserole

Serves:4 to 6  
CarbsPerServing:Unknown, but very few  
Prep Time:20-25 minutes  
Effort:Easy

### Ingredients:

1 lb. ground sausage (browned)  
Sliced sharp cheddar cheese (approx. 4-6 oz.)  
Shredded sharp cheddar (approx 1 1/2 cups)  
10 eggs beaten w/ 1/4 cup half & half 1/2 cup sour cream  
1/2 teaspoon paprika  
1/2 teaspoon dry mustard  
1 teaspoon salt

### How to Prepare:

Line bottom of 10 X 13 pan with sliced cheese. Mix sour cream with paprika, dry mustard, and salt. Spread over cheese. Crumble browned sausage evenly over sour cream mixture. Pour beaten eggs on top of sausage. Top with shredded cheese to taste. Bake at 325 for approx. 45 minutes for glass dish. (This recipe can be halved and baked in an 8 X 8 pan for 30 minutes if only serving 2 people.)

## Pickled Eggs / Red Beet Eggs (PA Dutch)

Serves:varies  
CarbsPerServing:minimal  
Prep Time:30 mins  
Effort:Easy

### Ingredients:

2 cans of beets w/juice (sliced, whole, etc)  
5 packets (or more to taste, you can add more later) Splenda  
1 C water  
3/4 C cider vinegar  
3 bay leaves  
2 tsp mustard seed  
1.5 tsp salt  
1 tsp ground cinnamon  
1 tsp whole allspice  
1/2 tsp ground cloves  
1/2 tsp ground allspice  
1/2 tsp celery seed  
1 doz small peeled and cooked hard cooked eggs

How to Prepare:

Put all ingredients except the eggs into a sauce pan. Bring to a boil. Simmer for 10 minutes. COOL COMPLETELY. (If you don't and add the eggs, you will get a totally inedible egg). Refrigerate for two days. Then enjoy!

Note: I have left out ingredients I didn't have at various times. I've substituted Coleman's mustard powder for the seed, omitted allspice, celery seed, etc. And they've been fine.

If the solution after cooled tastes too vinegar like, add more splenda to cut the vinegar taste.

## Deviled Ham Stuffed Eggs

Serves:2,4

CarbsPerServing:don't know

Prep Time:20 mins

Effort:Easy

### Ingredients:

8 hard-cooked eggs

1/4 canned deviled ham spread

1/4 c. finely chopped green onions

1/4 c. pickle relish1/3 cup finely chopped celery

1/3 cup mayonnaise

1 teaspoon mustard

1/8 teaspoon salt

1/8 teaspoon pepper

paprika to taste

How to Prepare:

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork.

Add the next eight ingredients; mix well. Stuff mixture into egg whites. Refrigerate until serving. Sprinkle with paprika.

## Pepperoni Cheese Bake

CarbsPerServing:don't know

Prep Time:20 mins

Effort:Easy

### Ingredients:

2cups (8oz.)shredded mozzarella cheese

1/2 cup diced pepperoni5 eggs

3/4 cup cream

1/4 teaspoon dried basil

How to Prepare:

In a greased 9in pie plate, layer cheese and pepperoni.In a bowl, whisk the eggs, milk, and basil;pour over the cheese.. Bake at 400 for 20-25 mins or until a knife inserted near the center comes out clean. Let stand for 10 mins before cutting.

## Super Scrambled Eggs

Serves:3,7

CarbsPerServing:1

Prep Time:5 minutes

Effort:Easy

### Ingredients:

6 eggs

2 tablespoons butter

1/4 cup mushroom, sliced

1/4 cup onion, sliced thin

rosemary

thyme

parsley

oregano

salt

pepper

How to Prepare:

Heat pan, with butter.

Saute onions until soft.

Add mushrooms, stir and saute until cooked through.

Scramble eggs in bowl, adding herbs and seasonings to taste. Add to pan, mixing with onions and mushrooms, scrambling until cooked through. Serve.

## Eggs 'Mockmuffin'

Serves:1-2 'muffins' per serving

CarbsPerServing:unsure

Prep Time:20 minutes  
Effort:Easy

**Ingredients:**

10-12 eggs scrambled  
1 lb. sausage, cooked and crumbled  
Shredded Cheese  
Sliced mushrooms  
Green Onions, chopped

**How to Prepare:**

(I found this long ago, without an author). Preheat oven to 350 degrees. Spray a large 6-muffin pan with Pam. Mix cooked sausage with mushrooms and fill each muffin tin 2/3 full. Pour scrambled eggs to within quarter inch of rims of muffin tins. Top with shredded cheese and green onions. Bake in oven for 20-30 minutes. They are done when a toothpick comes out clean. Cool a few minutes, then pop out of muffin tin. Freezes well if they last that long. Reheat via microwave for 20-30 seconds.

**Jello-Cream Mold**

Serves:6-8  
Effort:Easy

**Ingredients:**

2 packages sugar-free jello  
1 8 oz. cream cheese  
1 cup heavy cream  
2 cups boiling water

**How to Prepare:**

Dissolve jello in 2 cups boiling water. Pour into blender with cream cheese & cream. Blend well. Pour into mold. Refrigerate overnight. Unmold and serve.

**Eggs in Basket**

Serves:3,6  
CarbsPerServing:4.5  
Prep Time:10 minutes  
Effort:Easy

**Ingredients:**

6 Eggs  
6 Slices Virginia Ham  
Butter as needed  
6 mushrooms chopped  
3 scallions chopped  
3 tlbs sour cream

**How to Prepare:**

Saute mushroom and scallions in butter til tender  
Add sourcreams and cook over medium heat til thickened. Coat muffin tin with butter and line with Virginia ham, place 1 tbs spoon of mushroom mixture over ham and break egg over mixture. Bake in 350 degree oven for approx 10 minutes

**Green Eggs and Ham**

Serves:1  
CarbsPerServing:5-8  
Prep Time:15 mins  
Effort:Easy

**Ingredients:**

2 eggs  
1/4 - 1/2 avacado  
salt and pepperslices of ham  
(or bacon)

**How to Prepare:**

Hard boil the eggs and mash or chop them up while still warm. Mix with the avacado to make a green egg salad. Add salt and pepper to taste. (You can also add a little cream.)

Lightly fry the slices of ham and serve with the egg salad.

I like to use the egg salad chilled and roll it up in slices of cold ham like a crepe.

The kids will love it!

**swiss canadian bacon and eggs**

Serves:4,10,5  
CarbsPerServing:4  
Prep Time:a few mintues  
Effort:Easy

**Ingredients:**

8 large eggs  
1/4 cup milk  
1/2 tea. salt  
1/4 tea. pepper  
1/3 cups finely chopped green onion, divided  
4 oz swiss cheese

How to Prepare:

preheat broiler. in medium mixing bowl whisk together eggs, milk, salt and pepper until well blended. Stir in all but 2 tbl onions. place 12" skillet over med-low heat until hot. coat skillet with cooking spray, add egg mixture. cover tightly; cook 14 min or until almost set. arrange bacon in pinwheel on top of egg mixture. top with cheese; place under broiler 2 min or until cheese is bubbly; top with remaining 2tbls onion. cut into 4 wedges serve immediately

### **Pancakes or Waffles - No Pork Rinds**

Serves: Single but plenty!

CarbsPerServing: 6.6 without cream; 10.6 with cream

Prep Time: 6 minutes

Effort: Easy

#### **Ingredients:**

1/2 cup Atkins Bake Mix;

1/4 cup FlaxSeed Meal (I used Bob's Red Mill w 0 net carbs);

1/4 cp Splenda (their website says the body does not recognize it as carbs);

1 egg- beaten;

3/4 cup water;

1/4 cup canola oil; 1/2 tsp soda;

1 tsp baking powder;

1/4 cup heavy whipping cream (optional- if used add 4 GR);

1 tsp vanilla extract;

1 tsp maple flavoring.

Substitute any other flavorings/extracts for your taste. ie: cinnamon, etc.

How to Prepare:

Heat griddle with oil or waffle iron. Whisk together all ingredients in a medium bowl adding the water small amounts at a time until you get the consistency needed. (After the batter sits for a few minutes, you might have to add a little more water.)

Spoon onto griddle or waffle iron. Cook until crisp.

Serve with butter, cinnamon and/or lo-carb syrup but remember to add any additional carbs from the syrup.

### **Crustless Quiche Lorraine**

Serves: 6, 9, 5, 10

CarbsPerServing: 5

Prep Time: 20 min

Effort: Average

#### **Ingredients:**

5 eggs -- beaten

1 1/2 cups half & half or heavy cream

5 green onion -- snipped with scissors or small chopped onion

1/4 green pepper chopped

1/2 cup spinach frozen or fresh

1/4 teaspoon salt

1/8 teaspoon pepper

3/4 cup bacon fried & crumbled

1 1/2 cups cheese &#8211; your choose Cheddar, or Monterey, Swiss etc

How to Prepare:

Preheat oven to 350\*

In lg. bowl beat eggs, add cream, mix. Add all other ingredients and mix

well. Pour egg mixture into a greased 9" or 10" pie plate.

Place pie plate into a large baking dish and pour HOT water into the dish

around the pie plate to a depth of 1 inch. Bake quiche in the oven for 50

min. or until a knife inserted near center comes out clean. Remove from

oven. Let stand for ten min.

### **scrumptious lo carb omlette**

Serves: 1, 9, 9

CarbsPerServing: less than 4

Prep Time: 5 min

Effort: Easy

#### **Ingredients:**

jimmy dean pre cooked sausage patties(2)

2 eggbeaters

2 tbl. ricotta cheese

1/2 slice baby swiss  
1 tbl butter  
1 tbl maries chunky feta cheese salad dressing  
1/2 cup fresh baby spinach

How to Prepare:

micro. saus per pkg instr.chop up and set asside.place butter in  
skillet and heat.pour eggbeaters into skillet and cook,add sausage,  
ricotta,spinach & swiss then fold into omlette.top with sauce &

serve

## Confetti Scrambled Eggs

Serves: 2,7





CarbsPerServing:5.85 total

Effort:Easy

**Ingredients:**

3 eggs  
1 Tbsp butter or olive oil  
2 Tbsp chopped onion  
2 Tbsp green bell pepper  
1 Tbsp red bell pepper  
2 ounce cheddar cheese  
2 Tbsp chopped tomato (or salsa)  
1 Tablespoon bacon bits

**How to Prepare:**

In a small pan, melt butter (or add olive oil), add onion and bell pepper. Cook til veggies are tender, add eggs. Scramble til eggs are partially set, add the cheese.

Once done, remove from pan. Sprinkle the tomato and bacon bits over the top.

Very pretty and delicious eggs!

**Egg-in-a-pot**

Serves:1

Prep Time:30 mins

Effort:Easy

**Ingredients:**

1 whole egg  
heavy cream  
0.5 oz ham, sliced in small strips  
0.5 oz grated cheddar  
any (fresh) herbs to taste  
salt  
pepper1tsp olive oil

**How to Prepare:**

grease an ovenproof ramekin with the olive oil.  
Carefully break the egg into the ramekin, taking care not to break the yoke.

add the ham and cheese and any herbs if you want. Top up with the heavy cream to about a third of an inch below the rim of the ramekin. Bake in a preheated oven of 350 degrees for about 20-25 minutes. Very good with celery sticks to dip in the egg!!!

**Maple Syrup Sausages**

CarbsPerServing:no added carbs to regular sausage amount

Prep Time:about 30 seconds extra!

Effort:Easy

**Ingredients:**

Sausage Patties (turkey sausage is GREAT!)Sugar-Free Syrup

**How to Prepare:**

After cooking sausage patties simply put one SMALL drop of SF syrup on each side & brown ~ they will sizzle a lot as the main ingredient is water. The flavor really cooks into the outer layer. This is a super way to add the flavor to your breakfast without having too much (cold) SF syrup. Yummy!

**Sausage Gravy**

**Ingredients:**

One roll of any breakfast sausage

Approx 1/4 cup of water

1/2 teaspoon guar gum if necessaryOne pint of heavy whipping cream

one egg

salt and pepper to taste

**How to Prepare:**

In a large skillet fry sausage until done. Do not remove any of the grease from frying. Turn down to low heat. In a separate bowl whisk heavy cream and one egg together. Add to the pan of sausage. Salt and pepper to taste. You may need to add a small amount of water if it becomes too thick. Serve over low carb biscuits or eggs. Entire recipe should be about 6-7 carbs or less and is wonderful.

**BLT Ranch Omelet**

**Ingredients:**

2 each large eggs  
1 tablespoon water  
2 tablespoons shredded cheddar cheese  
3 slices bacon -- cooked crisp and crumbled

1/2 small tomato -- sliced thin  
1/2 cup shredded lettuce  
1 tablespoon mayonnaise  
1 tablespoon salsa

**How to Prepare:**

Beat eggs with a fork and add water, beat again to mix. Add salt and pepper if desired and beat into egg.

Heat bacon drippings and pour egg mixture into small, non-stick pan. Cook over low heat until set and no longer wet looking. Pile bacon, cheese, lettuce and tomato on one half and flip the other half over to cover. Remove from heat and cover pan for 30 seconds to melt cheese.

Mix salsa and mayo and spread over omelet.

\*Lettuce can be placed on plate under omelet instead if desired.

**Breakfast BLT Roll-ups**

Serves:1,8,10,8

CarbsPerServing:(3g net carbs)340 Calories (kcal); 31g Total Fat; (79% calories from fat); 14g Protein; 4g Carbohydrate; 1g fiber;51mg Cholesterol; 565mg Sodium  
Prep Time:5 minutes  
Effort:Easy

**Ingredients:**

4 each romaine lettuce leaves  
1 tablespoon mayonnaise  
3 slices bacon -- cooked crisp and crumbled

4 tablespoons shredded cheddar cheese  
1/2 small roma tomato -- diced

**How to Prepare:**

Shred 2 of the romaine leaves. Mix shredded lettuce, mayo, cheese, bacon and tomato. Add a little salt and pepper to taste.

Fill remaining 2 romaine leaves w/mixture, fold and enjoy.

**Wonder Waffles**

Serves:you get two waffles about 4x4 from

it

CarbsPerServing:6.5 carbs  
Effort:Easy

**Ingredients:**

I got this from another sight and tried it, it is so good. Haven't tried it with any zero carb syrup yet. Just butter or cream cheese  
4 large eggs  
2 Tbls. heavy cream  
2 Tbls. water (0 carbs)  
1 Tsp. vanilla extract  
2 Pkt. Splenda (or 2 tsp. powdered Splenda)  
2 or 3 ounces of crushed pork rinds  
1/4 Tsp. ground cinnamon  
3 Tbls. melted butter

**How to Prepare:**

Beat the eggs then add the cream, water, and vanilla extract and beat some more. Mix the Splenda with the cinnamon and then add that to the eggs. (Mixing the cinnamon with the Splenda before adding helps to keep the cinnamon from clumping up as much.) When well blended mix in the ground pork rinds.

Let the mixture sit for a couple of minutes until it thickens. Then stir and check the consistency. It should be quite thick, but not too thick to spoon easily. If too thick, add a little water. If too thin, add a little bit more pork rinds. Just before you're ready to put into waffle iron, stir in about 2/3 of the melted butter.

**Mock Danish (stovetop)**

Serves:1,8,8

Prep Time:10 minutes  
Effort:Easy

**Ingredients:**

3 oz cream cheese  
1 egg, beaten  
1/4 tsp vanilla extract  
dash of cinnamon  
1 packet Splenda

**How to Prepare:**

Heat the cream cheese in a small saucepan at low-medium heat till it is melted and creamy, stirring constantly. Then, add the beaten egg, and begin whisking the mixture to really mix it well. It will

thicken as it cooks. Continue whisking it, to keep it smooth. When it starts to thicken, add the sweetener and seasonings. Let it cook until it is very thick, thicker than pudding. When it holds its shape on a spoon, it's done. Chill and eat.

### Bacon cheese sandwich

Serves:As many as you want,4,2  
CarbsPerServing:.6 per Atkins roll.  
Effort:Easy

#### Ingredients:

Atkins new Diet Rev.Roll(.6c)  
Bacon (0c)Cheddar cheese(0c)

#### How to Prepare:

fry a some bacon. Do not fry crisp. Take your "roll" lay bacon across top till covered. Then sprinkle cheddar cheese on top. Bake in oven till cheese is melted.

### Mediterranean Frittata

Serves:6,10,10  
CarbsPerServing:approx. 6  
Prep Time:10 min  
Effort:Easy

#### Ingredients:

8 pitted kalamata olives (black olives will do in a pinch)  
1 med. zucchini, cut into 1/2" cubes (about 2 cups)  
1 sweet red pepper, diced  
1/2 cup chopped onion  
1/4 cup olive oil9 large eggs, lightly beaten  
1/2 (4 ounce) package crumbled feta cheese  
1/3 cup thinly sliced fresh basil  
1/2 tsp salt  
1/2 tsp freshly ground pepper  
1/3 cup freshly grated Parmesan cheese  
basil sprigs for garnish

#### How to Prepare:

Cook first 4 ingredients in hot oil in a 10" ovenproof skillet over med-high heat, stirring constantly, until vegetables are tender.

Combine eggs and next 4 ingredients; pour into skillet over vegetables. Cover and cook over med-low heat 10 to 12 minutes or until almost set. Remove from heat, and sprinkle with Parmesan cheese.

Broil 5 1/2" from heat (with electric oven door partially opened) 2 to 3 minutes or until golden. Cut frittata into wedges; garnish, if desired. Serve warm or at room temperature.

### BREAKFAST EGG CASSEROLE

Serves:serves 9,1,10,9  
CarbsPerServing:whole recipe 10-15 (?) depends on what all you use  
Prep Time:5 mins prep, 20-30 cooking  
Effort:Easy

#### Ingredients:

6-12 EGGS  
1/2 CUP CRUMPLED BACON  
SALT AND PEPPER TO TASTE  
GARLIC POWDER TO TASTE1/4 CUP ONION  
1/4 CUP HOT PEPPERS (OPTION)  
1/2 CUP BROCCOLI (OPTION)  
2 TBSP HEAVY CREAM

#### How to Prepare:

IN A 9X13 PAN MIX ALL WITH A WHISK...BAKE AT 350 FOR 20-30 MINS DEPENDING ON HOW MANY EGGS.... WHEN DONE SET SLICES OF CHEESE TO MELT... WHEN COOL SLICE INTO 9 SLICE AND FREEZE THE REST FOR ANOTHER DAY

### Sweet Induction Breakfast

CarbsPerServing:5g total  
Effort:Easy

#### Ingredients:

1/2 tablespoon butter  
2 eggs  
2 packets artificial sweetener2 tablespoons cream cheese  
1 teaspoon heavy cream  
1/2 teaspoon vanilla

#### How to Prepare:

Heat frying pan and allow butter to coat the bottom. Mix the 2 eggs with a packet of sweetener in a small bowl and pour into frying pan. DO NOT STIR EGGS--let them cook like an omelet.

In another small bowl mix the cream cheese, heavy cream, vanilla and a packet of sweetener.

When the eggs are cooked, you can let them cool before adding the cream mixture or let the mixture melt slightly onto the warm eggs. Gently spread the cream mixture to cover the eggs (like tomato sauce on a pizza). Using a spatula roll the egg "crepe" together like a jelly roll. Enjoy!! Makes a nice snack or dessert, too!

### **Porridge (Cooked Oatmeal) Equivalent**

CarbsPerServing:counts not provided  
Effort:Easy

#### **Ingredients:**

1 egg  
2 teaspoons protein powder -- soy, unflavored  
half and half 1/4 cup powdered nuts (macadamia -- walnut, whatever)  
sweetner

#### **How to Prepare:**

As a note, just put the nuts into a blender and let it run enough to chop them into a coarse powder.

Mix the protein powder and the egg in a small mixing bowl. Add an equivalent volume of half and half, or cream. Mix. Put the bowl in the microwave and cook on high for 1 1/2 minutes. Mix again, and cook for 1 minute. Adjust the time so that the mixture is cooked and not runny. Mix again until it has the consistancy of porridge.

Mix in the nuts. Add sweetner to taste, and add half and half as typical on porridge. The result is pretty adequate with a slight eggy taste.

### **Banana Nut Porridge**

CarbsPerServing:5g carbs total  
Effort:Easy

#### **Ingredients:**

2 Eggs  
2 tablespoons water  
2 tablespoons heavy cream  
2 teaspoons sweetener  
1 tablespoon psyllium  
husks 1 tablespoon butter  
1/2 cap vanilla flavoring  
1/2 cap banana flavoring  
1 good shake cinnamon  
1 light shake nutmeg

#### **How to Prepare:**

Beat all the ingredients,  
leaving 1 tbl cream and 1  
tsp sweetener as topping.

Melt the butter in a skillet  
over medium heat, pour in  
the egg mixture. Fold about  
3 or 4 times. When the  
eggs just set, remove from  
heat & then put into bowl.

Sprinkle the remaining  
sweetener & add cream  
over the top.

In OWL a tbl of chopped  
Walnuts is nice.

NOTES : Counts for  
psyllium, vanilla, banana,  
cinnamon and nutmeg not  
included in totals.

### **Sweet Cinnamon Pancake**

Serves:10,10  
CarbsPerServing:5g carbs total  
Effort:Easy

#### **Ingredients:**

2 eggs  
1 ounce cream cheese  
2 splenda packets -- (2 to 3) 1 teaspoon heavy cream  
1 teaspoon cinnamon -- (1  
to 2)  
butter

How to Prepare:

Melt cream cheese in microwave. Mix in eggs, splenda, cream and cinnamon. Melt butter on a frying pan and pour mixture in. Fry on both sides until brown.

TIPS - Try to get the pancake as flat as possible and brown it well, this will "disguise" the eggy taste and texture.

Top with butter and low-carb syrup.

This is EXCELLENT for an easy sweet snack!

## **FRENCH TOAST RECIPE**

Serves:2

CarbsPerServing:3g per slice

Effort:Easy

### **Ingredients:**

Two whole eggs  
tsp cinnamon 1 tbsp of Splenda granular  
or 1 packet of Splenda

How to Prepare:

Combine ingredients.

Preheat skillet over medium heat and add 2 tbsp of Life Services High Oleic Sunflower Oil.

Beat mixture thoroughly with a fork and dip sliced Keto Cinnamon Bread in batter and fry until golden brown.

Enjoy

with Keto Syrup and/or Betta Butta.

## **Breakfast Bread**

CarbsPerServing:9g carbs total

Effort:Easy

### **Ingredients:**

1/4 cup protein powder  
1/2 cup carbo-lite bake mix  
1/4 cup flax seeds -- ground into 1/2C meal  
3 large eggs  
1/2 cup sour cream 1/4 cup water  
1/2 teaspoon salt  
2 teaspoons baking powder  
3 tablespoons melted butter

How to Prepare:

Preheat oven to 350f. Spray a standard 8" loaf pan (or an 8x8x2 cake pan) with cooking spray. Mix dry ingredients in a large bowl.

Beat eggs with a fork and blend in butter, water and sour cream.

Stir into dry ingredients until just blended.

Pour into prepared pan and bake: 30 minutes for square pan and 40 minutes for loaf pan.

This bread is semi-sweet because the carbo-lite bake mix has splenda in it. This bake mix is zero carb. 22g carbs; 11g fiber. The

flax seeds provide almost all the fiber and is a source of insoluble fiber as I understand it. I would subtract 9g from the loaf total carbs leaving a loaf w/ just 13g carbs total. May add some cinnamon and vanilla extract next time for a more sweet/homestyle taste:) This only rose to the top of the loaf pan, so it's not a big loaf. I'm also thinking that beating the whites and folding them in might increase the volume for the rise. If you try this, please let me know:)

### Turkey Club Omelette

CarbsPerServing:9g total  
Effort:Easy

#### Ingredients:

3 Eggs  
1/4 cup cubed turkey breast meat  
2 strips bacon -- cooked and chopped  
2 tablespoons sour cream  
2 sprigs chives -- coarsely chopped  
2 slices tomato slices -- chopped  
1/4 cup hollandaise sauce

#### How to Prepare:

Prep all of your ingredients ahead of time. Cook the eggs on one side and flip to other side. Add ingredients and fold or roll. Add hollandaise sauce over the top of omelette. (Knorr's brand of hollandaise is by far the best tasting we've found).

### Wagon Wheel Frittata

Serves:6  
CarbsPerServing:5.33g  
Effort:Easy

#### Ingredients:

1 tablespoon cooking oil  
10 ounces frozen broccoli spears  
1 tablespoon water  
4 ounces button mushrooms -- drained  
6 eggs  
2 tablespoons heavy cream  
3 tablespoons water  
1 1/2 teaspoons Italian seasoning -- crushed  
6 thin tomato slices -- about 1 med tomato  
1/4 cup grated Parmesan cheese

#### How to Prepare:

In a 10-inch omelet pan or skillet over medium heat, combine oil, broccoli, and water. Cover and cook just until broccoli can be broken apart with a fork, about 3 minutes. Take pan off the heat.

Arrange broccoli spears so stems point to center of pan. Set mushrooms, rounded sides up, between broccoli spears. In medium bowl, thoroughly blend eggs, milk, and seasoning. Pour over broccoli. Cover

and cook over medium heat  
until eggs are almost set.  
Remove from heat.

## Turkey and Ham Frittata

Serves:4  
CarbsPerServing:7g  
Effort:Average

### Ingredients:

1 cup chopped cooked  
turkey  
1 cup chopped ham  
6 eggs  
3 tablespoons oil  
2 medium tomatoes --  
chopped 1 cup button mushroom --  
diced  
4 shallots -- chopped  
1/2 cup heavy cream  
salt and ground black  
pepper for seasoning

### How to Prepare:

Put oil in large frying pan,  
add turkey, ham and  
mushrooms until  
mushrooms are tender.  
Add tomatoes and onions.  
Cook, stirring for 2 minutes.

In a bowl whisk together  
eggs, cream and  
seasoning, then pour into  
turkey and ham mixture in  
pan. Cook gently until  
mixture is firm - the top will  
not be quite set. Place pan  
under a hot griller to  
complete cooking the top  
for approx. 2 minutes.

Turn frittata on board and  
cut into wedges.

This recipe is great when  
you have all that leftover  
turkey and ham.

## SAUCES AND DIPS

### Mom's baked Crab Dip mmmmm....

CarbsPerServing:2 carbs per 4 Tbsp  
Prep Time:15 mins  
Effort:Easy

### Ingredients:

2, 8 oz. pkgs cream cheese  
1 lb. crab meat (does not have to be backfin)  
1/2 pint sour cream (8 oz)  
4 heaping tsps of mayo  
1 tsp lemon juice  
1 tsp wochestershire sauce  
1 tsp mustard  
3 shakes garlic powder  
1c grated cheddar cheese  
(reserve 1/2 c for topping)

### How to Prepare:

Butter casserole dish (2 1/2 qt) Mix all ingresients except cheedar  
cheese & crab. Beat until smooth. Fold in crab meat & 1/2 c of the  
cheddar cheese. Pour into baking dish. Sprinkle the reserved 1/2 c  
cheddar cheese on top. Bake at 350 for 35-40 mins. Serve with  
whatever you want to dip. This is great for entertaining.

### White BBQ Sauce

Effort:Easy

### Ingredients:

1 cup mayonnaise  
1 cup cider vinegar  
1 tablespoon lemon juice 1-1/2 tablespoons cracked black pepper  
1/2 tspn salt



1/4 tspn ground red pepper

How to Prepare:

Combine all ingredients in a plastic container. Refrigerate.

### **Creamy Mushroom Sauce (like white gravy!)**

Serves:2-3

CarbsPerServing:3-5

Prep Time:45 minutes

Effort:Easy

#### **Ingredients:**

1 box cream cheese  
1 carton heavy whipping cream  
2 cups sliced fresh mushrooms  
1/2 cup diced onion  
1 stick butter  
2-3 Grilled Chicken breasts

How to Prepare:

Saute' onions and mushrooms in butter. Turn down heat very low, add cream cheese. When cheese is melted, add cream. Add grilled chicken breasts to mixture and simmer for 15 to 20 minutes, you can just use it for a gravy too.

### **French Boursin Cheese Spread**

Serves:8

CarbsPerServing:< 2

Prep Time:5 minutes

Effort:Easy

#### **Ingredients:**

1 stick unsalted butter, softened  
1 8 oz pkg cream cheese, softened  
2 cloves garlic  
1/4 tsp. dried oregano1/4 tsp. dried thyme  
1/4 tsp. dried marjoram  
1/4 tsp. dried dill  
1/2 tsp. dried basil  
1/4 tsp. ground pepper

How to Prepare:

Combine the softened butter and cream cheese with garlic in a food processor and process until smooth. Add dried herbs and pepper and process until combined.

This is great with sliced cucumbers, blanched snow peas, celery and mushrooms.

### **Brown Gravy**

Serves:6

CarbsPerServing:.50

Prep Time:5 minutes

Effort:Easy

#### **Ingredients:**

1 can Campbells Beef Broth double strength  
2 TBS Heavy Cream1/2 tsp onion powder  
1/2 tsp Xanthan Gum

How to Prepare:

In a medium saucepan, heat both, cream, and onion powder to a slow boil. Slowly add Xanthan gum, stirring with a whisk. You may need to increase/decrease the Xanthan Gum to get the right consistency. If it is too thick, use water to thin it out, if it is not thick enough use a little more Xanthan Gum.

### **My Low Carb Catsup**

Serves:20-30

CarbsPerServing:3 grams per 1/4 cup

Prep Time:35 minutes

Effort:Easy

#### **Ingredients:**

2 oz cans low sodium tomato sauce  
1/2 cup cider vinegar  
1/2 cup splenda  
1 tsp ground pepper  
2 tbsp garlic powder2 tbsp onion powder  
1 tsp ground cinnamon  
1 pinch ground cloves  
1 pinch ground allspice  
1 pinch salt

How to Prepare:

Mix above ingredients and put in a small saucepan. Simmer on low until catsup is desired thickness. Store in a bottle or jar in the refrigerator.

### **Easiest Hollandaise Sauce**

Prep Time:5 minutes (tops!)

Effort:Easy

#### **Ingredients:**

3 egg yolks

dash of nutmeg

dash of cayenne teaspoon (more/less to taste) lemon juice

2 sticks of salted butter

How to Prepare:

Put all ingredients but the butter in a blender. In a microwave safe dish, melt the butter to bubbling. Immediately start the blender and begin to add the butter in a very thin stream through the hole for the little removable insert. (Use your hand to cover all but the half inch square between your thumb and forefinger that you're pouring through. It will pop up all over as it blends. Your palm will be covered when you finish, but that's easier to wash than your counter and cabinets for four feet in every direction.) Have patience with this because the more slowly you add it, the better it will emulsify. It may take a full minute or two, but it's better than madly whisking it in over a double boiler hoping all the while that it emulsifies at all. Three notes: Don't add salt, the butter will add plenty! Fresh lemon juice makes a world of difference. You can play with adding a few drops of water to get a thinner consistency if you desire.

### **ULTRA HOT sauce**

Serves:ALOT at least 10-20

CarbsPerServing:less then one

Prep Time:15 mins

Effort:Average

#### **Ingredients:**

3 oz Habanero or Scotch Bonnet peppers

3 large cloves of garlic

1 tblsp Franks Red hot sauce1 tsp vinegar

1 tsp sea salt

4 tblsp Olive oil

rubber gloves

How to Prepare:

BE Careful.. THESE ARE THE HOTTEST PEPPER, If you get them on your skin or eyes youll be hurtin.. use latex gloves to protect your skin. Cut off the stems of the peppers and put them in a baking dish with the olive oil and peeled garlic cloves bake at 350 for 5-10 mins until peppers are soft, combine all the ingredients in a food processor or blender including the oil the peppers were roasted in and the whole peppers including the seeds Blend until its all chopped up and blended.. Transfer into a small container or bottle and enjoy.. WARNING this is the hottest of the Hot.. a small tab is enough for a whole plate of food.. Wash all utensils very well and throw gloves away.. DONT TOUCH YOUR FACE until everything is cleaned up.. trust me on this..rofl

### **Easy Cocktail Sauce**

Serves:As many as you need,5

CarbsPerServing:5g

Prep Time:1 min

Effort:Easy

#### **Ingredients:**

1/4 Cup Mayonaise

1/4 Cup Ketchup1/4 Cup Mustard (regular yellow mustard)

How to Prepare:

Put these in a bowl and mix with a spoon. Since the ingredients are equal amounts you make as much or little as you need. No waste.

### **Deviled Ham & Cream Cheese Dip**

Serves:9,10

CarbsPerServing:-0- carbs in ham spread, 2 carbs per 2 Tbl. in

Cream Cheese, -0- in Mayo

Prep Time:10 min.

Effort:Easy

#### **Ingredients:**

1-8oz package cream cheese

1-4.25oz. can Underwood Deviled Ham 4-5 Tbs. Mayo

How to Prepare:

Have cream cheese at room temperature or nuke for a few seconds.

Then add the cream cheese to the canned ham spread. I skim the fat off the top of the ham. Add the mayo and mix with electric mixer until smooth. This is great to use as a dip with pork rinds or celery sticks. Can add more mayo if desired.

### Low Carb 'Honey' Mustard

Serves: Makes one serving., 10  
CarbsPerServing: About 3  
Prep Time: Less than one minute!  
Effort: Easy

#### Ingredients:

1 Tbs Dijon Mustard  
1 Tbs Spicy Brown Mustard  
2 Tbs Heavy Whipping Cream  
1 Packet Splenda

#### How to Prepare:

Mix all ingredients together and serve! This stuff is wonderful with chicken. It really does taste like the real thing! YUM! You'll have to remind yourself you're not cheating, lol.

### Crabmeat Dip

Serves: 2-4 people, 10  
CarbsPerServing: 2 grams of carb for 3 oz serving  
Prep Time: 10 minutes  
Effort: Easy

#### Ingredients:

Four ounces of fresh crabmeat  
One tablespoon of olive oil  
One small can of chopped black olives (or four tablespoons of chopped black olives)  
Six ounces of whipped cream cheese  
Salt, pepper and onion powder to taste  
Two dashes of Paprika  
Two tablespoons of fresh parmesan or romano cheese

#### How to Prepare:

Add olive oil to small skillet on medium heat  
Stir in crabmeat and olives  
Saute for about 3-5 minutes  
Add seasoning except paprika  
Once the mixture is very hot, fold in the cream cheese. Keep on medium heat.  
Stir into a nice, hot dip-like consistency  
Sprinkle parmesan and romano cheese so it melts on top of the dip  
Serve hot with pork rinds or fresh low carb veggies

### House Dressing

Serves: ??, 10  
CarbsPerServing: Not darn many!  
Prep Time: One minute or less  
Effort: Easy

#### Ingredients:

Mayo  
White wine Dijon mustard  
Steak sauce of your choice That's it!

#### How to Prepare:

I usually make it 3 1/2 parts mayo to 2 parts mustard to 1 part steak sauce. Since the steak sauce has carbs, I've been cutting back. You can do it to taste! You won't need much steak sauce. This is great for shrimp, Wasa crackers, chicken, veggies, anything!

### White Dipping Sauce for Shrimp, Veggies or Porkrinds

CarbsPerServing: 12g total  
Effort: Easy

#### Ingredients:

1 1/2 cup mayonnaise  
1/4 cup prepared horseradish  
1 tablespoon lemon juice  
1 tablespoon worcestershire sauce 1 teaspoon fresh parsley  
1/4 teaspoon hot sauce -- or red pepper  
1 clove garlic

#### How to Prepare:

Mix all ingredients until smooth. Chill for 3 hours. This is best used to dip cocktail shrimp or veggies and dare I say pork rinds (ewwww) I have been told by several people in the chat room (that I gave the recipe too), that they love it. I am not a fan of horseradish sauce, but there is something about this dip that makes it so good. It is extremely low carb also! Enjoy!

### Bar-B-Q Sauce

Serves: 10  
CarbsPerServing: 32g total  
Effort: Easy

**Ingredients:**

1 bottle Diet Coke -- (20 oz)  
 6 ounces canned tomato paste  
 1/4 cup brown sugar twin  
 1/4 cup cider vinegar  
 1/4 cup chopped onions  
 Liquid Hickory smoked flavoring (to taste)  
 Garlic salt (to taste)

**How to Prepare:**

Mix all together in a pot and cook on Med low until mixture starts to thicken. Stirring Occasionally. When Mixture is "Thickened" Take off the stove and allow to cool. Use on Chicken, Pork or Beef (It's great on ribs). Refrigerate any unused portion.

NOTES : Counts for brown sugar twin, hickory smoke, and garlic salt not included in totals.

**Tasty Sauce**

CarbsPerServing:42g total  
 Effort:Easy

**Ingredients:**

6 ounces Tomato Paste  
 2 ounces white vinegar  
 4 ounces water  
 2 packages artificial sweetener  
 1/2 ounce olive oil  
 2 drops worcestershire sauce  
 salt -- to taste  
 pepper -- to taste  
 1 clove -- powdered  
 marjoram -- powdered, to taste  
 garlic powder -- to taste  
 cayenne pepper -- to taste  
 MSG -- to taste  
 1 drops fresh lemon juice

**How to Prepare:**

Mix all thoroughly, refrigerate a few hours before use if possible. Makes 12 oz, tried to get close to Heinz flavor (clove)

NOTES: Counts for spices with no measure not included.

**SOUPS AND STEWS****Cajun Stew**

Serves:A lot.  
 CarbsPerServing:Mostly from tomatoes (net 3 per 1/2 cup)  
 Prep Time:30 min  
 Effort:Easy

**Ingredients:**

2 large cans peeled crushed tomatoes  
 1/2 can tomato paste (small)  
 3/4 lb ground beef  
 8 hot italian sausages  
 diced green pepper and onion  
 oregano, parsley and thyme  
 hot sauce  
 red pepper flakes  
 salt and pepper

**How to Prepare:**

Place tomatoes in tall pot (make sure you check the label for no sugar added, net carbs should be 3 for a 1/2 cup serving), add the tomato paste, spices and diced vegetables while browning the ground beef and sausages. Prick the skins of the sausages as they brown. When the meat has been browned, drain well, add to the stew pot. Simmer for about two hours until the meat is tender. Depending on seasoning, stew will be tangy but not too hot.

**Grandma's Turkey Vegetable Soup**

Serves:5  
 CarbsPerServing:?  
 Prep Time:1/2 hour  
 Effort:Average

**Ingredients:**

2 Turkey Legs  
 2 quarts water  
 2 bay leaves  
 1/2 tsp Ginger  
 1/2 tsp Poultry Seasoning  
 1/4 tsp celery seed  
 Celery Bottom and center chopped fine  
 2 TBLs of Onion  
 1/2 bag frozen green beans  
 1 yellow squash  
 1 can tomatoe sauce

1 can stewed tomatoes

**How to Prepare:**

In large soup pot Boil Turkey legs in water bay leave ginger poultry seasoning and celery seed celery parts and onion for about 2 hours or until meat is falling off bone. Make sure no bones are left and put all meat back in pot. Add remaining ingredients and simmer for 1/2 hour and soup is on.

**Tasty egg drop soup**

Serves:1

CarbsPerServing:1 carb  
Prep Time:about 5 mins (or more)  
Effort:Easy

**Ingredients:**

1 chicken,or beef bouillon cubes1 egg  
1 cup of water

**How to Prepare:**

- 1 Beat your egg into a seperate cup before you start.
- 2 Put water in an bowl and add your Boullion cube.
- 3 When the mixture starts to boil(allow it to REALLYLY boil)add the egg with a fork and allow it to drizzel in the boiling water.
- 4 Turn the heat off(you may have to break apart the egg when done)
- 5 Let cool
- 6 Serve and enjoy

**Chicken soup - slow cookery**

Serves:6 servings 1-1/2 c each  
CarbsPerServing:5-6 carbs total  
Prep Time:20 minutes max  
Effort:Easy

**Ingredients:**

6 - 8 chicken legs  
  
3 cups of hand cut cabbage  
  
1/3 green bell pepper1 small onion  
  
3 TBS of Pace Picante Suace  
  
\*1/2 lime,cheese,avocado -Optional

**How to Prepare:**

place chicken at bottom of crock pot. Then pour cabbage and onion. At the top place the green pepper sliced and the sauce. Add at least 4 cups of water.(sald and pepper to taste)  
Cook on high for about 1-1/2 hour and then low for another 1-1/2 hour. Check that chicken does not overcook. When ready serve and top each serving with diced mozeralla, lime or avocado.

Sooo good!

**Italian Soup**

Serves:Makes 2 cups/ 1 Serving,10  
CarbsPerServing:0 carbs  
Prep Time:less than 7 minutes  
Effort:Easy

**Ingredients:**

Chicken or Vegetable Bouillon  
  
2 eggs (whites only)Parmesan Cheese

**How to Prepare:**

Prepare Bouillon as directed on label.While bringing to a boil add 2 egg whites.Serve with a healthy portion on Parmesan cheese on top.

**Chili (no tomato)- Quick, Single Serving**

Serves:1  
CarbsPerServing:11 net  
Prep Time:15 minutes  
Effort:Easy

**Ingredients:**

1/2# hamburger-fried & drained;  
1/2 cup Great Value Pinto Beans (Walmart);  
TBSP chopped cilantro (optional);2 chopped green onions;  
TBSP Chili Powder;  
small can mushrooms (including juice);  
Salt/pepper to taste.

How to Prepare:

Combine all ingredients into a medium microwave bowl. Heat thoroughly and enjoy.

### **Mushroom and Leek soup**

Serves:8,8

CarbsPerServing:5.1 (40.86 for whole recipe)

Effort:Easy

#### **Ingredients:**

1 lb. mushrooms, sliced  
1 bunch leeks, white part only, sliced (1 cup)  
1 stick butter  
1/4 cup whole grain soy flour  
1 teaspoon salt  
1/4 teaspoon white pepper  
3 cans chicken broth  
1 cup heavy cream

How to Prepare:

1. Saute mushrooms & leeks in butter in large saucepan or dutch oven until tender, about 5 minutes. Stir in flour, salt, pepper & 2 cans of chicken broth. Cook, stirring constantly until mixture comes to a boil. Lower heat; cover; simmer 20 minutes.

2. Remove from heat; cool slightly. Pour mixture, a little at a time, into container of electric blender; cover; puree. Pour into a large bowl. When all the soup is pureed, return to saucepan.

3. Add remaining can of chicken broth & the cream; heat until thoroughly hot.

### **SUN VALLEY STEW**

Serves:3 to 4 depending on size of servings.

CarbsPerServing:???

Prep Time:15 minutes to prepare...20 to 30 minutes to cook.

Effort:Easy

#### **Ingredients:**

1/2# Beef Wieners; 3 small or 2 medium zucchini; 3 - 4 ripe tomatoes; 1/2 Onion;1/2 Green Pepper, (opt);1 to 2 cups water  
Seasonings: 1 tsp. salt;1/4 tsp. black pepper; 1/2 tsp. garlic powder(1 clove garlic); 1/2 to 1 tsp oregano; 1/2 tsp basil; 1/2 tsp parsley

How to Prepare:

Slightly brown wieners. Add diced veggies and water and seasonings. Cook until tender. Adjust seasonings to taste...Sometimes I add a little parmesan cheese on top. Enjoy!

### **Creamy Broccoli Cheddar Soup**

Serves:4 Servings,10,10,9,10,10

CarbsPerServing:5g Net Carbs Per Serving

Prep Time:20 Minutes

Effort:Easy

#### **Ingredients:**

2 Cups Fresh Broccoli  
1 Pint (8 TBS) Heavy Cream  
10 TBS Shredded Cheddar  
1 Can Cream of Chicken Soup (Campbells is what I use)  
1/2 Stick Butter  
Salt & Pepper to taste

How to Prepare:

Boil Broccoli in a large pot of water until very tender. Drain reserving 1/2 cup of water that the broccoli was cooked in. Return broccoli to pot. Add water, butter and soup. Stir well until the soup is mixed well. Use a hand potato masher and mash contents of the pot. Add cream and cheddar cheese. Over a medium heat, bring to a slow rolling boil. Remove from heat, add salt & pepper to taste.

### **Garden Beef Stew**

CarbsPerServing:2.6

Prep Time:2 1/2 hours

Effort:Average

#### **Ingredients:**

2 tbsp. vegetable oil  
1 1/2 pd. stew meat  
2 tbsp tomato sauce  
2 c. water  
1 tsp. salt

2 tbsp. chopped onion  
1/4 c. chopped green pepper  
1/4 c. chopped eggplant  
1/4 c. zucchini, cubed  
1/2 c. spinach

How to Prepare:

Heat oil in heavy pot.

Brown meat on all sides. Push to side of pot. Add onion, cook 2 minutes. Add water and salt. Simmer 2 hrs.

Add green pepper, eggplant, and zuchinni. Simmer 10 min. Spoon in tomato sauce and spinach. Cook 7 more min.

### **Chilled Melon Soup with Mint**

Serves:4

CarbsPerServing:11.7

Prep Time:10 minutes

Effort:Easy

#### **Ingredients:**

One ripe cantaloupe

One cup of water

8 packets of Splenda4 sprigs fresh mint

Juice of 1/2 a lime

1 tsp. fresh lime zest

4 Tbl. heavy cream

How to Prepare:

Add the water, splenda, mint leaves (reserving a few for garnish) lime juice and lime zest in a small saucepan and boil for ten minutes until syrupy. While it is reducing, seed the cantaloupe and scoop the flesh into a blender. Pour the syrup over the cantaloupe through a sieve to remove the mint leaves and lime zest. Pulse a few times to blend and then puree for a few seconds. Skim the foam off the top and then place in the refrigerator until well chilled, at least two hours. Serve in chilled bowls with a few mint leaves and a swirl of heavy cream for garnish.

### **SIRLOIN STEW**

Serves:4

CarbsPerServing:13.5g

Effort:Easy

#### **Ingredients:**

2 pounds sirloin steak -- cut into large bite size pieces

16 ounces fresh

mushrooms -- quartered

1 medium onion -- chopped

1 clove garlic -- minced

2 jalapeno pepper -- minced

14 ounces tomatoes, canned -- diced with juice1 cup celery -- chopped

1 jar beef gravy (Heinz -- savory beef)

meat tenderizer

salt and fresh cracked

pepper

6 tablespoons olive oil

How to Prepare:

Shake meat tenderizer and pepper all over meat, pour over about 2 T of olive oil and mix all together. Set aside in fridge for at least 2 hours. In a dutch oven add 2 T olive oil and saute the celery for about 5 minutes, then add in the onion, garlic and jalapeno saute until soft. Set aside veggies and heat remaining olive oil and pan sear the beef until tender over a high heat. Add veggies to beef mixture, and also add the mushrooms, tomatoes

w/

juice and the the jar of beef gravy. Simmer for 15 minutes Salt and pepper to taste. Serves 4

NOTES : Counts for gravy not included in totals.

## Beef Bacon Soup

Serves:9,9

CarbsPerServing:no counts provided

Effort:Easy

### Ingredients:

1 teaspoon garlic  
1 teaspoon basil  
1/2 jar Hormel Real Bacon Pieces  
1/2 pound lean ground beef 1 tablespoon dried chives  
3 cups beef broth  
1 cup heavy whipping cream  
tobasco sauce to taste  
sharp cheddar to taste

### How to Prepare:

Saute the garlic, basil, bacon, and hamburger together until hamburger is almost done. Add beef broth and chives, simmer for about 10 minutes after boiling. Add heavy cream slowly and stir occasionally while simmering until hot. Add tobasco to taste, sprinkle with cheddar and serve.

## Cabbage Soup

CarbsPerServing:64 total recipe

Effort:Easy

### Ingredients:

1 medium cabbage head -- cut into 1/8ths  
1 can chicken broth -- Campbells or Swanson's type  
1 red onion -- chopped  
salt and pepper -- to taste  
1 pound Ekrich smoked sausage -- Ekrich or similar, sliced

### How to Prepare:

Cover with cabbage with water and cook until tender. Add one chicken broth, red onion and salt and pepper. Add the sausage to the soup and simmer until heated through. Even better the second day.

## Chicken and Vegetable Soup

CarbsPerServing:51 total recipe,  
excluding artichokes and bacon

Effort:Easy

### Ingredients:

5 skinless boneless chicken breast -- cooked  
1 cup onions -- chopped  
1 cup celery -- chopped  
Cooked chopped bacon as you like  
1 pint heavy whipping cream  
1 teaspoon minced garlic  
3 cans chicken broth -- (3 to 4)  
1 1/2 teaspoons fennel seed  
1 1/4 cup chopped cilantro  
1 can chopped artichoke hearts  
2 tablespoons capers -- or more  
2 cups kale -- cut in half, then sliced

### How to Prepare:

This recipe is mostly low carb and can be varied according to your needs and taste. It is very meaty and rich. Try several different versions with different meat and vegetables. Adjust the heat as needed throughout the recipe to keep it simmering but don't let it get dry and burnt.

It is best to prepare the meat first so you are ready when the time is right. I like to grill up several boneless and skinless chicken breasts and a few green onions for a smoky flavor as the main ingredient. Start with a large pot. Put in enough olive oil and/or butter to cover the bottom and heat. Next add chopped onion and celery stalks. Let this cook until translucent. Then add seasonings like dried or fresh rosemary and cilantro, and parsley. Then add some dried fennel seeds. Amounts as you wish.

Next add about as much chopped up and fried bacon as you desire. I like to buy the pre-cooked packages at the store. Let it cook over a medium heat. Add the meat (chicken in this case). Then put in about a cup of white or red wine. Next add two to four cans of chicken broth and let it simmer some more. Last, you can pour in a pint of heavy cream and stir it in. I like to chop up some fresh kale or other greens into bite sized pieces and throw them in last then turn off the heat. You can use Italian sausage instead of chicken and I've also tried chopped up lamb or beef with good results. Again, adjust to your own diet or taste. I've added a small amount of capers and a can of artichoke hearts (chop the artichoke hearts into big chunks)



## Cream of Mushroom Soup

CarbsPerServing:44 total recipe

Effort:Easy

### Ingredients:

8 ounces mushroom -- white button, finely chopped  
1/4 cup chopped onion -- finely chopped  
2 stalks celery -- finely chopped  
4 tablespoons butter  
2 cups heavy cream  
2 cans chicken stock  
2 tablespoons flour  
1 teaspoon salt  
1/2 teaspoon pepper -- to taste

### How to Prepare:

In a large saucepan, melt butter over medium heat. Add finely diced veggies and saute, stirring occasionally, for about 5 minutes or until they wilt.

Add in the flour and stir well. Let cook, stirring, for about 1 minute, then pour in the chicken stock and cream, whisking constantly.

Bring to a simmer and cook about 5 minutes, whisking occasionally.

\*\*This makes about 6 cups. If you are going to use it strictly as a soup, cut the cream back to 1 cup and increase the chicken stock by 1 can.

\*\*You can also increase the flour to 1 cup (an additional 11g carbs) to get a thicker soup OR use 1T guar gum in place of the flour. If you use the gum, blend it in w/the cooked veggies. Mix with 1 cup stock before adding.

(can be used in recipes calling for canned soup, too)

## Easy Chicken Noodle Soup

CarbsPerServing:12 total excluding shiratake

noodles

Effort:Easy

### Ingredients:

2 tablespoons butter  
1/4 onion  
2 stalks celery  
5 baby carrots  
14 1/2 ounces chicken broth -- 1 can  
10 ounces canned chicken -- 1 can  
Salt and Pepper to taste  
1 teaspoon Wylers Shaker Instant Bouillon  
Chicken Garlic and Herb flavor  
or  
1 chicken bouillon cube  
1/2 package shiratake noodles

### How to Prepare:

Chop onion, celery and carrots. Brown them in the butter for a few min. Add the broth, chicken, noodles and seasoning. Bring to boil and then turn down and simmer for a few min. I can get 4 or 5 good size servings.

You can add green bean, zucchini as well.

## Ground Beef Soup

CarbsPerServing:78 total

Effort:Easy

### Ingredients:

1 pound ground beef  
1 cup diced onion  
1 diced green bell pepper  
8 cups beef stock  
2 cups diced carrots -- i used 1 cup  
1 cup diced celery  
2 cups chopped tomatoes  
1/4 cup minced fresh parsley  
1 package broccoli, frozen -- cut into florets  
or 1 head cut into florets with stalks peeled and diced  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
freshly ground black pepper to taste

### How to Prepare:

In large non-stick skillet, sauté ground beef over medium heat. Add onions, garlic and bell pepper and continue sautéing until meat is tender and vegetables have softened, about 5 minutes. Drain fat from pan and set meat mixture aside.

In large soup pot or Dutch oven, heat beef stock over medium-high heat until boiling. Add carrots and celery and cook until almost tender, about 5 minutes. Add tomatoes, broccoli, parsley, seasonings and reserved meat

mixture. Mix well. Simmer over low heat 10 minutes until all vegetables are tender. Taste and adjust seasonings.

### Low-carb Chicken Soup

CarbsPerServing:68 total  
Effort:Easy

#### Ingredients:

2 leeks -- washed and sliced to 1" slices  
3 turnips -- peeled, cut in chunks  
1 bell pepper -- cut in 1" pieces  
5 celery stalks -- cut in 1" pieces  
4 chicken breast -- cut in bitesize pieces  
32 ounces chicken broth -- I used a box variety2 cups water  
1 clove garlic  
1/4 teaspoon red pepper flakes  
1 teaspoon salt  
fresh ground pepper to taste  
1/2 teaspoon goya adobo seasoning  
1/4 teaspoon thyme

#### How to Prepare:

In large pot combine all ingredients and cook on low heat till turnips are tender.

Serves 6 to 8 hearty bowls.

### Quick Sausage Soup

CarbsPerServing:29 total  
Effort:Easy

#### Ingredients:

1 pound ground pork sausage  
3 tablespoons butter  
1 1/2 tablespoons garlic -- crushed  
1 1/2 tablespoons minced onion1 can beef broth  
1 cup heavy cream  
1 can green beans -- drained  
1 cup carrots -- cooked  
pepper to taste

#### How to Prepare:

Brown ground pork sausage in skillet.

In saucepan, melt butter. Add garlic and onions and brown in melted butter.

Add sausage and remaining ingredients. Heat thoroughly. Serve and enjoy!

### Vegetable Soup

CarbsPerServing:18 total  
Effort:Easy

#### Ingredients:

leftover roast beef - shredded or cut up  
- add au jus and water  
1/2 medium onion -- cut up  
1/2 green pepper -- cut up  
4 medium mushrooms -- cut up  
1 clove garlic -- chopped fine1/2 head cauliflower -- cut in florets  
1/2 cup celery -- finely chopped  
salt and pepper -- to taste  
cajun seasoning -- to taste

#### How to Prepare:

Simmer all ingred. in soup pot for several hours. Eat Hardy!!!

Serves 6 - 8 generous servings

### Hearty Beef Stew

CarbsPerServing:60 carbs total  
Effort:Easy

#### Ingredients:

1 1/2 pounds beef stew  
meat  
14 1/2 ounces stewed  
tomatoes -- (1 can)  
14 1/2 ounces beef broth --  
(1 can)  
1 cube beef bouillon  
1/2 teaspoon onion powder  
1/4 teaspoon garlic powder1 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon thyme  
1 large rutabaga -- (or two  
small turnips)  
2 medium zucchini

How to Prepare:

Brown stew beef in olive oil on all sides in medium high pot. Add tomatoes, broth, spices and water to cover beef. Turn heat down and simmer for about 1 and 1/2 hours. Add cubed (about 1 inch) rutabagas and simmer for 30 minutes. Add diced zucchini and simmer for 30 more minutes. Add more liquid if necessary (to cover the veggies). Taste for seasonings.

### Camper Stew

CarbsPerServing:no counts provided

Effort:Easy

#### Ingredients:

1 pound ground beef  
1 can green beans, canned  
1 packet onion soup mix  
1 jar beef gravy

How to Prepare:

Brown and drain ground beef, add beans, soup mix, and gravy. Mix until completely combined. Simmer on medium/low for at least 15 minutes. Serve.

A very hearty and delicious stew that can be made with any of your favorite vegetables.

I HOPE YOU HAVE ENJOYED LOOKING THROUGH THESE RECIPES AND HAVE FOUND SOME THAT YOU ARE GOING TO EXPERIMENT WITH.GOOD LUCK WITH YOUR LOW CARB DIET.

# Atkins Diet – A small guide by James Little

*After reading though parts of the book and sections of the website, I have compiled the following document that gives you the basis of the Atkins diet. I'll planning on doing this diet in the future, so I'll keep the document up to date if I find or create more resources.*

## 1) Resources

<http://tom.cuy.net/atkins/>  
<http://www.atkinsdietbulletinboard.com/index.php>  
<http://atkins.com/>  
<http://www.atkinsdietmenu.net>

## 2) Phase 1 : Induction Stage

You are given a set of rules that are outlined below. In short, you are allowed 20 grams a day of carbohydrate for your two week induction. You are given an “**Acceptable Foods list**” which you must not stray from.

### **Full Rules.**

This phase of the Atkins Nutritional Approach™ must be followed precisely to achieve success. If you do it at all incorrectly you may prevent weight loss and end up saying, "Here is another weight-loss plan that didn't work." Also, check out "Extra Cautions," below.

Memorize the following rules as though your life depends upon it. In fact, it does.

1 Eat either three regular-size meals a day or four or five smaller meals. Do not skip meals or go more than six waking hours without eating.

2 Eat liberally of combinations of fat and protein in the form of poultry, fish, shellfish, eggs and red meat, as well as pure, natural fat in the form of butter, mayonnaise, olive oil, safflower, sunflower and other vegetable oils (preferably expeller-pressed or cold-pressed).

3 Eat no more than 20 grams a day of carbohydrate, most of which must come in the form of salad greens and other vegetables. You can eat approximately three loosely packed cups of salad, or two cups of salad plus one cup of other vegetables (see Acceptable Foods).

4 Eat absolutely no fruit, bread, pasta, grains, starchy vegetables or dairy products other than cheese, cream or butter. Do not eat nuts or seeds in the first two weeks. Foods that combine protein and carbohydrates, such as chickpeas, kidney beans and other legumes, are not permitted at this time.

5 Eat nothing that isn't on the Acceptable Foods list. And that means absolutely nothing. Your "just this one taste won't hurt" rationalization is the kiss of failure during this phase of Atkins.

6 Adjust the quantity you eat to suit your appetite, especially as it decreases. When you're hungry, eat the amount that makes you feel satisfied, but not stuffed. When you're not hungry, eat a small controlled carbohydrate snack to accompany your nutritional supplements.

7 Don't assume any food is low in carbohydrate—instead, read labels. Check the carb count (it's on every package) or use a carbohydrate gram counter.

8 Eat out as often as you wish but be on guard for hidden carbs in gravies, sauces and dressings. Gravy is often made with flour or cornstarch, and sugar is sometimes an ingredient in salad dressing.

9. Avoid foods or drinks sweetened with aspartame. Instead, use sucralose or saccharin. Be sure to count each packet of any of these as 1 gram of carbs.

10 Avoid coffee, tea and soft drinks that contain caffeine. Excessive caffeine has been shown to cause low blood sugar, which can make you crave sugar.

11 Drink at least eight 8-ounce glasses of water each day to hydrate your body, avoid constipation and flush out the by-products of burning fat.

12 If you are constipated, mix a tablespoon or more of psyllium husks in a cup or more of water and drink daily. Or mix ground flaxseed into a shake or sprinkle wheat bran on a salad or vegetables.

13 At a minimum, take a good daily multivitamin with minerals, including potassium, magnesium and calcium, but without iron.

### **Acceptable Foods within Induction Stage**

These are the foods you may eat liberally during Induction:  
all fish all fowl all shellfish all meat all eggs

\*Oysters and mussels are higher in carbs than other shellfish, so limit them to four ounces per day.

\*\*Processed meats, such as ham, bacon, pepperoni, salami, hot dogs and other luncheon meats—and some fish—may be cured with added sugar and will contribute carbs. Try to avoid meat and fish products cured with nitrates, which are known carcinogens. Also beware of products that are not exclusively meat, fish or fowl, such as imitation fish, meatloaf and breaded foods. Finally, do not consume more than four ounces of organ meats a day.

## **OTHER FOODS THAT ARE ACCEPTABLE DURING INDUCTION**

### **Cheese**

*You can consume three to four ounces daily of the following full-fat, firm, soft and semisoft aged cheeses\*, including:*

cheddar  
cow, sheep and goat cheese  
cream cheese  
Gouda  
mozzarella  
Roquefort and other blue cheeses  
Swiss

\*All cheeses have some carbohydrate content. The quantity you eat should be governed by that knowledge.

### **Vegetables**

*You can have two to three cups per day of:*

alfalfa sprouts  
daikon  
mushrooms  
arugula  
endive  
parsley  
bok choy  
escarole  
peppers  
celery  
fennel  
radicchio  
chicory  
jicama  
radishes  
chives  
lettuce  
romaine lettuce  
cucumber  
mâche  
sorrel

These salad vegetables are high in phytonutrients and provide a good source of fiber.

### **Other Vegetables**

*You can have one cup per day of these veggies if salad does not exceed two cups. The following vegetables are slightly higher in carbohydrate content than the salad vegetables:*

artichoke  
celery root  
pumpkin  
artichoke hearts  
rhubarb  
asparagus  
chard  
sauerkraut  
bamboo shoots  
collard greens  
scallions  
dandelion  
snow peas  
bean sprouts  
dandelion greens  
spaghetti squash  
beet greens  
eggplant  
spinach  
broccoli  
hearts of palm  
string or wax beans  
broccoli rabe  
kale  
summer squash  
brussels  
kohlrabi  
tomato  
bean sprouts  
leeks  
turnips  
cabbage  
okra  
water chestnuts  
cauliflower  
onion  
zucchini

If a vegetable, such as spinach or tomato, cooks down significantly, it must be measured raw so as not to underestimate its carb count.

### **Salad Garnishes**

crumbled crisp bacon  
grated cheese  
minced hard-boiled egg  
sautéed mushrooms  
sour cream

### **Spices**

*All spices to taste, but make sure none contain added sugar.*

#### Herbs

basil  
garlic  
rosemary  
cayenne pepper  
ginger  
sage  
cilantro  
oregano  
tarragon  
dill  
pepper  
thyme

*For salad dressing, use oil and vinegar (but not balsamic vinegar, which contains sugar) or lemon juice and herbs and spices. Prepared salad dressings without added sugar and no more than two carbs per tablespoon serving are also fine.*

#### **Acceptable Fats and Oils**

Many fats, especially certain oils, are essential to good nutrition. Olive oil is particularly valuable. All other vegetable oils are allowed, the best being canola, walnut, soybean, grapeseed, sesame, sunflower and safflower oils, especially if they are labeled "cold-pressed" or "expeller-pressed." Do not cook polyunsaturated oils, such as corn, soybean and sunflower oil, at high temperatures or allow to brown or smoke.

Butter is allowed. Margarine should be avoided, not because of its carbohydrate content, but because it is usually made of trans fats (hydrogenated oils), which are a serious health hazard. (Some nonhydrogenated margarines are available in health-food stores.)

You don't have to remove the skin and fat from meat or fowl. Salmon and other cold-water fish are an excellent source of omega-3 fatty acids.

#### **Acceptable Beverages**

*Be sure to drink a minimum of eight eight-ounce glasses of water each day, including:*

Filtered water  
Mineral water  
Spring water  
Tap water

#### **Additionally, you can have the following:**

Cream, heavy or light (limit to two to three tablespoons a day; note carbohydrate content)

Decaffeinated coffee or tea\*

Diet soda made with sucralose (Splenda™); be sure to count the carbs



Essence-flavored seltzer (must say "no calories" and should not contain aspartame)  
Herb tea (without barley or any fruit sugar added)  
Lemon juice or lime juice (note that each contains 2.8 grams carbohydrate per ounce); limit to two to three tablespoons

### **Special Category Foods**

To add variety, each day you can also eat 10 to 20 olives, half a small avocado, an ounce of sour cream or three ounces of unsweetened heavy cream, as well as two to three tablespoons of lemon juice or lime juice. But be aware that these foods occasionally slow down weight loss in some people, and may need to be avoided in the first two weeks. If you seem to be losing slowly, moderate your intake of these foods.

### **Convenience Foods**

Although it is important that you eat primarily unprocessed foods, some controlled carb food products can come in handy when you are unable to find appropriate food, can't take time for a meal or need a quick snack. More and more companies are creating healthy food products that can be eaten during the Induction phase of Atkins. Just remember two things:

**Not all convenience food products are the same, so check labels and carbohydrate content.**

### **Snack Suggestions**

<http://www.atkinsdietbulletinboard.com/viewtopic.php?t=4432>

#### **pepperoni chips**

nuke pepperoni slices on paper towels, plate, or parchment paper until color change appears 1-2 minutes. Cool and they will be crispy like chips. carb count will depend on your brand of pepperoni

#### **cheese chips**

buy deli sliced cheese about as thick as the ones your mom used when you were a kid. Make sure it is cheese and not cheese food. Ask the counterperson to see the label and get your carb count. cut them in to 4 squares and nuke on parchment paper or a flat plate until bubbling all over. cool slightly and scrape off plate. When cooled completely you will have crisp chips like cheezits if you use cheddar. You can use any cheese you want but it won't work with the soft cheeses like mozzarella. Carb count will vary by cheese type.

### **3) Phase Two : Ongoing Weight Loss**

On the Atkins diet website it says you need "Your Own Private, Personal Number" - Basically what this means is that by the third week you can eat more carbohydrates, but the only person that can tell you how much you intake of these is yourself. On the 3<sup>rd</sup> week of the diet it is suggested that you

increase your intake of carbs from 20 grams a day to 25 grams a day, adding another salad or something similar. Try this for a week and if you continue to loose weight steadily then increase it to 30 grams – continue this process each week until you find one week where you have lost no weight. This is where you find what is called the CCLL (Critical Carbohydrate Level for Losing) – above it you will put weight on – below it and you will continue to loose.

Once you find your CCLL it is easier to plan and cook more meals, there are lots of resources for “low carb” meals on the internet, here is a few :

<http://www.verybestmeals.com/Recipes/LowCarbRecipes.aspx>

<http://www.carb-lite.au.com/>

<http://www.camacdonald.com/lc/LowCarbohydrateCooking-Recipes.htm>

<http://www.lowcarbohydraterecipes.net/>

<http://www.allrecipes.com/directory/4007.asp>

#### 4) **Keep going!**

The Atkins diet is said to be a “crash” diet, but that’s far from the truth. You choose the amount of time that you wish to do the on going weight loss for – be it the amount of time it takes you to loose a certain amount of weight, or a set time that you said you would do it for at the start of the diet. Once you have reached this target you could not to straight back to a high carbohydrate lifestyle – it is suggested that you keep adding about 10 grams of carbs a week – if you find you a putting weight back on then you should drop back down to your CCLL and try to find a better level again. It’s meant to work, but that remains to be soon – after seeing some of the before and after pictures of the Message Board (link at top of document) then I will certainly be trying this diet and hoping that it will be the start of a more healthy lifestyle.

**If you have any comments on this document please send them to [james@exwebjunkie.com](mailto:james@exwebjunkie.com)**

# Optimal Nutrition versus Atkins Diet

## Part 1

After 30 years since the Atkins diet was first publicised, some US scientists finally concluded that it could have some merits. A decision was made to set up clinical trials in which the effects of the Atkins diet would be assessed in overweight people and in those suffering from certain ailments. The results of these trials are to be known in 2005.

A few years back, in my books and publications, I wrote about the “new, revolutionary diet by Dr Atkins”. I have stressed that the Atkins diet is better than any other currently recommended diet, and in particular far better than any of those recommended by “the most renowned scientific institutions”, but has nothing in common with the Optimal Nutrition (ON), the nutritional model I devised over 30 years ago.

Dr Wolfgang Lutz, the Austrian medical practitioner and distinguished scientist, the author of the book “Life without bread”, whom a few years ago I personally familiarised with the principles of ON and the results achieved in its utilization in the treatment of a range of so-called ‘untreatable diseases’ recently wrote: “Dr Jan Kwasniewski, using extremely high amounts of fat in the diet, has been achieving for some 30 years now, results which are much better than any achieved by other types of low carbohydrate diets”.

### Too much protein!

Dr Atkins has read my book, published in English under the title “Homo Optimus” and asked for further materials. From the outset, Dr Atkins has been recommending a diet which is very high in protein, with a restricted intake, or even temporary elimination, of carbohydrates, a nutritional plan best described as a weight-loss diet. Under his dietary regimen, apart from the weight loss, some other health benefits have been achieved at times, but deleterious effects, including those endangering life, have also been reported. That is why some patients claimed that the Atkins diet led to a worsening of their health.

Recently, Dr Atkins described the daily ratios between main nutrients in his diet for the first and second stages of its implementation. These ratios were calculated as a percentage of total energy delivered in 24 hours by protein (P), fat (F) and carbohydrates (C), and were 36%, 53% and 8% in the first stage, and 26%, 41% and 33%, in the second stage, respectively. Calculated in terms of the weight (grams) of P, F and C these correspond to: 1:0.66:0.22 in the first stage, and 1:0.7:1.3 in the second stage, respectively. Thus as can be seen, Atkins diet was and still is very high in P, relatively low in F and very low in C, and as such, it differs remarkably from ON. The recommended daily ratio between P, F and C in the ON (calculated per 1kg of ideal bodyweight) is 1:3.5:0.8, and for an overweight person 1:2.5:0.8, until the bodyweight is stabilized in the normal range. These ratios converted into percentage of energy from P, F and C are: 10%, 82% and 8% and 12.5%, 77% and 10%, respectively. Thus, the supply of the main nutrients, P:F:C (in grams) for a daily energy intake set at 2000 Kcal is as follows:

- Atkins diet 1st stage - 190:120:40;
- Atkins diet 2nd stage - 130:91:135;
- Optimal Nutrition for overweight - 62:166:50;
- Optimal Nutrition for normal weight - 50:176:40.

### Very different diets

Even at the first glance, it is obvious that the Atkins diet and ON are very far apart, but even further apart are their effects in treatment of various diseases. A further difference stems from the fact that the ON was quite extensively tested in the 1980s on animals and

in patients diagnosed with narrowing of the coronary arteries, most of whom were overweight and also suffered from other serious ailments. This research was conducted in Poland by 11 professors and PhDs who with their teams worked under the supervision of professor H. Rafalski. These investigations were requested by the Polish Prime Minister and financed by the Ministry of Science, but greatly disrupted by the minister of Health and the Institute of Food and Nutrition. In the clinical study, all tested health parameters showed objective improvement after 6 months, many diseases abated, and not even a single case of negative findings was recorded. These results remain “hidden” to this day!

A program of further extensive clinical research on patients with various diseases was planned for years 1981 to 1985, and the Minister of Science, Education and Technology had already allocated the funds. However, the plan did not come to fruition. In December 1981, the Marshall Law was implemented in Poland, and as could be expected the money was needed for a different kind of “research”.

ON is the only known model of human nutrition based on science, with all other “diets” being based on beliefs or opinions of their creators.

Nutritional recommendations based on the present biochemical knowledge stipulate a daily requirement for protein of 30 to 40g, for carbohydrates of 50g to 100g, so the rest of daily energy needs should be supplied in the form of fat. It follows that fats delivering the most energy per unit of weight should take a preference in place of those delivering less of it, because exactly the same rules are applied to fuel in technology. One can believe or have an opinion that the fuel giving 11 Kcal from 1 gram is inferior to the fuel providing 4 Kcal from 1 gram, but that is only a belief or an opinion, and these are the results of a faulty structure and function of the human brain.

A faulty structure and performance of the human brain are the results of wrong nutrition practiced by the “owner” of a brain and they must be pathological when the nutritional model is not based on laws governing basic science.

### **The scientific bases**

Medical practitioner, Dr Przemyslaw Pala, himself on the ON for the last 5 years, wrote in a monthly magazine “Optymalni”, number 42, February 2003:

”Over the period of 5 years I have analyzed more than 6000 cases of patients who adopted the ON. Not a single one of them showed a negative effect in their health, but most had a significant improvement or a complete recovery from their disease including those, which up to now are considered incurable. For diabetes type1 of a reasonably short duration, abatement of symptoms occurs in a matter of a few days, or up to 2-3 weeks in 100% of cases. For a complicated, long-duration diabetes type1 and type 2, the “cure” rate is close to 90%, and in the remaining 10% of cases significant improvement is achieved between 3 weeks and 3 months for most patients. Asthma in children is normally cured only within 7 days, and in adults within 2 weeks. Rapid improvements are observed in patients with Buerger’s disease or atherosclerosis of lower limbs, with some showing up to 500% increase in the distance of lameness within 2 weeks of starting ON. The most rapid improvements are achieved in digestive tract ailments; there have been many cases of a “cure” or a significant improvement in patients with Multiple Sclerosis.”

These types of clinical results have not been seen in any clinic or in any country, and have not occurred after any known method of treatment. The Atkins diet most certainly cannot cure diabetes type 1 or any other serious disease, most of which are typically cured with the aid of ON.

**JAN KWASNIEWSKI**

## Background

While the concept for the Atkins Diet has been around for over a century, the diet in its current form surfaced just over 30 years ago. Along with similar diets, this style of diet has become the most popular one in America over the past several years. Walk into any bookstore or nutrition shop and there is a good chance you will see a new edition of the Atkins Diet book near the front of the store. Recently, nutritionists and other health authorities have had extremely emotional debates about the diet. It seems almost absurd that a “scientific” debate could elicit so much primal

## Definition of the Diet

***What exactly is the Atkins Diet?*** To sum it up, it is a high protein, high fat, low carbohydrate and low calorie diet. Similar high protein, low carbohydrate versions of it include, the Eades, Sears, Heller, Mayo (not related to the Mayo Clinic), and Suzanne Somer’s diets. The specific regimen of the Atkins Diet includes eating as much fat and protein as you would like during the first two weeks (including eggs, bacon, beef, butter and cheese) but limiting yourself to 20 grams or less of carbohydrates a day. These carbohydrates cannot come from grains,

# What is the Atkins Diet?

emotion when science is supposed to be factual, but this debate most certainly does. Those opposed to the Atkins Diet argue that it is dangerous and irresponsible, while those advocating the diet believe it is safe and effective.

***Why has the Atkins Diet received so much attention?*** Established nutritional wisdom (USDA Guidelines) argues in favor of a diet rich in carbohydrates while the Atkins position is quite the opposite. As obesity becomes an epidemic in America, more and more people are showing skepticism towards the USDA’s current nutrition position. The Atkins diet and others like it have achieved results for many people, but are these results potentially harmful in the long run? The bottom line is that only you can decide whether the Atkins diet is an appropriate diet, and for how long.

rice, bread, fruit, milk, or starchy vegetables, but must come from specifically chosen vegetables. This is followed by general “maintenance”, which suggests an increase in carbohydrate intake to 40 to 90 grams a day.

## Benefits

During the initial phase, dramatic weight loss often occurs. People who have tried and failed with many other diets find that they can lose weight on the Atkins Diet. In addition, the diet affirms the desire for many Americans to satisfy their need for highly pleasurable foods with the exception of sweets and other off limit carbohydrates. It provides hope to the so-called “carbohydrate dropouts” and Americans raised on comfort foods find positive reinforcement for many of the foods they ate growing up.

## Problems

Dehydration is a significant problem for certain people on the diet. Water weight is one of the main components of the weight loss, in addition to body fat, and this dehydration can cause lack of energy, especially in individuals who don't drink plenty of water.

The Atkins Diet is known as a “ketogenic” diet, which comes from the term ketosis. Ketosis is the scientific name of what happens to the body when deprived of adequate calories. Ketosis can cause reduction of appetite, dizziness, weakness, headaches, nausea and constipation. This reduction in appetite can be beneficial for short-term weight loss, but the hazards are real. Ketosis poses several health hazards if it continues for a long time, which includes increasing the risk for kidney stones and gout. Other problems can follow from long-term adherence to the Atkins Diet. There is the possibility of increasing the LDL (bad cholesterol), which could lead to cardiovascular problems. As well, there is the problem of losing calcium, which can increase the risk of osteoporosis.



## The Bottom Line on the Atkins Diet

According to leading public health experts, the Atkins Diet can be beneficial for weight loss if followed for a month or less if you drink plenty of water and take the recommended supplements. However, for the long term, there is much disagreement about whether it is safe or effective because of the diet's potentially high level of saturated fat (a known cause of heart

disease), and links with osteoporosis, gout, and Kidney stones. In the end, the decision to follow the Atkins Diet is a personal one and should only be followed once significant research has been done.

## Recommendations for Healthy Living

Try to substitute whole grain products (oats, whole wheat products) in place of refined grain products and eat several servings a week of deep-water fish (tuna, salmon, etc.) and use mono/polyunsaturated vegetable oils (olive, canola). You should also continue to eat a wide variety of foods and consume at least 5 servings of fruits and vegetables a day. Participate in cardiovascular exercise (walking, jogging, cycling, swimming) four or more days a week for 30 minutes a day, balance your caloric intake with your activity level, have a yearly physical and discuss your health with your physician often. The Atkins diet and similar programs may get you motivated, but no nutritional program can compensate for lack of exercise and lack of controlling stress.

Philip Nikpour, M.S.  
Health Educator

Additional information about the Atkins diet can be found at the Atkins Center's website at:

<http://www.atkinscenter.com>



FEEL THE ATKINS CHANGE™

## Carb Gram Counter

| Portion                         | Food item   | Total Carbs (g) | Fiber (g) | Net Carbs (g) | Fat (g) | Protein (g) | Calories |
|---------------------------------|---|-----------------|-----------|---------------|---------|-------------|----------|
| <b>CHEESES</b>                  |   |                 |           |               |         |             |          |
| 1.00 piece                      | American Cheese, 2/3 oz. slice                            | 0.3             | 0         | 0.3           | 6.6     | 4.7         | 79       |
| 2.00 tbs                        | Blue Cheese, crumbled                                     | 0.4             | 0         | 0.4           | 4.8     | 3.6         | 60       |
| 2.00 tbs                        | Cheddar Cheese-Shredded                                   | 0.2             | 0         | 0.2           | 4.7     | 3.5         | 57       |
| 2.00 tbs                        | Cream Cheese  | 0.8             | 0         | 0.8           | 10.1    | 2.2         | 101      |
| 0.50 cup                        | Creamed Cottage Cheese-Small Curd                         | 2.8             | 0         | 2.8           | 4.7     | 13.1        | 109      |
| 2.00 tbs                        | Feta Cheese, crumbled                                     | 0.8             | 0         | 0.8           | 4.0     | 2.7         | 49       |
| 2.00 tbs                        | Fontina Cheese-Shredded                                   | 0.2             | 0         | 0.2           | 4.2     | 3.5         | 53       |
| 2.00 tbs                        | Goat Cheese-Soft Type                                     | 0.3             | 0         | 0.3           | 6.5     | 5.7         | 82       |
| 1.00 oz-wt                      | Mascarpone Cheese   | 0.6             | 0         | 0.6           | 13.2    | 2.0         | 126      |
| 2.00 tbs                        | Monterey Jack Cheese-Shredded                             | 0.1             | 0         | 0.1           | 4.3     | 3.5         | 53       |
| 2.00 tbs                        | Mozzarella Cheese-Whole Milk-Shredded                     | 0.3             | 0         | 0.3           | 3.1     | 2.7         | 40       |
| 2.00 tbs                        | Muenster Cheese-Shredded                                  | 0.2             | 0         | 0.2           | 4.2     | 3.3         | 52       |
| 2.00 tbs                        | Parmesan Cheese-Shredded                                  | 0.3             | 0         | 0.3           | 2.7     | 3.8         | 42       |
| 1.00 oz-wt                      | Provolone Cheese-Diced                                    | 0.6             | 0         | 0.6           | 7.5     | 7.3         | 100      |
| 0.25 cup                        | Ricotta Cheese-Whole Milk                                 | 1.9             | 0         | 1.9           | 8.0     | 6.9         | 107      |
| 2.00 tbs                        | Swiss Cheese-Shredded                                     | 0.5             | 0         | 0.5           | 3.7     | 3.8         | 51       |
| <b>MILK, CREAM &amp; BUTTER</b> |   |                 |           |               |         |             |          |
| 1.00 tsp                        | Butter  | 0.0             | 0         | 0.0           | 3.8     | 0.0         | 34       |
| 1.00 cup                        | Buttermilk, 1% lowfat                                     | 13.0            | 0         | 13.0          | 2.5     | 9.0         | 110      |
| 2.00 tbs                        | Half and Half Cream                                       | 1.0             | 0         | 1.0           | 3.0     | 1.0         | 40       |
| 2.00 tbs                        | Heavy Whipping Cream                                      | 0.8             | 0         | 0.8           | 11.0    | 0.6         | 103      |
| 1.00 cup                        | Milk, 2%  | 11.7            | 0         | 11.7          | 4.7     | 8.1         | 121      |
| 1.00 cup                        | Milk, Whole   | 11.4            | 0         | 11.4          | 8.1     | 8.0         | 150      |
| 2.00 tbs                        | Sour Cream  | 1.2             | 0         | 1.2           | 6.0     | 0.9         | 62       |
| 1.00 tsp                        | Whipped Butter  | 0.0             | 0         | 0.0           | 2.6     | 0.0         | 23       |
| 1.00 cup                        | Yogurt, lowfat, plain                                     | 17.2            | 0         | 17.2          | 3.8     | 12.9        | 155      |
| 1.00 cup                        | Yogurt, whole milk, plain                                 | 11.4            | 0         | 11.4          | 8.0     | 8.5         | 150      |
| <b>BEEF &amp; VEAL</b>          |   |                 |           |               |         |             |          |
| 6.00 oz-wt                      | Beef Brisket  | 0.0             | 0         | 0.0           | 43.2    | 41.8        | 569      |
| 6.00 oz-wt                      | Beef Chuck  | 0.0             | 0         | 0.0           | 31.6    | 50.1        | 498      |
| 6.00 oz-wt                      | Beef Eye Round  | 0.0             | 0         | 0.0           | 24.0    | 45.2        | 410      |
| 1.00 oz-wt                      | Beef Jerky  | 3.1             | 0.5       | 2.6           | 7.3     | 9.4         | 116      |
| 6.00 oz-wt                      | Beef Short Ribs   | 0.0             | 0         | 0.0           | 71.4    | 36.7        | 801      |
| 6.00 oz-wt                      | Beef Tenderloin   | 0.0             | 0         | 0.0           | 41.8    | 40.7        | 551      |
| 6.00 oz-wt                      | Beef, Ground, Chuck                                       | 0.0             | 0         | 0.0           | 44.0    | 38.9        | 562      |
| 6.00 oz-wt                      | Beef, Ground, Round                                       | 0.0             | 0         | 0.0           | 28.1    | 46.7        | 454      |
| 6.00 oz-wt                      | Calf Liver  | 10.4            | 0         | 10.4          | 9.9     | 40.5        | 304      |
| 6.00 oz-wt                      | Chuck Eye Steak   | 0.0             | 0         | 0.0           | 41.1    | 46.2        | 568      |
| 6.00 oz-wt                      | Corned Beef Brisket                                       | 0.3             | 0         | 0.3           | 33.8    | 33.3        | 449      |
| 6.00 oz-wt                      | Cubed steak   | 0.0             | 0         | 0.0           | 8.3     | 53.9        | 306      |
| 2.00 oz-wt                      | Frankfurter, Beef   | 1.1             | 0         | 1.1           | 16.6    | 7.2         | 185      |
| 6.00 oz-wt                      | Ground Veal   | 0.0             | 0         | 0.0           | 12.9    | 41.5        | 293      |
| 6.00 oz-wt                      | Meas Raw Boneless: Beef Steak-Shell-All-Lean-1/4"Trim-Brd | 0.0             | 0         | 0.0           | 11.8    | 36.0        | 261      |
| 6.00 oz-wt                      | Prime Rib   | 0.0             | 0         | 0.0           | 56.4    | 36.9        | 667      |
| 6.00 oz-wt                      | Rib Eye Roast   | 0.0             | 0         | 0.0           | 37.8    | 42.4        | 522      |

|      |       |                   |     |   |     |      |      |     |
|------|-------|-------------------|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Rib Eye Steak     | 0.0 | 0 | 0.0 | 19.9 | 47.7 | 383 |
| 6.00 | oz-wt | Roast Beef, Deli  | 2.3 | 0 | 2.3 | 5.2  | 34.3 | 193 |
| 6.00 | oz-wt | Shell Steak       | 0.0 | 0 | 0.0 | 21.3 | 64.9 | 469 |
| 6.00 | oz-wt | Sirloin Steak     | 0.0 | 0 | 0.0 | 13.6 | 51.7 | 344 |
| 6.00 | oz-wt | Skirt Steak       | 0.0 | 0 | 0.0 | 54.7 | 61.6 | 758 |
| 6.00 | oz-wt | Top Loin          | 0.0 | 0 | 0.0 | 12.1 | 51.0 | 327 |
| 6.00 | oz-wt | Top Sirloin       | 0.0 | 0 | 0.0 | 30.4 | 44.2 | 463 |
| 6.00 | oz-wt | Veal Arm Shoulder | 0.0 | 0 | 0.0 | 13.1 | 40.4 | 291 |
| 6.00 | oz-wt | Veal Breast       | 0.0 | 0 | 0.0 | 33.5 | 39.6 | 472 |
| 6.00 | oz-wt | Veal Cutlet       | 0.0 | 0 | 0.0 | 30.4 | 53.4 | 502 |
| 6.00 | oz-wt | Veal Loin         | 0.0 | 0 | 0.0 | 30.4 | 53.4 | 502 |
| 6.00 | oz-wt | Veal Rib Chop     | 0.0 | 0 | 0.0 | 22.2 | 38.0 | 362 |
| 6.00 | oz-wt | Veal Round Steak  | 0.0 | 0 | 0.0 | 7.0  | 47.6 | 265 |
| 6.00 | oz-wt | Veal Scallops     | 0.0 | 0 | 0.0 | 6.3  | 52.2 | 279 |
| 6.00 | oz-wt | Veal Shank        | 0.0 | 0 | 0.0 | 7.9  | 43.4 | 256 |
| 6.00 | oz-wt | Veal Stew Meat    | 0.0 | 0 | 0.0 | 13.4 | 40.2 | 292 |

### LAMB

|      |       |                       |     |   |     |      |      |     |
|------|-------|-----------------------|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Ground Lamb           | 0.0 | 0 | 0.0 | 30.3 | 38.2 | 436 |
| 6.00 | oz-wt | Lamb Rib Chops        | 0.0 | 0 | 0.0 | 50.3 | 37.6 | 614 |
| 6.00 | oz-wt | Lamb Shoulder         | 0.0 | 0 | 0.0 | 12.6 | 46.2 | 312 |
| 6.00 | oz-wt | Lamb Stew Meat        | 0.0 | 0 | 0.0 | 15.0 | 57.3 | 379 |
| 6.00 | oz-wt | Leg of Lamb, bone in  | 0.0 | 0 | 0.0 | 8.2  | 30.0 | 203 |
| 6.00 | oz-wt | Rack of Lamb, bone in | 0.0 | 0 | 0.0 | 9.9  | 19.5 | 173 |

### POULTRY

|      |       |   |     |   |     |      |      |     |
|------|-------|---|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Chicken Breast Cutlet                     | 0.0 | 0 | 0.0 | 12.7 | 48.7 | 322 |
| 6.00 | oz-wt | Chicken Breast, boneless                  | 0.0 | 0 | 0.0 | 12.7 | 48.7 | 322 |
| 1.00 | each  | Chicken leg                               | 0.0 | 0 | 0.0 | 15.4 | 29.7 | 265 |
| 1.00 | each  | Chicken Thigh                             | 0.0 | 0 | 0.0 | 9.6  | 15.5 | 153 |
| 6.00 | oz-wt | Chicken Thigh, boneless                   | 0.0 | 0 | 0.0 | 34.6 | 39.2 | 479 |
| 6.00 | oz-wt | Chicken Thigh, skinless, boneless         | 0.0 | 0 | 0.0 | 8.9  | 44.6 | 270 |
| 1.00 | each  | Chicken Wing                              | 0.0 | 0 | 0.0 | 6.6  | 9.1  | 99  |
| 6.00 | oz-wt | Chicken, ground                           | 0.0 | 0 | 0.0 | 22.5 | 40.2 | 374 |
| 6.00 | oz-wt | Chicken, light and dark, roasted, chopped | 0.0 | 0 | 0.0 | 12.6 | 49.2 | 323 |
| 6.00 | oz-wt | Chicken, whole                            | 0.1 | 0 | 0.1 | 14.7 | 29.8 | 260 |
| 2.00 | oz-wt | Chicken/turkey sausage                    | 0.3 | 0 | 0.3 | 6.4  | 9.6  | 97  |
| 6.00 | oz-wt | Cornish Game Hen                          | 0.0 | 0 | 0.0 | 26.1 | 31.9 | 372 |
| 6.00 | oz-wt | Duck breast, skinless                     | 0.0 | 0 | 0.0 | 9.6  | 45.0 | 279 |
| 6.00 | oz-wt | Duck, whole                               | 0.0 | 0 | 0.0 | 89.2 | 26.1 | 916 |
| 6.00 | oz-wt | Goose, whole                              | 0.0 | 0 | 0.0 | 23.6 | 27.1 | 329 |
| 6.00 | oz-wt | Turkey breast cutlet                      | 0.0 | 0 | 0.0 | 1.5  | 59.3 | 266 |
| 6.00 | oz-wt | Turkey Breast, skinless, boneless         | 0.0 | 0 | 0.0 | 1.5  | 59.3 | 266 |
| 6.00 | oz-wt | Turkey, ground                            | 0.0 | 0 | 0.0 | 21.2 | 44.1 | 378 |
| 6.00 | oz-wt | Turkey, whole                             | 0.1 | 0 | 0.1 | 12.2 | 36.1 | 264 |

### PORK

|      |       |                       |     |   |     |      |      |     |
|------|-------|-----------------------|-----|---|-----|------|------|-----|
| 3.00 | piece | Bacon                 | 0.1 | 0 | 0.1 | 9.4  | 5.8  | 109 |
| 3.00 | piece | Canadian Bacon        | 0.9 | 0 | 0.9 | 5.9  | 16.9 | 129 |
| 6.00 | oz-wt | Ground Pork           | 0.0 | 0 | 0.0 | 33.4 | 41.4 | 478 |
| 6.00 | oz-wt | Ham, boneless         | 0.0 | 0 | 0.0 | 15.3 | 38.5 | 303 |
| 2.00 | oz-wt | Kielbasa              | 0.8 | 0 | 0.8 | 17.2 | 7.6  | 191 |
| 1.00 | oz-wt | Pancetta              | 0.2 | 0 | 0.2 | 14.0 | 8.6  | 163 |
| 6.00 | oz-wt | Pork Chop, center cut | 0.0 | 0 | 0.0 | 9.7  | 34.9 | 237 |
| 2.00 | oz-wt | Pork frankfurter      | 1.4 | 0 | 1.4 | 16.5 | 6.4  | 181 |
| 6.00 | oz-wt | Pork Loin Chops       | 0.0 | 0 | 0.0 | 32.4 | 27.9 | 412 |
| 6.00 | oz-wt | Pork Loin Roas        | 0.0 | 0 | 0.0 | 19.7 | 36.4 | 333 |
| 6.00 | oz-wt | Pork loin, boneless   | 0.0 | 0 | 0.0 | 24.9 | 46.1 | 422 |
| 2.00 | each  | Pork Sausage          | 2.0 | 0 | 2.0 | 34.4 | 26.8 | 433 |
| 6.00 | oz-wt | Pork Spareribs        | 0.0 | 0 | 0.0 | 51.5 | 49.4 | 675 |



|      |       |                 |     |   |     |      |      |     |
|------|-------|-----------------|-----|---|-----|------|------|-----|
| 6.00 | oz-wt | Pork Tenderloin | 0.0 | 0 | 0.0 | 8.2  | 47.9 | 279 |
| 6.00 | oz-wt | Prosciutto      | 0.9 | 0 | 0.9 | 13.0 | 37.4 | 281 |

### LUNCH MEATS

|      |       |                |     |   |     |      |      |     |
|------|-------|----------------|-----|---|-----|------|------|-----|
| 3.00 | oz-wt | Beef Bologna   | 0.7 | 0 | 0.7 | 24.2 | 10.4 | 265 |
| 3.00 | oz-wt | Beef Salami    | 2.4 | 0 | 2.4 | 17.6 | 12.8 | 223 |
| 3.00 | oz-wt | BeefPastrami   | 2.6 | 0 | 2.6 | 24.8 | 14.7 | 297 |
| 3.00 | oz-wt | Deli ham       | 1.5 | 0 | 1.5 | 2.3  | 13.7 | 91  |
| 3.00 | oz-wt | Pork Bologna   | 0.6 | 0 | 0.6 | 16.9 | 13.0 | 210 |
| 3.00 | oz-wt | Pork Salami    | 1.4 | 0 | 1.4 | 28.7 | 19.2 | 346 |
| 3.00 | oz-wt | Turkey Bologna | 0.8 | 0 | 0.8 | 12.9 | 11.7 | 169 |
| 3.00 | oz-wt | Turkey Breast  | 0.0 | 0 | 0.0 | 6.0  | 21.3 | 162 |
| 3.00 | oz-wt | Turkey Roll    | 0.5 | 0 | 0.5 | 6.1  | 15.9 | 125 |

### SEAFOOD

|      |       |                              |      |   |      |      |      |     |
|------|-------|------------------------------|------|---|------|------|------|-----|
| 1.00 | oz-wt | Anchovies in Oil-Cnd-Drained | 0.0  | 0 | 0.0  | 2.8  | 8.2  | 60  |
| 6.00 | oz-wt | Bluefish                     | 0.0  | 0 | 0.0  | 9.3  | 43.7 | 270 |
| 6.00 | oz-wt | Catfish                      | 0.0  | 0 | 0.0  | 17.2 | 35.3 | 306 |
| 6.00 | oz-wt | Clams, canned                | 8.7  | 0 | 8.7  | 3.3  | 43.5 | 252 |
| 6.00 | oz-wt | Cod                          | 0.0  | 0 | 0.0  | 1.5  | 38.8 | 179 |
| 3.00 | oz-wt | Cod, salted                  | 0.0  | 0 | 0.0  | 2.0  | 53.4 | 247 |
| 6.00 | oz-wt | Conch                        | 26.4 | 0 | 26.4 | 1.4  | 81.1 | 468 |
| 6.00 | oz-wt | Crab meat                    | 0.0  | 0 | 0.0  | 3.0  | 34.4 | 174 |
| 6.00 | oz-wt | Crab, canned                 | 0.0  | 0 | 0.0  | 2.1  | 34.9 | 168 |
| 6.00 | oz-wt | Crab, steamed                | 0.0  | 0 | 0.0  | 3.0  | 34.4 | 174 |
| 6.00 | oz-wt | Halibut                      | 0.0  | 0 | 0.0  | 5.2  | 47.2 | 249 |
| 6.00 | oz-wt | Lobster meat                 | 2.2  | 0 | 2.2  | 1.0  | 34.9 | 167 |
| 6.00 | oz-wt | Lobster, whole               | 2.2  | 0 | 2.2  | 1.0  | 34.9 | 167 |
| 6.00 | oz-wt | Mackerel                     | 0.0  | 0 | 0.0  | 30.3 | 40.6 | 446 |
| 6.00 | oz-wt | Mahi mahi                    | 0.0  | 0 | 0.0  | 1.6  | 42.0 | 193 |
| 6.00 | oz-wt | Mussels                      | 8.4  | 0 | 8.4  | 5.1  | 27.0 | 195 |
| 6.00 | oz-wt | Oysters                      | 12.5 | 0 | 12.5 | 3.5  | 11.8 | 134 |
| 6.00 | oz-wt | Salmon steak                 | 0.0  | 0 | 0.0  | 24.6 | 45.1 | 415 |
| 6.00 | oz-wt | Salmon, smoked               | 0.0  | 0 | 0.0  | 7.3  | 31.1 | 199 |
| 6.00 | oz-wt | Scallops                     | 3.9  | 0 | 3.9  | 5.4  | 27.7 | 182 |
| 6.00 | oz-wt | Scrod                        | 0.0  | 0 | 0.0  | 1.5  | 38.8 | 179 |
| 6.00 | oz-wt | Shrimp                       | 0.0  | 0 | 0.0  | 1.8  | 35.6 | 168 |
| 6.00 | oz-wt | Smoked fish                  | 0.0  | 0 | 0.0  | 34.3 | 30.0 | 437 |
| 6.00 | oz-wt | Snapper                      | 0.0  | 0 | 0.0  | 3.0  | 46.5 | 227 |
| 6.00 | oz-wt | Squid                        | 7.0  | 0 | 7.0  | 3.1  | 35.3 | 209 |
| 6.00 | oz-wt | Trout                        | 0.0  | 0 | 0.0  | 12.2 | 41.3 | 287 |
| 6.00 | oz-wt | Tuna filet                   | 0.0  | 0 | 0.0  | 2.2  | 53.0 | 245 |
| 6.00 | oz-wt | Tuna steak                   | 0.0  | 0 | 0.0  | 2.2  | 53.0 | 245 |
| 6.00 | oz-wt | Tuna, canned, oil packed     | 0.0  | 0 | 0.0  | 14.0 | 49.6 | 337 |
| 6.00 | oz-wt | Tuna, canned, water packed   | 0.0  | 0 | 0.0  | 1.4  | 43.4 | 197 |

### EGGS

|      |      |            |     |   |     |     |     |    |
|------|------|------------|-----|---|-----|-----|-----|----|
| 1.00 | each | Egg White  | 0.3 | 0 | 0.3 | 0.0 | 3.5 | 17 |
| 1.00 | each | Egg Yolk   | 0.3 | 0 | 0.3 | 5.1 | 2.8 | 59 |
| 1.00 | each | Egg, whole | 0.6 | 0 | 0.6 | 5.3 | 6.3 | 78 |

### FATS, OILS & DRESSINGS

|      |     |                                 |     |     |     |      |     |     |
|------|-----|---------------------------------|-----|-----|-----|------|-----|-----|
| 1.00 | tsp | Corn Oil                        | 0.0 | 0   | 0.0 | 4.5  | 0.0 | 40  |
| 1.00 | tsp | Mayonnaise                      | 0.1 | 0   | 0.1 | 3.7  | 0.1 | 33  |
| 1.00 | tsp | Olive Oil                       | 0.0 | 0   | 0.0 | 4.5  | 0.0 | 40  |
| 2.00 | tbs | Salad Dressing, blue cheese     | 2.3 | 0   | 2.3 | 16.0 | 1.5 | 154 |
| 2.00 | tbs | Salad Dressing, caesar          | 0.6 | 0.1 | 0.5 | 10.5 | 2.8 | 107 |
| 2.00 | tbs | Salad Dressing, Italian         | 3.0 | 0   | 3.0 | 14.2 | 0.2 | 137 |
| 2.00 | tbs | Salad Dressing, ranch           | 1.4 | 0   | 1.4 | 11.3 | 0.9 | 109 |
| 2.00 | tbs | Salad Dressing, thousand island | 4.8 | 0   | 4.8 | 11.2 | 0.3 | 118 |
| 1.00 | tsp | Sesame Oil                      | 0.0 | 0   | 0.0 | 4.5  | 0.0 | 40  |

**TOFU**

|      |       |              |     |     |     |     |      |     |
|------|-------|--------------|-----|-----|-----|-----|------|-----|
| 8.00 | fl oz | Soy Milk     | 4.4 | 3.2 | 1.2 | 4.7 | 6.7  | 81  |
| 4.00 | oz-wt | Tofu, firm   | 4.9 | 2.6 | 2.2 | 9.9 | 17.9 | 164 |
| 4.00 | oz-wt | Tofu, silken | 3.3 | 0.1 | 3.2 | 3.1 | 5.4  | 62  |

**BEANS**

|      |     |                         |      |     |      |     |      |     |
|------|-----|-------------------------|------|-----|------|-----|------|-----|
| 0.50 | cup | Baby Lima Beans         | 21.2 | 7.0 | 14.2 | 0.3 | 7.3  | 115 |
| 0.50 | cup | Black Beans             | 20.4 | 7.5 | 12.9 | 0.5 | 7.6  | 114 |
| 0.50 | cup | Blackeyed Peas          | 17.9 | 5.6 | 12.3 | 0.5 | 6.6  | 100 |
| 0.50 | cup | CA Red Kidney Beans     | 19.8 | 8.2 | 11.6 | 0.1 | 8.1  | 110 |
| 0.50 | cup | Chickpea/Garbanzo Beans | 22.5 | 6.2 | 16.2 | 2.1 | 7.3  | 134 |
| 0.50 | cup | Great Northern Beans    | 18.7 | 6.2 | 12.5 | 0.4 | 7.4  | 104 |
| 2.00 | tbs | Hummos/Hummus           | 6.2  | 1.6 | 4.6  | 2.6 | 1.5  | 53  |
| 0.50 | cup | Lentils                 | 19.9 | 7.8 | 12.1 | 0.4 | 8.9  | 115 |
| 0.50 | cup | Navy Beans              | 23.9 | 5.8 | 18.1 | 0.5 | 7.9  | 129 |
| 0.50 | cup | Pink Beans              | 23.6 | 4.5 | 19.1 | 0.4 | 7.7  | 126 |
| 0.50 | cup | Pinto Beans             | 18.0 | 7.0 | 11.0 | 1.0 | 7.0  | 110 |
| 0.50 | cup | Soybeans                | 9.9  | 3.8 | 6.2  | 5.8 | 11.1 | 127 |

**NUTS & SEEDS**

|      |      |                        |      |     |      |      |     |     |
|------|------|------------------------|------|-----|------|------|-----|-----|
| 2.00 | tbs  | Almond Butter          | 6.8  | 1.2 | 5.6  | 18.9 | 4.8 | 203 |
| 2.00 | tbs  | Almonds, slivered      | 3.3  | 1.6 | 1.7  | 8.6  | 3.5 | 102 |
| 2.00 | tbs  | Almonds, whole         | 3.6  | 2.2 | 1.4  | 8.9  | 3.7 | 106 |
| 6.00 | each | Chestnuts, roasted     | 26.7 | 2.6 | 24.2 | 1.1  | 1.6 | 124 |
| 2.00 | tbs  | Hazelnuts, Chopped     | 2.4  | 1.4 | 1.0  | 8.7  | 2.1 | 90  |
| 2.00 | tbs  | Hazelnuts, Whole       | 2.8  | 1.6 | 1.2  | 10.3 | 2.5 | 106 |
| 2.00 | tbs  | Macadamia Nuts         | 2.3  | 1.4 | 0.9  | 12.7 | 1.3 | 120 |
| 2.00 | tbs  | Peanut Butter, natural | 6.9  | 2.1 | 4.8  | 15.9 | 7.7 | 187 |
| 2.00 | tbs  | Peanut Butter, regular | 6.2  | 1.9 | 4.3  | 16.3 | 8.1 | 190 |
| 2.00 | tbs  | Peanuts                | 3.4  | 1.7 | 1.8  | 8.9  | 4.7 | 105 |
| 2.00 | tbs  | Pecans, chopped        | 2.1  | 1.4 | 0.6  | 10.7 | 1.4 | 103 |
| 2.00 | tbs  | Pine Nuts              | 2.4  | 0.8 | 1.7  | 8.6  | 4.1 | 96  |
| 2.00 | tbs  | Pistachio Nuts         | 4.7  | 1.6 | 3.1  | 6.9  | 3.3 | 88  |
| 2.00 | tbs  | Pumpkin Seeds          | 3.1  | 0.7 | 2.4  | 7.9  | 4.2 | 93  |
| 2.00 | tbs  | Sunflower Seeds        | 3.4  | 1.9 | 1.5  | 8.9  | 4.1 | 103 |
| 2.00 | tbs  | Walnuts, chopped       | 2.1  | 1.0 | 1.1  | 9.8  | 2.3 | 98  |
| 2.00 | tbs  | Walnuts, halves        | 1.7  | 0.8 | 0.9  | 8.2  | 1.9 | 82  |

**BAKING PRODUCTS**

|      |       |                              |      |     |      |      |     |     |
|------|-------|------------------------------|------|-----|------|------|-----|-----|
| 2.00 | tbs   | All Purpose White Flour      | 11.9 | 0.4 | 11.5 | 0.2  | 1.6 | 57  |
| 1.00 | tsp   | Atkins Thicken/Thin          | 1.5  | 1.5 | 0.0  | 0.0  | 0.1 | 6   |
| 1.00 | oz-wt | Baking Chocolate,unsweetened | 8.0  | 4.4 | 3.7  | 15.7 | 2.9 | 148 |
| 0.50 | tsp   | Baking Powder                | 0.6  | 0.0 | 0.6  | 0.0  | 0.0 | 1   |
| 0.50 | tsp   | Baking Soda                  | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 0   |
| 2.00 | tbs   | Chocolate Chips, semisweet   | 13.3 | 1.2 | 12.0 | 6.3  | 0.9 | 101 |
| 0.50 | tsp   | Cinnamon                     | 0.9  | 0.6 | 0.3  | 0.0  | 0.0 | 3   |
| 0.50 | tsp   | Cocoa Powder, unsweetened    | 0.5  | 0.3 | 0.2  | 0.1  | 0.2 | 3   |
| 2.00 | tbs   | Coconut Milk-Canned          | 0.8  | 0.3 | 0.5  | 6.0  | 0.6 | 56  |
| 2.00 | tbs   | Coconut, dried, unsweetened  | 2.4  | 1.6 | 0.8  | 6.3  | 0.7 | 64  |
| 2.00 | tbs   | Cornmeal                     | 13.4 | 1.3 | 12.1 | 0.3  | 1.5 | 63  |
| 1.00 | each  | Gelatin, unsweetened         | 0.0  | 0.0 | 0.0  | 0.0  | 6.0 | 23  |
| 1.00 | tsp   | Ghee                         | 0.0  | 0.0 | 0.0  | 4.2  | 0.0 | 37  |
| 1.00 | tsp   | Margarine                    | 0.0  | 0.0 | 0.0  | 3.8  | 0.0 | 34  |
| 1.00 | tbs   | Molasses                     | 12.5 | 0.0 | 12.5 | 0.0  | 0.0 | 48  |
| 1.00 | tsp   | Sugar, brown                 | 4.5  | 0.0 | 4.5  | 0.0  | 0.0 | 17  |
| 1.00 | tsp   | Sugar, white                 | 4.2  | 0.0 | 4.2  | 0.0  | 0.0 | 16  |

**GRAINS**

|      |     |                     |      |     |      |     |     |    |
|------|-----|---------------------|------|-----|------|-----|-----|----|
| 0.50 | cup | Bulgur Wheat-Cooked | 16.9 | 4.1 | 12.8 | 0.2 | 2.8 | 76 |
| 2.00 | tbs | Cornmeal            | 11.7 | 1.1 | 10.6 | 0.5 | 1.2 | 55 |
| 0.50 | cup | Couscous-Cooked     | 18.2 | 1.1 | 17.1 | 0.1 | 3.0 | 88 |
| 0.50 | cup | Hominy-Cooked       | 11.8 | 2.1 | 9.7  | 0.7 | 1.2 | 59 |

|      |     |                       |      |     |      |     |      |     |
|------|-----|-----------------------|------|-----|------|-----|------|-----|
| 0.50 | cup | Kasha-Cooked          | 74.3 | 9.4 | 64.8 | 2.7 | 11.6 | 343 |
| 0.50 | cup | Millet-Cooked         | 28.4 | 1.6 | 26.8 | 1.2 | 4.2  | 143 |
| 2.00 | tbs | Oat Bran-Dry          | 7.8  | 1.8 | 6.0  | 0.8 | 2.0  | 29  |
| 0.50 | cup | Pearled Barley-Cooked | 22.2 | 3.0 | 19.2 | 0.3 | 1.8  | 97  |
| 0.25 | cup | Quinoa Grain-Dry      | 29.3 | 2.5 | 26.8 | 2.5 | 5.6  | 159 |
| 0.50 | cup | Rice, brown, cooked   | 22.4 | 1.8 | 20.6 | 0.9 | 2.5  | 108 |
| 0.50 | cup | Rice, white, cooked   | 22.3 | 0.3 | 21.9 | 0.2 | 2.1  | 103 |
| 0.50 | cup | Rice, wild, cooked    | 17.5 | 1.5 | 16.0 | 0.3 | 3.3  | 83  |
| 2.00 | tbs | Wheat Germ-Toasted    | 7.0  | 1.8 | 5.2  | 1.5 | 4.1  | 54  |

### CEREALS

|      |     |                             |      |     |      |     |     |     |
|------|-----|-----------------------------|------|-----|------|-----|-----|-----|
| 1.00 | cup | Corn Flakes                 | 24.2 | 0.8 | 23.4 | 0.2 | 1.8 | 102 |
| 0.50 | cup | Cream of Rice Cereal-Cooked | 13.9 | 0.1 | 13.8 | 0.1 | 1.1 | 63  |
| 0.50 | cup | Cream of Wheat -Cooked      | 15.8 | 1.4 | 14.3 | 0.2 | 2.2 | 77  |
| 0.50 | cup | Oatmeal-Cooked              | 12.6 | 2.0 | 10.6 | 1.2 | 3.0 | 73  |
| 1.00 | cup | Puffed Wheat Cereal         | 11.1 | 0.6 | 10.5 | 0.2 | 2.1 | 51  |
| 1.00 | cup | Raisin Bran                 | 47.1 | 8.2 | 38.9 | 1.5 | 5.6 | 186 |
| 1.00 | cup | Rice Krispies               | 22.8 | 0.3 | 22.5 | 0.3 | 1.7 | 100 |

### PASTA

|      |       |                              |      |     |      |     |     |     |
|------|-------|------------------------------|------|-----|------|-----|-----|-----|
| 0.50 | cup   | Noodles, egg, cooked         | 19.9 | 0.9 | 19.0 | 1.2 | 3.8 | 106 |
| 0.50 | cup   | Pasta, spinach, cooked       | 18.3 | 2.5 | 15.9 | 0.4 | 3.2 | 91  |
| 0.50 | cup   | Pasta, whole wheat, cooked   | 18.6 | 2.0 | 16.6 | 0.4 | 3.7 | 87  |
| 0.50 | cup   | Pasta/Noodles, dry, cooked   | 19.8 | 1.2 | 18.6 | 0.5 | 3.3 | 99  |
| 4.00 | oz-wt | Pasta/Noodles, fresh, cooked | 28.3 | 2.0 | 26.3 | 1.2 | 5.8 | 149 |

### BREADS, ROLLS &

#### CRACKERS

|      |       |                                      |      |      |      |      |     |     |
|------|-------|--------------------------------------|------|------|------|------|-----|-----|
| 1.00 | each  | Bagel, 2 1/2 oz                      | 38.0 | 1.7  | 36.3 | 1.1  | 7.5 | 195 |
| 1.00 | each  | Biscuit, 2 oz                        | 27.6 | 1.0  | 26.6 | 6.9  | 4.2 | 191 |
| 1.00 | each  | Blueberry Muffin, 2 oz               | 27.4 | 1.5  | 25.9 | 3.7  | 3.1 | 158 |
| 1.00 | each  | Bran Muffin, 2 oz                    | 23.8 | 4.0  | 19.8 | 7.3  | 4.0 | 164 |
| 1.00 | each  | Breadsticks, sesame, small           | 2.2  | 0.1  | 2.1  | 0.5  | 0.4 | 15  |
| 1.00 | each  | Corn Muffin, 2 oz                    | 29.0 | 1.9  | 27.1 | 4.8  | 3.4 | 174 |
| 1.00 | piece | Cornbread 2.5 x 2.5 x 1.5 pce        | 22.7 | 1.9  | 20.7 | 4.9  | 4.0 | 152 |
| 5.00 | each  | Crackers, butter-type                | 51.4 | 1.5  | 49.8 | 18.3 | 5.8 | 393 |
| 5.00 | each  | Crackers, rye wafers                 | 44.2 | 12.6 | 31.6 | 0.5  | 5.3 | 184 |
| 5.00 | each  | Crackers, saltines                   | 10.7 | 0.5  | 10.3 | 1.8  | 1.4 | 65  |
| 5.00 | each  | Crackers, water                      | 10.0 | 0.6  | 9.4  | 0.0  | 1.3 | 44  |
| 1.00 | each  | Croissant                            | 27.0 | 0.0  | 27.0 | 17.0 | 4.0 | 270 |
| 1.00 | each  | English Muffin                       | 26.0 | 1.5  | 24.5 | 1.0  | 4.4 | 133 |
| 1.00 | each  | Hard White Roll                      | 30.0 | 1.3  | 28.7 | 2.5  | 5.6 | 167 |
| 1.00 | piece | Italian Bread                        | 15.0 | 0.8  | 14.2 | 1.1  | 2.6 | 81  |
| 1.00 | each  | Pita Pocket Bread, 6<br>1/2"diameter | 33.4 | 1.3  | 32.1 | 0.7  | 5.5 | 165 |
| 1.00 | each  | Popover                              | 10.4 | 0.3  | 10.1 | 1.5  | 2.6 | 67  |
| 1.00 | piece | Pumpnickel Bread                     | 12.4 | 1.7  | 10.7 | 0.8  | 2.3 | 65  |
| 1.00 | piece | Raisin Bread                         | 13.6 | 1.1  | 12.5 | 1.1  | 2.1 | 71  |
| 1.00 | piece | Rye Bread                            | 15.5 | 1.9  | 13.6 | 1.1  | 2.7 | 83  |
| 1.00 | each  | Soft Hoagie Roll                     | 32.0 | 2.0  | 30.0 | 4.5  | 7.0 | 200 |
| 1.00 | piece | Sourdough Bread                      | 13.0 | 0.8  | 12.2 | 0.8  | 2.2 | 69  |
| 1.00 | each  | Tortilla, corn                       | 12.1 | 1.4  | 10.8 | 0.7  | 1.5 | 58  |
| 1.00 | each  | Tortillas, flour, 8"                 | 25.3 | 0.0  | 25.3 | 3.1  | 4.4 | 146 |
| 1.00 | piece | Wheat Bread                          | 11.8 | 1.1  | 10.7 | 1.0  | 2.3 | 65  |
| 1.00 | piece | White Bread                          | 14.9 | 0.7  | 14.2 | 1.1  | 2.5 | 80  |
| 1.00 | piece | Whole grain bread                    | 11.8 | 1.1  | 10.7 | 1.0  | 2.3 | 65  |

### PANCAKES, WAFFLES &

#### FRENCH TOAST

|      |       |  |      |     |      |     |     |     |
|------|-------|--|------|-----|------|-----|-----|-----|
| 1.00 | piece | French Toast-Frozen                    | 18.9 | 0.7 | 18.3 | 3.6 | 4.4 | 126 |
| 1.00 | each  | Pancakes-Frozen-Ready To<br>Eat-6 inch | 31.8 | 1.3 | 30.5 | 2.4 | 3.8 | 167 |
| 1.00 | each  | Pancakes-Homemade 6"                   | 21.8 | 1.1 | 20.7 | 7.5 | 4.9 | 175 |

|                                |       |  |      |     |      |      |     |     |
|--------------------------------|-------|--|------|-----|------|------|-----|-----|
| 1.00                           | each  | Waffles-Frozen-4" square                   | 13.5 | 0.8 | 12.7 | 2.7  | 2.1 | 88  |
| 1.00                           | each  | Waffles-Homemade-7" diam                   | 24.7 | 1.1 | 23.6 | 10.6 | 5.9 | 218 |
| <b>GRAVIES &amp; SAUCES</b>    |       |  |      |     |      |      |     |     |
| 2.00                           | tbs   | Barbecue Sauce                             | 4.0  | 0.4 | 3.6  | 0.6  | 0.6 | 23  |
| 0.25                           | cup   | Gravy, au jus                              | 1.5  | 0.0 | 1.5  | 0.1  | 0.7 | 10  |
| 0.25                           | cup   | Gravy, canned (chicken, beef, turkey, etc) | 3.2  | 0.2 | 3.0  | 3.4  | 1.1 | 47  |
| 2.00                           | tbs   | Hollandaise Sauce                          | 0.3  | 0.0 | 0.3  | 9.1  | 1.0 | 85  |
| 0.25                           | cup   | Spaghetti/Marinara Sauce                   | 5.1  | 1.0 | 4.1  | 1.3  | 0.9 | 36  |
| 0.25                           | cup   | Sweet & Sour Sauce                         | 15.1 | 0.1 | 15.1 | 0.0  | 0.2 | 59  |
| 2.00                           | tbs   | Tartar Sauce                               | 1.2  | 0.1 | 1.1  | 16.4 | 0.4 | 149 |
| 2.00                           | tbs   | Teriyaki Sauce                             | 5.7  | 0.0 | 5.7  | 0.0  | 2.1 | 30  |
| 0.25                           | cup   | Tomato Sauce                               | 4.4  | 0.9 | 3.5  | 0.1  | 0.8 | 18  |
| <b>ALCOHOL</b>                 |       |  |      |     |      |      |     |     |
| 12.00                          | fl oz | Beer                                       | 13.2 | 0.7 | 12.5 | 0.0  | 1.1 | 146 |
| 1.00                           | fl oz | Bourbon-80 Proof                           | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 64  |
| 1.00                           | oz-wt | Brandy-86 Proof                            | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 71  |
| 1.00                           | oz-wt | Brandy-86 Proof                            | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 71  |
| 1.00                           | oz-wt | Gin-80 Proof                               | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 65  |
| 4.00                           | fl oz | Medium White Wine                          | 0.9  | 0.0 | 0.9  | 0.0  | 0.1 | 80  |
| 4.00                           | fl oz | Red Wine                                   | 2.0  | 0.0 | 2.0  | 0.0  | 0.2 | 85  |
| 1.00                           | oz-wt | Rum-80 Proof                               | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 65  |
| 1.00                           | oz-wt | Tequila-80 Proof                           | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 65  |
| 1.00                           | oz-wt | Triple Sec Liqueur-1 Shot                  | 12.5 | 0.0 | 12.5 | 0.1  | 0.0 | 100 |
| 1.00                           | oz-wt | Vodka-80 Proof                             | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 65  |
| 1.00                           | oz-wt | Whiskey-80 Proof                           | 0.0  | 0.0 | 0.0  | 0.0  | 0.0 | 65  |
| <b>MISC.</b>                   |       |  |      |     |      |      |     |     |
| 1.00                           | each  | Atkins-Low Carb Tortilla                   | 12.0 | 9.0 | 3.0  | 2.0  | 5.0 | 60  |
| 2.00                           | tbs   | Chicken Liver Pate-Canned                  | 1.7  | 0.0 | 1.7  | 3.4  | 3.5 | 52  |
| <b>DESSERTS &amp; PASTRIES</b> |       |  |      |     |      |      |     |     |
| 1.00                           | piece | Cake, angelfood, 1/12 cake                 | 29.4 | 0.1 | 29.2 | 0.2  | 3.1 | 129 |
| 1.00                           | piece | Cake, chocolate layer, 3 oz slice          | 38.0 | 2.0 | 36.0 | 16.0 | 2.0 | 300 |
| 1.00                           | piece | Cake, coffeecake, 2 oz slice               | 29.6 | 0.7 | 28.9 | 5.4  | 3.1 | 178 |
| 1.00                           | piece | Cake, pound cake, 1 oz slice               | 13.8 | 0.1 | 13.7 | 5.6  | 1.6 | 110 |
| 1.00                           | oz-wt | Chocolate, dark                            | 17.9 | 1.7 | 16.2 | 8.5  | 1.2 | 136 |
| 1.00                           | oz-wt | Chocolate, milk                            | 16.8 | 1.0 | 15.8 | 8.7  | 2.0 | 145 |
| 1.00                           | each  | Cookie, chocolate chip, 1/2 oz             | 10.3 | 0.2 | 10.0 | 4.1  | 0.9 | 79  |
| 1.00                           | each  | Cookie, oatmeal, 1/2 oz                    | 12.4 | 0.5 | 11.9 | 3.3  | 1.1 | 81  |
| 1.00                           | each  | Cookie, peanut butter, 2/3 oz              | 11.8 | 0.4 | 11.4 | 4.8  | 1.8 | 95  |
| 1.00                           | each  | Cookie, sugar, 1/2 oz                      | 10.2 | 0.1 | 10.1 | 3.2  | 0.8 | 72  |
| 1.00                           | each  | Doughnut, glazed                           | 26.6 | 0.7 | 25.9 | 13.7 | 3.8 | 242 |
| 1.00                           | each  | Doughnut, plain                            | 19.0 | 1.0 | 18.0 | 11.0 | 3.0 | 180 |
| 0.50                           | cup   | Ice cream, chocolate                       | 18.6 | 0.8 | 17.8 | 7.3  | 2.5 | 143 |
| 0.50                           | cup   | Ice cream, fruit                           | 18.2 | 0.2 | 18.0 | 5.5  | 2.1 | 127 |
| 0.50                           | cup   | Ice cream, vanilla                         | 15.6 | 0.0 | 15.6 | 7.3  | 2.3 | 133 |
| 1.00                           | piece | Pie, apple, 1/8 of 9" pie                  | 57.5 | 2.2 | 55.3 | 19.4 | 3.7 | 411 |
| 1.00                           | piece | Pie, cherry, 1/8 of 9" pie                 | 69.3 | 2.7 | 66.6 | 22.0 | 5.0 | 486 |
| 1.00                           | piece | Pie, lemon meringue, 1/6 of 8" pie         | 53.3 | 1.4 | 52.0 | 9.8  | 1.7 | 303 |
| 1.00                           | piece | Pie, pecan, 1/8 of 9" pie                  | 63.7 | 6.1 | 57.6 | 27.1 | 6.0 | 503 |
| 1.00                           | piece | Pie, pumpkin, 1/8 of 9" pie                | 40.9 | 4.2 | 36.7 | 14.4 | 7.0 | 316 |
| <b>SNACKS</b>                  |       |  |      |     |      |      |     |     |
| 10.00                          | piece | Potato Chips                               | 10.6 | 0.9 | 9.7  | 6.9  | 1.4 | 107 |
| 10.00                          | piece | Pretzels                                   | 47.5 | 1.9 | 45.6 | 2.1  | 5.5 | 229 |
| 0.50                           | oz-wt | Soy Nuts                                   | 4.5  | 2.5 | 2.0  | 2.0  | 6.0 | 60  |
| 10.00                          | piece | Tortilla Chips                             | 11.3 | 1.2 | 10.2 | 4.7  | 1.3 | 90  |

**SOUPS**

|      |     |                                |      |     |      |     |     |     |
|------|-----|--------------------------------|------|-----|------|-----|-----|-----|
| 1.00 | cup | Broth, beef                    | 1.0  | 0.0 | 1.0  | 1.4 | 4.8 | 38  |
| 1.00 | cup | Broth, chicken                 | 1.5  | 0.0 | 1.5  | 1.5 | 3.1 | 31  |
| 1.00 | cup | Soup, black bean               | 19.8 | 4.4 | 15.4 | 1.5 | 5.6 | 116 |
| 1.00 | cup | Soup, chicken noodle           | 9.4  | 0.7 | 8.6  | 2.5 | 4.0 | 75  |
| 1.00 | cup | Soup, cream of potato          | 17.2 | 0.5 | 16.7 | 6.4 | 5.8 | 149 |
| 1.00 | cup | Soup, cream of tomato          | 22.3 | 2.7 | 19.6 | 6.0 | 6.1 | 161 |
| 1.00 | cup | Soup, minestrone               | 11.2 | 1.0 | 10.3 | 2.5 | 4.3 | 82  |
| 1.00 | cup | Soup, New England clam chowder | 16.6 | 1.5 | 15.1 | 6.6 | 9.5 | 164 |
| 1.00 | cup | Soup, onion                    | 8.2  | 1.0 | 7.2  | 1.7 | 3.8 | 58  |
| 1.00 | cup | Soup, vegetable                | 19.0 | 1.2 | 17.8 | 3.7 | 3.5 | 122 |

**CONDIMENTS**

|      |      |                        |      |     |      |     |     |    |
|------|------|------------------------|------|-----|------|-----|-----|----|
| 1.00 | tsp  | Atkins low carb jam    | 0.3  | 0.0 | 0.3  | 0.0 | 0.0 | 3  |
| 1.00 | tbs  | Balsamic Vinegar       | 2.3  | 0.0 | 2.3  | 0.0 | 0.1 | 10 |
| 1.00 | tbs  | Capers                 | 0.4  | 0.3 | 0.1  | 0.1 | 0.2 | 2  |
| 1.00 | tsp  | Chili Powder           | 1.4  | 0.9 | 0.5  | 0.4 | 0.3 | 8  |
| 1.00 | tbs  | Cider Vinegar          | 0.9  | 0.0 | 0.9  | 0.0 | 0.0 | 2  |
| 2.00 | tbs  | Cranberry Sauce        | 13.5 | 0.3 | 13.1 | 0.1 | 0.1 | 52 |
| 1.00 | tsp  | Cumin                  | 0.8  | 0.7 | 0.1  | 0.5 | 0.4 | 9  |
| 1.00 | tsp  | Dijon Mustard          | 0.6  | 0.1 | 0.5  | 0.5 | 0.3 | 6  |
| 1.00 | each | Dill Pickle            | 2.7  | 0.8 | 1.9  | 0.1 | 0.4 | 12 |
| 1.00 | tsp  | Fish Sauce             | 0.2  | 0.0 | 0.2  | 0.0 | 0.3 | 2  |
| 1.00 | each | Garlic                 | 1.0  | 0.1 | 0.9  | 0.0 | 0.2 | 4  |
| 1.00 | tbs  | Ginger, Root Slices    | 0.9  | 0.1 | 0.8  | 0.0 | 0.1 | 4  |
| 1.00 | tsp  | Honey                  | 5.8  | 0.0 | 5.8  | 0.0 | 0.0 | 21 |
| 1.00 | tsp  | Horseradish-Prepared   | 0.6  | 0.2 | 0.4  | 0.0 | 0.1 | 2  |
| 1.00 | tsp  | Jam                    | 4.6  | 0.1 | 4.5  | 0.0 | 0.0 | 19 |
| 1.00 | tsp  | Jelly                  | 4.5  | 0.1 | 4.4  | 0.0 | 0.0 | 18 |
| 1.00 | tbs  | Ketchup/Catsup         | 4.2  | 0.2 | 4.0  | 0.1 | 0.2 | 16 |
| 1.00 | tbs  | Maple Syrup            | 13.4 | 0.0 | 13.4 | 0.0 | 0.0 | 52 |
| 1.00 | tbs  | Miso Paste             | 3.0  | 0.4 | 2.6  | 0.8 | 1.9 | 27 |
| 5.00 | each | Olives, black          | 1.4  | 0.7 | 0.7  | 2.3 | 0.2 | 25 |
| 5.00 | each | Olives, green          | 2.5  | 0.0 | 2.5  | 5.0 | 0.0 | 50 |
| 1.00 | tbs  | Pesto Sauce            | 1.0  | 0.4 | 0.6  | 7.1 | 2.8 | 78 |
| 1.00 | tbs  | Pickle Relish          | 5.4  | 0.2 | 5.2  | 0.1 | 0.1 | 20 |
| 1.00 | tsp  | Preserves              | 4.6  | 0.1 | 4.5  | 0.0 | 0.0 | 19 |
| 1.00 | tbs  | Red Wine Vinegar       | 0.0  | 0.0 | 0.0  | 0.0 | 0.0 | 0  |
| 1.00 | tbs  | Rice Vinegar, seasoned | 3.0  | 0.0 | 3.0  | 0.0 | 0.0 | 12 |
| 1.00 | tbs  | Salsa, green           | 0.6  | 0.1 | 0.6  | 0.0 | 0.2 | 4  |
| 1.00 | tbs  | Salsa, red             | 0.8  | 0.1 | 0.7  | 0.0 | 0.1 | 4  |
| 1.00 | tbs  | Sherry vinegar         | 0.9  | 0.0 | 0.9  | 0.0 | 0.0 | 2  |
| 1.00 | tbs  | Soy sauce              | 1.0  | 0.1 | 0.9  | 0.0 | 1.9 | 11 |
| 1.00 | tbs  | Soy Sauce-Low Sodium   | 1.4  | 0.1 | 1.2  | 0.0 | 0.8 | 8  |
| 1.00 | tbs  | Tahini                 | 3.2  | 0.7 | 2.5  | 8.0 | 2.6 | 89 |
| 1.00 | tbs  | White Wine Vinegar     | 1.5  | 0.0 | 1.5  | 0.0 | 0.0 | 5  |
| 1.00 | tsp  | Worcestershire Sauce   | 0.9  | 0.0 | 0.9  | 0.0 | 0.0 | 4  |

**HERBS**

|      |     |                            |     |     |     |     |     |   |
|------|-----|----------------------------|-----|-----|-----|-----|-----|---|
| 1.00 | tbs | Basil, fresh               | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 1 |
| 1.00 | tbs | Chives, fresh              | 0.1 | 0.1 | 0.1 | 0.0 | 0.1 | 1 |
| 1.00 | tbs | Cilantro (Chinese Parsley) | 0.1 | 0.1 | 0.0 | 0.0 | 0.1 | 1 |
| 1.00 | tbs | Dill, fresh                | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 |
| 1.00 | tbs | Parsley, fresh             | 0.2 | 0.1 | 0.1 | 0.0 | 0.1 | 1 |

**FRUIT & FRUIT JUICES**

|      |      |                 |      |      |      |      |     |     |
|------|------|-----------------|------|------|------|------|-----|-----|
| 1.00 | each | Apple, medium   | 21.0 | 3.7  | 17.3 | 0.5  | 0.3 | 81  |
| 0.25 | cup  | Applesauce      | 6.9  | 0.7  | 6.2  | 0.0  | 0.1 | 26  |
| 0.25 | cup  | Apricots, dried | 24.9 | 3.6  | 21.3 | 0.2  | 1.5 | 96  |
| 1.00 | each | Apricots, fresh | 3.9  | 0.8  | 3.1  | 0.1  | 0.5 | 17  |
| 1.00 | each | Avocado         | 14.9 | 10.1 | 4.8  | 30.8 | 4.0 | 324 |

|      |      |   |      |     |      |     |     |     |
|------|------|---|------|-----|------|-----|-----|-----|
| 1.00 | each | Banana, small                               | 23.7 | 2.4 | 21.2 | 0.5 | 1.0 | 93  |
| 0.25 | cup  | Blackberries                                | 4.6  | 1.9 | 2.7  | 0.1 | 0.3 | 19  |
| 0.25 | cup  | Blueberries                                 | 5.1  | 1.0 | 4.1  | 0.1 | 0.2 | 20  |
| 0.25 | cup  | Cantaloupe                                  | 3.3  | 0.3 | 3.0  | 0.1 | 0.4 | 14  |
| 0.25 | cup  | Cherries                                    | 4.8  | 0.7 | 4.2  | 0.3 | 0.4 | 21  |
| 0.25 | cup  | Cranberries, raw                            | 3.0  | 1.0 | 2.0  | 0.0 | 0.1 | 12  |
| 0.25 | cup  | Currants, dried                             | 26.7 | 2.4 | 24.2 | 0.1 | 1.5 | 102 |
| 0.25 | cup  | Dates, chopped                              | 32.7 | 3.3 | 29.4 | 0.2 | 0.9 | 122 |
| 0.25 | cup  | Figs, dried                                 | 32.5 | 5.8 | 26.7 | 0.6 | 1.5 | 127 |
| 1.00 | each | Figs, fresh                                 | 9.6  | 1.7 | 7.9  | 0.2 | 0.4 | 37  |
| 0.50 | each | Grapefruit Juice-Canned-<br>Unsweetened-Cup | 9.2  | 1.4 | 7.9  | 0.1 | 0.7 | 37  |
| 0.25 | cup  | Grapes                                      | 7.1  | 0.4 | 6.7  | 0.2 | 0.3 | 28  |
| 0.25 | cup  | Honeydew Melon                              | 3.9  | 0.3 | 3.6  | 0.0 | 0.2 | 15  |
| 0.50 | cup  | Juice, apple                                | 14.5 | 0.1 | 14.4 | 0.1 | 0.1 | 58  |
| 0.50 | cup  | Juice, cranberry                            | 18.2 | 0.1 | 18.1 | 0.1 | 0.0 | 72  |
| 0.50 | cup  | Juice, grape                                | 18.9 | 0.1 | 18.8 | 0.1 | 0.7 | 77  |
| 0.50 | cup  | Juice, grapefruit                           | 11.1 | 0.1 | 10.9 | 0.1 | 0.6 | 47  |
| 1.00 | tbs  | Juice, lemon                                | 1.3  | 0.1 | 1.3  | 0.0 | 0.1 | 4   |
| 1.00 | tbs  | Juice, lime                                 | 1.4  | 0.1 | 1.3  | 0.0 | 0.1 | 4   |
| 0.50 | cup  | Juice, orange                               | 13.4 | 0.2 | 13.2 | 0.1 | 0.8 | 56  |
| 0.50 | cup  | Juice, tomato                               | 5.1  | 0.5 | 4.7  | 0.1 | 0.9 | 21  |
| 1.00 | each | Kiwifruit                                   | 11.3 | 2.6 | 8.7  | 0.3 | 0.8 | 46  |
| 0.25 | cup  | Mango                                       | 7.0  | 0.7 | 6.3  | 0.1 | 0.2 | 27  |
| 1.00 | each | Nectarine                                   | 16.0 | 2.2 | 13.8 | 0.6 | 1.3 | 67  |
| 1.00 | each | Orange                                      | 16.3 | 3.4 | 12.9 | 0.1 | 1.4 | 64  |
| 0.25 | cup  | Papaya                                      | 3.4  | 0.6 | 2.8  | 0.0 | 0.2 | 14  |
| 1.00 | each | Peach, medium                               | 10.9 | 2.0 | 8.9  | 0.1 | 0.7 | 42  |
| 1.00 | each | Pear, medium                                | 25.1 | 4.0 | 21.1 | 0.7 | 0.6 | 98  |
| 0.25 | cup  | Pineapple                                   | 4.8  | 0.5 | 4.3  | 0.2 | 0.2 | 19  |
| 1.00 | each | Plums                                       | 8.6  | 1.0 | 7.6  | 0.4 | 0.5 | 36  |
| 0.25 | cup  | Prunes                                      | 26.7 | 3.0 | 23.6 | 0.2 | 1.1 | 102 |
| 0.25 | cup  | Raspberries                                 | 3.6  | 2.1 | 1.5  | 0.2 | 0.3 | 15  |
| 0.25 | cup  | Seedless Raisins                            | 32.6 | 1.7 | 31.0 | 0.2 | 1.3 | 124 |
| 0.25 | cup  | Strawberries                                | 2.7  | 0.9 | 1.8  | 0.1 | 0.2 | 11  |
| 1.00 | each | Tangerine                                   | 7.8  | 1.6 | 6.2  | 0.1 | 0.4 | 31  |
| 0.25 | cup  | Watermelon                                  | 2.8  | 0.2 | 2.6  | 0.2 | 0.2 | 12  |

### VEGETABLES

|      |       |                             |      |     |      |     |     |    |
|------|-------|-----------------------------|------|-----|------|-----|-----|----|
| 1.00 | each  | Artichoke                   | 13.4 | 6.5 | 6.9  | 0.2 | 4.2 | 60 |
| 1.00 | each  | Artichoke hearts, marinated | 1.0  | 0.0 | 1.0  | 2.5 | 0.0 | 25 |
| 6.00 | each  | Asparagus spears            | 3.8  | 1.4 | 2.4  | 0.3 | 2.3 | 22 |
| 0.50 | cup   | Beans, green                | 4.9  | 2.0 | 2.9  | 0.2 | 1.2 | 22 |
| 1.00 | cup   | Bok Choi                    | 1.5  | 0.7 | 0.8  | 0.1 | 1.1 | 9  |
| 0.50 | cup   | Broccoflower                | 3.1  | 1.6 | 1.5  | 0.2 | 1.5 | 16 |
| 0.50 | cup   | Broccoli                    | 3.9  | 2.3 | 1.7  | 0.3 | 2.3 | 22 |
| 0.50 | cup   | Broccoli rabe               | 2.0  | 0.0 | 2.0  | 0.0 | 1.3 | 10 |
| 6.00 | each  | Brussels sprouts            | 10.9 | 3.3 | 7.6  | 0.6 | 3.2 | 49 |
| 0.50 | cup   | Cabbage, green              | 1.9  | 0.8 | 1.1  | 0.1 | 0.4 | 8  |
| 0.50 | cup   | Cabbage, red                | 1.9  | 0.8 | 1.1  | 0.1 | 0.5 | 9  |
| 0.50 | cup   | Cabbage, sauerkraut         | 5.1  | 3.0 | 2.1  | 0.2 | 1.1 | 22 |
| 0.50 | cup   | Cabbage, savoy              | 2.1  | 1.1 | 1.1  | 0.0 | 0.7 | 9  |
| 1.00 | each  | Carrots, medium             | 7.3  | 2.2 | 5.1  | 0.1 | 0.7 | 31 |
| 6.00 | each  | Cauliflower                 | 4.4  | 2.9 | 1.5  | 0.5 | 2.0 | 25 |
| 1.00 | each  | Celery stalk                | 1.5  | 0.7 | 0.8  | 0.1 | 0.3 | 6  |
| 1.00 | tbs   | Celery, chopped             | 0.3  | 0.1 | 0.1  | 0.0 | 0.1 | 1  |
| 1.00 | each  | Chili Pepper                | 0.0  | 0.0 | 0.0  | 0.0 | 0.0 | 20 |
| 1.00 | tbs   | Chilies, green, chopped     | 0.5  | 0.5 | 0.0  | 0.0 | 0.0 | 3  |
| 4.00 | oz-wt | Collards                    | 7.3  | 4.1 | 3.2  | 0.4 | 3.1 | 37 |
| 0.50 | cup   | Corn                        | 16.0 | 2.0 | 14.1 | 0.4 | 2.3 | 66 |
| 1.00 | each  | Cucumber, English           | 4.0  | 1.1 | 2.8  | 0.3 | 0.9 | 19 |
| 0.50 | each  | Cucumber, small             | 2.5  | 0.7 | 1.8  | 0.2 | 0.6 | 12 |
| 0.50 | cup   | Daikon                      | 1.8  | 0.7 | 1.1  | 0.0 | 0.3 | 8  |

|      |       |                                 |      |     |      |     |     |    |
|------|-------|---------------------------------|------|-----|------|-----|-----|----|
| 0.50 | cup   | Eggplant                        | 3.3  | 1.2 | 2.0  | 0.1 | 0.4 | 14 |
| 0.50 | cup   | Eggplant, Italian               | 3.3  | 1.2 | 2.0  | 0.1 | 0.4 | 14 |
| 0.50 | cup   | Endive                          | 1.8  | 1.4 | 0.4  | 0.0 | 0.4 | 8  |
| 0.50 | cup   | Escarole                        | 0.8  | 0.8 | 0.1  | 0.1 | 0.3 | 4  |
| 0.50 | cup   | Fenned                          | 3.2  | 1.3 | 1.8  | 0.1 | 0.5 | 13 |
| 1.00 | cup   | Greens, mixed                   | 1.6  | 1.2 | 0.4  | 0.1 | 0.9 | 9  |
| 0.50 | cup   | Jicama                          | 5.7  | 3.2 | 2.5  | 0.1 | 0.5 | 25 |
| 0.50 | cup   | Kale                            | 3.7  | 1.3 | 2.4  | 0.3 | 1.2 | 18 |
| 1.00 | each  | Leeks                           | 12.6 | 1.6 | 11.0 | 0.3 | 1.3 | 54 |
| 1.00 | cup   | Lettuce, butterhead             | 1.3  | 0.6 | 0.7  | 0.1 | 0.7 | 7  |
| 1.00 | cup   | Lettuce, romaine                | 1.3  | 1.0 | 0.4  | 0.1 | 0.9 | 8  |
| 0.50 | cup   | Mushroom, potobello             | 1.4  | 0.4 | 1.0  | 0.1 | 1.0 | 9  |
| 2.00 | tbs   | Mushrooms, dried                | 8.9  | 2.9 | 6.0  | 0.7 | 5.6 | 64 |
| 0.50 | cup   | Mushrooms, fresh                | 1.4  | 0.4 | 1.0  | 0.1 | 1.0 | 9  |
| 4.00 | oz-wt | Okra                            | 7.5  | 2.5 | 5.0  | 0.3 | 1.9 | 34 |
| 1.00 | each  | Onions                          | 9.5  | 2.0 | 7.5  | 0.2 | 1.3 | 42 |
| 0.25 | cup   | Onions, green                   | 1.8  | 0.7 | 1.2  | 0.0 | 0.5 | 8  |
| 0.50 | cup   | Peas, edible podded             | 5.6  | 2.2 | 3.4  | 0.2 | 2.6 | 34 |
| 0.50 | cup   | Peas, green                     | 9.9  | 3.4 | 6.5  | 0.3 | 3.8 | 55 |
| 0.50 | cup   | Pepper, green                   | 4.8  | 1.3 | 3.4  | 0.1 | 0.7 | 20 |
| 0.50 | cup   | Pepper, red                     | 4.8  | 1.5 | 3.3  | 0.1 | 0.7 | 20 |
| 1.00 | each  | Peppers, jalapeno               | 0.8  | 0.4 | 0.4  | 0.1 | 0.2 | 4  |
| 0.50 | each  | Peppers, roasted                | 2.4  | 0.4 | 2.0  | 0.1 | 0.3 | 10 |
| 1.00 | each  | Potato, sweet                   | 22.4 | 3.1 | 19.2 | 0.1 | 1.8 | 95 |
| 0.50 | cup   | Potato, white                   | 15.4 | 1.5 | 13.9 | 0.1 | 1.4 | 66 |
| 0.50 | cup   | Pumpkin                         | 9.9  | 3.6 | 6.3  | 0.3 | 1.3 | 42 |
| 0.50 | cup   | Radicchio                       | 0.9  | 0.2 | 0.7  | 0.1 | 0.3 | 5  |
| 6.00 | each  | Radishes                        | 1.0  | 0.4 | 0.5  | 0.1 | 0.2 | 5  |
| 0.50 | cup   | Rhubarb                         | 2.8  | 1.1 | 1.7  | 0.1 | 0.5 | 13 |
| 0.25 | cup   | Shallots                        | 6.7  | 0.3 | 6.4  | 0.0 | 1.0 | 29 |
| 1.00 | cup   | Spinach, raw                    | 1.1  | 0.8 | 0.2  | 0.1 | 0.9 | 7  |
| 0.50 | cup   | Squash, acorn                   | 14.9 | 4.5 | 10.4 | 0.1 | 1.1 | 57 |
| 0.50 | cup   | Squash, butternut               | 10.8 | 2.9 | 7.9  | 0.1 | 0.9 | 41 |
| 0.50 | cup   | Squash, spaghetti               | 5.0  | 1.1 | 3.9  | 0.2 | 0.5 | 21 |
| 0.50 | cup   | Squash, summer                  | 2.5  | 1.1 | 1.4  | 0.1 | 0.7 | 11 |
| 1.00 | each  | Squash, zucchini                | 5.7  | 2.4 | 3.3  | 0.3 | 2.3 | 27 |
| 0.50 | cup   | Swiss chard                     | 0.7  | 0.3 | 0.4  | 0.0 | 0.3 | 3  |
| 1.00 | each  | Tomatillos                      | 2.0  | 0.6 | 1.3  | 0.3 | 0.3 | 11 |
| 1.00 | each  | Tomato, plum                    | 4.2  | 1.0 | 3.2  | 0.3 | 0.8 | 19 |
| 1.00 | each  | Tomato, small                   | 4.2  | 1.0 | 3.2  | 0.3 | 0.8 | 19 |
| 0.50 | cup   | Tomatoes, canned                | 5.2  | 1.2 | 4.0  | 0.2 | 1.1 | 23 |
| 6.00 | each  | Tomatoes, cherry                | 4.7  | 1.1 | 3.6  | 0.3 | 0.9 | 21 |
| 0.50 | cup   | Tomatoes, chopped               | 3.5  | 0.8 | 2.6  | 0.2 | 0.6 | 16 |
| 0.25 | cup   | Tomatoes, sun dried, oil-packed | 6.4  | 1.6 | 4.8  | 3.9 | 1.4 | 59 |
| 0.50 | cup   | Turnips                         | 3.8  | 1.6 | 2.3  | 0.1 | 0.6 | 16 |
| 0.50 | cup   | Waterchestnuts                  | 8.7  | 1.8 | 7.0  | 0.0 | 0.6 | 35 |
| 0.50 | cup   | Watercress                      | 0.2  | 0.2 | 0.0  | 0.0 | 0.4 | 2  |

# **DR ATKINS NEW DIET REVOLUTION**

## **WHY DOES THE ATKINS DIET WORK ?**

BY FOLLOWING THE ATKINS NUTRITIONAL APPROACH FOR A LIFE TIME, YOU WILL ACHIEVE FOUR THINGS:

1. YOU WILL LOSE WEIGHT, IT'S HARD NOT TO. BOTH MEN AND WOMEN WHO FOLLOW THE ATKINS APPROACH TO WEIGHT LOSS READILY TAKE OFF POUNDS AND INCHES. OPTIMIZING BODY WEIGHT IS A VALUABLE ELEMENT OF ANY HEALTH-ORIENTED PROGRAM BECAUSE, BY AND LARGE BEING SIGNIFICANTLY OVERWEIGHT IS AN INDICATOR OF POTENTIAL HEALTH PROBLEMS, NOW OR IN THE FUTURE. WHEN YOU HAVE TAKEN THE POUNDS OFF, YOU'LL SEE THE BENEFITS AND THEY WILL BE FAR MORE THAN MERELY COSMETIC.
2. YOU WILL MAINTAIN YOUR WEIGHT LOSS. THIS IS WHERE THE ATKINS NUTRITIONAL APPROACH LEAVES MOST OTHER DIETS IN THE DUST. ALMOST EVERY EXPERIENCED DIETER HAS GONE ON A DIET, WORKED HARD, LOST A LOT OF POUNDS AND GAINED THEM ALL BACK IN A FEW MONTHS OR PERHAPS A YEAR. THIS IS USUALLY DUE TO THE EXPECTED CONSEQUENCE OF LOW-FAT/LOW-CALORIE DIETS---HUNGER. ALTHOUGH MANY PEOPLE CAN TOLERATE HUNGER FOR A WHILE, VERY FEW CAN TOLERATE IT FOR A LIFETIME. DEPRIVATION IS NO FUN. ONCE THE BIOLOGICAL GAP BETWEEN HUNGER AND FULFILLMENT GROWS TOO LARGE, THE REBOUND CAN BE AMAZINGLY RAPID AS WELL AS HEARTBREAKING AND HUMILIATING. BUT THAT'S THE PROBLEM OF DIETS THAT RESTRICT QUANTITIES. THE ATKINS PROGRAM REFUSES TO ACCEPT HUNGER AS A WAY OF LIFE. THE PLAN INCLUDES FOODS THAT HAVE ENOUGH FAT AND PROTEIN SO HUNGER IS NOT THE HUGE ISSUE IT IS ON OTHER WEIGHT LOSS PLANS. BUT IT STILL ALLOWS DIETERS TO MAINTAIN A HEALTHY WEIGHT FOR A LIFETIME.
3. YOU WILL ACHIEVE GOOD HEALTH. THE CHANGE IS AMAZING DOING ATKINS, YOU MEET YOUR NUTRITIONAL NEEDS BY EATING DELICIOUS, HEALTHY, FILLING FOODS AND AVOIDING THE SUGAR AND CARBS THAT JUNK FOOD IS LOADED WITH. AS A RESULT, YOU BECOME LESS TIRED AND MORE ENERGETIC, NOT MERELY BECAUSE OF THE WEIGHT LOSS, BUT BECAUSE THE PHYSICAL CONSEQUENCES OF A TRULY DYSFUNCTIONAL BLOOD SUGAR AND INSULIN METABOLISM ARE REVERSED. DOING THE ATKINS. PEOPLE START FEELING GOOD EVEN BEFORE THEY REACH THEIR GOAL WEIGHT.
4. YOU WILL LAY THE PERMANENT GROUNDWORK FOR DISEASE PREVENTION. YOU WILL CHANGE YOUR LIFE, WHICH, BELIEVE IT OR NOT, IS EVEN MORE IMPORTANT THAN LOOKING GOOD ON THE BEACH NEXT SUMMER

## **RULES OF INDUCTION**

**THIS PHASE OF THE ATKINS DIET MUST BE FOLLOWED PRECISELY FOR SUCCESS ! IF YOU DO IT AT ALL INCORRECTLY YOU MAY PREVENT WEIGHT LOSS AND END UP SAYING “ HERE IS ANOTHER WEIGHT LOSS PLAN THAT DIDN'T WORK “**

1. EAT EITHER THREE REGULAR SIZE MEALS A DAY OR FOUR OR FIVE SMALLER MEALS. DO NOT SKIP MEALS OR GO MORE THAN SIX WAKING HOURS WITHOUT EATING.
2. EAT LIBERALLY OF COMBINATIONS OF FAT AND PROTEIN IN THE FORM OF POULTRY, FISH, SHELLFISH, EGGS AND RED MEAT, AS WELL AS PURE, NATURAL FAT IN THE FORM OF BUTTER, MAYONNAISE, OLIVE OIL, SAFFLOWER, SUNFLOWER AND OTHER VEGETABLE OILS
3. EAT NO MORE THAN 20 GRAMMES A DAY OF CARBOHYDRATES, MOST OF WHICH MUST COME IN THE FORM OF SALAD GREENS AND OTHER VEGETABLES. YOU CAN EAT APPROXIMATELY THREE CUPS – LOOSELY PACKED – OF SALAD, OR TWO CUPS OF SALAD PLUS ONE CUP OF OTHER VEGETABLES
4. EAT ABSOLUTELY NO FRUIT, BEAN, PASTA, GRAINS, STARCHY VEGETABLES OR DAIRY PRODUCTS OTHER THAN CHEESE, CREAM OR BUTTER. DO NOT EAT NUTS OR SEEDS IN THE FIRST TWO WEEKS. FOODS THAT COMBINE PROTEIN AND CARBS SUCH AS CHICKPEAS, KIDNEY BEANS AND OTHER LEGUMES ARE NOT PERMITTED AT THIS TIME.
5. EAT NOTHING THAT IS NOT ON THE ACCEPTABLE FOODS LIST. AND THAT MEANS ABSOLUTELY NOTHING ! YOUR “ JUST THIS ONE TASTE WON'T HURT” RATIONALIZATION IS THE KISS OF FAILURE DURING THIS PHASE OF ATKINS
6. ADJUST THE QUANTITY YOU EAT TO SUIT YOUR APPETITE, ESPECIALLY AS IT DECREASES. WHEN HUNGRY, EAT THE AMOUNT THAT MAKES YOU FEEL SATISFIED BUT NOT STUFFED. WHEN NOT HUNGRY, EAT A SMALL LOW CARB SNACK TO ACCOMPANY YOUR NUTRITIONAL SUPPLEMENTS.
7. DON'T ASSUME ANY FOOD IS LOW CARB INSTEAD READ THE LABELS ! CHECK THE CARB COUNT ( IT'S ON EVERY PACKAGE) OR USE THE CARB COUNTER.
8. EAT OUT AS OFTEN AS YOU WISH BUT BE ON GUARD FOR HIDDEN CARBS IN GRAVIES, SAUCES AND DRESSINGS. GRAVY IS OFTEN MADE WITH FLOUR OR CORNSTARCH, AND SUGAR IS SOMETIMES AN INGREDIENT IN SALAD DRESSING.
9. AVOID FOODS OR DRINKS SWEETENED WITH ASPARTAME. INSTEAD, USE SUCRALOSE OR SACCHARIN. BE SURE TO COUNT EACH PACKET OF ANY OF THESE AS 1 GRAM OF CARBS.
10. AVOID COFFEE, TEA AND SOFT DRINKS THAT CONTAIN CAFFEINE. EXCESSIVE CAFFEINE HAS BEEN SHOWN TO CAUSE LOW BLOOD SUGAR, WHICH CAN MAKE YOU CRAVE SUGAR.



11. DRINK AT LEAST 230ML GLASSES OF WATER EACH DAY TO HYDRATE YOUR BODY,AVOID CONSTIPATION AND FLUSH OUT THE BY PRODUCTS OF BURNING FAT.
12. IF YOU ARE CONSTIPATED,MIX A TABLESPOON OR MORE OF PSYLLIUM HUSKS IN 230ML OR MORE OF WATER AND DRINK DAILY

## ACCEPTABLE FOODS

### FOODS YOU MAY EAT LIBERALLY

**ALL FISH INCLUDING** : TUNA,SALMON,SOLE,TROUT,FLOUNDER,SARDINES,HERRING

**ALL FOWL INCLUDING** : CHICKEN,TURKEY,DUCK,GOOSE,POUSSIN,QUAIL,PHESANT.

**ALL SHELLFISH INCLUDING** : OYSTERS,MUSSELS,LOBSTER,CLAMS,SQUID,PRAWNS,CRABMEAT.

**ALL MEAT INCLUDING** : BEEF,PORK,LAMB,BACON,VEAL,HAM,VENISON.

**ALL EGGS INCLUDING** : SCRAMBLED,FRIED,POACHED,SOFT BOILED,HARD BOILED,DEVILED,OMELETTES

PROCESSED MEATS SUCH AS HAM,BACON,PEPPERONI,SALAMI,HOTDOGS AND OTHER LUNCHEON MEATS AND SOME FISH MAY BE CURED WITH ADDED SUGAR AND WILL CONTRIBUTE CARBS.TRY TO AVOID MEAT AND FISH PRODUCTS CURED WITH NITRATES,WHICH ARE KNOWN CARCINOGENS.ALSO BEWARE OF PRODUCTS THAT ARE NOT EXCLUSIVELY MEAT,FISH OR FOWL,SUCH AS IMITATION FISH,MEATLOAF AND BREADED FOODS.FINALLY DO NOT CONSUME MORE THAN FOUR OUNCES OF OFFAL A DAY.

### OTHER FOODS ACCEPTABLE DURING INDUCTION

#### **CHEESE**

YOU CAN CONSUME 90 – 110 g (3 – 4 oz) DAILY OF THE FOLLOWING FULL FAT,FIRM AND SEMI SOFT AGED CHEESES INCLUDING :  
CHEDDER,COW,SHEEP AND GOAT CHEESE,CREAM CHEESE,GOUDA,MOZZERELLA,ROQUEFORT,SWISS.

#### **SALAD VEGETABLES**

YOU CAN HAVE 230 – 340 g (8 – 12 oz) PER DAY

ALFA SPROUTS,BOK CHOY,CELERY,CHICORY,CHIVES,CUCUMBER,DAIKON,FENNEL,LAMB'S LETTUCE,LETTUCE,MUSHROOMS,PARSLEY,PEPPERS,RADICCHIO,RADISHES,ROCKET,ROMAINE LETTUCE,SORREL.

THESE SALAD VEGGIES ARE HIGH IN PHYTONUTRIENTS AND PROVIDE A GOOD SOURCE OF FIBRE. ALL CHEESES HAVE SOME CARB CONTENT,THE QUANTITY YOU EAT SHOULD BE GOVERNED BY THE KNOWLEDGE,THE RULE OF THUMB IS TO COUNT 30 g OF CHEESE AS EQUIVALENT TO ONE GRAM OF CARB.NOTE THAT COTTAGE CHEESE AND OTHER FRESH CHEESES ARE NOT PERMITTED DURING INDUCTION.NO DIET CHEESE,CHEESE SPREADS OR WHEY CHEESES ARE PERMITTED.INDIVIDUALS WITH KNOWN YEAST SYMPTONS,DAIRY ALLERGY OR CHEESE INTOLERANCE MUST AVOID CHEESE.IMITATION CHEESE PRODUCTS ARE NOT ALLOWED.EXCEPT FOR SOY OR RICE CHEESE – BUT CHECK THE CARB CONTENT.

#### **OTHER VEGGIES**

YOU CAN HAVE 140 – 200g (5 – 7oz) PER DAY IF SALAD DOES NOT EXCEED 230g(8oz) THESE VEGGIES ARE SLIGHTLY HIGHER IN CARB CONTENT THAN THE SALAD VEGGIES

ARTICHOKE,ASPARAGUS,AUBERGINE,BAMBOO,BEAN SPROUTS,BROCCOLI,BROCCOLI RABE,BRUSSEL SPROUTS,CABBAGE,CAULIFLOWER,CELERY ROOT,CHARD,COURGETTES,DANELION GREENS,FRENCH BEANS,KALE,KOHLRABI,LEEKS,MANGE-TOUT PEAS,OKRA,ONION,PUMPKIN,RHUBARB,SAURKRAUT,SPRING ONIONS,SPRING GREENS,SPAGHETTI SQUASH,TOMATO,TURNIPS,WATER CRESS

IF A VEGETABLE,SUCH AS SPINICH OR TOMATO,COOKS DOWN SIGNIFICANTLY,IT MUST BE MEASURED RAW SO AS NOT TO UNDERESTIMATE IT'S CARB CONTENT.

#### **SALAD GARNISHES**

CRUMBLD CRISP BACON,GRATED CHEESE,MINCED HARD BOILED EGG,SAUTEED MUSHROOMS,SOUR CREAM

#### **SPICES**

ALL SPICES TO TASTE,BUT MAKE SURE NONE CONTAIN ADDED SUGAR

#### **HERBS**

BASIL,CAYENNE,CORIANDER,DILL,GARLIC,GINGER,OREGANO,PEPPER,ROSEMARY,SAGE,TARRAGON,THYME FOR SALAD DRESSING USE OIL AND VINEGAR(BUT NOT BALSAMIC VINEGAR,WHICH CONTAINS SUGAR) OR LEMON JUICE AND HERBS AND SPICES.PREPARED SALAD DRESSINGS WITHOUT ADDED SUGAR AND NO MORE THAN TWO CARBS PER TABLESPOON SERVING ARE ALSO FINE

#### **FATS AND OILS**

MANY FATS,ESPECIALLY CERTAIN OILS,ARE ESSENTIAL TO GOOD NUTRITION.OLIVE OIL IS PARTICULARLY VALUABLE.ALL OTHER VEGETABLE OILS ARE ALLOWED,THE BEST BEING CONOLA,WALNUT,SOYBEAN,GRAPSEED,SESAME,SUNFLOWER AND SAFFLOWER OILS,ESPECIALLY IF THEY ARE LABELED "COLD PRESSED" OR "EXPPELLER PRESSED" DO NOT COOK POLYUNSATURATED OILS,SUCH AS CORN,SOYBEAN AND SUNFLOWER OIL,AT HIGH TEMPERATURES OR ALLOW TO BROWN OR SMOKE.

BUTTER IS ALLOWED. MARGARINE SHOULD BE AVOIDED, NOT BECAUSE OF ITS CARB CONTENT, BUT BECAUSE IT IS USUALLY MADE OF TRANS FATS ( HYDROGENATED OILS ) WHICH ARE A SERIOUS HEALTH HAZARD. (SOME NON HYDROGENATED MARGARINES ARE AVAILABLE IN HEALTH FOOD SHOPS) YOU NEED NOT REMOVE THE SKIN AND FAT FROM MEAT OR FOWL. SALMON AND OTHER COLD WATER FISH ARE AN EXCELLENT SOURCE OF OMEGA-3 FATTY ACIDS. I CANNOT STRESS STRONGLY ENOUGH THAT TRYING TO DO A LOW FAT VERSION OF ATKINS WILL INTERFERE WITH FAT BURNING AND DERAILED YOUR WEIGHT LOSS

### **BEVERAGES**

CLEAR BROTH/BOUILLON ( NOT ALL BRANDS; READ LABEL )  
SODA WATER, CREAM ( DOUBLE, WHIPPING OR SINGLE ); LIMIT TO TWO TO THREE TABLESPOONS A DAY; NOTE CARB CONTENT  
DECAFFEINATED COFFEE OR TEA

EXCESSIVE CAFFEINE MAY CAUSE UNSTABLE BLOOD SUGAR AND SHOULD BE AVOIDED BY THOSE WHO SUSPECT THEY ARE CAFFEINE DEPENDENT, EVERYONE SHOULD TRY TO AVOID CAFFEINE. GRAIN BEVERAGES (COFFEE SUBSTITUTES) ARE NOT ALLOWED. ALCOHOLIC BEVERAGES ARE ALSO NOT PERMITTED DURING INDUCTION; THOSE LOW IN CARBOHYDRATES ARE AN OPTION, IN MODERATION, IN LATER PHASES.

HERB TEA ( WITHOUT BARLEY OR ANY FRUIT SUGAR ADDED )

LEMON JUICE OR LIME JUICE ( NOTE THAT EACH CONTAINS 2 – 8 GRAMS CARB PER OZ ) LIMIT TO 2 – 3 TABLESPOONS  
MINERAL WATER  
SPRING WATER  
WATER

### **ARTIFICIAL SWEETNERS**

YOU MUST DETERMINE WHICH ARTIFICIAL SWEETNERS AGREE WITH YOU, BUT THE FOLLOWING ARE ALLOWED: SUCRALOSE ( SLENDA ) SACCHARIN, CYCLAMATE, ACESULFAME-K. NATURAL SWEETNERS ENDING IN THE SUFFIX “-OSE” SUCH AS MALTOSE, FRUCTOSE ETC..., SHOULD BE AVOIDED. HOWEVER CERTAIN SUGAR ALCOHOLS SUCH AS MALTITOL DO NOT AFFECT BLOOD SUGAR AND ARE ACCEPTABLE. SACCHARIN HAS BEEN EXTENSIVELY STUDIED AND HARMFUL EFFECTS WERE PRODUCED IN THE LAB WHEN FED TO RATS ONLY IN EXTREMELY HIGH DOSES. THE U.S FOOD AND DRUG ADMINISTRATION ( FDA ) HAS REMOVED SACCHARIN FROM ITS LIST OF CARCINOGENS, BASING ITS DECISION UPON A THOROUGH REVIEW OF THE MEDICAL LITERATURE AND THE NATIONAL INSTITUTE OF SCIENCE’S STATEMENT THAT THERE IS “ NO CLEAR ASSOCIATION BETWEEN SACCHARIN AND HUMAN CANCER.” IT CAN BE SAFELY CONSUMED IN MODERATION, MEANING NO MORE THAN 3 PACKETS A DAY. SACCHARIN IS MARKETED AS SWEETEX OR SUCRON. WE DISCOURAGE THE USE OF ASPARTAME ( MARKETED AS NUTRASWEET, HERMESETAS AND CANDAREL BECAUSE OF QUESTIONS ABOUT ITS SAFETY. MY PREFERENCE, HOWEVER IS SUCRALOSE (SLENDA) THE ONLY SWEETNER MADE OF SUGAR, SUCRALOSE IS SAFE NON CALORIC AND DOES NOT RAISE BLOOD SUGAR. IT HAS BEEN USED IN CANADA FOR YEARS, AND THE FDA RECENTLY APPROVED IT AFTER REVIEWING MORE THAN ONE HUNDRED STUDIES CONDUCTED OVER THE PAST TWENTY YEARS. NOTE THAT EACH PACKET OF SUGAR SUBSTITUTE CONTAINS ABOUT 1 GRAM OF CARB, SO DON’T FORGET TO INCLUDE THE AMOUNT IN YOUR DAILY TOTALS.

### **SPECIAL CATEGORY FOODS**

TO ADD VARIETY, EACH DAY YOU CAN ALSO EAT TEN TO TWENTY OLIVES, HALF A SMALL AVOCADO, ONE OZ OF SOUR CREAM OR 3OZ OF UNSWEETENED WHIPPING CREAM, AS WELL AS 2-3 TABLESPOONS OF LEMON JUICE OR LIME JUICE. BUT BE AWARE THAT THESE FOODS OCCASIONALLY SLOW DOWN WEIGHT LOSS IN SOME PEOPLE, AND MAY NEED TO BE AVOIDED IN THE FIRST 2 WEEKS. IF YOU SEEM TO BE LOSING SLOWLY, MODERATE YOUR INTAKE OF THESE FOODS.

### **CONVENIENCE FOODS**

ALTHOUGH IT IS IMPORTANT THAT YOU EAT PRIMARILY UN PROCESSED FOODS, SOME LOW CARB FOOD PRODUCTS CAN COME IN HANDY WHEN YOU ARE UNABLE TO FIND APPROPRIATE FOOD, CAN’T TAKE TIME FOR A MEAL OR NEED A QUICK SNACK. MORE AND MORE COMPANIES ARE CREATING HEALTHY FOOD PRODUCTS THAT CAN BE EATEN DURING THE INDUCTION PHASE OF ATKINS. JUST REMEMBER TWO THINGS

1. NOT ALL CONVENIENCE FOOD PRODUCTS ARE THE SAME, SO CHECK LABELS AND CARB CONTENT
2. WHILE ANY OF THESE FOODS CAN MAKE DOING ATKINS EASIER, DON’T OVER DO IT. REMEMBER, YOU MUST ALWAYS FOLLOW

## **THE RULES OF INDUCTION**

### **LIPOLYSIS TESTING STRIPS ( KETOSTIX )** **PROOF POSITIVE**

LIPOLYSIS TESTING STRIPS (LTS) (KETOSTIX) MEASURE THE KETONES- THE MARKERS THAT CONFIRM YOUR BODY IS IN LIPOLYSIS AND THE SECONDARY PROCESS OF KETOSIS—IN YOUR URINE. THE STRIPS WILL CHANGE TO PINK OR PURPLE, DEPENDING UPON HOW MANY KETONES ARE PRESENT. THE MORE KETONES YOU EXCRETE AND THEREFORE THE GREATER DEGREE OF KETOSIS YOU ARE IN, THE DARKER THE COLOUR.

## **WHAT IF THEY DON'T TURN COLOUR ?**

FIRST MAKE SURE THAT NONE OF YOUR FOODS EXCEPT YOUR SALAD AND OTHER VEGGIES CONTAIN CARBS, MEANING NO HIDDEN SUGARS, NO BREADING ETC. THEN STRICTLY FOLLOW INDUCTION FOR FIVE DAYS, IF THE LTS STILL HAVEN'T CHANGED TO AT LEAST PINK, MEASURE YOUR SALADS TO MAKE SURE YOU ARE NOT EATING TOO MANY VEGGIES, STILL NO CHANGE ? TRY CUTTING OUT THE TOMATOES AND ONIONS, WHICH ARE BOTH RELATIVELY HIGH ON THE GLYCEMIC INDEX. FINALLY MAKE SURE YOU ARE NOT CONSUMING EXCESS QUANTITIES OF PROTEIN, WHEN EATEN TO EXCESS PROTEIN CONVERTS TO GLUCOSE. HOWEVER SHOULD YOUR LTS NOT TURN PINK OR PURPLE, DESPITE THE FACT THAT YOU ARE DOING EVERYTHING CORRECTLY, YOU MAY STILL SHOW A DECREASE IN APPETITE, AN IMPROVEMENT IN WELL BEING A LOOSENING OF YOUR CLOTHES AND A SLOW BUT STEADY WEIGHT LOSS AND REDUCTION IN INCHES. THIS SIMPLY MEANS THAT YOU ARE NOT PRODUCING ENOUGH KETONES TO REGISTER ON THE LTS BUT ENOUGH TO BURN FAT. REMEMBER THE STRIPS ARE TOOLS; MAKING THEM CHANGE COLOUR IS NOT THE SOLE OBJECT OF THE GAME.

## **PHASE TWO** **ONGOING WEIGHT LOSS**

IF YOU ARE STARTING ONGOING WEIGHT LOSS (OWL), I KNOW THAT YOU'VE SUCCEEDED DOING INDUCTION. CONGRATULATIONS ON REACHING THE FIRST STAGE OF YOUR GOAL ! OWL IS WHERE YOU'LL START TAILORING ATKINS TO FIT YOUR SPECIAL TASTES; IT'S WHAT MAKES ATKINS SO UNIQUE AND A PLEASURE.

ALTHOUGH MORE LENIENT THAN INDUCTION, OWL WILL CONTINUE TO REVEAL THE WONDERS OF DISSOLVING FAT. EXPECT A GRADUAL DECREASE IN THE RATE AT WHICH THE POUNDS AND INCHES DROP OFF. THIS IS A DELIBERATE PART OF THE PLAN. I HAVE TO REPEAT ONE THING: ALLOWING A FEW MORE CARBS IN AT THIS PHASE IS NOT A LICENSE TO RETURN TO YOUR OLD HABITS OF DINING ON FOODS FULL OF SUGAR, WHITE FLOUR AND OTHER JUNK CARBS. THE QUALITY OF THE CARB FOODS YOU EAT CONTINUES TO BE AS IMPORTANT AS THE QUANTITY.

### **MAKE YOUR GOAL SPECIFIC**

YOU'VE SET A GOAL, AND THAT'S GREAT ! BUT MAKE SURE YOUR GOAL IS SPECIFIC. PLANNING TO LOSE 35 POUNDS, FOR EXAMPLE, IS FAR BETTER THAN PLANNING TO LOSE SOME WEIGHT, BUT YOU PROBABLY WON'T LOSE THE FULL 35 UNLESS YOU HOLD IT IN YOUR MIND AS THE DESTINATION OF YOUR JOURNEY.

### **VISUALIZE**

IN OTHER WORDS, ONCE YOU'VE SAID YOU ARE GOING TO LOSE 35 LBS, GO EVEN FURTHER AND VISUALIZE HOW YOUR BODY IS GOING TO LOOK, WHAT NEW CLOTHES YOU ARE GOING TO BE ABLE TO WEAR, KEEP IN YOUR MIND HOW GREAT YOU ARE GOING TO FEEL AND LOOK.

### **HOW TO DO OWL**

ON OWL YOU WILL  
CONTINUE TO BURN AND DISSOLVE FAT  
MAINTAIN CONTROL OF YOUR APPETITE  
LEARN HOW MUCH CARBS YOU CAN INTAKE TO CARRY ON LOSING WEIGHT  
EAT A WIDER CHOICE OF FOODS

### **RULES OF OWL**

TO BE SUCCESSFUL ON OWL REMEMBER TO :  
KEEP PROTEIN AND FAT AS THE MAINSTAYS OF YOUR NUTRITIONAL REGIMEN  
INCREASE YOUR DAILY CARB INTAKE BY NO MORE THAN 5 GRAMS EACH WEEK  
ADD NEW FOODS IN THE ORDER LISTED IN THE CARB LADDER  
ADD ONE NEW FOOD GROUP AT A TIME  
EAT A FOOD GROUP NO MORE THAN 3 TIMES PER WEEK TO START, THEN EAT DAILY  
STOP NEW FOODS IMMEDIATELY IF THEY PROVOKE WEIGHT GAIN, THE RETURN OF PHYSICAL SYMPTOMS  
LOST DOING INDUCTION OR INCREASED APPETITE OR CRAVINGS  
CONTINUE DOING OWL UNTIL YOU HAVE 5 – 10 POUNDS LEFT TO LOSE

## **HOW TO FOLLOW PHASE 2**

THERE ARE 3 KEY DIFFERENCES BETWEEN INDUCTION AND ONGOING WEIGHT LOSS  
THE FIRST IS OBVIOUS. YOU WILL CONSUME MORE CARBS  
SECOND WHEREAS DURING INDUCTION YOU ATE YOUR PROTEIN AND FAT FOODS PLUS 3 CUPS OF SALAD AND OTHER VEGGIES, OWL ALLOWS YOU MUCH MORE CHOICE. THAT MEANS YOU CAN NOW CRAFT A

WEIGHT LOSS PLAN THAT IS YOURS. BUT IT ALSO MEANS AND HERE'S THE THIRD KEY -- THAT COUNTING CARBS IS TRULY YOUR RESPONSIBILITY  
IF YOU DON'T COUNT THEN YOU COULD GET INTO TROUBLE !!!

## **YOUR OWN PRIVATE NUMBER**

LIFE IN THE 21<sup>ST</sup> CENTURY MEANS LOTS OF NUMBERS TO REMEMBER, WHAT WITH CELL-PHONE NUMBERS, BANK NUMBERS AND THE LIKE, BUT I'M GOING TO GIVE YOU THE TOOLS TO FIND ANOTHER NUMBER THAT IS JUST AS ESSENTIAL FOR YOUR LIFESTYLE. REMEMBER THESE TWO BASIC PRICIPLES WHEN YOU DO THE ATKINS DIET YOUR RATE OF WEIGHT LOSS IS GENERALLY PROPORTIONAL TO THE AMOUNT OF CARBS YOU CONSUME. THE LEVEL OF CARBS YOU CONSUME CAN BE MEASURED, BY ATTACHING NUMERICAL QUANTITIES TO THE CARB FOODS YOU'RE EATING, YOU KNOW HOW MUCH YOU CAN SAFELY EAT

YOUR DAILY THRESHOLD OF CARBS CONSUMPTION IS YOUR CRITICAL CARBOHYDRATE LEVEL FOR LOSING (CCLL) STAY BELOW THIS NUMBER AND YOU WILL EXPERIENCE ONGOING WEIGHT LOSS. GO ABOVE IT AND YOUR WEIGHT LOSS STALLS. HERE'S HOW YOU'LL DETERMINE YOUR CCLL. EACH WEEK YOU WILL INCREASE THE QUANTITY OF CARBS YOU EAT BEYOND THE SALAD AND ONE CUP SERVING OF VEGGIES ALLOWED DURING INDUCTION. THESE INCREMENTS SHOULD MEASURE ROUGHLY 5 GRAMS OF DAILY CARBS, REPRESENTING ONE "LEVEL"

DURING THE FIRST WEEK ON OWL, INCREASE YOUR DAILY CARB INTAKE FROM THE 20 GRAMS A DAY ON INDUCTION TO 25 GRAMS A DAY ---- GOING UP ONE LEVEL

I RECOMMEND YOU ADD EITHER ANOTHER SALAD, HALF AN AVOCADO, A CUP OF CAULIFLOWER OR 6 - 8 STALKS OF ASPARAGUS OR ANOTHER VEGGIE. CONTINUE TO EAT THIS WAY FOR THE REST OF THE WEEK. AS LONG AS YOUR WEIGHT LOSS CONTINUES STEADILY, YOU CAN GO UP ANOTHER LEVEL -- TO 30 GRAMS DAILY -- THE FOLLOWING WEEK. IF YOU ARE A VEGGIE LOVER, YOU MAY BE HAPPY CONTINUING TO ADD MORE SALAD GREENS AND OTHER VEGGIES. OR YOU MAY CHOOSE TO ADD A HALF CUP OF COTTAGE CHEESE, AN OZ OF SUNFLOWER SEEDS, OR A DOZEN MACADAMIA NUTS. IF YOU HAVE BEEN FEELING FRUIT DEPRIVED, NOW IS THE TIME TO ADD BERRIES, THE FRUITS LOWEST ON THE GLYCEMIC INDEX. (13 AVERAGE SIZE STRAWBERRIES CONTAIN 5 GRAMS OF CARBS)

LOOK AT THE "POWER OF FIVE" SET BELOW FOR OTHER SUGGESTIONS OF FOODS YOU CAN ADD TO YOUR DAILY MENU. MOST PEOPLE FIND IT BEST TO ADD BACK FOODS IN A CERTAIN ORDER -- WHAT I CALL THE CARBOHYDRATE LADDER (SEE BELOW)

NOTE THAT FEW PEOPLE WILL BE ABLE TO ADD BACK ALL THESE FOOD GROUPS IN OWL. THOSE ON THE SECOND HALF OF THE LIST TEND TO RANK HIGHER ON THE GLYCEMIC INDEX AND ARE MORE COMMONLY INTRODUCED IN PREMAINTENENCE. FOLLOWING THIS ORDER TENDS TO MINIMIZE BLOOD SUGAR SURGES THAT COULD REACTIVATE CRAVINGS.

## **CARBOHYDRATE LADDER**

1. MORE SALAD AND OTHER VEGGIES ON THE ACCEPTABLE FOODS LIST
2. FRESH CHEESES ( AS WELL AS MORE AGED CHEESE)
3. SEEDS AND NUTS
4. BERRIES
5. WINE AND OTHER SPIRITS LOW IN CARBS
6. LEGUMES
7. FRUITS OTHER THAN BERRIES AND MELONS
8. STARCHY VEGGIES
9. WHOLE GRAINS

EACH WEEK YOU'LL GO UP ANOTHER LEVEL, ADDING ANOTHER 5 GRAMS UNTIL EVENTUALLY YOU'LL REACH A NUMBER AT WHICH YOU STOP LOSING. THAT'S HOW YOU FIND YOUR CCLL. ABOVE IT YOU LOSE NO MORE, OR YOU BEGIN TO GAIN. BELOW IT YOU CONTINUE TO LOSE. THE LOWER YOUR METABOLIC RESISTANCE TO WEIGHT LOSS AND THE GREATER YOUR LEVEL OF PHYSICAL ACTIVITY, THE HIGHER THAT NUMBER WILL BE.

ONCE YOU CALCULATE YOUR CCLL YOU'LL BE ABLE TO SAY TO ANOTHER ATKINS FOLLOWER. "MY CRITICAL CARBOHYDRATE LEVEL FOR LOSING IS 45 GRAMS. WHAT'S YOURS ?" OR IT MIGHT BE HIGHER -- SAY 50, OR AS LOW AS 25. TO GET AN IDEA OF THE RANGE THAT IS POSSIBLE, SEE THE TABLE SET BELOW, AS I'VE MENTIONED BEFORE, METABOLIC RESISTANCE IS INFLUENCED BY AGE, GENDER, ACTIVITY LEVEL, HORMONE ISSUES, LEVEL OF PHYSICAL ACTIVITY, PRESCRIPTION MEDICATIONS AND OTHER FACTORS, SO THE RANGE IN CCLLs CAN BE GREAT.

IF YOU EAT BEYOND YOUR CCLL, YOUR SCALE AND MEASURING TAPE WILL HERLAD THAT YOU'VE CROSSED A LINE AND YOU'LL MAKE ADJUSTMENTS ACCORDINGLY. MOST PEOPLE SIMPLY DROP BACK DOWN TO THE PRIOR LEVEL OF CARB CONSUMPTION.

LIPOLYSIS TESTING STRIPS ( KETOSTIX ) CAN HELP YOU ASCERTAIN YOUR CCLL IN MAY CASES. THEY GENERALLY STOP TURNING COLOUR AT A POINT A LITTLE BIT BELOW YOU CCLL. WHEN THAT HAPPENS YOUR CCLL WILL BE ONLY A FEW CARBS HIGHER. HOW EVER YOU SHOULD BE AWARE THAT ONCE YOU ARE CONSUMING 50 OR MORE CARBS A DAY, THE LTS WILL NO LONGER REGISTER A CHANGE IN COLOUR. SO LONG AS YOU CONTINUE TO LOSE POUNDS AND INCHES AND EXPERIENCE NO RECURRENCE OF YOUR PRE ATKINS LEVELS OF HUNGER, CRAVINGS AND OTHER SYMPTOMS, REST ASSURED THAT ALL IS WELL. YOU ARE STILL FUNCTIONING ON A PRIMARILY FAT BURNING METABOLISM EVEN THOUGH YOU MAY NOT BE PRODUCING ENOUGH KETONES TO SHOW UP IN YOUR URINE.

## CARBOHYDRATE GRAM LEVELS AND METABOLIC RESISTANCE FOR LOSING

### **METABOLIC RESISTANCE**

HIGH

AVERAGE

LOW

REGULAR EXERCISER\*

- A REGULAR EXERCISER IS SOMEONE WHO DOES VIGOROUS EXERCISE FIVE DAYS A WEEK FOR AT LEAST 45 MINS

### **APPROX CCLL RANGE**

<15 GRAMS OF CARBS PER DAY

15 – 40 GRAMS OF CARBS PER DAY

40 – 60 GRAMS OF CARBS PER DAY

60 – 90 GRAMS OF CARBS PER DAY

## THE WISE OWL MIND SET

THE OWL PHASE IS ALL ABOUT CHOICE. THE CHOICES YOU MAKE SHOULD FOCUS ON HEALTHY AND PLEASURABLE ADDITIONS, WITH A STRONG EMPHASIS ON FOODS THAT CONTRIBUTE BOTH. AS YOU ADD FOODS IN ROUGHLY 5 GRAM CARB INCREMENTS, YOU CAN PROBABLY MOVE BEYOND VEGGIES TO OTHER FOODS, SUCH AS NUTS, BERRIES AND POSSIBLY GRAINS. ALTHOUGH YOU WILL BE EATING PRIMARILY NATURAL, UNPROCESSED FOODS, YOU WILL FIND AN INCREASING NUMBER OF CONVENIENCE FOODS CREATED FOR PEOPLE SEEKING TO FOLLOW A LOW CARB NUTRITIONAL APPROACH. REMEMBER: READ THE LABEL!

## THE POWER OF FIVE

THESE PORTIONS CONTAIN ROUGHLY 5 GRAMS OF CARBS. FOOD GROUPS ARE ARRANGED IN THE GENERAL ORDER IN WHICH THEY SHOULD BE ADDED.

### **VEGGIES**

340g (12oz) COOKED SPINICH

110g (4oz) RED PEPPERS

1 MEDIUM TOMATO

75g (2 ½ oz) COOKED BROCCOLI

8 MEDIUM ASPARAGUS

75g (2 ½ oz) CAULIFLOWER

40g (1 ½ oz) CHOPPED ONIONS

½ HASS AVOCADO

120g (4 ½ oz) SUMMER SQUASH

### **DAIRY**

140g (5oz) MOZZARELLA CHEESE

110g (4 oz) COTTAGE CHEESE

160g (5 ½ oz) RICOTTA CHEESE

110 ml (4 fl oz) WHIPPING CREAM

### **NUTS AND SEEDS**

30g (1oz) OF :

MACADAMIAS (APPROX 10 – 12 NUTS)

WALNUTS (APPROX 14 HALVES)

ALMONDS (APPROX 24 NUTS)

PECANS (APPROX 31 NUTS)

HULLED SUNFLOWER SEEDS (3 TABLESPOONS)

ROASTED SHELLED PEANUTS (APPROX 26 NUTS)

15g (½ oz) OF CASHEWS (APPROX 9 NUTS)

### **FRUITS**

37g (1 ⅓ oz) BLUEBERRIES

23g (¾ oz) RASPBERRIES

60g (2oz) STRAWBERRIES

60g (2oz) CANTALOUPE, HONEYDEW MELON

### **JUICES**

60 ml (2 fl oz) LEMON JUICE

60 ml (2 fl oz) LIME JUICE

110 ml (4 fl oz) TOMATO JUICE

### **CONVENIENCE FOODS**

YOU CAN SELECT FROM THE VARIETY OF CONVENIENCE FOODS (BARS AND SHAKES ARE THE TWO MOST AVAILABLE) BUT BE SURE TO DETERMINE THE ACTUAL NUMBER OF DIGESTIBLE CARBS IN ANY PARTICULAR PRODUCTS

## PRE MAINTENANCE: PREPARE FOR PERMANENT SLIMNESS

YOU ARE ALMOST THERE! ALL YOUR GOOD WORK AND HEALTHY EATING HABITS HAVE PAID OFF, AND YOU NOW HAVE ONLY 5 – 10 POUNDS TO GO TO REACH YOUR TARGET WEIGHT. GIVE YOURSELF A GOOD PAT ON THE BACK: YOU DESERVE IT.

HAVING SAID THAT, I HAVE TO INSERT A NOTE OF CAUTION. YOU MAY NOT LIKE WHAT FOLLOWS, BUT IT IS VITALLY IMPORTANT THAT YOU HEAR IT.

IF YOU HAVE BEEN RACING ALONG THE ROAD TO YOUR DESTINATION,NOW IS THE TIME TO PUT ON THE BRAKES.MUCH AS IT IS TEMPTING TO SAY ""I CAN BANISH THESE LAST POUNDS IN A FEW WEEKS NOW THAT I KNOW HOW TO DO THE ATKINS""I STRONGLY ADVISE YOU TO DO SOMETHING THAT SEEMS QUITE THE OPPOSITE ON PRE MAINTENANCE,THE ALL IMPORTANT THIRD PHASE OF ATKINS.AS YOU ADVANCE TOWARD LIFETIME MAINTENANCE,MY ADVICE IS TO PROCEED SO SLOWLY THAT YOUR WEIGHT LOSS IS ALMOST IMPERCEPTIBLE.I KNOW THAT THIS SNAIL'S PACE CAN BE EXCRUCIATING WHEN THE END IS IN SIGHT.BUT REMEMBER,GETTING TO YOUR GOAL WEIGHT IS NOT YOUR ULTIMATE GOAL;YOUR REAL GOAL IS TO MAINTAIN THAT MAGIC NUMBER INDEFINITELY.

OUR FOCUS IS NOW DIFFERENT,THERE IS LITTLE DOUBT YOU CAN AND WILL REACH YOUR GOAL WEIGHT. THE ONLY DOUBT IS WHETHER YOU WILL STAY AT THAT WEIGHT FOR LIFE.THE PURPOSE NOW IS TO CREATE THE OPTIMAL LIFETIME EATING PROGRAM,ONE THAT FITS YOU SO PERFECTLY YOU WILL WANT TO STAY ON IT FOR LIFE.

WHEN YOU MOVED TO OWL,YOU DELIBERATELY SLOWED DOWN YOUR WEIGHT LOSS BY ADDING MORE CARBS AND MORE VARIETY TO YOUR MENUS.NOW I AM GOING TO ASK YOU TO SLOW THINGS DOWN EVEN FURTHER.THE MORE YOU LEARN ABOUT EATING AS YOU LOSE THOSE LAST FEW POUNDS,THE BETTER.YOUR NEXT ASSIGNMENT IS TO INCREASE YOUR CARB CONSUMPTION UNTIL YOU ARE LOSING LESS THAN A POUND A WEEK.THE ADDITIONAL FOODS WILL PROVIDE INCREASED NUTRITION.IDEALLY YOU SHOULD SPEND AT LEAST A MONTH OR TWO IN THIS PHASE.

THERE IS METHOD IN WHAT MAY SOUND LIKE MADNESS.IF YOU SEARCH FOR THE LEVEL THAT ACHIEVES A SMALL AMOUNT OF WEIGHT LOSS,BY THE TIME YOU REACH YOUR GOAL WEIGHT YOU WILL IN EFFECT BE ON LIFETIME MAINTENANCE,AT WHICH TIME YOUR WEIGHT LOSS WILL NATURALLY SLOW TO A HALT.DURING PRE MAINTENANCE YOU WILL BOTH ACCUSTOM YOURSELF TO YOUR LIFETIME EATING PLAN AND GET A GOOD INDICATION OF WHAT IT WILL BE LIKE.THINK OF THIS PHASE AS A LEARNER'S PERMIT,LIKE THE ONE YOU HAD WHEN YOU WERE JUST BEGINNING TO DRIVE.YOU WERE ALLOWED OUT ON THE ROADS,BUT ONLY WITH A LICENSED DRIVER BY YOUR SIDE.PRE MAINTENANCE IS LIKE THAT.YOU'RE OUT THERE DOING IT,BUT YOU STILL NEED SOME MORE HOURS BEHIND THE WHEEL BEFORE IT'S SAFE TO ALLOW YOU ON THE HIGHWAY ALL BY YOURSELF.

THAT'S WHY IT IS CRUCIAL THAT YOU NOT MAKE THE ASSUMPTIONS THAT PRE MAINTENANCE AND LIFETIME MAINTENANCE MUST BE PRETTY MUCH THE SAME THING BECAUSE THEIR NAMES SOUND ALIKE.NOT TRUE: ONE IS A TRAINING PROGRAM;THE OTHER IS THE REST OF YOUR LIFE.IF YOU HAVE ANY MISGUIDED IDEAS ABOUT SKIPPING THIS THIRD PHASE AND GOING RIGHT TO LIFETIME MAINTENANCE,I EMPLORE YOU NOT TO DO SO.IN FACT I WOULD GO SO FAR AS TO SAY THAT PRE MAINTENANCE IS MANDATORY IF PERMANENT WEIGHT LOSS IS TO BE ACHIEVED.LET ME REPEAT THAT: IF YOU OMIT PRE MAINTENANCE YOU MAY WELL BE DOOMED TO FAILURE WHEN IT COMES TO MAINTAINING YOUR WEIGHT LOSS FOR THE LONG TERM.

## **HOW TO DO PRE MAINTENANCE**

PRE MAINTENANCE IS CRUCIAL TO GETTING YOUR WEIGHT UNDER CONTROL FOR GOOD,BUT IT IS ALSO ABOUT FAR MORE IMPORTANT THINGS,THE FIRST OF COURSE BEING YOUR HEALTH.TO REDUCE YOUR LONG TERM RISK FOR CONDITIONS SUCH AS CARDIOVASCULAR DISEASE,HYPERTENSION AND DIABETES THERE IS NOTHING MORE EFFECTIVE THAN MAINTAINING A HEALTHY WEIGHT.BUT IM ALSO THINKING ABOUT SUCH THINGS AS YOUR ABILITY TO MAKE CHOICES THAT ARE RIGHT FOR YOU.WHEN YOU REALISE YOU CAN BE IN CHARGE OF WHAT YOU EAT HOW YOU LOOK AND HOW HEALTHY YOU ARE,IT EMPOWERS YOU IN ALL THE OTHER ASPECTS OF YOUR LIFE.INSTEAD OF WORRYING ABOUT LOOKING GOOD TO PLEASE OTHER PEOPLE YOU ARE LIKELY COMING TO REALISE THAT WHAT MATTERS IS HOW YOU FEEL ABOUT HOW YOU LOOK AND FEEL.YOU ARE LEARNING THE SKILLS THAT ALLOW YOU TO CHANGE YOUR LIFE.WHEN YOU WERE DOING OWL.YOU LEARNED TO INCREASE YOUR CARB INTAKE IN INCREMENTS OF 5 GRAMS.IN THIS PHASE YOU CAN SHIFT INTO A HIGHER GEAR INCREASE YOUR DAILY CARB INTAKE BY 10 GRAMS EACH WEEK SO LONG AS YOU CONTINUE TO LOSE.SEE POWER OF TEN BELOW.IF YOU INTRODUCE NEW FOODS SLOWLY AND INCREASE YOUR GRAMS OF CARBS GRADUALLY,YOUR CCLL SHOULD INCREASE GRADUALLY.THIS NEW AND HIGHER CCLL WILL REFLECT THE FACT THAT YOU ARE NOW LOSING WEIGHT MORE SLOWLY.

AS YOU CONTINUE TO MAKE 10 GRAM INCREMENTAL ADDITIONS,YOU WILL RATHER QUICKLY REACH A POINT AT WHICH YOU WILL FIND THAT YOU ARE NO LONGER LOSING.IF YOU ARE AT YOUR GOAL WEIGHT,STAY AT THAT LEVEL FOR A MONTH OR SO BEFORE YOU INCREASE YOUR DAILY CARB CONSUMPTION BY ANOTHER 10 GRAMS TO SEE IF YOU CAN CONSUME THAT LEVEL WITHOUT GAINING.ONCE YOU DO BEGIN TO GAIN,DROP BACK 10 GRAMS AND YOU SHOULD HAVE ESTABLISHED YOUR CRITICAL CARBOHYDRATE LEVEL FOR MAINTENANCE ( CCLM ) ON THE OTHER HAND,IF AFTER AN INCREMENTAL INCREASE YOU FIND THAT YOU ARE GAINING OR ARE NOT LOSING AND YOU ARE NOT YET AT YOUR GOAL WEIGHT,YOU NEED TO BACK DOWN TO THE PREVIOUS LEVEL.THE LINE BETWEEN GAINING,MAINTAINING AND LOSING IS A THIN ONE AND YOU MAY HAVE TO PLAY WITH YOUR CCLL AND CCLM FOR A WHILE TO UNDERSTAND WHAT YOUR BODY CAN HANDLE.WHILE IT MAY TAKE AS LONG AS 3 MONTHS TO DROP THE LAST FEW POUNDS AND CLEARLY ESTABLISH YOUR CCLM,I REITERATE:THIS LEISURELY PACE IS CRITICAL TO YOUR ULTIMATE SUCCESS.CONTINUE TO ADD NEW FOODS SLOWLY AND CAREFULLY SO YOU'LL BE LEARNING GOOD EATING HABITS AT THE SAME TIME.

## **SOME VARIATIONS ON THE RULE**

ANOTHER APPROACH TO PRE MAINTENANCE IS TO CONTINUE EATING AS YOU WERE AT THE END OF OWL AND TO ALLOW YOURSELF A 20 GRAM CARB TREAT 2 OR 3 TIMES A WEEK.AD A PIECE OF FRUIT OR STARCHY VEG,A SERVING OF BROWN RICE OR SWEET POTATOES,FOR EXAMPLE.YOU CAN ALSO HAVE A GLASS OF WHITE WINE,A LIGHT BEER OR THE WHITE SPIRITS.

STILL ANOTHER WAY TO DO PRE MAINTENANCE IS TO AVERAGE OUT YOUR CARB INTAKE FOR THE WEEK.THIS IS HOW IT WORKS: IF FOR EXAMPLE,YOUR CCLL IS 80 GRAMS,YOU MIGHT DROP BACK TO 60

GRAMS ON TUESDAY, THEN DEVIATE WITH A BEEF, POTATO AND CARROT STEW THE FOLLOWING NIGHT, PUSHING YOUR DAILY TOTAL TO 100 GRAMS. (UP TIL NOW, WHEN WEIGHT LOSS WAS ESSENTIAL, I HAVE TOLD YOU TO SPREAD YOUR CARBS OUT THROUGH THE DAY, IF YOU DO HAVE A HEAVY DOSE AT ONE MEAL, MAKE SURE THERE IS ENOUGH FAT, PROTEIN AND FIBRE IN THE REST OF THE MEAL TO SLOW THE GLUCOSE LOAD ON YOUR SYSTEM) HOWEVER, IF YOU FIND SUCH DEVIATIONS CREATE CRAVINGS, IT IS PROBABLY BEST FOR YOU TO STICK TO A STEADY NUMBER OF CARBS SPREAD EVENLY THROUGHOUT THE DAY.

BE CAREFUL ! THERE ARE A COUPLE OF REASONS WHY PEOPLE SOMETIMES GET INTO TROUBLE:

1. THEY DON'T RECOGNIZE THAT THIS PHASE IS STILL RELATIVELY RESTRICTIVE OF CARBS, COMPARED TO THE WAY THEY WERE EATING BEFORE THEY WERE DOING ATKINS.
2. THEY'RE STARTLED TO DISCOVER THAT WITHOUT THE WONDERFUL ADVANTAGE OF DEEP LIPOLYSIS, APPETITE SUPPRESSION HAS DIMINISHED

## **POWER OF 10**

THE FOLLOWING PORTIONS EACH CONTAIN ROUGHLY 10 GRAMS OF CARBOHYDRATES. FOOD GROUPS ARE ARRANGED IN THE GENERAL ORDER IN WHICH THEY SHOULD BE ADDED.

### **NUTS**

60 g ALMONDS  
30 g CASHEWS  
60g HAZELNUTS  
60g MACADAMIAS  
60g ROASTED SHELLED PEANUTS  
90g PECANS  
50g PINE NUTS  
35g PISTACHIOS  
80g WALNUTS  
60g PUMKIN SEED  
55g SESAME SEEDS  
60g SUNFLOWER SEEDS

### **STARCHY VEGGIES**

75 g CARROTS  
230g WINTER SQUASH  
60g YAMS OR SWEET POTATOES  
230g PEAS  
240g BEETS  
90g PARSNIPS  
60g WHITE POTATOES

### **LEGUMES**

23g LENTILS  
60g KIDNEY BEANS  
60g BLACK BEANS  
60g HARICOT BEANS  
55g CHICKPEAS  
60g BROAD BEANS  
60g PINTO BEANS

### **FRUIT**

½ APPLE  
12 CHERRIES  
1 PEACH  
12 GRAPES  
110g STRAWBERRIES  
½ GRAPEFRUIT  
180g CANTALOUPE MELON  
1 KIWI  
230g FRUIT COCKTAIL CANNED IN WATER  
1 PLUM  
1/3 BANANA  
1 GUAVA  
1/3 MANGO

### **GRAINS**

40g LONG GRAIN BROWN RICE  
80g PORRIDGE  
100g SWEETCORN

1 SLICE WHOLEMEAL BREAD  
40g BARLEY  
30g SPINACH PASTA  
ALL FIGURES ARE FOR COOKED VEGGIES, STARCHES AND LEGUMES

## **KEY POINTS !**

. THE KEY TO SUCCESS ON PRE MAINTENANCE IS ADVANCING SLOWLY, LOSING LESS THAN A POUND A WEEK FOR 2 – 3 MONTHS  
. NOTHING WILL HAVE A MORE SIGNIFICANT EFFECT ON REDUCING YOUR LONG TERM RISKS FOR CARDIOVASCULAR DISEASE, HYPERTENSION AND DIABETES THAN MAINTAINING A HEALTHY WEIGHT.  
. INCREASE DAILY CARB INTAKE BY 10 GRAMS PER WEEK SO LONG AS YOU CONTINUE TO LOSE, ADDING NEW FOODS SLOWLY AND CAREFULLY  
. THE LINE BETWEEN GAINING, MAINTAINING AND LOSING IS A THIN ONE, AND YOU MAY HAVE TO PLAY WITH YOUR CCLL AND CCLM FOR A WHILE TO UNDERSTAND WHAT YOUR BODY CAN HANDLE.

## **LIFETIME MAINTENANCE**

THE BELLS SHOULD BE RINGING THE FLAGS FLYING. YOU ARE THERE !!!!! YOU'VE ARRIVED AT THE PLACE WHERE MILLIONS OF OVERWEIGHT PEOPLE HAVE NEVER BEEN SINCE THEY WERE CHILDREN—AT THE WEIGHT YOU WERE MEANT TO BE, AND THE IMPACT ON EVERY PART OF YOUR LIFE IS ENORMOUS. AM I RIGHT ?

NOW LET ME INTERJECT A REALITY CHECK. HAVE YOU WON THE BATTLE OF THE BULGE ? OR HAVE YOU ONLY GRADUATED FROM BOOT CAMP, IN SHAPE NOW FOR THE BATTLE AHEAD ? I CAN PERSONALLY ATTEST TO THE FACT THAT YOU HAVE ACHIEVED THE LATTER. RECIDIVISM AMONG PEOPLE WHO HAVE LOST CONSIDERABLE WEIGHT IS SUCH A WELL DOCUMENTED PHENOMENON THAT MANY CYNICAL DOCTORS ADVISE THEIR PATIENTS NOT TO EVEN BOTHER TRYING TO LOSE ! FORTUNATELY WITH ATKINS, SUCH PESSIMISM IS UNWARRANTED. THIS IS NOT TO SAY YOU DON'T NEED A LIFETIME MAINTENANCE PLAN ACCOMPANIED BY UNCEASING VIGILANCE. THE FORMER IS THE LIFETIME MAINTENANCE PHASE; THE DETERMINATION TO SUCCEED IS YOUR RESPONSIBILITY.

I WOULD EXPECT THAT AS YOU TRAVELLED ALONG THE SLOW PRE MAINTENANCE PATH, ONE DAY YOU REALIZED YOU WERE ACTUALLY IN LIFE MAINTENANCE: YOUR WEIGHT REMAINED CONSTANT WITHIN A POUND OR TWO FOR SEVERAL WEEKS. THE DECISIONS TO MOVE FROM INDUCTION TO OWL AND FROM OWL TO PRE MAINTENANCE WERE CONSCIOUS ON YOUR PART. BUT IT IS NOT ALWAYS EASY TO DEFINE THE MOMENT AT WHICH YOU LEAVE PRE MAINTENANCE AND MOVE TO LIFETIME MAINTENANCE; THE FORMER SEGUES NATURALLY INTO THE LATTER. BUT FROM NOW ON YOU WILL HAVE CONSCIOUS CHOICES TO MAKE EVERY DAY OF YOUR LIFE.

## **WHAT LIFETIME MAINTENANCE DOES FOR YOU**

BY NOW YOU SHOULD KNOW THIS BY HEART, BUT IN THIS CASE A LITTLE REPETITION IS A GOOD THING. ADHERING MAINTENANCE WILL:

1. PROVIDE YOU WITH A WAY OF EATING THAT ALLOWS YOU TO STAY SLIM FOR THE REST OF YOUR LIFE
2. ALLOW YOU TO MAXIMIZE THE AMOUNT OF HEALTHY CARBOHYDRATE FOODS YOU CAN EAT WHILE STAYING WITHIN 3 – 5 POUNDS OF YOUR GOAL WEIGHT
3. PREVENT RE ADDICTION TO FOODS THAT HAVE GOTTEN YOU IN TROUBLE BEFORE BY HELPING YOU TO AVOID FREQUENT EXPOSURE TO THEM
4. TEACH YOU HOW TO DROP BACK TO AN EARLIER WEIGHT LOSS PHASE, WHEN NEEDED TO ACHIEVE LIFETIME WEIGHT CONTROL
5. TEACH YOU HOW TO MAKE THE HEALTHIEST CARB CHOICES, WHICH WILL ALLOW YOU TO CONTINUE TO STAY IN CONTROL OF YOUR EATING HABITS, FEEL YOUR BEST AND MAINTAIN IMPROVED BLOOD-LIPID LEVELS. OPTIMIZE YOUR BLOOD PRESSURE, ENERGY AND MORE
6. TEACH YOU HOW TO ADJUST YOUR CARB CONSUMPTION WHEN METABOLIC CIRCUMSTANCES CHANGE, BEFORE YOU FIND YOURSELF REGAINING INCHES/WEIGHT
7. GIVE YOU A SENSE OF ACCOMPLISHMENT AND CONFIDENCE THAT SPILLS OVER INTO THE REST OF YOUR LIFE

## **HOW TO DO LIFETIME MAINTENANCE PROPERLY**

NOW THAT YOU'VE MADE IT TO YOUR GOAL WEIGHT, YOU CAN CONTINUE TO SELECT FROM A GREATER RANGE OF FOODS AND CONSUME MORE CARBS THAN YOU DID IN THE TWO EARLIER PHASES OF ATKINS. BUT AS I'VE SAID AT EVERY TRANSITION: NO WAY IS THIS A LICENSE TO RETURN TO YOUR OLD EATING HABITS. ALL TOO OFTEN, PEOPLE WIN THE BATTLE OF WEIGHT LOSS ONLY TO LOSE THE WAR OF WEIGHT CONTROL. TO MAINTAIN YOUR GOAL WEIGHT, YOU MUST KNOW YOUR METABOLIC NEEDS. YOUR CCLM WHICH YOU FOUND DURING PRE MAINTENANCE, LETS YOU KNOW HOW MANY CARBS YOU CAN EAT EACH DAY TO MAINTAIN YOUR WEIGHT. STAY RIGHT AT OR AROUND THAT NUMBER, AND YOUR WEIGHT SHOULD NOT FLUCTUATE BEYOND THE PERFECTLY NATURAL RANGE OF 2 – 3 POUNDS.



# CARBOHYDRATE GRAM LEVELS AND METABOLIC RESISTANCE FOR MAINTAINING

## **METABOLIC RESISTANCE**

HIGH  
AVERAGE  
LOW  
REGULAR EXERCISER

## **APPROX CCLM RANGE**

25 – 40 g OF CARBS PER DAY  
40 – 60 g OF CARBS PER DAY  
60 – 90 g OF CARBS PER DAY  
90 OR MORE g OF CARBS PER DAY

## **THE NITTY GRITTY OF MAINTENANCE**

WHAT YOU SHOULD BE ASKING YOURSELF IS “ WHAT LEVEL OF CARBS CONSUMPTION DO I FEEL BEST ON ?” THAT’S A MORE RATIONAL GOAL THAN TRYING TO FIND THE HIGHEST NUMBER OF CARBS YOU CAN GET AWAY WITH.THIS MAY MEAN YOU ACTUALLY STAY SLIGHTLY BELOW YOUR CCLM.MANY PEOPLE FIND THEY FEEL BETTER ON A LOW LEVEL OF CARBS,PERHAPS ONLY 30 – 35 GRAMS A DAY,THAN THEY DO ON THE MOST LIBERAL VERSION OF THE PLAN.OTHER PEOPLE FEEL BEST ON TWICE THAT AMOUNT OF CARBS AND HAVE THE METABOLISM TO SUPPORT IT,THAT IS WHY CCLMs CAN VARY SO GREATLY FROM ONE PERSON TO ANOTHER.REMEMBER YOUR BEST CARB LEVEL IS THE ONE ON WHICH YOU CAN BE HAPPIEST AND HEALTHIEST WITHOUT EXPERIANCING CRAVINGS AND REGAINING WEIGHT.

## **DEALING WITH WEIGHT GAIN**

EVEN WITH FLEXIBILITY AND GREAT FOOD, YOU CAN COME UPON A PATCH OF TROUBLE. WHAT IF YOU’RE HAPPILY EATING AWAY AND FEELING GREAT AND THEN SUDDENLY YOU NOTICE THOSE AWFUL POUNDS AND INCHES ARE STAGING A REVIVAL ? SINCE YOU ARE IN LIFETIME MAINTENANCE,I KNOW YOU’VE REACHED YOUR GOAL WEIGHT. THEREFORE YOU’RE PROBABLY NO LONGER IN LIPOLYSIS WHICH BY DEFINITION INVOLVES AN ELEMENT OF FAT LOSS.NEWLY SLIM PEOPLE ARE NO LONGER TRYING TO SHED POUNDS,AND SO THEY DON’T BURN FAT FOR FUEL MOST OF THE TIME BECAUSE THEY’RE ABOVE THEIR CCLL

BUT HERE’S THE CATCH THAT MANY PEOPLE DON’T SEE: THERE IS VERY LITTLE LEEWAY BEFORE YOU BREAK THROUGH YOUR CCLM TO THE LEVEL AT WHICH YOU BEGIN TO GAIN.A TYPICAL MALE OF AVERAGE AGE METABOLIC RESISTANCE MAY FIND HE HAS A CCLM OF 50 GRAMS.AS LONG AS HE REGULARLY EATS NO MORE THAN 50 GRAMS OF CARBS A DAY HE WILL NOT LOSE MORE WEIGHT AND BECOME TOO THIN.ON THE OTHER HAND,IF HE STARTS CONSUMING 60 GRAMS A DAY,HE’LL BE ABOVE HIS CCLM AND WILL START TO REGAIN WEIGHT.

AT YOUR GOAL WEIGHT YOU ARE IN FACT PRETTY BALANCED IN YOUR CARB INTAKE.NOTHING IS EXACT,OF COURSE.LIFE HAS A WAY OF CHANGING AND YOUR WEIGHT WILL IN FACT CONSTANTLY SHIFT UP AND DOWN BY SMALL INCREMENTS.THE MOST CONVENIENT WAY TO MAINTAIN YOUR BEST WEIGHT NOW IS TO NOT EVER LET THAT “UP” GET TOO FAR OUT OF HAND.IF IT DOES YOU MAY FIND YOURSELF SLIDING DOWN AN UPHILL PATH.TO COIN A PHRASE.

I RECOMMEND THAT YOU KNOW YOUR WEIGHT,AFTER ALL,IT’S ONE ASPECT OF YOUR GENERAL HEALTH THAT YOU CAN EASILY KEEP TRACK OF.GETTING ON THE SCALES AT LEAST ONCE A WEEK IS A MUST FOR SUCCESSFUL WEIGHT MAINTENANCE.WHEN YOU FIND THAT YOU’VE GONE 5 POUNDS OR MORE OVER YOUR MAINTENANCE WEIGHT OR THAT YOUR CLOTHES ARE GETTING TIGHT, YOU MUST PUT THINGS BACK ON THEIR PROPER COURSE.AND YOU MUST DO IT WITHOUT DELAY !

DON’T GET DEPRESSED AND GIVE UP.EVEN IF YOU DO TEMPORARILY GET OFF TRACK,CONTINUE TO EXERCISE.IT’S CRUCIAL THAT YOU DON’T SURRENDER ALL CONTROL.START WITH INDUCTION AND STAY ON OWL UNTIL YOU’VE REACHED YOUR GOAL WEIGHT AGAIN,AT WHICH TIME YOU SHOULD EASE BACK INTO LIFETIME MAINTENANCE.

REMEMBER GOING STRAIGHT BACK TO THE INDUCTION PHASE IS AS SIMPLE AS BEGINNING ATKINS IN THE FIRST PLACE.DO NOT GO BACK TO LIFE MAINTENANCE WITHOUT LOSING ALL YOU HAVE REGAINED.IT’S SIMPLE.A SALAD A DAY .A PORTION OF VEGGIES,PLENTY OF PROTEIN AND FAT AND VOILA ! YOU’VE SLASHED YOUR WEIGHT BACK IN AS LITTLE AS 6 – 8 DAYS,OR TWO OR THREE WEEKS DEPENDING UPON YOUR DEGREE OF METABOLIC RESISTANCE.

## **SOME PARTING RECOMMENDATIONS**

FOR THOSE OF YOU WHO HAVE BEEN SUCCESSFUL, YOUR NUTRITIONAL VOYAGE SEEMS TO BE ALMOST OVER.IT WILL CONTINUE INDEFINITELY.I HOPE,BUT YOU’RE DRIVING THE CAR I WANT TO LEAVE YOU WITH EIGHT BASIC PRINCIPLES FOR YOUR LIFE TIME DOING ATKINS:

1. BE FOOD AWARE,REMEMBER THAT FRESH MEAT,FISH,FOWL,VEGGIES,NUTS,SEEDS AND OCCASIONAL FRUITS AND STARCHES ARE THE FOODS NATURE INTENDED YOU TO EAT.THAT PACKAGED REFINED CARBOHYDRATE STUFF IN THE SUPERMARKET PUTS MONEY IN SOMEBODY’S POCKET.AND IT PUTS GARBAGE INTO YOUR STOMACHE.THIS IS THE ONLY BODY YOU’VE GOT.NOTICE HOW GOOD IT FEELS NOW ! NOTICE HOW MUCH BETTER IT LOOKS ! KEEP IT THAT WAY !
2. BE WARY,ENDLESSLY WARY OF SUGAR AND CORN SYRYP AND WHITE FLOUR AND CORNSTARCH.LOOK AT THE LABELS OF ANY PACKAGED FOOD YOU ARE CONSIDERING AND AVOID THOSE CONTAIN SUGAR,CORN SYRYP AND HONEY.AND READ THOSE LABELS FOR THE CARB CONTENT OF THE FOODS YOU WANT TO EAT.

3. INDIVIDUALIZE YOUR PERSONAL EATING PLAN.TRY NEW FOODS.INCREASE THE VARIETY OF FOODS THAT YOU LIKE AND ENJOY,IT WILL HELP TO PREVENT YOU FROM GOING BACK TO EATING FOODS THAT YOU ENJOYED IN THE PAST,BUT WHICH SIMPLY AREN'T GOOD FOR YOU.USE LOW CARB ALTERNATIVES.
4. CONTINUE YOUR ALREADY ESTABLISHED AND EFFECTIVE PLAN
5. CONSUME CAFFEINE AND ALCOHOL ONLY IN MODERATION
6. REMEMBER THAT ADDICTIONS CAN BE MANAGED ONLY THROUGH ABSTINENCE
7. TAKE CARE OF WEIGHT REGAIN PROMPTLY AND EFFECTIVELY BY RETURNING TO THE INDUCTION AND OWL PHASES FOR AS LONG AS IT TAKES TO GET BACK TO YOUR GOAL WEIGHT.SWEAR THAT YOU WILL NEVER ALLOW YOURSELF TO BE MORE THAN 5 POUNDS AND TWO WEEKS WORTH OF INDUCTION AWAY FROM YOUR GOAL WEIGHT
8. MAKE EXERCISE A REGULAR PART OF YOUR LIFE

ONE FINAL WORD.IT IS WELL KNOWN THAT VIRTUALLY ALL INDIVIDUALS REGAIN ALL OR MOST OF THEIR HARD LAST POUNDS WITHIN 5 YEARS.BUT WHEN A PROGRAM CHANGES THE COMPOSITION OF THE DIET,NOT THE QUANTITY,AND WHEN PRE MAINTENANCE TEACHING AND THE 5 POUND RULE ARE CONSISTENTLY APPLIED,RECIDIVISM IS A RARE PHENOMENON,INDEED.MY EXPERIENCE RESOUNDINGLY CONFIRMS THIS FACT.

INSTEAD OF BOUNCING YOU BACK INTO THE LAND OF THE FAT,ATKINS WELCOMES YOU PERMANENTLY INTO THE HOME OF THE SLIM

GOOD LUCK !