

Low Carb: The Complete Newbie Guide

*Recipes & Meal Plans:
How to Have Long Term Success On
A Low Carb Diet*

Table of Contents

Introduction

Chapter 1 – Why Choose the Low Carb Diet

Chapter 2 – Incorporating Low Carb into your Lifestyle

Chapter 3 – Ten Delicious Breakfast Recipes

Chapter 4 – 10 Tasty Lunch Recipes

Chapter 5 – 10 Scrumptious Dinner Recipes

Chapter 6 – 10 Filling Snacks for When those Cravings Need Controlling

Chapter 7 – 28 Day Meal Plan

Conclusion

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Introduction

There are hundreds of different diets available, the majority of them work on the basis that eating less calories than your body requires will result in weight loss. It is certainly true that this approach, combined with exercise, should have the desired effect. Unfortunately, everybody is different; to be really successful at weight loss it is essential to understand a little more about how the body works. Knowing the effect of the food you are putting into your body will make it much easier to both choose the right food and to lose weight successfully.

The low carb diet has been in an existence for many years and is geared towards avoiding processed foods and eating whole foods which is what humankind has been doing since the dawn of mankind.

The body requires a certain amount of vitamins, minerals and nutrients every day to remain healthy. Some of the most important elements are protein, carbohydrates, fats and fiber; these work alongside the wide variety of vitamins that are also essential.

Protein is the building block of every cell in the body, it is essential for building and repairing cells. This means that it is essential to all the organs, muscles and even bones and blood in the body. Proteins are made from amino acids and there are twelve of them which are essential to healthy growth and development. Unfortunately, many of these amino acids cannot be made in the body naturally and must be digested. This makes protein an essential daily requirement.

Carbohydrates are known as the energy providers for your body. There are several types of carbohydrates; complex and simple and each of these types have good and bad carbohydrates associated with them. Carbohydrates are the primary fuel source for the body; they are turned into glucose which can be 'burnt' by every cell in the body to effectively provide power for each muscle and organ. They are not the only source of energy as the body is also capable of burning fat; but it will only do this if there is not an available supply of carbohydrates available. One of the most important principles of the low carb diet is to reduce the amount of carbohydrates you eat. This will ensure your body has to burn fat to supply energy to the organs; the body will switch to fat burning mode after three or four days of a low carb diet. Energy for your body will then be provided by eating plenty of protein and burning stored fat. This process is known as ketosis and has become a popular way of successfully losing weight. The low fat, high protein diet which triggers ketosis has been linked by medical professionals with a lower risk of heart disease, diabetes and even epilepsy. Research is currently being conducted in respect of its effect on acne, cancer and a variety of nervous system issues such as Alzheimer's or Parkinson's.

There are several types of fat, saturated fats tend to be solid at room temperature and are not considered to be healthy for the body. They increase the bad cholesterol in the blood and will increase the risk of heart disease. Unsaturated fats will have the opposite effect; they are generally liquid at room temperature and will boost the amount of good cholesterol in the body. This will help you to

stay healthy. There are also Trans fats which are known to be the worst type of fat; they will increase bad cholesterol and decrease good cholesterol.

Fiber is not absorbed by your body when eaten; its role is to clean the intestines. This prevents any buildup of undigested food; an inadequate amount of fiber will prevent the body from functioning normally. If the intestine is not cleaned then toxins will start to build up in the body and can be extremely harmful to your health.

It is for these reasons that the low carb diet is not only successful at assisting you to lose weight, it also promotes a healthy body and lowers the risk of a variety of diseases later in life. This book will help you to understand why this diet should be chosen and how it can be successfully incorporated into your lifestyle. The book also lists a range of recipes to cover each mealtime and a meal plan to help you get started on your journey towards a new, healthier and slimmer you.

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Chapter 1 – Why Choose the Low Carb Diet

Every diet on the market promotes itself as a way to lose weight and to find a new, healthier and fitter you. However, many of these diets are difficult to follow and include radical lifestyle changes; this can make them extremely difficult to follow in the long term. Giving up on the diet is common and this leads to the term of yo-yo dieting as people switch between diets and attempt not just to lose weight but to keep it off.

The low carb diet is sustainable. It is essential to learn what foods types are allowed and what is not; once you understand this you will have little difficulty in creating delicious meals whenever you want them. Additionally, you will still be able to enjoy an evening out and easily choose a meal from any menu without needing to leave the diet at home. A low carb diet should be thought of as a lifestyle choice and not a diet.

Low carb diets are proven to assist with weight loss, as they lower the level of carbohydrates being consumed by the body. The result of this is inevitable; your body will enter a state of ketosis and will burn fat. If you combine this with an increase in exercise the weight will come off very quickly. In addition to this, a low carb lifestyle will encourage you to consume plenty of protein; this helps you to build muscles and, with a little exercise, will create a toned, almost unrecognizable you!

There are many medical professionals who say that the low carb lifestyle is a return to the food that humans have eaten for centuries; before the rise of the processed, fast food that so many people eat today. A low carb diet will consist mainly of meat, fish, eggs and some vegetables and is in keeping with the diets of your ancestors. You also need to avoid sugary and starchy foods. This is thought to be healthier for the body as it was designed to survive on these food sources.

Alongside the potential health benefits and the proven weight loss results perhaps one of the best reasons to choose a low carb lifestyle is that it can be controlled completely by you. In the early days of the diet you may wish to restrict your carbohydrate intake to as low as fifty or sixty grams a day, this will encourage a state of ketosis and weight loss. As you reach your target weight you can increase the number of carbs being consumed daily; this makes it much easier to control your food intake and even to enjoy eating out, should you wish to.

The low carb diet is exceptionally easy to follow; you can eat whenever you want, although it is advisable to eat only when you are hungry! There is no limit to the

amount of food you can consume and no calories counting, as long as you stick to the food types acceptable to the diet.

This diet has been used successfully by thousands of people around the world; it has become a recognized lifestyle choice by many of the bigger food suppliers. This ensures there is always plenty of choice when it comes to shopping or eating out.

Chapter 2 – Incorporating Low Carb into your Lifestyle

One of the most difficult challenges of any diet is sorting through the mass of information available and attempting to work out exactly what you should and shouldn't be doing. This can be complicated by the need to keep a calorie count and possibly even an exercise log.

The low carb diet is far easier to integrate into your lifestyle; once you learn what you are allowed to eat you can consume these products as much or as little as you like. The following foods can be eaten whilst on a low fat lifestyle:

- Meat – there is no restriction on the amount or type of meat you can eat, it is even acceptable to eat the skin and the fat. It is best to consume natural products; namely those which have been organically fed or grass fed, this will ensure they do not have an artificial additives.
- Fish – again, it is acceptable to eat all kinds of fish, even the fattier ones. Shellfish are also acceptable but you should avoid breaded fish; the bread will be high in carbs.
- Eggs – these are a very versatile food and can be used in hundreds of different dishes. They are also full of protein.
- Natural fat – any product, such as butter or cream which has natural fat in it can be added to your cooking to enhance the flavor; this will also make you feel fuller and more content.

- Vegetables – any vegetable which grows above the ground is acceptable. This includes cauliflower, broccoli, asparagus, olives, spinach, mushrooms and many more.
- Dairy products are an excellent source of natural fat and are an essential part of this diet. It is essential to choose high fat products which are more natural; low fat products tend to be supplemented with sugars which you do not want to be including in your diet.
- Nuts – these are an excellent snack and can be consumed at any time of the day. As with most food, moderation is recommended.
- Water, tea and coffee are all acceptable as part of this lifestyle.

When purchasing any sauces or ready-made products in store it is vital to check the ingredients to ensure they fit within the above food types. Ideally, any product purchased ready to eat should contain no more than five percent carbohydrates.

It is also essential to know the foods to avoid; this will ensure you do not inadvertently add something to your diet that should not be consumed. If in any doubt assume it is not included and check with friends or on an online forum:

- Sugar – this is the worst thing you can eat. It will provide instant energy for your body and ruin the fat burning process which your body should be doing. It is present in soft drinks, cakes, pastries and even breakfast cereals as well as a huge range of ready-made products – always check the ingredients. You should also avoid artificial sweeteners.

- Starch – this is present in potatoes, bread, rice, pasta, porridge and even muesli. Wholegrain products are the best choice if you must eat these food types but they are still high in starch.
- Beer – any beer, even the light beers have a high volume of carbs; courtesy of the yeast used during brewing. This is a definite no.
- Fruit – although this is often advertised as the healthy option it is full of natural sugars and this will not help your body burn fat. It should be eaten very occasionally, although avoiding it all together is the better option.

Knowing which food types are acceptable and which should be avoided means that you can be in complete control of what you eat. One of the reasons there are so many conflicting opinions and advice regarding the low carb diet is that there is no set menus; you eat when you are hungry and the food you consume will be to your tastes only. There are no other rules to follow!

Finally, you may hear people talk about the pros and cons of ketosis – the state your body enters when it is burning fat. The reason there is so much information and conflicting opinions about this subject is that there has been a large amount of research but no definitive answers. It is not something that should concern you. It takes three or four days for your body to enter a state of ketosis and to start burning fat, but you only want to be in this state for the first stage of the diet; the weight loss stage. Once you have reached your target weight you can increase your carbs slightly and your eating habits will help you to maintain your weight.

When you are on a low carb diet you should aim to consume between sixty and one hundred and fifty grams of carbohydrates per day. The lower end of this

scale is for during the weight loss period whilst the higher end is for maintaining your weight.

Chapter 3 – Ten Delicious Breakfast Recipes

Breakfast is the most important meal of the day; it starts your metabolism burning and makes you feel good. It also prevents you from snacking during the morning. Unfortunately there is not always enough time in the morning as you would like, the following breakfast recipes are quick and easy to make:

1. Omelet with goats cheese and herbs

Ingredients

- 3 eggs
- 1 tbsp chopped herbs
- Salt and black pepper – to taste
- 1 tbsp butter
- 2 ounces goat's cheese

Directions

1. Beat the eggs the mix thoroughly with the herbs, salt and pepper.
2. Add the butter to a pan and place on a medium heat. Once it has melted add the eggs, cook for three to four minutes.
3. Cover the cooked eggs with goat's cheese, it may be easiest to crumble the cheese, fold the omelet in half. Leave on the heat for another minute to allow the cheese to melt.

2. Fried Eggs with Broiled Tomatoes

Ingredients

- 2 tomatoes –cut in half
- 2 tsp olive oil
- Salt and black pepper (to taste)
- 4 eggs
- 2 scallions, sliced

- 1 tbsp grated Parmesan

Directions

1. Place the cut tomatoes onto a grill pan and drizzle one teaspoon of the oil over them. Then sprinkle salt and pepper on them, according to your taste. Grill for two or three minutes until they are tender.
2. Heat the other teaspoon of oil in a large pan. Break the eggs into the pan and cook until the eggs are how you normally like them. It should be between two and four minutes for slightly runny eggs.
3. Place the eggs on to plates and sprinkle with the scallions, parmesan, and any salt and pepper you require. Garnish with the tomatoes and enjoy.

3. Eggs with Herbs

Ingredients

- 2 tbsp unsalted butter
- 10 eggs
- 2 tbsp milk or water
- Salt and black pepper (to taste)
- 1/2 cup chopped mixed fresh herbs
- Scallions – only the green parts

Directions

1. Place the butter in a large pan and heat until melted.
2. Whilst heating the butter, whisk together the eggs, milk, salt and pepper. Carefully pour the mixture into the pan and cook. Don't forget to stir it regularly to prevent it sticking.
3. It should be ready in four to five minutes, depending on your tastes.
4. Add in the herbs and scallions.

4. Eggs with Ham, Cheddar and chives

Ingredients

- 2 tbsp unsalted butter
- 10 eggs
- 2 tbsp milk or water
- Salt and ground pepper (to taste)
- 1 1/4 cups cooked ham
- 1 1/2 cups Cheddar - grated
- 1/3 cup chopped fresh chives

Directions

1. Add the butter to a large pan and heat until melted.
2. Then place the ham in the pan and sauté until browned.
3. Whisk together the eggs, milk, salt and pepper. Then add the mixture to the pan.

4. Stir regularly for four minutes then add the cheddar and chives.
5. Cook for a further minute and then serve immediately.

5. Ricotta Omelet with Swiss Chard

Ingredients

- 3 eggs
- 1 tbsp milk or water
- Salt and ground black pepper
- 3 tbsp unsalted butter
- 1 bunch Swiss chard, cleaned and stemmed
- 1/3 cup ricotta

Directions

1. Break the eggs into bowl and add the milk or water and salt and pepper to taste.
2. Beat the mixture thoroughly.
3. Melt two tablespoons of the butter in a medium pan on the stove. Add four Swiss chard leaves to the pan and sauté for a few minutes, the leaves should be just starting to wilt. Remove them from the pan and put to one side.
4. Add the rest of the butter to the pan and allow it to melt. Once hot slowly pour in the egg mixture. Make sure the mixture is even across the pan.
5. Allow the eggs to cook for a minute or two whilst ensuring the mixture goes to the sides of the pan.
6. Continue cooking. After another minute you can add the ricotta. The egg mixture should still be a little runny. Cook for another minute then fold the omelet.
7. Tip the omelet gently onto your plate and serve with the Swiss chard.

6. Loaded Scrambled Eggs

Ingredients

- 1 red onion - chopped
- 1 pepper – also chopped
- 2 tbsp olive oil
- Salt and black pepper
- 8 large eggs

- 1 cup Cheddar - grated
- 1 cup cherry tomatoes – these need to be halved
- ½ cup chopped parsley

Directions

1. Heat the olive oil in a large pan
2. Add the onion, bell pepper, salt and pepper.
3. Cook on a low heat whilst stirring regularly for roughly twelve minutes.
4. Add the eggs to the pan and stir the mixture frequently
5. The eggs should be starting to set within two minutes.
6. Add the Cheddar and continue cooking, the cheese should be melted in within one or two minutes.
7. Remove from the heat before stirring in the tomatoes and parsley.

7. Sausage, Pepper and Cheddar Omelet

Ingredients

- 1 tbsp olive oil
- ½ cup Italian sausage links – remove the casings
- ¼ cup red pepper – this will need to be chopped
- 1 tsp unsalted butter
- 2 large eggs
- ¼ cup Cheddar – this should be grated
- Salt and black pepper

Directions

1. Place the oil in a large pan and heat
2. Add the sausage –this can be broken up with a spoon.
3. Add the pepper and cook for five or six minutes. The sausage should be brown and the peppers tender.
4. In a separate pan melt the butter. Beat the eggs and add them to the pan, making sure they are spread evenly across the pan. Cook for roughly three minutes.
5. Place the sausage mixture onto one side of the eggs, then, add the cheddar on top.
6. Fold the omelet in half and add a pinch of salt and pepper, to taste.

8. Cream Cheese Pancakes

Ingredients

- 2 oz cream cheese
- 2 eggs
- 1 packet stevia (or any) sweetener
- ½ tsp cinnamon

Instructions

1. Place all the ingredients together in a blender and blend until smooth. Then allow the mixture to settle for at least two minutes.
2. Place a little extra butter into a pan and heat on the stove. Add approximately a quarter of the mixture to the pan and cook for roughly two minutes. One side should be golden. Turn the pancake over and cook the other side for a further minute. Use the rest of the mixture to make another three pancakes.
3. Serve with the topping of your choice; fresh berries and / or sugar free syrup are an excellent choice.

9. Spinach, Mushroom & feta Crust less Quiche

Ingredients

- 8 oz mushrooms
- 1/2 tsp minced garlic
- 10 oz spinach
- 4 large eggs
- 1 cup milk
- 2 oz feta cheese
- 1/4 cup grated parmesan
- 1/2 cup shredded mozzarella
- Salt and ground black pepper to taste

Instructions

1. Preheat your oven to 350 degrees.
2. Put a little butter in a pan and heat on the stove until melted.
3. Give the mushrooms a quick wash and slice them thinly. Then place them in the pan.
4. Next, add the minced garlic and a little salt and pepper, if required.
5. Sauté the mushrooms for between five and seven minutes. All their moisture should be gone and the pan should have no water in it.
6. Spray a pie dish with non-stick spray.
7. Spread the spinach on the bottom of the pie dish, then layer the cooked mushrooms on top and crumble the feta over the mushrooms.
8. In a bowl whisk together the eggs until smooth and add the milk, parmesan and a little pepper, if required. Mix thoroughly.
9. Pour this mixture into the pie dish, on top of the spinach, mushrooms, and feta.

10. Sprinkle the shredded mozzarella cheese over top and place in the oven. It should take approximately forty five minutes to cook. Serve immediately or allow to cool before refrigerating, it can then be eaten whenever you like.

10. Low Carb Waffles

Ingredients

- 3 egg whites
- 2 tbsp coconut flour
- 2 tbsp milk
- 1/2 tsp baking powder

Directions

1. Whip 2 of the egg whites until they are stiff.
2. Then stir in the coconut flour, milk, baking powder and the final egg white.
3. Heat up your waffle iron to the highest temperature; make sure you spray it with non-stick spray.
4. Pour in the batter, and cook; it should take three or four minutes. You may need to cook the mixture in two halves.
5. Add any desired topping and enjoy.

Chapter 4 – 10 Tasty Lunch Recipes

1. Classic Cobb Salad

Dressing

- 1/4 cup canola oil
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 tbsp lemon juice
- 1/4 tsp mustard
- 1/4 tbsp sugar
- 1 clove garlic
- Salt and ground black pepper to taste

Salad

- 1/2 head iceberg lettuce
- 1/2 head romaine lettuce
- 1/2 cup watercress
- 1/2 cup blue cheese
- 6 strips cooked bacon
- 3 hard-boiled eggs- cut into small cubes
- 2 tomatoes, peeled - cut into small cubes
- 1 cooked chicken breast - cut into small cubes

- 1 avocado, peeled and pitted - cut into small cubes
- Salt and ground black pepper - to taste
- 2 tablespoons chives

Instructions

The dressing

1. Mix the canola oil, olive oil, vinegar, lemon juice, mustard, sugar and garlic thoroughly; ideally this can be done in a blender.
2. Season with salt and pepper to taste and put to one side while you prepare the salad.

Make the salad

1. Spread the iceberg and romaine lettuce on a large plate and add the watercress.
2. Arrange the blue cheese, bacon, eggs, tomatoes, chicken, and avocado on top of the lettuce in any pattern you like.
3. When ready to serve, drizzle the dressing across the salad and season with salt and pepper, if required.
4. Top with chives and enjoy.

2. Spinach and Quinoa Salad with Feta and Dill

Ingredients

- 1 cup uncooked quinoa,
- Sea salt
- ½ cup pine nuts, toasted (optional)
- 2 scallions, thinly sliced or 1 garlic clove, minced
- 6 cups spinach leaves
- ½ cup chopped fresh dill
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- 6 ounces feta
- Black pepper to taste.

Directions

1. Rinse the quinoa in a bowl with plenty of water and drain
2. Put the quinoa into a medium saucepan with a pinch of sea salt and cover with water.
3. Bring the pan to the boil and leave to simmer for approximately fifteen minutes.
4. The pan should be left to cool for another ten minutes.
5. Next, add the remaining ingredients and mix thoroughly. Taste for salt and pepper and adjust, if required.
6. This can be served warm or at room temperature.

3. Veggie Egg Salad

Ingredients

- 3 tbsp plain yogurt
- 3 tbsp mayonnaise
- Ground pepper and salt – to taste
- 8 hard-boiled eggs
- 1/2 cup chopped carrot
- 1/2 cup chopped cucumber
- 1/4 cup sliced scallions

Directions

1. Allow the hard boiled eggs to cool and then chop them into small pieces
2. Mix all the ingredients together in a bowl
3. Serve!

4. Mixed Green Salad

Ingredients

Feta Vinaigrette

- 3 tbsp sunflower oil or canola oil
- 3 tbsp extra-virgin olive oil
- 1/4 cup finely crumbled feta cheese
- 1 tbsp cider vinegar
- 1 tbsp red-wine vinegar
- Lemon juice to taste
- Salt and ground pepper to taste

Salad

- 8 cups mixed salad greens
- 2 cups sliced cucumbers
- 1 cup cherry tomatoes – halved or quartered
- 5 radishes - thinly sliced
- 1/4cup sliced red onion

Directions

To prepare vinaigrette

1. Mix the sunflower (or canola) oil, olive oil, feta, cider vinegar, red-wine vinegar, lemon juice, pepper and salt thoroughly. Ideally this should be done in a blender. Blend until smooth.

To prepare salad

1. Toss the greens with half the vinaigrette in a bowl. When thoroughly tossed place in a mound on a large plate.
2. Arrange the cucumbers, tomatoes, radishes and onion on top of the greens in whatever manner you choose.
3. Drizzle the rest of the vinaigrette over the salad and enjoy.

5. Smoked Trout Salad

Ingredients

- Smoked trout fillet - flaked
- ¼ cup celery - diced
- 2 tbsp minced shallot
- 2 tbsp mayonnaise
- 2 tbsp sour cream
- 1 tsp lemon zest
- 2 tbsp lemon juice
- 1 tbsp minced fresh dill
- Ground pepper – to taste
- 2 cups mixed salad greens
- 1 plum tomato - sliced

Directions

1. Mix all the ingredients together thoroughly.
2. Arrange the salad greens and the tomato on a plate and scatter the trout mixture on top.
3. Serve and enjoy.

6. Low Carb Pizza

Ingredients

Crust

- 1/2 cup soy flour
- 3 eggs
- 3/4 cup cream
- 1/2 cup club soda
- Salt

Sauce

- 1 tbsp olive oil
- Small red onion
- 1 tsp chopped garlic
- 3 tomatoes - diced
- Tomato sauce
- 1/4 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- Salt and ground black pepper to taste

Toppings

- 4 cups shredded mozzarella cheese
- 2 cups pepperoni slices
- 1/2 cup crumbled, cooked Italian sausage
- 1/2 cup diced Parma ham
- 1/4 cup red peppers
- 1/4 cup green peppers
- 1/4 cup red onion
- 2 Portobello mushrooms - sliced
- 2 tbsp extra-virgin olive oil
- Pinch dried oregano

Directions

1. Preheat oven to 375 degrees F.
2. Spray two pizza trays with non-stick vegetable oil to grease the pans.
3. Mix all the crust ingredients together in a bowl until you have a smooth, thick, pancake-like batter.
4. Spread the mixture as thinly and evenly as possible over the 2 trays

5. Place the trays in the centre of the oven and cook for approximately fifteen minutes – until lightly browned.
6. Remove the trays from the oven and increase the oven temperature to 400 degrees F.

The sauce

1. Heat the olive oil in a pan and then add the onions and garlic. Cook them until they are translucent.
2. Next, add the diced tomatoes and all the rest of the ingredients. Simmer for roughly two minutes.

Put the Pizza Together

1. Spread the sauce evenly over the pre-cooked pizza bases, before adding the mozzarella cheese.
2. Top one pizza with pepperoni, sausage, and ham, and top the other with the bell pepper strips, onions, and mushrooms.
3. Finally, lightly sprinkle one tablespoon olive oil over each pizza and sprinkle each with a dash of dried oregano.
4. Put both the pizzas into the oven for roughly ten minutes. The cheese will melt and should start to brown.
5. Serve and eat hot or cold.

7. Cured Pollock with Dill Cream Salad

Ingredients

- 100g sea salt
- 2 tbsp fennel seeds
- 1 small pack dill, chopped
- 400g Pollock fillet
- 500ml rapeseed oil

For the dill cream

- 140g full-fat crème fraîche
- cayenne pepper - to season
- Pinch of chopped dill
- Lemon zest

For the radish salad

- 300g radishes
- 1 tbsp taramasalata sauce
- Lemon juice
- Pinch of chives
- 1/4 tsp paprika

Directions

1. Mix the salt, fennel seeds and dill together in a bowl.
2. Next, line a large oven proof dish with cling film and cover it with half the salt. Place the Pollock fillet on top of the cling film and cover it with the rest of the salt. Wrap the fish completely in the cling film.
3. The fish will need to go in the fridge and be left to cure for at least eight hours. The fish should then be very firm, with a salty flavor. Wash all the salt off the fish and place in a large dish of water, ensure the fish is com-

- pletely covered. This should be left to soak for approximately thirty minutes. Remove the fish and dry with kitchen paper.
4. Heat the oven to 150C/130C fan/gas 2.
 5. Place the fish in the ovenproof dish and cover with rapeseed before covering the dish with tin foil. Make sure the foil is sealed around the edges and then put it in the oven for approximately twenty five minutes.
 6. The fish can now be served immediately or later when cooled.
 7. Mix the crème fraîche thoroughly with a pinch of salt and cayenne pepper. After a few minutes it should thicken and appear like clotted cream. Blend in the chopped dill and lemon zest.
 8. The entire mixture should be covered with cling film and kept in the fridge until ready to serve.
 9. Wash the radishes before cutting them in half, lengthways. Place the taramasalata and the lemon juice in a bowl and mix thoroughly. Flake the Pollock onto a serving plate. If it has excess oil on it this can be removed with a kitchen towel.
 10. Next add a little cooking oil to the taramasalata and whisk thoroughly. Then add the radishes, chives and the smoked paprika to the dressing and mix it all together.
 11. Ideally the fish should be served warm with the dill, cream and the radish salad.

8. Polenta & Mushroom Tart

Ingredients

- 25g butter
- 850ml vegetable stock
- 200g polenta
- 50g Parmesan - grated
- 2 rosemary sprigs -finely chopped
- 500g chestnut mushrooms - halved
- Pinch of dried thyme
- 2 tbsp olive oil
- 125g ball mozzarella - drained
- large handful rocket
- 1 tsp balsamic vinegar

Directions

1. Heat oven to 200C/180C fan/gas 6.
2. Grease and line a large baking tray with baking parchment.
3. Put the stock in a saucepan and bring to the boil.
4. Slowly add the polenta; it is essential to keep whisking while adding this.
5. Bring the mixture to the boil and allow it to simmer for eight minutes whilst you stir it.
6. Remove the pan from the heat and slowly stir in the cheese, butter, rosemary and as much seasoning as you require.
7. Finally, spread the mixture over the lined tray and cook for approximately thirty minutes.
8. Whilst this is cooking, mix the mushrooms with the thyme and some seasoning.

9. Heat a small amount of oil in a frying pan and fry the mushrooms, they should be golden.
10. Tear the mozzarella into pieces with your hands and pat dry with kitchen paper.
11. Remove the polenta from the oven and cover with the mushrooms and mozzarella before cooking for a further ten minutes.
12. Either spread the rocket over the tart and drizzle with the balsamic vinegar, or, place the rocket next to it as a side salad.

9. Haddock in Tomato Basil Sauce

Ingredients

- 1 tbsp olive oil
- 1 onion
- 1 small aubergine
- ½ tsp ground paprika
- 2 crushed garlic cloves
- 400g chopped tomatoes
- 1 tsp muscovado sugar
- 8 large basil leaves
- 4x 175g firm white fish fillets – haddock is a good choice

Method

1. Heat the olive oil in a frying pan and then stir fry the onion and aubergine for approximately four minutes. The vegetables should be golden but not soft.
2. Cover the pan with a lid and let the vegetables steam-fry in their own juices for six minutes – you should not need any additional oil.
3. Slowly add the paprika, garlic, tomatoes and sugar with a little salt and cook for another eight minutes whilst stirring. The onion and aubergine should be tender.
4. Add the basil leaves then place the fish in the pan ensuring it is covered by the sauce. This should now be cooked a further eight minutes, the fish should flake easily.
5. Sprinkle a little extra basil over the top and serve with a salad.

10. Seafood Curry

Ingredients

- 75g butter
- 300g white fish like Pollack - cut into large chunks
- 200g salmon - cut into large chunks
- 200g raw peeled prawns
- 100g mussels - cleaned and de-bearded

For the curry sauce

- 1 onion - chopped
- 100g ginger - chopped
- 50ml vegetable oil
- 2 tsp garam masala
- 1 tsp turmeric
- 1 red chili, deseeded and finely chopped
- 400g chopped tomatoes
- Handful of coriander leaves

Method

The Curry Sauce:

1. Mix the onion and ginger together in a blender until it is a purée.
2. Then heat the oil in a large pan until it begins to smoke.
3. Add the garam marsala and allow to sizzle for thirty seconds.
4. Next, add the onion and ginger purée and slowly cook for approximately five minutes, keep stirring whilst this is simmering

5. Then add the remaining spices and continue to fry for another minute before adding the chili and frying for a further minute.
6. Add the tomatoes and a pinch of salt and grind of pepper (to taste), then stir well.

To make the curry:

1. Melt a third of the butter in a large pan before adding the fish and allowing it to cook for two or three minutes. It should be lightly browned.
2. Repeat this process with the salmon and prawns, adding another third of the butter for each fish.
3. Next add the muscles and a little water to a saucepan and put on the stove on a high heat. Cover the pan and allow the mussels to steam for three or four minutes. Ideally you should shake the pan every few minutes.
4. Add the fish and mussels slowly to the sauce whilst bringing the mixture back to the boil. Simmer for a minute or two and then remove from the heat and allow the mixture to cool for three or four minutes. Add the coriander leaves to taste.

Chapter 5 – 10 Scrumptious Dinner Recipes

1. Herbed Beef

Ingredients

- 1 beef tenderloin
- ½ cup olive oil
- 2 onions - chopped
- 2 garlic cloves - minced
- 1 tbsp dried basil, thyme and rosemary
- 1 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- Salt and pepper

Directions

1. Place tenderloin in a large cooking bag, it must be re-sealable.
2. Combine all the other ingredients in a mixing bowl and pour over meat.
3. Seal the bag and turn several times to ensure the beef is well coated. Then refrigerate overnight.
4. Turn your grill onto its indirect setting and, using a drip pan drain and discard the marinade from the beef.
5. Put the beef over the direct heat in your grill. Ensure the meat is covered and turn frequently for fifteen minutes.
6. Now move the beef to the indirect side of your grill. Keep it covered and grill for a further twenty five minutes; you can adjust this time according to your personal preference.
7. Let the beef stand for ten minutes before slicing and serving.

2. Asian Chicken

Ingredients

- 1.2 lb boneless chicken breasts - cut into strips
- 1 onion
- 1 tbsp canola oil
- 1 cup vegetables of your choice
- $\frac{3}{4}$ cup uncooked instant rice
- $\frac{3}{4}$ cup chicken broth
- 1 tbsp soy sauce

Directions

1. Using a shallow dish mix the chicken, onion and oil thoroughly. Then cover the dish and microwave on high for two minutes.
2. Add the remaining ingredients and ensure they are mixed well. Cover again and cook for five minutes; the chicken should not be pink and the rice will be tender.
3. Let the dish stand for 5 minutes with the cover on and then fluff the rice with a fork.

3. Chicken with Mango

Ingredients

- 1/2 cup chopped and peeled mango
- 1/2 cup chopped tomato
- 2 tbsp minced fresh cilantro
- 1 tbsp jalapeno pepper - chopped
- 1 small red onion
- 3 pieces chopped celery
- Dash of lime juice
- A pinch of lime peel
- 2 boneless chicken breast halves
- Salt and pepper to taste
- 1 tbsp canola oil

Directions

The salsa:

1. Mix together the mango, tomato, cilantro, jalapeno, onion, celery, lime juice and peel.
2. Cover the mixture and refrigerate for three hours.
3. Sprinkle some salt and pepper on the chicken – to suit your taste buds.
4. Using a large pan cook the chicken in a little oil for six minutes per side.
5. Serve with the salsa.

4. Roast Pork with Plum Apple Stuffing

Ingredients

- 1 pork crown roast
- 2 tbsp flour
- Salt and pepper to taste
- ½ cup chopped and pitted dried plums
- 1 cup boiling water
- 1 cup peeled and chopped apple
- ¼ cup golden raisins
- ¼ cup unsweetened apple juice
- ¼ cup butter – this will need to be melted
- 2 tbsp brown sugar
- 1 tsp lemon peel
- ¼ tsp paprika
- ¼ tsp ground cinnamon

Directions

1. Put the roast with the rib ends up in a large roasting pan.
2. Combine the flour, salt and pepper (if required) and rub the mixture over the roast.
3. Cover the rib ends with foil and cook for one hour. It should be left uncovered and cooked at 350°.
4. Whilst this is cooking place the plums in a bowl and pour one cup of boiling water over them. Leave them to stand for five minutes.
5. Drain the mixture and add the apple, raisins, apple juice, butter, brown sugar, lemon peel, paprika and cinnamon. This is the stuffing.
6. Carefully spoon this mixture into the centre of the roast.
7. Cook for a further forty five minutes.
8. Remove the foil from the ends and transfer the roast to a serving plate. It should be allowed to stand for fifteen minutes before serving.

5. Chicken and Spring Vegetables

Ingredients

- 1 tbsp olive oil
- 8 small chicken thighs
- Salt and black pepper to taste
- 1 cup chicken broth
- 12 radishes - halved
- 4 carrots - cut into sticks
- 1 tsp sugar
- 2 tbsp chopped fresh chives

Directions

1. Heat the oil in a pan.
2. Season the chicken as required with the salt and pepper. Then bake until browned, this should take six or seven minutes per side.
3. Transfer the chicken to a plate to allow it to cool - removing any fat and discarding it.
4. Return the pot to the heat and add the broth.
5. Mix in the radishes, carrots, and sugar.
6. Finally, put the chicken on top of the vegetables and simmer for fifteen minutes until the chicken is thoroughly cooked.
7. Sprinkle with the chives.

6. Lamb Chops with Tomatoes and Olives

Ingredients

- 1 tbsp olive oil
- 4 lamb loin chops
- 1 tsp paprika
- Salt and black pepper to taste
- 4 shallots – cut in half
- 4 plum tomatoes – cut into quarters
- ¼ cup pitted kalamata olives
- ¼ cup parsley

Directions

1. Heat your oven to 400° F.
2. Then add the oil to a pan and heat.
3. Season your lamb with the paprika, salt and pepper as required, then cook until browned – this should take no more than two or three minutes per side.
4. Add the shallots to your pan and then put the whole dish into the oven.
5. Cook the lamb for approximately eight minutes, if you like it medium-rare. Adjust this time to your personal preference.
6. Put the lamb onto the plates
7. Then add tomatoes, olives, and parsley to the pan and toss with the shallots to thoroughly combine.
8. Serve and enjoy.

7. Dry Rubbed Baby Back Ribs

Ingredients

- 4 cloves garlic - chopped
- 2 tbsp brown sugar
- 1 tsp chili powder
- ½ tsp cayenne pepper
- Salt and black pepper to taste
- 2 racks baby-back ribs

Directions

1. Mix the garlic, brown sugar, chili powder, cayenne, salt and black pepper together in one bowl.
2. Rub this mixture onto the ribs and allow them to sit for ten minutes.
3. Warm the grill to a medium heat and then grill the ribs for twenty five to thirty minutes. They will need to be turned occasionally.

8. Low Carb Chilli

Ingredients

- 1 quart water
- 2 lbs ground beef
- 1 tsp cinnamon
- 1 tsp cumin
- 1 onion - chopped
- 2 cloves garlic
- Pinch of salt and pepper – to taste
- 2 tbsp chilli powder
- 1 tsp red pepper
- 1/2 tsp mixed spice
- 1 can tomato paste
- 3 bay leaves
- 1 can mushrooms
- 3/4 cup green pepper - chopped

Directions

1. Brown the meat and drain off any fat.
2. Add all the other ingredients and bring the mixture to the boil
3. It will need to be left to simmer for three hours.
4. Serve with vegetables

9. Low Carb Baked Chicken

Ingredients

- 2 boneless chicken breasts
- 2 teaspoons taco seasoning
- ½ cup salsa – choose your preferred variety.
- ½ cup cheddar cheese – grated

Directions

1. Preheat your oven to 375 degrees.
2. Coat a small baking dish with non-stick spray.
3. Lightly brush the taco seasoning onto both sides of the chicken and then spoon salsa over the top of the meat.
4. Leave the coated meat uncovered and cook for approximately forty five minutes.
5. Sprinkle the grated cheese onto both breasts and finish cooking – a further five minutes in the oven should be sufficient to melt the cheese.

10. Shepherds Pie

Ingredients

- 6 pieces of bacon – cut into small pieces
- 2 lbs ground beef
- ½ Onion - chopped
- Salt and pepper to taste
- ¼ tsp garlic powder
- 1 egg – this will need to be beaten
- 1 cup cheddar cheese - grated
- 2 cups green beans – frozen is fine
- 2 cups cauliflower – again, frozen is fine
- 3 tbsp butter
- ¼ cup sour cream

Directions

1. Fry the bacon until crisp, then drain and dab with a paper towel to remove the oil.
2. Using the same pan brown the hamburger and onion; seasoning with salt and pepper if required. Using a medium baking dish mix the hamburger, bacon, onion and garlic powders.
3. Add additional seasoning if required before adding the beaten egg and half of the cheese.
4. Spread the mixture across the bottom of a baking dish.
5. Next cook the green beans according to instructions. After draining return them to the pot and add a tablespoon of butter. Season if necessary before spreading the beans over the meat in the baking dish.
6. Then cook the cauliflower for twelve minutes until very tender and drain.
7. Place the cauliflower with two tablespoons of butter and the sour cream into a food processor and blend until a smooth consistency is reached.
8. Again, season as required before spreading over the green beans
9. Scatter the remaining cheese over the top of the baking dish and cook for thirty five minutes on 350.
10. Serve immediately and enjoy

Chapter 6 – 10 Filling Snacks for When those Cravings Need Controlling

1. Cottage Cheese and Berries

Add three quarters of a cup of cottage cheese to four thinly sliced strawberries to make a delicious snack. Alternatively try blueberries or raspberries. You can also experiment with seasonings such as cinnamon or vanilla extract.

2. Hummus

Humus can make a very tasty snack and is high in protein. For an additional flavour try using it as a dip for peppers, carrots or celery.

3. Hard-Boiled Egg

Eggs are full of protein and are actually rich in a variety of nutrients, including choline, selenium, riboflavin, vitamin D, phosphorus, vitamin B12, folate, iron and vitamin A. They are a handy snack which can be consumed anywhere. It is usually easier to hard boil several in one go and have them ready to use or eat when required. It is even possible to add a few spices to vary the flavour of this snack. Pepper, sea salt, paprika or chilli powder are all good starting points but anything is worth a try!

4. Almonds, Walnuts, Pistachios and More

Nuts are an excellent source of heart-healthy fats and protein. Every nut is slightly different in the amount of these essential nutrients; almonds are high in vitamin E whilst walnuts have plenty of omega-3 fatty acids. Pistachios are rich in lutein and zeaxanthin which are both excellent for eye health. It is best to make your own mixed nut bag up and to use dry roasted nuts. Pre-packed ones can have extra, undesirable ingredients.

5. Celery

Celery is a fairly bland vegetable but it very crunchy and is digested slowly by the body. This will help you to feel full for longer. It can be made a little tastier by adding a dip such as blue cheese or sour cream.

6. Full-fat yoghurt, plain or Greek

Yoghurt is always a tasty snack and can even be improved upon, if desired by adding a few strawberries or blueberries. A 200g pot of full-fat yoghurt has around 6-7g of carbs but the low fat alternatives may be far higher than this as they are loaded with sugars. Natural yoghurt is always the best bet, but it is essential to check the ingredients.

7. Tuna

Tuna, like many fish, is very high in protein and comes with no carbs. This makes it the perfect snack or accompaniment to any meal. Choose tuna in oil, brine or water – all are good for the diet.

8. Peanut Butter Cookies – low carb.

This is one snack that will need to be made in advance, but having them in the cupboard means you can satisfy any craving.

Ingredients

- 1 cup flour
- 3 tbsp truvia
- ½ tsp baking powder
- 30g butter
- ½ cup milk
- 1 large egg - lightly beaten
- 3 tbsp sugar-free peanut butter
- 1 tsp sugar free vanilla extract

Directions

1. Preheat your oven to 190C/375F/Gas Mark 5
2. Combine the dry ingredients together.
3. In a separate bowl, blend the butter with the peanut butter
4. Next, add the lightly beaten egg, milk and vanilla extract. Mix thoroughly until the mixture is smooth
5. Empty the dry ingredients into the peanut butter mix and stir thoroughly.
6. Grease a baking tray or, if you prefer, line it with baking paper.
7. Place spoonfuls of the cookie mixture onto the tray and cook for approximately twenty minutes.
8. Allow to cool before eating or storing.

9. Brownies

Ingredients

150g 100% unsweetened solid dark chocolate
150g butter
90g truvia
90g flour
30g unsweetened cocoa powder
4 large eggs
1/2 tsp baking powder
Pinch of salt

Directions

1. Preheat the oven to 190C/375F/Gas Mark 5.
2. Finely cut the chocolate and the butter into small chunks and put them together in a heatproof bowl.
3. Place the bowl on top of a pan of simmering water and stir occasionally until the chocolate has melted.
4. Remove the bowl from the simmering pan and allow the mixture to cool.
5. While waiting beat the eggs and truvia together.
6. Next, slowly add your egg mixture to the chocolate and butter; mix thoroughly.
7. Mix together the flour, cocoa powder, baking powder and salt (if required).
8. Add this mixture to the chocolate mixture and blend until smooth.
9. Pour the mixture onto a greased baking tray.
10. Cook for roughly twenty minutes.

10. Baked Zucchini Chips

Ingredients

- 1 zucchini
- canola cooking spray
- salt or any seasoning you choose

Directions

1. Preheat oven to 225 degrees Fahrenheit.
2. Spray a baking tray with canola oil for use in a moment.
3. Slice the zucchini into thin medallions; as thin as you can manage.
4. Lay out slices on the prepared baking tray and spray them lightly with the cooking spray.
5. Sprinkle with the seasonings of your choice.
6. Bake in the preheated oven for forty five minutes before rotating the tray and baking for a further thirty minutes.
7. Zucchini chips should be browned; the crispiness can be increased or decreased by adjusting the cooking time.

Chapter 7 – 28 Day Meal Plan

This book should have provided you with many ideas concerning the food it is possible to eat and enjoy whilst living the low carb lifestyle. To assist you in the difficult first days, the following meal plan will see you through the first four weeks:

WEEK 1	Breakfast	Lunch	Dinner
Day 1	Omelet Waffle	Avocado & vegetable rolls	Chicken with Mango
Day 2	Banana yoghurt	Asian chicken salad	Stuffed avocados
Day 3	Fried Eggs and broiled tomatoes	Low carb pizza	Chicken with spring vegetables
Day 4	Sausage, pepper and cheddar omelet	Prosciutto & egg roll ups	Herbed beef
Day 5	Eggs with herbs	BLT rolls – made with lettuce.	Asian Chicken
Day 6	Poppy seed breakfast cookie	Chicken and asparagus stir fry	Pizza Frittata
Day 7	Banana Pancakes	Peach & pistachio salad	Roast Pork with plum apple stuffing

WEEK 2	Breakfast	Lunch	Dinner
Day 1	Omelet with goats cheese and herbs	Cured Pollock with dill cream salad	Chicken enchilada stuffed zucchini
Day 2	Cream cheese pancakes	Peach & pistachio salad	Asian Chicken
Day 3	Eggs with ham, cheddar & chives	Low carb pizza	Flanked steak salad
Day 4	Spinach,	Seafood curry	Chicken with

	mushroom & feta crust less quiche		mango
Day 5	Ricotta omelet with Swiss chard	Classic cob salad	Herbed beef
Day 6	Low carb waffles	Haddock in tomato basil sauce	Bacon & cheddar cauliflower cheese
Day 7	Greek yoghurt and blueberries	Polenta and mushroom tart	Roast pork with plum apple stuffing

WEEK 3	Breakfast	Lunch	Dinner
Day 1	Asparagus and eggs	Asian chicken salad	Spaghetti squash and meatballs
Day 2	Low carb cereal	Avocado & vegetable rolls	Lamb chops with tomatoes and olives
Day 3	Cream cheese pancakes	Spinach and quinoa salad with feta and dill	Dry rubbed baby back ribs
Day 4	Loaded scrambled eggs	Low carb pizza	Chicken in green onion sauce
Day 5	Chocolate hazelnut granola	Salmon and chickpea salad	Shepherd's Pie
Day 6	Chickpea pancake	Chicken avocado & pepper salad	Low carb chili
Day 7	Greek yoghurt and strawberries	Turkey & Humus Lettuce wraps	Roast pork with plum apple stuffing

WEEK 4	Breakfast	Lunch	Dinner
Day 1	Ricotta omelet and Swiss chard	Tuna and white bean salad	Low carb baked chicken
Day 2	Banana yoghurt	Chicken and asparagus stir fry	Cauliflower pizza
Day 3	Toasted coconut	Mixed green salad	Cheesy baked

	pancakes		spaghetti squash and spinach
Day 4	Low carb cereal	Low carb Pizza	Vietnamese cauliflower rice
Day 5	Loaded scrambled eggs	Veggie egg salad	Seared scallops with pancetta
Day 6	Cranbury, orange & pecan muffins	Polenta and mushroom tart	Low carb chili
Day 7	Breakfast casserole with feta and mozzarella	Smoked trout salad	Eggplant pizza

Conclusion

You will probably have heard many conflicting opinions concerning the benefits and health implications of the low carb diet. Unfortunately this is true for any diet; in reality any diet can be detrimental to your health if not understood and applied properly. The low carb diet has been used for many years and is based upon an understanding of the body, how it works and what nutrients are essential to keep it healthy. Eating less carbs, more protein and more fat will replicate the diet of your ancestors; this is a healthy lifestyle choice simply because you are avoiding unnecessary additives and preservatives.

This book has been designed to assist you in understanding the needs of the human body and how this diet can help them. The recipes provided are examples of meals and snacks and can be adjusted as suited to your own tastes; providing you keep to the food types that are recommended. One of the best things about this diet is that once you understand what types of food are allowed and which are not, you can easily create your own recipes. Food can, once again, be an adventure. There is a huge range of products which can be consumed and many of these are not allowed on the more traditional diet choices. The reason for this is simple; the majority of diets seek to assist you in losing weight rapidly by limiting your calorie intake. Unfortunately these diets are not sustainable in the long term and the fat usually returns. The low carb diet works with your body and allows you to change your eating habits for life; it is a lifestyle choice, not a diet.

To further assist you in your quest for a healthier you, there are several apps available on line which will help you to calculate the number of carbs in various foods. This may be beneficial when starting out to help you understand which foods are good for you and which should be avoided. It is important to note that there is not a strict carb limit; seeking to lower carbs means you can still consume some food with carbs in; the amount can be different each day. To see the best results you must aim to stay within the range of sixty and one hundred and fifty grams a day.

As with any change of diet it is important to advise your health professional of your change in lifestyle, particularly if you are on any medication. Weight loss will be easier and more sustainable if you undertake an exercise program; this will also make you fitter, healthier and feel good about yourself.

Study the list of acceptable food types, experiment and have fun losing weight!