

# QUICK & EASY LOW-CARB COOKBOOK

Delicious Recipes for **Breakfast, Lunch & Dinner**



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# What Is A Low Carb Diet?

People follow low carb diets for various reasons, such as losing weight, reducing bloating, or helping to keep blood sugar low if they have diabetes or similar. A low carb diet is all about reducing your intake of carbohydrates, and such a diet has been linked to heart health as well as weight loss and improved blood glucose levels. There are a lot of myths about low carb eating, so it is important to be aware of the facts if you are considering a reduction in your carb intake.

Carbohydrates are an energy source for daily activities, along with fuel for exercise, your heart, brain and nervous system. After eating carbs, your body will break them down into simple sugars which are then absorbed into the bloodstream. The pancreas reacts to this sugar by releasing a hormone known as insulin, which can move sugar from the blood into the cells. It can then be used as an energy source.

Many people eat about 300 grams of carbs a day, but a low carb diet could be anything between 20 and 60 grams. Everyone is different though, and some people will lose weight on 10 grams of carbs a day while others might be able to have 80 grams of carbs and enjoy the same benefits.

If you have been eating plenty of carbohydrates, dropping down to 20 grams suddenly will probably give you side effects because your body suddenly has to start using its own fat as fuel instead of using carbs. Side effects might include headaches, constipation or fatigue as the body gets used to this way of eating. These side effects are normal and temporary, but you can minimize or avoid them by gradually reducing your carb intake rather than suddenly cutting right down.

## Low Carb Food Choices

One of the most difficult things about following a diet has to be the cravings and hunger that come from restricting certain foods. There are lots of tasty meals you can prepare on a low carb diet without going over your set carb limit though. Let's look at some of the possibilities.

Breakfast could be a cheese, tomato and ham omelette, sausages or bacon with fried eggs, or what about Greek yogurt with chopped peaches or raspberries? For lunch, how about a baby leaf salad with walnuts, blue cheese, crunchy vegetables, and a mayo-

based dressing, or perhaps some lettuce rollups, which you can make by rolling a large lettuce leaf around tuna mayonnaise or egg mayonnaise?

If your energy begins to flag mid-afternoon, a handful of nuts and seeds will perk you right up again. When dinnertime rolls around, consider a nice steak, some grilled fish or crispy-skinned baked chicken, served with creamed spinach and fried mushrooms. Some sugar-free jelly and unsweetened whipped cream makes a glorious end to the meal. These are just a few examples of nutritious, low carb meals. Of course you can use your own imagination to come up with many more.

Cutting back carbs means eating fewer calories, which is why you will need to add fat to make them up. Instead of hydrogenated fat or margarine, choose olive oil for cooking and extra-virgin olive oil for making salad dressings. You can also enjoy unsweetened cream and butter.

You will be able to see the carb count on the packaging on branded food products, but unless you are counting carbs to lose weight fast you do not need to count the carbs. Many of the foods you will eat on a low carb diet will be unprocessed 'good carbs' such as meat, fish, vegetables, nuts, eggs, healthy fats, and seeds. The worst choices include white bread, white pasta, white rice, white potatoes, sugar, and anything breaded or processed. For example, there are 5 grams of carbs in just one teaspoon of sugar.

### **Tips for Losing Weight**

- Enjoy a nutritious diet with good carbs such as vegetables and fruits which are high in nutrients and fibre but low in calories, so you are satisfied enough not to overeat.
- Track your food choices and activities in a journal.
- Begin each day with a healthy breakfast.
- Try to enjoy some activity every day. Even a walk is better than nothing. This boosts your energy and burns calories.

Here are some low carb meal ideas which will satisfy your hunger and taste great too:

# Egg & Bacon Muffins

Fancy something a little different for breakfast? You must try this! Egg and bacon muffins offer a unique twist on the traditional egg and bacon breakfast, they're also perfect for lunch or brunch. Fully loaded with the good complex carbohydrates and protein your body needs for energy, this dish is the perfect way to kick-start your day.



## Ingredients (Serves 6)

- 1 to 3 packs of smoked or unsmoked bacon (at least 12 strips)
- 6 small organic eggs
- Salt, to taste
- Pepper, to taste

## Method

1. Preheat oven to 375°F/190°C/Gas Mark 5.

2. Grease 6 wells of a non-stick muffin pan (or ramekins) with butter, then wrap two or three strips of bacon around the inside of each muffin cup. You may need more or less bacon depending on the size of each strip.
3. Gently crack one small egg into each muffin cup lined with bacon. Sprinkle a little salt and pepper.
4. Bake for 30-35 minutes or until bacon is crispy and eggs are cooked through to your taste.
5. Serve with fresh grilled juicy tomatoes.



# Thai Fish Cakes

Fish cakes are a tasty treat and infusing them with Thai flavors make them even better, these will definitely activate your taste buds and leave you wanting more. They have great texture on the exterior and the interior is light with a slight crispness from the green beans. When accompanied by a sweet dipping sauce it really amplifies the dish. You have an amazing plate that can be served as a snack, side or an appetizer.



## Ingredients (Serves 2)

- 1 8 oz. white-flesh fish fillet, boneless and skinless
- 2 tablespoons Thai red curry paste
- 1 tablespoon corn starch
- 1 beaten egg
- 4 kaffir lime leaves, finely minced
- Salt and black pepper
- 5 green beans, trimmed and thinly sliced



- Olive oil for frying

### **Dipping Sauce**

- 3 tablespoons Reduced Sugar Tomato Ketchup
- 2 tablespoons chili sauce

### **Directions**

1. Add the fish fillet to a food processor along with the red curry paste, corn starch, beaten egg and lime leaves. Season with a little salt and pepper then process until a paste forms. Transfer the paste to a bowl, add the thinly sliced green beans and fold into the fish cake mixture.
2. When the mixture is done divide it into 8 equal portions, form the fish cakes with your hands and place them onto a platter. Once this is done fill a deep pan or wok with enough oil to deep fry the cakes and heat oil until hot.
3. Fry the fish cakes in small batches for 3 minutes or until golden brown. When they are fried place them on paper towels to drain the excess oil.
4. As the fish cakes are draining make the sauce by adding the reduced sugar tomato ketchup and chili sauce into a small bowl. Mix well.
5. Plate and serve the fish cakes with the dipping sauce and enjoy every bite!

# Salad Nicoise

Salad nicoise is the ideal way to display a wonderful bounty of fresh ingredients. This salad is packed with protein and features seared tuna, anchovies, eggs, asparagus spears and an array of vegetables. This French salad recipe is definitely unlike any other salad you have ever had. It is loaded with great ingredients that work surprisingly well.



## **Ingredients** (Serves 5)

Vinaigrette:

- $\frac{3}{4}$  cup olive oil
- $\frac{1}{2}$  cup fresh lemon juice
- 1 small shallot, minced

- 1 ½ tablespoons fresh basil leaves, minced
- ½ tablespoon fresh thyme, minced
- 1 teaspoon Dijon mustard
- Pinch of dry oregano
- Salt, to taste
- Black pepper, to taste

### **Salad:**

- 2 tuna steaks, 8 oz. each
- Olive oil
- ½ lemon, juiced
- 1 tablespoon sesame oil
- 1 tablespoon soya sauce
- Salt and black pepper, to taste
- 10-15 asparagus spears
- 1 cup fresh green beans
- 2 heads lettuce
- 2 ripe tomatoes
- 1 red onion, thinly sliced
- 6 hard-boiled eggs, peeled and sliced in half
- ¼ cup olives
- Anchovies

### **Method**

1. Add tuna steaks to a baking dish and coat with olive oil, lemon juice, sesame oil, soya sauce, salt and black pepper. Cover and marinate in the fridge for one hour.

2. Heat a large pan over medium high heat and add tuna steaks. Get a nice sear on each side. This should take about 2 minutes per side. Remove from the pan and set aside.

3. In a bowl add all the vinaigrette ingredients. Whisk until emulsified.

4. Place asparagus spears in a pot and cover with hot water from a kettle. Bring to a boil. Cook until tender. Drain, sprinkle with a little salt and pepper. Set aside.
6. In a smaller pot bring salted water to a boil.
7. Prepare an ice bath.
8. Blanch green beans for 3 minutes or until tender.
9. Place into the ice bath to maintain that lovely color. Drain beans and set aside.
10. Tear lettuce leaves and place into a salad bowl. Add some of the vinaigrette and toss. Arrange on a serving platter.
11. Cut tuna into ½ inch strips and coat with a little vinaigrette. Place in the center of the lettuce.
12. Toss green beans in about 3 tablespoons of vinaigrette. Place at the end of the bed of lettuce along with the asparagus spears.
13. Toss tomatoes, red onion and 2 tablespoons vinaigrette in a bowl and place on the lettuce.
14. Add hard boiled eggs, olives and anchovies.
15. Drizzle salad with remaining vinaigrette and serve.

# Pan Fried Medium Steak with Rocket and Tomato Salad

There is nothing like a steak dinner that allows the meat to shine on the plate. All that is needed with it is a simple, lightly dressed salad. One great meal that encompasses these characteristics is a pan fried medium steak with a tomato and rocket salad. The steak is juicy, simply seasoned, and has a nice crust on the outside. The salad has a nice peppery taste as a result of the rocket, sweetness from the tomatoes and a balsamic vinaigrette made with olive oil to dress the salad. The steak will be restaurant quality and the salad is light and fresh with a very satisfying depth of flavor. The first thing to do is focus on making a perfect pan fried medium steak.



## Steak Ingredients (Serves 1)

- 1 Sirloin steak, about 1 inch thick
- Salt, to taste
- Coarse ground black pepper, to taste
- 1 teaspoon garlic granules or powder
- Unsalted butter

## **Method**

1. Bring the steak to room temperature.
2. Season steak liberally on both sides with salt, pepper and garlic.
3. Heat a large skillet over high heat.
4. When skillet is hot add about 1 tablespoon of butter into the non stick pan.
5. Immediately place strip steak on top of the butter (the butter helps to create a nice crust on the exterior).
6. Allow to sear for about 3 minutes undisturbed.
7. Turn over and cook for 3-4 more minutes for a medium rare steak.
8. Remove from skillet.
9. Allow to rest (resting helps retain juices).

While the steak is resting gather your ingredients for the salad which are:

## **Salad Ingredients**

- 1 cup cherry tomatoes
  - 1 cup rocket
  - 2 tablespoons olive oil
  - 1 ½ tablespoons lemon juice
  - Salt, to taste
  - Pepper, to taste
10. Halve cherry tomatoes.
  11. In a large bowl combine tomatoes and rocket.
  12. Make a quick dressing by whisking olive oil, lemon juice, salt and pepper.
  13. Add to salad and toss to coat. Season with a bit more salt and pepper if desired.
  14. Now that your steak is rested and the salad is ready, slice and serve on top of salad.



# Stir Fry Shirataki Shrimp Noodles

Japanese Shirataki noodles are a great alternative to pasta, they contain no bad carbohydrates, the noodle is low calorie and low carb. Stir fry shrimp noodles is everything you want in a stir fry and so much more. All the textures and tastes in this dish just work. You have your crisp elements thanks to the veggies, tender shrimp and softness from the Shirataki noodles. Aside from texture, the aroma is truly unforgettable.



## Ingredients (Serves 4)

- 4 tablespoons dark soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon Chinese cooking wine or sherry (optional)
- 1 thumb size piece of fresh ginger, peeled and minced
- 1-2 teaspoons ground white pepper
- 1 teaspoon granulated sugar (optional)
- ¼ cup olive oil



- 1 lb. shrimp, peeled and deveined
- 4 celery ribs, thinly sliced diagonally
- 4 scallions/spring onions/green onions, thinly sliced diagonally
- 2 medium sized carrots, shredded
- 1 head of garlic, peeled and minced
- 1 package Shirataki noodles

## **Method**

1. Prepare the sauce for the stir fry by combining the soy sauce, sesame oil, cooking wine, ginger, white pepper, sugar and mix well.
2. Once the sauce is done, add half of the oil to a deep saucepan or wok and heat over medium high. Add the shrimp to the hot oil and cook for 4-5 minutes or until pink and opaque. Remove the shrimp and set those aside.
3. In the same pan or wok add the remaining oil along with the celery, green onions, carrots and garlic. Stir fry for about 10 minutes or until the vegetables are warmed through but still have crispness and bite. When they are done set them aside.
4. As for the Shirataki noodles, they are packaged in water so just take them out of the packaging and run them under hot water. Once this is done add the noodles to the hot pan or wok and stir fry for 3 minutes before adding in the sauce, shrimp and vegetables.
5. When all the components come together stir fry until everything is warmed through and coated with sauce. Now that the dish is ready, serve and enjoy every bite.

# Baked Cod With Vegetables & Herbs

Cod is a wonderful product to cook with. It is a very delicate, mild fish that pairs well with so many ingredients. With a few super fresh fillets and some time it is easy to create an impressive dish that pleases all the senses. One dish in particular that is quite phenomenal is cod fillets baked in foil accompanied by leeks and carrots. This trio is then seasoned with herbs and spices and cooked until flakey. Baking in the foil allows the fish to steam until it is perfectly flakey and the vegetables cook down while still maintaining their bite. As for the herbs and spices, they bring the dish to new heights. In the end you have little packets of elegance to serve and enjoy.



## Ingredients (Serves 2)

- 2 tablespoons unsalted butter
- 3 garlic cloves, minced finely
- 2 teaspoons lemon zest
- 1 teaspoon fresh thyme, minced

- 1 ½ tablespoons fresh parsley, chopped
- 1 cup baby carrots
- 2 leeks, cut into matchsticks, white and light green part only
- Salt and black pepper, to taste
- Dry white wine of choice
- 2 cod fillets (6 oz each), boneless and skinless
- Lemon wedges

## Method

1. Preheat oven to 375°F/190°C/Gas Mark 5.
2. Add the butter, a little garlic, a portion of the lemon zest and all of the fresh thyme to a small bowl along with a sprinkle of black pepper. Mix to create a seasoned butter for the cod. Once this is done, add the remaining garlic, parsley, and lemon zest to a separate bowl and mix to combine.
3. In a medium sized bowl toss together the carrots and leeks along with some salt and pepper. Tear off two sheets of aluminum foil and lay them flat on the counter. Place a mound of the leek and carrot mix in the center of each sheet of foil and add a splash of white wine along with the juice of a lemon wedge. Add a fish fillet on the top of the vegetables and season with black pepper. Top each with half of the seasoned butter and fold the foil to create little packets.
4. Place both packets onto a baking sheet and bake for 15 minutes. After this time remove from the oven, unwrap each package to allow steam to escape and check for doneness by making sure that the fish flakes easily with a fork.
5. When the fish is done top with the garlic, parsley and lemon zest mixture and serve with lemon wedges.

# Chicken Chasseur

Chicken chasseur, which translates to hunter's chicken, is a classic French dish. This super easy main course is exceptional. The chicken is super tender, the tomatoes add the some acidity, the herbs provide a pronounced flavor and the mushrooms bring an amazing earthiness. Making the entire recipe in one vessel ensures that the end result is a beautiful dish that pleases all the senses.



## Ingredients (Serves 2-4)

- 2 tablespoons all-purpose flour (optional)
- Salt, to taste
- Pepper, to taste
- 4 skinned and boned chicken thighs
- 2 tablespoons olive oil
- 1 large onion, peeled and sliced (or shallots)
- 1 cup sliced chestnut mushrooms

- 3 garlic cloves, minced
- ½ cup dry white wine
- 2 cups chicken broth
- 1 can chopped tomatoes
- 2 sprigs fresh thyme
- 2 bay leaves
- 4 sprigs fresh tarragon
- 1 small pot double or heavy cream

### **Directions**

1. Pre-heat an oven to 425°F/220°C/Gas Mark 7.
2. Quickly season the 2 tablespoons of flour with a little salt and pepper. Once seasoned coat the chicken thighs with flour and shake off the excess (this will help brown the chicken).
3. When the chicken is coated, add oil to a large casserole dish and place over medium high heat. Put chicken thighs into the pan and cook until golden brown on both sides. As soon as the chicken is brown add the sliced onions along with the mushrooms and garlic. Stir continuously until the onions and mushrooms are fragrant then pour in the wine and bring to a boil for 3 minutes.
4. Follow by pouring in the chopped tomatoes and let the sauce boil and reduce once again for 5 minutes. Add the chicken stock, thyme, bay leaves as well as the fresh tarragon and give it a good stir. Transfer the dish to the preheated oven.
5. Bake for 30 to 40 minutes. After the 30 to 40 minutes have passed check the chicken for doneness (it should not be pink). Remove from the oven, stir in the heavy cream and serve with vegetables.

# Stuffed Cabbage Rolls

Stuffed cabbage rolls are excellent. They are savory, meaty, vegetal and subtly sweet. Not only is this dish tasty but it is so appealing to the eye. A beautiful roll covered in tomato sauce looks lovely when plated and is a greater pleasure when eaten. All you need are cabbage leaves along with ground meat and a few other additions.



## **Ingredients** (Serves 4-6)

- 1 large white cabbage
- Olive oil
- 1 onion, peeled and finely diced
- 2 garlic cloves, minced
- 1 carrot, peeled and finely diced
- ½ cup mushrooms, finely chopped
- 2 pounds ground meat of choice (beef, turkey, chicken or pork is fine)
- 1 8 oz. can of tomato sauce



- 1 tablespoon tomato puree
- 1 teaspoon brown sugar (optional)
- 1 tablespoon lemon juice
- Pinch of red chili flakes
- 1 cup chicken broth/stock
- Salt and pepper to taste

## Method

1. With a sharp knife carefully core the cabbage. Once this is done place the cabbage into a large pot. Cover the cabbage with water and bring to a boil over medium high heat. Cook for 7-10 minutes or until the leaves are pliable and tender.
2. When the cabbage is cooked, drain and remove it from the pot. Once cool enough to be handled remove the leaves and lay them flat. Allow to cool for a few additional minutes.
3. As the cabbage leaves are cooling add about a tablespoon of oil to a large pan. Heat over medium and sauté the onions, garlic, carrots and mushrooms until softened. Once this is done add the ground meat and brown. As the meat is browning preheat the oven to 350°F/180°C/Gas Mark 4 and grease a large baking dish with olive oil. When the meat is cooked the filling is done.
4. Now that you have the filling add about 2 tablespoons in the center of each cabbage leaf, fold in the sides and roll. If the leaves are too thin use two per roll (just make sure to align the spines). Once the rolls are done place them in an even layer in the non-stick baking dish.
5. In a medium saucepan add the tomato sauce, tomato puree, brown sugar, lemon juice, red pepper flakes and chicken broth/stock. Season with salt and pepper. Once seasoned bring the sauce to a quick and pour this over the cabbage rolls. Now just cover the dish with foil, and bake for 45 minutes. After this time uncover and cook for an additional 5-7 minutes.



# Cauliflower Mashed Potatoes

If you like mashed potatoes it is time to try mashed cauliflower. The appearance is very similar but the taste is so much lighter and brighter. Mashed cauliflower still has that rich quality and is packed with essential vitamins and minerals. It is also low carb and low in calories! Here is how to make this healthy mashed potato alternative.



## **Ingredients** (Serves 3-4)

- 1 large head of cauliflower
- 2 tablespoons unsalted butter
- 2 -3 garlic cloves, minced
- Olive oil
- Salt, to taste
- Black pepper, to taste

## Directions

1. Fill a large pot with water, attach a steamer basket and bring to a boil over high heat. If you do not have a steamer basket on hand simply cover pot and bring water to a boil.
2. As the water is heating up cut the head of cauliflower in half with a sharp knife and carefully remove the stem. Once this is done chop the cauliflower into small pieces.
3. Steam or boil the cauliflower for about 15 minutes. During this time drizzle a little oil in a small pan and sauté the minced garlic. Sauté while stirring until softened and fragrant.
4. Check that the cauliflower is tender and remove pot from the heat. Drain the water and transfer vegetable to a mixing bowl along with the garlic, use a hand held potato masher to crush the cauliflower, then add the butter, some salt and a generous amount of pepper. Pound until smooth, taste and adjust seasonings as needed.
5. Now that the mashed cauliflower is done simply transfer to a plate and serve as desired.

# Zucchini Lasagna

Lasagna is a lovely dish. It has the signature layers, the richness, tomato sauce and of course cheese. Although often made with lasagna noodles, why not reduce the carbs and replace the noodles with zucchini (courgette)? Doing so brightens up the dish and takes out the heaviness while retaining the richness that every lasagna should have.



## **Ingredients** (Serves 4-6)

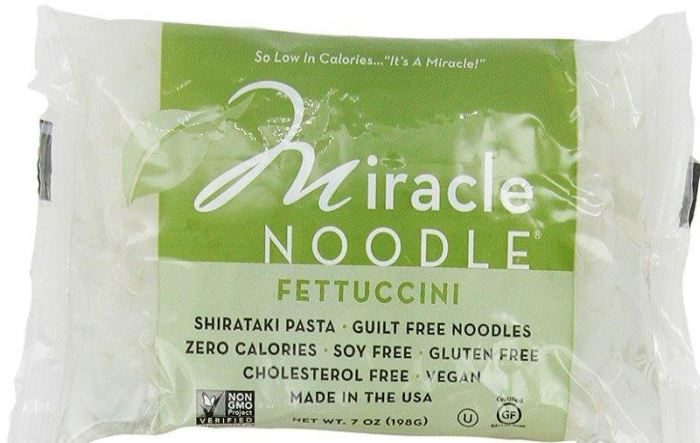
- Olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 lb. ground beef or turkey
- 24 oz. tomato sauce
- 1 teaspoon oregano
- 2 sprigs fresh basil, chopped
- 16 oz. shredded mozzarella plus more for topping

- ½ cup freshly grated parmesan plus more for serving
- 2 eggs
- 4 medium zucchini (courgettes), cut in 1/8 inch thick slices
- Salt & pepper to taste

## **Directions**

1. Preheat oven to 350°F/180°C/Gas Mark 4 and heat a large skillet over medium. Add some olive oil into the skillet along with the onion and garlic. Cook until softened and fragrant. Add the ground meat into the skillet and brown. Season generously with salt and pepper.
2. Pour the tomato sauce into the pan with the browned meat, add in the oregano, basil and simmer for 10-12 minutes.
3. As the meat sauce is simmering, combine the mozzarella, parmesan cheese and egg in a bowl to make the mixture for the cheese layer. Mix until the egg is evenly distributed into the cheese.
4. Direct your attention to the sauce. Taste and adjust seasonings as needed. When the sauce and cheese mix is done, lightly coat a 9 by 13 inch baking dish with oil and arrange the slices of zucchini in an even layer on the bottom. Top this layer with half of the meat sauce and a layer of the cheese mixture. Repeat the layers and finish with zucchini.
5. Top with mozzarella cheese and cover the lasagna with foil. Bake in the oven for 45 minutes before removing the foil and returning it to the oven for an additional 15 minutes.
6. Remove from the oven, cool for about 5 minutes, plate and serve with a little parmesan cheese if desired.

# Resources



**Fettuccini Shirataki Pasta.** These flat noodles contain no soy, gluten, or wheat. Shirataki pasta has zero calories and zero net carbs, so you can prepare your favorite dishes without derailing your diet.

[Click Here for More Info](#)



**Carbquik Baking Mix** is a baking mix for everyone counting carbs. It's made from wheat so it tastes like flour.

[Click Here for More Info](#)