

# LOW CARB MEALBOOK

85 LOW CARB  
Meals ■ Snacks ■ Desserts



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**Samurai Strength**

**The Warriors Guide  
to Physical *and* Mental  
Mastery**

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If you're new to a low-carb diet, here are 85 health low-carb meal ideas to get you excited and well into the groove of your new lifestyle!

## 42 Lunches And Dinners

### Low-Carb Pizza

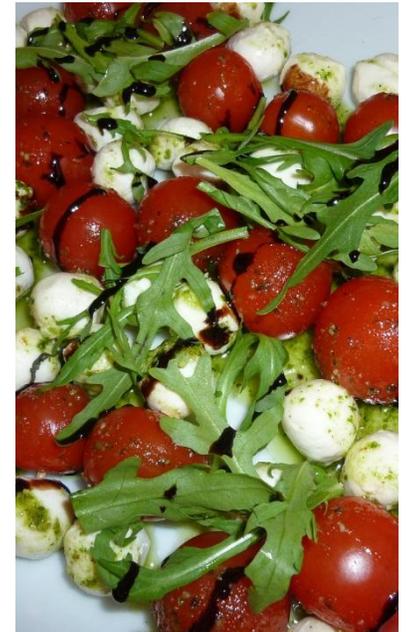
Who doesn't love pizza? And if you're on a low-carb diet, you probably miss it. However, there are great alternatives to the popular meal. The main issue with pizza is the carb filled crust, so swap it out with portabella mushroom caps, cauliflower pizza crust (recipes online) or coconut flour pizza crust (recipes online) and top with your favorite sauce, veggies, cheese and meats.

### Eggplant Pizza

Another way to enjoy pizza is to swap the flour crust with thin sliced eggplant on which you can put sauce, ground beef, and shredded cheese as toppings.

### Salmon With Pesto Sauce

This is a really simple recipe, but it's still very fancy and delicious. You just need to place the salmon in a baking dish and spread pesto sauce, salt, and pepper on it and bake in the oven. You can serve this meal with broccoli or a hearty salad. Pesto sauce recipes are plentiful online.



### Low-Carb Burgers

Who says you can't eat a hamburger while on a low-carb diet? You can! Ditch the buns and get them lettuce or kale wrapped instead. Many fast food restaurants offer this option, and you can certainly do it at home.

## Steak And Garlic Kale

Steak is a great protein option on low carb diets, and you can have it with many different vegetable sides. Garlic kale is one of those, simply place about 2 cups of fresh cut up kale in a pan with 1 tablespoon of butter and 1 or 2 crushed cloves of garlic and sauté for a few minutes until the kale is softened. Sprinkle with salt and enjoy.

## Mozzarella Meatballs

You've probably started imagining how good this meal must be as soon as you read the title. These delicious meatballs are easy to make and are strictly low carb.

Add 2 to 3 cloves of crushed garlic, 2 tablespoons or fresh crushed parsley, 1 teaspoon of salt and pepper and 1 cup of shredded mozzarella to 1 pound of hamburger meat and mix together.

Make your meatballs and bake in the oven or grill in a pan in olive oil. You can also add any spices you like including oregano and basil.

Serve them with broccoli, asparagus, or other vegetables.

## Low Carb Lasagna

Enjoy lasagna by simply replacing the pasta noodles with slightly softened thick cut strips of zucchini. Build your lasagna as usual, but instead of pasta noodles layer the zucchini strips instead.



## Low Carb Spaghetti

Buy a spiral vegetable cutter and spiral cut zucchini, soften it slightly in boiling water, drain, and pour your sauce, and parmesan cheese on top. Zucchini works great with both red and white sauces.

## Shrimp And Cauliflower Salad

This salad is the perfect substitute for a meal that would otherwise contain rice. Instead of the carb-filled rice, you simply chop up and lightly cook cauliflower, add a little shrimp, and you're good to go.

## Portabella Burgers

Many vegetarian burgers contain portabella mushrooms instead of meat. However, the idea behind this low-carb recipe is to use the mushrooms as buns to enjoy a low carb burger delight.



## Spaghetti Squash

Spaghetti squash is undoubtedly one of the most popular meals among those who follow a low-carb diet. It is an incredibly delicious meal that mainly contains squash as the substitute for pasta.

## Chicken And Mashed Cauliflower

Skip the potatoes and eat your chicken with mashed cauliflower instead. It is easy to make, simply cook pieces of cauliflower until softened, then mash with a potato masher or you can even blend it in a blender to desired consistency. Flavor the cauliflower with garlic, butter, cheese, and even sour cream.

## Steak and Mushroom Lettuce Wraps

Slice your favorite cut of steak into strips, and sauté with sliced mushrooms, a little soy sauce, and fresh garlic in olive oil. Pile this filling into lettuce or kale wraps and enjoy.

## Garlic Shrimp And Spinach Salad

Sprinkle lots of coarse ground garlic powder or fresh garlic over raw shrimp and sauté in butter until done. Place warm shrimp over fresh spinach leaves, enjoy with or without dressing.



## Roast Beef Salad

For a simple, yet tasty salad simply put leftover roast beef or cold cut roast beef from the deli and shiitake mushrooms over any greens of choice, add blue cheese dressing or any dressing you prefer.

## Turkey Lettuce Wraps

Add sliced turkey breast, tomato slices, thinly cut purple onion and a little mayo to large leaves of iceberg lettuce, and enjoy a great low carb version of your favorite sub. You can use any deli meat and vegetables you like and even pour a little Italian dressing or hot sauce over the top.

## Shakshuka

Although shakshuka is generally eaten for breakfast in Israel, Egypt, Morocco, Tunisia, and Libya (all of the countries in which it is a staple food), almost all



people who don't live there eat it for dinner, and sometimes lunch. Shakshuka is a great meal if you love eggs, but have grown a bit tired of eating them scrambled or hard-boiled.

## Bacon Chef's Salad

Slice up your greens and tomatoes and add turkey, ham, a few slices of cheese, sliced boiled egg and bacon crumbles along with your favorite dressing.

## Steak And Potato Salad Low Carb Style

Enjoy your steak dinner with a side of potato salad, but use softened cauliflower chunks instead of potatoes to make your salad.



## Pizza Frittata

Considering how popular pizza is, it comes as no surprise that there are so many different low-carb varieties of this meal. As you may have guessed it, you basically use an egg frittata as the base for your pizza.

## Low Carb Chili

Chili is without a doubt one of the most popular comfort foods. However, the main problem with it is that it contains a whole lot of carbohydrates. To make it low-carb, you will basically have to remove the beans from any standard chili recipe. Use turkey and beef for variety.



## Tuna Casserole

This recipe is easy and filling. Mix tuna with mayo and finely chopped onions. Place slightly softened broccoli chunks in a casserole dish, pile on the tuna, and top with shredded cheddar cheese. Bake in the oven until cheese is bubbly and enjoy!

## Chicken and Zucchini Poppers

Although they don't feel like it, these chicken and zucchini poppers are definitely low-carb. They taste like the bread-encrusted fried goodies that you would typically get as an appetizer at a restaurant. You can dip them in salsa or guacamole for additional flavor. (Recipe online - <http://www.onelovelylife.com/chicken-zucchini-poppers-gf-df/>)

## Zucchini Shrimp Scampi

Zucchini to the rescue once again! People who love shrimp scampi and are on a low-carb diet usually tend to forget about this meal as quickly as possible, as it is served over a pile of pasta. However, simply by putting spiral cut zucchini in the place of pasta, you will get to enjoy this delicious dish once again.



## Bacon Crunch Brussels Sprouts

Let's be honest, Brussels sprouts are not among the most popular vegetables. Nevertheless, when you make them this way, you will immediately fall in love with them. Simply take fresh Brussels sprouts, cover with a little olive oil, sprinkle a little salt and crumbled bacon over the top, and bake until the outer skin of the sprouts is crispy.

## French Fries Low Carb Style

Who need potatoes, when you can make great alternatives with baked carrot sticks, crispy green bean fries, crispy turnip fries, crispy daikon fries, and crispy zucchini fries. Many recipes are available online.

## Zucchini Patties

If you've been on a low-carb diet for a while, you've probably tried a bunch of different veggie patties, and are maybe even tired of them. However, this recipe adds feta cheese into the mix, and that one ingredient changes everything! You've probably never tried veggie patties this good. (Recipe online - <http://www.theironyou.com/2014/06/creamy-greek-zucchini-patties-low-carb.html>)



## Low Carb Lettuce Wrap Tacos

You don't need tortillas, when you can use lettuce or kale to wrap your tacos, simply add all your favorite taco fillings (except beans or rice of course), and enjoy!

## Strawberry Spinach Chicken Salad

If you've been searching for that perfect low-carb summer meal, you shouldn't look any further. Delicious and refreshing, this meal will definitely make you glad that you were searching for a low-carb recipe.

Add shredded chicken, and ½ cup fresh strawberries to a bed of fresh spinach. For the dressing use, 2 tablespoons red wine vinegar, 1 tablespoon olive oil, and 1 tablespoon lemon juice.

## Stuffed Peppers

The traditional stuffed peppers have rice in the stuffing, but you can leave out the rice from any recipe and otherwise prepare as directed.

## Bacon Mushroom Cheeseburger Lettuce Wraps

If you haven't figured it out by now, you can basically take almost any fast food meal and make it low-carb by wrapping it in lettuce.

This brings us to this delicious meal, which is also very high in protein. Recipe online -

<http://www.dietdoctor.com/recipes/bacon-mushroom-cheeseburger-lettuce-wraps>)



## Baked Salmon With Lemon Garlic Butter

A perfect meal for when you have guests over. Use a whole salmon filet or cut into individual pieces, sprinkle with salt and onion powder and place sliced lemons over the top. Bake until done. Melt butter with a little spritz of lemon juice and fresh garlic; pour melted garlic butter over the cooked salmon. This dish goes great with any salad or roasted vegetables.

## Pork Roast With Crispy Asparagus

Roast your pork, and serve with a side dish of crispy asparagus.

Take fresh asparagus, and brush with olive oil and sprinkle with

salt and coarse ground garlic powder. Bake the asparagus at 375F or 400F until it is dark and crispy.



## Sushi Feast

If you love sushi, you can still have it on a low carb diet, but you will need to skip the rice. Many restaurants offer sushi cut rolls without rice, ask for a cucumber wrap or you can request any roll to be made as a hand roll without rice. Another option is to choose sashimi platters, or salads that come with only fish and greens.



## Chicken Breast With Herb Butter

If you like recipes that are easy to make, then you're going to love this one. All you need is chicken breasts, olive oil, herb butter, salt, and pepper.

Brush olive oil on slightly salted and peppered chicken breasts and bake in the oven until done. Scoop a little herb butter (use any herb butter recipe you like) over the hot breasts and enjoy with any salad or vegetable side dish.

## Mozzarella Mushroom And Chicken Bake

The perfect meal for those who love cheesy mushroom and chicken and ideal to make during the week as it takes little time. Slice chicken breasts the long way to get thinner cuts and sprinkle with a little salt and pepper. Place breasts in a casserole dish, add sliced mushrooms, and brush everything with a little olive oil.

Sprinkle shredded mozzarella cheese over everything and bake at 350F until chicken is tender and cheese is fully melted and bubbly. You can also add fresh chopped garlic under the cheese.

## Stuffed Tomatoes

Scoop out the inside of a large tomato and stuff with tuna, chicken or egg salad.

## Low-Carb Meat Pie

A meat pie like this is able to feed a whole family, and you will still have some left over. By preparing this pie at the beginning of the week, you will have something that you could bring to work and munch on during your lunch break, recipe - <http://www.dietdoctor.com/recipes/low-carb-meat-pie>.

## Lamb Roast Filled With Herbs And Cream Cheese

Looking for a fancy and delicious meal that you can make during the holidays? Then this is the recipe for you! The herbs and cream cheese definitely enhance the flavor of the lamb roast, and you can use the leftovers for a number of other recipes. Recipe - <http://www.dietdoctor.com/recipes/lamb-roast-filled-with-herbs-and-cream-cheese>



## Grilled Polish Sausage With Cabbage

Grill up your sausage, and eat with a side of grilled cabbage. Take shredded cabbage and sauté in butter with a few sprinkles of paprika, 2 tablespoons of fresh parsley, and 2 teaspoons of fresh lemon juice until softened. You can really add any seasonings you love to the cabbage.

## Steak With Béarnaise Sauce

In case you're unfamiliar with it, Béarnaise sauce is made using clarified butter emulsified in egg yolks and white wine vinegar, and flavored with herbs. Since low carb diets rely on fat intake, you can enjoy this decadent dish in your low carb lifestyle. Serve with grilled zucchini, or fresh asparagus.

## Low-Carb Chicken Quesadilla

You don't need tortillas to enjoy quesadillas. Simply pile your chicken, jalapenos, or any peppers on a plate, and top with a shredded Mexican cheese blend, and cook in the microwave just until the cheese melts.

Top with a slice of avocado, fresh salsa and a dollop of sour cream and you have a lovely low carb Mexican dish.



## 19 Breakfasts

### Chia Pudding

Coconut milk, chia seeds, and vanilla is all you need to make this delicious breakfast. You can easily prepare it in 5 minutes the night before and put it in the fridge. When you wake up, you can even top it off with some fresh berries.

### Deviled Eggs

For a delicious breakfast, you can make deviled eggs with mayonnaise. For additional taste, you can also add a cooked shrimp or a few strips of smoked salmon on each deviled egg.

### Classic Bacon And Eggs

A classic breakfast like this will never get old. You can make scrambled eggs or sunny side up, and even add a few fried cherry tomatoes for additional flavor with crispy bacon on the side.



### Eggs Any Style

Add salsa and cheese to taste to eggs cooked anyway you like.

### Cauliflower Hash Browns

Just like hash browns, this meal can serve as a side dish. However, it is also a great dish to start the day off with. Skip the potatoes with this classic low carb swap, find recipes online.

## Breakfast Sandwich

Wrap your fillings (bacon, sausage, and cheese) with a firm omelet instead of English muffin, bagels or breads.

## Lox And Cream Cheese On Flax Crackers

## Breakfast Wraps

Wrap bacon or sausage with raw or grilled onion and tomato in lettuce or kale.

## Omelets

Low carb omelet possibilities are endless, make with vegetables, meats, and/or cheeses.



## Egg Bakes And Skillets With Meats And Veggies

## Pancakes And Waffles

You can make low carb pancakes and waffles with coconut or almond flour, many recipes online.

## Smoked Salmon With Cream Cheese, Tomatoes And Onions

## Smoked Salmon Scrambled Eggs

Scramble your eggs with chives and top with lox and sour cream.

## Green Smoothie

The next time you wake up and think you don't have enough time to prepare breakfast, remember green smoothies, you can use coconut milk, lime juice, ginger, spinach, or kale and water to make a low carb smoothie.

## Guacamole And Bacon Eggs

Cut hard-boiled eggs in half and top with fresh guacamole and bacon.

## Peanut Butter And Jelly Crisps

Spread peanut butter or almond butter and mashed berries on flax crackers.

## Egg Frittatas

There are many different egg frittata recipes online, as long as there are no added starches; all of them are low carb.



## Tuna Salad On Cucumbers

This is a high protein, hardy and savory breakfast. Make tuna salad with onions, celery, and mayo and spread over long sliced cucumbers for a high energy, low carb breakfast.

## Coconut Porridge

Low-carb porridge is a low-carb breakfast that's simple to make, yet very tasty and refreshing. This coconut porridge goes together with berries perfectly. Recipe - <http://www.dietdoctor.com/recipes/coconut-porridge>.

## 24 Snacks/Desserts

### Cheese Chips

If you are, like many other people, hooked on chips, it may be hard for you to stop eating this snack. However, the good news is that there is a great alternative – cheese chips. You can enjoy them as a side dish to soups or with a drink. Simply slice American or cheddar cheese, and microwave on parchment paper until they are crispy.

### Kale Or Spinach Chips

Wash and thoroughly dry leaves, cut into pieces, drizzle with olive oil and sprinkle with seasoned salt, garlic, or parmesan cheese. Bake at 350F until edges are brown but not burnt, 10 to 15 minutes.



### Crispy Green Bean Fries

Toss green beans in olive oil in a large bowl, add salt, and optional garlic, parmesan cheese, paprika or any spice, and toss to coat. Place on parchment lined baking sheet and bake at 375 for 10 to 15 minutes or until crispy.

### 5 Almonds

### 5 Peanuts

### 5 Walnuts

### Crispy Veggie Sticks With Ranch

Enjoy cucumber, celery, and jicama with ranch dressing.

## Parmesan Cheese Crisps

Place small piles of shaved or shredded parmesan on a non-stick pan, and cook on both sides until melted and chew, or longer for extra crispy. Place on a plate to cool.

## Pepperoni Chips

Microwave on paper towels until crispy.

## Spicy Roasted Nuts

Watching TV and have nothing to snack on? You can prepare these spicy roasted nuts in only 15 minutes.

Recipe - <http://www.dietdoctor.com/recipes/spicy-roasted-nuts>.



## Lettuce Sandwiches

It may be a bit hard for you to get used to eating salad sandwiches at first, but you'll forget about bread in no time. All you need to do is choose a lettuce variety that is firm and crisp and use it as a carrier for your low-carb toppings.

## Onion Rings

If you're looking for a snack that you can munch on in the afternoon or a side dish to your delicious low-carb burger, then you should definitely consider making onion rings by using almond flour instead of white flour, recipe - <http://www.dietdoctor.com/recipes/onion-rings>.

## California Turkey And Bacon Lettuce Wraps

Wrap your favorite deli turkey with crispy bacon, tomatoes and mayo and/or mustard in lettuce or kale and enjoy a very low carb delicious snack.

## Berries And Whipped Cream

If one low-carb dessert had to be singled out as the most popular, it would have to be this one. There's nothing better than grabbing a handful of berries and dipping them in fresh whipped cream, especially on a hot summer's day.

## Olives

Olives are rich in healthy fats and very low in carbs.

## Atkins Bars And Shakes

Atkins™ Nutritionals makes a complete line of delicious bars and shakes that really satisfy any sweet tooth without the carbs.



## Caprese Salad

This simple salad can be a great appetizer, side dish or a snack. The only ingredients required for this salad are mini mozzarella cheese balls, cherry or grape tomatoes, olive oil, vinegar, salt, and pepper.

## Cucumber And Cream Cheese

Spread a little cream cheese over cucumber slices and enjoy a crispy, tasty low carb snack.

## Carrot Sticks With Aioli

Carrot sticks are a great snack on their own, but they can easily be phenomenal when paired with the right dip. This is where the aioli comes in. In case you're unfamiliar with aioli, it is a Mediterranean sauce made using olive oil and garlic.

## Flax Crackers And Cheese

Need a crispy snack to replace those carb filled crackers and chips? Then look for flax crackers. They have virtually no carbs and come in various brands of different flavors. Enjoy with cheese, or on their own.

## Hard Boiled Eggs

Hard boiled eggs make a handy and great snack. Egg salad over cucumber slices or celery sticks is great too.

## Dark Chocolate

A little square of no sugar added, minimum 75% cacao dark chocolate can satisfy a sweet tooth.

## Low Carb Milkshake

Use almond milk, cocoa powder, and nut butter to make the shake.

## Celery With Salsa And Guacamole

## Smaller Portions Of Leftover Meals

## Low Carb Dessert Recipes

There are hundreds of low carb dessert recipes online, do some research and find those you love.

