

Samurai Strength

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

100 Low Carb Swaps Cheat Sheet



Bread And Burger Buns

- ☐ Kale leaves
- ☐ Lettuce leaves
- ☐ Thick sliced cucumbers
- ☐ Roasted Portobello mushroom caps
- ☐ Napa or Chinese cabbage



Save a minimum of 18 grams of carbs per 2 slices of bread and 21 grams for each bun

Wraps

- ☐ Lettuce
- ☐ Kale
- ☐ Cabbage



Save 32 to 43 grams of carbs in traditional wraps and tortillas

Spaghetti And Pasta

- ☐ Spiral cut zucchini
- ☐ Japanese shirataki noodles
- ☐ Spaghetti squash
- ☐ Kelp noodles



Save 37.3 grams of carbs for each 1 cup of pasta

Lasagna Noodles

- ☐ Thick cut zucchini slices
- ☐ Sliced eggplant



Save 21 grams of carbs by replacing just 2 noodles

Potato Chips/Crispy Salty Snacks

☐ 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, parika 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.

☐ Almonds and walnuts

☐ Crispy veggie sticks

- Carrots, cucumber, celery, and jicama

☐ 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

☐ American cheese crisps

- Cut into 1x1 squares, place on parchment paper and microwave for 60 seconds or until crispy

☐ Pickles

☐ Almond flour or coconut flour crackers (recipes online)

☐ Flax crackers (about 1 gram of carbs per 6 crackers come in flavors)

☐ Roasted seasoned seaweed

- Asian section of supermarkets, online or in health food markets

Save an average of 114 grams of carbs that are in 8 ounces of chips

Mashed Potatoes

- ☐ Mashed cauliflower - Flavor with a little cheese, garlic, butter, or sour cream

Save 18 grams of carbs per ½ cup



Hash Browns

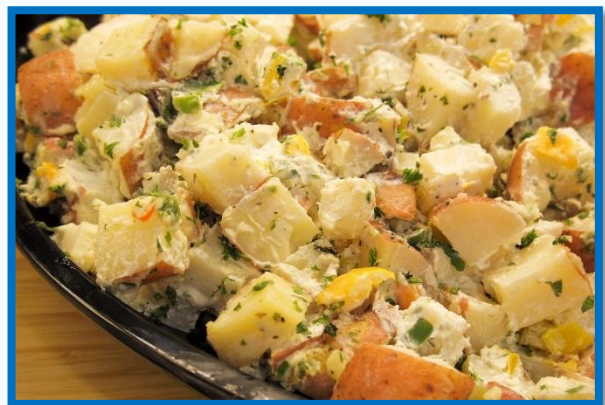
- ☐ Use spaghetti squash instead of potatoes, fry up as usual

Save 18 grams of carbs per ½ cup

Potato Salad

- ☐ Use softened cauliflower chunks instead of potatoes

Save 20 grams of carbs with each 1-cup serving



Tacos

- ☐ Put all the fillings on a piece of kale or cabbage instead of tortillas

Save 23 grams of carbs in taco size tortillas

Buttermilk Pancakes

- ☐ Almond flour pancakes (recipes online)

Save 20 grams of carbs in two buttermilk pancakes



Cereals And Breakfast Grains

- ☐ Eggs any style
- ☐ Cauliflower hash browns
- ☐ Bacon and eggs or sausage and eggs
- ☐ Breakfast sandwiches wrapped in a firm omelet instead of English muffin, bagels or breads, and stuffed with bacon, sausage, cheese etc.
- ☐ Eggs with salsa and flax cracker with cream cheese
- ☐ Bacon, onion and tomato wraps (wrapped in lettuce or kale)
- ☐ Omelets with vegetables, meats, and/or cheese



- ☐ Egg bakes and skillet with meats and veggies
- ☐ Pancakes and waffles made with coconut or almond flour
- ☐ Smoked salmon with cream cheese, tomatoes and onions
- ☐ Smoked salmon scrambled eggs with chives and sour cream on top
- ☐ Flax crackers and cheese
- ☐ Deviled eggs
- ☐ Deviled eggs with a shrimp on top
- ☐ Green smoothie
- ☐ Hard-boiled eggs cut in half with fresh guacamole and bacon on top
- ☐ Flax crackers with peanut or almond butter and a few mashed berries or sugar free jam on top
- ☐ Flourless egg and cottage cheese breakfast muffins (recipe online)
- ☐ Egg frittatas (recipes online)
- ☐ Cream cheese pancakes (recipe online)



Save a minimum of 25 grams of carbs over cereals and other breakfast grains

Bread Crumbs

- ☐ Almond flour
- ☐ Coconut flour

Save 23 grams of carbs per half cup

White Flour

- ☐ Almond Flour
- ☐ Coconut flour
- ☐ Nut crusting

- Crushed nuts make a great low carb coating for fish and chicken

Save about 40 grams of carbs in ½ cup of white flour



Croutons

- ☐ Sliced nuts (almonds, walnuts, peanuts)
- ☐ Real bacon bits
- ☐ Parmesan cheese crisps
- ☐ Crumbled flax crackers
- ☐ Sunflower seeds



Save 15 grams of carbs per ounce

Crackers

- ☐ Flax Crackers
- ☐ Parmesan cheese crisps
- ☐ Almond flour or coconut flour crackers (recipes online)
- ☐ Cucumbers, raw zucchini, celery and carrots



Save 6 or more grams of carbs per 5 crackers

Soda

- ☐ Zero calorie flavored seltzers

Save 39 grams of pure sugar carbs in a 12-ounce serving



French Fries

- ☐ Baked carrot sticks
- ☐ Crispy green bean fries
- ☐ Crispy turnip fries
- ☐ Crispy daikon Fries
- ☐ Crispy zucchini Fries



(recipes online for all above swaps)

Save a minimum of 56 grams of carbs in a 1-cup serving

Ketchup

- ☐ Crushed fresh tomatoes

Save 4 grams of sugar per tablespoon

Pizza Crust

- ☐ Portobello mushroom cap
- ☐ Cauliflower Pizza Crust (recipes online)
- ☐ Coconut flour pizza crust (recipes online)

Save a minimum of 16 grams per 2 slices of crust



Sushi

- ☐ Sashimi
- ☐ Sushi cut and hand rolls without rice
- ☐ Cut rolls wrapped in cucumber without rice

Save 26 or more grams of carbs in each roll



Desserts

- ☐ Blueberries, raspberries, or strawberries with heavy whipping cream
- ☐ Sugar free Jell-O™ with heavy whipping cream
- ☐ Milk shake with almond milk, cocoa powder, and nut butter
- ☐ Sour cream with stevia and berries
- ☐ Strawberry with almond or peanut butter
- ☐ Atkins™ bars and shakes
- ☐ Coconut-cashew chocolate truffles (recipe online)
- ☐ Almond flour cookies and muffins (recipes online)
- ☐ Chocolate and flan layered mini cakes (recipe online)
- ☐ Strawberries dipped in sugar free chocolate
- ☐ Strawberries dipped in sugar free caramel
- ☐ Sugar free ice pops



Sugary Cocktails/Beer

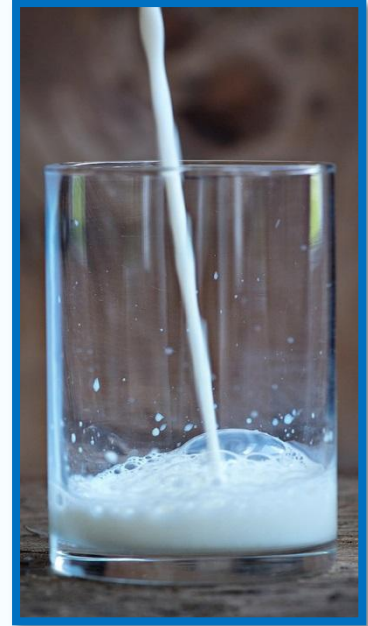
- ☐ Straight spirits (vodka, gin, whiskey) mixed with club soda or diet tonic
- ☐ Wine

Save a minimum of 15 grams of carbs per drink

Milk

- ☐ Heavy whipping cream

Save 13 grams of carbs per cup



High Carb Fruit

- ☐ Strawberries
- ☐ Blueberries
- ☐ Raspberries
- ☐ Cantaloupe

Save a minimum of 15 grams per fruit

