

Low Carb & No Carb e*Cookbook
130 Recipes

BREAKFAST

1. CRUSTLESS QUICHE - 4 Servings

1/2 cup heavy cream (4.8 g carbs)
1/2 cup water
1/4 cup green onions (1.7 g)
8 whole eggs
2 cups crumbled bacon (cooked & cooled)
1 cup shredded cheese
1/2 cup fresh or frozen spinach (1.2 g)

Preheat oven 350 degrees. Beat eggs. Fold in remaining ingredients. Pour into glass casserole dish (sprayed with cooking oil). Bake for 45 minutes-1 hour.

Carb Count: Recipe Total 7.7 g, Per Serving 1.9 g

2. MOCK FRENCH TOAST - 4 Servings

6 ounces unflavored pork rinds
4 eggs
1/2 cup heavy cream (4.8 g)
6 packets artificial sweetener
1 tsp cinnamon (1.8 g)
1 tsp vanilla extract

Crumble pork rinds up until they resemble bread crumbs and set aside. Beat eggs. Add remaining ingredients and mix well. Add crushed pork rinds to the egg mixture and allow to sit for approximately 5 minutes. Meanwhile, heat butter or oil in a skillet. Pour onto skillet 1/8 cup at a time. Heat, turning once. Serve with blackberry syrup, maple butter or low carb maple syrup (Recipes #28-30).

Carb Count: Recipe Total 6.6 g, Per Serving 1.6 g

3. LOW CARB WAFFLES - 6 Servings

4 large eggs, separated
4 tbsp butter
1/4 cup oat flour (8 g)
3/4 cup sour cream (12 g)
1/2 tsp vanilla extract
1/2 tsp salt

Beat the egg whites with an electric mixer until they form soft peaks. Set aside. In another bowl, cream the butter until fluffy and beat in the egg yolks one at a time. Add the oat flour and sour cream and mix well. Add a little water, if needed, to reach desired consistency. Stir in the vanilla and salt. Fold in the egg whites. Bake in a preheated waffle iron. Serve with blackberry syrup, maple butter or low carb maple syrup (Recipes #28-30).

Carb Count: Recipe Total 20 g, Per Serving: 3.3 g

4. ZUCCHINI HASH BROWNS - 4 servings

butter

2 cups shredded zucchini (7.7 g)

1/4 tsp salt

2 eggs

4 tbsp Parmesan cheese

Combine zucchini with salt. Let stand for 15 minutes. Absorb excess moisture with paper towels. Combine zucchini with eggs and cheese. Make small flat patties with batter. Melt butter in a skillet. Cook patties, turning once, until golden on both sides.

Carb Count: Recipe Total 7.7 g, Per Serving: 1.9 g

5. BACON CHEESE MUFFINS - 6 Servings

1 cup high gluten flour (24 g)

3 tsp baking powder

1/4 tsp salt

1/2 cup cream (4.8 g)

1/2 cup water

4 eggs, beaten

shredded cheese

16 slices bacon, cooked & crumbled

Preheat oven to 400 degrees. Combine flour, baking powder & salt. In a separate bowl, combine cream, water & eggs. Mix wet & dry ingredients. Stir in shredded cheese & bacon. Pour into muffin tin. Bake for 20 minutes.

Carb Count: Recipe Total: 28.8 g, Per Serving: 4.8 g

6. CHEESE BLINTZES - 2 Servings

4 egg whites

3/4 cup cottage cheese (4.5 g)

1/2 cup strawberries (5.2 g)

4 tbsp sour cream (2 g)

Combine egg whites & cottage cheese. Lightly spray nonstick skillet. Heat over medium heat. Using half the batter, cook for a few minutes on each side. Repeat with remaining batter. Serve with fruit & sour cream.

Carb Count: Recipe Total: 11.7 g, Per Serving: 5.8 g

7. COTTAGE SCRAMBLED EGGS - 4 Servings

6 whole eggs

1/4 cup cream (2.4 g)

1/4 cup water

1/2 tsp salt

1/4 tsp pepper

1 cup cottage cheese (6 g)

3 tbsp butter

1 tomato sliced (5.8 g)

Beat eggs with cream, water, salt and pepper. Fold in cottage cheese. Heat butter in skillet & cook egg mixture in skillet. Serve with tomato.

Carb Count: Recipe Total 14.2 g, Per Serving: 3.7 g

8. APPLE & BRIE EGGS - 4 Servings

1 small apple; peeled, cored & chopped (10 g)

Butter

8 eggs

1/4 cup light cream (1.2 g)

salt & pepper

1/2 cup crumbled Brie cheese

Melt butter in skillet. Saute apple in butter. Beat together eggs, cream, salt & pepper. Melt butter in pan. Pour in egg mixture and scramble. Add apples & brie. Warm & serve.

Carb Count: Recipe Total 11.2 g, Per Serving: 2.8 g

9. LOW CARB PANCAKES - 2 Servings

1/3 cup milk & egg protein powder

1/3 cup ricotta cheese (2.3 g)

2 tbsp heavy cream (1.2 g)

1 tbsp water

2 packets artificial sweetener

1 egg

1/4 tsp baking powder

1/8 tsp cinnamon (0.2 g)

pinch nutmeg

Blend all ingredients until smooth. Cook on medium-low heat; turn carefully when edges are set and bubbly throughout. Serve with butter and low carb syrup. Enjoy!

Carb Count: Recipe Total 3.7 g, Per Serving 1.8 g

10. FRITTATA - 2 Servings

1/4 cup cauliflower (1.5 g)

1/4 cup shredded zucchini (0.8 g)

3 whole eggs

4 ounces deli ham, sliced & chopped

1 cup shredded cheese

salt & pepper

Preheat oven to 375 degrees. Heat oil in pan. Add cauliflower & zucchini to skillet & cook 5-6 minutes, stirring occasionally. Beat the eggs. Remove vegetables from skillet & add to eggs. Pour in glass dish (sprayed with oil), add ham & cheese and bake for 30-35 minutes or until cooked thoroughly.

Carb Count: Recipe Total 5 g, Per Serving 2.5 g

11. SOUTHWEST QUICHE

8 whole eggs

1/2 cup heavy cream (4.8 g carbs)

1/2 cup water

1/4 cup green onions (1.7 g)

1 tbsp chili powder (4 g) 1 tsp cumin (0.9 g)

2 cups cooked chicken, cut in bite sized pieces

1 cup shredded cheese
1/2 cup fresh or frozen spinach (1.2 g)

Preheat oven 350 degrees. Beat eggs. Fold in remaining ingredients. Pour into glass casserole dish (sprayed with cooking oil). Bake for 45 minutes-1 hour.

Carb Count: Recipe Total 12.6 g, Per Serving 3.2 g

12. BACON BREAKFAST PIE - 2 Servings

1/2 cup shredded cheese
1 tomato, sliced (5.8 g)
3 whole eggs
1/8 cup cream (1.2 g)
1/8 cup water
salt & pepper to taste
4 slices bacon

Preheat oven to 450 degrees. Spray casserole dish with cooking oil. Layer tomato slices over the bottom. Beat eggs with cream & water. Beat until foamy. Stir in salt & pepper. Pour over tomatoes. Put in oven for 15 - 20 minutes. While eggs bake, cook bacon. Spray skillet with cooking spray. Cook on medium high heat. When bacon is crisp, break up bacon. Remove egg from oven (spoon off any excess tomato juice). Sprinkle bacon on top & serve.

Carb Count: Recipe Total 7 g, Per Serving 3.5 g

13 . HAM & CHEESE OMELET- 2 Servings

6 whole eggs
2 tbsp light cream (0.5 g)
Diced lean ham
1 cup shredded cheese

Beat eggs with cream. Spray skillet with cooking spray. Cook on medium high heat. Add ham & cheese. Optional: add sliced red & green bell pepper (7.2 g per 1 cup) or other favorite omelet toppings.

Carb Count: Recipe Total 0.5 g, Per Serving 0.2 g

14. SCRAMBLED EGG PIZZA - 5 Servings

1/2 cup chopped zucchini (1.9 g)
1/2 cup chopped mushrooms (1.5 g)
1/8 tsp crushed red pepper
10 eggs
1/4 cup cream (2.4 g)
1/8 cup water
1/4 cup shredded cheese
bacon, cooked, drained, crumbled

Preheat oven to 375 degrees. Saute vegetables with red pepper for about 5 minutes, or until tender. Remove vegetables. In a large bowl, beat the eggs, cream & water together. Spray large skillet again. Add egg mixture & cook without stirring until mixture begins to set on the bottom & around the edge. Cook a few minutes more until eggs are cooked, but still moist. Place scrambled eggs on pizza pan (sprayed with oil). Top

with vegetables, bacon & cheese. Bake for 6-8 minutes, or until cheese melts.

Carb Count: Recipe Total 5.8 g, Per Serving 1.2 g

15. SAUSAGE OR BACON BREAKFAST BURRITO - 2 Servings

Sausage or bacon

4 whole eggs

1/8 cup light cream (0.5 g)

shredded cheese

1/4 cup sour cream (4 g)

2 tbsp salsa (3 g)

Cook sausage or bacon. Mix eggs with cream. Pour half of egg mixture into skillet & tip to side to spread eggs across pan. Cook thoroughly & turn egg carefully over. Repeat with remaining eggs. Divide sausage into egg "tortillas" and roll up. Top with cheese, sour cream & salsa.

Carb Count: Recipe Total 7.5 g, Per Serving 3.7 g

16. FAJITA BREAKFAST BURRITO - 2 Servings

2 tsp each vinegar & soy sauce

Cubed cooked chicken

1/8 cup onion, diced (1.7 g)

1/4 cup green pepper, cut into strips (1.8 g)

Dash of cumin & garlic powder

4 eggs

1/8 cup light cream (0.5 g)

1/4 cup cheddar cheese

1/4 cup sour cream (4 g)

2 tbsp salsa (3 g; check your brand)

In skillet, heat vinegar & soy sauce. Add chicken, onions & green peppers. Season to taste. Let cook for 3-4 minutes. Combine eggs & cream. In another skillet, cook half of egg mixture. Tilt pan to distribute evenly across pan. Let one side set & carefully turn over. Repeat with remaining egg mixture. Divide ingredients between both egg "tortillas". Top with sour cream & salsa.

Carb Count: Recipe Total 11 g, Per Serving 5 g

17. PEACHES & RICOTTA - 4 Servings *Low Fat*

2 ripe peaches, quartered, pits removed (8 g)

1/3 cup whole milk ricotta cheese (0.6 g)

1/2 cup cottage cheese (3 g)

2 packets artificial sweetener

Mix ricotta, cottage cheese & sweetener. Spoon mixture into middle of each peach. Preheat broiler. Cook under a broiler for 5-9 minutes or until peaches are hot.

Carb Count: Recipe Total 11.6 g, Per Serving 2.9 g

18. PUFFED OVEN PANCAKE - 6 Servings

2 tbsp butter

3 eggs

1/2 cup high gluten flour (12 g)
1/4 cup cream (2.4 g)
1/4 cup water
salt

Melt butter in skillet. Beat eggs. Add flour, cream, water & 1/4 tsp salt. Mix well. Pour into hot skillet. Bake at 400 degrees F for 25 minutes until puffed & golden brown. Serve with blackberry syrup, maple butter or low carb maple syrup (Recipes #25, #26, and #27).

Carb Count: Recipe Total 14.2 g, Per Serving 2.5 g

19. CREPES - 6 Servings

2 eggs
3/4 cup cream (7.2 g)
3/4 cup water
1 cup high gluten flour (24 g)
1 tbsp oil

Combine all ingredients. Mix well. Heat greased skillet. Pour in 2 tablespoons of batter into skillet. Tilt skillet to spread batter. Cook one side, turn. Carefully remove & repeat with remaining batter.

Carb Count: Recipe Total 31.2 g, Per Serving 5 g

20. EGGS BENEDICT - 4 Servings

4 eggs
Canadian Bacon

Lightly grease skillet. Add water to half-fill skillet. Bring water to boiling. Reduce heat & simmer. Break eggs into cup & carefully slide one at a time into water. Allow each egg space. Simmer for 5 minutes. Meanwhile, heat Canadian bacon in skillet. Remove poached egg & serve with Hollandaise Sauce. For sauce, combine 1/2 cup butter, 3 beaten egg yolks, 1 tbsp water, 1 tbsp lemon juice (1.3 g carbs) and heat in double boiler, stirring constantly.

Carb Count: Recipe Total 1.3 g, Per Serving 0.3 g

21. DENVER SCRAMBLED EGGS - 3 Servings

6 eggs
1/3 cup light cream (1.5 g)
1/3 cup ham, chopped
3 tbsp green sweet pepper (1.5 g)
5 mushrooms, sliced (2.2 g)
shredded cheese
salt & pepper

Beat eggs with cream. Salt & pepper to taste. Melt butter in skillet. Add eggs. Cook without stirring until eggs begin to set. Add ham, vegetables & cheese. Stir mixture. Heat & serve.

Carb Count: Recipe Total 5.2 g, Per Serving 1.7 g

22. PUFFY OMELET WITH CHEESE SAUCE- 2 Servings

4 eggs, separated
2 tbsp water

salt & pepper
1 tbsp butter
1/3 cup cream (3.2 g)
1/3 cup water
1/3 cup shredded cheese

Beat egg whites until frothy. Add water & continue beating until stiff. Fold egg yolks & salt & pepper into egg whites. Heat butter in an ovenproof skillet. Pour in egg mix. Cook over low heat for 10 minutes or until puffed & set on bottom. Bake at 325 degrees F for 10 minutes. While baking, combine butter, cream, water & shredded cheese in saucepan. Stir & heat until smooth. Serve omelet with cheese sauce (for a no carb meal, simply fill omelet with meat & cheese).

Carb Count: Recipe Total 3.2 g, Per Serving 1.6 g

23. OVEN OMELET - 3 Servings

6 eggs
1/8 cup water
salt & pepper
1/2 cup shredded cheese
3 slices bacon, cooked & crumbled

Combine eggs, water, salt & pepper. Beat well. Pour egg mixture in lightly greased pan. Bake at 400 degrees F for 5 minutes. Add cheese & bacon and bake for 5 more minutes.

Carb Count: Recipe Total 0 g, Per Serving 0 g

24. APRICOT SOUFFLES - 4 Servings *Low Fat*

3 eggs, separated
1/2 tsp lemon zest (0.1 g)
1/8 cup apricot all fruit jam (18 g)

Preheat oven to 350 degrees F. Grease four individual souffle cups. Combine egg yolks with lemon zest and apricot jam & mix well. In a separate bowl, beat egg whites until soft peaks form. Fold egg whites into yolk mixture. Pour into prepared cups & bake for 10-15 minutes. Dust with cinnamon & serve.

Carb Count: Recipe Total 18.1 g, Per Serving 4.5 g

25. APPLE SAUSAGE PATTIES - 4 Servings

1 egg white
1/2 cup chopped apple (10 g)
1 tbsp fresh parsley (0.3 g)
1/2 tsp salt
1/4 tsp nutmeg (0.3 g)
1/4 tsp cinnamon (0.4 g)
1/2 pound sausage

Combine egg white, apple, parsley, salt, nutmeg, cinnamon, and sausage. Mix well. Shape into 8 patties. Lightly grease skillet. Cook patties for 10 minutes or until thoroughly cooked (be sure meat is not pink & juices run clear).

Carb Count: Recipe Total 11 g, Per Serving 2.7 g

26. SPINACH PUFFS - 4 Servings *Low Fat*

2 cups spinach (4.8 g)
1/2 cup cottage cheese (3 g)
1 tsp nutmeg (1.1 g)
2 egg whites
1/4 cup Parmesan cheese
salt & pepper

Preheat oven to 425 degrees F. Brush individual souffle dishes with oil. Chop & cook spinach. Mix spinach with cottage cheese & add nutmeg. Beat egg whites in a separate bowl until stiff (holding soft peaks). Fold them into the spinach mixture and spoon into the souffle dishes. Sprinkle with Parmesan & bake for 15-20 minutes or until puffed & golden brown.

Carb Count: Recipe Total 6.2 g, Per Serving 1.5 g

27. CREAMY RASPBERRY JELLO - 2 servings *Low Fat*

One 3-oz package sugar free raspberry gelatin
2 c whipped cream (9 g)

Prepare gelatin according to package directions. Chill 4-6 hours before serving. Remove gelatin and beat thoroughly. Blend in whipped cream. Chill & serve.

Carb Count: Recipe Total 9 g, Per Serving 4.5 g

28. BLUEBERRY SYRUP - 4 Servings

1/2 cup frozen blackberries (9.2 g) or blueberries (10 g)
4 tbsp butter

Combine blackberries with butter in a small saucepan over low heat. Serve warm.

Carb Count: Recipe Total 9.2 g, Per Serving 2.3 g

29. MAPLE BUTTER - 4 Servings

1 stick softened butter
4 packets artificial sweetener
1 tbsp maple extract

Mix ingredients and chill.

Carb Count: Recipe Total 0 g, Per Serving 0 g

30. MAPLE SYRUP - 4 Servings

1/2 cup water
1/2 cup butter
1 package plain jello 1/2 tsp vanilla extract
1 tsp maple extract
6 packets artificial sweetener.

Bring water and butter to a boil. Add gelatin and stir until dissolved. Remove from heat. Add extracts and sweetener.

Carb Count: Recipe Total 0 g, Per Serving 0 g

LUNCH

31. CHEF SALAD - 2 Servings *Low Fat*

4 slices deli ham, divided
4 slices deli turkey, divided
4 slices deli roast beef, divided
1 cup cheese, divided
6 slices cucumbers (1.8 g)
Iceberg lettuce (1.6 g per cup)

Arrange meat, cheese & toppings on salad. Serve with your favorite low carb dressing.

Check the label of the deli meat - sometimes sugar is added.

Carb Count: Recipe Total 3.4 g, Per Serving 1.7 g

32. BLACKENED CHICKEN SALAD - 2 Servings *Low Fat*

Cooked, cubed chicken
2 tbsp each soy sauce & vinegar
6 slices cucumber (1.8 g)
1/4 cup chopped tomato (2.8 g)
bacon, cooked, cooled & crumbled
4 tbsp balsamic vinegar mixed with 6 tbsp olive oil, divided

Romaine lettuce (1.9 g per cup)

Combine soy sauce & vinegar. Pour into skillet. Add chicken. Heat on high until chicken chars a bit. Serve with salad. Drizzle vinegar & oil over salad.

Carb Count: Recipe Total 5.5 g, Per Serving 2.7 g

33. COBB SALAD - 2 Servings

Cooked & crumbled bacon
12 boiled eggs, chopped, divided
1 cup cheese, divided
Romaine lettuce (1.9 g per cup)

Arrange bacon, cheese & eggs on bed of lettuce. Enjoy with your favorite low carb dressing.

Carb Count: Recipe Total 1.9 g, Per Serving 0.8 g

34. TURKEY & CRANBERRY SALAD- 2 Servings *Low Fat*

Sliced Turkey deli meat (or chicken)
Boston or Bibb lettuce (1.4 per cup) 4 tbsp red wine vinegar mixed with 4 tbsp olive oil, divided (3.6 g)
1 tbsp cranberry relish (2 g)
1/4 cup chopped walnuts, divided (5 g)

Arrange turkey on bed of lettuce. Combine vinegar, oil & relish. Drizzle vinegar & oil over salad. Sprinkle with walnuts.

Carb Count: Recipe Total 8.4 g, Per Serving 4.2 g

35. CHICKEN NAAN - 4 Servings *Low Fat*

1/8 cup plain yogurt (1.4 g)

1/2 tsp chili powder (0.7 g)

salt to taste

1 tbsp lemon juice (1.3 g)

4 portions of chicken, cooked & cubed

1/4 cup chopped tomato (2.8 g)

Romaine lettuce (1.9 g per cup)

Combine yogurt, chili powder, salt, lemon juice & cilantro. Warm chicken. Serve with yogurt dressing, tomatoes & lettuce.

Carb Count: Recipe Total 8.1 g, Per Serving 2 g

36. CHINESE CHICKEN SALAD - 4 Servings *Low Fat*

3/4 tsp crushed red pepper (0.7 g)

1 garlic clove, crushed (0.9 g)

3 tbsp soy sauce

1/4 cup sesame oil

1/2 pound bean sprouts (1.5 g)

2 tbsp white vinegar

2 packets artificial sweetener

1/2 tsp dry mustard (0.1 g)

1/4 cup napa cabbage, thinly sliced (1.2 g)

1 cup romaine lettuce (1.9 g)

1 pound chicken, cooked, cut into bite sized pieces

Mix red pepper, garlic, soy sauce, sesame oil, vinegar, sweetener, and mustard. Mix lettuce & cabbage. Add chicken & dressing to lettuce beds.

Carb Count: Recipe Total 5.6 g, Per Serving 1.4 g

37. BLT Salad - 2 Servings

6 strips bacon, cooked

1 cup iceberg lettuce (1.6 g)

1/2 cup tomato (5.8 g)

1 tbsp mayo, divided

Place 3 strips of bacon onto lettuce with tomato & mayo.

Carb Count: Recipe Total 7.4 g, Per Serving 3.7 g

38. TURKEY & CREAM CHEESE - 2 Servings

8 tbsp cream cheese, divided

2 thick slices tomato (4 g)

Turkey lunch meat, divided

Spread cream cheese on tomato slice, pile on meat & enjoy. For variety, replace tomato with apple slice (1/4 apple: 5 g).

Carb Count: Recipe Total 4 g, Per Serving 2 g

39. ITALIAN MEAT & CHEESE - 2 Servings

Salami slices

Ham slices
Provolone cheese slices
2 slices tomato (3 g)
4 tbsp balsamic vinegar mixed with 1 tbsp olive oil, divided (3.6 g)
Romaine lettuce (1.9 per cup)

Arrange meat, cheese, and tomato on lettuce . Drizzle with vinegar/oil.

Carb Count: Recipe Total 8.5 g, Per Serving 4.2 g

40 FETA SPINACH SALAD - 4 Servings *Low Fat*

1 medium red pepper, cut into strips (8 g)
1 tsp salt
3 tbsp white vinegar
black pepper
1 cup fresh spinach (2.4 g)
8 ounces feta cheese, crumbled

Heat olive oil over medium high heat. Add red peppers & cook until tender. Remove. Add vinegar, pepper, 1 tbsp oil and 1/2 tsp salt. Add spinach & vinegar mix to bowl. Sprinkle feta cheese over all. Optional, add grill chicken.

Carb Count: Recipe Total 10.4 g, Per Serving 2.6 g

41. ROAST BEEF & CHEESE - 2 Servings

Roast beef
Slices cheddar cheese
1/4 cup onions (3.4 g)
1/2 cup green pepper (3.6 g)

Saute onions & green peppers. Arrange meat, cheese, onions & peppers on half a hoagie. Broil in toaster oven until cheese has melted. Serve with Horseradish Sauce (Beat 1/4 cup light cream until soft peaks form & fold in 1-2 tbsp horseradish). Optional: serve on slice of wheat bread for an additional 11 g of carbs.

Carb Count: Recipe Total 7 g, Per Serving 3.5 g

42. SPINACH WITH CHICKEN & APRICOTS - 4 Servings *Low Fat*

2 tbsp olive oil
1 tbsp balsamic vinegar (0.9 g)
1/2 tsp Dijon mustard (0.5 g)
2 apricots, pitted & sliced (8 g)
2 cups spinach (4.8 g)
1 cup feta cheese
1 pound boneless chicken, grilled
Mix oil, vinegar, mustard, 1/4 tsp salt, 1/4 tsp pepper. Stir in apricots. Toss spinach with nectarine mixture. Top with feta & chicken.

Carb Count: Recipe Total 14.2 g, Per Serving 3.7 g

43. BUFFALO CHICKEN WINGS - 2 Servings

1 pound chicken wings
2 tbsp butter
1/4 cup hot pepper sauce

Bake wings at 375 degrees F for 20 minutes. In saucepan, melt butter. Stir in hot pepper sauce. Brush wings with sauce. Bake for 10 more minutes. Turn over and baste with sauce. Bake 10 more minutes. Serve with blue cheese dressing and celery (1 cup = 3.9 g).

Carb Count: Recipe Total 0 g, Per Serving 0 g

44. TUNA MELT - 2 Servings *Low Fat*

2 cans water-packed tuna, drained
1/2 cup cottage cheese (3 g)
4 tbsp mayo
3 tsp lemon juice (0.9 g)
dash garlic powder
Cheese slices
Celery (1 cup = 3.9 g)

Combine tuna with cottage cheese, mayo, lemon juice & garlic powder. Heat on skillet. Enjoy with cheese and celery.

Carb Count: Recipe Total 7.8 g, Per Serving 3.9 g

45. CHICKEN & PROVOLONE SALAD - 5 Servings *Low Fat*

1 tbsp chopped fresh basil (1.5 g)
1 1/2 tbsp olive oil
1 tbsp lemon juice (1.3 g)
1 tsp Dijon Mustard (1 g)
1/2 tsp oregano (0.5 g)
1/2 pound grilled chicken, cut up
1/4 cup diced tomato (2.9 g)
1/2 pound fresh provolone, sliced

Mix basil, olive oil, lemon juice, dijon mustard & oregano. Layer chicken, tomato & cheese. Drizzle dressing over all.

Carb Count: Recipe Total 7.2 g, Per Serving 1.4 g

46. SMOKED SALMON MUFFINS - 6 Servings

1 cup high gluten flour (24 g)
1 tsp baking powder
1 cup cream (9.6 g)
1/2 cup water
6 eggs beaten
1 cup cheese, shredded
1/2 cup smoked salmon

Preheat oven to 400 degrees. Combine flour & baking powder. In a separate bowl, combine milk, egg & cheese. Mix wet & dry ingredients. Stir in salmon. Pour into muffin tin. Bake for 10-15 minutes.

Carb Count: Recipe Total 33.6 g, Per Serving 5.5 g

47. BEEF MINESTRONE - 6 Servings *Low Fat*

16 ounce can of chopped tomatoes, undrained (21 g)
1 large carrot, grated (7 g)
1/2 cup chopped cauliflower (2.2 g)

2 cubes beef bouillon
1/2 pound extra lean ground beef or turkey
minced garlic to taste (1 clove 0.9 g)

In large pot, combine tomatoes, carrots, bouillon & pasta. Bring to a boil & reduce heat & simmer. In separate skillet, cook meat with garlic. Drain fat from meat (pat with paper towels). Transfer meat to pot. Heat & serve.

Carb Count: Recipe Total 31 g, Per Serving 5.1 g

48. BEEF JERKY - 4 Servings *Low Fat*

1 lb. beef, sliced
1/2 cup soy sauce
3 tbsp liquid smoke
1/8 cup water
1 clove fresh garlic (0.9 g)
1 tsp onion powder (1.6 g)
sugar substitute equal to 2 tsp

Slice beef into slices. Absorb any excess water with paper towels. Combine all ingredients (except beef). Marinate for several hours(can do overnight). When you're ready, to make the jerky, place the beef onto a cookie sheet sprayed with cooking spray (or a dehydrator tray - if using, follow drying instructions). Preheat oven to 200 degrees F. Cook for several hours until dry, but still chewy (not crunchy). Turn the strips once every hour until done. For pepper jerky, add 1 tbsp fresh pepper (5.2 g). For chili jerky, add 1 tbsp chili powder (4.4 g).

Carb Count: Recipe Total 2.5 g, Per Serving 0.6 g

49. WALDORF CHICKEN SALAD- 3 Servings

2 cans chicken, drained
1 package cream cheese
1/2 apple chopped (10 g)
1 celery stalk, chopped (1.5 g)

Combine all ingredients & enjoy.

Carb Count: Recipe Total 11.5 g, Per Serving 3.8 g

50. SEAFOOD SALAD- 2 Servings *Low Fat*

2 tbsp sliced green onions (0.3 g)
minced garlic to taste (0.9 g per clove)
1 cup sliced mushroom (3.1 g)
1/2 pound shrimp, cooked
Saute onion & garlic. Add mushrooms & shrimp. Serve with mayonnaise & toasted pita triangles (5 g for half a pita pocket).

Carb Count: Recipe Total 4.3 g, Per Serving 2.1 g

51. SALMON PATTIES - 4 Servings

16 ounce can Salmon
pinch of salt
1/2 cup green onion, diced (3.7 g)
4 tbsp pork rinds, crushed

8 eggs
1 tsp lemon juice (0.3 g)

Preheat oven to 400 degrees. Mix all of the ingredients together in a bowl. Form into patties about 1/2 to 3/4 inch thick and 2 1/2 - 3 inches diameter. This should make about 8 patties. Bake in a pan sprayed with cooking oil until brown (about 15 minutes). Can be served hot or cold (great for a lunch on the go). Serve with your favorite carbs (asparagus is a nice side for a hot sit-down meal; cauliflower & cheese slices are nice in a lunch box).

Carb Count: Recipe Total 4 g, Per Serving 1 g

52. ZUCCHINI BOATS - 4 Servings *Low Fat*

4 zucchini (10 g)
1/4 cup chopped green onion (1.8 g)
1/2 green bell pepper, chopped (3.6 g)
4 whole eggs
2 tbsp cream (1.2 g)
1/2 cup shredded cheese

Preheat oven to 375 degrees. Slice zucchini in half & scoop out middle, leaving 8 "boats". Steam boats for 5 minutes. Meanwhile, chop up leftover zucchini and saute in a large skillet with onion & bell pepper until soft. Combine zucchini/onion/bell pepper mixture with eggs & cream. Place zucchini/egg mix in boats. Sprinkle with cheese. Bake in oven until heated throughout & cheese is melted.

Carb Count: Recipe Total 16.6 g, Per Serving 4.1 g

53. STUFFED MUSHROOMS - 3 Servings *Low Fat*

12 large fresh mushrooms (6 g)
2 tbsp sliced green onions (0.3 g)
1/2 clove garlic, crushed (0.4 g)
1/8 cup butter
1/2 cup shredded cheese
1/4 cup ham
1 tbsp cream cheese

Rinse & drain mushrooms. Remove stems and chop up. Combine stems, onions, garlic, & butter. Heat in saucepan. Stir in cheese, ham & cream cheese. Spoon into mushroom caps. Bake at 400 degrees F for 10 minutes.

Carb Count: Recipe Total 6.7 g, Per Serving 2.2 g

54. SALMON AND CUCUMBER - 3 Servings

4 ounces smoked salmon, flaked
4 ounces cream cheese
1 tbsp sliced green onion (0.1 g)
2 tsp fresh dill (1 g)
1 tbsp lemon juice (1.3 g)
1 cucumber, cut into 12 slices (3.6 g)

Mix all ingredients except for cucumber. Spread salmon on cucumber.

Carb Count: Recipe Total 6 g, Per Serving 2 g

55. TUNA SPREAD - 2 Servings

1/2 cup cream cheese
3 tbsp mayonnaise
1 clove garlic, minced (0.9 g)
1/8 tsp red pepper (0.1 g)
6.5 ounce can tuna, drained, broken up
1/8 cup chopped red pepper (2 g)

Mix all ingredients. Serve with celery (1 cup = 3.9 g) and cheese.

Carb Count: Recipe Total 3 g, Per Serving 1.5 g

56. CHILI CHEESE BURGERS - 2 Servings

1 pound hamburger
1 egg
1/2 tbsp chili powder (2.4 g)
1/2 cup shredded cheese

Combine all ingredients. Grill and serve with lettuce (1.6 g per cup), sour cream (16 g per cup) and salsa (1.5 g per tablespoon).

Carb Count: Recipe Total 2.4 g, Per Serving 1.2 g

57. GOAT CHEESE WITH SPINACH & SUNDRIED TOMATOES - 4 Servings

1 cup romaine lettuce (1.9 g)
1/2 cup spinach (1.2 g)
1 radish, diced (0.2 g)
4 tbsp sundried tomatoes (1.5 g)
3 tbsp olive oil
1 tbsp balsamic vinegar (0.9 g)
1/2 pound goat cheese

Slice goat cheese with oil & broil until golden. Serve on top of salad with radish, tomatoes & oil and vinegar drizzled over all.

Carb Count: Recipe Total 4.7 g, Per Serving 1.1 g

58. SOUTHWEST HAMBURGER - 2 Servings

1 pounds hamburger
1 garlic clove, minced (0.9 g)
1/2 tbsp each chili powder (2.4 g) and vinegar
2 tsp cumin (1.8 g)
salt and pepper to taste

Combine all ingredients. Grill and serve with lettuce (1.6 g per cup), sour cream (16 g per cup) and salsa (1.5 g per tablespoon).

Carb Count: Recipe Total 3.1 g, Per Serving 1.5 g

59. CHILI CHEESE HOT DOGS - 2 Servings

No Carb Hot Dogs (check label)
1/4 cup onions, chopped (3.4 g)
1/2 cup cheese
1 cup Low Carb Chili (Dinner Recipe #67) (2.5 g)

Saute onions in oil. Heat chili. Cook hot dogs according to package

directions. Serve with chili, cheese & sauteed onions.

Carb Count: Recipe Total 5.9 g, Per Serving 2.9 g

60. HAMBURGER PIZZA - 2 Servings

1/2 pound hamburger
1 egg
2 tsp pizza spice blend (1 g)
1/8 cup pizza sauce (2 g; check your label)
2 tbsp olives (2 g)
1/8 cup green bell peppers, diced (0.8 g)
shredded cheese

Combine all ingredients. Grill and serve with salad.

Carb Count: Recipe Total 5.8 g, Per Serving 2.9 g

DINNER

61. GRILLED SESAME SALMON - 4 Servings

2 six-ounce salmon fillets, all skin removed
salt & pepper
4 tbsp sesame seeds (5.6 g)
3 tsp olive oil
2 tbsp rice wine vinegar (1.8 g)
2 tbsp soy sauce
2 cucumbers, sliced thinly lengthwise (6 g)

Heat grill or broiler. Slice the salmon fillets open horizontally, leave one end intact. Spread fillets open and turn over. Season with salt & pepper. Tightly roll fillets. Secure with toothpick. Pour sesame seeds into a small dish. Place rolled fillets in the seeds & coat bottom. Drizzle with olive oil. In a small bowl, mix vinegar & soy sauce. Set aside. Fold edges of a piece of heavy-duty aluminum foil to form a shallow baking pan; place on grill. Arrange rolled fillets on foil. Grill 4-6 minutes on each side (or broil in the oven). Remove, drizzle with reserved soy mixture & place on bed of cucumber strips. Serve with brown rice.

Carb Count: Recipe Total 13.4 g, Per Serving 3.3 g

62. CHICKEN PARMESAN - 4 Servings

4 Chicken Breasts
2 eggs, beaten
1 cup pork rinds, crushed
1/2 cup mushrooms (2.3 g carbs)
1/2 cup spaghetti sauce (8 g, check your brand)

Dip the chicken in the eggs and then coat with the pork rinds. Heat olive oil in pan & fry up the chicken. Saute the mushrooms. Serve with spaghetti sauce and cheese (if desired, place in baking dish & bake at 375 degrees F for 30 minutes or until cheese is bubbly).

Carb Count: Recipe Total 10.3 g, Per Serving 2.5 g

63. CHICKEN WITH PEANUT SAUCE - 4 Servings *Low Fat*

2 pounds boneless chicken
1/4 cup peanut butter (12 g; check your brand)

2 tbsp soy sauce
1 tsp white vinegar
1/8 tsp crushed red pepper (0.1)
2/3 cup water

Heat vegetable oil over medium high heat. Add chicken and cook until golden brown. Remove. Mix remaining ingredients and add to skillet. Stir until heated through. Serve sauce with chicken.

Carb Count Recipe Total: 12.1 g Per Serving: 3 g

64 CHICKEN TIKKA SALAD - 4 Servings *Low Fat*

This is a quick & easy Indian salad.

3 chicken breasts
1 tsp ground ginger (1.3 g)
1/2 garlic clove, crushed (0.4 g)
1/2 tsp chili powder (0.7 g)
1/2 tsp salt
1/2 cup plain yogurt (5.3 g)
4 tbsp lemon juice (5.2 g)
1 tbsp fresh cilantro, chopped (0.3 g)
1 tbsp olive oil
1 cup romaine lettuce (1.9 g)
Lime wedges

Combine all ingredients. Marinate chicken for at least 2 hours. Reserve marinade. Preheat broiler. Broil chicken 15-20 minutes, basting 2-3 times. Serve with favorite dressing.

Carb Count: Recipe Total 16.1 g, Per Serving 4 g

65. MARSALA CHICKEN - 4 Servings *Low Fat*

2 pounds boneless chicken
salt & pepper to taste
1 cup fresh mushrooms (3.1 g)
1/4 cup Marsala wine (5 g)

Heat olive oil over medium high heat. Add chicken and cook until golden brown. Sprinkle with salt & pepper. Reduce heat to medium. Cook thoroughly. Remove. Add mushrooms to same skillet & cook until golden brown. Add wine to mushrooms. Return chicken. Heat & serve.

Carb Count: Recipe Total 8.1 g, Per Serving 2 g

66. MUSTARD CHICKEN - 4 servings *Low Fat*

1/3 cup Dijon mustard (12 g)
2 tbsp chopped fresh dill (or 1 tbsp dried dill) (4 g)
1 tsp freshly grated orange peel (0.5 g)
4 skinless, boneless chicken breasts

Preheat oven to 400 degrees. Combine mustard & honey in a small bowl. Stir in dill & orange peel. Line a baking sheet with foil. Brush sauce on top of chicken. Bake until thoroughly cooked, about 30 minutes.

Carb Count: Recipe Total 16.5 g, Per Serving 4.1 g

67. SLOPPY JOES - 6 Servings

1 pound extra lean ground beef or turkey
1 7 1/2 oz can tomatoes, diced (9 g)
1/4 cup water
1 tsp chili powder (1.4 g)
2 tsp Worcestershire sauce
1/2 tsp garlic salt
dash hot pepper sauce

In a large skillet, cook meat until brown. Drain off fat (remove from skillet and pat meat with paper towels). Return to skillet & stir in undrained tomatoes, water, chili powder, Worcestershire sauce, garlic salt & hot pepper sauce). Bring to a boil. Reduce heat, simmer, for 5-10 minutes or until desired consistency. (Optional: serve with half a hamburger bun for an additional 5 g of carbs).

Carb Count: Recipe Total 10.4 g, Per Serving 1.7 g

68. POT ROAST - 8 Servings *Low Fat*

2 pound boneless venison shoulder or rump roast
1 tbsp cooking oil
1/2 cup soy sauce
2 1/2 cups water

Trim fat from meat. In pot, brown meat in oil. Drain off fat. Add soy sauce & water. Bring to a boil. Reduce heat. Simmer, covered for 1 1/2 -2 hours. Serve with steamed cauliflower (1 cup = 5.1 g) with melted cheese.

Carb Count: Recipe Total 0 g, Per Serving 0 g

69. BACON-CHICKEN ROLLS - 4 Servings

8 slices bacon, cooked & crumbled
1/4 cup Parmesan cheese
2 tbsp fresh parsley (0.6 g)
1/2 tsp dried oregano (0.5 g)
1 pound boneless chicken
2 tbsp oil
salt
2 c chicken broth
1/2 cup diced tomato (5.8 g)

Mix bacon, Parmesan cheese, and herbs. Flatten chicken and fill with half of the bacon mix. Roll up and secure with a toothpick. In skillet, heat oil. Add chicken and salt and cook until golden brown. Remove. Add broth & tomatoes and heat to boiling. Add remaining bacon mix. Reduce heat and simmer on low for 5 minutes. Return chicken roll, heat and serve.

Carb Count: Recipe Total 6.9 g, Per Serving 1.8 g

70. STUFFED GREEN PEPPERS - 4 Servings

2 large green peppers (14 g)
1 pound ground beef
7 1/2 ounce canned tomatoes, diced (9 g)
1 tbsp Worcestershire sauce
1/2 tsp dried oregano (0.5 g)

shredded cheddar cheese

Halve peppers lengthwise, removing stem ends, seeds & membranes. Immerse in boiling water for 3 minutes. Invert on paper towels & drain well. In a large skillet cook meat until brown. Drain off fat (remove & pat with paper towels). Return meat to skillet & stir in undrained tomatoes, Worcestershire sauce, oregano, salt and pepper to taste. Bring to a boil. Reduce heat & simmer for 15 minutes. Stir in half of the cheese. Fill peppers with meat mixture. Place in 2 quart baking dish. Bake at 375 degrees for 15 minutes. Sprinkle with remaining cheese. Let stand 2 minutes.

Carb Count: Recipe Total 23.5 g, Per Serving: 5.8 g

71. MEDITERRANEAN CHICKEN - 4 Servings *Low Fat*

4 chicken breasts, cut into bite sized cubes

1 garlic clove, minced (0.9 g)

7 ounce can stewed tomatoes (9 g)

1 cup zucchini, diced (3.8 g)

1/2 green pepper, diced (3.6 g)

2 tbsp sliced olives (1 g)

1/2 tsp dried oregano, crushed (0.5 g)

salt & pepper to taste

Spray skillet with cooking spray. Cook chicken with garlic on medium heat. Add undrained tomatoes with vegetables & seasoning. Bring to a boil. Reduce heat & simmer (covered) for 30-40 minutes. Uncover & simmer for 5-10 more minutes until sauce is thickened.

Carb Count: Recipe Total 18.8, Per Serving 4.7 g

72. APRICOT GLAZED PORK MEDALLIONS - 4 Servings *Low Fat*

1 pound pork medallions

1/4 tsp each salt & pepper

1/3 cup no sugar apricot preserves (10 g; check your brand)

2 tsp Worcestershire sauce

Stir together preserves and Worcestershire sauce. Set aside. Rub pork with salt, pepper & oil. Heat oil in skillet. Cook pork until no longer pink. Add apricot sauce and stir fry until a glaze forms. Serve with steamed cauliflower (1 cup cooked 5.1 g) or buttered asparagus (1/4 pound 2.2 g) or sauteed squash (1 cup cooked 6.5 g) with zucchini (1/2 cup 1.9g). Glaze is also good over roasted pork.

Carb Count: Recipe Total 10 g, Per Serving 2.5 g

73. CHICKEN WITH OLIVES - 4 Servings *Low Fat*

2 pounds boneless chicken

salt

1/2 cup chopped onion (6.9 g)

1 cup chicken broth

4 tbsp sliced olives (2 g)

1 tsp fresh thyme, chopped (1 g)

Heat olive oil in skillet. Add chicken & sprinkle with salt. Cook until light brown & remove. Add onions to skillet & cook until translucent.

Add broth, olives, thyme and chicken. Reduce heat; cover and simmer 20-25 minutes.

Carb Count: Recipe Total 9.9 g, Per Serving: 2.4 g

74. ARTICHOKE SOUP - 3 Servings

1/2 pound artichokes, peeled (14 g)
3 cup chicken broth, divided
4 tbsp light cream (1.1 g)
salt & pepper to taste

Place artichokes in a saucepan & cover with cold water. Bring to a boil. Cover & simmer until completely soft. Cool in the liquid, then drain. Place the artichokes in a blender or food processor, add half of the chicken broth & puree until smooth. Gradually add remaining stock. Stir in light cream & season to taste. Serve with protein portion (grilled fish or chicken recommended).

Carb Count: Recipe Total 15.1 g, Per Serving 5 g

75. GREEK CHICKEN - 4 Servings *Low Fat*

1 pound boneless chicken
1 cup crumbled feta cheese
1/2 tsp dried oregano (0.5 g)
1 tbsp lemon juice (1.3 g)
1 tbsp oil
salt & pepper to taste
1 cup chicken broth
1/2 cup tomato diced (5.8 g)
1 cup fresh spinach (2.4 g)

Flatten chicken. Combine feta, lemon juice and oregano. Spread over chicken. Fold chicken to enclose filling; secure with a toothpick. Heat oil in a skillet until hot. Add chicken and cook until golden brown. Mix chicken broth, tomato and spinach. Add to skillet, heat to boiling. Reduce heat to low; cover & simmer 8-10 minutes. Serve.

Carb Count: Recipe Total 10 g, Per Serving: 2.5 g

76. TURKEY WITH BACON - 4 Servings *Low Fat*

4 slices bacon, cut into pieces
1 cup sliced mushrooms (3.1 g) 2 pounds boneless turkey
1 cup chicken broth

Cook bacon over medium heat until browned. Remove. Cook mushrooms in bacon fat over high heat, until tender. Remove. In same pan, cook turkey until brown. Add chicken broth the turkey. Heat to boiling. Reduce heat to low; cover and simmer 20 minutes. Return mushrooms & bacon to skillet. Heat & serve.

Carb Count: Recipe Total 3.1 g, Per Serving 0.8 g

77. TERIYAKI BEEF - 4 Servings *Low Fat*

1 cup oil
2 tsp ginger (2.6 g)
4 packets artificial sweetener

1 cup soy sauce
1/4 cup sherry
2 cloves garlic, diced (1.8 g)
1/4 cup scallions, diced (2.5 g carbs)
1 pound beef, thinly sliced

Mix all ingredients except beef. Marinate meat in sauce for several hours. Stir fry beef. Serve with steamed, buttered asparagus (6 fresh stalks are just 2.4 g carbs) or steamed, buttered cauliflower (1 c is just 2.6 g carbs).

Carb Count: Recipe Total 6.9 g, Per Serving 1.7 g

78. DIJON PORK WITH GRAPES - 4 Servings *Low Fat*

4 pork chops
1/2 cup light cream (2.4 g)
1 tbsp Dijon mustard (4 g)
1/2 tbsp yellow mustard (0.6 g)
1/2 cup grapes, sliced (13.5 g)

Heat olive oil over medium high heat until hot. Add pork chops and cook until golden. Transfer to a plate. Add cream, mustard and grapes. Heat until well combined. Pour sauce over pork chops and serve.

Carb Count: Recipe Total 20.5 g, Per Serving: 5.1 g

79. BBQ CHICKEN - 4 Servings *Low Fat*

4 tbsp soy sauce
3 tbsp balsamic vinegar (2.7 g)
2 tsp lemon juice (0.4 g)
4 tbsp tomato paste
1 clove garlic, diced (0.9 g)
1 tsp liquid smoke flavoring
1/2 cup oil
4 tsp cayenne (4.0 g)
4 chicken breasts

Combine all ingredients except chicken. Marinate chicken in sauce for at least 2 hours.

Bake for 40 minutes at 375 degrees F or grill.

Carb Count: Recipe Total 8.8 g, Per Serving 2.2 g

80. CARIBBEAN CHICKEN KABOBS - 4 servings *Low Fat*

4 skinless, boneless chicken breasts
1 lime rind, finely grated (0.6 g)
2 tbsp lime juice (2.8 g)
1 tbsp rum
1 tsp cinnamon (1.8 g)

Cut chicken into bite sized chunks. Place in a bowl with the lime rind, juice, rum, sugar & cinnamon. Marinate 1 hour. Save the juices & thread chicken on 4 wooden skewers. Cook the skewers under a broiler or grill for 8-10 minutes, turning occasionally & basting with the juices. Serve with small salad.

Carb Count: Recipe Total 5.2 g, Per Serving 1.3 g

81. TUSCAN CHICKEN CASSEROLE - 4 servings *Low Fat*

4 skinless, boneless chicken breasts
1/4 cup chopped onion (3.4 g)
1 red bell pepper, seeded, sliced (8 g)
1 crushed garlic clove (0.9 g)
1 cup pureed tomatoes (10 g)
2/3 cup dry white wine
1 tsp dried oregano (1 g)
1/2 cup crushed pork rinds
shredded cheese
salt & pepper to taste

Spray skillet with cooking spray. Cook the chicken until golden brown. Remove. Add onions & bell peppers to the pan & saute until softened but not brown. Stir in the garlic. Add chicken, tomatoes, wine & oregano. Bring to a boil, then cover the skillet. Lower the heat & simmer, stirring occasionally for 30-35 minutes. Sprinkle with pork rinds and cheese. Cook under broiler until golden brown (use oven safe skillet or transfer to casserole dish). Serve with small salad.

Carb Count: Recipe Total 23.3 g, Per Serving 5.8 g

82. THAI CHICKEN STIR FRY - 4 Servings *Low Fat*

1/2 lemon rind, sliced (0.6 g)
2 tsp ground ginger (2.6 g)
1 garlic clove, chopped (0.9 g)
4 boneless chicken breasts, cut into bite-sized pieces
1/2 red bell pepper, seeded & sliced (4 g)
1 medium carrot, cut into match sticks (5 g)
2 tbsp oyster sauce
salt & pepper
4 tbsp fresh cilantro (0.5 g)

Spray skillet with cooking spray. Stir fry lemon rind with garlic & ginger until brown. Add chicken & stir fry for a few minutes. Add vegetables & stir-fry until chicken is cooked & vegetables are almost cooked. Stir in oyster sauce & season to taste. Stir-fry one more minute. Garnish with cilantro.

Carb Count: Recipe Total 13.6 g, Per Serving 3.4 g

83. ORANGE BEEF STIR FRY- 4 Servings *Low Fat*

1 pound lean beef fillet or sirloin cut into strips
grated rind & juice of 1 orange (10 g for marinade; approx. 3 g as consumed)
1 tbsp soy sauce
1 tsp cornstarch
2 tsp ground ginger (2.6 g)
2 tsp sesame oil
1 medium carrot, cut into matchsticks (6 g)
1/4 cup green onions, sliced (0.8 g)

Marinate beef in orange rind & juice for 30-40 minutes. Drain liquid from the meat & set aside. Mix meat with soy sauce, cornstarch & ginger. Spray skillet with cooking spray. Stir fry beef for a few minutes. Add carrots & stir-fry a few minutes more. Stir in green onions & reserved

liquid. Cook, stirring, until boiling & thickened.

Carb Count: Recipe Total 12.4 g, Per Serving 3.1 g

84. LEMON FISH - 4 Servings *Low Fat*

4 white fish fillet
1 tbsp oil
1 tbsp fresh lemon juice (1.3 g)
1 garlic clove, thinly sliced (0.9 g)
4 tbsp whole milk ricotta cheese (1 g)
4 tbsp low fat plain yogurt (2.8 g)
1 tbsp fresh chives, optional (0.6 g)

Preheat oven to 400 degree. Place fish in aluminum foil packet with oil, garlic & lemon juice. Place fish packet in oven. Mix the ricotta cheese with yogurt & stir in snipped chives. When fish is done, remove & serve with ricotta/yogurt sauce.

Carb Count: Recipe Total 6.6 g, Per Serving 1.6 g

85. CHICKEN STUFFED WITH SUNDRIED TOMATOES - 4 Servings *Low Fat*

1/4 cup oil-packed sundried tomatoes (2 g)
1 tsp basil (0.9 g)
1/4 cup Parmesan cheese
4 chicken breast halves

Preheat oven to 425 degrees F. Chop tomatoes & mix with basil, Parmesan (salt & pepper to taste). Cut a pocket into each chicken breast. Stuff with tomato mixture. Sprinkle with salt & pepper. Bake 35-40 minutes.

Carb Count: Recipe Total 2.9 g, Per Serving 0.7 g

86. CHICKEN STUFFED WITH BACON - 4 Servings

8 slices bacon, cooked & crumbled
1/8 cup spinach (0.3 g)
1/4 cup mozzarella cheese
1/4 cup ricotta cheese (2 g)
4 chicken breast halves

Preheat oven to 425 degrees F. Combine bacon with spinach & cheeses. Cut a pocket into each chicken breast. Stuff with bacon mixture. Sprinkle with salt & pepper. Bake 35-40 minutes.

Carb Count: Recipe Total 2.3 g, Per Serving 0.5 g

87. CHICKEN STUFFED WITH PROSCIUTTO - 4 Servings

Prosciutto, chopped
1/2 tbsp lemon juice (0.5 g)
1/4 cup cream cheese
4 chicken breast halves

Preheat oven to 425 degrees F. Combine prosciutto, lemon juice & cream cheese. Cut a pocket into each chicken breast. Stuff with prosciutto mixture. Sprinkle with salt & pepper. Bake 35-40 minutes.

Carb Count: Recipe Total 0.5 g, Per Serving 0.1 g

88. STUFFED TURKEY ROLLS - 4 Servings

4 turkey breasts
4 slices Swiss cheese
4 tsp tomato paste (2.5 g)
1/4 cup fresh spinach (0.6 g)
1 crushed garlic clove (0.9 g)
1 tbsp light cream (0.3 g)
salt & pepper

Flatten turkey slightly with a rolling pin. Spread tomato paste, cheese, spinach & crushed garlic on each turkey breast. Add salt & pepper. Roll up around filling & secure with a toothpick. Place spirals on a foil-lined broiler pan. Broil for 15-20 minutes, turning every 5 minutes, until thoroughly cooked.

Carb Count: Recipe Total 4.3 g, Per Serving 1.1 g

89. GRILLED SESAME CHICKEN - 4 Servings *Low Fat*

2 pounds boneless chicken, cut into strips
1/4 cup chopped green onion (1.8 g)
4 tsp fresh ginger (2 g)
1 garlic clove, crushed (0.9 g)
1 tbsp sesame oil
1 tbsp sesame seeds (1.4 g)
salt & pepper to taste

Mix onions with ginger, garlic & 1 tbsp oil. Drench chicken in oil mix, coat with sesame seeds & stir fry until thoroughly cooked.

Carb Count: Recipe Total 6.1 g, Per Serving: 1.7 g

90. ZUCCHINI CASSEROLE - 4 Servings *Low Fat*

1/2 cup diced tomatoes (5.8 g)
12 slices bacon, cooked & crumbled
1/4 cup Parmesan cheese
salt & pepper to taste
2 pounds chicken, cooked, cut into pieces
1 cup zucchini, chopped (3.8 g)
Preheat oven to 425 degrees F. Mix tomatoes, bacon, Parmesan, salt & pepper. Layer tomato mixture with chicken in oiled casserole dish. Bake for 30 minutes. Add chopped zucchini to dish & cover with shredded cheese. Bake 30 minutes longer until zucchini is tender crisp.

Carb Count: Recipe Total 9.6 g, Per Serving 2.4 g

91. MIDEASTERN LEMON CHICKEN - 4 Servings *Low Fat*

4 chicken breasts, cut up
1 tbsp lemon juice (1.3 g)
1/2 cup vinegar
2 tbsp olive oil
1 large cucumber, diced (3 g)
1 tomato diced (5.8 g)
4 tsp lemon juice (5.2 g)
1 tbsp olive oil
2 tbsp fresh cilantro (1 g)
dash salt

Combine lemon juice with 1/2 cup vinegar & 2 tbsp olive oil. Marinate chicken in lemon/vinegar mix for at least 20 minutes. Combine cucumber, tomato with lemon juice, olive oil, cilantro & salt. Put salad in refrigerator until chicken is ready. Spray non-stick skillet with low fat cooking spray. Cook chicken. Serve with cucumber-tomato salad.

Carb Count: Recipe Total 16.3 g, Per Serving 4.1 g

92. GREEK-STYLE SWORDFISH - 4 Servings *Low Fat*

4 swordfish steaks
juice of one lemon (2.6 g)
8 ounce can Italian-style stewed tomatoes (10.5 g)
1 cup feta cheese, crumbled
2 tbsp olives, sliced (2 g)

Preheat broiler; pour lemon juice over steaks. Place on rack in broiling pan. Broil 4 min each side or until fish is opaque throughout. Meanwhile, heat stewed tomatoes to boiling over med-hi heat; boil 5 minutes until mix is slightly thickened. Spoon stewed tomatoes onto 4 dinner plates, range swordfish on top, sprinkle with cheese & olives.

Carb Count: Recipe Total 15.1 g, Per Serving 3.8 g

93. CHICKEN OSSO BUCO STYLE- 4 Servings *Low Fat*

4 chicken breasts, skin & fat removed
1 tsp salt
1/4 cup chopped onion (3.4 g)
1 large carrot (7 g)
1/2 cup celery (1.5 g)
8 ounce Italian-style stewed tomato (10 g)
1 tbsp chopped fresh parsley (0.3 g)

Spray skillet with cooking spray. Over medium-high heat, add chicken & salt. Cook until golden brown on both sides. Transfer to bowl. Meanwhile, cut onion & dice carrots & celery. Add to skillet & cook on medium 10 min until lightly browned. Return chicken to skillet; add tomatoes. Heat to boiling over high heat. Reduce heat to low. Cover & simmer 25 minutes or until juices run clear when chicken is pierced.

Carb Count: Recipe Total 22.2 g, Per Serving 5.5 g

94. INDONESIAN CHICKEN - 4 Servings *Low Fat*

1/4 cup green onion, sliced thin (1.6 g)
1 garlic clove, minced (0.9 g)
1 lime (2.8 g)
1 orange (4 g)
2 tbsp soy sauce
1/2 tsp crushed red pepper (0.5 g)
1/2 tsp ground cumin (0.4 g)
4 chicken breast halves
1 tsp cornstarch
1 tbsp fresh cilantro for garnish (0.5 g)

Spray skillet with cooking spray. Add onion & garlic & cook 2-3 minutes.

Transfer to large bowl. Grate peel & squeeze juice from both the lime & the orange. Set aside orange juice. Add all peel & lime juice to bowl with green onion; stir in soy, pepper & cumin. Cut chicken into strips; add to soy mix & coat; cover & marinate 15 min; remove chicken from marinade. Reserve marinade. Spray skillet with cooking spray. Add chicken & cook. In small bowl, mix cornstarch & orange juice. Add to skillet with reserved marinade. Cook until mix thickens. Boil 1 minute. Return chicken to skillet. Heat through & serve.

Carb Count: Recipe Total 10.7 g, Per Serving 2.6 g

95. MARINATED STEAK - 4 Servings *Low Fat*

1 clove garlic, minced (0.9 g)
1 tsp cumin (0.8 g)
large pinch of chili powder (0.7 g)
1 tsp salt
1 tsp black pepper
2 tablespoons red wine
4 sirloin steaks

Combine all ingredients (except the steak) together. Prick the meat all over with fork tines and cover with the marinade in a shallow pan. Refrigerate meat overnight. Drain well before grilling. Grill or broil over medium heat about 15-20 minutes per piece (turning once). Enjoy with sauteed green beans & red peppers.

Carb Count: Recipe Total 2.4 g, Per Serving 0.6 g

96. MOROCCAN CHICKEN STEW - 4 Servings *Low Fat*

4 skinless boneless chicken breasts
2 tsp ground cumin (1.8 g)
2 tsp ginger (2.6 g)
1/8 teaspoon cayenne pepper (0.1 g)
2 1/2 cups chicken broth
1/2 cup shredded zucchini (1.9 g)
salt and black pepper
2 tbsp chopped fresh cilantro (0.5 g) cornstarch solution, to thicken

Heat a nonstick saucepan. Cut chicken into bite-sized pieces. Add oil to pan. Saute chicken. Add the cumin, ginger, and cayenne. Cook, stirring. Add broth, stir and bring just to a boil. Reduce heat, cover and simmer. Add zucchini to the stew. Bring to a boil; reduce heat to simmer uncovered. Heat through & serve.

Carb Count: Recipe Total 6.9 g, Per Serving 1.8 g

97. HONEY-LIME GLAZED CHICKEN- 4 Servings *Low Fat*

1/8 cup honey (12 g)
2 tbsp lime juice (2.8 g)
2 tbsp chopped cilantro (0.5 g)
1 tbsp soy sauce
2 tsp jalapeno pepper (0.5 g)
1 tsp minced garlic (0.5 g)
4 skinless boneless chicken breast halves
1 tsp cornstarch
3/4 cup chicken broth

In a glass dish combine the ingredients for the marinade; mix well. Trim the chicken breasts of fat and pound gently to even the thickness. Place the chicken in the marinade; turn to coat both sides. Cover, and let marinate at room temperature for 30 minutes, turning once. Heat a skillet or grill-pan to medium-high. Add cooking spray. Reserving the marinade, add the chicken to the skillet. Cook until chicken is golden brown. Using to the reserved marinade add broth and cornstarch. Mix well. Push the chicken aside and add marinade to pan drippings; stir constantly and deglaze the pan. Add more water as needed. Serve chicken with sauce.

Carb Count: Recipe Total 16.3 g, Per Serving 4 g

98. FISH WITH BLACK BEANS & SALSA - 3 Servings *Low Fat*

3 white fish fillets
1 tbsp lime juice (1.4 g)
1/4 cup cooked black beans (8 g)
1 large garlic clove, chopped (0.9 g)
1 tsp unsalted butter
1/2 cup diced tomatoes
1/4 cup diced zucchini (0.9 g)
1/2 teaspoon sun-dried tomato paste (0.2 g)
1/2 cup broth
1 cup shredded romaine lettuce (1.9 g)
2 tbsp soy sauce
1 tbsp malt vinegar
1/8 cup plain yogurt (1.4 g)

Squeeze lime on fish fillets. Salt & pepper to taste. Set aside. In a small nonstick saucepan, warm the beans over medium heat with garlic and butter. Dice and add the tomatoes, zucchini and chipotle pepper with sauce to taste. Add the sun-dried tomato paste, broth and season with western spice blend. Keep warm, add water as needed. Combine soy sauce, malt vinegar, pinch of salt and yogurt. Meanwhile preheat grill. Grill the fish for 2 -3 minutes, or until flaky. To serve cut fish fillets into long fingers and place in the center salad. Top with dressing & serve.
Carb Count: Recipe Total 14.7 g, Per Serving 4.9 g

99. SNAPPER WITH LEMON BASIL SAUCE - 2 Servings *Low Fat

2 snapper or firm white fish fillets
salt and freshly ground black pepper
paprika
1/2 cup finely diced red bell pepper (4 g)
1/4 cup finely diced green onions (1.8 g)
4 tsp chopped fresh basil (3.6 g)
1 tbsp snipped chives (0.6 g)
2 tsp olive oil
1 tsp butter
1 tbsp fresh lemon juice (1.3 g)
2 tbsp white wine vinegar

Divide the fillets into 4 pieces. Sprinkle lightly with salt, pepper and paprika. Set aside and dice the bell pepper and green onions. Place a large non-stick skillet over high heat. When hot, add the oil. Place fish in the pan and fry for 2 minutes; turn gently. Place the thinner pieces toward the rim of the pan, and make room. Add the peppers, onions, basil

and chives. Reduce heat, add the lemon juice & white wine vinegar. Serve

Carb Count: Recipe Total 11.3 g, Per Serving 5.6 g

100. SHRIMP AND GARLIC BUTTER - 4 Servings

1 pound fresh or frozen shrimp
2 tbsp butter
1 clove garlic, minced (0.9 g)
1 tbsp fresh parsley (0.3 g)
1 tbsp dry sherry

Thaw shrimp, if frozen. Peel & devein, rinse & pat dry. Heat butter in skillet. Add shrimp & garlic. Cook for 3 minutes until shrimp turns pink. Stir in parsley & sherry.
For variety, use scallops instead of shrimp.

Carb Count: Recipe Total 1.2 g, Per Serving 0.3 g

101. ORANGE ROUGHY WITH LEMON SAUCE - 2 Servings

2 orange roughy fillets
1/3 cup water
1/4 cup white wine
1 tbsp each parsley (0.3 g) and fresh lemon juice (1.3 g)
1/2 tsp chicken bouillon

Heat oil in skillet. Add fillets and cook over medium high heat turning once, until fish is cooked thoroughly, usually 3-5 minutes on each side. Transfer fish to a platter. To the same skillet add water, wine, parsley, lemon juice, and bouillon. Cook over high heat until mixture comes to a boil; continue to cook until mixture is reduced to about 1/4 cup, about 4-5 minutes. Pour over fish and serve.

Carb Count: Recipe Total 1.6 g, Per Serving 0.8 g

102. CRAB LEGS - 4 Servings *Low Fat*

2 pounds fresh or frozen crab legs
8 tbsp butter, melted
2 tsp fresh basil (1 g)
1/2 tsp lemon zest (0.1 g)
1 tbsp lemon juice (1.3 g)

Thaw crab legs, if frozen. Rinse & pat dry with paper towels. Combine butter with basil, lemon zest & lemon juice. Brush crab legs with half of butter mixture & broil in greased pan. Serve with remaining butter mixture.

Carb Count: Recipe Total 2.4 g, Per Serving 0.6 g

103. ITALIAN CHICKEN - 4 Servings

1/2 packet Italian Seasoning (4 g carbs)
1/4 cup mayonnaise
1/4 cup water
1/3 cup balsamic vinegar (7 g carbs)
1/2 cup olive oil
2 chicken breasts

Combine all ingredients except chicken. Coat chicken breasts with sauce.
Bake for 40 minutes at 375 degrees.

Carb Count: Recipe Total 11 g, Per Serving 2.7 g

104. VEGETABLE BEEF SOUP - 4 Servings

3 pounds beef, cut into bit sized pieces
1 garlic clove diced (0.9 g)
1/2 celery rib, diced (0.4 g carbs)
olive oil
3 cups beef broth
1 cup water
1/4 cup red wine
14 oz can diced tomato, with juice (14 g)
salt and pepper to taste
1 cup cauliflower (2.6 g carbs)
1/2 cup shredded zucchini (1.9 g carbs)

Heat oil in a large pot. Add beef, garlic and celery. Cook until meat is browned on all sides and onions are translucent. Add the broth, water, tomato, wine and spices. Bring to a boil, then cover and reduce to low heat. Let simmer gently for 1 hour, stirring occasionally. Add cauliflower and zucchini. Bring back to a boil, cover, turn down the heat, and cook until heated through.

Carb Count: Recipe Total 19.8 g, Per Serving 4.9 g

105. CAULIFLOWER CREAM SOUP

2 cups cauliflower, diced (5 g)
1/2 cup fresh parsley (1.9 g)
1 cup water
3 cups chicken broth
1 cup cream (9.6 g)
1/2 cup watersalt and pepper to taste

Heat oil over medium heat. Add cauliflower and parsley. Cover and cook 10 minutes more. Add water and broth and bring to a boil. Cover and simmer 5 minutes. Add cream, salt & pepper. Heat & serve.

Carb Count: Recipe Total 16.9 g, Per Serving 4.2 g

106. CLAM CHOWDER - 4 Servings

3 slices bacon, cut into small pieces, cooked
6-ounce can chopped clams, with juice
1 cup water
1 cup cream (9.6 g)
Salt and pepper to taste

Cook bacon. Add the clams and water. Cover and simmer for about 15-20 minutes. Turn off the heat and add the cream, salt and pepper.

Carb Count: Recipe Total 9.6 g, Per Serving 2.4 g

107. SAUSAGE SOUP - 4 Servings

1 pound ground sausage
3 slices bacon

1 cup cream (9.6 g)
1 cup fresh spinach (2.4 g)
4 cups chicken broth
Garlic, salt, pepper to taste

Steam cauliflower until soft. Cook sausage and bacon. Place all ingredients in a large pot. Bring to a boil. Reduce heat & simmer for 20 minutes.

Carb Count: Recipe Total 17 g, Per Serving 4.2 g

108. GRILLED STEAK - 4 Servings
2 pounds steak
2 tbsp butter
2 tsp Worcestershire sauce

Combine butter and Worcestershire sauce. Dip meat in butter mix and grill. Serve with herbed butter (combine butter 1 tbsp fresh parsley (0.3 g), or 1 tbsp fresh chopped chives (0.6 g), or 1 clove minced garlic (0.9 g), or 3 tsp fresh rosemary (2.4 g), or 3 tsp fresh basil (2.7 g).

Carb Count: Recipe Total 0 g, Per Serving 0 g

109. STEAK AND BACON - 4 Servings
4 slices bacon
2 pounds steak
1/2 cup sour cream (8 g; check your brand)
3 tbsp chives (1.8 g)

Cook bacon. Grill steaks. Combine sour cream with chives. Serve steak with sour cream. Crumble bacon and sprinkle over the top.

Carb Count: Recipe Total 9.8 g, Per Serving 2.9 g
110. GRILLED ROSEMARY CHICKEN - 4 Servings
4 chicken breasts
2 tbsp olive oil
2 cloves garlic, crushed (1.8 g)
4 tbsp fresh rosemary, crushed (3.2 g)
2 tsp fresh thyme, crushed (2 g)

Mix oil, garlic, rosemary & thyme. Drench chicken in marinade. Grill.

Carb Count: Recipe Total 7 g, Per Serving 1.8 g

111. HOT PEPPER CHICKEN - 4 Servings
4 chicken breasts, cut into strips
2 tbsp olive oil
2 tbsp hot pepper sauce
salt and pepper

Combine oil with hot pepper sauce, salt & pepper. Drench chicken in sauce. Grill or broil.

Carb Count: Recipe Total 0 g, Per Serving 0 g

112. ROASTED CHICKEN WITH BACON - 4 Serving *Low Fat*

4 boneless skinless chicken breasts
4 slices bacon
2 tsp garlic powder (4 g)
1 cup grated cauliflower (4.4 g)

Place the cauliflower in a greased pan. Place chicken breasts on top of cauliflower and sprinkle with garlic powder. Place bacon over chicken and bake for an hour at 350 degrees F until the bacon is crispy.

Carb Count: Recipe Total 8.4 g, Per Serving 4.2 g

113. LEMON ROASTED CHICKEN - 4 Servings *Low Fat*

1 whole chicken
salt & pepper
1 tsp oregano
1 clove garlic, minced (0.9 g)
2 tbsp butter, melted
1 cup chicken broth
2 tbsp lemon juice (2.6 g)

Remove the giblets and neck, wash the chicken and pat it dry. Salt & pepper the chicken to taste. Place in roasting pan. Sprinkle half the Oregano and Garlic inside the cavity, and half outside. Add butter and chicken broth. Cover and roast at 350 degrees F for 1 - 1 1/2 hours. During the 30 minutes of cooking add the lemon juice.

Carb Count: Recipe Total 3.5 g, Per Serving 0.9 g

114. SAUSAGE STUFFED CHICKEN - 4 Servings

1 pound pork sausage
1/8 cup fresh parsley, chopped (0.3 g)
1 garlic clove, minced (0.9 g) 1/2 tsp thyme (0.5 g)
1/2 tsp salt
1 egg, beaten
1/2 tsp pepper
1/2 tsp sage (0.2 g)
4 chicken breasts, flattened

Brown sausage in a large frying pan, breaking up with a fork. When all the pink is gone and sausage is thoroughly cooked, remove from heat. Drain excess fat from sausage meat. Add remaining ingredients and mix well. Place on flattened chicken breasts, roll up, and secure with a toothpick. Bake at 425 degrees F for 35-40 minutes.

Carb Count: Recipe Total 1.9 g, Per Serving 0.5 g

115. ORANGE CHICKEN - 2 Servings *Low Fat*

1 pound boneless chicken, cut up
4 tbsp butter
1 tsp orange zest (0.5 g)
salt & pepper

Melt butter, stir in orange zest. Drench chicken in butter mix & stir fry until cooked thoroughly.
Optional, use lemon zest (0.3 g per teaspoon)

Carb Count: Recipe Total 0.5 g, Per Serving 0.25 g

116. ASPARAGUS CHICKEN - 3 Servings *Low Fat*

salt & pepper

3 large chicken breasts

2 tbsp butter

1 pound asparagus (8.8 g)

1/2 cup chicken broth

2 tsp cornstarch

Salt & pepper chicken. Melt butter in skillet. Add chicken & cook. Remove. Add asparagus & 1/4 cup water. Heat to boiling. Reduce heat & simmer for 5 minutes. Mix chicken broth with 2 tsp cornstarch until smooth. Add to asparagus. Heat to boiling. Boil 1 minute. Reduce heat. Return chicken to pan. Heat & serve.

Carb Count: Recipe Total 8.8 g, Per Serving 2.9 g

117. MOROCCAN CHICKEN - 4 Servings *Low Fat*

1 pound boneless chicken, cut up

1 tbsp butter

1 tsp cumin (0.9 g)

1/2 tsp cinnamon (0.9 g)

salt & pepper to taste

7 ounce can tomatoes, drained & chopped (7 g)

1 tbsp fresh cilantro, chopped (1 g)

Melt butter in pan. Add chicken and spices. Cook for 5 minutes. Add tomatoes. Bring to boiling. Reduce heat; cover & simmer for 15 minutes.

Carb Count: Recipe Total 9.8 g, Per Serving 2.4 g

118. CHICKEN CORDON BLEU - 4 Servings

4 boneless skinless chicken breasts

4 slices of ham

Swiss cheese slices

1 tbsp melted butter

1 egg; beaten

1 cup Parmesan cheese

Flatten chicken. Roll up with ham & cheese; secure with a toothpick. Combine egg & butter. Dip chicken in butter & then cheese. Place in greased baking dish. Bake at 350°F for about 35 minutes or until golden brown.

Carb Count: Recipe Total 0 g, Per Serving 0 g

119. TERIYAKI FISH STEAKS - 4 Servings *Low Fat*

1 pound fresh or frozen tuna or halibut steaks

1/2 cup soy sauce

2 tbsp orange juice (2 g)

1 tbsp oil

1 tbsp dry sherry

1/4 tsp ginger (0.3 g)

1 tsp honey (3 g)

1 clove garlic, minced (0.9 g)

Combine all ingredients except fish. Pour marinade over fish. Let sit for 30 minutes-2 hours. Drain fish, reserving marinade. Broil fish for 5 minutes. Baste with sauce & Broil on other side for 5 minutes.

Carb Count: Recipe Total 6.2 g, Per Serving 1.5 g

120. SAUSAGE IN GRAVY - 4 servings

1 1/2 pounds smoked sausage, cut into pieces

6 1/2 cups beef broth

1/4 cup chopped celery (1 g)

1/4 cup green peppers , chopped (1.6 g)

1 clove garlic, minced (0.9 g)

2 tbsp tomato sauce (0.8 g)

4 tbsp parsley (1.2 g)

1/3 cup green onions, diced (2.2 g)

1 tsp cayenne pepper (1 g)

Melt butter in large skillet. Add sausage, cover, and cook without stirring about 10 minutes. Add 3/4 c up of stock and scrape bottom. Add salt and pepper. Cover and cook 2 minutes. Add celery, green peppers and garlic. Cover and cook 3 minutes, scraping bottom of pan. Add tomato sauce and cook uncovered 10 minutes, scraping occasionally. Add parsley and green onions. Add 3 1/4 cups more stock and scrape. Cook 20 minutes until liquid is thick dark red gravy. Stir occasionally. Stir in remaining stock. Bring to boil, reduce heat, and simmer, stirring frequently, about 14 minutes, until gravy is right consistency. Remove from heat and serve immediately.

Carb Count: Recipe Total 8.7 g, Per Serving 2.2 g

121. CHEESY MEATLOAF - 8 servings

2 pounds ground beef

1/4 cup chopped onion (3.4 g)

2 eggs, eaten

1/2 cup cream (4.8 g)

1/2 cup water

salt & pepper

garlic salt

1 1/2 c mozzarella cheese

12 oz can tomato sauce (15 g)

Combine ground beef, onion, eggs, cream, salt, pepper and garlic salt in large bowl. Mix well. Add more cream, if dry. Turn onto long piece of waxed paper. Pat mixture into rectangle. Spread mozzarella cheese over mixture. Start from one end and lift waxed paper and roll mixture into a log shape. Carefully, place in large oven-proof casserole dish, seam down. Pinch ends to seal. Pour tomato sauce over mixture. Bake at 375 degrees F for 1 to 1 1/2 hours or until done.

Carb Count: Recipe Total 23.2 g, Per Serving 2.9 g

122. CREAMY PORK CHOPS - 6 servings

6 pork chops

salt & pepper

1 tsp paprika (1.2 g)

butter to fry in
3/4 cup light cream (3.6 g)
8 oz cream cheese
1/2 cup Parmesan cheese

Preheat oven to 350 degrees F. Season the chops and brown in butter.
Heat cream. Add cream cheese and 1/4 cup Parmesan cheese, mixing until blended. Place chops in baking dish. Cover with sauce, and remaining Parmesan cheese. Bake for 50 minutes.

Carb Count: Recipe Total 4.8 g, Per Serving 0.8 g

123. STUFFED CABBAGE - 4 servings

1 whole cabbage (12 g)
1/2 cup spinach, cooked (3.2 g)
1 tbsp fresh parsley, chopped (0.3 g)
1 pound ground beef, cooked
1/2 cup Parmesan cheese
2 eggs, beaten
salt and pepper

Rinse cabbage. Boil whole in salted water for 5 minutes. Drain well.
Combine spinach, parsley, beef, cheese & eggs.. Remove leaves from cabbage & stuff with ground beef mixture. Place in baking dish and cover with 4 tbsp oil. Bake for 25 minutes at 350 degrees F or until cabbage is tender. For less carbs, simply shred cabbage & heat in skillet with ground beef mixture (1 c cooked cabbage is 6.2 g)

Carb Count: Recipe Total 15.5 g, Per Serving 4.8 g

124. CILANTRO CHICKEN - 4 Servings *Low Fat*

2 boneless chicken breasts
2 tbsp lime juice (2.6 g)
2 tbsp white wine
1 tbsp soy sauce
1 clove garlic (0.9 g)
1 tbsp. chopped fresh cilantro (0.3 g)
1/2 tsp chili powder (0.7 g)

Rinse chicken and pat dry. Arrange in a shallow dish. Combine remaining ingredients. Pour over chicken. Cover. Refrigerate 2 to 3 hours. Turn occasionally. Spray grill with non-stick cooking spray. Grill 7 to 9 minutes on each side. Baste while grilling.

Carb Count: Recipe Total 4.5 g, Per Serving 1.1 g

125. BRAISED TUNA - 4 Servings *Low Fat*

4 Tuna Filets
2 tbsp oil
1/2 cup sliced celery (1.9 g)
1/2 cup tomato, chopped (5.8 g)
1/2 tsp thyme (0.5 g)
1 1/4 cup white wine

Heat 1 tablespoon of the oil and stir fry the celery until soft. Stir in tomatoes and thyme and cook for about 5 minutes. Place in shallow dish. Heat remaining oil and quickly fry the tuna steaks to brown on each side.

Place tuna steaks on top of vegetables, season; then pour over white wine. Cover. Bake at 325°F for 40-50 minutes until fish is tender.

Carb Count: Recipe Total 8.2 g, Per Serving 4 g

126. BEEF CURRY - 4 Servings *Low Fat*

1 1/2 pounds steak, cut into cubes
4 tbsp olive oil
2 cloves garlic, minced (1.8 g)
2 tsp minced fresh ginger (2.6 g)
1 tsp ground coriander (0.5 g)
1 tsp ground cumin (0.9 g)
1/4 tsp dried red pepper flakes (0.2 g)
1/2 tsp salt
2 tablespoons water
3 tablespoons chopped cilantro (0.9 g)

In a large frying pan, heat the oil over moderate heat. Add the garlic and ginger and cook, stirring, for 1 minute. Meanwhile, in a small bowl, combine the coriander, cumin, red-pepper flakes, salt, and water. Add to the garlic and cook, stirring, for 1 minute. Add the meat to the pan and cook, stirring, for 3 minutes. Raise the heat to moderately high and cook thoroughly. Remove from heat. Stir in the cilantro.

Carb Count: Recipe Total 6 g, Per Serving 1.5 g

127. PORK CHOPS & APPLESAUCE - 4 Servings

4 pork chops
1/4 cup white wine
8 ounces unsweetened applesauce (18 g; check your brand)

Preheat oven to 350 degrees F. In a skillet, brown chops in butter. Place in casserole dish. Combine wine & applesauce & pour over chops. Bake for 1 hour.

Carb Count: Recipe Total 18 g, Per Serving 4.5 g

128. LOW CARB CHILI - 4 Servings

4 slices bacon
1 pound hamburger
2 cloves garlic, chopped fine (1.8 g)
1/2 cup green bell pepper, diced (3.2 g)
1 tsp cumin (0.9 g)
2 tsp chili powder (2.8 g)
2 tsp hot pepper sauce
1 tbsp Worcestershire sauce
14 ounce canned tomatoes, with juice (14 g)

Cook the bacon until crisp in a large pot, then remove bacon. Sauté the hamburger in the drippings. Add garlic, green pepper, cumin, and chili powder. Add remaining ingredients. Crumble bacon & return with the hamburger to the pot. Simmer for 25 minutes.

Carb Count: Recipe Total 22.7 g, Per Serving 5.6 g

129. STUFFED SAUSAGE - 6 Servings

2 tbsp chopped parsley (0.6 g)
1 tbsp chopped chives (0.6 g)
1 cup cream cheese

2 pounds sausage
salt & pepper

Pre heat oven to 400 degrees F. Mix parsley, chives & cream cheese & roll into 12 small balls. Wrap sausage around each ball. Bake for 35-40 minutes.

Carb Count: Recipe Total 1.2 g, Per Serving 0.2 g

130. STUFFED EGGPLANT - 4 Servings

1 egg plant
1 tsp chili powder (1.4 g)
1 garlic clove, minced (0.9 g)
1 tsp salt
1/2 cup tomato, chopped (5.8 g)
1 pound ground turkey
1 red bell pepper, chopped (8 g)
1 tbsp fresh cilantro (0.3 g)

Cut egg plant in half & cut out flesh. Place eggplant shells in greased casserole dish. In skillet, heat oil. Add garlic, chili powder & salt. Add tomato & cook for 5 minutes. Add ground turkey to skillet & cook for 10 more minutes. Add bell pepper & cook a few more minutes. Spoon the turkey into the eggplant shells & brush edges with oil. Bake at 350 degrees for 20-25 minutes.

Carb Count: Recipe Total 8.4 g, Per Serving 2.1 g

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