

Cocktails

Low Carb Recipes

Lisa Shea

Carb Charts – Low

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Note: I am not a doctor. Always consult a doctor about whether alcoholic beverages are right for your situation. Also, obey local laws when ingesting alcohol.

Introduction

James Bond has his martini - shaken, not stirred. In Casablanca they're drinking French 75s. Throughout the years, cocktails have called to our soul. During Prohibition they were drunk on the sly, sipped in the cellar. In modern times they're glitzy and wild, toasted in bars from Los Angeles to Tokyo There's just something about cocktails!

When you're embracing a low carb lifestyle, often it's tricky to know which cocktails are safe and which are simply loaded with sugar. It can be a challenge to keep track of which liqueurs are little more than sugar-syrup and which won't cause you to gain ten pounds with one sip.

I'm here to help!

Note that this is the first version of this book – it's got all my favorites in it. 24 recipes to be exact. If you've got a cocktail you adore that I don't have listed yet, contact me! I'm continually updating all of my low carb books. I'll be happy to investigate if we can create a low carb version of your cocktail, and then I'll add that to the next version of the book.

This book should be FREE. I am distributing this for free as my gift to the low carbers who have supported me all these years. If someone charged you for this book, please let me know! This should be absolutely free – my gift to you ☺.

Sláinte!

Cocktail Recipes

Most hard liquors like rum, vodka, gin, and the like have zero carbs – but they *do* have calories. So they are a special case in low carb dieting. It's important to remember that your body burns alcohol as a fuel. Alcohol, being considered “toxic” by the body, is burned as quickly as possible. What this can mean is that by ingesting alcohol, anything else you eat does *not* get burned and instead gets stored as fat.

Here's an example. If you eat a steak on its own, your body burns those steak calories (from its protein) and uses them up. Your body doesn't store them as fat.

However, if you eat a steak while drinking an alcohol-filled cocktail, your body's first mission is to burn up that alcohol. It ignores the protein in a steak. You might then end up with that steak's energy being stored as fat.

A low carb diet assumes that you're not drinking alcohol. That's how the carb counting work. If you drink a lot of alcohol, then eating low carb won't keep you from gaining weight. Your body will gain weight based on the alcohol you ingest and the energy it's providing to you.

So, if your aim is to lose weight, go cautiously on the alcohol. It'll interfere with your weight loss. If you're maintaining, then drink in moderation!

Bloody Mary

If you're looking for a good 'scary' kind of drink for Halloween, the Bloody Mary would fit the bill nicely! It's tasty at other times of year as well, if you like a drink with a kick.

This cocktail is in essence spicy tomato juice and vodka.

Ingredients:

3oz tomato juice

1.5oz vodka

1/2 tsp Worcestershire sauce

2 drops Tabasco sauce

1 dash lemon juice

Shake all ingredients together with ice, and strain into a tall glass with ice cubes. Some people add salt and pepper.

I personally find this drink *very* salty - too salty to drink in fact. However, my mom loves these, so it is definitely a matter of each person having their own personal taste.

There is tomato juice with salt, and tomato juice without salt, so if you're on a low salt diet, you can go with the lower salt version.

Tomato juice has about 1.3g carbs per ounce, so for 3oz you are getting 3.9g of carbs. Call it an even 4 since people rarely measure out shots exactly. A bit more than wine per drink, but less than most beer.

If you're doing this for Halloween, get a plastic eyeball or two, and put them into your drink like ice cubes!

Who Was Bloody Mary

Bloody Mary was the nickname of Queen Mary I of England. She was only queen from 1553 to 1558. Her dad was Henry VIII and once she took control she actively tried to get the Roman Catholic

church in control of England. Along the way she burned at least 300 of her enemies at the stake. She even killed the archbishop of Canterbury.

Desperate for a child to perpetuate her line, she married an enemy of the state, Philip II of Spain. This made her population even more upset with her. Her husband abandoned her, and she died only 5 years after she took control. With her death came in her sister, Elizabeth, one of the most famous monarchs in history!

Unfortunately, Bloody Mary never got to try this drink. It was invented in the 1920s in Paris, France, at the New York Bar. Fernand Petiot was the bartender who brought this cocktail to life.

Fruity

Looking for a cocktail that is low in sugars? This fruity combination of rum, vodka and sodas is 0g of carbs!

Ingredients:

1 shot vodka

1 shot rum

2.5 shots diet orange soda

2.5 shots diet lemon-lime soda

Put ice into a tall glass and mix in the four ingredients. This has got a great fruity flavor and 0g of carbs. Enjoy responsibly!

Be sure to avoid aspartame-sweetened diet sodas, look for those sweetened with Splenda instead.

Gin and Ginger

Looking for a delicious, low carb cocktail recipe? Gin and Ginger is a classic - simply make it with a Splenda-sweetened ginger ale!



1 part gin
4 parts diet ginger ale
splash lemon if desired

Put ice in tall glass, add in ginger ale. Stir in gin. Splash in lemon juice if desired.

I used the Waist Watchers citrus frost here because it comes with lemon flavors built in!

Carbs per serving: 0g

Highball

Back in the 1800s, the railway was the primary method of moving goods cross country. Millions of people worked on the railway. The Highball cocktail was invented as a quick recipe to entertaining these hard working people.

The drink was in fact named after the signal used when a train was moving through an area in a hurry.

By the 1920s, in cocktail-crazy gin joints around the world, the highball became a classic.

Ingredients:

2oz whiskey

diet ginger ale

Fill a tall glass with ice. Pour in 2oz of whiskey, then fill with ginger ale. Enjoy!

Jack and Coke

If you're on a low carb diet, a Jack and Coke is perfect - as long as you use diet Coke! When you do, this is perfectly zero carb.

Start with a tall glass of ice. Add in 2oz of Jack Daniels. Now fill the rest of the glass with Diet Coke.

Stir a bit, and enjoy!

Long Island Iced Tea

Long Island Iced Tea is a classic multi-alcohol cocktail that can be almost completely zero carb.

Just be sure to only have one! This is pretty much ALL ALCOHOL and is quite potent. Drinking in moderation is fun - drinking in excess can really be quite harmful to your body!

1/4oz gin
1/4oz rum
1/4oz vodka
1/4oz tequila
1/4oz triple sec
1oz sugar-free sour mix
dash diet coke

Put all into a shaker with ice and shake briefly.

Serve into a tall glass with lots of ice and enjoy!

Note that the ONLY item here with carbs in it is triple sec. Triple sec is an orange flavored liqueur. Triple sec has 12.5g of carbs per oz. If you "stepped up" to Curaçao which is also an orange flavored liqueur, that has only 10g of carbs per oz. Note this is still fairly steep, so of course an alternative is to make this without any orange liqueur at all.

Still, if you substitute in the Curaçao, that is only 2.5g of carbs since you're using only a quarter of an oz. For most people, even on induction, the 2.5g of carbs is doable in a healthy daily diet.

Even if you make it exactly as shown, then 1/4oz of triple sec is 3.1g of carbs per glass. Still not a big deal.

For those who are geographically challenged, Long Island is the long (go figure) island which is part of New York, but stretches out

along beneath the state of Connecticut. It is famous for its many high end wineries, as well as mansions. The Great Gatsby novel was set on Long Island.

When my friend Kris and I biked around Block Island, which is near Long Island, we of course had to drink Long Island Iced Teas during our lunch stop.

Margarita

Most margarita recipes involve Curaçao, triple sec or Grand Marnier. All are LOADED with sugar. Here's a great recipe that is pretty much 0g carbs!

First, a little bit of background. Curaçao is a traditional Caribbean alcohol made with orange peels, grapefruit peels, rum, and a LOT of sugar. From that base are created other 'blends' such as triple sec and Cointreau. Grand Marnier is in essence a French version made with orange peels, sugar and brandy.

Ingredients:

- 1/2 tsp orange extract
- 1 packet Splenda (or 2 tsp powdered)
- 1 tsp water
- 1 shot tequila
- 1/8 tsp lime juice
- 1/4 tsp lemon juice



Mix together the orange extract, Splenda and water. This pretty much is the Curaçao - orange extract is up to 85% alcohol. Put crushed ice into a shaker and pour this liquid over the ice. Now add in 1 shot tequila, plus the lemon and lime juice. Shake thoroughly and pour into a glass.

You are practically at 0g of carbs here. You get a tiny amount of carbs (let's say 0.4g) from those dashes of lemon and lime juice.

Mojito

Mojitos are popular Cuban style drinks involving rum, lime and mint. These were made popular by James Bond, in the movie *Die Another Day*, but of course mojitos have been seen and enjoyed in many other movies and situations!

Here's how you can make a delicious, low carb mojito!

Start with a tall, thin glass. Take a fork, and using fresh mint leaves, press them around on the inside of the glass. 3-4 fresh leaves should do the trick.

Next, add in 2 tsp Splenda, and 3 Tbsp of lime juice. Stir this together. Dump in a lot of ice. Now comes the rum! Rum is zero carb. Finally, add in some diet club soda.

Garnish with a lemon slice if desired, and enjoy!

The only real carbs here are in the lime juice. You get about 5 1/2 g of carbs for standard lime juice, for those 3 Tbsp. On the other hand, there are low carb lime juices out there - if you love mojitos it may be well worth it for you to find out how to get your hands on some!

So mix up some mojitos, put on your favorite Bond movie, and enjoy!

Moscow Mule

The Moscow Mule is the classic vodka cocktail with a kick. Create it with a diet ginger ale to have a zero carb drink, perfect for the Atkins diet!

2oz vodka
1oz lime juice
diet ginger ale



Pour the vodka in over ice, add the lime juice, and top off with ginger ale. I enjoy the flavored ginger ales, but the regular kind works fine as well.

Carbs per serving: 0g

Mudslide

Mudslides are delicious, creamy cocktails - and are also chock full of sugar. The sole reason they are high sugar is the Kahlua. Here is a way to make a mudslide cocktail without all of the extra sugar and carbs you would normally find in the drink.

First off, what is a mudslide? The basic recipe for a mudslide is –

1/2 ounce Vodka
1/2 ounce Kahlua
1/4 ounce Irish Cream liqueur

So, let's take this step by step.

First, the vodka. Vodka isn't a problem, it is straight alcohol. That is zero carbs.

The Kahlua IS a problem. Kahlua is a Mexican liquor that tastes like coffee. Kahlua has a massive 17g of carbs per 1oz shot. That's like downing liquid sugar! Here's the solution. A recipe for homemade low carb Kahlua is coffee, sugar, vanilla, vodka and brandy. We can use Splenda for sugar. Brandy and vodka are both 0g carbs. Vanilla is pretty much 0g at the amounts used. So is coffee.

To make the Kahlua, use:

1/4 cup STRONG brewed coffee
1/4 cup Splenda
1 tsp vanilla
4oz vodka
4oz brandy

Mix the coffee, Splenda and vanilla, then cool down to room temperature and add in the alcohols. The total is pretty much zero carbs.

Irish Cream liqueur - i.e. Bailey's Irish Cream - is about 5.5g per ounce. So at 1/4oz, that's only about 1g of carbs. For me that's not worth fighting with, I can deal with my entire drink being 1g of carbs. If you really want to take a shot at making your own low carb Irish Cream, be my guest!

Shake all well with crushed ice, and strain into a glass!

New Yorker

This bourbon cocktail adds a splash of grenadine for color, and lime for flavor.

1 1/2oz bourbon
splash grenadine
splash lime

Pour all 3 ingredients over ice in an old fashioned glass.

Stir well.

Orange Mango Rum

If you like tropical, rum cocktails, this is a perfect sugar-free version that is really tasty! It's super easy to make, too.



Simply put 1 oz of rum into a tall glass with ice. Add in Sparkling Ice's Orange Mango to fill up.

Decorate and enjoy!

Orange Root Beer

Looking for a new flavor of cocktail to enjoy on your low carb diet? Just combine rum, orange soda and root beer, mix and serve!

1oz rum

1oz diet root beer

1oz diet orange soda

Mix all together in a glass and enjoy!

This is especially good for women, because it's a non-cola drink. For some reason Cola and other sodas containing phosphoric acid seem to cause soft bones in women – but not in men.

So if you're female, it's a good idea to avoid those colas and drink the other sodas instead!

Rum and Diet Coke

Rum and Coke was one of my favorite drinks in my 20s. Once I began eating more healthily, it was very simple to swap a diet Coke in for the regular sugar-filled Coke!

The ingredients here are rather simple –

start with a few ice cubes
add 1oz Rum
Fill glass with diet coke
garnish with a slice of lime

That's it! Remember to use *regular* rum in this - i.e. Bacardi rum or something like that. As soon as you start going for the flavored rums, you're introducing carbs.

Rum has zero carbs, and diet Coke has zero carbs. So this is a carb free beverage!

Note that this is also called a Cuba Libre. Cuba Libre literally means Free Cuba, and is a cocktail first drunk by revolutionaries in the 1900s. The Andrews sisters sang about Rum and Coca Cola, and it became popular!

The drink was originally mixed in the late 1800s down south. It was the time of the Spanish-American War and the US was helping Cuba gain its freedom. The American soldiers would mix together the local rums with the newly created Coca Cola. Coca Cola first came out in 1886 and had cocaine in it, so the idea of mixing together cheap-and-interesting Coke with cheap-and-intoxicating Rum was a great one.

Even so, the popularity of Cuba Libre was pretty low key until the Andrews Sisters came along. In 1944, in the midst of World War II and soldiers looking for fun amidst the fighting, they created the song "Rum and Coca Cola". An instant hit, it popularized the

island drink for the entire world. Soon Rum and Cokes were being poured in every bar.

Rusty Nail

The Rusty Nail is a Scottish drink blending Scotch and Drambuie. This is a perfect low carb cocktail for fall / autumn drinking, with its golden brown color and hearty kick!

For those who are curious, Drambuie is a mixed liquor made in Scotland, and its name comes from the Gaelic phrase "the drink that satisfies". It is mostly Scotch whisky blends plus honey.

Drambuie has 9g of carbs, 0g fat and 439 calories per 30ml serving.

Really, Scotch Whisky (or Scotch for short) is just whisky made in Scotland. The flavor variation comes, as with wines and other handmade items, from the local ingredients used. In this case, it has to do with the Scotch waters, the peat used to cook the malt, and other similar idiosyncrasies.



To make a Rusty Nail, fill an old-fashioned glass with ice cubes. Pour in 3/4oz Scotch. Gently add the 1/4oz Drambuie. Depending on your taste preferences, you can also go with 1 shot Scotch and 1 shot Drambuie.

I suppose it depends if you have a really good Scotch that you want to appreciate, or if you want to drown out your mediocre Scotch with the honey in the Drambuie.

Sangria

Sangria is a light, fruity drink that's perfect for sipping. This easy recipe is low carb, perfect for Atkins and south beach dieters, and is quick to make!



Ingredients:

1 bottle red wine

1 bottle diet Orange soda

Put ice into a glass. Fill half the glass with red wine. Add the orange soda to fill. Enjoy!

1g per serving

Note that I keep a box of Cabernet Sauvignon in the fridge - it's really inexpensive per glass that way, and the wine is actually pretty tasty. For diet soda, we use the Waist Watchers brand, which

has a wide variety of flavors all sweetened with Splenda. Try to stay away from those Aspartame-sweetened diet drinks!

Mix it up with different flavored sodas. If you're further along in your diet plan, or on maintenance, you might add in some hard liquor, fruits, and berries to the mix.

Strawberry Daiquiri

Bring a bit of island living into your life with this delicious recipe for a strawberry daiquiri. It's fresh and fruity, and best of all it's low carb too!

Ingredients:

8 strawberries

6 ice cubes

3 packets Splenda

2oz rum

1oz lime juice

Pull off the strawberries leaves and then core out the inner center of each. Drop all ingredients into a blender and blend until smooth. Serve with a tropical flair!

Strawberries are the only real carbs here, and they are only 1.8g per 1/4 cup.

Tequila Sunrise

This is one of the most beautiful drinks I know. A gorgeous sunrise of orange and red! Here's how to make a low carb version of the tequila sunrise.



Ingredients -
low carb orange juice
tequila
grenadine

First, mix two shots of tequila with orange juice and ice cubes.

Then pour 1/2 shot grenadine down the side of glass to the bottom. It will slowly rise up through the OJ in a very pretty color gradient from red to red-orange to orange.

When you use a low carb orange juice, you get ****90%**** less sugar than normal orange juice! And to think parents feed orange juice to their kids as a healthy drink. The low carb version is only 4g of carbs per glass. The tequila is zero carb, as is it an alcohol.

What about grenadine? Grenadine is an interesting topic. In short it's just ground up pomegranates. If you get the fake stuff, it's sugar water with red food coloring. So you either are getting fruit juice, or sugar water. It can be up to 5g if you go with the sugary variety.

Tropical Mango

Usually tropical drinks involve high sugar mixes such as Midori or Grand Marnier. Here's a great summertime low carb breezer to enjoy by your favorite beach!



Ingredients:

3 shots Mango Tropical Minute Maid

1/3 shot Bacardi 151 Rum

1/2 shot Bacardi Rum

1/4 tsp orange extract

1/8 tsp lime juice

Start with a tall, thin glass and fill it with ice. Mix in all ingredients and stir well. Top with an umbrella, and enjoy!

I really enjoy this cocktail, it has a gorgeous yellow-orange color, and a fresh citrus flavor.

This is pretty much zero carb, as long as you are using the diet Minute Maid of course! If you can't find that specific Minute Maid, then any tropical blend diet drink will do.

Vodka Collins

If you're a low carber, give a vodka collins a try. These cocktails are tasty and low carb too!

2oz vodka
1/2 oz lemon juice
1 tsp Splenda
carbonated water

Shake the vodka, lemon juice and Splenda with ice, then strain into a Collins glass. Fill up with carbonated water. You can add a slice of lemon for decoration and added flavor. Tradition is that you drink this with a straw!

A collins glass is really just a tall, thin version of a regular glass, which is known as a "highball" glass.

Vodka is zero carbs, as is Splenda and water. The only thing here with carbs is the lemon juice, 1.2g for the 1/2oz.

Because the vodka is not "hidden" by any other flavors here, it pays to get yourself a good quality vodka. It's like eating ice cream - if you're going to douse it in syrup and other things, it doesn't really matter what the ice cream tastes like. But if you're just going to eat it plain, as a special treat, it can be worth it to get something really tasty.

This is a great drink recipe in that all you really need is vodka. The rest of the ingredients are all common items you probably have lying around the house anyway.

White Russian

A White Russian is a creamy cocktail that has great flavors to it. It is, simply, a mix of Kahlua, vodka and milk. Luckily, you can make a quite low carb / low sugar version of this drink.

First, let me warn you that Kahlua has a massive 17g of carbs per 1oz shot. It is *full* of sugars. Milk can also be high in sugar in its natural state, up to 12g per 1 cup glass. Vodka has 0g of carbs, but you're already doomed with the other 2 ingredients.

Luckily, *coffee* is zero carb. In essence, a recipe for homemade Kahlua is coffee, sugar, vanilla, and brandy. We can use Splenda for sugar, and brandy is 0g carbs. Vanilla is pretty much 0g at the amounts used. So the key to making this a low carb recipe is to create your own Kahlua and use that.

Ingredients:

1/4 cup STRONG brewed coffee

1/4 cup Splenda

1 tsp vanilla

4oz vodka

4oz brandy

2oz (1/4 cup) low carb milk



Make your favorite coffee, but be sure that it's strong. Pour out 1/4 cup into a mixing bowl. Blend the Splenda and vanilla into this. Feel free to substitute in other sugar alternatives if you wish.

Next, cool this mixture down. You can do this quickly in the freezer, or toss some plastic ice cubes into it. Once it's cool (maybe 5 minutes or so) mix in the vodka, brandy and milk.

The brilliant part of this is you get maybe about 1g from the low carb milk, and that's really it! So you save a TON of carbs by making it yourself, plus it's far cheaper and yummier!

Carb Count: just figure out what 1/4 cup of your favorite low carb milk is, and that's it!

Champagne Cocktails

I adore Champagne. It's important to note, though, that while most wine does not have sugar added to it, Champagne *does*. This added sugar is known as the “dosage” and it can vary based on the style of Champagne. So you could get anywhere from 5g to 10g of sugar in your glass, depending on how much Champagne you drink and if it's a sweet or dry (non-sweet) style.

It's fine to enjoy Champagne cocktails – just do so in moderation!

French 75

French 75s are famous cocktails that were even featured in Casablanca with Humphrey Bogart. A classic touch for any afternoon or evening!

1 shot gin
1/2 shot lime juice
1 tsp sugar substitute
Champagne



Shake the gin, lime juice and sugar sub with ice cubes. Strain and pour into a Champagne flute. Pour Champagne on top, and garnish with a lemon twist.

La Vie en Rose

The days of wine and roses are here. Sit back, relax, and find true romance in your life with this rose inspired drink.

1/2 shot glass rose water

1 tsp sugar substitute

Rose Champagne



If you don't have any rose water, it's easy enough to make. Get some rose petals - either from a rose in a florist shop or via the web. Wash them off. Add them into boiling water, then let it cool.

Mix the sugar substitute in the rose water. Put that into a flute glass. Rose Champagne is a pink colored Champagne made with red wine grapes. Add Rose Champagne into the glass until it's full. Add a strawberry as garnish, and toast!

Sparky Pepper

If you're a spice lover, this is the Champagne cocktail recipe for you!

1oz Absolut Peppar
Champagne



Absolut Peppar is an exotic concoction of vodka with paprika, chili, and green jalapeno peppers. Mix that in with a flute of Champagne, and spice up your world!

Mixers

It's good to know the details about the mixers you use. Often you might think adding in a half-glass of orange juice creates a lovely color – but you forget about the enormous amounts of sugar this adds to the drink.

Here are some details to be aware of when it comes to your cocktail mixers!

Sparkling Waters

Sparkling water, club soda, seltzer water, and the others. How do these differ from each other? Which are low carb? Which are healthy for you?

Let's start with the basics. Sparkling water is the generic, all-encompassing term for any water-based substance that is bubbly. It has gas injected into it to give it bubbles. So think of it as a flavorless, colorless, odorless soda. Bubbles, water, and nothing else. Sparkling water has zero calories and zero carbs. When I say "flavorless" I mean it doesn't taste like orange or grape or so on. Often water DOES have a gentle flavor to it, depending on its source.

The gas they tend to use for sparkling water is either hydrogen sulfide or carbon dioxide. Both are harmless. And some waters are naturally gas-filled, depending on where in the ground they have been sitting.

Next up is Seltzer Water. Seltzer Water is just sparkling water. This name comes from the German spring of Selters. So this was a natural, nothing-added sparkling water. It also has zero calories and zero carbs.

Soda Water or Club Soda is different. This is a sparkling water that has minerals added to it. It often has a sharp flavor. It can have sodium salts or bicarbonate of soda (baking soda) added to it. This will definitely add a flavor to whatever drink you're making to it. This is also zero calorie and zero carb.

Finally, we reach Tonic Water. With all the other water varieties having zero calories and carbs, people often mistakenly think this means they can pour in tonic water to their drinks and be home-free. However, that's not true! Tonic Water was created with quinine to help counter malaria. Now people enjoy its bitter flavor as a normal part of cocktail creation. And for a 12 ounce bottle of

tonic water you can get 124 calories and 32g of carbs. So if you're aiming for a low carb lifestyle, you probably want to avoid tonic water for now.

So, to summarize, in most cases you'll do quite well with club soda, seltzer water, sparkling water, and so on. It's a great way to stay hydrated. Just try to avoid the tonic water.

Summary

This is the very first version of this FREE ebook. Please let me know what other recipes I should add to the listing. I'm happy to test them out for you and let you know the results!

Enjoy a healthier you!

If you enjoyed this book, please leave a review on Amazon, GoodReads, and whatever other sites you participate in. Together we can bring low carb goodness to those who treasure good health and delicious food!

If you don't have it yet, I highly recommend downloading a copy of my Carb Charts book. It has pages and pages of details about the carb values in mixers, juices, beers, liqueurs, and more. It can ensure that you make wise decisions when mixing up your own drinks.

<http://www.bellaonline.com/articles/art173860.asp>

Sláinte!

Dedication

To Bob, who inspires me daily in my quest to invent and enjoy new low carb delights.

To Ruth, who helps me with all my writing projects.

Most of all, to all the tens of thousands of loyal low carb fans out there on my mailing list, Facebook, Twitter, Google+, and my other feeds. Together we encourage and support each other on our quest to live a healthy life!

Cool Cocktail Extras

Here are some fun things to read through while you're sipping those low carb cocktails. Life is here to savor!

Cocktails in Movies

Here are just a few ideas for you to mix up a movie night along with matching cocktails!

James Bond

Yes, we all know the shaken, not stirred that is his classic. However, in just about every Bond movie he's drinking something new and intriguing. I admit I've gone movie by movie to figure out what he drinks where. I have them all listed out here:

<http://www.lisashea.com/hobbies/bond/>

Casablanca

They drink here is the French 75, but there's also a lot of straight brandy and cognac.

Pride & Prejudice

In all those Jane Austen books the drink of the day was a claret cup punch. Think of this as a sangria. They'd mix red wine with harder liquor and toss in fruits.

Toasts from Around the World

Here's a few fun toasts to try on your next night out!

Chinese: Ganbei! (dry your cup)

Dutch: Prost! (health)

English: Cheers!

French: Santé! (health)

German: Prost! (cheers)

Hebrew: Le'chaim! (to life)

Irish: Sláinte! (to your health)

Italian: Per cent'anni! (for one hundred years)

Italian 2: Salute (health)

Japanese: Kanpai! (dry your cup)

Russian: Vashe zdorovie! (to health)

Spanish: Salud! (health)

Welsh: Iechyd da! (health)

About the Author

Thank you so much for sharing a part of your life's journey with me! Bob and I have followed a low carb lifestyle since June 2003. We have enjoyed every day of it. Bob does the cooking, and I do the writing.

Low carb is a way of life which tantalizes the taste buds and provides an infinite supply of options. You can feast on filet mignon with asparagus. You can delight your exotic side with sashimi and a fresh seaweed salad. Delve into comfort food with a rich ratatouille. Take a virtual vacation to Alaska with smoked salmon for breakfast.



I am online daily to answer questions and provide support. Join whichever community best complements your lifestyle!

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Forum:

http://forums.bellaonline.com/ubbthreads.php/forums/221/1/Low_Carb

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<https://plus.google.com/b/115761036618536779877/115761036618536779877/posts>

I look forward to talking with you!

Low Carb Reference Books

Carb Charts – Low Carb Reference

<http://www.bellaonline.com/a/173860>

First 2 Weeks – Low Carb Reference

<http://www.bellaonline.com/a/173862>

Vitamins and Minerals – Low Carb Reference

<http://www.bellaonline.com/a/182505>

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<http://www.bellaonline.com/a/182408>

Baking / Oven Low Carb Recipes

<http://www.bellaonline.com/a/182441>

Juicing / Smoothies Low Carb Recipes

<http://www.bellaonline.com/a/182455>

Crockpot Low Carb Recipes

<http://www.bellaonline.com/a/182464>

Grilling Low Carb Recipes

<http://www.bellaonline.com/a/182465>

Cocktail Low Carb Recipes

<http://www.bellaonline.com/a/183771>

Wine books by Lisa Shea:

Champagne Cocktails

<http://www.wineintro.com/champagne/cocktails/ebook/>

Sangria Recipes

<http://www.wineintro.com/sangria/ebook/>

Lisa Shea's library of medieval romance novels:

[Seeking the Truth](#)

[Knowing Yourself](#)

[A Sense of Duty](#)

[Creating Memories](#)

[Looking Back](#)

[Badge of Honor](#)

[Lady in Red](#)

[Finding Peace](#)

[Believing your Eyes](#)

[Trusting in Faith](#)

[Sworn Loyalty](#)

[In A Glance](#)

Each novel is a stand-alone story set in medieval England. These novels can be read in any order and have entirely separate casts of characters.

Lisa's cozy modern-day murder mystery romance series:

[Aspen Allegations](#)

[Birch Blackguards](#)

[Cedar Conundrums](#)

Lisa's sci-fi romance series:

[Aquarian Awakenings](#)

[Betelgeuse Beguiling](#)

[Centauri Chaos](#)

[Draconis Discord](#)

Lisa's dystopian series:

[Into the Wasteland](#)

[He Who Was Living](#)

[Broken Images](#)

Lisa's regency time travel romance series:

[One Scottish Lass](#)

[A Time Apart](#)

[A Circle in Time](#)

Lisa's Short Stories:

[Chartreuse](#)

[The Angst of Change](#)

[BAAC](#)

[Melting](#)

[Armsby](#)

Lisa's 31-book mini mystery series set in Salem Massachusetts begins with:

[The Lucky Cat – Black Cat Vol. 1](#)

Here are a few of Lisa's self-help books:

[Secrets to Falling Asleep](#)

Get Better Sleep to Improve Health and Reduce Stress

[Dream Symbol Encyclopedia](#)

Interpretation and Meaning of Dream Symbols

[Lucid Dreaming Guide](#)

Foster Creativity in a Lucid Dream State

[Learning to say NO – and YES! To your Dream](#)

Protect your goals while gently helping others succeed

[Reduce Stress Instantly](#)

Practical relaxation tips you can use right now for instant stress relief

[Time Management Course](#)

Learn to End Procrastination, Increase Productivity, and Reduce Stress

[Simple Ways to Make the World Better for Everyone](#)

Every day we wake up is a day to take a fresh path, to help a friend, and to improve our lives.

Author's proceeds from all these books benefit battered women's shelters.

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