

Low Carb: Delicious Low Carb Recipe Recipes Book

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Smashwords Edition

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TABLE OF CONTENTS

[Chapter 1 – Low Carb Diet](#)

[Legendary Turkey Bacon and Avocado Muffins](#)

[Super Spinach and Asparagus Omelet](#)

[Extra ordinary Autumn Pumpkin Bread](#)

[Amazing Cream Cheese Pancakes](#)

[Mouth watering Bacon Avocado Breakfast Muffins](#)

[MYSTICAL CREAMY RICOTTA & CINNAMON](#)

[MAGICAL VEGETABLE OMELET](#)

[STUNNING CRAB SALAD WITH AVOCADO](#)

[OUT OF THE WORLD SPICY PUMPKIN SOUP](#)

[Fantastic Blueberry Mini Pies](#)

[Delicious Lemony Shrimp Zucchini Noodles](#)

[Beautiful Cauliflower & Eggs Salad](#)

[Tempting Farmers Cheese, Lettuce, Strawberries & Nuts Salad](#)

[Outstanding Avocado Shrimp Salad in a Glass](#)

[Perfect Bacon Wrapped Mozzarella Sticks](#)

[Yummy Caramelized Onion and Bacon Dip](#)

[Supreme Cheesy Stuffed Mushrooms](#)

[Extra ordinary Chicken Nuggets](#)

[Cool Cream Cheese Stuffed Celery](#)

[Simple Fish Patties](#)

[Spectacular Chicken Breasts with Garlic & Parsley](#)

[Insane Chicken Casserole](#)

[Beautiful Low Carb Grilled Teriyaki Chicken](#)

[Insane Chicken Sausage and Pepper Jack Pie](#)

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Chapter 1 – Low Carb Diet

Before you proceed, check out this superb gift for you.

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After following Low Carb diet for over a year, I am sure it can do wonders for anyone who follows it diligently. Now your wait is over!! Scroll down and enjoy the awesome recipes.

Legendary Turkey Bacon and Avocado Muffins

Get ready to sizzle your taste buds and get the taste of this simple yet really tantalizing recipe.

What you need

- Three spring onions
- Six pieces smoked turkey bacon
- 1 -1/2 tbsp. lemon juice
- Salt and pepper to taste
- One/2 cup Cheddar cheese
- 5 eggs
- One- One/two cup coconut milk
- One/two cup almond flour
- 1-2 teaspoon. minced garlic
- 2-3 tsp. dried parsley
- 1/4-1 tsp. red chili powder
- 2 medium Avocados
- 1/4 cup flaxseed
- One & half tablespoon. Metamucil powder
- 1-2 tsp. baking powder
- Two-three tbsp. butter

Directions

1. Assemble all items at one place.
2. Preheat oven to 352F.
3. In a frying pan above medium-low heat, cook the bacon with the butter till crisp. Add the spring onions, cheese, and baking powder.
4. In a bowl, mix together coconut milk, almond flour, eggs, Metamucil powder, flax, spices and lemon juice. Switch off the heat and let it cool. Then crumble the bacon and after that you should add entire fat to the egg mixture.
5. Now follow the subsequent steps carefully.

6. Clean and cut avocado and fold within the mixture.

7. Measure out batter within a cupcake tray that's been sprayed or greased with nonstick spray and bake for 22 minutes.

8. Once ready, let it cool and serve hot or may be cold.

9. Smell the aroma and then you can serve.

Serves: 9-12

Overall Time: Forty two minutes

Super Spinach and Asparagus Omelet

What you need

- Four-five marinated asparagus
- 3/4 cup of spinach
- Freshly ground black pepper
- Two-three organic eggs
- Two-four oz. anchovy in olive oil
- Celtic Sea salt

How to prepare

1. Assemble all items at one place.
2. Preheat the oven to 377 F.
3. In the bottom of the baking pan put the anchovy.
4. Now we can proceed to the next most important step.
5. In a bowl, crush the eggs and pour on the fish. Combine the spinach and the chopped asparagus.
6. Season with salt and pepper to taste.
7. One thing remains to be done now.
8. Bake in preheated oven for about 12 minutes.
9. Serve hot.
10. Enjoy!!

Serve: Two-four

Cooking Times

Total Time: Twelve minutes

Extra ordinary Autumn Pumpkin Bread

Ingredients

- 2-3 teaspoon. baking powder
- 1/2-1 cup coconut milk
- Coconut oil for greasing
- 1/2 cup pumpkin puree
- Three-four egg whites
- One -one/two cup almond flour
- One -one/two teaspoon. Pumpkin pie spice
- One/two-one teaspoon. Kosher Salt

How to prepare

1. Assemble all the items at one place.
2. Preheat your oven to 353F. Grease a standard bread loaf pan with melted coconut oil.
3. Sift entire dry ingredients within a large bowl.
4. Now we can proceed to the next most important step.
5. In different bowl, add pumpkin puree and coconut milk and blend well. In a distinct bowl, beat the egg whites. Fold in egg whites and with care fold within the dough.
6. Spread the dough into the prepared bread pan.
7. One thing remains to be done now.
8. Bake the bread for 2 hr. Once ready, remove bread from the oven and let cool.
9. Slice and serve.

Servings: 7-9

Cooking Times

Total Time: One hour and twenty two minutes

Amazing Cream Cheese Pancakes

Enjoy this amazing recipe and eat it in one go.

What you need

- One/two-1 cup liquid Stevia
- 1/4 cup cream cheese
- Sugar-free maple syrup
- 2-3 eggs
- One-two tsp. ground ginger
- One-two tbsp. coconut flour
- Coconut oil

How to prepare

1. Assemble all the ingredients at one place.
2. In a deep bowl, beat together all of the ingredients till smooth.
3. Heat up a frying skillet with oil on medium-high. Ladle the batter and pour in hot oil.
4. Start cooking on one side and then flip. Sprinkle with a sugar-free maple syrup and then you can serve.
5. Smell the aroma and serve.

Serve: Two-three

Total Time: Twelve minutes

Mouth watering Bacon Avocado Breakfast Muffins

What you need

- Salt
- Almond flour (One/two cup)
- Psyllium husk powder (One & half-two tbsps)
- Butter (Two-three tablespoons, organic)
- Baking powder (One-two tsp)
- Bacon (five slices)
- Chives (1-2 tsp, dried)
- Colby Jack cheese (4.5 oz.)
- Lemon juice (One & half-two tablespoons)
- Eggs (five)
- Garlic (One-two tsp, diced)
- Flaxseed meal (One/four cup)
- Avocados (Two, cubed)
- Spring onions (Three)
- Cilantro (One-two tsp, dried)
- Red chili flakes (1/4-1 teaspoon)
- Coconut milk (1 & half cup, from box)
- Black Pepper

Directions

1. Assemble all the ingredients at one place.
2. Combine flour, eggs, spices, lemon juice, flaxseed meal and coconut milk to a bowl. mix together until thoroughly mixed.
3. Heat a skillet and cook bacon till crispy and then combine the butter and avocado.
4. Now we can proceed to the following most important step.
5. You should then add mixture to batter in bowl and mix together.

6. Set oven to 353HF and grease cupcake molds.
7. One thing remains to be done now.
8. Add batter to molds and bake for twenty two minutes. Take from oven and cool before removing from mold.
9. Now serve. Store leftovers in fridge.
10. Smell the aroma and now serve.
11. Serve: Nine-twelve

MYSTICAL CREAMY RICOTTA & CINNAMON

Ingredients:

- ¼-one tsp vanilla
- 1-2 tsp sugar substitute (Splenda)
- ½ cup ricotta cheese (may use cottage cheese as well)
- ¼-1 teaspoon cinnamon

Method of preparation:

1. Assemble all items at one place.
2. Mix together all the items and then place waxed paper on top.
3. Cook in the microwave for 4 minutes or until warmed.
4. Smell the aroma and serve.

Serves: One-two

Preparation time: 3 minutes

Cooking time: Four minutes

MAGICAL VEGETABLE OMELET

What you need:

- 3 mushrooms
- 6 cherry tomatoes or 1 small tomato
- Salt and pepper to taste
- 1-2 cup spinach
- Two-three eggs
- ½ cup broccoli crowns
- One-two oz shredded Monterey jack cheese

Instructions:

1. Assemble all items at one place.
2. Stir together eggs with salt and pepper.
3. Cook broccoli for 3 minutes until slightly softened but still crunchy.
4. Now we can proceed to the next most important step.
5. Then pour eggs within a skillet on low heat.
6. Add the vegetables and cheese.
7. Let the eggs cook for a couple minutes, push the eggs away from the sides of the pan towards the middle. Then tilt the pan so that few un-cooked egg flows toward the outside. Repeat till entire eggs are cooked.
8. Using a spatula, fold the eggs in half and then withdraw the omelet from the pan.

Servings: One-two

Preparation time: 6 minutes

Cooking time: 7 minutes

STUNNING CRAB SALAD WITH AVOCADO

I am sure you are gonna love this one.

Ingredients:

- One lb. crab meat
- Two-three tablespoons mayonnaise
- One avocado, pitted and now cut into small squares
- 1 lime, juiced
- One/two cup fresh cilantro
- One pinch of cayenne pepper
- One-two tbsp red pepper
- Salt and pepper

Instructions:

1. Assemble all items at one place.
2. Blend together crab meat and avocado.
3. Add cilantro, mayonnaise, red pepper, lime juice, cayenne pepper and salt and pepper.
4. Now comes the most important step.
5. Blend the sauce and the crab-avocado mixture together.
6. Serve garnished with fresh cilantro.
7. Enjoy!!

Serves: Two-three

Prep time: Six minutes

Cook time: Seven minutes

OUT OF THE WORLD SPICY PUMPKIN SOUP

Ever wondered what makes the cooks prepare so delicious food? It's the recipes that they employ.

Ingredients:

- Two cups pureed pumpkin
- Half-one onion, shredded
- One clove garlic, minced
- ½ cup fat free milk
- One-two tsp ground coriander
- Salt and pepper
- Two-three tbsps olive oil
- 1/8 tsp allspice
- 2-3 tsps sugar substitute (Splenda)
- One chipotle pepper, shredded
- 32 oz. chicken broth
- One-two tsp cumin
- Two-three tsps red wine vinegar

Method of preparation:

1. Assemble all items at one place.
2. Heatenup olive oil in a saucepan and sauté onions until softened.
3. Now you should add chipotle, allspice, coriander, cumin, and sugar substitute to the onions and cook until fragrant (approximately three minutes).
4. Now comes the most important step.
5. Add the pumpkin and chicken broth and simmer for four minutes.
6. Using an immersion blender or may be a food processor, blend the soup until smooth.
7. Add the milk, vinegar and salt and pepper. Heat until warm.
8. Now serve and enjoy.

Servings: Six-seven

Preparation time: Twenty two minutes

Cooking time: 8 minutes

Fantastic Blueberry Mini Pies

Ingredients

For Crust

- Almond flour (1-two cup)
- One pinch salt
- Shredded coconut (one ½ cups)
- Raw honey (two-3 tablespoon)
- Dates (one cup), pitted

For Filling

- One pinch salt
- Almond butter (½ cup)
- Lemon zest (1-2 tbsp)
- Ground almonds (1 cup)
- Coconut oil (½ cup)
- Blueberries (3 cups)
- Lemon juice (two-3 tablespoon)
- Raw honey (¼ cup)

Directions

1. Assemble all items at one place.
2. Blend dates, salt, raw honey, almond flour, and shredded coconut together in a blender and blend till it turns to a creamy and smooth mixture.
3. Now we can proceed to the subsequent most important step.
4. Take about 12 small pie tins, shift the above mixture to these pie tins and set away.
5. Take a blender and blend blueberries along with the almond butter, lemon juice, ground almonds, honey, salt, coconut oil and lemon zest together.
6. One thing remains to be done now.
7. Pour the filling over crust and chill for about 60 minutes.

8. Serve with grated almonds and honey!

9. Smell the aroma and serve.

Delicious Lemony Shrimp Zucchini Noodles

I saw this recipe on TV and I instantly loved it. I tweaked it a little bit and the recipe below is my version of that awesome recipe.

Ingredients

- Half lemon, zested
- 12-13 shrimps, peeled and deveined
- Salt and black pepper powder, to taste
- One-two tbsp fresh parsley, minced
- 2 zucchini, spiralized into noodles
- Two-three tbsps lemon juice
- Half-one tbsp olive oil
- 1-2 tbsp ghee
- Two-three cups baby spinach
- 3 garlic cloves, grated

Directions

1. Assemble all the ingredients at one place.
2. Mix oil, garlic, one-two tablespoon lemon juice, zest, parsley, salt and pepper with shrimp and marinate for 30 minutes.
3. In a greased pan, cooking shrimp with marinade and toss them for a minute or 2. Set aside.
4. Combine zucchini and ghee to the same pan and cook to soften noodles.
5. Toss in spinach, parsley, and shrimp till shrimp is pink and opaque, noodles are soft, and spinach is wilted.
6. Add salt, pepper, leftover lemon juice and enjoy!
7. Yields: Two-three

Beautiful Cauliflower & Eggs Salad

Ingredients

- One dill pickles,
- Two-three hardboiled eggs - shredded,
- One-two tablespoon. yellow mustard.
- 1 cup shredded Cauliflower
- One-two red onion, celery,
- 2-3 oz. shredded cheddar cheese, low-fat

Directions

1. Assemble all items at one place.
2. Blend all ingredients
3. Smell the aroma and serve.

Servings- One-two

Tempting Farmers Cheese, Lettuce, Strawberries & Nuts Salad

This one is simple yet amazing. Give it a try.

Ingredients

- 1/2 cup farmers cheese
- One/two cup grapefruit
- One cup lettuce
- Two-three tbsp. walnuts
- One/two cup strawberries

Dressing:

- Pinch of sea salt
- One-two tbsp. hemp seeds
- Pinch of black pepper
- One-two tablespoon. olive oil or may be black cumin oil
- 1-2 tbsp. fresh lemon juice

Directions

1. Assemble all items at one place.
2. Mix all what you need.

Serves- Two-three

Outstanding Avocado Shrimp Salad in a Glass

Ingredients:

- 1 shallot, finely sliced
- Salt and pepper to taste
- One-two tbsp sliced parsley
- One ripe avocado
- 1 pound fresh shrimps, peeled and deveined
- Two-three tablespoons lemon juice
- 2-3 tablespoons olive oil

Instructions:

1. Assemble all items at one place.
2. Season the shrimps with salt and pepper and brush them with olive oil.
3. Heat up a grill pan over medium flame and put the shrimps on the grill.
4. Cook them on both sides until golden brown.
5. For the sauce, puree the avocado with lemon juice in a blender.
6. Whisk in the shallot and parsley then season with salt and pepper.
7. Blend the cooked shrimps with the avocado sauce and spoon the dish into cocktail glasses.
8. Now serve immediately.

Time: 32 minute

Serves: Five-seven

Perfect Bacon Wrapped Mozzarella Sticks

Ingredients:

- 8-9 bacon pieces
- One-two egg, beaten
- ½ cup almond flour
- Eight-nine mozzarella sticks

Instructions:

1. Assemble entire ingredients at one place.
2. Dip every mozzarella stick into egg then roll it through the almond flour.
3. Wrap each stick within a slice of bacon and put them on a baking tray lined with parchment paper.
4. Bake in the preheated oven at 402F for 10-13 minutes.
5. Serve the sticks warm.

Time: 30-33 minutes

Servings: 8-9

Yummy Caramelized Onion and Bacon Dip

Ingredients:

- ½-1 tsp garlic powder
- Four bacon pieces
- Salt and pepper to taste
- 1-2 cup cream cheese
- 2-3 tbsps olive oil
- ¼ cup grated Parmesan
- 3-4 red onions, sliced

Directions:

1. Assemble all items at one place.
2. Heat the oil in a skillet.
3. Put the bacon in the hot oil and cook till crisp and then withdraw it on a platter and let it cool down.
4. Now we can proceed to the succeeding most important step.
5. Stir the onions within the fat left in the skillet and sauté them for 15-18 minutes, stirring often, till softened and slightly caramelized.
6. Remove from heat and let the mixture cool down.
7. Blend the onion with cream cheese, Parmesan and garlic powder. Then crush the bacon and blend it in as well.
8. Mix well. Then adjust the taste with salt and pepper.
9. Serve chilled and fresh.
10. Smell the aroma and then you can serve.

Time: 35-42 minutes

Serve: Four-five

Supreme Cheesy Stuffed Mushrooms

What you need:

- Salt and pepper to taste
- 1 garlic clove, chopped
- One-two cup shredded mozzarella
- 1 pound ground pork
- Two-three tbsps olive oil
- One-two shallot, chopped
- 6 Portobello mushrooms

Instructions:

1. Assemble all items at one place.
2. Heat up the olive oil in a skillet and whisk in the garlic and shallot.
3. Sauté for 3 minutes and then add the pork and cook for 12 minutes, stirring often.
4. Add salt and pepper to taste and then spoon the mixture into every Portobello mushrooms.
5. One thing remains to be done now.
6. Sprinkle with mozzarella and cook in the preheated oven at 353F for 22 minutes or till golden brown and crusty on top.
7. Now you can serve the mushrooms warm.
8. Smell the aroma and then serve.

Time: 42 minutes

Servings: 6-7

Extra ordinary Chicken Nuggets

Ingredients:

- ½-1 teaspoon cumin powder
- Four chicken breasts, cut within strips
- Two-three cups vegetable oil for frying
- ½-one tsp ground black pepper
- 4 eggs, beaten
- One cup almond flour
- One-two tsp salt

Directions:

1. Assemble all the items at one place.
2. Blend the eggs, almond flour, salt, cumin powder and black pepper in a bowl.
3. Add the chicken strips and mix to evenly coat them.
4. Drop a few strips in the hot oil and fry them until golden brown.
5. Remove them on paper towels and then repeat with the remaining chicken strips.
6. Now serve the nuggets warm.

Time: 40-45 minutes

Serves: 6-7

Cool Cream Cheese Stuffed Celery

What you need:

- 1 pinch chili flakes
- Two-three tbsps butter, softened
- Dill leaves, optional
- One-two teaspoon dried dill
- 1 cup cream cheese, softened
- 1-two tbsp shredded chives
- ¼ cup crumbled goat cheese
- 6-7 celery stalks, cut within large chunks

Directions:

1. Assemble all items at one place.
2. Blend the cream cheese, goat cheese, butter, dill, chives and chili in a bowl.
3. Take every chunk of celery and carefully stuff it with the cream cheese mixture.
4. One thing remains to be done now.
5. Put on a platter and decorate with dill leaves if you want.
6. Now you can serve fresh.
7. Smell the aroma and now serve.

Time: 30-34 minutes

Servings: 8-9

Simple Fish Patties

Ingredients:

- 1-2 shallot, finely chopped
- Two-three garlic cloves, minced
- Salt and pepper to taste
- Two-three pounds boneless fish fillets
- Oil for frying
- ¼ cup sliced parsley
- ¼ cup grated Parmesan
- 1-2 egg
- ¼ cup ground almonds

Method of preparation:

1. Assemble all the items at one place.
2. Place the fish in a food processor and pulse until ground.
3. Whisk in the garlic, shallot, parsley, almonds, Parmesan and egg. Then adjust the taste with salt and pepper and give it a good mix.
4. Now we can proceed to the following most important step.
5. Wet your hands and form small patties.
6. Heat a skillet above medium flame and add a few tbsps of oil.
7. Place the patties in the hot oil and fry on both sides until golden brown.
8. Now you can serve the patties warm.

Time: Forty two minutes

Servings: Five-six

Spectacular Chicken Breasts with Garlic & Parsley

Please don't tell this recipe to anyone. It's very secret. Only keep it to yourself.

Ingredients

- One-two tablespoon garlic, minced
- Two-three tablespoons Carbalose flour
- 2-3 tbsps butter
- One/two tsp pepper
- Three-four boneless chicken breasts, cubed
- 2-3 tablespoons oil
- One/two-one tsp salt
- Three-four tablespoons fresh parsley, sliced

Method of preparation

1. Assemble all the items at one place.
2. Pat the chicken dry with paper towels and flip with the flour, salt and pepper. Heat the oil in a large skillet over high heat. Cook the chicken 3 & half minutes, turning occasionally.
3. Add the garlic, parsley and butter. Sauté 1-3 minute and stir to coat the chicken with the pan sauce.
4. Smell the aroma and serve.

Makes- 4-5 servings

Insane Chicken Casserole

Ingredients

- Two-three tbsps butter
- Two cups diced, cooked chicken
- One/eight-one tsp garlic powder
- 6 ounces Swiss cheese, shredded
- 16-18 oz. bag frozen California blend vegetables, thawed *
- 1 small onion, shredded
- 4-5 ounce can mushrooms, drained
- One/four cup mayonnaise
- One/four-1 teaspoon salt, or to taste
- One/two teaspoon pepper
- Two stalks celery, finely sliced
- 2-3 ounces pimientos, diced

Directions

1. Assemble all items at one place.
2. Place the California blend vegetables and the chicken in a greased 9-inch square baking dish. In a medium skillet, sauté the mushrooms, celery and onion in the butter until very soft and a little browned for about 8 minutes.
3. Stir the mayonnaise and seasonings into the vegetables until well coated. Mix in all of the leftover ingredients along with the sautéed vegetables. Cover the baking dish with foil and bake at 350° for 40 minutes.
4. Uncover and bake 5-12 minutes longer till the casserole is browned and bubbly.
5. Smell the aroma and serve.

Makes- 4-6 serves

Beautiful Low Carb Grilled Teriyaki Chicken

Ingredients

- 1/4-1/2 teaspoon ground ginger
- 1/4 cup dry sherry
- Three-four boneless chicken breasts
- One/three-one cup water
- Two-three cloves garlic, minced
- One/four cup soy sauce

How to prepare

1. Assemble all items at one place.
2. Blend all but the chicken in a two-three cup measuring cup. Place the chicken in a large zipper bag and now you should add the marinade mixture.
3. Place the bag in a shallow pan and marinate in the refrigerator at least 2-3 hours, turning the bag over occasionally. Drain and discard the marinade. Grill the chicken on indoor or may be outdoor grill till the chicken is no longer pink in the middle.
4. Be careful not to overcook it.
5. Smell the aroma and then you can serve.

Makes three-five servings

Insane Chicken Sausage and Pepper Jack Pie

Ingredients

- One/two-one teaspoon. dried basil
- 1 -1/2 chicken sausage
- Kosher salt to taste
- One/four cup coconut flour
- Five egg yolks
- Two-three teaspoon. lime Juice
- Three/four cup Pepper Jack cheese
- One/four-one teaspoon. baking soda
- Four-five tablespoon. coconut oil
- Two-three tablespoon. coconut water

Directions

1. Assemble entire the ingredients at 1 place.
 2. Preheat oven to 353F.
 3. In a frying pan combine the sausages and cooking on medium high heat for six minutes. Set away.
 4. Measure out the dry items within a bowl.
 5. Now we can proceed to the next most important step.
 6. Separate 5 egg yolks from the whites, then discard of the whites.
 7. Crush the egg yolks approximately for 7 minutes. Add in coconut oil, coconut water, and lime juice. Continue to beat again until smooth and creamy.
 8. Blend the wet ingredients into the dry items slowly. At last, you should add cheese into the batter.
 9. One thing remains to be done now.
 10. Measure out the batter within two ramekins. Poke the sausages into the batter.
 11. Bake in preheated oven for 20-22 minutes. Once ready, now you can serve hot.
- Smell the aroma and serve.

Serves: 5-7

Total Time: 42 minutes

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