

Low Carb Diet: Delicious Low Carb Recipes

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Smashwords Edition

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YOU WILL LOVE IT!!

Chapter 1 – Low Carb Meals

Before you proceed, I'll like to offer you something.

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Hey!! I have written down the best low carb meals I love. Check them out!!

Extra ordinary Batter Coated Cheddar Cheese

It is one of the most subtle and definitive recipe, I've ever known. You are lucky. Wanna know why? I am sharing with you one of my best recipes.

What you need

- Two-three tsp. almond flour
- Salt and pepper to taste
- 1-2 tsp. ground walnuts
- One-two teaspoon. ground flaxseed
- 1 large egg
- Two slice Cheddar cheese (3.55 oz.)
- One-two tsp. hemp seeds
- One-two tbsp. olive oil

Instructions

1. Assemble all items.
2. In a small bowl, whisk an egg together with the salt and pepper.
3. Heaten up a tablespoon of olive oil in a frying pan, on medium heat.
4. Now we can proceed to the next most important step.
5. In a separate bowl, mix the ground flaxseed with the ground walnuts, hemp seeds and the almond flour.
6. Coat the cheddar pieces with the egg mix, then roll in the dry mix and fry cheese for about 4 minutes on every side.
7. Smell the aroma and serve.

Serves: One-three

Overall Time: 12 minutes

Legendary Breakfast Quiche

This is one of the best things you could ask for. It is one of my favorites.

Ingredients

- Red pepper, sliced (one cup)
- Five-six whole eggs
- 103g cheddar cheese, grated
- Salt to taste
- Baby spinach, roughly shredded (two cups)
- Coconut oil (3-4 tbsps)
- 8-9 slices of bacon, cooked and shredded
- Green pepper, shredded (one cup)
- Yellow onion, sliced (1 cup)
- 2 cloves of garlic, minced
- Mushrooms, shredded (1 cup)
- 103ml cream

How to prepare

1. Assemble all items at one place.
2. Preheat oven at 376F
3. In a large bowl, mix all vegetables including the mushrooms together.
4. Now we can proceed to the next most important step.
5. In different small bowl, whisk the 4-5 eggs with the cream
6. Carefully scoop the veggie mixture within a muffin pan coated with cooking spray, sprinkle with egg and cheese filling up to $\frac{3}{4}$ of the muffin tins. Sprinkle with chopped bacon on sprinkle.
7. Put in the oven to bake for 12 minutes or till the top of the quiche are firm.
8. Let it cook for a few minutes before serving.
9. Enjoy!!

Serves: Five-six

Superb Cashew Chocolate & Orange Smoothie

Ingredients

- One-two tablespoon. chocolate whey protein powder
- Ice cubes
- 1-2 cup cashew milk
- 1 handful of arugula leaves
- 1/eight-1 tsp. orange extract

Method of preparation

1. Assemble all the ingredients at one place.
2. Put all ingredients in your blender and blend until well united and smooth. Now you should add extra ice.
3. Now you can serve.

Servings: One-two

Cooking Time: 7 minutes

Amazing Cheesy Boiled Eggs

Ingredients

- One-two tsp. whipping cream
- 2-3 tbsp. almond butter, no-whisk
- Salt and pepper to taste
- Three eggs
- 2-3 tablespoon. softened cream cheese

How to prepare

1. Assemble all items.
2. In a small saucepan, hard boil the eggs.
3. One thing remains to be done now.
4. When ready, wash the eggs with cold water, peel and chop them. Put eggs in a bowl; combine in the butter, cream cheese and whipping cream.
5. Blend well and add salt and pepper to taste.
6. Now serve.

Servings: 2-3

Cooking Time: 22 minutes

Super Coffee Lowcarbocino

What you need

- One-two tsp. pure vanilla extract
- One/three cup heavy cream
- Six ice cubes
- 1 cup cold coffee
- One/four-one teaspoon. xanthan gum
- Two-three tbsp. Xylitol

Directions

1. Assemble entire items at one place.
2. Place entire ingredients in your blender. Blend till all unite well and become smooth. Now you can serve.

Serves: One-two

Cooking Times: 9 minutes

HISTORIC MINI EGG QUICHE

What you need:

- ½-1 onion, chopped
- ¾ cup cheddar cheese
- Salt and pepper
- One package (10 oz) frozen spinach, thawed
- ½ green pepper, sliced
- Six-seven eggs
- 3-4 drops red pepper sauce

Instruction:

1. Assemble all items.
2. Cook spinach in the microwave for 4 minutes, squeeze and drain the water out of the spinach.
3. Whisk together entire items.
4. One thing remains to be done now.
5. Grease a muffin tin and pour the mixture evenly within the muffin cups.
6. Bake at 350 degrees for twenty two minutes.
7. Smell the aroma and serve.

Servings: Six-seven (two quiche per serving)

Preparation time: 8 minutes

Cooking time: Twenty two minutes

SIMPLE NUT-MEAL

What you need:

- Half-one tsp cinnamon
- ¼ cup pecans
- Two-three tbsps peanut butter
- Two-three tablespoons pumpkin seeds
- ¼ cup walnuts
- Four-five tbsps flax
- ¼ cup almonds
- ¼ cup light coconut milk
- 2-3 eggs

Method of preparation:

1. Assemble all items.
2. Add the nuts and pumpkin seeds in a food processor and pulse till the seeds are shredded to pieces.
3. Put the nuts in a saucepan and keep cooking them until they are toasted.
4. Now we can proceed to the subsequent most important step.
5. Add flax meal and cinnamon.
6. One thing remains to be done now.
7. Stir together the milk, eggs and peanut butter in a different bowl.
8. Add the wet items with the nut mixture and stir the mixture together over medium heat, stir constantly.
9. Smell the aroma and serve.

Servings: 3-4

Prep time: 6 minutes

Cooking time: Seven minutes

FANTASY EGG WHITE AVOCADO SALAD

I learned this one from my mentor. It was one of the most delicious and easiest recipes ever.

Ingredients:

- 1 medium Granny Smith apple, diced
- One cup green lettuce, sliced
- 6-7 large egg whites, hard boiled and chopped
- 1-2 tablespoon. parsley, sliced
- One avocado, diced
- One-two oz. lemon juice
- Two-three tbsp. low fat plain yogurt

How to prepare:

1. Assemble all the items at one place.
2. Mix all the items(except the lettuce) in a small bowl.
3. Divide the salad into three and spread even portions of the mixture onto every one.
4. Serve and enjoy.

Serve: 4-5

Prep time: 6 min

Cooking time: 7 min

AWESOME SHRIMP WITH FRESH PESTO

What you need:

- Two-three tablespoons olive oil
- One garlic clove
- 1 pound shrimp, peeled and deveined
- Two-three tbsps Parmesan cheese
- Half cup fresh basil
- 1-2 tbsp pine nuts
- One-two tablespoon lemon juice
- Salt and pepper

Instructions:

1. Assemble all items.
2. Put basil, garlic, olive oil, pine nuts, cheese, lemon juice and salt and pepper into a food processor and pulse till the mixture is smooth.
3. Place shrimp into a re-sealable bag with the pesto and marinate for 22 minutes.
4. One thing remains to be done now.
5. Place the shrimp on skewers and grill above medium high grill.
6. Start cooking six minutes per side.
7. Smell the aroma and serve.

Servings: 4-5

Preparation time: Thirty two minutes

Cooking time: Twelve minutes

STUNNING NACHO CHEESE CRISPS

What you need

- One-four-one tsp cayenne, or may be to savor
- One/two-1 tsp onion powder
- 1/2-one teaspoon garlic powder

Directions

1. Assemble entire ingredients at one place.
2. Place the shredded cheese in a bowl and top the seasonings, tossing as you go. Coat a microwavable plate with nonstick cooking spray—I used a salad-size plate.
3. Put about 1/4
4. Put cup (30 g) of cheese on the plate, and nuke on high for two to three minutes, or may be till you've got a crispy disk that appears type of like an orange surface of the moon.
5. Let it cool a minute or may be two, loosen it from the surface of the plate by sliding a knife beneath, and cooking one other batch.
6. Serve.

Mystical Chickpea

Ingredients

- One-two teaspoon mustard
- One-two tsp vegetable oil
- ¼ tsp baking powder
- One egg
- 15 g tomatoes, dried
- One-two tbsp chickpea flour

Let's start cooking:

1. Assemble entire items at one place.
2. Crack egg directly into the mug, crush with a fork
3. Now you should add leftover ingredients, mix again till well added
4. Put into microwave and cook for two minute and thirty seconds
5. Now you can serve

Prep Time-2-4 mins

Cooking Time-3 mins

Serving Size-1-2

Fantastic Meat in Tomato Sauce

Ingredients

- Half-one teaspoon dried bay leaf
- One-third cup onion, diced
- 1 pound beef, ground
- ½-one teaspoon salt
- 6-7 oz mushrooms, sliced
- One-two tsp garlic salt
- One-two teaspoon dried oregano
- Six-oz can tomato paste
- 1 zucchini, spiralized spaghetti
- ¼ tsp red pepper flakes
- 1-2 tsp dried parsley
- 2-3 tbsps garlic, minced
- Half-one teaspoon garlic powder
- 28-oz can whole peeled tomatoes, with liquid
- Half-one teaspoon onion powder
- One-two teaspoon dried basil

Method of preparation

1. Assemble all items.
2. In a non-stick pan, brown beef, garlic, onion, and garlic salt.
3. Remove excess grease.
4. Add tomatoes and mash them into the meat until crushed. Blend in paste, oregano, mushrooms, garlic powder, basil, bay leaf, onion powder, salt, parsley and pepper flakes.
5. One thing remains to be done now.
6. Add zucchini spaghetti and simmer uncovered till cooked.
7. Now you can serve and enjoy!

Preparation time: 12 Minutes

Cooking time: 42 minutes

Yields: 25-26

Awesome Grilled Shrimp, Watermelon, Tomato & Spinach Salad

Ingredients

- One cup grilled shrimps
- 1-2 cup chopped watermelon
- One-two cup arugula
- One/two-1 cup cheese

Dressing:

- One-two tablespoon. olive oil or black cumin oil
- One-two tablespoon. fresh lemon juice
- Pinch of black pepper
- Pinch of sea salt
- One-two tablespoon. fresh basil

Instructions:

1. Blend all ingredients.

Servings- Two-three

Supreme Kale, Avocado, Almond & Pomegranate Salad

My mom used to prepare this recipe for me. I liked this recipe. She taught me how to make it.

Ingredients

- One/two cup almonds
- One/4 cup pomegranate seeds
- One/4 cup chopped orange
- One- one/2 cup kale
- One/2-one cup chopped avocado

Dressing:

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

Method of preparation:

1. Assemble entire items at one place.
2. Blend entire items.
3. Serve.

Serves- Two

Insane Fresh Mango Salsa

What you need:

- One-two jalapeno pepper, seeded and sliced
- Two-three green onions, shredded
- Salt and pepper to taste
- One-two ripe mango, peeled and diced
- 2 red bell peppers, cored and diced
- ¼ cup shredded cilantro

How to prepare:

1. Assemble all items.
2. Mix entire items in a bowl.
3. Blend gently and serve the salsa fresh.
4. Smell the aroma and serve.

Time: Twenty two minutes

Serves: Three-five

Interesting Garlicky Roasted Brussels Sprouts

What you need:

- One-two tsp salt
- 1 cup cherry tomatoes
- ½-1 cup grated Parmesan
- Four-five tablespoons olive oil
- Two-three pounds fresh Brussels sprouts, halved
- 3-4 tablespoons lemon juice
- 4 garlic cloves, minced
- One-two teaspoon ground black pepper

How to prepare:

1. Assemble entire items at one place.
2. Combine the sprouts with tomatoes in a baking tray.
3. Mix the garlic, olive oil, lemon juice, salt and black pepper in a small bowl.
4. Drizzle this mixture above the sprouts and top with Parmesan.
5. Cook in the preheated oven at 352F for 25-32 minutes or till slightly golden brown.
6. Now you can serve the sprouts warm.

Time: 47 minutes

Serves: 4-5

Beautiful Herbed Ham Balls

Ingredients:

- Shredded chives for coating
- One-two cup cream cheese, softened
- Six-seven slices ham, finely diced
- ½-1 cup grated Parmesan
- Three green onions, sliced

Instructions:

1. Assemble entire items at one place.
2. Mix the ham, cream cheese, green onions and Parmesan in a bowl and blend well.
3. Form small balls and roll them through sliced chives.
4. Now serve the cheese balls fresh.
5. Enjoy!!

Time: 32 minutes

Servings: Four-seven

Iconic Jalapeño Lime Chicken Wings

Ingredients:

- Four-five garlic cloves, minced
- Two-three jalapeno peppers, seeded and chopped
- Salt and pepper to taste
- 2 pounds chicken wings
- Two-three tbsps coconut aminos
- Two-three tablespoons coconut oil
- One lime, juiced
- Half cup sliced cilantro

Instruction:

1. Assemble all items.
2. Blend all the items in a zip lock bag and blend them well.
3. Marinate the chicken wings overnight.
4. The next day, put the chicken wings in a baking tray and cooking in the preheated oven at 352F for 30-45 minutes or may be till golden brown.
5. Now serve the chicken wings warm.

Time: 1-2 hour

Serve: Four-five

Great No Crust Spinach Quiche

Ingredients:

- Half cup almond flour
- One shallot, shredded
- ¼-1 tsp chili flakes
- 1-2 cup grated Muenster cheese
- Two-three tablespoons olive oil
- Six-seven eggs, beaten
- 1 garlic clove, minced
- One-two tsp dried basil
- Half-1 tsp salt
- Four cups shredded spinach
- One cup grated Cheddar cheese

Instruction:

1. Assemble all the ingredients at one place.
2. Heat the oil in a skillet and stir in the shallot and garlic.
3. Sauté for 3 minute then add the spinach and cook for 10-onetwo minutes until softened.
4. Remove from heat and let the mixture cool down slightly.
5. Whisk in the eggs, almond flour, basil, salt and chili flakes.
6. Pour the mixture in a round quiche pan greased with butter.
7. Sprinkle with cheese and cook in the preheated oven at 3five3F for 40-4five minutes until golden brown and crusty.
8. Serve the quiche warm or chilled.

Time: One-two hour

Serve: 6-7

Super Parmesan Sesame Chips

Ingredients:

- 2-3 tablespoons sesame seeds
- 2-3 cups grated Parmesan

Method of preparation:

1. Assemble all items.
2. Mix the Parmesan with sesame seeds in a bowl.
3. Drop spoonfuls of mixture on a baking sheet lined with parchment paper.
4. Bake in batches in the preheated oven at 402F for five-eight minutes or till melted and slightly golden brown.
5. Let them cool in the pan before transferring on a platter.

Time: 30-33 minutes

Serves: Four-five

Amazing Persian Cucumber Yogurt Sauce

Ingredients:

- One cup plain yogurt
- Salt and pepper to taste
- 2-3 cucumbers, finely diced
- One-two garlic clove, minced
- 1 shallot, finely chopped
- 1-2 tablespoon shredded dill

Directions:

1. Assemble all items at one place.
2. Blend all the ingredients in a bowl and mix lightly.
3. Season the sauce with salt and pepper and now you can serve the sauce fresh.
4. Enjoy!!

Time: Twelve minutes

Servings: Three-four

Instant Red Chicken

Ingredients

- Four green onions, chopped
- Four ounces colby-jack cheese, shredded
- One/two-1 cup Red Enchilada Sauce
- 4-5 boneless chicken breasts, approximately 1 pound
- One-two Roma tomato, diced, about three 1/2 ounces
- Two-three teaspoons Seasoning for Tacos

Method of preparation

1. Assemble entire ingredients at one place.
2. Line a large rimmed baking sheet with foil and spray with cooking spray. Season the chicken on both sides with the taco seasoning and place on the baking sheet.
3. Sprinkle every with two tablespoons of the enchilada sauce, some of the tomato and green onions.
4. Bake at 402° for twenty two minutes; top with the cheese and bake approximately 4 more minutes to melt the cheese.

Makes four-five servings

Mystical Low Carb Slow Cooker Chicken Alfredo

Ingredients

- Garlic powder
- Seasoning salt, to taste
- Four & half ounces fresh spinach, about 1/2 bag
- Three cloves garlic, cut in half
- Four-five large boneless chicken breasts
- Half-1 pound fresh mushrooms, now cut in half
- 16-17 oz. jar Carb Options Alfredo Sauce
- Freshly ground pepper
- Fresh parsley, sliced

Directions

1. Assemble all items.
2. Put the chicken in a slow cooker and top on both sides with seasoning salt. Now you should add the sauce and garlic; mix to coat the chicken with the sauce.
3. Place the mushrooms on sprinkle of the chicken; sprinkle with a little garlic powder, pepper and parsley. Start cooking on LOW for approximately 4-5 hours or may be until the chicken is done. Now you should add the spinach and start cooking until the spinach starts to wilt.
4. If your chicken breasts are quite large, you may be able to cut each one in half and get approximately eight-nine serve.
5. Smell the aroma and serve.

Makes four-five servings

Outstanding Red Pepper, Mozzarella and Bacon Frittata

Ingredients

- Bacon (seven slices)
- Parsley (two-three tablespoons, chopped)
- Eggs (9)
- Black pepper
- Heavy cream (1/4 cup)
- Olive oil (1-two tablespoon)
- Salt
- Mozzarella cheese (4 oz., cubed)
- Bella mushrooms (five caps, large)
- Basil (1/2 cup, sliced)
- Goat cheese (2 oz., grated)
- Bell pepper (two, red, shredded)
- Parmesan cheese (one-four cup, grated)

Directions

1. Assemble all items.
2. Set oven to 352° F.
3. Cut red pepper, bacon, basil and mushroom. Slice mozzarella into cubes and put away.
4. Heat up olive oil in a skillet until it slightly smokes then now you should add bacon and cook for six minutes till browned.
5. Combine red pepper and cooking for four minutes till soft. While pepper cooks, add cream, parmesan cheese, eggs and black pepper to a bowl and whisk to combine.
6. Now you should add mushrooms to pot, stir and keep cooking for 6 minutes till soaked in fat. Combine basil, keep cooking for three minute and then add mozzarella.
7. Put in egg mixture and use spoon to move ingredients around so that the egg gets on the bottom of pan.
8. Top with goat cheese and place in oven for 6 minutes then broil for six minutes.
9. Use knife to pry frittata edges from pan and put on a plate and slice.

10. Now serve.

Servings: 6-7

Simple Pizza Waffles

What you need

- Eggs (4, large)
- Psyllium husk powder (1-two tablespoon)
- Tomato sauce (one/2 cup)
- Parmesan cheese (four-five tbsps)
- Cheddar cheese (three-four oz.)
- Baking powder (one-2 teaspoon)
- Almond flour (three-4 tbsps)
- Butter (one-2 tbsp, organic)
- Italian seasoning (one-2 tsp)-you may use a teaspoon of your preferred spices
- Salt

Method of preparation

1. Assemble entire the ingredients at one place.
2. Now you should add all items to a bowl except cheese and tomato sauce. Use mixer or may be immersion blender to add until mixture is thick.
3. Heat waffle iron and use mixture to make 2 waffles.
4. Place waffles onto a lined baking sheet and top with tomato sauce and cheese (divide evenly). Broil for 6 minutes or until cheese melts.
5. Now you can serve.

Serve: Two-three

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