

...Anna's...
LOW CARB KITCHEN
healthy baking mixes by Anna Hopkins

5 STEPS TO LOW CARB COOKING

Protein + Veggies + Flavour + Method + Topping

Making Low Carb Easy!



3/6



A NOTE FROM ANNA

Honestly, this ebook was written out of frustration!!!

Frustration that there were so many insta celebs/wellness coaches releasing cookbooks and recipes that were all based on super expensive “superfoods”, had a million and one ingredients or required a thermomix (nothing against thermomix but you can live a healthy lifestyle without lol)

I felt that everyone was over complicating healthy eating TO THE MAX, which was in actual fact making it harder to achieve the results you're after for yourself and your family.

I created this simple process - called the 5 Steps to Low Carb Living, that will guide you to create beautiful, healthy, low carb meals, easily, using simple ingredients from the supermarket, fruit & veg shop or butcher.

It teaches you to be creative and simply use the ingredients you have in your fridge to create cost effective, sustaining meals whether you're cooking for one, or for a whole family.

I hope my simple method can help you feel your best.



INTRODUCTION

In the past few years we have seen a huge movement towards a foodie culture. Shows such as Master Chef, MKR & Restaurant Revolution, as well as the rise in public profiles of Celebrity Chefs, has inspired the everyday Australian to whip out the apron and create elaborate meals using the latest trendy ingredients and “superfoods”.

There’s an abundance of Raw, Paleo, Vegan, Alkaline and Whole Food cookbooks written by Insta celebs and Wellness Coaches plastered throughout social media. There’s also an endless supply of 8, 9 and 12 week online health programs accompanied by elaborate meal plans and shopping lists.

Open any one of these new age cookbooks or meal plans and you’ll find ingredient lists longer than the dictionary itself, 12 hour cooking times, the need for \$2,000 cooking appliances and ingredients that you’ll most likely have to travel to the moon for.

In my opinion, these overly complicated recipes are doing more for their writer’s egos than anyone’s actual health.

As I read in a recent PopSugar article - “I Went Paleo and Now I Hate Everything” - “If you want to go Paleo you’ll most likely need a food processor, which doesn’t really make sense as cavemen didn’t even have pants, let alone a food processor or organic coconut oil”.

The most concerning thing about all these foodie trends are that the majority of them were started to counteract the dismal state of nutrition and health of everyday Australians.

Has it worked?

Or are we now more confused than ever - under the false impression that a Raw Carrot Cake must be healthier for you, Organic Honey is way better than sugar and anything that mentions Coconut ticks the healthy box.

Currently there are 14 million overweight or obese Australians. This has increased year on year.

If these trends continue, by 2025 80% of all adults will be overweight or obese.

What’s going to fix this problem?

It’s certainly not another new age superfood or cult-like diet. It’s not adding more fuel to the fire and confusing us more. It’s not another fancy cooking appliance.

What will help the problem is getting back to basics. Cutting the crap. Ditching the hype and getting real.

Yes food is to be enjoyed - life is to be enjoyed!

But we enjoy life a hell of a lot more when we feel our best and good simple nutritious food helps us achieve this.

EASY LOW CARB COOKING TO FEEL AMAZING

When you eat simple, quality, low carb food, stay hydrated with plenty of water and are active every day I can PROMISE you that you’ll feel more amazing than you ever imagined. You’ll certainly feel more amazing than you would spending thousands of dollars on the latest health products and superfoods full of false hope.

Feeling amazing does not have to be hard.

It’s easy.

It does not take a long time.

You can get results fast.

You do not need expensive, trendy health products & ingredients. **Just real food.**

It is not complicated at all. **It’s simple.**

You don’t have to be confused or overwhelmed anymore. **I’ll show you how.**

❓ WHAT ARE CARBOHYDRATES AND WHY SHOULD I REDUCE THEM?

What is a Carbohydrate?

Carbohydrates (carbs) are one of the main nutrients in food that provide kilojoules, or energy, to fuel our bodies. The other main nutrients are proteins & fats. Many people think of rice, potatoes, bread and pasta as carbs (and these are definitely the highest carb foods) but all foods contain a make up of carbs, fats + proteins.

Making low carb choices mean choosing foods that are a lower in carbs and a higher in fats and proteins. If in doubt please refer to our Complete Low Carb Food List.

How does my body process Carbs?

When we eat food, all carbs are broken down into simple sugars (mainly glucose) by the body.

It doesn't matter if they are 'good carbs' or 'bad carbs', 'sugar' or 'honey', they all end up as glucose which is sent around our body to be used as energy. If this glucose is not used up by our muscles and organs (due to a lack of movement) it will be stored as fat. If there is no excess glucose in your body (because you have been following a low carb diet) your body will draw on these fat stores and convert them back to glucose to use as energy. That's why you can lose weight fast by reducing carbs in your diet.

What is the difference between Sugar and Carbs?

There really isn't much difference between how sugar and carbs are absorbed by our bodies. They are both broken down into simple sugars (mainly glucose).

Yes "Good Carbs" such as brown rice and wholegrain bread have extra benefits such as increased fibre, as opposed to "bad carbs" such as white bread and sugar, however once the body has broken these down, what's left is still glucose. It will still be stored as fat if not burnt off.

For more detailed information you can head to annaslowcarbkitchen.com.au/low-carb-faq

“The doctor of the future will no longer treat the human frame with drugs, but rather cure and prevent disease with nutrition”

Thomas Edison

5 STEPS TO LOW CARB COOKING

FOLLOW MY 5 STEP PROCESS TO PREPARE MEALS THAT WILL HELP YOU LOSE WEIGHT, INCREASE ENERGY AND GLOW WITH VITALITY.

CHOOSE ONE OF EACH OF THE FOLLOWING:




That's it! Just 5 steps to prepare perfectly balanced, tasty, fresh and nourishing meals for yourself and your family.

I always prepare extra so I can have it for lunch the following day, as it's much more time effective to batch cook!

I think you're going to be pleasantly surprised that this journey you are about to start may just be a whole lot easier than you could ever have thought. Have fun and enjoy - I know you will feel amazing so quickly.

KEY:

 Products with this symbol have been reviewed on the website so you can choose the best brand.

General Carb Rule = All ingredients should have less than 10g of total carbs per 100g.

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I. PROTEIN

Per person = 100 - 150g raw protein per meal

Proteins are really the building blocks of our body. Our muscles need protein to develop, get stronger and to tone up.

The best thing about protein in relation to weight loss, is that it's the hardest nutrient for your body to convert to an energy source. Because of this, your body would prefer to burn body fat to use as energy.

That's why high protein, low carb diets are so successful for weight loss.

Protein also really fills you up and sustains you for a long time. Unlike carb heavy foods that you have probably experienced - you feel full after eating, but soon your energy plummets and within no time you are hungry again.

It's kind of like the difference between putting kindling in the fire - burning fast then dying out, compared to a large plank of hardwood that burns slowly through the night. That's exactly what protein is - slow burning - it keeps your body sustained.

On the next page is a list of recommended proteins to choose from for your meals. All are available from your local butcher or supermarket.

The key here is the simplicity of these ingredients. You know exactly what you are getting.

Products such as rissoles, sausages & anything marinated always has added sugar, flavours and are higher in carbs!

Check out the product reviews on my website to make sure you are making the best choice.



I. PROTEIN – MEATS

✓ All meat is high protein and low carb, so works perfectly with living low carb. Allow 150g of raw meat per person per meal and then add around 350g veggies (mainly green).

✗ Products such as rissoles, sausages & anything marinated always has added sugar, flavours and are higher in carbs! Check out the product reviews on annaslowcarbkitchen.com.au to make sure you are making the best choice. Fresh unprocessed meat is by far the best choice.

Poultry

- » Chicken Breast
- » Chicken Thigh
- » Chicken Drumsticks
- » Chicken Mince
- » BBQ Roast Chicken
(no stuffing)
- » Chicken Wings
- » Chicken Drumsticks
- » Turkey Mince
- » Turkey Breast
- » Pork Duck

Meat

- » Beef Mince
- » Beef Steak
- » Beef Strips
- » Roast Beef
- » Home Made Rissoles
- » Lamb Chops
- » Lamb Tenderloin
- » Lamb Mince

Seafood

- » Canned Tuna
- » White Fish
- » Salmon
- » Prawns

Deli Meats

- » Bacon
- » Salami
- » Silverside
- » Ham
- » Roast Beef
- » Sliced Turkey
- » Prosciutto
- » Pastrami



IF THERE'S ANOTHER PROTEIN YOU THINK SHOULD BE ADDED TO THIS LIST, PLEASE EMAIL ME AT ANNA@ANNASLOWCARBKITCHEN.COM.AU



2. VEGETABLES AND FRUIT

Per person = 300 - 400g raw green veggies per meal

Vegetables are the best source of vitamins, minerals and fibre.

The reason I love veggies so much, apart from the points above, is that they are so low in overall kJs. They really increase the serving size of your meals without adding hardly any carbs or kJs.

Most vegetables, especially the ones I have recommended below, are between 92-95% water. So not only are you getting the vitamins and minerals, they also keep you full and hydrate you.

Many people have bad memories of vegetables from experiences growing up. Being forced to eat over-cooked, mushy, bland vegetables didn't really create a positive attitude towards them! The good news is that it doesn't have to be like that.

Since I started cooking my veggies in the ways I'll outline shortly, and actually tasting broccoli, beans and zucchini for what they really are, my love for vegetables has grown so much!

When was the last time you tasted zucchini just by itself - no sauce, no seasoning, just zucchini?

Give it a go - you'll be pleasantly surprised.

On the next page is a list of recommended vegetables to choose from for your meals.

You can eat as much of any of these veggies as you like. As long as it's just them with our suggested flavours - no sugar-laden dressings or toppings.

It's Important that you stick to this list.

Whilst all fruit and vegetables contain great vitamins and minerals, many are also really high in carbs and sugars. For some people this may not be a concern, but if cooking for weight loss you must stay away from high carb fruits and vegetables and use only the ones on this list.

I try and eat as many greens, whether salad greens or veggies everyday. This keeps me full, provides my body awesome vitamins and minerals, hydrates me and gives me that healthy glow.

I personally don't eat fruit, but if you do need something little Strawberries or Rhubarb (unsweetened or sweetened with Stevia) are the 2 best choices.

Green is Great - Beige is Bad!



2. VEGETABLES AND FRUIT

✓ There's a very simple rule to stick to with vegetables - Green is Great - Beige is Bad. The only real exception to this is cauliflower which is also low carb, but not green!

✗ Stay away from all starchy vegetables such as potato & pumpkin. Carrots & corn are also very high in carbs. Most fruit is high in Natural sugars so should also be avoided. Listed below are the 7 lowest carb fruits - still enjoy in moderation

Vegetables

- » Asparagus
- » Artichoke
- » Bamboo Shoots
- » Bok Choi
- » Broccoli
- » Broccolini
- » Brussels Sprouts
- » Cabbage (Red & Green)
- » Cress
- » Fennel
- » Ginger
- » Green Capsicum
- » Red Capsicum
- » Yellow Capsicum
- » Cauliflower
- » Celery

» Eggplant

- » Green Beans
- » Kale
- » Leek
- » Mushrooms
- » Onion
- » Silverbeet
- » Seaweed
- » Snowpeas
- » Spaghetti Squash
- » Spinach
- » Squash
- » Turnip
- » Zucchini

Salads

- » Alfalfa Sprouts
- » Avocado
- » Baby Spinach
- » Bamboo Shoots
- » Bean Sprouts
- » Cucumber
- » Lettuce
- » Mixed Greens
- » Radish
- » Rocket
- » Sauerkraut
- » Tomato
- » Watercress

Fruit

- » Grapefruit
- » Lemon
- » Lime
- » Passionfruit
- » Raspberries
- » Rhubarb
- » Strawberries



3. FLAVOURS

✓ When it comes to adding Flavour to your meals - keep it to whole ingredients, then you know there is no added sugar or carbs. Experimenting with fresh herbs is a great place to start. Basil, Parsley & Thyme are my favourites.

✗ Most preprepared sauces, marinades and condiments, are packed full of sugar. You think you're having a super healthy, low carb meal of meat and veggies, but if you add a sauce it turns into a carb and sugar packed dinner that will not help you achieve your weight loss goals.

Sauces

Any home made sauces using approved LC ingredients are great

- » Apple Cider Vinegar
- » [Home Made Bolognese](#)
- » [Caesar](#) ♥
- » Canned Tomato
- » Fish Sauce
- » Red Wine Vinegar
- » [Home Made Satay](#)
- » Soy
- » [Home Made Stroganoff](#)
- » Tamari

Spices

All fresh or dried spices are great - these are the best for flavours

- » Caraway Seeds
- » Cardamom
- » Cinnamon
- » Cumin
- » [Curry Paste](#) ♥
- » Curry Powder
- » Ginger
- » Nutmeg
- » Paprika
- » [Tandoori](#) ♥
- » Turmeric

Herbs

All fresh or dried spices are great - these are the best for flavours

- » Basil
- » Chilli - Fresh or Flakes
- » Chives
- » Coriander
- » Dill
- » Garlic
- » Mint
- » mixed Herbs
- » Oregano
- » Parsley
- » Thyme

Other

Experiment with other flavours - Just remember less than 10g carbs per 100g

- » Butter
- » [Coconut Cream](#) ♥
- » Coconut Yoghurt
- » Cracked pepper
- » Cream
- » Horseradish
- » Lemon/Lime Juice
- » Lemon/Lime Zest
- » Oil (Olive, Sesame, Coconut)
- » Pesto
- » Sour Cream
- » Tabasco



4. COOKING METHODS

THESE ARE ALL THE COOKING METHODS I REGULARLY USE.

JUST ADD WHATEVER MEAT, VEGGIES AND FLAVOURS THAT YOU LIKE BEST.

HAVE FUN EXPERIMENTING — THE BEST BIT IS THAT THEY'RE ALL SO SUPER SIMPLE AND FAST.



STIR FRY



BAKED



HOT POT



BLANCHED VEGGIES



SALAD



PAN FRY

4.1 COOKING METHODS » STIR FRY

GREAT FOR A FAST, FRESH MEAL PREPARED ON THE SPOT.

Literally grab any meat and veggies from the fridge, chop, stir fry and you're done

Quantity:

Per person allow for 150g of protein and 350g of raw veggies + 1 serve of "noodle" replacement if desired. This makes a large serve and you will definitely not feel hungry after this!

Method:


Heat a wok or pan with coconut, olive or sesame oil (my favourite is sesame oil).

When the pan is just starting to smoke a little, turn the heat down.

Add your chopped up meat (should be chopped in bite size pieces) - unless you're using fish, in which case you add it in after the veggies because it cooks so fast).

- » Cook meat for 5 minutes until the outside is browned.
- » Add all your veggies - hard veggies first, softer (like zucchini) last.
- » Add your flavour if desired - or simply enjoy the meat and veggies.
- » Once cooked serve over your favourite noodle replacement.

Serve with

- » [Slendier Noodles](#) 
- » Zucchini Noodles
- » Bean Sprouts

OR

- » Simply as is.

Storage

Stir Fry's can be kept in the fridge for up to 5 days.

They don't freeze particularly well - it's best to enjoy fresh.



SHARE YOUR AWESOME LOW CARB DINNER WITH YOUR FRIENDS — AND DON'T FORGET TO TAG ME @ANNASLOWCARBKITCHEN



4.2 COOKING METHODS » BAKED

A GREAT OPTION WHEN YOU FEEL LIKE A HEARTIER DINNER BUT ARE STILL PUSHED FOR TIME.

The preparation is very fast, and then once you pop it in the oven your work is done!
Let the beautiful aromas waft through your house and set your taste buds on fire.

Quantity:

Per person allow for 150g of protein and 350g of raw veggies + 1 side dish if desired. This is a large serve and you will definitely not feel hungry after this!

Method:

Meat always takes longer than veggies - so you need to get this in first.

- » Use a baking tray - spray with olive oil and place in chosen meat.
- » Cover with foil.
- » Bake covered for 15-20 minutes (depending on weight).
- » Add veggies - chopped in bite size pieces to the same tray.
- » Bake another 5-10 minutes uncovered to brown the meat and cook the veggies.

Serve with my favourite sides

- » Cauliflower Mash
- » [Low Carb Garlic Bread](#)

Storage

Baked meals can be stored in the fridge and reheated for up to 5 days.

Baked meat can be sliced and used on sandwiches or salads for up to 5 days

The Deli at Woolies offer “Bag & Bake” - Choose your fish, and they seal it in an oven bag for you. Simply pop it in the oven at home and you have perfectly baked fish with no messy clean up. They do offer marinades but don't get them as they are full of sugar. The flavoured butters are fine though.



4.3 COOKING METHODS » HOTPOT

THIS STYLE IS GREAT IN WINTER – BUT OF COURSE YOU CAN ALSO ENJOY IN SUMMER AS WELL.

It's such a great way to use up any veggies that you have left in the fridge - and you can get creative with spices and flavours to mix it up. This is my favourite left over to have for lunch.

Quantity:

Per person allow for 150g of protein and 350g of raw veggies + 1 side dish if desired. This is a large serve and you will definitely not feel hungry after this!

Method:

- » Chop your meat into bite sized pieces.
- » Heat a saucepan with a little olive or coconut oil.
- » Reduce heat to low.
- » Cook the meat until lightly browned.
- » Add all other veggies and flavours.
- » Add 1x 800g can of chopped tomatoes.
- » Let simmer for 30 minutes until it thickens.
- » If the sauce is too runny add 1 tbsp of chia seeds and let thicken.

Serve with my favourite sides

- » Cauliflower Mash
- » [Low Carb Garlic Bread](#)
- » Bean Sprouts
- » Extra Blanched Green Veggies

Storage

Hot Pots can be reheated and enjoyed for up to 5 days.

They also freeze really well - this is a great one to portion out and freeze to have for those last minute dinners.



4.4 COOKING METHODS » BLANCHED

VEGGIES ONLY. NO LONGER DO VEGETABLES HAVE TO END IN MUSH!

Follow these instructions for crispy, tasty vegetables with all the nutrients locked in.

Quantity:

Per person 300-400g Raw Veggies. This is a large serve and you will not be hungry after this.

Method - Microwave:

- » Place all veggies in a microwave safe bowl.
- » Pour 1/4 cup of cold water in the bowl
- » Cover with a plate
- » Microwave on high for 5 minutes
- » Remove bowl and be very careful when removing plate because of the steam
- » Pour veggies into a strainer to remove excess water.

Method - Saucepan:

- » Fill saucepan 1/2 with water, bring to the boil.
- » Only once the water is boiling add all veggies
- » Boil for 4 minutes
- » Pour into a strainer and rinse under cold water.

Serve with

- » Protein of any description with a tasty topping!

Storage

Blanched Vegetables can be stored in the fridge for up to 5 days. They don't freeze particularly well - it's best to enjoy fresh.

Green is
Great



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4.5 COOKING METHODS » SALAD

SALADS CAN TOTALLY FILL YOU UP AND BE A COMPLETE MEAL IN THEMSELVES!

As long as you have enough protein and some tasty toppings they can be an amazing lunch or dinner. Be very selective with all dressings. Must have less than 10g of carbs per 100g.

Quantity:

Per person allow for 150g of protein and 350g of raw salad veggies.

Method:

- » Choose your salad base from the list of veggies and salad veggies
- » Rinse and chop all veggies into bite sized pieces.
- » Portion out into individual bowls.
- » Add on your favourite flavours such as fresh herbs, chilli or lemon.
- » Top with your chosen protein sliced into bite sized pieces.
- » Choose your topping and ENJOY!

Storage

Depending on what salad veggies you chose, salads are best enjoyed that day or the day after.

I often prepare enough to have for dinner and lunch the next day.



4.6 COOKING METHODS » PAN FRY

PAN FRY YOUR PROTEIN OF CHOICE THEN SERVE WITH BLANCHED OR STIR FRIED VEGGIES, OR SALAD.

Quantity:

Per person allow 100-150g of protein

Method:

- » Pour 1 tablespoon of oil into pan or use a spray oil.
- » Heat pan until it just starts to smoke
- » Then reduce heat to low
- » This seals the pan and ensures that your protein won't stick!
- » Place your protein carefully in the pan - cooking for 5 minutes then using tongs turn over.
- » Cook for another 5 minutes until golden brown.
- » Cooking time will vary depending on size and quantity of protein so please double check!

Serve with:

- » Blanched Veggies
- » Salad

Storage

Pan fried protein can be kept in the fridge for up to 5 days or frozen for up to 6 months.



PROUD OF YOUR LOW CARB CREATION? I'D LOVE TO SEE IT! TAG ME @ANNASLOWCARBKITCHEN



5. TOPPINGS

✓ Even with the tastiest meal I love adding a little something extra just to top it off. If you know what to choose this is a great way of enhancing the flavour with virtually zero carbs or KJ's. It's always best to use whole ingredients such as herbs or cheese rather than anything prepared as this way you know exactly what you're eating.

✗ Never use pre made condiments, sauces or toppings unless they are listed on our Low Carb Food List as often they are packed with sugar. Remember the general rule that all pre prepared ingredients must have less than 10g of total carbs per 100g.

Cheeses/Dairy

Full Fat is the preference

- » Cottage Cheese
- » Coconut Yoghurt
- » Cream Cheese
- » Feta Cheese
- » [Greek Yoghurt](#) ♥
- » Mozzarella
- » Parmesan
- » Ricotta Cheese
- » [Shredded Tasty](#) ♥
- » Sour Cream

Nuts + Seeds

Dry Roasted or Raw
Never honey roasted.

- » Almonds
- » Brazil
- » Macadamia
- » Pecans
- » Pine Nuts
- » Sesame
- » Sunflower Seeds
- » Walnuts
- » Peanuts
- » Poppy Seeds

Herbs

All fresh herbs are great - these are my favourites

- » Basil
- » Fresh Chilli
- » Chilli Flakes
- » Chives
- » Lemon Zest
- » Lemon/Lime
- » mint
- » Parsley
- » thyme
- » Coriander
- » Dill

Other

Anything with less than 10g carbs/100g

- » Apple Cider Vinegar
- » Chorizo
- » Cracked Pepper
- » Crispy BaconChips
- » [Low Carb Croutons](#)
- » Pesto
- » Red Wine Vinegar
- » [Sugar Free Maple](#) ♥
- » Tabasco
- » Olives

"SO HOW DO YOU LIKE YOUR EGGS?"

(The official Egg Cooking Cheat Sheet)

Fried

Nothing better than a big fry up on the weekend, or a simple fried egg on your home made hamburger.

Instructions:

- » Spray a fry pan with oil and place on a medium heat.
- » Let pan heat up until just smoking, then turn heat right down (this prevents sticking).
- » Crack eggs into pan and turn heat back to low.
- » Cook until desired level - flip or leave sunny side up.

Poached

Believe it or not poached eggs are not hard!! Follow my easy instructions and in no time you'll be an expert.

Instructions:

- » Fill a small saucepan halfway with warm water and about 1/4 cup of white vinegar.
- » Bring this to the boil (till it is bubbling) then turn heat right down.
- » Using a tablespoon stir the water in a clockwise direction until it is spinning
- » Crack the egg on the side of pan and gently let it fall into the middle of spinning water. Repeat if more than one egg. You can cook about 4 in the same pan, they won't stick together as long as you spin the water in between each egg.
- » Turn back up to medium heat then set timer for 4 minutes for soft poached eggs or 6 minutes for hard poached eggs.
- » Using a slotted spoon carefully remove eggs and place on a plate lined with paper towel to absorb water.

Scrambled

Scrambled Eggs used to be a weekend treat but with this super simple cooking method it can be enjoyed any day of the week, at home or at the office!

Instructions:

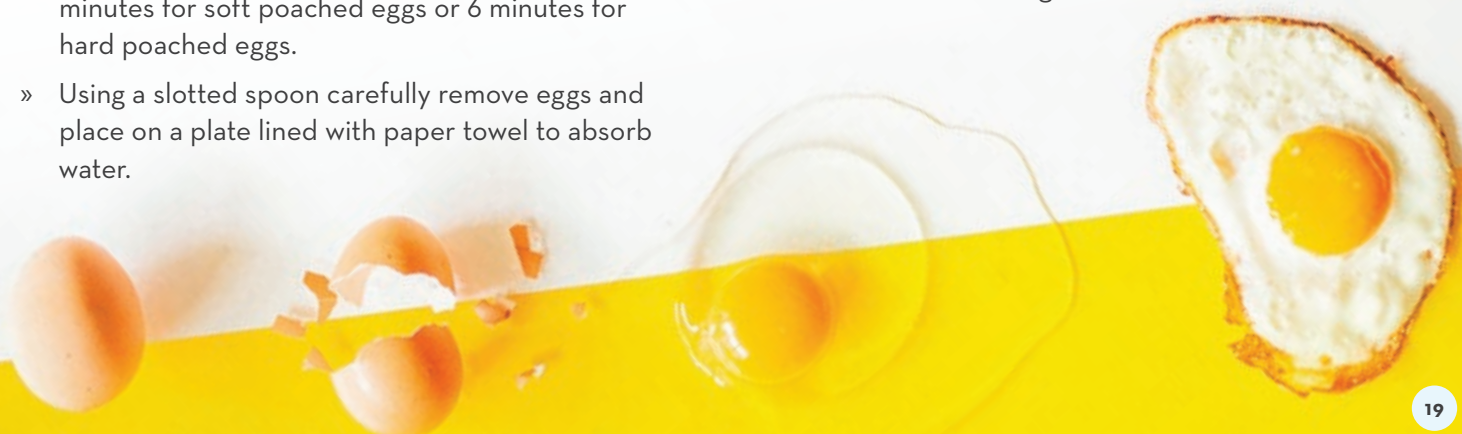
- » In a microwave safe bowl place 2 eggs, 1/4 cup milk or cream & 1 teaspoon of butter
- » Using a fork, whisk to combine
- » Cook for 60 sec. in microwave then whisk again
- » Cook for another 60 seconds then whisk to create your fluffy scrambled eggs.
- » Season with salt & pepper, fresh herbs or cheese!

Boiled

Hard boiled eggs are great because you can cook a batch in advance and have in the fridge ready for snacks or lunches. After cooking, eggs will last 5 days in the fridge.

Instructions:

- » Place eggs in a small saucepan, and cover with cold water.
- » Cover with a lid & place saucepan over medium heat.
- » Once the water has come to the boil (is bubbling) turn OFF all heat. Leave lid on.
- » Set timer for 7 min. (soft) or 10 min. (hard)
- » Once timer has finished run eggs under cold water before removing shell.



6. ♥ LOW CARB MEAL SUGGESTIONS

*Product reviewed on website

| | | LEAN PROTEIN | | VEGETABLES | | FLAVOURS | | METHOD | | TOPPING |
|----------------------|---|-----------------------------------|---|--|---|---------------------------------|---|--|---|---|
| Chilli Basil Chicken | = | Chicken | + | Broccoli Red Capsicum Snow Peas | + | Basil Chilli | + | Stir Fry | + | Fresh Basil Blanched Almonds |
| Chicken Tandoori | = | Chicken | + | Cucumber Iceberg Lettuce Tomato | + | Tandoori Paste* | + | Bake Chicken Raw Veggies | + | Greek Yoghurt Fresh Mint |
| Sesame Salmon | = | Salmon | + | Bok Choi Asparagus Broccolini | + | Sesame Oil | + | Bake Salmon Stir Fry Veggies | + | Sesame Seeds Lemon |
| Haloumi Salad | = | Haloumi | + | Green Salad Tomato | + | Cucumber | + | Lemon | + | Pan Fry Haloumi Raw Veggies |
| Chicken Parmigiana | = | Chicken Breast Flattened | + | Green Salad Tomato Slices | + | Basil | + | Bake Chicken Breast w Tomato, Fresh basil & Cheese | + | Tomato Cheese |
| Spaghetti Bolognese | = | Beef Mince | + | Eggplant Tomato Garlic Mushroom | + | Garlic Tomato Fresh Herbs | + | Hot Pot - Serve with choice of Low Carb "Noodles" | + | Tasty Cheese or Parmesan Fresh Herbs |
| Greek Lamb | = | Lamb Tenderloin Lupin Couscous | + | Tomato Cucumber | + | Olive Oil | + | Bake | + | Greek Yoghurt Fresh Mint |

| | | LEAN PROTEIN | | VEGETABLES | | FLAVOURS | | METHOD | | TOPPING |
|------------------------|---|-------------------------|---|---|---|-------------------------------|---|--------------------------------|---|------------------------------|
| Chicken Caesar | = | Chicken Bacon Egg | + | Cos Lettuce | + | Caesar* | + | Salad | + | Parmesan Caesar Dressing* |
| Chicken Tandoori Salad | = | Chicken | + | Cucumber Red Capsicum Tomato Lettuce | + | Tandoori* | + | Bake Chicken Salad | + | Greek Yoghurt Fresh Mint |
| Steak + Veg | = | Beef Steak | + | Cauliflower Mash Zucchini Green Beans | + | Homemade Diane Sauce | + | Pan Fry Meat Blanch Veggies | + | Crispy Back if you like! |
| Gado Gado | = | Tofu + Boiled Egg | + | Green Beans Cauliflower Cabbage | + | Homemade Satay | + | Pan Fry Tofu Blanch Veggies | + | Crushed Peanuts |
| Chicken Kiev | = | Chicken Breast | + | Green Beans Cauliflower Mash | + | Butter Garlic Parsley | + | Bake Chicken Blanch Veggies | + | Butter |
| Naked Burrito | = | Beef | + | Lettuce Cucumber Tomato | + | Masterfoods Mexican Spices | + | Stir Fry Meat | + | Sour Cream + Cheese |
| Chicken Satay | = | Chicken | + | Red Capsicum Mushrooms Green Beans | + | Homemade Satay | + | Stir Fry | + | Crushed Peanuts |
| Red Curry | = | Lamb | + | Green Beans Red Capsicum Cauliflower | + | Red Curry Paste* | + | Hot Pot | + | Fresh Basil |

6. COOKED BREAKFAST

| | | PROTEIN | | VEGETABLES | | FLAVOURS | | METHOD | | TOPPING |
|------------------------------|---|-------------------------|---|----------------------------|---|---------------------------|---|--------------------------|---|-----------------------------|
| Big Brekkie | = | Bacon Low Carb Toast | + | Eggs | + | Baby Spinach Mushrooms | + | Thyme Olive Oil | + | Chilli |
| Eggs Bene | = | Eggs Ham | + | Low Carb Toast | + | Spinach | + | Olive Oil Butter | + | Poached Eggs |
| Chicken BLT | = | Chicken Breast | + | Bacon | + | Lettuce | + | Tomato | + | Olive Oil |
| Haloumi Stack | = | Haloumi | + | Field Mushroom Zucchini | + | Red Capsicum | + | Olive Oil Fresh Herbs | + | Pan Fry |
| Strawberry Pancakes | = | Low Carb Pancakes | + | Strawberries | + | Cream Butter | + | Pan Fry | + | Sugar Free Maple Coconut |
| Ham Cheese Tomato Toastie | = | Low Carb Bread Ham | + | Tasty Cheese | + | Tomato | + | Fresh Basil | + | Toast |
| Guacamole Toast | = | Low Carb Toast | + | Avocado | + | Chilli Coriander | + | Lime | + | Toast |

LOW CARB LIVING PRINCIPLES

- ✓ Check the **TOTAL** carbs per 100g on nutritional panels. Carbs should be under 10g per 100g.
 - ✓ Choose all foods & ingredients from **The Aussie Low Carb Food List**. Follow the 5 Step Low Carb Cooking process for all meals.
 - ✓ Choose meals based on meat and veg if eating out. Green veg is best. Ask for dressings on the side.
 - ✓ Drink at least 2L water per day. 3L is best. Sip on water in between meals instead of snacking.
 - ✓ Sit down & enjoy 3-5 small meals per day. Take the time to enjoy your food, chew each bite.
 - ✓ Keep carbs to roughly 50g per day. You don't have to count, if you choose foods from The Aussie Low Carb Food List you will be under, but 50g is your guide.
 - ✓ Swap traditional baked goods for **Low Carb options**. Check out my range of Low Carb Baking Mixes or you can also visit www.theproteinbreadco.com.au for some other options.
 - ✓ Use Natvia, Stevia, Erythritol or Xylitol for **Low Carb sweeteners if you need**. These are the only Low Carb sweetener options.
 - ✓ Swap your café coffee to **Almond Milk**. It has 1/4 of the carbs of cows milk or just have just 1 per day if regular milk.
-
- ✗ **Don't Add Sugar to anything - this includes:** Honey, Rice Malt Syrup, Agave Syrup, Coconut Syrup, Coconut Sugar, Maple Syrup, Raw sugar
 - ✗ **Don't Snack or graze in between meals.** Sip on water, tea or coffee.
 - ✗ **Don't Eat foods that are made on Dates.** They are super high in carbs and sugar but often sold as "Healthy & Natural" They are still sugar. Check labels & be cautious of "Bliss Balls".

CARBOHYDRATE FACT SHEET

What is a carbohydrate?

A CARBOHYDRATE IS A NUTRIENT MADE UP OF THE FOLLOWING COMPONENTS:

* Sugars (Simple Carbs)

Sugars are also referred to as a 'Simple' or 'Bad' Carbs. You may have seen them listed as: lactose, sucrose, fructose, glucose or many other names.

Whether the sugar you eat is natural, raw, or anything else, it is STILL SUGAR! The reason sugars are referred to as 'Bad Carbs' is because they spike your blood sugar and then send you crashing shortly after.

* Starches (Complex Carbs)

Starches are also referred to as 'Complex', 'Good' or 'Slow Release' Carbs. While not shown separately on a nutritional panel

(but included in the Total Carbs figure, these carbs are digested at a slower rate by the body so don't have such an immediate impact on your blood sugar levels. These carbs are still converted to glucose by the body, and if not used or burnt off by the body, will still be stored as body fat.

= Total Carbohydrates

Did you know that carbohydrates are not an essential nutrient in the body, unlike protein or fats! All carbs (sugars & starches) are eventually converted to glucose and used as energy by the body or stored as body fat.

I Quit Sugar. But I eat carbs.

How are carbs different to sugar?

Many people have quit sugar because they want to make healthier choices and feel better. But did you know, whether you are eating 'Good Carbs', 'Bad Carbs' 'Natural, Raw or Unrefined Sugars', ALL carbs are generally converted to glucose, which is a sugar. So, if you are eating carbs which are converted to glucose (a sugar) by the body, you can see that there ultimately is no difference between eating carbs and eating sugar - apart from the rate they are processed. The amount of carbs in this wholegrain bread is 37.3g - Once broken down by the body, this is the equivalent of 5 teaspoons of sugar.

So are you really quitting sugar?

If you are confused all you need to do is: **Reduce the amount of total carbohydrates in your diet.** Only then will you really will be quitting or reducing sugar.

HAPPY COOKING

AS YOU CAN SEE, COOKING HEALTHY, TASTY, LOW CARB MEALS IS REALLY AS SIMPLE AS 1,2,3,4,5!

Now that you've mastered (or will have shortly) my 5 step cooking process - and you've got your Complete Low Carb Food List - the sky's really the limit.

I hope I have shown you that cooking does not have to be hard or scary.

I believe everyone has the ability (and responsibility) to prepare nutritious tasty food for themselves and their families. You don't need fancy expensive cooking appliances or ingredients. Everything you could possibly need can be found in your local fruit & veg shop, butcher or supermarket.

Don't ever feel that just because you aren't using some expensive ingredients, and 20 step cooking process like you see on a foodie blog, that your meals aren't perfect - because if you follow these 5 steps that is really all you need.

“Don't feel pressured to buy activated, fermented, organic, water fed, grass fed, delivered from mars, anything - at the end of the day a piece of steak and broccoli is going to be a million times better for you than a takeaway pizza or pasta and that's the most important thing”

I hope I have inspired you to get back in the kitchen, use everyday ingredients and start preparing meals and snacks that you absolutely love, that nurture your body and give you that radiant glow.

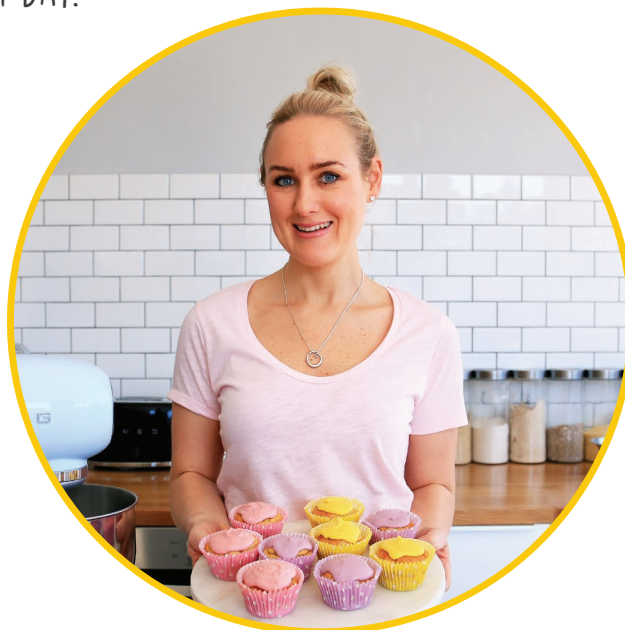
BECAUSE YOU DESERVE TO FEEL AMAZING

YOU DESERVE TO LOOK YOUR BEST

AND YOU DESERVE TO GET THE MOST OUT OF EACH DAY.

If you have any questions or suggestions please email me at anna@annaslowcarbkitchen.com.au

Anna
xxx



WANT TO LEARN MORE ABOUT LOW CARB LIVING CAN HELP YOU FEEL YOUR BEST?

All these FREE resources are available online!



DOWNLOAD OUR RANGE OF GUIDES TODAY!

Our low carb, no added sugar (also gluten free but without tasting like it) baking mixes give the joy of baking back to families who are looking at making healthier choices.

annalowcarbkitchen.com.au

