

Beginners Guide

LOW CARB

Recipe #
& Fat Adaption



TASHA DE QUINCEY



Beginners Guide

LOW CARB

healthy lifestyle changes

This eBook will introduce
you to a low carb, fat
adapted lifestyle.

It is a guide to understand
why it is the healthiest
option for our bodies.

The power to manage your
health and weight under
YOUR control.

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What Makes us "Fat"?

For all of our lives we have repeatedly been told that fat alongside calories in vs calories out makes us...well, FAT!! That carbohydrates are needed for the brain and energy.

But this is all a big FAT lie.

Ansel Keys produced a paper in the 1950s claiming there is a relationship between fat intake and heart disease. This was accepted as the first modern change to our diet. The reviews of his research found it to be flawed but were ignored. It was not long before food advice started to recommend a low fat and high carb diet.!

History now tells us that this advice became detrimental to our health. Fat does NOT make us FAT! And when we talk about calories ultimately it is the type of calorie we need to be aware of! Interestingly there is no specific research that supports 'fat makes you fat' .

So what does make you fat?

One word INSULIN. Insulin is one of our hormones and it plays a vital and important role in our health and control of weight. Eating high carbohydrates foods such as sugar or wheat releases insulin into the blood stream to use as either glycogen (energy) or store as fat. Small amounts are needed for energy, however when you have a constant elevated blood sugar our insulin receptors become desensitised resulting in resistance.

So what does our body do? It makes more and more insulin to soak up the excess glucose and ultimately produce more fat! The harm does not end there as this also has detrimental effects on our hormones and other functions

Sugar Adapted

The body has two fuel sources, glycogen and fat.

Sugar Adaption is when the bodies prime fuel source is from glycogen. When its prime fuel source is glycogen it cannot use fat as a fuel source. The body will use glycogen first as its readily available. Let me explain using Dr Jason Fung's analogy.

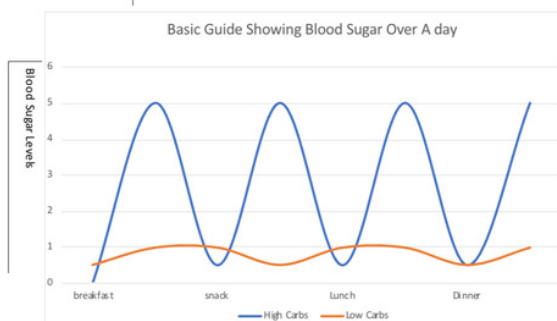
When you have food in the fridge you are always going to get it from there instead of the food you have stored in the freezer. Once the fridge is completely empty you will go to the freezer but if you continue to fill the fridge you will never actually use the freezer.

"Sugar adapted" means you will use your glycogen (fridge) for fuel and continue to give the body more so never using the fat (freezer) as energy. As your blood sugars levels drop the body craves more and you continue to feed it, constantly keeping your sugar and insulin levels high.

What this also means however is that you simply cannot cut calories to lose weight because you will not burn the fat for efficient weight loss. It is not the calories but the insulin imbalance that actually needs addressing. Reducing calories will not resolve this and can actually have a detrimental effect on your health and your weight. Long term excessive calorie reduction will disrupt your hormones and cause your body to go into its starvation mode. Your weight may still continue to go down but your body will be using energy from sources that require a lot of calories such as muscle rather than burn fat which uses very little energy. Our bodies are historically programmed to conserve energy at any cost. There are risks associated with cutting calories such as thyroid issues and a slow down of the metabolism.

This table is to give you a guide of the average persons blood sugar levels over the day. The highs and then the crashes resulting in cravings. Values etc are not precise.

You can see a low carb diet levels blood glucose.



Fat Adapted

Low Carb is a path to becoming fat adapted and insulin sensitive. Fat adaption refers to the body's ability to convert fat to energy and no longer requiring carbs to do so.

This is how our ancestors survived. When calories became scarce they had fat sources to tap into.

Becoming fat adapted limits carbohydrates such as sugar, grains, starchy vegetables and some fruits. The emphasis instead is on the protein and fat macronutrients, both of which are crucial to the body. Our bodies are amazing, we can produce enough Glycogen for our brains function efficiently just by using fat and protein.

Carbohydrates are not essential.

Lowering our carbohydrate intake stabilises blood sugars and insulin levels are kept low. Fat burning is promoted and the body is now tapping into its other fuel source.

One other amazing benefit of fat adaption is feeling less hungry. Our body does not enter starvation mode, as it gets a constant supply of fat energy. This is the difference between calories becoming fat adapted and not sugar adapted.

Fat adaption improves our metabolism and the balance of our hormones. Our sleep, weight loss and energy levels will all improve, with no more snacking, reduced inflammation and much more. Chronic inflammation rooted in diet is a significant cause of many diseases and lowering inflammation is a powerful benefit.

The Difference Between

Sugar Adapted

Fat adapted

Insulin Resistance

Insulin sensitive

Fat Storage

Energy from fat

Hormonal
imbalance

Fat loss

Cravings

Reduced
Appetite

Snacking

Good sleep

Poor Sleep

Steady energy
over the day

Fatigue

Better Moods

Hangry

Type 2 Diabetes
Reversal

Type 2 Diabetes

Fatty Liver Disease

Hormone
Balance

Thyroid Issues

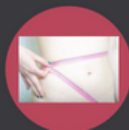
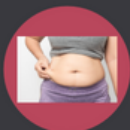
Maintained
weight loss

Constant dieting

Brain Fog

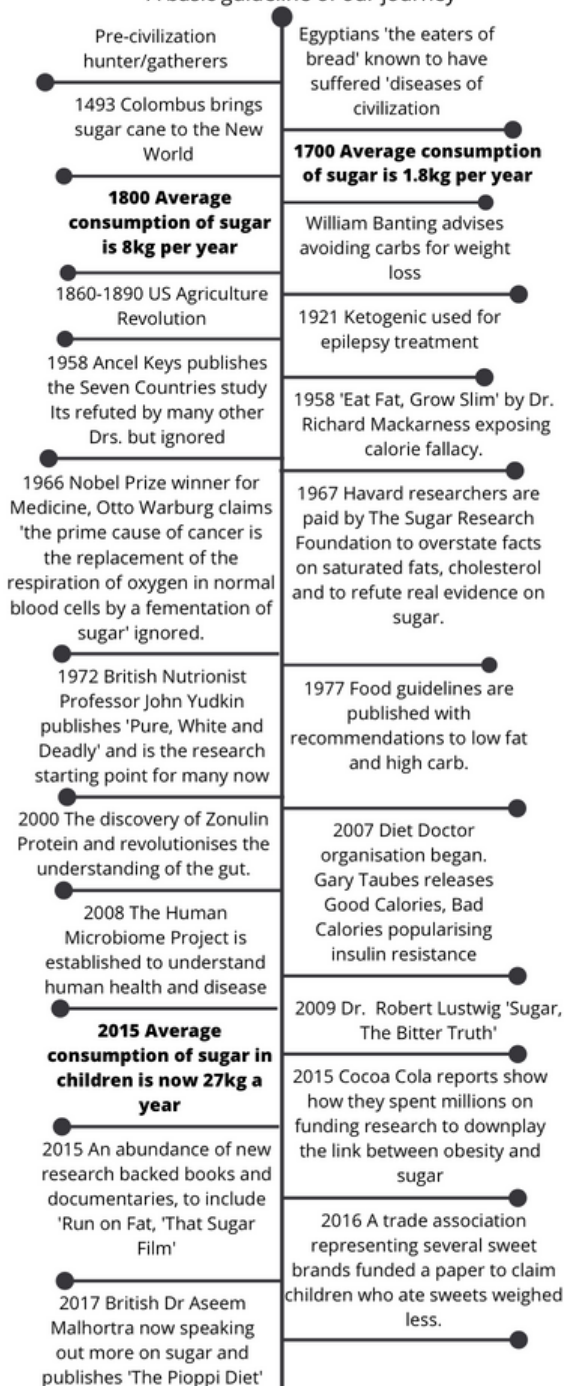
Overall better
health

Other chronic
issues



HUMAN OBESITY

A basic guideline of our journey



How To Become Fat Adapted

Ketosis is not the aim here, although this works in parallel with fat adaption. We can structure your diet and lifestyle to promote fat burning without being as restrictive. You include foods that help promote healthy gut bacteria. You will still gain the health benefits as well as fat loss.

1. **Restrict carbohydrates and processed foods.** This is to keep blood sugar and insulin levels low. Removing added sugars is essential.
2. **Check ingredients lists.** This is essential to contain no grains, sugars or refined vegetable oils and soy.
3. **Eat fat.** This helps train your cells to run on fat. (but this does not mean its unlimited.)
4. **Get plenty of electrolytes,** (salt and magnesium) This aids keto flu and is essential to the healthy function of your body.
5. **Do some fasting.** Try 12 hours and build up slowly to 16. Glycogen stores deplete very quickly. You can even fast between meals, eat breakfast and then nothing else until tea time.
6. **Exercise.** This assists the process and increases insulin sensitivity. HIIT session once a week can be enough for improvement.

How long fat adaption will take can vary dependent on each individual. For some it can be weeks and for others months. If you don't get immediate results, don't be disheartened, stick to the program and trust the process, it works!

Food To Enjoy

This is not a comprehensive list but to get you started and the idea of real foods.

Always check ingredients even if you don't think it will have hidden extras!

- Proteins - Chicken, turkey, duck, all beef cuts, pork, fish, pork scratchings, beef jerkey
- Vegetables- celery, broccoli, spinach, cabbage, cauliflower, garlic, mushrooms, onions, kale, chives, olives, cucumber, leek, asparagus, radish, salad greens, swede, sauerkraut, pumpkin, squash, tomatoes, seaweed, peppers, kimchi
- Dairy Products - butter, cheese, greek yoghurt, double cream, mascarpone
- Fats & Oils- coconut oil, olive oil, ghee, lard, animal fats
- Nuts & Seeds - pecans, almonds, walnuts, hazelnuts, brazil nuts, hemp seeds, pumpkin seeds, sunflower seed, desiccated coconut (this includes ground versions)
- Fruit- berries, avocado
- All herbs & spices, pink himalayan salt and pepper
- Tea, coffee, water, green tea, broth
- Sweeteners- stevia, erythritol, monk fruit
- Eggs



Foods To Avoid

- Avoid all grains- whole meal, rye, wheat, oats, corn, barley, buckwheat (breads, pasta, cereal)
- Added sugar
- Refined Fats & Oils- sunflower, canola, rapeseed, vegetable, soy
- Milk
- Fruits - ripe bananas, mango, pineapples, grapes etc.
- Fruit Juice
- Dried fruit
- Soya products
- Artificial sweeteners - sucralose, aspartame, saccharine etc.
- Above ground Vegetables - white potatoes, parsnips etc.
- Legumes - chickpeas, beans

On occasion there are exceptions. Resistant starch from sweet potatoes, rice and green bananas are exceptionally good for your gut health. Correctly cooked, they can be added to you and your families diet each week.

Boil potatoes and rice. Immediately refrigerate for 24 hours before re-heating to eat.



LISTS OF
SUGARS
TO AVOID

ALWAYS CHECK

Dextrose
Fructose
Galactose
Glucose
Lactose
Maltose
Sucrose
Beet Sugar
Brown Sugar
Cane Juice Crystals
Cane Sugar
Castor Sugar
Coconut sugar
Corn Syrup
Date Sugar
Demerara Sugar
Dextrin
Golden Sugar
Glucose Syrup
Grape Sugar
Icing Sugar
Maltodextrin
Muscavado Sugar
Sugar

INGREDIENTS

Agave
Barley Malt
Blackstrap Molasses
Brown Rice Syrup
Grape Sugar
Icing Sugar
Maltodextrin
Muscavado Sugar
Sugar
Agave
Barley Malt
Blackstrap Molasses
Brown Rice Syrup
Carob
Caramel
Evaporated Cane Juice
Fruit Juice
Fruit Juice Concentrate
Honey
Invert Sugar
Malt Syrup
Maple Syrup
Molasses
Treacle

This is not a comprehensive list!

Prepping Tips

Plan a start date and then become familiar with the food and ingredients you will keep in your kitchen. Finish up any foods that are not suitable or pass them on. You need to remove all foods that contain sugar, wheat or grains. It is IMPORTANT to remove all temptation. Stock up with plenty of low carb foods and snacks you can grab. You may get withdrawal cravings, so make sure your foods are healthy ones.

Spend more time checking ingredients when you go shopping. Plan meals and snacks for a week and put it all on your shopping list. You may want to avoid mid-week shopping as you may pick up foods that you should not. Avoid early temptation. Avoid any distraction and shop alone, take water with you.

Prep your food for the week. Get into a routine and this will speed things up. Roast a chicken, boil eggs etc. Ready to eat if you feel hungry. If you are short on time, freeze foods for later. The first few weeks can feel like you are cooking constantly, prepping well will make this easier.

Don't complicate meals, an evening meal can be as easy as fish cooked in butter and asparagus with greek yoghurt and berries.

Electrolyte Drink

Include this drink along with a magnesium supplement like Citrate or Glycinate daily.

Electrolytes are important for regulating fluid balance, energy, strengthening bones, blood pressure and more. They can make all the difference to how you feel.

2tbsp lemon or lime juice

1tbsp Apple Cider Vinegar (from the mother)

1/4tsp lo salt

1/4tsp sea salt

2 cups of water

Combine in a glass or jar and stir/shake well.



Alcohol

"Can I drink alcohol?"

A good question many ask when starting out on Low Carb. Alcohol is a big subject and has both positive and negatives. Like everything the choice is yours and what you wish to accomplish.

Most cultures enjoy an occasional alcoholic drink. Wine making began more than 8000 years ago! It is part of our diet however excessive alcohol consumption can be a problem.

Drinking affects your hormones, ADH which balances water in your blood, it elevates your blood pressure, it heightens your cortisol, it is responsible for the inhibition of melatonin which aids sleep and can lead to increased inflammation.

In addition to all of this it can also stress the liver and affect the brain. Alcohol can slow down weight loss, undermine your health gains and stimulate your appetite.

Excessive drinking is detrimental to your health and most alcoholic drinks have a high sugar content.

However it is not all bad news! Research studies have demonstrated that red wine can increase lymphatic function and aid with the clearance of waste that can cause Alzheimer's Disease. The resveratrol and polyphenols in red wine can help protect against oxidative stress and decrease brain inflammation. A small glass of wine with a meal can help lower cardiovascular disease.

If you choose to enjoy a social drink, pick a good red wine or clear spirit like Gin or Vodka. Mix with soda (avoid the sugary mixers, lemonade or cola!) Don't drink excessively or mix your drinks, it will be far less punishing to your liver!

There is more to weight loss...

Under laboratory conditions The First Law of Thermodynamics, (calories in vs calories) is true. However when it is applied to our bodies it is not that simple.

We have discussed insulin but the complexities of weight loss and health don't stop there.

Let's look at this calories example: Two slices of bread vs scrambled eggs in butter?

Bread causes a rise in insulin which in turn blocks leptin and this controls your appetite. The sugar in bread depletes the vitamin absorption and though bread is fortified with extra vitamins and has little sugar content, its effect disrupts your hormones and it provides almost nothing in the way of nutrition.

Eggs in butter do not raise insulin to high levels. As a protein it reduces ghrelin, the hunger hormone. Eggs and butter have many vitamins and minerals that help your body. Eggs in butter will be used by your body in a far more efficient manner.

We will touch upon a few additional factors:

1. Hormones. Insulin is a main player and when insulin is raised it has a domino effect on your hormones, ghrelin, leptin, thyroid and etc. For example, when insulin levels remain high, leptin is blocked and this results in leptin resistance, so you will never get that real feeling of being full. The female body changes and we have to account for that occurrence as our food can be an effective 'medication'
2. Sleep. We all underestimate the importance of sleep! When we fall asleep our bodies awaken. It goes through a process which is known as 'taking out the garbage', a term used for the Glymphatic system. If you have a lack of sleep, this process does not happen and once again there is a domino effect on your hormones. Eating within a two hour window of going to bed also stops this process as the body has to use its energy for digestion. An example is 'ghrelin' (the hunger hormone) which surges with lack of sleep, thus increasing your appetite the following day.

3. Stress. Exercise, lack of sleep, daily tasks etc. can cause stress. Stress disturbs your body's ability to regulate its inner environment. Blood sugar fluctuation, gut dysfunction and food intolerance, are some of the conditions that can cause stress and increase of the hormone cortisol. This is one of the main causes of fat storage around the middle.

4. Gut Health. Over the last 20 years there has been incredible advances in understanding our gut microbiome, made up from bacteria, fungi, and other microbes. It recognises the tremendous impact our gut health has on our overall health. It has become known as our 2nd brain! What we eat impacts our gut bacteria. Gluten has a detrimental effect on our good gut bacteria.

And then there are topics we haven't touched on like thermogenesis, basic metabolic rate, body fat set point, sugar addiction, the food industry, exercise, habit changes etc. This will advance your own unique lifestyle and diet. Low carb is a beginning and as you go forward you will feel the benefits of the changes. Everyone's gut and hormonal health is individual and you must treat as such.

No one diet fits all but understanding your own body makes it much easier.

Final Thoughts

By lowering inflammation and regulating your hormones you can control your weight loss. Lifestyle and healthy habits with good food choices will help to achieve this.

The human body has remained the same but our lifestyles and food industry has changed dramatically. This has resulted in obesity and ill health.

The discovery of antibiotics has been amazing for medical advancement but they are now used far too much and can have a detrimental effect on your gut microbiome and immune systems. The root causes are not addressed and the medication handed out too freely.

Animals are fed to grow fatter faster injecting a diet of high carbs. Antibiotics are administered to deal with diseases caused by inflammation. We eat these foods!

Sugar content is added to increase sweetness and addiction. Low fat foods are full of sugar and cereals are fortified with vitamins, all of this to make them edible and because they don't have any nutritional content.

One third of our children are overweight. They are being diagnosed with fatty liver disease once almost only the preserve of alcoholics. Sugar consumption produces an effect similar to COCAINE! It will alter mood through its ability to induce pleasure and reward, promoting a need to eat more sugar.

The list of conditions is long and includes cancer, dementia, fibromyalgia, arthritis, thyroid disease, ADHD and more! The last 50 years has seen an increase in these conditions like never before. Being skinny does not mean healthy! Within your circle of family and friends how many do you know with a chronic illness or is over weight?

Now is the time to start to understand and educate yourself. Health and lifestyle isn't just about weight loss. Change you and your families habits now.

Enjoy your food but make it your choice.

Glossary

- **Calories** - A calorie is a unit of energy
- **Carbohydrate** - One of three classes of nutrients for the body, mainly sugar and starches the body breaks down and turns into glucose
- **Cortisol** - A steroid hormone that regulates a wide range of processes throughout the body. The primary stress hormone that increases sugar in the blood stream.
- **Electrolytes** - Minerals dissolved in the bodies fluids. Sodium, potassium, magnesium
- **Fat** - One of the three classes of nutrients needed for the body and used as an energy source.
- **Ghrelin** - a circulating hormone that is produced and released mainly by the stomach. Termed the hunger hormone because it stimulates appetite, increases food intake and promotes fat storage.
- **Glycogen** - A substance deposited in bodily tissues as a store of carbohydrates.
- **Glymphatic System** - a unique system to promote efficient elimination of soluble proteins and metabolites from the central nervous system. Also helps distribute non-waste compounds such as amino acids, glucose in the brain.
- **Immune System** - A complex network of cells, tissues, organs and the substances they make to help the body fight infections and other diseases
- **Insulin** - A hormone produced in the pancreas which regulates the amount of glucose in the blood.
- **Insulin Resistance** - When the cells of the body no longer respond properly to the hormone insulin
- **Insulin Sensitive** - The degree to which the body cells respond to insulin and take up glucose from the blood
- **Leptin** - A protein produced by fat cells that is a hormone acting mainly in the regulation of appetite and fat
- **Metabolism** - The chemical reaction in the bodies cells that change food into energy.
- **Microbiome** - The genetic material of all microbes - bacteria, fungi, protozoa and viruses.
- **Protein** - One of the three main nutrients and essential to the body. Protein is required for the structure, function and regulation of the bodies cells, tissues and organs
- **Serotonin** - An important chemical in the human body to regulate mood, social behavior, appetite, digestion, sleep, memory and sexual desire. 80% produced in the gut.

Published by Natasha De Quincey

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Photos Natashas Low Carb Kitchen

Editor Paul Primhak

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The background is a vibrant red. In the top left corner, a red knitted scarf is partially visible. Scattered around the edges are several pinecones of various sizes, some of which are dusted with white powder to resemble snow. In the bottom right corner, there is a small, green, cone-shaped Christmas tree decorated with red and white beads and also dusted with white powder. The title 'A LOW CARB CHRISTMAS' is centered in a large, black, serif font.

A LOW CARB CHRISTMAS

by Tasha De Quincey

Christmas is a time of year for social gatherings, food and drink. In the season of good will the average person can consume between 3500-4500 calories per day. A low carb lifestyle might make you think you can't enjoy the festivities. If your families are anything like ours, buffets are beige. Sausage rolls, vol au vents, sandwiches, mince pies, crisps etc. Low carb choices can be limited, so you can become anxious, not enjoy yourself or eat and feel guilty.

On these occasions you tend to have two attitudes.

1. It's Christmas, eat it all, f*** it, I have failed so will worry about it on the 1st January
2. Track it, track it all, don't deviate, no excuses!

There is no right or wrong, it's up to you.

Let's take a step back.

If you go to parties, think carefully before you do. You've followed this lifestyle, you feel good, you've lost weight and you don't want to spoil that. You want to enjoy yourself.

Simply have real expectations for the season.

Think about maintaining, not gain or loss. Set guidelines. If you go partying either decide to eat before you go or just have one plate when you are there. Buffet and party food are a perfect excuse to overindulge and go back for more!

Eliminate 'failure' thoughts. You are creating a better relationship with food. Low carb is your base, so if you go to a party and feel you can have a piece of cake and not fall into that gorging trap, then do so. The following day you go back to 'base'.

This is a good time to better understand yourself. For example, you may not deviate, but when you consume alcohol its easy to eat unnecessarily.

Do not feel obliged to eat or feel guilty if others comment. By staying close to low carb you are maintaining a healthy lifestyle. Other people do not have to live in your body. Consider fasting. On days you are eating out skip, breakfast and have a small lunch. Enjoy yourself at the party.

Take walks after eating to stabilise blood sugar levels. It takes just 2 days of a high sugar consumption to impact your gut health and microbiome, resulting in inflammation and a poor immune response.



A low carb Christmas is very easy once you have lived the lifestyle for a number of months but your first Christmas can be very daunting. Especially if you are entertaining. The key, prep!

1. Plan and Prep
2. Bake and Fill

Write a menu for the days you'll be cooking and prep your kitchen with the food you need. Bake any delicious foods and fill your fridge. Some studies have shown the more choice you have the more you eat but if you can stay low carb and enjoy Christmas then maintenance is far better. The more you have baked and ready, the less likely you are to deviate if you are choosing not to. Have the parties at yours so you know what is on the plate!

My tip is to have these staple products in your cupboard.

Real Food Source Cacao powder and raw chocolate
NKD Living Stevia liquid
Dove Farm Xanthan Gum
Truvia Sweetener

*Download the Diary eBook from my website to help you organise yourself.



Recipes

- Seeded crackers
- Salmon Pate
- Chicken Liver Pate
- Prawn Cocktail sauce
- Brussels and bacon
- Cauliflower cheese
- Yorkshire Puddings
- Stuffing
- Easy Gravy
- Black Forest Gateaux
- Trifle
- Quiche
- Mini Tarts Savoury & Sweet
- Sausage Rolls



Seeded Crackers

100g sunflower seeds

100g pumpkin seeds

100g sesame seeds

60g ground almonds

3 tbsp. psyllium husk

400ml boiling water

Salt

1. Preheat the oven to 150c

2. Combine all the ingredients and leave for about 10 minutes

3. Line a tray with baking paper and spread the mixture thinly. Make sure there are no holes and as thin as you can get it. Score with a pizza cutter.

4. Bake for roughly 1hr 15mins. Halfway, turn the pan around to cook evenly.

5. Remove from the oven and allow to cool and then break into pieces.

Salmon Pate

120g smoked salmon

180g cream cheese

1-2tbsp lemon juice

salt & pepper

1. Add the smoked Salmon and cream cheese to a food processor and blend.
2. Add some of the lemon juice, blend and test until you are happy.
3. If you would like it a little creamier add 2 tbsp double cream.
4. Season well and a final blend before refrigerating.



Chicken Liver Pate

250g chicken livers
125g butter
5 slices cooked smoked bacon
1 onion chopped
2 cloves garlic crushed
1 tsp oregano
salt & pepper
1/2 cup double cream

1. Prep your chicken livers
2. Melt the butter and gently sauté the onions until golden. Add the garlic and oregano.
3. Place the livers in a single layer around the pan and cook for roughly 2 1/2 minutes either side. (you do not want them to go grey)
4. Once cooked remove from the heat and season.
Allow to cool
5. Using a hand held mixer blitz until smooth and stir in the double cream.
6. Pour into an appropriate bowl and set in the fridge.
7. Optional. Melt some butter and garlic powder to pour over the top once it has set.



Prawn Cocktail Sauce

1 egg
1 tsp Dijon mustard
1 tbsp apple cider vinegar
Salt n pepper
Tomato paste (to taste)
Chilli powder (to taste)
200ml light olive oil

1. Use a tall jar or glass and a handheld mixer,
2. In the jar add the egg, mustard, Vinegar, salt and pepper with the olive oil on the top.
3. Place the handheld mixer right to the bottom of the jar.
4. When you turn it on slowly raise it to the top and then back down until it has all combined
5. Mix in small amounts of tomato paste and chilli until your desired taste

Brussels and Bacon

600g Brussels sliced

6 streak bacon rashers chopped

1. Boil or steam your brussels for 5 minutes.
2. In a frying pan add the streaky bacon and fry.
3. Add the Brussel Sprouts and coat well in the bacon and bacon fat.
4. Fry for 10/15 minutes
5. Season well, add a chunk of butter and serve

Cauliflower Cheese

2 cauliflowers chopped into florets

115g sour cream or cream cheese

1/2 cup double cream

1 cup grated cheddar cheese

1/4 cup parmesan

1tsp mustard

salt & pepper

1. Steam or boil the cauliflower, drain and add to an ovenproof dish.
2. Mix the rest of the ingredients together and pour over the cauliflower. (ingredients do not need to be precise)
3. Sprinkle some more cheddar over the cauliflower.
4. Bake in a preheated oven at 180c for 20 minutes.

Yorkshire Puddings

1/4 cup arrowroot powder

1/4 cup almond milk

2 eggs

salt

beef dripping for the pan

1. Put a small amount of fat into your pan and preheat the oven to 220c
2. Put the pan in the oven to heat the oil
3. Whisk together the arrow root, almond milk, and eggs.
4. Pour the mixture into the hot oil and bake for about 10-15 minutes, until risen and golden.



Stuffing

'Bread'

2tbsp coconut flour
1 egg
2tbsp melted coconut oil
salt
1/4tsp baking soda
1/4tsp sage
1/4tsp parsley

1. Preheat the oven to 170c
2. Mix all the ingredients together and bake for 15 minutes until a knife comes out clean and firm to touch.
3. Allow to cool and then crumble into a oven proof dish.

'Stuffing'

6 slices of smoked streaky bacon diced
5 mushrooms chopped
1/2 onion chopped
1 large celery stalk chopped
1/2 cup broth
1/4 tsp oregano
1/4tsp parsley
1/4tsp onion powder
1/4tsp garlic powder
1/2tsp (1 tsp if you love it) sage
salt & pepper

1. Fry the bacon and then add the onions until they are golden
2. Add the rest of the ingredients until soft and fragrant.
3. Add to the baking dish and mix in the broth.
4. Bake at roughly 170c for about 30/40 minutes depending on how you like it. Stir halfway through cooking.

Gravy

250ml Bone Broth (or quality stock)

2tbsp butter

seasoning

dripping from the meat

2 tsp xanthan gum

1. Add all the ingredients to a saucepan, except the xanthan gum, and bring to a gentle boil.
2. Take off the heat and whisk in the xanthan gum.
Leave to sit for a minute to thicken before serving.



Black Forest Gateaux

Sponge

3/4 cup butter (use coconut oil for dairy free)

7oz 100% chocolate

2tsp vanilla essence

6 eggs separated

pinch of salt

sweetener (1/4 cup)

1. Preheat the oven to 160c and line a 9" tin. (you could use 2 sandwich tins)
2. Melt the butter and chocolate on a medium heat and slowly. Add the vanilla and sweetener. Allow to cool.
3. Whisk the egg whites until really stiff and then slowly whisk in the egg yolks and the chocolate mixture.
4. Once all combined pour into the pan and bake for 20 minutes. Once a tooth pick comes out clean its cooked. Cool.

Cherry Jam

2 1/2 cups of frozen cherries

1tbsp sweetener

1tbsp arrowroot powder mixed in 1/4 cup water
(alternatively use 1tbsp gelatine)

3/4 cup water

1tsp vanilla

1. Add all the ingredients to a pan (except the arrowroot mix)
2. On a medium heat bring to a boil and then simmer for roughly 10 minutes until thickened
3. Pour in the arrowroot mix, cook for another 5 minutes then remove and cool. (or whisk in the gelatine until dissolved)

Cream Filling

- 1 1/2 cups double cream
- 3/4 cup mascarpone cheese
- sweetener to taste

1. Whisk all the ingredients together until like soft whip

Almond sauce

- 2tbsp coconut oil
- 1 egg
- 1tsp cocoa powder
- 1/2 tsp vanilla essence
- 1/4tsp almond extract
- sweetener to taste

1. On a low/medium heat whisk all the ingredients in a saucepan until the mixture is combined and coats the back of a spoon.

Combine the Layers.

1. Cut the cake in half.
2. Put a thin layer of the almond sauce on the bottom layer then add a layer of cream.
3. Place the cherry jam over the cream and add the top layer of cake.
4. Place another layer of the cream and spoon the 'topping' over the cream. grate some chocolate, add some extra cherry's, go on spoil yourself.
5. Place in the fridge for 30 minutes before serving





Trifle

Strawberry Jelly

2 cups strawberries

1tbsp gelatine

1tsp sweetener (optional)

1 cup water

1. Cut the strawberries up and add to a saucepan with the sweetener and water.
2. Bring to a boil and then simmer for roughly 5 minutes
3. Whisk in the gelatine and once dissolved remove from the heat
4. Cool and then use a hand-held blender and smooth the jam
5. Cover the sponge and refrigerate.

Custard

4 egg yolks

1 cup almond milk

1/2 cup butter

2tbsp sweetener

1tsp vanilla

1/4tsp xanthan gum

1tsp gelatine

1. Whisk the egg yolks in a deep bowl
2. Add the butter, milk and sweetener to a saucepan and bring to the boil.
3. Turn the heat very low and very slowly whisk the milk mixture into the eggs.
4. Pour the liquid back into the saucepan and put back on the heat.
5. Add the gelatine and keep whisking until it will cover the back of a spoon and remove. (this won't take long, and you want to avoid it scrambling, if it does strain it)
6. Whisk in the xantham gum and vanilla.
7. Allow to cool and pour over the jelly.
8. Leave to set

200ml Double Cream

1/4tsp vanilla essence

2 drops stevia liquid

1. Whip the ingredients so like soft whip and then add to the set trifle. Grate some dark chocolate or add almond flakes to finish.



Quiche

2tbsp butter
2 cups fresh spinach
4oz sliced mushrooms
½ small onion sliced
1 clove fresh garlic
5 large eggs
1 cup heavy cream
½ cup of grated cheddar
¼ cup parmesan cheese
1tbsp Dijon mustard
Salt & pepper

1. Melt the butter in a frying pan and add the onions, fry until caramelized and then add the garlic.
2. Once fragrant add the mushrooms and spinach.
3. Once the spinach has wilted remove from the heat.
4. In a separate bowl, whisk together the eggs, cream, cheese, mustard and salt n pepper.
5. Add the vegetable mix to the egg mixture.
6. Poor into the quiche dish. Bake for 40 minutes.
(alternatively you can bake mini quiche in a fairy cake tin)

Mini Tarts

Pastry

200g ground almonds

5tbsp butter

Salt

1 tsp xanthan gum

1. Combine in a food processor until a dough form.
2. Roll between two baking sheets and place in a fairy cake tray
3. Bake at 180c until golden roughly 10 minutes

Savoury Filling

2 red onions thinly sliced

2tbsp olive oil

2 tbsp balsamic vinegar

12 small pieces of brie

1. On a medium heat fry the onions in the oil until soft
2. Add the balsamic vinegar until they are nicely caramelised.
3. Pop some of the mixture into each case and add the brie on top
4. Bake for 10 minutes at 180c or until the brie has softened.

(add some prawn mayo or even stuffing as an alternative savoury)

Sweet Ganache Filling

4oz chocolate

1 1/3 cup double cream

1 tsp vanilla essence

¼ cup sweetener (to your taste)

1. On a gentle heat bring the cream to a simmer and then add the chocolate and sweetener.

2. Whisk gently until melted and then add the vanilla essence.

3. Pour into the almond base and allow to cool in the fridge and set.



Easy Sausage Rolls

2 cups mozzarella
3tbsp cream cheese
1/2 cup ground almonds
1/4 cup coconut flour
1/2 tsp xanthan gum
1tsp baking powder
2 eggs
Salt
Sausages (skinned)

1. Preheat fan oven to 200°C
2. In a microwavable bowl mix the mozzarella, ground almonds, coconut flour, xanthan gum, baking powder together. Pop the cream cheese on top.
3. Microwave for about 2 minutes until it all combines, and the cheese has melted.
4. Add the eggs and salt.
5. Once in a dough ball, roll flat between baking sheets.
6. Lay sausage meat on the pastry and roll, slice at the edge and into sausage roll lengths. Repeat.
7. Place on a baking tray and brush with an egg or a little butter
8. Cook for about 20 minutes until golden.





for the love of

LOW CARB

healthy family meals

TASHA DE QUINCEY



for the love of

LOW CARB

An eBook with some
delicious recipes to
get you started.

From breakfast to
dinner.

These are nice and
easy family
favourites that
everyone will enjoy.

Table of Recipes

4. Granola
5. Smoothie Bowl
6. Quiche
7. Cheese Muffins
8. Toasted cheese sandwich
9. Chicken & Bacon Caesar Salad
10. Chicken Curry
11. Toad in the 'Hole'
12. Immunity 'soup' bowl
13. Pulled Pork

A few notes. Measurements are in measuring cups rather than scales. I find this easier to put a recipe together. They are available from most shops. Keep the recipes simple and serve with vegetables (those from above ground) or a nice salad.

I have stated truvia as a sweetener but you can use any keto friendly sweetener to your taste.

Add salt liberally to each recipe.

Granola

Ingredients

2 cups pecans/walnuts
1/2 cup pumpkin seeds
1/2 cup sunflower seeds
1 tbsp. hemp seeds
3/4 cup desiccated coconut
1 tbsp. collagen (optional)
2 tsp vanilla essence
1/4 cup butter
3 tbsp. truvia

I also like to add vanilla protein powder and the girls love adding raw cacao butter and raw cacao. This is a perfect base for you to experiment with.

Method

1. Add all the ingredients, except the butter, to a food processor.
2. Just pulse to break them up so they remain chunky.
3. On a low heat, brown the butter in a frying pan.
4. Add the mixture and toss in the butter until fully coated
4. Cook until the nuts go golden (5mins)
5. Remove from the heat, allow to cool, store in the fridge.



Smoothie Bowl

Ingredients

1 cup unsweetened almond milk
1 avocado
1 tbsp. nut butter of choice
1tbsp. grass fed collagen (optional)
2 tbsp. vanilla protein powder
Alternative to protein powder:
1 tsp vanilla essence
2 tsp truvia

Method

1. Add all the ingredients to a smoothie blender and blend until fully combined.

If your smoothie is too thick then add some more almond milk. This is a fabulous base smoothie bowl which you can change and make to your liking. You could use coconut milk, add spinach or add cacao powder for a chocolate version. Check the sweetness and add to your own taste.

Top with granola and raw cacao.



Quiche

Ingredients

2 tbsp. butter
2 cups fresh spinach
4 oz sliced mushrooms
½ small onion sliced
1 clove fresh garlic
5 large eggs
1 cup double cream
1 cup of grated cheddar
1 tbsp. Dijon mustard
Salt & pepper

This is delicious warm but a great lunch box filler. Change the filling to anything you enjoy like red onion and brie,. Have fun, experiment.

You'll never miss the crust. But you could add one!

Method

1. Melt the butter in a frying pan and add the onions, fry until caramelised and then add the garlic.
2. Once fragrant add the mushrooms and spinach.
3. Once the spinach has wilted remove from the heat.
4. In a separate bowl, whisk together the eggs, cream, cheese, mustard and salt n pepper.
5. Add the vegetable mix to the egg mixture.
6. Poor into a quiche dish.
7. Bake for 40 minutes.



Cheese Muffins

Ingredients

1 cup ground almonds
1/3 cup coconut flour
2 eggs
1 1/2 cups grated cheese
2 tbsp. greek yoghurt
1 tsp baking powder
2 tbsp. melted butter
salt & pepper

An easy muffin to make
and great in a lunch box.
Add onion powder, chives
or a variety of cheese for
something different.

Method

1. Preheat the oven to 180c and line a muffin pan with 6 muffin cases.
2. Whisk the butter, yoghurt and eggs together.
3. Whisk in the ground almonds, coconut flour, baking powder, salt & pepper and cheese
4. Spoon into the 6 muffins and bake for approx. 20/25 minutes until golden on the top.



Toasted Cheese Sandwich

Ingredients

Bread

1/4 cup ground almonds
1/2 tsp baking powder
1 egg
1 tbsp olive oil
Salt

Filling

Cheese slice
Handful spinach

This is a typical keto microwave bread recipe which you can simply toast with butter. But the list is endless for fillings as a toastie like some bacon with the cheese and spinach.

Method

1. Grease a ramekin, or something bread shaped that can go in the microwave.
2. Mix all the ingredients together and pour into the ramekin.
3. Microwave on high for roughly 90 seconds
4. Remove and cool then slice in half.
5. Fill with the cheese and spinach and toast either under a grill or a panini style toaster.



Chicken & Bacon Caesar Salad

Ingredients

2 Roast chicken breasts
chopped
10 slices smoked streaky
bacon cooked crispy and in
pieces
2 large Romaine lettuces
chopped

SAUCE:

1 50g anchovies tin in olive oil
2 tsp Dijon mustard
1 egg
1 tsp garlic powder
2 tbsp. parmesan cheese
Salt & pepper
2 tbsp. apple cider vinegar
250ml light olive oil

Method

1. In a tall jar add the anchovies, egg, mustard, apple cider vinegar, garlic powder, salt & pepper then the olive oil last
2. Using a handheld whisk, starting at the bottom of the jar, mix all the ingredients by gently lifting and dropping the blender until it is all combined.
3. Mix in the parmesan cheese.
4. In a large bowl add the chicken, lettuce, bacon and stir in the sauce.

Top with extra paremsan cheese



Chicken Curry

Ingredients

500g chicken breast
1 tbsp. olive oil
5 tbsp. butter
1 onion chopped
1/2 tsp garlic granules
1 tsp chili powder
1 tsp garam masala
1 tsp ground turmeric
1 tsp ground ginger
1/2 cup chicken stock (bone
broth if you have some)
2 tbsp. tomato paste
3/4 cup coconut milk

Method

1. Season the chicken well.
2. In a large saucepan add the oil and 2 tbsp. butter.
3. Fry the chicken for about 10 minutes.
4. Remove from the pan and set aside the chicken along with the sauce.
5. Using the remaining butter, fry the onions until golden.
6. Mix the spices together and add to the onions. Stir in well for 30 seconds.
7. Add 1/4 cup of stock and scrape all the bottom for any stuck bits.
8. Return the chicken and sauce along with the rest of the stock.
9. Bring to a boil and then simmer for 15 mins.
10. Add the tomato sauce and give it a good stir.
11. Stir in the coconut milk and leave to simmer for 15 minutes and then serve.

Add mushrooms, even
peas if your children love
them. This is delicious and
not too hot. A family
favourite.



Toad in the 'Hole'

Ingredients

1/2 cup unsweetened
almond milk
1/2 cup arrow root
powder
4 eggs
Salt
12 sausages

This is a fabulous traditional
dish but just check the
ingredients on your sausages.

Method

1. Preheat the oven to 200c
2. Add the sausages to a deep oven proof dish and cook them for 20 minutes
3. Whisk together the rest of the ingredients and once the sausages are cooked pour the mixture over the sausages
4. Bake for 10-15 minutes until the 'yorkshire pudding' has risen and golden.



Immunity 'Soup' Bowl

Ingredients

2 tbsp. olive oil
1 can of chopped tomatoes
1/2 green chili finely chopped
2 cloves garlic crushed
1tbsp apple cider vinegar
1/2 thumb size of ginger
crushed
1 tsp turmeric
1 cup chopped spinach
1/2-1 cup grated cheese
2 eggs
salt & pepper

I had no idea what to call this but
its perfect for comfort, when you
have a cold and just improving
your immune system. Its lush too!
My girls love it with toasted low
carb bread and butter

Method

- 1.Heat the olive oil in a frying pan in a medium heat
- 2.Add the chili, garlic and ginger until fragrant
- 3.Pour in the can of tomatoes, apple cider vinegar, turmeric, salt & pepper and give a good stir
- 4.Once its bubbling mix in the cheese
- 5.Make a couple of holes and crack in the eggs.
- 6.Cook them on a low heat until done (roughly 10 minutes)

Pulled Pork

Ingredients

pork joint
1 onion chopped
2 cups bone broth
1 garlic bulb
Romaine lettuce
1/2 tsp rosemary
1/2 tsp oregano
1 tsp sage
1/2 tsp thyme
1/2 tsp coriander seeds
crushed

This is my hubbies recipe, he loves cooking this. His top tip is to remove the crackling and roast for a few extra minutes whilst shredding the meat.

Method

1. Pre heat the oven to 140c
2. Keeping the garlic bulb whole, chop the top off.
3. Add the onions and garlic (even the chopped bits) to the tin.
4. Mix the herbs together and with a little olive oil rub the mix into the skin
5. Place the pork on top of the onions
6. Pour in the broth.
7. Slow cook for about 6 hours.
8. Turn up the heat to 200c and crisp up the skin.
9. Take off the crackling and shred the meat with a fork.
10. Serve in romaine lettuce leaves



Published by Natasha De
Quincey

Text Natashas Low Carb
Kitchen
Photos Natashas Low Carb
Kitchen

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Sweet not sinful

HAVE YOUR CAKE AND EAT IT!

healthy baking
low carb, sugar
free

TASHA DE QUINCEY



Sweet Not Sinful

Tasha De Quincey

This is an eBook with recipes that my family love. They are not only delicious but healthy. They satisfy any sweet tooth on a low carb lifestyle.



Table of Recipes

4. Crispy Bars
5. Muffins
6. Cherry Bakewell Cakes
7. Peanut Butter Fudge
8. Cookies & Cream dip
9. Coconut & Almond nests
10. Lime & Coconut Cheesecake (dairy free)
11. Raspberry Layer Cream Cake
12. Vanilla Cheesecake
13. Cookie Dough Bars

A few notes. Low carb sweeteners are erythritol, stevia and monk fruit. Truvia is one available in most supermarkets and I also recommend a stevia liquid. When baking add small amounts and keep testing until you reach a sweetness to your own taste. Too much can result in a bitter taste.

Raw Cacao is 100% chocolate. Better options are available online but most supermarkets do these in a powder and as a bar. Measurements are in measuring cups rather than scales. I find this easier to put a recipe together. These are available from most shops.



Crispy Bars

Ingredients

½ cup raw cacao
1/3 cup almond butter
1 tbsp. coconut oil
A mix of:
Desiccated coconut
Almond flakes
Sunflower seeds
Pumpkin seeds
Sesame seeds
Hemp seeds
Mix of nuts (macadamia,
pecans)
1 tsp. truvia
Good pinch of salt

Method

1. Melt the chocolate, almond butter and coconut oil in the microwave for about 1 minute.
2. Simply add a mix of the seeds and nuts until well coated.
3. Pour into a lined bread tin and pop in the fridge to set.
4. Slice and keep refrigerated.

This really is a recipe great for the kids, as you can just throw it together with your favourite ingredients so experiment and have fun.



Muffins

Ingredients

¼ cup blueberries
¾ cup almond flour
¼ cup coconut flour
¼ cup butter melted and cooled
½ cup double cream or coconut cream
1 egg
2 tbsp. truvia
2 tsp. baking powder
2 tsp. vanilla
Pinch of Salt

Method

1. Preheat the oven to 170c and place 12 muffin liners in the tin.
2. Combine all the dry ingredients
3. In a separate bowl whisk together the wet ingredients and add to the dry ingredients
4. Fold in the blueberries
5. Fill each muffin case and bake for about 20/22 minutes.
6. Allow to cool completely.

This is a perfect muffin base and you can change it up by adding raw cacao, using raw cacao powder, raspberries or even keep them as plain vanilla. Let your kids decide.



Cherry Bakewell Cakes

Ingredients

- 1 cup softened butter
- 3 tbsp. truvia
- 2 cups ground almonds
- 2 eggs
- 1 tsp almond extract

Cherry Jam

- 2 1/2 cups of frozen cherries
- 2 tbsp. truvia
- 1 tbsp. arrowroot powder
- 3/4 cup water
- 1 tsp. vanilla

I love to top these with almond slices and you could add any jam that you enjoy.

Method

1. Divide 12 fairy cake liners between a cake tin and preheat the oven to 170c
2. Cream the butter and sweetener
3. Whisk in one egg at a time then add the ground almonds
4. Stir in the almond extract
5. Place a spoon of mixture in each fairy cake liner and then add a spoon of the cherry jam
6. Top each one with the rest of the mixture
7. Bake for roughly 15-20 minutes and allow to cool.

To make the jam:

1. Add all the ingredients to a pan (except the arrowroot)
2. On a medium heat bring to a boil and then simmer gently until thickened slightly. (about 10 minutes)
3. Whisk in the arrowroot mix and take off the heat to thicken.



Peanut Butter Fudge

Ingredients

1 1/2 cups double cream
2 tbsp. butter
1 tbsp. truvia
1/2 tsp. vanilla
1/3 cup smooth peanut
butter

Method

1. Line a loaf tin
2. In a saucepan add the cream, butter and sweetener.
3. Bring to a boil and then simmer gently for about 10-15 mins, stirring occasionally
4. Allow to cool slightly and whisk in the peanut butter.
5. Pour in the tin and add raw cacao to the top (optional)
6. Pop in the fridge to set.
7. Remove and slice into small squares.

Your kids will love this if they love peanut butter. Use crunchy nut butter for a snickers texture



Cookies and Cream dip

Ingredients

Cookie

1 1/4 cups ground almonds
1 tbsp. melted coconut oil
3 tbsp. butter
1/2 tsp. vanilla
1 tbsp. truvia

Cookie Dip

1/2 cup butter
200g soft cheese
2 tbsp. truvia
1 tsp. vanilla
1/4 cup crushed raw
cacao

When making the dip you can use an electric handheld mixer. If it begins to split then add 1 tbsp. of almond milk.

It will go hard in the fridge so take it out for half an hour before eating.

Method

Preheat your oven to 160c and line a baking tray.
2. Add all the ingredients to a food processor and whizz into a dough.
3. Roll into the shapes you would like and pop on your tray
4. Bake for about 10 -12 minutes. Let cool and refrigerate to avoid touching them or they will crumble.

1. On a high heat brown the butter in a saucepan (keep whisking until it turns brown with flecks)
2. Take off the heat and vigorously whisk in the rest of the ingredients (except chocolate) until it's all combined and smooth.
3. Once it has cooled stir in the chocolate.



Coconut & Almond Nests

Ingredients

1/2 cup coconut oil
1/4 cup cacao
3/4 cup desiccated coconut
3/4 cup sliced almonds
Truvia to taste

These are the girls versions
of the chocolate rice crispie
cakes

Method

1. Melt the oil and cacao on a low heat or in a microwave
2. Allow to cool slightly and then mix in the rest of the ingredients.
3. Put a good heap in fairy cake lining and pop in the fridge to set.



Lime & Coconut Cheesecake

Ingredients

Base

1/2 cup ground almonds
1/2 cup pecans
1/4 cup desiccated coconut
4 tbsps. butter
2 tbsps. truvia

Topping

4 ripe avocados
3-4 limes rind and juiced
1/4 cup truvia
1/2 cup coconut oil melted
1 tsp vanilla

Add the lime in small amounts. We love lime so add more. But no one will ever know this is made of avocados. !

Method

1. Line a 6" deep tin, spring form is best
2. In a food processor blend all the ingredients to form a dough like mixture
3. Press in to the base of the tin and refrigerate
4. In a food processor add all the ingredients for the topping and blitz until smooth. (taste test)
5. Pour over your base and leave to set for about an hour.
6. Serve with whipped coconut cream



Raspberry Cream Layer Cake

Ingredients

Cake Layers

1/4 cup coconut flour
1 tbsp. baking powder
125g mozzarella
30g cream cheese
1 egg
1 tbsp. melted coconut oil
2 tbsp. truvia
1tsp vanilla essence

Method

1. Preheat the oven to 170c and line two trays
2. In a microwavable dish add the mozzarella and cream cheese and melt in the microwave.
3. Mix in all the rest of the ingredients until you get a dough form
4. Divide the dough into three and roll into even circles and place on the trays. (you may need to do this between baking paper to avoid sticking or use your hands) or roll out and cut your circles.
5. Bake for roughly 12 minutes.
6. Remove and allow to cool
7. Layer with whipped cream or whipped coconut cream and raspberries.

This is so easy yet perfect for summer BBQs



Vanilla Cheesecake

Ingredients

2 cups Ground Almonds
2 tbsp. truvia
3 tbsp. melted butter
1tsp vanilla
16oz cream cheese
2 cups double cream
1/4 cup water
1 packet gelatine
1 tbsp. vanilla
1/4 cup of truvia

Method

1. Preheat oven to 180c
2. Line a spring form pan with baking parchment
3. To make the crust combine all the ingredients, taste test and then press into the base of the tin
4. Bake for approx. 10 minutes.
5. Remove and allow to cool.
6. Whip the double cream in a bowl.
7. In a separate bowl whip the cream cheese
8. In a small saucepan add the water and sprinkle the gelatine over the top. Let sit for a couple of minutes and then add the sweetener
9. On a gentle heat warm the water, until dissolved and then add the vanilla. (you can add half the sweetener and the rest later so you can get the right sweetness)
10. Whilst whisking add the gelatine mixture to the cream cheese.
11. Fold in the double cream into the cream cheese. Taste test and add more sweetener if required.
12. Add the cheese topping to your cheesecake base and pop in the fridge for a couple of hours or until set.

This is the base cheesecake for a multitude of epic flavours. Add blueberries, raspberries, use coconut cream, add raw cacao, or add the ganache , the list is endless.



Cookie Dough Bars

Ingredients

Cookie Dough Base

1/2 cup butter

2 tbsp. truvia

1 1/2 cups ground almonds

1/2 tsp vanilla essence

handful of broken raw cacao

Ganache Topping

1/2 cup double cream

1/4 cup raw cacao

1tbsp. truvia

This is Evie's recipe and is totally lush. You may not even want to wait for it to set!

Method

1.Line a loaf tin

2. Cream together the butter and sweetener

3.Stir in the almonds, vanilla and chocolate

4.Pop into the loaf tin and firmly push down then set in the fridge

5.Use a heat proof bowl over a saucepan of simmering hot water, add to the bowl the cream, chocolate and

sweetener and stir until melted.

6.Allow to cool slightly and then pour over the cookie dough.

7.Set in the fridge before slicing



Published by Natasha De
Quincey

Text Natashas Low Carb Kitchen
Photos Natashas Low Carb
Kitchen

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Food Planner

DIARY & TIPS

TASHA DE QUINCEY

TIPS

IF YOU ALWAYS DO WHAT YOU HAVE ALWAYS DONE
YOU WILL ALWAYS GET WHAT YOUVE ALWAYS GOT

1. Electrolytes are not an option but a must
2. Prep each week with shopping lists and meal plans
3. Ensure you have plenty of foods from the lists to grab.
4. Always check your ingredients!
5. Dont go hungry, we aren't on a "diet"
6. Dont fear fat or protein
7. The diary is important to look back on and see your changes other than scales
8. Keep nuts in your bag or car for emergencies

SUGARS

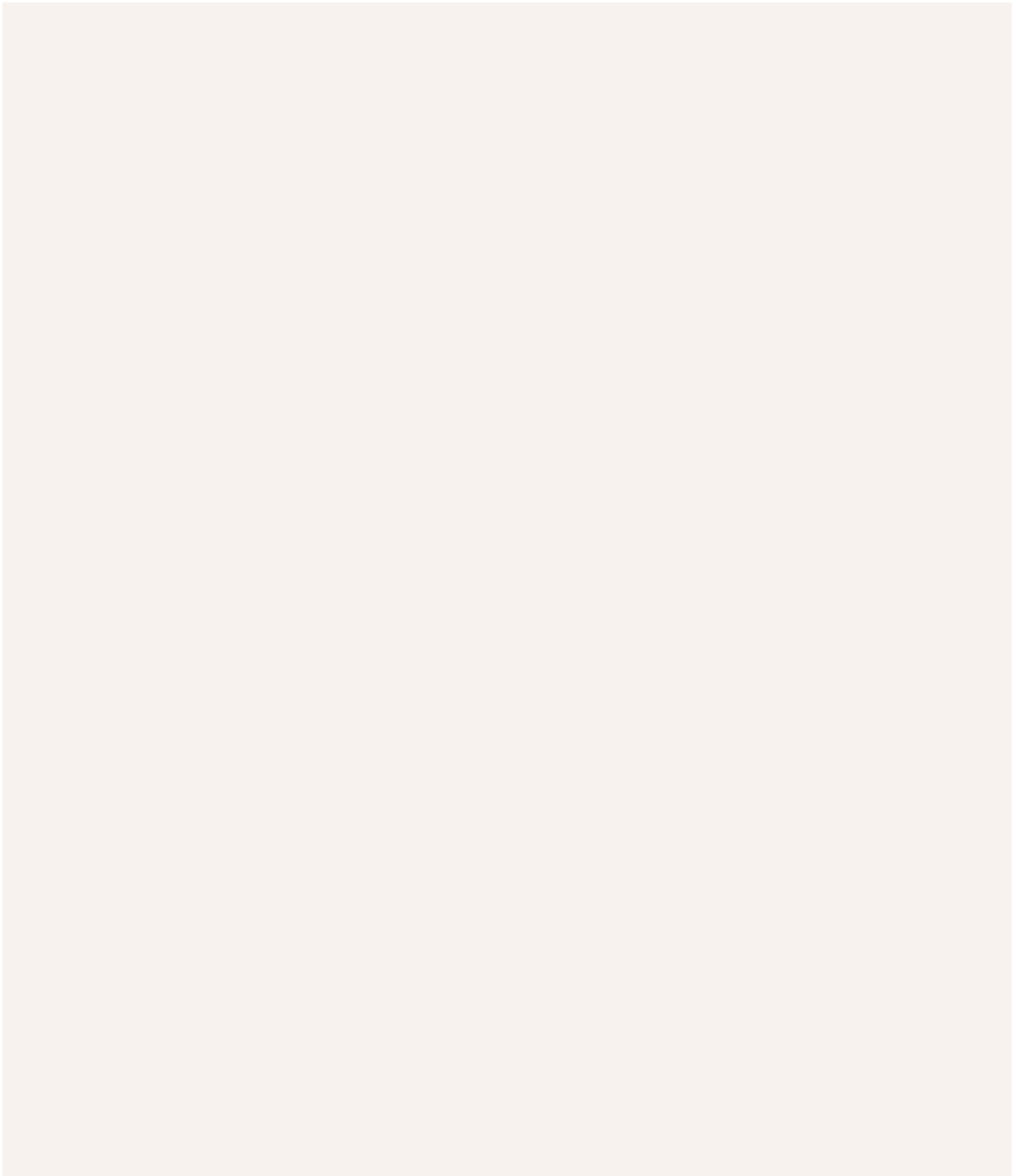
YOU DON'T HAVE TO EAT LESS, JUST EAT RIGHT

DEXTROSE	AGAVE
FRUCTOSE	BARLEY MALT
GALACTOSE	BLACKSTRAP MOLASSES
GLUCOSE	BROWN RICE SYRUP
LACTOSE	GRAPE SUGAR
MALTOSE	ICING SUGAR
SUCROSE	MALTRODEXTRIN
BEET SUGAR	MUSCAVOADO SUGAR
BROWN SUGAR	SUGAR
CANE JUICE CRYSTALS	AGAVE
CANE SUGAR	BARLEY MALT
CASTOR SUGAR	BLACKSTRAP MOLASSES
COCONUT SUGAR	BROWN RICE SYRUP
CORN SYRUP	CAROB
DATE SUGAR	CARAMEL
DEMERARA SUGAR	EVAPORATED CANE JUICE
DEXTRIN	FRUIT JUICE
GOLDEN SUGAR	FRUIT JUICE CONCENTRATE
GLUCOSE SYRUP	HONEY
GRAPE SUGAR	INVERT SUGAR
ICING SUGAR	MALT SYRUP
MALTRODEXTRIN	MAPLE SYRUP
MUSCAVOADO SUGAR	MOLASSES
SUGAR	TREACLE

This is not a comprehensive list but always check that these are NOT in the ingredients of your food!

SHOPPING LIST

THINK OF CRAVINGS AS STRAY CATS, IF YOU KEEP
FEEDING THEM THEY WILL NEVER LEAVE!

A large, empty rectangular area with a light beige background, intended for writing a shopping list.

WEEKLY MEAL PLANNER

PREPARATION IS KEY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Snacks

MONDAY

THINK HEALTH FIRST

Meals

Example Day

*1st Meal - granola and
unsweetened almond milk*

*2nd Meal - omelette with cheese
and bacon*

*3rd meal - chicken curry +
spinach
yoghurt + cacao powder*

Today's Goals

no snacking between meals

Diary

*I slept well last night and my skin
is significantly clearer. .*

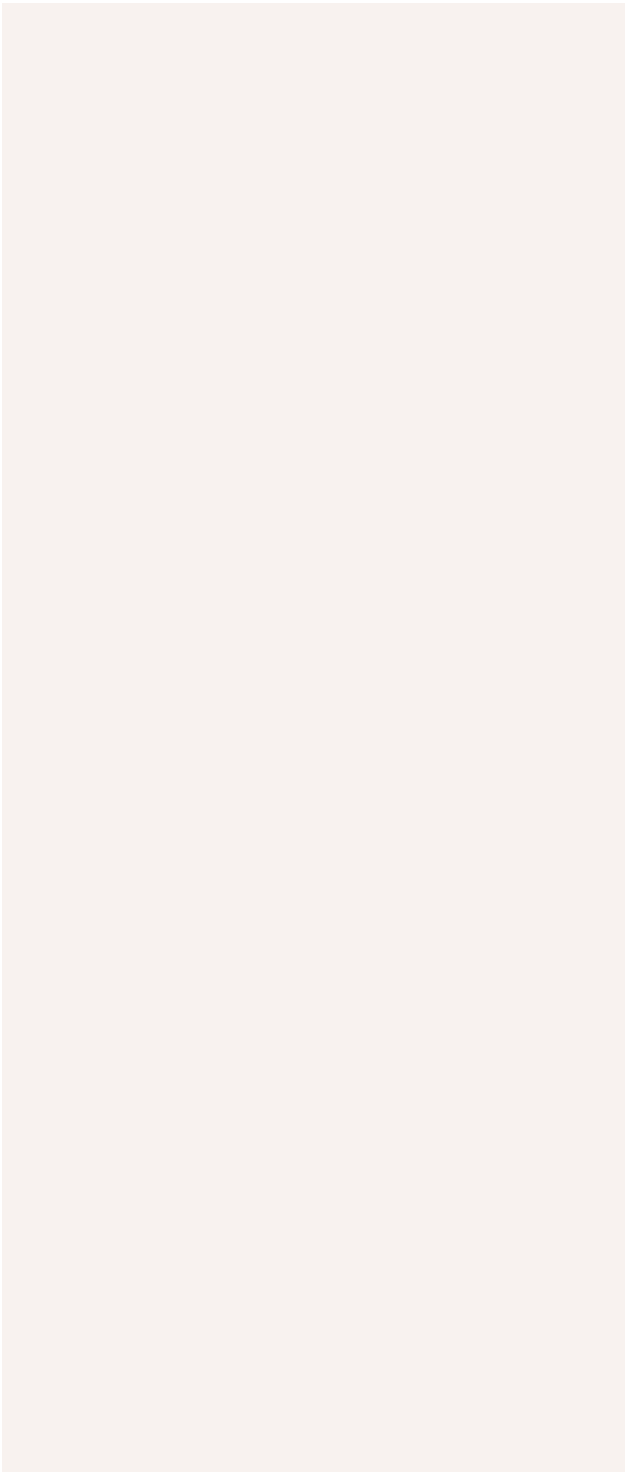
Recipes

*Granola - healthy low carb meals
eBook pg 4
Chicken curry - healthy low carb
meals eBook pg 10*

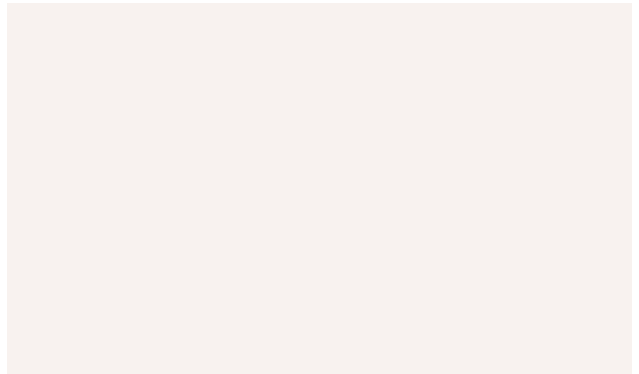
MONDAY

ONE DAY AT A TIME!

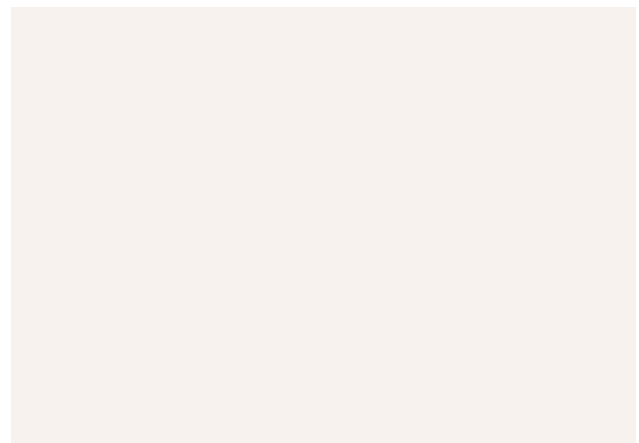
Meals

A large, empty rectangular box with a light beige background, intended for writing or drawing related to meals.

Today's Goals

A rectangular box with a light beige background, intended for writing or drawing related to today's goals.

Diary

A rectangular box with a light beige background, intended for writing or drawing related to a diary.

Recipes

Two stacked rectangular boxes for recipes. The top box is light yellow and the bottom box is light beige. Both are empty and intended for writing or drawing.

TUESDAY

FOOD IS FUEL NOT THERAPY

Meals

Todays Goals

Diary

Recipes

WEDNESDAY

ITS A LONGTERM LIFESTYLE

Meals

Todays Goals

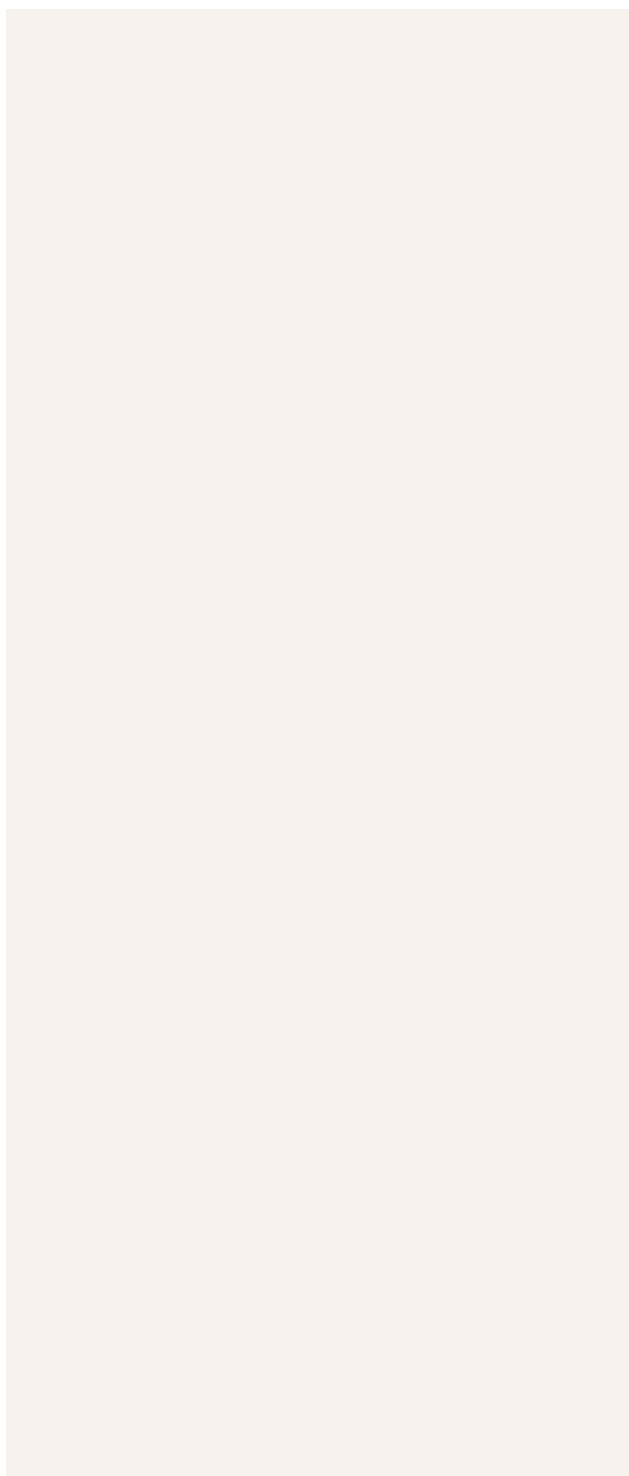
Diary

Recipes

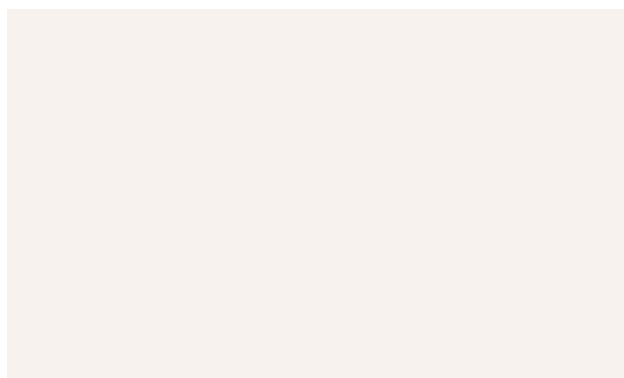
THURSDAY

DONT LET A BAD DAY TURN INTO A WEEK

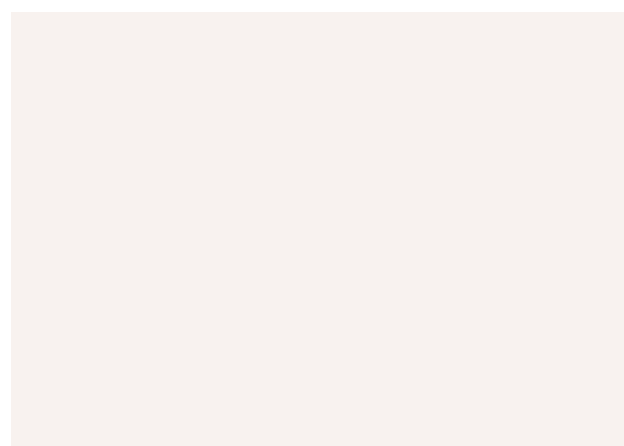
Meals

A large, empty rectangular box with a light beige background, intended for writing or drawing meal plans for the day.

Todays Goals

A rectangular box with a light beige background, intended for writing or drawing today's goals.

Diary

A rectangular box with a light beige background, intended for writing or drawing diary entries.

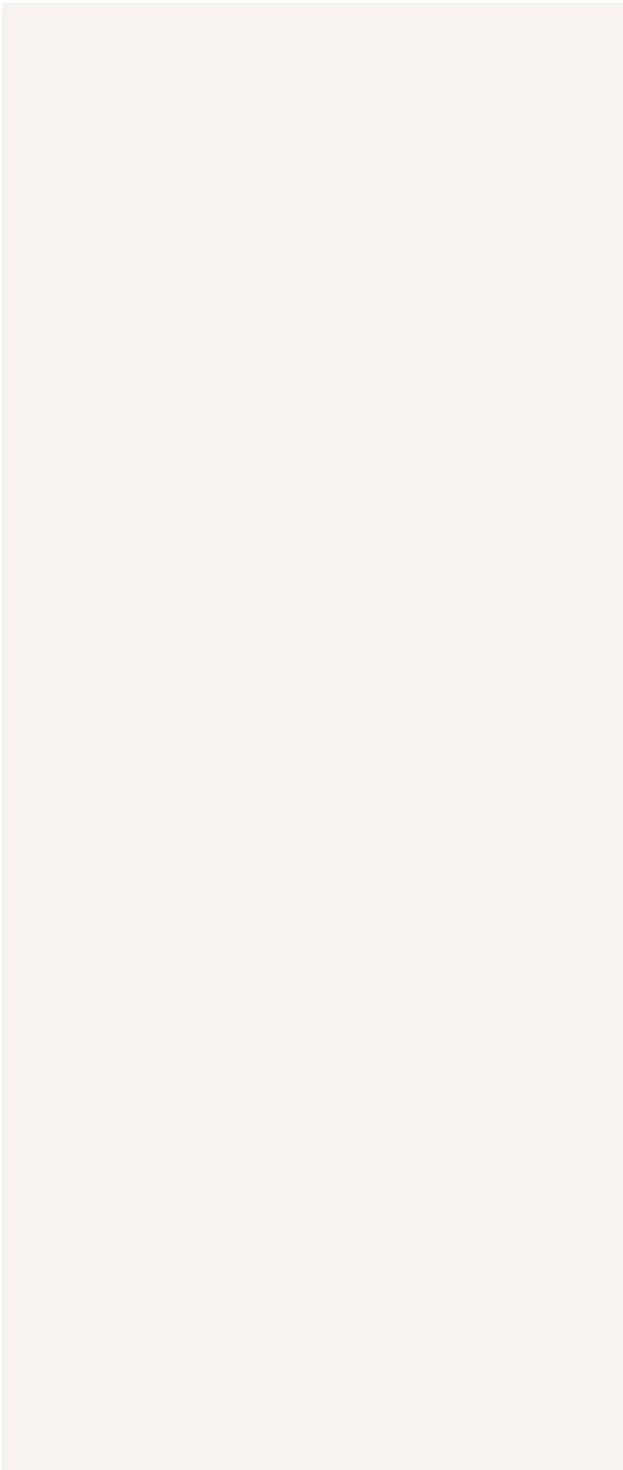
Recipes

A rectangular box with a light beige background, intended for writing or drawing recipes. It is divided into two horizontal sections by a thin line.

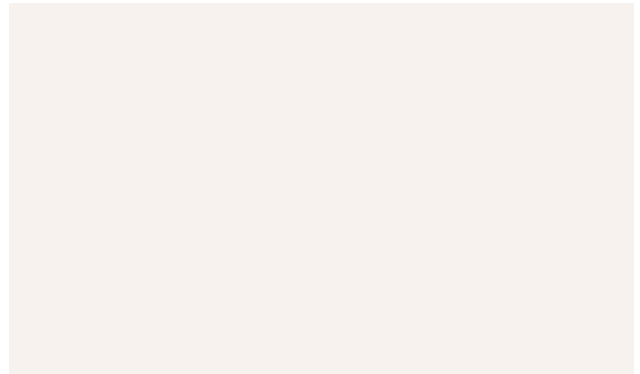
FRIDAY

YOU CAN LOVE YOUR BODY

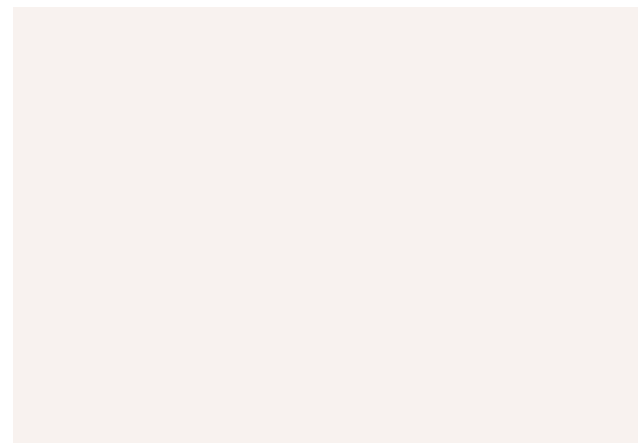
Meals

A large, empty rectangular box with a light beige background, intended for writing meal notes.


Today's Goals

A rectangular box with a light beige background, intended for writing today's goals.

Diary

A rectangular box with a light beige background, intended for writing diary notes.

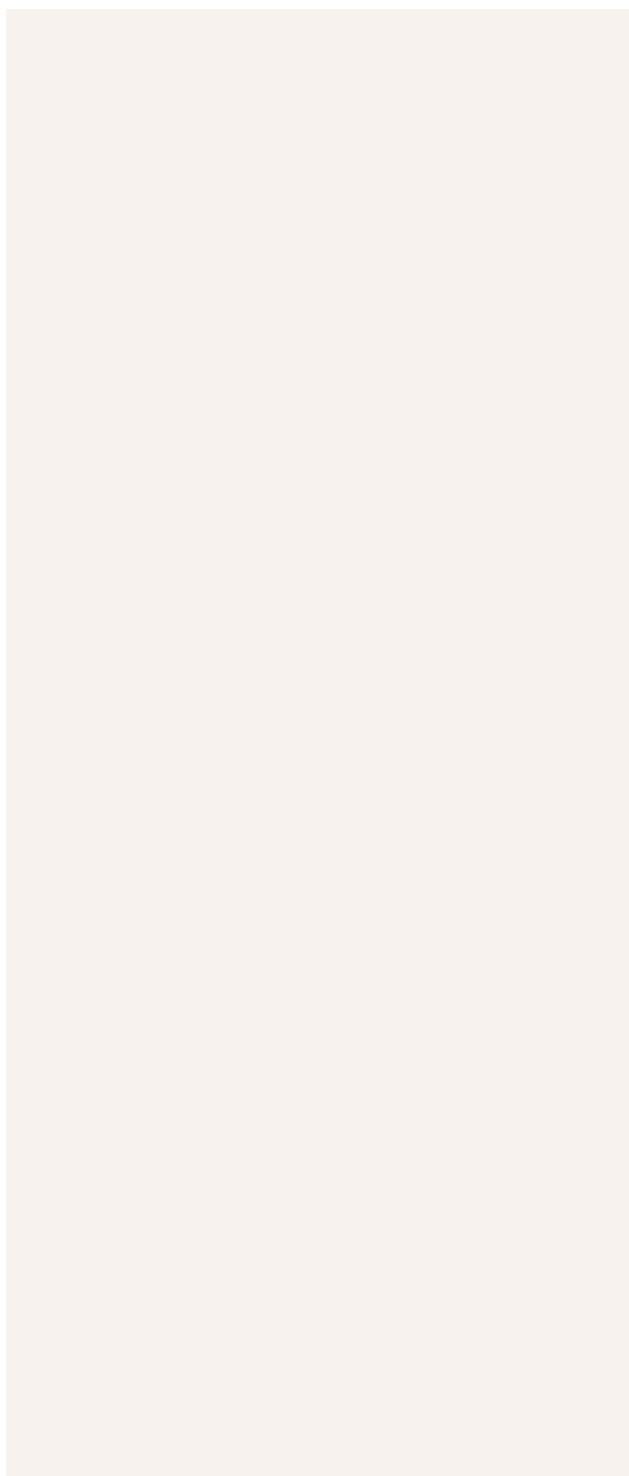
Recipes

Two stacked rectangular boxes for recipes. The top box is light yellow and the bottom box is light beige.

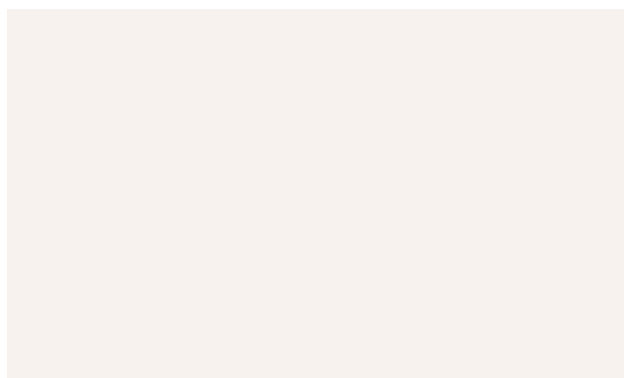
SATURDAY

THINK ABOUT WHY YOU WANT THIS

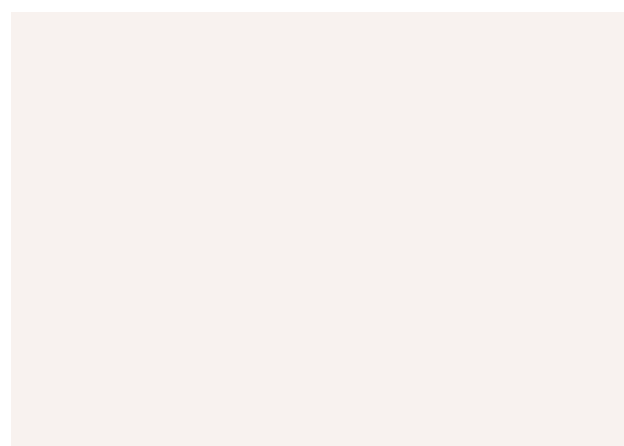
Meals

A large, vertical rectangular area with a light beige background, intended for planning meals for the day.

Today's Goals

A rectangular area with a light beige background, intended for setting goals for the day.

Diary

A rectangular area with a light beige background, intended for keeping a diary or journal.

Recipes

A rectangular area with a light beige background, intended for writing down recipes. It is divided into two horizontal sections: a top section with a slightly lighter beige background and a bottom section with a slightly darker beige background.

SUNDAY

AND THAT'S YOUR FIRST WEEK DONE!

Meals

Todays Goals

Diary

Recipes