



5 LOW CARB RECIPES

A sample day of low carb eating.



Breakfast Pizza

*This low carb breakfast pizza would be great for breakfast, lunch or dinner.
An easy and tasty meal that is only 2.1g net carbs!*



INGREDIENTS

12 eggs
½ cup cream
½ teaspoon salt
¼ teaspoon pepper
8 oz sausage
2 cups peppers, sliced
cup cheese, shredded

INSTRUCTIONS

- 1 Preheat oven to 350 degrees.
- 2 Add peppers to microwave for 3 minutes.
- 3 Brown sausage in cast iron skillet.
- 4 Take out and set aside.
- 5 Mix eggs, cream, salt and pepper together and add to skillet.
- 6 Cook for 5 minutes until the sides start to set up.
- 7 Add to oven and bake for 20 minutes.
- 8 Take out and add sausage, peppers and cheese.
- 9 Set under broiler for 3 minutes.
- 10 Let sit for 5 minutes.

(8 SERVINGS) 1 SLICE = 307 CALS / 24.3G FAT / 18.4G PROTEIN / **2.1G NET CARBS**

Creamy Chicken & Spinach Soup

Try this delicious, creamy chicken & spinach soup, that uses cauliflower cream sauce so it's dairy free, Paleo and low carb.



INGREDIENTS

8 oz mushrooms, sliced
1 Tablespoon olive oil
1 teaspoon crushed garlic
2 cups baby spinach, chopped
1½ cup cooked chicken, chopped
1 Tablespoon Better Than Bouillon (optional but recommended)
1 cup chicken broth or water

Cauliflower Cream Sauce

4 cups cauliflower pieces
2 Tablespoons olive oil
¼ teaspoon sage
¼ teaspoon thyme
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon crushed garlic
2 Tablespoons nutritional yeast (can sub grated Parmesan cheese)

INSTRUCTIONS

- 1 To make the cauliflower cream sauce, add your cauliflower to a pan and fill with water until almost covering the cauliflower.
- 2 Cover and cook until the cauliflower is fork tender. Drain but retain 1 cup of liquid.
- 3 Add to a blender with the retained liquid, olive oil, spices, nutritional yeast and garlic. Blend until smooth and creamy and set aside.
- 4 Add olive oil and mushrooms to a soup pan. Sauté mushrooms until they just start to brown.
- 5 Add garlic and sauté for 1 minute more.
- 6 Add bouillon, spinach and chicken broth and let simmer for 5 minutes.
- 7 Add your chicken and cook for 1 or 2 minutes until heated through.
- 8 Add your cauliflower cream sauce and continue to cook a few more minutes until all the flavors meld together. If you wish to it to be thinner, add more chicken broth or water.

(8 SERVINGS) 1 SERVING = 162 CALS / 7.2G FAT / 7.4G PROTEIN / **5.7G NET CARBS**

Blue Cheese Marinated Flank Steak

This blue cheese marinated flank steak is so tasty and easy. Only 2 ingredients for the perfect summer meal on the grill.



INGREDIENTS

- 1 large flank steak (1.5 lbs)
- 1 bottle blue cheese salad dressing

INSTRUCTIONS

- 1 Prepare the meat the night before.
- 2 Take a sharp knife and score the meat in a diagonal direction and then score the meat in a diagonal direction the other way. There should be a diamond pattern on the meat.
- 3 Flip the meat over and do the same thing on the other side. Make sure not to cut too deep.
- 4 Cover both sides of the steak with the dressing.
- 5 Place in a ziplock bag or container and refrigerate over night until ready to grill.
- 6 When ready to use, grill the steak as you would any steak, approximately 10 minutes per side.
- 7 Let the meat sit 5 minutes before carving to retain juices.
- 8 Carve against the grain for more tender pieces.

(6 SERVINGS) 1 SERVING = 535 CALS / 46.8G FAT / 25.3G PROTEIN / **3.4G NET CARBS**

Low Carb Gelatin Pops

These low carb gelatin pops are a delicious and easy treat for summer. Only 2 ingredients and 1.1 g net carbs for these creamy pops.



INGREDIENTS

1 4oz box of sugar free gelatin
½ cup boiling water
1 cup heavy cream

INSTRUCTIONS

- 1 In a bowl, add your gelatin and boiling water.
- 2 Mix until the gelatin is dissolved.
- 3 Add this mixture to a blender along with the heavy cream.
- 4 Blend on high until it gets nice and creamy.
- 5 Pour into your popsicle molds and freeze for at least 4 hours.

(6 SERVINGS) 1 SERVING = 145 CALS / 14.8G FAT / 1.2G PROTEIN / **1.4G NET CARBS**

Summer Squash Microwavable Chips

These are an easy and healthy snack to make when you are craving a bag of potato chips. You can use other vegetables and season with different herbs



INGREDIENTS

1 yellow summer squash thinly sliced
1 tablespoon coconut oil, melted
salt and pepper to taste

INSTRUCTIONS

- 1 Melt the coconut oil in the microwave for about 1 minute until melted.
- 2 In the meantime slice your squash very thin. A mandolin works great here for uniform size.
- 3 Toss the slices in the melted coconut oil.
- 4 Place slices on a microwave dish and season with salt and pepper or any spices you wish.
- 5 Cook for 5 minutes. Check and keep cooking for 30 second intervals until done.

1 SERVING = 131 CALS / 13.9G FAT / 0.9G PROTEIN / **1.6G NET CARBS**

I hope you enjoyed these recipes! If you ate one serving of all 5 recipes your net carbs would only be 18.1g. For more great recipes check out my new ebook **30 of the Best Low Carb Recipes to get you start on your low carb journey.**



You can find it [here](#).

And please stop by my website for more great recipes that are a mixture of low carb, Paleo and just some great recipes that my mom passed on to me.

[My Life cookbook.com](http://MyLifecookbook.com)

Denise