

SIMPLE

LOW CARB DIET LIFE

**Winter Flu:
10 Ways You
Can Avoid
Getting Sick**

**EATING HEALTHY:
Low Carb, Low Sodium**

**Low Carb
Spicy Broccoli
Cheddar Soup**

**Low Carb Almond
Chocolate Chip
Cookies Recipe**

Low Carb Travel *Series*

**WINTER SKIN: 9 Steps to
Keeping Your Skin Hydrated**



LOW CARB DIET LIFE

Winter | 2018

Low Carb Diet Life is heading into this winter season with the second edition of our low carb magazine: **SIMPLE** - Low Carb Diet Life. We enjoy creating the low carb diet life magazine for your entertainment and convenience.



SIMPLE

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A top-down view of a stainless steel frying pan on a wooden surface. Inside the pan is a fried egg with a bright yellow yolk and a white, slightly browned edge. A wooden spatula is resting diagonally across the pan, its head near the egg. The background is a wooden cutting board. In the bottom left corner, there is a pile of green, textured fabric, possibly a towel or a piece of clothing.

*Tired of
Eating This?*

Get *Fresh* **Low Carb Food Ideas:**
LOW CARB DIET LIFE



Time: 25 min | Serving: 1-2

Chicken Cream of Mushroom Soup

- 2 Chicken Breast (cooked, sliced)
- 1 Cream of Mushroom Soup (low sodium, can)
- 4 Chopped Baby Portobello Mushrooms
- $\frac{1}{4}$ c. Yellow Onions (diced)
- 1 tsp. Minced Garlic
- $\frac{1}{4}$ tsp. Powdered Black Pepper
- $\frac{1}{4}$ c. Sweet Peas (optional)
- 1 – 2 Slices Bacon

1-2 c. ⁵Water
LowCarbDietLife.com

Chicken Cream of Mushroom Soup

1. Slice cooked chicken breast and set aside.
2. Sauté mushrooms, onions, garlic, and bacon in a large skillet.
3. Add water and cream of mushroom.
4. Bring to a boil and then reduce heat.
5. Add sliced cooked chicken breast and thawed frozen sweet peas.
6. Let simmer on low-medium heat for 20 minutes.



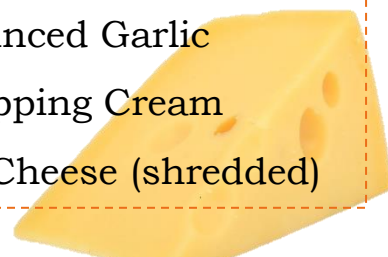
Time: 25 min | Serving: 1-2

Low Carb SOUPS

- *Spinach & Turkey*
- *Chicken, Kale & Avocado*
- *Chicken, Sausage & Shrimp Gumbo*

Spicy Broccoli Cheddar Soup

- 2 c. Broccoli (chopped)
- 1 can Low Sodium Chicken Broth
- 4 inches Turkey Sausage (cubed)
- $\frac{1}{4}$ c. Yellow Onions (diced)
- 1 tbsp. Diced Jalapeno
- 1 tsp. Minced Garlic
- $\frac{1}{2}$ c. Whipping Cream
- $\frac{1}{2}$ c. Cheddar Cheese (shredded)



1. Sauté sausage, onions, garlic and jalapenos in a medium skillet until warm.
2. Add chicken broth and broccoli.
3. Cover and bring to a boil over medium heat.
4. Once broccoli softens, add whipping cream cheese.
5. Reduce heat, stir and let simmer until cheese melts.
6. Garnish with cheese and enjoy while hot.



Leeks are like giant green onions, but with a mild sweet onion-like taste. Therefore, it can add a unique flavor to some of your favorite winter soups. However, the onion flavor is mild enough to be enjoyed as a vegetable side dish.



SIMPLE Low Carb Side Dish

Time: 10 Mins | Servings: 4 | 4 carbs
Sauté: 1 Chopped Leek + 8 oz. Bag of Spinach
+ 1 Garlic Clove + 1 tsp. Coconut Oil + 1 tsp
Unsalted Butter + Salt + Pepper

Sauté the white and light green part of leeks
until tender, then add spinach.

Nutrition Facts:

Leeks are high in manganese, iron, folate, vitamins A, B6, C, and K. One cup of raw leeks contains over 50% and nearly 30% of our daily need for vitamins K and A, respectively.



10-Piece Stainless Steel Cookware Set

\$139.99 + ***Free Shipping***

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Feeling the Chill of Winter?

Simple Ways To Stay Warm.



Winter Accessories:

Throw pillow covers are another way to warm up! Like clothes, they can help you retain body heat. And like food, they can be entertaining!



Wear Warm Clothes.

Wearing warm clothes protect your skin from the cold air and keep your natural body heat from escaping.

Drink Warming Teas.

Some low carb teas have properties that will increase blood flow and help you stay warmer.

Eat Warm Foods.

Eat warm low carb soups and stews with spices and herbs that can make you feel warm after finished eating.

Keep the House Warm.

At times, staying warm in the winter can be a challenging. So, in addition to warm clothes, teas, and foods – you can warm up your house with some of the following cozy ideas!

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Low Carb "Alternative!"

With sweets being everywhere during the fall and winter, being on a low carb diet calls for some creativity to keep from eating junk foods. Lighting candles are a fun and “low carb” way to warm up your house with fall and winter scents.

Popular Winter Scents:

Winter Berry, Pine,
Mulberry & Apple
Cinnamon



Honey Crisp Apple Cider

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Icy Blue Spruce

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French Vanilla

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Salted Caramel

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Balsam & Cedar

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Strawberry Lemon Ice

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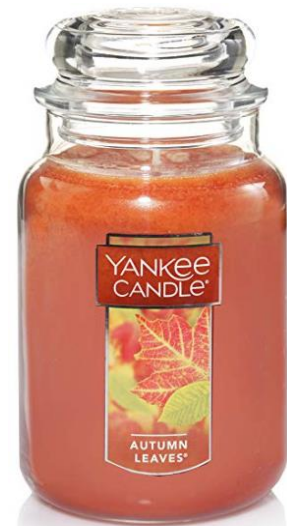
Mountain Lodge

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Vanilla Cupcake

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Water Bottle, Coffee Travel Mug, BPA Free

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Winter Skin:

*9 Steps You Can
Take to Keep Your
Skin Hydrated*



Learn More

1. Bundle Up
2. Use Gentle Cleansers
3. Avoid Hot Showers
4. Moisturize the Skin
5. Avoid Over Washing
6. Stay Hydrated
7. Remember, You Are What You Eat
8. Keep Your Blood Flowing
9. Drink Warming Teas

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W I N T E R F L U

**10 Ways You Can Avoid
Getting Sick!**



1. Wash your hands often, especially before touching your nose, eyes, or lips. Germs can enter any opening including the eyes, nose, and mouth. So be careful to touching your face or eating without washing your hands.
2. Use hand sanitizers when handwashing is not an option.
3. When shopping, use a disinfectant wipe to clean the basket before shopping. If you have a cold, use one afterwards too.
4. When possible, avoid people that have the flu. When a person yawns, talks, coughs, or sneezes invisible germs enter the air. So, if you are sick in public, cough and sneeze in your shirt whenever possible. In this way, you can avoid spraying germs everywhere because most of your germs can stay inside your shirt. Otherwise, germs will be in the air and on your hands and everything that you touch.
5. Do not share drinks or personal items with someone that is sick (i.e. lip balms, mascara, lip sticks etc.)
6. Wash your low carb fruits and low carb vegetables well before eating them.
7. Take a daily multivitamin and extra Vitamin C.
8. Drink low carb teas. Most low carb herbs and spices are natural broad-spectrum antibiotics. Many popular low carb winter teas are antibacterial, antiviral, and antifungal. Ginger, chai, pumpkin spice, chocolate, peppermint and orange teas are teas with health benefits.
9. If you have been around someone sick, eat more low carb green vegetables and drink low carb apple cider vinegar tea.
10. And last, but not least, get enough rest!



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Crossbody Bag


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Low Carb Turmeric Latte

- 
- 1 c. [Unsweetened Almond Milk](#)
 - 1 tsp. [Organic Virgin Coconut Oil](#)
 - 1 tbsp. [Sugar-Free Vanilla Creamer](#)
 - 1/2 tsp. [Organic Turmeric](#)
 - 1/4 tsp. [Organic Cinnamon](#)
 - 1/16 tsp. [Black Pepper](#)

Warm-Up With Some of These Spicy Teas **(Chai Tea)**



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HEALTH BENEFITS

Brew. Froth. Enjoy.

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Bullet Proof Coffee
The Original – Brain Fuel

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Low Carb Almond **Chocolate Chip Cookies**

Oven: 325 Bake: 20-25 min Serving: 12 cookies

1 c. Almond Flour

2 tbsp. Melted Unsalted Butter

$\frac{1}{4}$ tsp. Vanilla Extract

2 tbsp. Sugar Free Vanilla Creamer

1 tbsp. Lily's Sugar-Free Chocolate Chips

Dash of Sea Salt





4 Ways to Avoid Seasonal Depression

GET ENOUGH EXERCISE

When you exercise, your body produce and release endorphins. Endorphins are hormones that make us feel good. If you do this regularly, you will also lose weight and keep it off.

GET ENOUGH DAYLIGHT

Seasonal depression can be associated with limited daylight hours. Instead of turning in for the day at dark, keep the lights on for a few more hours to get some additional “daylight” hours.

EAT & DRINK FEEL GOOD FOODS

There are foods designed to make us feel good in the winter. For example, low carb chai lattes, low carb pumpkin spice lattes, and low carb dark chocolate contain “feel good” herbs and spices.

START A WINTER PROJECT

With the daylight hours being reduced, it can be easy to eat and then sleep the evening away. So, it is important to busy yourself with a winter project.
[Read more>>](#)





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WINTER TRAVEL Story

The Earthquake

I have traveled and live many places. So, at times, I would land in places that I was not very accustomed. Once, I spent a year on a tiny Island in the West Indies. Like most islands, the weather was warm during the day and pleasantly cooler at night. I slept with my bed pushed against the window. I tied the curtain up and out of the way so that I could catch every breeze blowing in from the mountainside.

Often, I would be awakened by the curtain slapping me in the face after the wind had forced it to untie and swing freely. Then, at other times, I would be awakened by the rain flying in through the window. I slept really great on this mostly peaceful little island.

One morning I woke up to a series of missed text messages from the locals that I knew. There had been an earthquake during the night! It woke them up, but I slept straight through the first earthquake I had ever experienced. They said that it had shaken them from their sleep. It must have been rocking me to sleep, because I did not notice a thing.

Continued, p. 29



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Rechargeable Handwarmer

\$26.99 + Free Shipping

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LOW CARB TRAVEL SNACKS



Perfect Bar Peanut Butter (Mini) 100 Calories, 6g Fat, 8g Carbs, 5g Protein, 20 mg Sodium- Case Of 20

GET



Perfect Bar Almond Butter (Mini) 100 Calories, 6g Fat, 9g Carbs, 4g Protein, 20 mg Sodium- Case Of 20

GET

Low Carb Airport Meals

- **McDonald's**
- Egg, Cheese & Sausage
 - **Wendy's**
 - Deluxe Salad
 - Chili & Side Salad
- **Panda Express**
- Meat & Veggie Combo
 - **Retail Stores**
 - Beef Jerky, Nuts

“The Travel Blog eBook is such an informative and precise guide for not only bloggers but any traveler. The step-by-step preparation before venturing off to a foreign country is a life saver! As attention to those often-absent details prove to make the trip all the smoother. Thank you for the insight and guidance!” – Chivon



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The Apple

While living on the island of Grenada, I ate a “bizarre” tiny apple from the grocery store. I only bought the apple because it was way cheaper than the imported apples that I was familiar with. Not really knowing what I was eating, I ate the whole thing in about 2-3 bite. Although, I felt perfectly fine before (or so I thought), my ears were unstopped, and my frontal sinus cleared up! I could suddenly hear, breath, and I even see better – it was amazing! Years later I accidentally discovered what I had eaten...



Sugar-Free Honey Crisp Apple Gum

Try This

HEALTH



LOW CARB, LOW SODIUM

High Blood Pressure

A low carb, low sodium diet can be challenging at first. But knowing what to AVOID and what to ADD can make life easier.

AVOID:

Sugar, Salty Foods (Sodium)*

ADD:

Protein, Healthy Fat,
Potassium

Sodium

*Sodium is an essential electrolyte required by the body. However, excess sodium (salt) can lead to high blood pressure, stroke, and kidney disease.

Potassium

Potassium is *the* electrolyte required to keep blood pressure regulated. Potassium is not produced by the body! Therefore, each day we must get enough potassium in the foods we eat!

Health Benefits:

Lower blood sugar levels, lower blood pressure, and lower cholesterol

Low Carb, Low Sodium Nuts



50 g = About ½ Cup

Raw Almonds

50g = 11g Carbs, 0.5mg Sodium, 352mg Potassium



Pistachios

50g = 14g Carbs, 0.5mg Sodium, 512mg Potassium



Brazil Nuts

50g = 6g Carbs, 1.5mg Sodium, 330mg Potassium



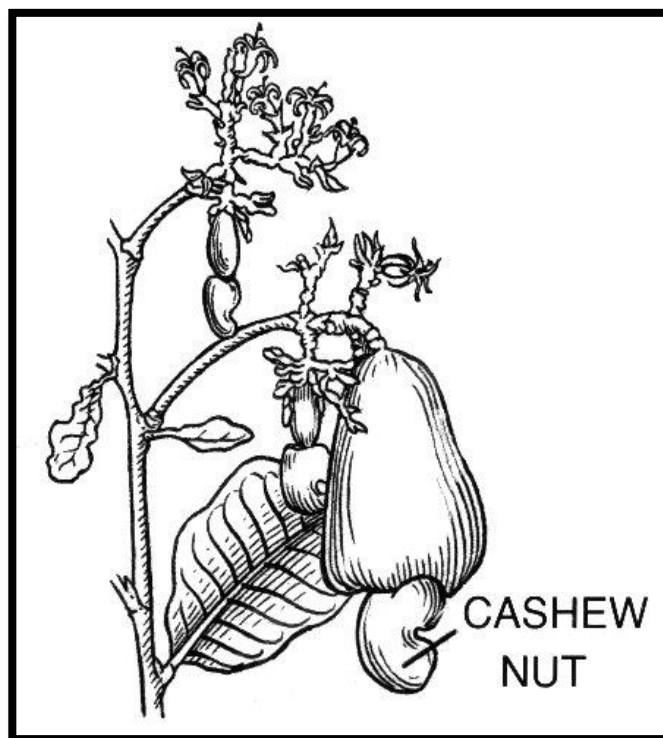
Planting My Cashew “Bush”

Years later after returning home to the States, I realized that I had become spoiled to the taste of high-quality nuts that were sold inexpensively on the island. So, one day I was fed up with paying too much for good tasting cashews and disappointed with the taste of less expensive cashews!

So, while fussing about the matter, I said to a friend of mine: “I am going to plant my own cashew tree or bush—whatever it is.”

Realizing that I had no idea what kind of cashew “tree” or “bush” I needed to plant, I decided to research.

To my amazement, I discovered that the cashew is the seed of the “bizarre” little apple I had eaten on the island. I am still amazed by this wonder of creation.



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