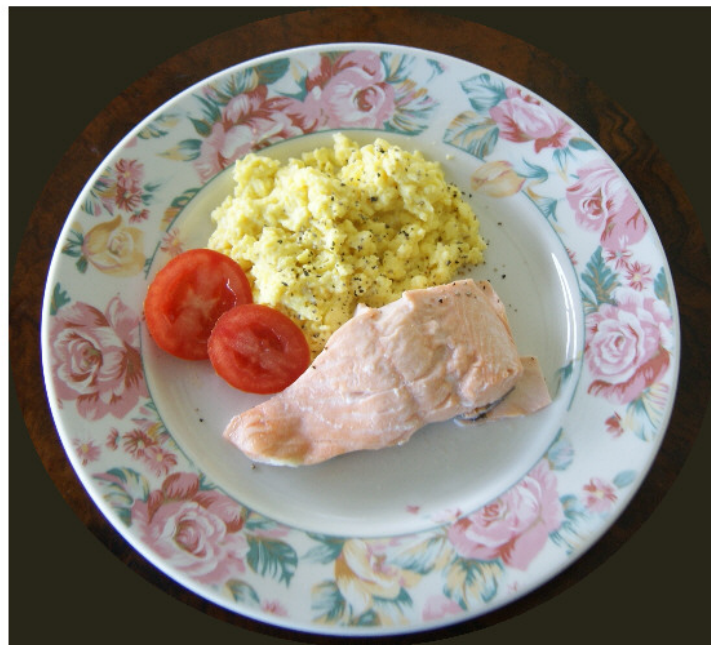


AUNTY LIL'S

LOW-CARB DIET



EASY UNIT COUNTING SYSTEM

A Low Carb Diet isn't about eating loads of fat and protein with no fruit or vegetables



L N Woodward

Contents

Introduction	2
Foods to avoid	5
The Easy Low-Carb Counting diet.....	6
The Rules.....	6
.....	7
The 50 Meals.....	7
.....	8
Salads.....	8
Stir-frys.....	9
Cheese Meals.....	9
Meat & Poultry Meals.....	10
Fish.....	11
Desserts & Other meals not containing protein.....	12
Alcohol.....	13
Quiche Mixture.....	14
Low Carb Recipes.....	14

INTRODUCTION

I originally wrote this diet in 2003 when the Atkin's Diet was really popular and am still keeping the weight off by avoiding sugary and starchy foods wherever possible. I have also noticed that as I've got older, it has become more difficult, so I have had to cut down on the amount of fat I eat as well, which can only be a good thing really. So if you find, just cutting out the carbs doesn't work well for you, cut down on your fat intake as well.

With the increasing popularity of Low-Carbohydrate diets, I decided it would be a good idea to write a book that anyone could pick up, choose a meal containing the amount of carbohydrates they required, simple day to day recipes that people could make from the most common foods they have in their fridge or store cupboards and quick to make, as most people are too busy to spend hours in the kitchen these days.

Following a low carbohydrate regime myself and encouraging friends and family to do the same, I was faced with the same question time after time. "What can I eat?" ... "I don't understand how to read labels!" ... "If someone gave me a menu to follow I could do it, but I'm not very good at thinking up meals" ... "I can't be bothered to look through the list of low carbohydrate foods and it's difficult to understand the different quantities!".

I had been following a low-fat diet for the last ten years or so and found myself increasingly hungry, yearning for snacks and having great trouble keeping off the weight. I was feeling deprived of all my favourite foods and after days of eating, what I considered to be 'bland' food, the Bathroom scales always seemed fixed on the same number or a couple of pounds higher. It was very depressing. Of course, low carbohydrate diets aren't for everyone but it suits me perfectly and I can't imagine ever putting on weight again.

At first, I half-heartedly started looking at the science behind low carbohydrate diets and as I read more, I thought I'd give it a go. I always thought, if you cut out sugar, you'd still be storing the fat you ate and lose valuable muscle instead but I was wrong, sugar is the bad guy, causing all sorts of diseases.

I'm not a doctor or dietitian but truly believe that sugar is the main culprit for a lot of our modern diseases.

Professor John Yudkin wrote a book about it in the 70's and was ridiculed but now all his theories are being taken seriously. His book 'Pure White and Deadly: How sugar is killing us and what we can do to stop it' was re-published in 2012

When you eat sugar or starchy foods, your body produces insulin and that insulin likes to turn the sugars into fat. So, while I thought I was eating a healthy low-fat diet, I was still taking in too many carbohydrates and my body was converting these to fat. I always thought if you don't eat fat, you can't get fat. **WRONG!!**

I wasn't actually that overweight (5' 6" – 10st 2lbs) but being small framed every ounce of fat shows on me and I didn't like it. Besides which, my waistbands had become too tight and I didn't want to go up a dress size.

I decided to start by cutting down to between 50 and 100 grams of carbohydrates a day and, I also decided it would be a one week experiment. I couldn't believe the results. Within a day my weight started to come down. In 5 weeks I came down to 8st.12lbs and I felt great.

Years later, I have still kept the weight off by continually watching the amount of carbohydrates I eat each day. I know if I just ate anything I fancied, the weight would soon pile back on.

A lady I know who lives near me, went on the Atkins Diet the same time as me. She had a bad heart and an under active Thyroid, which meant it was very difficult for her to lose weight because an under active thyroid means your metabolism is slower than normal. She is over 70 years old now and looks wonderful. She has to go for check ups at the hospital because of her medical conditions and her cholesterol is perfectly normal as is her blood pressure. She just lives on a low carbohydrate diet and says she feels great. The hospital are really pleased with her. So, if she can lose weight, I believe anyone can. She's a shining example to anyone who says they can't lose weight because it's in their genes.

When you go on any kind of slimming diet, you have to change the way you eat. There's no point in following a diet plan, only to go back to your bad habits and pile the weight back on. It has to be a permanent way of life. All diets work. You just need to follow the rules and find one that suits you personally. Most people who say they can't lose weight and they hardly eat anything all day are probably cheating. You need to choose foods that you can have plenty of instead of the fat causing ones that make you gain weight in no time at all.

If you love chocolate, you really can't have more than a small bar a day at the most. Things like bread and butter are really bad. Packed full of carbs and fat, as are pizzas and jacket potatoes with butter and cheese.

As we get older, it becomes harder to keep the weight off as our metabolism slows down. But that means, you don't need to eat so much food to keep you sustained. Most of it is in the mind. We think we're hungry when we're not. Quite a lot of the time, we'll snack because of boredom or emotional upsets. And say things like "I need comfort food, like biscuits and chocolate" which we really don't. They actually make you feel worse in the long run and you'll soon be dipping into that biscuit tin again when you have a sugar crash. Much better to eat even more sensibly when under stress.

Keep yourself busy with hobbies. It's good to exercise but if you're not able to, it doesn't mean you can't lose weight. You need to do an awful lot of exercise to burn off calories and then, that exercise makes you hungry again. So, although good for fitness and toning muscle, not great for weight loss.

Having said all that. You have to have some treats. I myself have an Indian takeaway every Saturday evening. I try to limit the amount of Rice, Poppadums and Naan bread I eat but then I might have a bar of chocolate for my dessert because I decide I deserve it after being good all week. But be careful with your treats. You'll start off by being good but then you might find they start to get bigger. And then you'll tell yourself the diet doesn't work any more. I try really hard not to have treats during the week and find that way, I don't actually miss them. Sweet foods are very addictive so once you cut them out all together, you suddenly realise you don't really miss them at all.

We've all been conditioned to have Potatoes, Bread, Rice or Pasta with our meals and it seems strange not to. But if we'd been brought up to have something like Broccoli or Lettuce with every meal we wouldn't think it strange at all. You have to condition yourself to a new way of eating meals. Potatoes are only another vegetable, just choose a different vegetable to add to your meal, then you'll still have your 'meat and two veg'. It seems strange at first but after a week or so, it just seems natural and, you won't be craving biscuits and those other high carbohydrate snacks.

Just try this diet for a week like I did and if you follow it without cheating, the rewards come quickly. It is so encouraging to see half a stone disappear in a week. Of course this isn't all fat in the first week, everyone loses water when they first start a diet, which is why it's important to drink plenty. (Not alcohol though :)

If you want to, you can have as little as 4 units per day but if you do, it would probably be beneficial to take a vitamin supplement (without iron – this contributes to constipation). Make sure you drink plenty of fluids each day to help flush the baddies away and eat plenty of the free vegetables to keep you from being constipated, if that becomes a problem. If you feel unwell by cutting down on your carbohydrates drastically, it will be withdrawal symptoms where your body is craving carbohydrates. This usually passes quite quickly, but if you feel really unwell then 'up' your carb intake a little. Then gradually cut down again'

If you are going to follow a low carbohydrate diet, then you really shouldn't cheat. If you have been eating a lot of fatty food and then binge on sweets or other carbs, the weight will pile on even quicker than before. So be warned!

As with all diets, you should check with your GP if you have any medical condition which might be affected by dieting.

Foods to avoid

- ☒ Carrots
- ☒ Bread
- ☒ Pastry
- ☒ Flour
- ☒ Biscuits
- ☒ Cakes
- ☒ Sweets
- ☒ Chocolate
- ☒ Sausages – unless, no rusk or grain added
- ☒ Beefburgers that are not 100% beef
- ☒ Sweetened sauces
- ☒ Sauce mixes
- ☒ Peas
- ☒ Bananas, Grapes and other high fructose fruit – generally Tropical fruits
- ☒ Potatoes
- ☒ Rice
- ☒ Pasta
- ☒ Sugar
- ☒ Starch (added to sauces and gravies)

The Easy Low-Carb Counting diet

The Rules

1. Choose 3 meals per day containing protein, e.g. Eggs, Meat, Fish, Poultry, or Cheese from the 50 meals listed. You can add two meals or more together e.g. You may want to have Chicken drumsticks with Cabbage & Bacon and Stuffed Eggs. Just make sure you add all the units together.

2. Extra allowances: Add up the units you have used during the day (Use a calculator if you have problems adding up decimals). Choose your extra allowances from the 'Rewards' list at the back of this book. Or, if you prefer, choose your own extra allowances by reading the carbohydrate content on food labels.

1 unit = approximately 5 grams of carbohydrates.

If you would like to lose weight quicker, try to avoid the 'extras' but don't go under 4 units per day. 4 Units is equivalent to the Atkins Induction.

3. Free choice of Meat, Fish, Cheese, Eggs, Poultry (excluding meat products such as sausages and beefburgers or Cottage cheese which have added ingredients containing carbohydrates – If in doubt look at the carbohydrate content on the label. It should be 0.

Free choice of Margarine, Butter, Cooking Oil, Olive oil and any other types fat. Again, check labels for any hidden extras. You may eat as much as you like of any foods that have 0 carbohydrates.

4. Avoid drinking too much tea or coffee, as the caffeine content in these is dehydrating. And remember, if you drink tea with milk this will be high in carbs.

Milk is 7 units per pint. (All kinds). Count every cup of tea/coffee with 20ml of milk as 1/4 Unit. If you have sweeteners in your tea/coffee count these as an extra 1/4 unit per cup.

5. Drink at least 3 pints of fluid a day. You can drink low-carb drinks but if you drink Cola make sure it is the caffeine free type and count 1 unit for every 5 x 1/2pt. glasses.

6. Your total daily allowance should add up to 10–16 units per day. If your metabolism is particularly slow, you may want to cut this down a bit lower. Or, cut down on the amount of fat you are eating within your meals. The lowest amount of units you should have is 4 per day.

7. Do not eat: Sugar, Potatoes, Bread, Rice, Pasta, Peas, Fruit, & Fruit juices. These all contain a lot of carbohydrates. Some of these may be included in very small quantities in the recipes but be very careful with your measurements.

8. If quantities aren't mentioned in a meal, it means you can have as much as you like of that item, it will have only a trace, or no carbohydrates at all in it.

9. If you follow the diet correctly, you should find:

- i) You are never hungry
- ii) You don't crave sweet snacks
- iii) Your appetite should lessen and you will find you don't want such large helpings.
- iv) You will feel much more energetic. Too many Carbohydrates make you lethargic.

10. Free choice of the following 'basic' salad vegetables in sensible proportions:

Lettuce (all types), Radish, one small tomato, watercress, cucumber, celery.

11. Free choice of the following vegetables with your meals in sensible sized portions: Cabbage, Green Beans, Broccoli, Cauliflower, Courgettes, Green Pepper, Celery, Endive, Mushrooms, Spinach, Swiss Chard.

The 50 Meals

Egg Meals

Fried eggs, bacon, mushrooms, one slice Low-calorie bread toasted, spread with butter or margarine.
1 small tomato raw, fried or grilled.
2.5 units

Scrambled eggs on one slice low calorie bread, plain or toasted with butter or margarine.
2.5 units

Mushroom and bacon omelette served with one slice low-calorie bread, Toasted or plain, buttered.
2.5 units

Poached eggs with Anchovies. Serve with 'Basic' salad if required.
0 units

Mixed Herb Omelette. Two small grilled tomatoes, Bacon slices grilled or fried.
1/2 unit

Ham omelette. Serve with basic salad or free choice vegetables. (See 'rules' page)
0 units

Bacon, Cream & Cheese Omelette (see recipe)
0 units

Tomato, Onion & Garlic Omelette. Served with 'basic' salad or free choice of vegetables. if required.
1 unit

Onion, Bacon & Mushroom Omelette. Average helping of Cauliflower cheese or broccoli cheese.
0.75 units

Quick-fry Pastryless Quiche (see recipe). Served with basic salad.
0 units

Stuffed Eggs (see recipe). Serve with 'basic' salad
0 units

Devilled eggs (see recipe) Serve with 'basic' salad.
0.25 units

Eggah (see recipe). Eggah is very similar to an omelette but it is much firmer and you can slice it up to eat as a snack or lunchbox filler.
0 units

Salads

The suggestions below are a guide. You may want to swap the dressings around to your own taste. If it was up to me, I'd have mayonnaise with everything!

Salmon & Prawn Salad. Large helping of Salmon & Prawns. Lettuce, cucumber, one small tomato, one spring onion. 2 tablespoons cocktail sauce (see recipe) or Sauce Hollandaise.
1.25 units

Turkey salad. Large helping of Cooked turkey, sliced. Lettuce, watercress, Chicory head, Mixed herbs with Mustard and Olive oil dressing (see recipe)
0.5 units

Smoked Salmon salad. Smoked salmon, Lettuce, cucumber, one small tomato. Lashings of mayonnaise.
0.25 units

Smoked Trout salad (see recipe)
0.5 units

Cold Roast Beef, Lettuce, cucumber, 3 Cherry tomatoes. 1 tspn Horseradish Sauce.
0.75 units

Salads contd ...

Hard boiled Egg chopped and mixed with two small chopped tomatoes and Mayonnaise. Serve on a bed of lettuce and garnish with cucumber.

0.5 units

Cheese cut into fingers. Cucumber cut into small sticks. Celery cut into sticks. One tablespoon each of cocktail sauce, mayonnaise and tomato ketchup. Dip the finger food into whichever sauce you want.

1 unit

Smoked cheese and nuts. (see recipe)

0.75 units

Greek Salad with cheese, onion and tomatoes. (see recipe)

2 units

Stirfrys

Stir-Fry chicken in Dijon mustard with Mayonnaise. (see recipe)

1 unit

Stir-fry Turkey strips with Spring Onions, Ginger and Turmeric. (see recipe)

1 unit

Chinese Stir-fry.(see recipe)

1 unit

Cheese Meals

Welsh Rabbit (see recipe)

2 units

Giant Mushrooms with pizza topping (see recipe)

1 unit

Stuffed Mushrooms (see recipe)

0.75 units

Cauliflower cheese. Make white sauce (see recipe) Stir in 2 ozs grated cheese, stir over low heat until melted. Pour over cooked cauliflower and grate some more cheese over the top. Put under pre-heated grill until cheese has melted and gone golden brown.

0 unit

Cheese meals contd ...

Cauliflower with three cheeses (see recipe)

0 units

Cheesy vegetables. Grate cheese over a selection of pre-cooked vegetables. Choose from the following: Cabbage, Green Beans, Broccoli, Cauliflower, Courgette, Green Pepper, Celery, Endive, Mushrooms, Spinach, Swiss Chard. Place under pre-heated grill for a few minutes until cheese has melted.

0.25 units

Cheese omelette. (see recipe)

0 units

Meat & Poultry Meals

BLT: 2 slices reduced calorie bread, buttered. Crispy Lettuce leaf, 1 small tomato, sliced. 4 slices back bacon, smoked or unsmoked and mayonnaise. Make into a sandwich.

3.5 units

Roast Lamb, Gravy made from beef stock cube, flavour with 2 teaspoons mint sauce. 1 small new potato, vegetables from 'free choice'.

2.5 units

Roast Chicken, Cabbage with bacon (see recipe) Vegetables from 'free choice'

1 unit

Roast Beef, Horseradish sauce, Cauliflower cheese. Vegetables from 'free choice'

0 units

Cabbage stuffed with minced beef (see recipe)

1 unit

Cabbage & Lamb Hotpot (see recipe)

1.5 units

Roast Pork, Apple sauce(see recipe) Chargrilled Green pepper slices. Vegetables from 'free choice'

0.75 units

Pork Chop with 1 tspn apple sauce (see recipe), Cabbage with bacon (see recipe)

1.5 units

Lamb Chop, grilled with dried Rosemary sprinkled on top. I like mine with some sauteed cabbage seasoned with garlic granules, salt and pepper

0 Units

8 -12 oz. Grilled rump, sirloin or fillet steak and Black pepper sauce (optional) (see recipe), 'basic' salad, mushrooms, one grilled tomato.

0.25 units

Chicken drumsticks, (You can eat the skin if you like). Serve with 'basic' salad or 'free choice' vegetables.

0 units

Chicken 1/4 , wing or leg. (You can eat the skin if you like). Serve with 'basic' salad or 'free choice' vegetables.

0 units

Chilli con Carne – without the beans (see recipe)

2.5 units

Fish

Omelette Arnold Bennett

0 units

Scottish salmon with herb butter (see recipe)

0 units

Cod, Haddock or plaice with cheese sauce (see recipe)

0 units

Haddock with Parsley Sauce (see recipe)

0 units

Haddock with Mustard sauce (see recipe)

0 units

Fish with cheesy topping (see recipe)

0 units

Desserts & Other meals not containing protein

2 ozs. Strawberries, Double cream and Artificial sweetener
0.5 units

2 ozs. Raspberries, Double cream and sweetener
0.5 units

Sugar free Strawberry Jelly and Double/Whipping cream
0 units

1/2 pint home made milk shake. Half and half double cream/water. Granulated sweetener, fresh pureed Strawberries or Raspberries (2 ozs)
0.5 units

Knickerbocker Glory, made with Sugar-free jelly, 5 strawberries, sliced, Whipping cream, 1 teaspoon sugar-free jam mixed with 2 fl. ozs. Whipping cream. Layer as desired.
1.5 units



Alcohol

Spirits such as Whisky, Gin, Brandy and Vodka etc. have no carbohydrates as such but are used by your body as if they did.

The list below shows 'equivalent' carbohydrate units per fl.oz. and per pint

Drink	<u>per oz.</u>	<u>per pint</u>
Ale, Brown or Pale	0.5	10
Ale, Strong	1	20
Anisette	3	60
Armagnac	3	60
Barley wine	1	20
Canned Bitter	0.5	10
Draught Bitter	0.5	10
Draught, Mild	0.25	5
Benedictine	5	100
Bourbon	3	60
Champagne	1	20
Chartreuse	4	80
Cider	0.5	10
Cognac	3	60
Cointreau	4	80
Gin	3	60
Irish Coffee	1	20
Keg Bitter	0.5	10
Kirsch	3	60
Bottles lager	0.5	10
Port	2	40
Rum	3	60
Sangria	1	20
Shandy	0.5	10
Sherry	2	40
Stout	0.5	10
Vodka	3	60
Whisky	3	60
Wine	1	20
Wine, sweet	1.5	30

RECIPES



Quiche Mixture

3 eggs
4 fl. ozs. mixed half and half water and double cream
2 ozs. grated cheese
0 units

Beat the eggs, cream and water together, then stir in the grated cheese.

Melt butter or margarine in a frying pan over a moderate heat. Pour in the quiche mixture, turn the heat down to 'low'.

Add Ingredients from the choice below, placing sliced tomato on the top (optional). When the quiche is nearly set, take the frying pan off the hot plate and place under a hot grill until the top is golden brown.

Either eat the Pastry-less quiche hot or dish up and leave to cool, slice up and eat as required.

Tip: Take slices to work as packed lunch.

Suggested fillings: These should be pre-cooked (except tomatoes)

Salmon & Broccoli

Broccoli & leek

Bacon & Tomato

Asparagus

Spring Onion

Mixed herbs

1 tblspn Chopped mixed peppers & Mushrooms (add 0.25 units)

Mix and match as required using vegetables from the 'free choice' list.

Or think up your own ideas for fillings

A real Quiche Lorraine shouldn't contain cheese, so make up the mixture without the cheese, using crispy bacon and tomato in the filling

Broccoli with Green Peppers

1 tomato
1 celery stalk
Pinch Garlic granules
1 small onion
1/2 green pepper, chopped
salt
Pinch Basil
Pinch Black pepper
1/2 lb Broccoli florets

Put all ingredients, except Broccoli, in a frying pan with a tablespoon of cooking oil. Fry for 2 minutes, stirring.

Place the Broccoli on top of the ingredients in the frying pan. Put a lid on the pan and cook for a further 15-20 minutes.

Dish up the broccoli on a plate and pour the rest of the contents and sauce on top.

1.5 units

Cabbage & Lamb Hotpot

1 tblspn Oil
2 large lamb chops
1/2 cabbage
Salt & Pepper
Pinch dried rosemary
2 oz. Tomato puree
2 fl. ozs water

Heat oil in saucepan and brown chops either side for a few minutes. Add all the other ingredients and cook for 45 mins on low heat.

1.5 units

Cabbage with Bacon

This is delicious served with Roast Beef, Chicken or Turkey.

2 tbsps Oil
1 small onion finely chopped
4 oz. smoked bacon, finely chopped
1 small cabbage, shredded
Salt & Pepper

Melt oil in large saucepan, add onion and bacon.
Cook for 7 minutes stirring occasionally.
Add the cabbage and stir for a few minutes until cabbage begins to lose volume.
Cook for a further 8-10 minutes.
Add some mushrooms and a chopped tomato for that little extra oomph!

1.5 Units

Cauliflower with three cheeses

If you're not keen on the types of cheese used in this recipe, you can substitute one, or all of them for your own favourite(s).

1 baby cauliflower or, equivalent cut from large cauliflower
2 fl ozs. double cream
1 oz. dulcelatte cheese, diced
1 oz. Mozzarella cheese, diced
1 tblspn grated parmesan cheese
black pepper

Cook cauliflower in boiling water for 8-10 minutes.
Stir cheeses with cream over gentle heat until the cheese has melted. Season with black pepper and pour over the cauliflower.

0 units

Cauliflower with mustard sauce

1/2 cooked cauliflower (hot)
2 tspns butter
6 fl ozs. double cream and water mixed 50/50
4 tspns mayonnaise
3 tspns mustard
1 1/2 tspns lemon juice
pinch cayenne pepper

Melt butter in saucepan, gradually add all the ingredients, except cauliflower.
Heat gently until nearly boiling.
Pour over cauliflower.

This sauce can be used for other dishes. Try pouring it over chicken and eating with salad.
0 units

Courgettes and Cauliflower with Turmeric

6 fl ozs. Olive Oil
2 courgettes sliced
4 Cauliflower florets
1 tblspn Turmeric

Place the courgettes and cauliflower in a pan of boiling water for 3 minutes.
Put the Olive oil in a Roasting tin. Stir in all the ingredients and roast in a moderately hot oven 190 C
Gas mark 5 for 30 minutes.

0 units

Giant Mushrooms with Pizza topping

This really has a lovely pizza-like taste. If you don't like mushrooms, maybe you could use some pre-cooked slices of ham as the base. Or, for 2 extra units use a slice of Danish Bread as the base

2 Very large mushrooms (stalks carefully removed)
1 tblspn pizza topping of Passata
Grated Mozzarella cheese (or your favourite cheese)
Olive Oil

Baste the mushroom in olive oil. Place under a grill, top facing up until just cooked. Turn the mushrooms over, gill side up, and spread a tablespoon of pizza topping on each mushroom. Sprinkle plenty of cheese over the top. Place under the grill until cheese has melted and is bubbling.

1 unit

Tip: You could add some of your own favourite ingredients. Chopped ham, chopped mixed peppers, bacon bits, a Pepperoni etc. But make sure the carbohydrate count isn't too high.

Devilled Eggs

4 Hard-boiled eggs (halved lengthways)
1/2 oz. chopped nuts
1 oz. chopped cooked ham
1 spring onion chopped
1/2 tblspn Dijon Mustard
1/2 tblspn Mayonnaise
1 tspn white wine vinegar
pinch cayenne pepper
Paprika

Mix all the ingredients with together with the egg yolks then put back into the egg whites.
Serve with 'basic'salad.

0.25 units

Cabbage stuffed with minced beef

2 Large cabbage leaves
1 small onion, chopped
1/2 Green pepper, chopped
1 oz mushrooms, chopped
8 ozs. Minced beef
1 oz. tomato puree
Salt, Pepper and pinch of thyme

Fry the onion and green pepper for 5 minutes over a moderate heat. Add all the other ingredients (except the cabbage) and cook for a further 5 – 8 minutes.

Place a cabbage leaf in a greased baking dish, place the cooked mixture on top and cover with the other cabbage leaf so it is sandwiched. Cook in the oven at 190°C, Gas mark 5 for 30-40 minutes until lightly browned.

2 units

Lettuce & Herb Salad

1/8th Cucumber
Mixed lettuce leaves
Bunch of watercress
1/4 Chicory head sliced
1 tblspn dried mixed herbs
or, 1 tblspns fresh herbs (parsley, thyme, tarragon, chives and chervil)

Dressing:

1 tblspn white wine vinegar
1 tspn mustard (prepared)
5 tblspns olive oil
Salt & Pepper to taste

Mix vinegar and mustard together then add oil, salt & pepper.
Place the salad in a bowl, pour over the dressing and toss lightly to coat.
Serve immediately with meat or fish of your choice.

0.25 Units

STIR FRY RECIPES

Chicken stir-fry with Dijon Mustard & Mayonnaise

In a wok or Frying pan, stir-fry some diced chicken in a tablespoon of oil. Add 1/4 green and 1/4 red pepper, chopped. Stir in some sliced mushrooms and a dessertspoon of Dijon or mild mustard. Cook for approximately 5 minutes over a moderate heat until the chicken is cooked thoroughly. (No pink bits). Serve on a bed of lettuce with one small tomato and add some mayonnaise to taste.

1 unit

Turkey Stir-fry with Spring onion, ginger & Turmeric

Stir-fry as above, strips of turkey, 2 spring onions, chopped, including some of the green. Sprinkle a teaspoon of Spring onion and ginger seasoning. Add 1/4 sliced yellow pepper, pinch of salt and tea-spoon of turmeric. Cook for approximately 5 minutes, or until turkey is cooked. Serve with Lettuce, cucumber and mayonnaise.

1 unit

Chinese Stir-fry

Fry some cubed chicken in oil for a few minutes with a sprinkling of Chinese 5 spice, add 1/2 packet stirfry veg from Supermarket. (Bamboo shoots, shredded cabbage, shredded carrot (just a few pieces as carrots are very high in carbs.) Add tablespoon soy sauce Fry another few minutes until chicken is thoroughly cooked..

You could also add some mushrooms and a little onion. Whatever takes your fancy – as long as it's low in carbs

Tip: The smaller the chicken is chopped the quicker it will cook.

1 unit

Chinese Vegetable stir-fry

Melt some oil in a frying pan. Add tspn Garlic granules, tspn Ground ginger and 1/2 a green pepper chopped, fry for 3 minutes. Stir in some beansprouts, fry for another minute. Add 5 fl ozs chicken stock and 2 tspns soy sauce. Cook for a further 3 to 4 minutes.

0 units

Plain Omelette Instructions

3 Eggs

1 tablespoon water

Salt & Pepper to taste

This is a basic omelette mix to which you can add your own low carb ingredients.

In a mixing bowl, beat all the ingredients together with a wire whisk until slightly frothy.

Melt some butter or margarine in a frying pan over a moderate heat. When the foam subsides pour in the omelette mixture. Stir it for a few seconds then leave it until the bottom sets.

Reduce the heat to low. Gently lift an edge of the omelette with a spatula, tilt the pan and let the top of the omelette run into the gap. Keep doing this around the edge until the top of the omelette is no longer runny.

When the omelette is just set on top, gently lift one side and flip it in half. Slide out onto a warmed plate.

0 units

Suggested fillings

Herb

1 dspn Mixed Herbs

Add the herbs to the omelette mixture before cooking.

0 units

Cheese

1 1/2 tblspns Grated cheese (Cheddar, Gouda, Edam etc)

Cook the omelette as above but sprinkle the grated cheese on top before you fold the omelette in half. It will ooze out when you cut it to eat it. Mmmm!

0 units

Omelette Fillings contd

Ham

2 oz. cooked ham

Chop ham into small pieces, fry in butter or margarine gently for about 5 minutes. Add the omelette mixture, cooking as above. When set, fold the omelette in half and slide onto warmed dish.

0 units

Bacon, Cheese and Cream

2 Bacon slices

1 tblspn double or whipping cream

1 tblspn grated cheese

1/2 tblspn chopped chives

Fry bacon for over a moderate heat for 5 minutes until crispy.

Reduce heat to low, stir in cream, grated cheese and chives. Remove the pan from the heat.

In another frying pan cook the omelette. When it is set pour over the bacon and cream mixture and immediately fold the omelette in half.

Slide onto warmed plate and enjoy!

0 units

Onion

1 small onion finely chopped

1/2 tblspn chopped parsley (optional)

Fry the onions gently in butter or margarine until translucent but not brown.

Add the parsley to the egg mixture, then pour the mixture over the onions in the frying pan. Cook as for basic omelette.

0.75 units

Tomato, Onion & Garlic

1 small tomato chopped

1 small onion

1 clove garlic crushed (or 1/2 tspn. garlic granules)

1 tblspn olive oil

Fry the onion and garlic in olive oil over a gentle heat for 5 to 7 minutes, add tomato and cook for a further 3 minutes. Remove pan from heat.

In another frying pan melt butter or margarine and cook plain omelette mixture.

When this is set, spoon over the tomato and onion mixture, then fold the omelette in half and slide onto warmed plate.

1 unit

Onion, Mushroom & Bacon

1 small onion, chopped

2 slices bacon

4 mushrooms, thinly sliced

Melt butter or margarine in frying pan over a moderate heat. Fry the onions and bacon for 5 minutes, add mushrooms and fry for a further 3 minutes. Remove pan from heat. In another frying pan cook the omelette mixture, when set, spoon over the bacon, onion and mushrooms, fold in half and slide onto warmed plate.

0.75 units

Omelette Fillings contd ...

Mushroom

6 button mushrooms, thinly sliced

Fry the mushrooms gently for 3 minutes. Add the omelette mixture and cook as for basic omelette.

0 units

Omelette Arnold Bennett

6 oz. cooked haddock, flaked

2 oz. butter or margarine

6 fl ozs whipping cream

4 eggs separated

2 -3 ozs mature cheddar cheese, grated

salt & pepper to taste

Melt half the butter in a small non-stick saucepan. Stir in the fish. Put on the lid, remove from the heat and leave to cool.

Stir egg yolks, 1 tblspn cream and pepper together then add the fish mixture.

In another bowl mix the cheese and remaining cream.

Whisk egg whites until stiff then gently fold into the fish mixture.

Heat the remaining butter in a frying pan add the fish mixture and cook until browned underneath.

Pour over the cheese mixture, place under a hot grill until bubbling.

0 units

Chilli Con Carne no Beans

1 oz. oil
1/2lb Minced Beef
1/2 pint beef stock made with low carb stock cube
1 tspn Chilli Powder (Hot or mild, whichever you prefer)
1 tblspn tomato passata
1 dstspn cooked rice
Salt & Pepper to taste

Melt oil in saucepan, add mince and stir until lightly browned. Add stock, passata, chilli powder, salt & pepper to taste.

Cook for approximately twenty minutes stirring occasionally.

Serve with rice and 'basic' salad.

2.5 units

Stuffed Eggs

4 eggs (hard boiled) – sliced in half lengthways
1/2 green pepper (chopped)
2 Anchovy fillets cut in half
2 tblspns olive oil
1 tspn Dijon Mustard
2 tspns capers (chopped)
4 tspns parsley (chopped)
Salt & Pepper to taste
Shredded lettuce

Remove yolks from whites. Mix yolks with all ingredients, except lettuce and put back into egg whites.

Spread the lettuce out on a plate and place the stuffed eggs on top.

0 units

Greek Salad

1 small onion, chopped
1 tblspn olive oil
1 tblspn white wine vinegar
Salt & Pepper
3 cherry tomatoes
1/4 cucumber diced
Diced cheese (however much you fancy)

Put onion, oil and vinegar in a bowl with a pinch of salt. Leave 30 minutes to marinade. Add the other ingredients, stir and serve.

1.5 units

Stuffed Mushrooms

9 Medium sized mushrooms
1 oz. butter or margarine
3 slices bacon, back or streaky (cut into small pieces)
1/2 onion (finely chopped)
5 tblspns double cream
4 tblspns grated cheddar cheese

Melt butter in saucepan, add mushroom stalks (finely chopped). Stir in bacon bits and onion. When cooked, remove from the heat and stir in the cream.

Place the mixture in the mushrooms. Place on a baking tray, cover with the grated cheese and bake in a pre-heated oven at 190°C/Gas 5 for approximately 20 minutes or until the mushrooms are cooked.

0.75 units

Fish with cheesy topping

Can of salmon, flaked
2 ozs. prawns
2 ozs. Cod or Haddock
White sauce (as recipe)
2 ozs. grated cheese

Place all the ingredients in a greased baking dish, with the grated cheese sprinkled over the top. Bake for approximately 20 minutes at 190°C Gas mark 5

1.5 units

Egg Fu Yung

2 eggs
1/2 tblspn soy sauce
salt & pepper to taste
1/2 oz. butter or margarine
1/2 small onion
2 ozs. bean sprouts
1 oz. cooked ham, cut into strips

Beat the eggs, soy sauce, salt and pepper until fluffy. Melt butter over low heat add onion, bean sprouts and ham. Cook for 4-5 minutes. Add the egg mixture and stir well. When the base of the egg is cooked, place under a pre-heated grill to brown the top.

0.75 units

Welsh Rarebit (rabbit)

1 slice Low calorie bread e.g. Danish
1 Egg
2 ozs. grated cheese
12 tspn mustard
Few drops Worcester sauce
1 oz. butter or margarine

Beat the egg in a bowl. Stir in the cheese, mustard and worcester sauce.

Melt the butter in a small saucepan. Add the mixture to the saucepan and stir until just set.

Butter the bread and place the mixture on top.

Put under a pre-heated hot grill until the top is brown and bubbling.

2 units

Scottish Salmon with Herb Butter

1 tblspn butter or margarine, softened
1 tspn lemon juice
1 tspn chopped fresh dill
1 Salmon steak
Salt & Black pepper

Mix butter, lemon juice, dill, salt & pepper together until well blended.
Grease a piece of Aluminium foil big enough to wrap the salmon in.
Lay the salmon on the foil place the Herb butter on top and wrap up like a small parcel.
Bake in preheated oven, 190°C/375°F/Gas 5 for 20 minutes.

Serve with 'basic' salad or 'free choice' vegetables.

0 units

Smoked Cheese & Nut Salad

2 ozs. Chopped nuts
6 tblspns veg oil
2 tblspns White wine vinegar
Salt & Pepper
Pinch cayenne pepper
1/2 tspn mustard
2 large lettuce leaves
5 oz. German smoked cheese, cubed

Place lettuce leaves on large plate. Put all the other ingredients in a screw top jar and shake until well mixed. Turn out onto the lettuce leaves.

0.5 units

Eggah

8 eggs
2 tablespoons cream/water mixed 50/50
Salt & Pepper to taste

Whisk all the ingredients together and cook over a low heat for 30 minutes.
Place under a grill for a few minutes to cook the top.

This is more solid than an omelette and can be left to cool, then sliced up for lunch boxes. It's
absolutely delicious

Add some of your own choices of ingredients as for the Quiche or Omelette recipes in this book.
Salmon & Broccoli, Cheese, Bacon and Tomato are a few suggestions

0 units

Sauces & Gravy

Apple Sauce

Stew one medium chopped apple (without skin) until mushy. Add granulated Sweetener to taste.
2.5 units

White sauce : This is the basic sauce mix to which you can add flavourings such as Parsley, Cheese etc. for the recipes in this book.

1.5 units

Melt tblspn butter in saucepan. Mix 3 fl.ozs. double cream with 2 fl ozs. water. Stir in 2 teaspoonfuls 'Carrs' Sauce mix or MacDougalls thickening granules (These are easier than messing about with cornflour). Add to melted butter in pan heat gently, stirring all the time until simmering. Simmer for a further 2 minutes. Add salt and pepper to taste. Use as a base for other sauces.

Note: If you use cornflour, count 1 unit for every teaspoon

Cheese sauce: Stir in 2 ozs. grated cheese to the above until melted.

1.5 units

Parsley Sauce: Add 1 tablespoon dried parsley to basic white sauce.

1.5 units

Black Pepper Sauce (for steak): Basic white sauce as above. Add teaspoon brandy and 1 teaspoon coarse black pepper.

2.5 units

Cocktail Sauce

1 tablespoon mayonnaise and one teaspoon ketchup. Stir together until well mixed. When using it as dressing, sprinkle paprika on top.

0.25 unit

Tarragon Mayonnaise

4 ozs. Mayonnaise

1/2 tspn Fresh Tarragon

1/2 tspn Chives

Nice with hard boiled eggs and lettuce

0 units

Mustard Sauce

2 tspns Butter or margarine, 6 fl. ozs. Double Cream and water mixed 50/50.

4 tspns Mayonnaise, 3 tspns Mustard, 1 1/2 tspns lemon juice, pinch cayenne pepper.

Melt butter add all the ingredients and bring until just simmering. Use on vegetables, meat or salad.

0 units

Don't use gravy mixes that contain any kind of starch or flour, they will be high in carbohydrates.

These recipes are based on stock cubes containing 2.5 grams of carbohydrates per cube (37.1g per 100g)

Chicken Stock

Use one chicken stock cube to 1/2 pint of water.

0 units

Beef stock

Use one beef stock cube to 1/2 pint of water.

0 units

Vegetable stock

Use one vegetable stock cube to 1/2 pint of water.

0 units

Have a look at labels to see if you can find stocks and sauces with 5% carbohydrate content or less.

ie. Per 100g food. No more than 5g carbohydrates

Suggestions for Lunchbox Fillers

1. Cheese strings
2. Cheese chopped into fingers (Take an egg cup filled with a low carb dip, e.g. Cocktail sauce, Mayonnaise etc. Covered in clingfilm.
3. Hard boiled eggs
4. Chicken drumsticks. Wrap silver foil around the end of the bone, so you don't get your hands messy.
5. Celery sticks stuffed with soft cheese.
6. Frankfurter
7. Lunchbox made up with salad. (Don't forget to take a fork with you to eat it!)
8. If you're pushed for time, buy a Baguette filled with salad. Eat the filling (with a fork) and give the bread to the birds.
9. Buy a large helping of Quiche. Again, eat the filling and discard the pastry.
10. Sliced up Cold Pastryless Quiche
11. Slices of Eggah

If you've chosen your three Meals containing protein during the day and you want A treat for being good, then choose something from the list below but remember, if you don't choose any extras, the weight will come off that much quicker. It's up to you!

Rewards

1 scoop of ice cream	3.5 units
Milk chocolate bar (75g)	6 units
Two slices low-calorie bread, butter and teaspoon jam	5 units
One small banana	4.25 units
Packet of Crisps (25g bag)	3 units
Victoria Sponge (2 ozs. 56g).....	6 units
Sorbet (100 ml).....	4 units
Jordan's Fruesli Bar	4.25 units
Jaffa Cakes Lunch box 6's (per pod)	6 units
Digestive Biscuits (per biscuit)	2 units
Chocolate Digestive (per biscuit)	3.5 units
Doughnut (plain)	9 units
Bourbon Biscuit (per biscuit).....	1.5 units
Custard Creams (per biscuit)	1.5 units
Gingernut biscuits (per biscuit).....	2 units
Lemon Cheesecake (per 4 oz. Portion).....	4.5 units
Jam Tart	3.5 units
Meringue (1 large).....	2.5 units
Plain Scone (1 medium)	4 units

Sample Menu for a day

Breakfast:

2 Fried Eggs, 3 slices Bacon, 5 mushrooms,
1 small grilled tomato
1 Slice low-calorie bread such as Weightwatchersr,
spread with butter

2.5 units

Lunch:

Cold chicken with 'basic' salad,
Mayonnaise,
1/4 chargrilled green pepper

0 units

Dinner:

Large Pork Chop with teaspoon apple sauce
Cabbage & Bacon (recipe page 11)

1.5 units

Knickerbocker Glory (as recipe)

0.5 units

3 cups of Tea or coffee, drunk throughout the day
Each cup made with 20ml milk

0.75 units

Reward:

Normal size Bar of Milk chocolate

5 units

TOTAL: 10 units for the day

Convenience Foods/Ready Meals low in Carbohydrates

Alcohol See page 15

There are many Convenience Foods that are low in carbohydrates. Just look at the Nutrients list on the back of the packets.

And aim for a portion size to be no higher than 5 grams of carbohydrate. (1 unit)

Don't be fooled by the label on the front saying 'low sugar' That is very misleading and confusing

	Index	
	A	
Alcohol		34
	B	
Bacon & Tomato		14
Broccoli & Leek		14
Broccoli with Green Peppers Quiche		15
	C	
Cabbage & Lamb Hotpot		15
Cabbage stuffed with minced beef		19
Cabbage with Bacon		16
Cauliflower with mustard sauce		17
Cauliflower with three cheeses		16
Cheese strings		31
Chicken stir-fry with Dijon Mustard & Mayonnaise		20
Chilli Con Carne no Beans		24
Chinese Stir-fry		20
Chinese Vegetable stir-fry		20
Courgettes and Cauliflower with Turmeric		17
	D	
Desserts		1, 12
Devilled Eggs		18
	E	
Egg Fu Yung		26
Eggah		28
	F	
Fish with cheesy topping		25
	G	
Giant Mushrooms with Pizza topping		18
Greek Salad		25
	L	
Lettuce & Herb Salad		19
Lunchbox Fillers		31
	M	
Milk shake		12
	O	
Omelette		21
Omelette Arnold Bennett		23
Other meals		1, 12
	Q	
Quiche Mixture		1, 14
	R	
Rewards		32
	S	
Salmon & Broccoli Quiche		14
Sample Menu		33
Sauces & Gravy		29
Scottish Salmon with Herb Butter		27
Smoke Cheese & Nut Salad		27
Spring Onion		14

Strawberries		12
STIR FRY RECIPES		20
Stock		29
Stuffed Eggs		24
Stuffed Mushrooms		25
	T	
Turkey Stir-fry with Spring onion, ginger & Turmeric		20
	W	
Welsh Rarebit (rabbit)		26