

The Freshwell **LOW CARB** **MANUAL**

— DR KIM ANDREWS —




Freshwell





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She graduated from Liverpool University with an honours degree in Medicine in 2000 and completed her medical training in Merseyside and Essex before settling into rural general practice and specialising in diabetes.

She discovered Low Carb lifestyle medicine in late 2018 and has been promoting this method ever since.

Dedicated to my amazing husband, Ben, who has cooked for me almost every night for the past 24 years and is still incredulous I have written a recipe book! Thanks for supporting me, picking up the fallout and being my number one fan.

Also to my low carb partner in crime, Dr David Oliver – without whose drive and enthusiasm, this book may never have happened. Thanks for the positive energy and for bringing me along on the ride!

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Hello and welcome

to the second instalment of the Freshwell Low Carb Meal Planner!



My name is Dr Kim Andrews and I am a practising GP of 18 years at Freshwell Health Centre in Essex. Around 3 years ago I discovered the low carb approach after my own father lost over 4 stone in weight after struggling with a lifetime of obesity and more recently problems with raised blood pressure and pre-diabetes. Since then, my family and my patients have been reaping the rewards which have been impossible to ignore. As time goes on there is increasing evidence and support mounting for such an approach and the multiple benefits to be gleaned are becoming clear.

Despite this, a low carb approach can still be controversial to some including GPs, hospital specialists and dieticians. The standard Eatwell Plate promoted as the dietary gold standard by NHS England is unfortunately still the platform which most medical professionals use when advising on a healthy diet which disappointingly includes a hefty portion of starchy carbohydrate to be consumed on a daily basis.

Hopefully you have already read my first book – the Freshwell Low Carb Meal Planner – which aimed to give people the basics to get going on their low carb journey. This book concentrates less on the basics and more on providing you with additional home designed and tested recipes to give you a greater repertoire of low carb options to stop boredom and prevent carb creep!

Most of these recipes were designed during the Coronavirus lockdown of 2020 – a time when the importance of maintaining good metabolic health has been paramount. Taking into account the importance of keeping your immune system in tip top condition in these times – I have also taken the liberty of adding a few sections on supplements to consider and the importance of stress/sleep. I have also added a small section on Intermittent Fasting (IF)/Time Restricted Eating (TRE), as this generally becomes the next natural step when your low carb diet is well established.

Intermittent Fasting and Time Restricted Eating

After some months of embracing a low carb diet, hopefully this lifestyle is now well ingrained into your daily existence. You may have already noticed that your appetite is well controlled and that on occasion mealtimes have approached and you are not finding yourself hungry. Congratulations – this is an excellent achievement and shows you are eating enough protein and fat to keep you full and satiated! With a low carb lifestyle, it is important to remember only to eat when you are hungry and not when traditional mealtimes dictate so.

You have probably heard the terms Intermittent Fasting (IF) and Time Restricted Eating (TRE). These are pretty common terms and abbreviations in the low carb world. Essentially they are directions on “when” to eat, rather than “what” to eat. Weight loss can really be considered a two step process – with the first step being a change in the foods we eat. However, to address the underlying issue of insulin resistance – we have to adjust the time at which we eat.

Insulin is the hormone used by the body to allow glucose in the blood to be utilised. The more glucose in our system, the more insulin we need to produce to manage it. High levels of insulin maintain a high level of bodyweight. Think about weight as a thermostat – your body is always trying to get back to the same baseline weight. The only way of adjusting your baseline or “thermostat” is by reducing your insulin level. So how do we do that?

As we know, by reducing the amount of starchy carbohydrate we eat we can lower our blood glucose level - step one of the thermostat reset complete. Next we need to reduce our insulin levels, and as all foods will raise insulin levels to some degree, the only way to do this is via not eating, otherwise known as “fasting”.

Fasting is one of the world’s first remedies, being practiced by virtually every culture and religion – the ancient Greeks, Buddhists, Muslims..... The most important thing to remember is that fasting is not the same as starvation. Fasting is a deliberate and conscious avoidance of food for health, spiritual or other reasons. In a way, fasting is already part of most peoples’ lives. The term “breakfast” dictates the first meal of the day when we literally “break fast” – something we do daily.

During Lockdown, our GP practice joined resources with neighbouring practices to start a supportive Facebook group where patients could share their low carb experiences (The Colne Valley Low Carb Support Group). This often included tried and tested recipes people enjoyed. I decided to encapsulate some of these recipes in this second book to celebrate the achievements of the local population. I hope you enjoy them too!

Finally, if you are new to a low carb lifestyle and suffer with any chronic diseases such as hypertension or diabetes, or take any regular prescribed medications – please ensure you talk to your doctor before making any major lifestyle changes, including a low carb approach. Unfortunately, I am unable to give medical advice to anyone who is not a patient at Freshwell Health Centre.

Please do let me know your success stories and any recipes that you have tried and tested and would recommend to others.

Enjoy!

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The human body is well adapted to go periods without food and during fasting it changes from burning glucose for energy, to the burning of fat (known as ketosis). This is when your body uses stored fat to fuel itself and it is this that leads to a reduction in insulin levels and resets your weight thermostat. This benefit cannot be gained from a modern Western diet when we graze or snack continually, and is also not a part of most calorie controlled diets – hence why they commonly fail long term. Lowering insulin levels through regular fasting has been shown to increase insulin sensitivity - the missing piece in the weight loss puzzle.

Let's first debunk some fasting myths:

- **Fasting puts your body into starvation mode and lowers your metabolic rate**
- **Fasting will cause you to overeat when eating is resumed**
- **The brain needs glucose to function**
- **Fasting denies the body of essential nutrients**
- **Fasting causes low blood sugar and will make you feel weak**
- **Fasting will make you burn body muscle**
- **Fasting causes intense hunger**

The human species would never have survived if these myths were true. When our hunter gatherer ancestors were hungry and had to source a meal – feeling weak with no focus and a low blood sugar – would not be beneficial to catch your prey....

Modern society surrounds us with messaging that we must eat regularly, we must eat 3 meals a day, we must never miss breakfast! Our kids are given regular mid-morning snacks at school – it is actively encouraged! We now often eat three meals a day with 2 or 3 snacks interspersed – no wonder we have an obesity epidemic. How could it ever really make sense that snacking could help with weight loss?

As well as the benefits of weight loss, fasting has also been shown to increase growth hormone levels which have anti-aging properties, boosts brainpower and concentration, improves heart health and diabetes, and lowers blood pressure, blood glucose and the risk of cancer. And best of all it's free!

Fasting has no standard duration and can range from 12 hours to months. It can be fitted into any diet and is simple, free and convenient – freeing up time to do things other than food prep and eating. And it works!

Did you know that the longest known fast was completed by a 27 year old Scottish man in 1971, and it lasted 382 days! He lost 125kg in weight and consumed only tea, coffee, water and vitamins. I am not for a moment suggesting anyone should try this – but I hope it helps to allay fears that fasting is harmful, particularly over short 24 hour periods.

So, where should you start?

All calorie containing foods and fluids should be withheld on fasting days but it is very important to stay well hydrated throughout. Aim to drink 2 litres of water per day (still or sparkling) and by all means add some slices of lemon or cucumber to flavour the water if you wish. Tea and coffee are fine and it is okay to add a little cream or milk. Adding some spices like cinnamon or nutmeg is also acceptable. Avoid any sugar or artificial sweeteners.

It is fine to exercise when fasting. In fact it is an ideal time to exercise, as your adrenaline levels will naturally be higher. So you can't use fasting as an excuse not to go out for a run or complete that gym class! Some athletes find they perform even better when fasting so it could be a double win!

You can gently start IF by not having breakfast. This automatically extends the fasting period to around 16 hours if you eat your evening meal around 8pm followed by lunch at noon the next day. Try this a couple of times a week, sticking to an 16 hour window of fasting and an 8 hour window of eating. There is absolutely no need to move on from this stage if you are achieving your health goals as you will be reaping many benefits. However, if this way of eating becomes comfortable and you find your weight loss stalls or you want the challenge of going further, then it is possible to move on to the next stage. This is usually avoiding breakfast and lunch and not eating until your evening meal i.e. eating once every 24 hours – also known as OMAD (One Meal A Day). If this is more comfortable, consider trying it once a week or a few times a month. IF can be really useful for kick starting weight loss when it has stalled or indeed getting things back on track after an all-inclusive holiday or big family wedding

– when you may wish to go off-piste and join in the fun without feeling guilty (if you want to of course!).

Be sure to break your fast gently – a small handful of nuts or a small salad to start helps ease your body back in. Over eating of large volumes of food straight after a fast can make you feel painfully full and bloated and is best avoided.

It is quite possible to complete longer 48 hour or 72 hour fasts, but in general we don't promote fasting periods of over 24 hours. I think 24 hours is a jolly good place to start to gain the benefits of IF without your friends and family thinking you have gone completely mad! But by all means increase the fasting period if you are comfortable with it and it works well with your lifestyle.

As always, if you take any medication for diabetes, it is very important to check with your doctor before fasting as your blood glucose level can fall dangerously low if you are not eating. It may be sensible to stop certain medications on your fasting days and it is absolutely essential that you regularly monitor your blood glucose. If it falls under 4 (whilst taking diabetes medications), then unfortunately you will have to break your fast for that day and consume something sugary to bring your glucose level up. This only applies to people with diabetes who take medications which lower blood sugar. For normal, healthy people without diabetes, your blood glucose will lower but will not be problematic as your body will naturally increase it to the required level by breaking down glycogen stores in your liver and muscle.

If you take medication for blood pressure, it is also worth keeping a close eye on your blood pressure readings. Home monitors can be purchased cheaply and easily and work well – it is probably

worth investing in one if you are able. Again, chat to your doctor as you may well be able to stop certain medications on your fasting days or indeed stop them all together as your metabolic health improves.

When you first start fasting it is normal to feel a bit weak as your body learns how to start utilising your fat stores. Hunger and constipation are also normal symptoms to be expected but can be managed. However, persistent fatigue, dizziness, fatigue and high or low blood sugars are not to be expected and you should break your fast and discuss with a doctor.

Fasting is a skill and like others in life, takes time to learn and become part of your normal lifestyle. Although most people have never fasted, it is a tried and tested part of human culture over thousands of years. Trust your body to respond appropriately and look forward to weight loss, clarity and focus – and freeing yourself up some time to boot! Fasting has been feared and rejected by professionals but the truth is radically different.....

Give it a go – you will be amazed at what you can achieve.

TOP TIPS for Fasting

- **Choose your day to fast wisely** – don't pick a day when you are going to a dinner party or seeing friends as it can make it more difficult to achieve.
- **Keep busy** – this will keep your mind off food!
- **Keep your fasting day to yourself and close friends family.** You will find the world is full of people trying to make you abandon your efforts by telling you that fasting is stupid or dangerous (maybe they will eventually join in when they see what you achieve!). It definitely helps if those around you are supportive.
- **Stay well hydrated and drink plenty of water during your fasts** - Feel free to add a slice of lemon or a little salt.
- **Enjoy coffee** – it is known to be a mild appetite suppressant. Tea and herbal tea and clear broth may also be useful and can be consumed whilst fasting.
- **Stay on top of hunger** – you will find hunger comes in waves. Try and keep on top of it by having a glass of water or a cup of coffee if you feel hungry and you will find this abates it for a few hours.
- **Don't expect it go perfectly first time** - I promise you it gets easier the more you do it! Don't get discouraged.
- **Don't binge when your fast is over** - Start gently with a few nuts or a small salad or you could find yourself bloated and uncomfortably full! Aim to eat like you have not fasted.
- **When you are not fasting, stick to a low carb, non-processed, real food diet** – watch your weight thermostat fall and reap the benefits!!

Good Luck!

Fat - What's the deal?

When embarking on a low carbohydrate diet (which almost always includes increasing the level of natural fats in the diet), I find that most people are somewhat dubious, if not terrified, about eating more fat. Over the years, fat is something we have been programmed to fear.

In fact we often find that those struggling with a low carb lifestyle haven't increased their natural fat intake to compensate for reducing their carb intake – this equals a low calorie diet and can lead to constant hunger. Ensuring an adequate natural fat intake is a good way to keep your low carb lifestyle on track as fat fills you up and curbs your appetite.

So, what's the deal with fat? That's a good question as even doctors can't agree on what is good and bad with regards to fat and heart disease!

One minute we are told Omega 3 fats protect us, and the next moment they don't. Coffee is good for us, coffee is bad for us. Who knows the truth?!

Let us start simply - the link between dietary fat and obesity is consistent – there is no association whatsoever.

Types of Fat

Saturated fat is found in higher percentages in foods such as red meat, eggs, dairy and coconut oil. Over the past few decades saturated fat has been vilified as something that raises cholesterol and therefore causes heart disease, but the evidence for this is at best controversial. Authors of articles in prominent medical journals are currently arguing that guidelines on restricting natural saturated fats should be lifted.

Monounsaturated fat is found particularly in oily fish, avocados and olive oil. There is general agreement that these fats are fine to eat and are likely to be good for you.



Polyunsaturated fat can be found naturally e.g. in nuts. They are also found in vegetable oils and margarines such as rapeseed, sunflower and corn oil. This type of fat has been promoted as heart healthy although the evidence for this is highly questionable. Many of these oils can only be industrially extracted by grinding, adding solvents and alkalis, centrifuging, deodorising and bleaching. They can also produce toxins when heated. We recommend you should stop consuming these types of vegetable oils. But note that it is fine to consume nuts as part of a low carb diet as they have not been industrially processed in this manner.



Trans fats are vegetable oils that have undergone further industrial modifications to make them solid at room temperature. It is universally agreed that these are particularly bad for you and should be totally avoided – ideally avoid processed foods completely but if you are eating them then check food labels carefully.

What about fat and heart disease?

With regards to heart disease, most of the medical world have focused on something called the Diet-Heart Hypothesis (1958 Ancel Keys) which essentially states that if you eat too much food containing cholesterol and saturated fat, the level of cholesterol in your blood will rise and the excess will be stored in your artery walls causing them to thicken and narrow, eventually blocking off the blood supply causing a heart attack or stroke. This hypothesis has persisted to this day.

However, there is increasing evidence to suggest this hypothesis may be incorrect and slowly more doctors and scientists around the world are questioning it.

The recommendation to limit dietary saturated fat intake has persisted despite mounting evidence to advise of the contrary. Most recent data analyses of randomised trials and observational studies found no beneficial effects of reducing saturated fat intake on cardiovascular disease and total mortality, and instead actually found protective effects against stroke.

But what about Statin medications? This is a very controversial topic. More recently there has been a somewhat blanket approach to giving statins to most of the population as they age to reduce their risk of a cardiovascular event. However as more evidence arises, it may be the case that statins actually only significantly improve the risk benefit profile (and reduce overall mortality) in men who have already suffered a heart attack. Don't statins protect from heart disease by lowering cholesterol? Well actually possibly not.....it looks like it is plausible that their benefit may actually come from reducing stress and inflammation on the blood vessel walls....All very controversial stuff so watch this space!

And what dietary contents cause inflammation..... carbohydrates and vegetable oils! So it is quite possible that advising the population to switch from butter to margarine, and lard to cooking oil was a very big mistake that has harmed the health of millions.....

We like to think the “response to injury hypothesis” is potentially the major offender in the causation of heart disease. The blood vessel wall is damaged and exposed which the body treats by forming a blood clot to plug the gap. Just like a scab, this clot can eventually come away, travel further down the artery and cause a blockage downstream. It is thought we may have special cells which can stick to the blood clot and cover the damage with a new lining, but as we age these special cells start to fail and therefore damage blood vessels aren't repaired.....

Factors found to damage blood vessel linings and cause clots are:

- **Spikes of high blood sugar** – caused by eating carbohydrate
- **High insulin levels** – produced in response to insulin resistance
- **Acute Stress** – by increasing cortisol and adrenaline
- **Smoking**
- **Cortisol** – increased by stress and steroid medications
- **Adrenaline** – again caused by stress

So.....if you want to do your best to live a long and healthy life then stop worrying about the natural fat in your diet and instead concentrate on eating a low carbohydrate diet and cutting out inflammatory seed oils. Don't smoke, consume alcohol within safe limits and reduce stress – if you can, do a job you like, spend time with your family and friends and take regular exercise that you enjoy! And hopefully you will reap the benefits that follow.....

Carb Addiction – is it Real?

So we know that we can become addicted to alcohol, smoking and drugs.....well what about food? The term “food addiction” is thrown about but is it real and does it actually occur?

You may have noticed that at times it is difficult to resist “junk food”, especially when it involves a specific combination of sugar, refined carbohydrates and fat. Ongoing discussions debate whether this is simply a question of varying willpower or behavioural/psychological traits but as time goes on, there is evidence to suggest that carbs could be addictive in the same way that other substances or behaviours may be.....One major study revealed strong evidence that carbs can stimulate areas of the brain that are associated with cravings and rewards.

In 2009, researchers at Yale University in the US developed the Yale Food Addiction Scale (YFAS) to provide a validated measurement tool to assess addictive eating behaviours. In 2015, this scale was used to assess the addictive eating behaviours in students, and found that the most problematic foods were those with high glycaemic load (rapidly absorbed sugar and processed carbs), along with high fat being the worst contenders. Some of the foods scoring most highly on the scale were pizza, French fries, cake and fizzy drinks. With the exception of cheese, all other foods in the Top 10 were high in carbs.

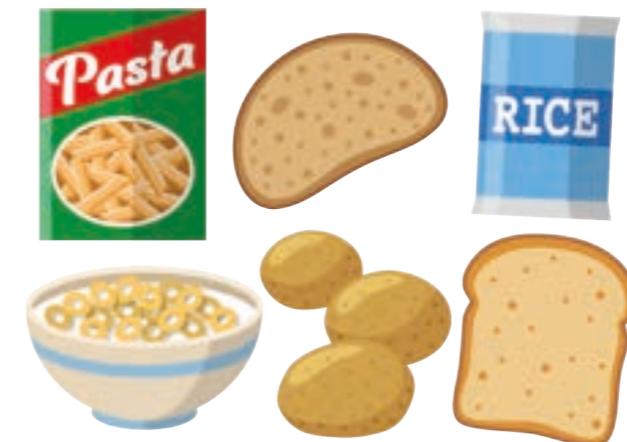
On the flip side, some researchers argue that there have not been enough human studies to confirm that food addiction exists and that the effect is behavioural rather than neurochemical in origin.

Some researchers, however, have gone as far as to suggest that refined carbs in the form of fructose have additive properties that closely resemble that of alcohol. Fructose is a simple sugar found in fruit and honey that promotes insulin resistance, abnormal fat levels and liver inflammation. Plus it can stimulate your “hedonic” pathway that stimulates appetite and influences food cravings through a system of pleasure and reward rather than true physical hunger.

The Glycaemic Index (GI) is a rating system for showing how quickly individual foods affect your blood glucose level when eaten. High GI carbs are quickly broken down by the body and cause a rapid increase in blood glucose. High GI carbs

also seem to affect dopamine levels. Dopamine is a neurotransmitter in the brain that sends messages and influences the way you feel – be that pleasure, motivation or sadness. Addictive chemicals such as alcohol, nicotine, opiates and cocaine are known to increase dopamine signalling in the brain’s reward centre.

“Emotional Eaters” (individuals who overeat in response to negative emotions) may particularly struggle with food cravings especially when under stress or when anxious. Stressed individuals and emotional eaters often seek food and drinks that are high in sugar and saturated fats. Studies have shown that people had increased cravings for carbohydrates, sweets and fast food on the days that they felt more tense. The more tense people were, the more sweets and fast food they reported consuming.



So if carbs are addictive – how can you help yourself avoid the urge?

One of the most powerful steps is to plan for these urges in advance, so you are ready when they hit – different techniques may work for different people. Examples of coping strategies might include the following:

- **Stay hydrated** – are you sure you aren’t just thirsty? Dehydration may trigger cravings for salt, and many salty foods are high in carbs. Make sure you are drinking enough water throughout the day.
- **Boost your activity levels** – exercise is known to release feel good hormones, and also boosts levels of cortisol which acts as a mild appetite suppressant.
- **Be aware of your triggers** – and have coping strategies in place to manage them when they occur.
- **Fill up on protein first** – make sure you are ready when the cravings attack by ensuring you have access to some high protein treats like a small pot of mixed nuts or seeds, some ready boiled eggs or some slices of ham
- **Don’t be too hard on yourself** – we all cave in at times and punishing yourself will only make it worse. One incident doesn’t make you a failure and doesn’t mean you can’t get yourself back on track!

Stress and Sleep

Most of us are aware that stress and poor sleep is bad for us, but did you know that they can actually cause weight gain?

Stress

Cortisol is another essential hormone (like insulin) that we cannot do without. It is also known as the “stress hormone” and is produced by the adrenal glands which sit on top of our kidneys. The amount of cortisol these glands produce is dependent on signals that come from the brain.

When we are faced with a stressful situation our brain sends a message to our adrenal glands to release cortisol. Amongst other things, cortisol increases the blood pressure and floods the bloodstream with glucose to prepare us for “**fight or flight**” so the large muscles have an immediate energy source. Cortisol also prepares the body for injury by making the blood sticky, so clotting occurs faster. Cortisol is incredibly important to help us survive injury, infection or trauma and in times of real stress like running away from a dangerous animal or from a rampaging fire – this is obviously a really useful response.



But what happens if we are dealing with a constant stream of lesser stressors like a demanding boss or unpleasant customers? In the modern world, stress can be low grade but constant. Having high levels of cortisol for extended periods can be counterproductive. High levels can cause raised blood pressure, anxiety, raised blood sugar, hunger, lethargy, depression, burnout, headaches and a raft of other unwanted effects.

Raised blood sugar levels can cause a vicious cycle of increased blood insulin levels, which may eventually lead to insulin resistance and weight gain. Cortisol also increases blood sugar levels so feeds into this vicious cycle further, making it more and more difficult to lose weight. Persistent sticky blood is also more likely to result in heart attacks and strokes.

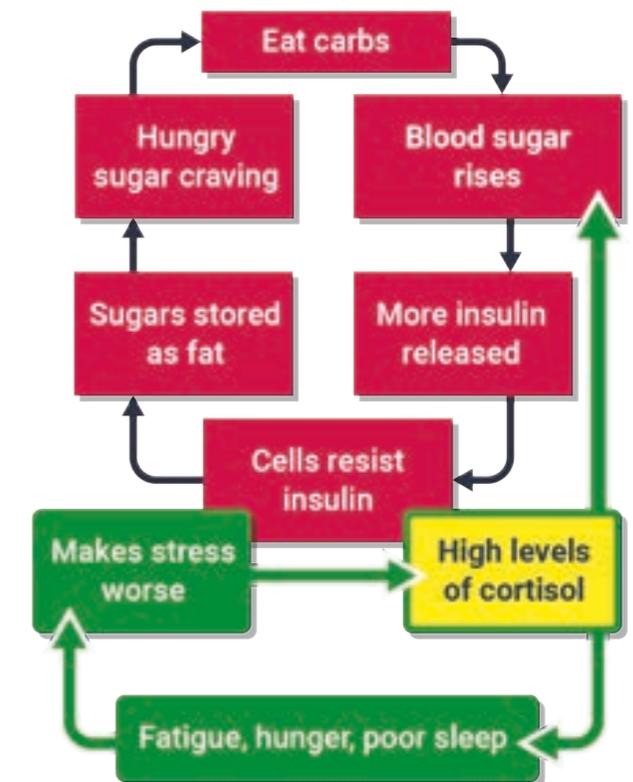
So how can we manage modern stress and keep our cortisol levels down?

Consider the following:

- **Exercise** – not as useful for losing weight, but can be really useful to manage stress. Even a short 20 minute walk can help.
- **Nature** – studies show that connecting with nature can be hugely beneficial for stress. Take your walk outside in the fresh air and sunlight, spend time with your dog, enjoy the great outdoors.
- Make a regular schedule for “me time”. Read a book, listen to music, dance!
- **Connect with others.** We humans are sociable creatures and spending time with family and friends can be hugely beneficial for our stress levels and feel good hormones. Helping others through charity or volunteer work can also be hugely satisfying.
- **Avoid over consumption of alcohol.** Although it can help with short term stress relief, relying on it every day can cause long term health complications.
- **Don't over consume caffeine.** This will help to keep you alert long term but longer term will just burn out your adrenals! If you choose an energy drink or coffee over a good night's sleep, your health will suffer....
- **Focus on things you can control.** If you know a situation is going to be stressful, can you plan in advance to make it easier to manage? Do you have to stick in the job you

hate with the boss you hate – if you have other options, may be it is time to reconsider your life journey?

- **Breathing exercises** such as “Box Breathing” can help to immediately reduce the “fight or flight” response and lower cortisol levels. Essentially, breathe in for 4-5 seconds, hold your breath for 4-5 seconds and then breathe out over 4-5 seconds – repeat for 2 minutes. You could use this to help manage stressful situations or regularly throughout the day to “de-stress” in general.



Sleep

“If sleep does not serve an absolutely vital function, then it’s the biggest mistake the evolutionary process ever made”, according to sleep scientist pioneer Allan Rechtschaffen.

Sleep is the ultimate reset. Sleep allows essential processes to occur such as tissue repair of bones, muscles, skin and heart. Filing of memories, thought organisation and hormone production are also occurring whilst we sleep.

Sleep deprivation can cause:

- **Decreased levels of leptin** (a hormone that helps us feel full)
- **Increased levels of ghrelin** (a hormone that stimulates hunger)
- **Increased insulin resistance** (feeding back into the vicious circle)
- Increased inflammation
- **Increased belly fat**

No wonder we make poor food choices and gain weight when we are tired!

When you haven’t had enough sleep and your body still needs to perform the next day, how does it cope? It copes by increasing your cortisol levels to keep us moving, talking and awake. But as you now know, the more cortisol is about, the more our glucose and insulin levels are increased, again leading back to the vicious cycle.....

In one study, a 2 week period of sleep deprivation caused an average weight gain of 3 pounds (1.4kg) !

So make sleep a priority. On average we need 7-8 hours sleep a night. Are you giving yourself the best chance of a good night’s sleep? Are you going to bed early enough instead of getting too deep in TV, films or social media?

Get enough sleep, get out in the fresh air and daylight whenever possible, minimise alcohol especially 4 hours before bedtime (it may help you get off to sleep but sleep will be poor quality and you will probably find yourself waking early), don’t eat or exercise too late and minimise caffeine after midday.

Managing your diet and eating well is an excellent start but if you are not managing your stress and getting enough sleep then the odds are stacked against you.....



To Supplement or Not? - That Is The Question

A low carb diet is nutrient dense in comparison to the “standard British diet” which can contain many highly processed food sources. Real foods such as organ meats, grass fed beef, eggs and leafy greens are exceptionally nutrient dense and contain a wide variety of micronutrients.

All foods contain macro and micro nutrients, which provide the body with the fuel it needs to function at an optimal level.

Macronutrients consist of 3 main elements – protein, carbohydrate and fats – and these are the nutrients needed in large amounts to provide energy for the body.

Micronutrients are the nutrients needed in trace amounts for normal healthy growth and development and include vitamins, minerals, antioxidants and fatty acids. They can help protect the body from disease and support vital functions such as muscle strength and immune system support. It can be difficult to know if we are getting all the micronutrients we require as most are not listed on food labels. All foods contain macronutrients but not all foods contain additional micronutrients to nourish the body.

We know that highly processed foods can send our blood sugar high and cause weight gain, but they also have virtually zero micronutrients. Yet another good reason to banish them from your diet! Eating nutrient dense, natural food gets more “bang for your buck” and can be bursting with nutritious micronutrients.

Studies have shown that consuming a non-processed diet full of micronutrients can contain all the essential vitamins required to improve your body’s bone density and mental activity whilst decreasing the risk of infection and disease.

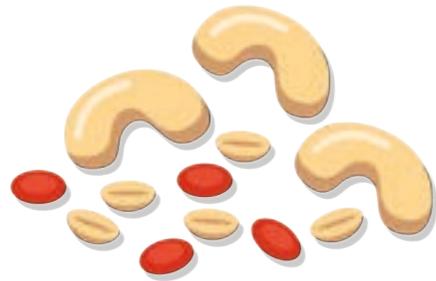
Here are some of the most important vitamins to ensure you are eating including the low carb foods that contain them. In general it is always better to get nutrients from food rather than supplements but I will discuss the best way of supplementing if your diet could be lacking....

Magnesium

Magnesium is the fourth most common mineral in the body and is responsible for over 300 biochemical functions, playing a critical role in the production of energy and protein and cell reproduction. Without it our muscles can’t work correctly and our nerves won’t send and receive messages. Magnesium may also help reduce blood pressure, improve blood sugar control and improve mood. The body is unable to make its

own magnesium so relies on dietary sources. Magnesium deficiency may cause muscle cramps, dizziness and fatigue. Aim to consume around 500mg of magnesium per day – these foods will help:

- **Pumpkin seeds**
- **Vegetables like spinach and Swiss chard**
- **Beans – black, pinto, chickpeas, edamame**
- **Tofu**
- **Almonds, cashews and brazil nuts**
- **Flaxseed**
- **Fish like salmon, mackerel and pollock**



If you feel your diet is lacking in magnesium it may be worth taking a supplement. Supplementation may improve sleep, help anxiety and relieve muscle cramps and constipation. If you are taking too much, this will be excreted via the urine. It may be best to avoid a supplement if you suffer from conditions such as heart block, kidney failure or bowel obstruction. It is also worth speaking to your doctor if you take medications such as diuretics (water tablets) or heart anti-arrhythmics (like digoxin).

Choosing a magnesium supplement can be confusing as they come in many different forms – citrate, chloride, sulfate, oxide. These different forms can be absorbed differently and in general, magnesium citrate and glycinate seem to be the best absorbed and digested by the body.

Magnesium oxide may be useful if you also suffer with heartburn or indigestion, and similarly magnesium citrate or oxide may be a good choice if constipation is a problem.

The general recommended dose for magnesium supplementation varies from 200-400mg per day depending on how much of it you are already getting in your diet. Gut related side effects such as diarrhoea and nausea can occur, especially in high doses.

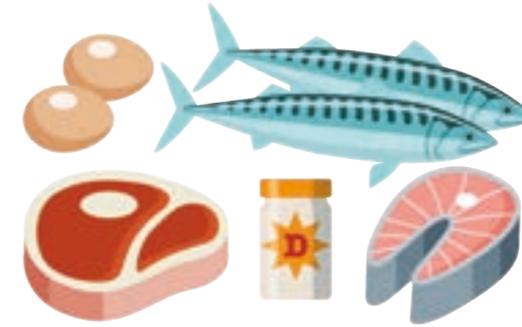
Magnesium supplements can be purchased easily online. Some of my patients swear by a topical magnesium spray to their forearms each night to get a good night's sleep – magnesium appears to be absorbed well through the skin so it's certainly a good option to consider. Alternatively a regular soak in a warm bath of Epsom salts will also help you to hit your quota!

Vitamin D

The current Coronavirus pandemic has brought to the forefront, the importance of Vitamin D for immune function. It also plays a vital role in keeping bones, teeth and muscles healthy as well as regulating mood. Vitamin D is the only nutrient the body produces in exposure to sunlight but up to 50% of the world's population may not get enough sun – especially those who are housebound. More recently people are spending more time indoors, wear sunblock outside and eat a "standard British diet", low in rich sources of Vitamin D.

Even if you are outside in the UK, available sunlight from October to March does not contain enough UVB radiation to enable our bodies to make Vitamin D. Therefore we rely on getting our Vitamin D from food. However, it is quite difficult to get

enough Vitamin D from food alone which is why a supplement can be useful, particularly in the UK over the winter period.



From April to September concentrate on spending time outside in the sunshine with your forearms and hands uncovered and without sunscreen for 15-30 minutes taking care not to burn. This time will be shorter for fair skinned, red haired individuals and longer for dark skin. Aim for sun exposure between the hours of 11am and 3pm when the UVB rays are at their strongest. If you plan to stay out for longer, then it is important to apply sunscreen once you have completed this initial period. Using sun beds is not a recommended way of making Vitamin D. Your body is unable to use sunshine through a window as UVB rays can't get through the glass.

In the UK, everyone is recommended to consider taking a Vitamin D supplement, especially children under 5, pregnant and breastfeeding women, and people who live in institutions such as care homes.

Foods high in Vitamin D include salmon, tuna, mackerel, beef liver and egg yolks. These can help maintain your Vitamin D levels over the winter period but most people struggle to eat enough and that's where supplementation comes in useful.

In terms of supplements, aim to take Vitamin D3 at a minimum dose of 10mcg or 400iu, for at least

the winter period between October and April in the UK. Unless your doctor has tested your levels and recommended higher doses, the highest level of supplementation suggested is 100mcg or 4000iu. Levels up to 4000iu per day have been shown to be safe for adults.

Vitamin D3 supplements can be easily purchased in pharmacies or supermarkets and also online (especially if you are looking for higher doses).

Fibre

When cutting the amount of grains consumed via a low carbohydrate diet, many people are concerned at the reduction in their fibre intake. Some people also find that constipation can be an issue. Dietary fibre moves through our digestive systems without being absorbed and is the non-digestible part of food. It can be soluble or insoluble (what people refer to as "roughage"). Soluble fibre has been shown to be particularly good for preventing constipation due to its strong water holding capacity.

Fibre has multiple reported health benefits. It helps to promote satiety and slows down digestion, thus glucose and insulin levels are slower to rise. It has also been associated with a lower risk of heart disease and type 2 diabetes as well as stroke and bowel cancer, although studies have yet to confirm this.

Fibre intake has fallen considerably over the past few centuries. The current standard British diet contains as little as 15g per day compared to an estimated 120g in Palaeolithic diets. Current dietary guidelines recommend consuming 30g per day.

Constipation can be fairly common in the early stages of adopting a low carbohydrate diet but often resolves on its own. If your bowel motions

are smaller but easy to pass without pain, bloating or straining, you probably aren't constipated and this instead reflects your change in diet. If you do become constipated on a low carb diet then increasing water consumption and keeping active can help. To improve constipation or generally increase the fibre in your diet to reap its benefits, then concentrate on increasing your intake of leafy greens, salad leaves, cruciferous vegetables like broccoli, Brussel sprouts, cabbage and kale. Courgettes, cucumber and artichokes are also good options. Nuts such as walnuts and almonds can be useful and fruits such as avocado, tomatoes and berries are also good fibre sources suitable for consumption in a low carb diet. Rhubarb is a low carb food that is particularly high in soluble fibre and also contains a compound Sennoside A, which is well known for its laxative effect.

Although not supplements per se, the addition of chia seeds and flax seed is easy, cheap and full of fibre. Chia seeds are 86% fibre, most of which is insoluble. Flaxseed is more beneficial for constipation when ground as "meal" – use up to 4 tablespoons every day to keep your bowels regular. It is easy to sprinkle over salads or Greek yoghurt.

Magnesium oxide and magnesium citrate in a dose of 200-400 mg per day can be useful to help manage constipation and may have double benefits if you are also hoping to increase your magnesium levels.

If you struggle with your bowels and aren't keen on taking daily chia or flax seeds, then utilising a psyllium fibre supplement may be useful. A dose between 8-10 grams per day is beneficial with no harms. It can be purchased from online health food stores and stores such as Amazon.

Vitamin C

Many people worry that they aren't getting enough Vitamin C when eating a low carbohydrate diet as they exclude "obvious" sources such as oranges, pineapple and fruit juice.

Vitamin C or ascorbic acid, is an antioxidant that plays a key role in immune function and maintaining healthy bones, blood vessels and skin. It also aids in the absorption of iron. Humans are unable to make their own Vitamin C and therefore it is considered an essential nutrient we need to get from our diet. Dietary guidelines in the UK advise a daily recommended dietary allowance of 40mg. Smoking causes loss of Vitamin C and therefore smokers should consume an additional 35mg per day.

Vitamin C is found mainly in plant foods. Liver is an exception to this rule. Calorie for calorie, bell peppers contain more Vitamin C than any other food including citrus fruit – just one serving provides between 100-300% of your daily requirement (yellow and red are the best!). Other vegetables such as broccoli, kale, Brussel sprouts, red cabbage and sugar snap peas are also excellent sources. 100g of strawberries will also provide 100% of your daily needs.

If you are not able to incorporate these foods into your diet, then taking a supplement may be worthwhile. Vitamin C can be easily purchased at most supermarkets.



Additional considerations for vegetarians or vegans consuming a low carbohydrate diet

Vegetarian diets, and more so vegan diets, can also be lacking in other micronutrients and may well require supplementation to ensure you are getting enough. The main ones to consider are iron and Vitamin B12.

Iron

Iron is extremely important for our health as without it, our bodies cannot carry oxygen. Iron deficiency can be common, especially in women of child bearing age. Women should aim for 18mg a day, and men 8mg.

Foods containing iron that can be consumed on a low carb diet are red meat, tofu, liver, soybeans, asparagus, spinach, eggs, sardines and liver – hence why iron deficiency is rare when eating a varied low carb diet. However, it is far more common in people following a vegetarian or vegan diet and indeed can be even more difficult if they are low carb as well – this is where supplementation can be useful. And remember that iron is better absorbed when Vitamin C levels are optimal so ensure you are getting enough of both!

Iron supplements such as ferrous sulfate or ferrous fumarate can be easily purchased in pharmacies or online.

Vitamin B12

B12 (also known as cobalamin) is another vitamin that may be lacking in vegetarian and vegan low

carb diets as most sources are animal in origin. It is essential for our health and our bodies use it to make red blood cells, nerves and DNA - we cannot live without it.

In the UK, many breakfast cereals and flour products are fortified with B12 but obviously these aren't generally consumed as part of a low carb diet. It is estimated that around 15% of the UK population may be deficient in Vitamin B12. Medications such as metformin for diabetes or proton pump inhibitors for acid indigestion (such as omeprazole or lansoprazole) have also been shown to potentially reduce our absorption of B12.

There is virtually no B12 in plants so we rely on animal products to provide it. Foods high in B12 include shellfish, fish, liver, beef, lamb, nuts and seeds, cheese and eggs.

If we lack Vitamin B, we may develop a sore tongue, mouth ulcers, pins and needles, irritability or depression. Some people are unable to absorb B12 adequately and may need their doctor to organise injections if their levels are proven to be low.

Most adults require approximately 2.4 micrograms (mcg) per day of B12. A B12 supplement containing 100mcg per day will usually be enough for most people but if you are shown to be deficient it may be worth taking 500mcg daily for the first month to increase your stores and then reduce to 100-250mcg per day to maintain your levels.

Remember, the best way to ensure you are getting all the right micronutrients is by eating a varied, whole food diet. However, for multiple reasons this can sometimes be a challenge and in these situations it may be worth considering if a supplement may have a place in your daily routine.

The Gut Biome

It's a term you hear a lot these days, but what exactly is the gut biome and why should you care about it.....? Hippocrates (the father of modern medicine) once stated that "All disease begins in the gut", and although this isn't strictly true, evidence shows that many chronic diseases do indeed start in the gut and that our gut bacteria strongly affect our health.....

We are not alone in our bodies – many consider us to be 50% human and 50% bacteria. Living inside and on every person are trillions of bacteria, fungi and other microbes that make us who we are. These microbes have huge potential to affect our physiology – both in health and disease – and are collectively known as our "gut biome".

Recent scientific advances have led to a tremendous increase in knowledge of the human microbiome and this new knowledge is already leading to opportunities for the diagnosis and treatment of many human diseases.

Our gut biome contributes to many of our daily basic functions including protection against germs, education of our immune system, and contribution to our metabolism.

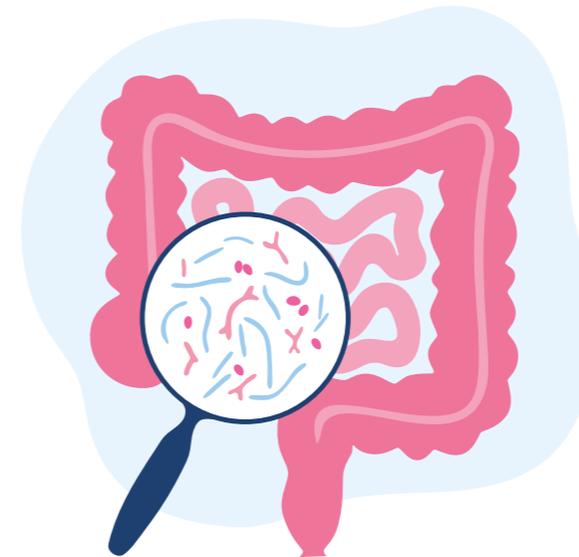
Healthy adults each typically have over 1000 species of bacteria within them (a richer diversity of life than you would find in a rainforest!), and not surprisingly, the organisms we contain are affected by what we eat and other factors, like antibiotics that we may need to take at certain times. It also appears that the gut microbiome has a genetic component, as family members often share similar species of gut bacteria.

Organisms in our gut are critical to our digestion and nutrition and they are able to generate nutrients that may otherwise be indigestible. For example, around 92% of humans contain at least one species of organism capable of digesting xyloglucans – which are contained in the cell walls of vegetables like lettuce and onions. Our gut organisms can also produce short chain fatty acids from indigestible dietary fibre which are the main source of energy in the gut and also contribute towards immunity.

Over time, it is slowly becoming apparent that the gut microbiome may be implicated in playing a part in many common diseases such as rheumatoid arthritis, bowel cancer, cardiovascular disease, IBS, obesity and diabetes. As the microbiome regulates our immune system, it plays a large part in allergic diseases such as asthma and eczema – diseases that have had an explosion in their prevalence over the past century. Auto-immune diseases (where our body attacks itself), like type 1 diabetes and thyroid disease are also on the rise and are primarily caused by an immune system that has got out of hand. Our gut bacteria also takes indigestible foods

and converts them into hormones and chemicals that affect our mood and changing your gut biome may reduce anxiety and depression. Who knew our guts were such amazing organs? I'm convinced that many conditions are better treated by a change in diet than by prescribed drugs.

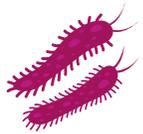
With regards to obesity, it appears that our gut bacteria may help regulate our body weight. They do this by determining how much energy our bodies extract from food and also play a part in hunger signals and appetite. There's also evidence to suggest that our gut biome plays a part in the foods we crave and also how much our blood sugar spikes after eating a meal. It certainly appears that our gut biome can make us overweight, but by changing what we eat, we can alter our gut biome to make it work with you rather than against you.



Let's have a look at some of the gut bacteria that may be affecting your health.....

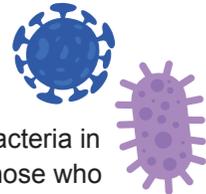
Bacteroidetes

Bacteroidetes is tilted in favour of a lean body type and reduced gut inflammation and produces a substance called Butyrate which has powerful anti-inflammatory effects thought to protect against bowel cancer. The more fibre we eat, the more butyrate is produced by these "good bacteria". Butyrate also helps to protect our gut lining and if this barrier breaks down we can develop "leaky gut syndrome" which includes Irritable Bowel Syndrome (IBS).



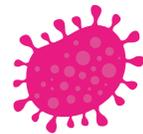
Christensella

People with high levels of this bacteria in their gut tend to be slim. Even those who eat a bad diet – unfair I know! It appears to be inherited and only thrives in those who have been given the right genes – and unfortunately there is no evidence to suggest that eating particular foods or even taking a supplement can help boost levels of this particular gut friend



Akkermansia

Akkermansia lives on mucus in your gut to strengthen the gut wall and reduce inflammation – the more you have, the better. Scientists have found that if they give Akkermansia to overweight mice, it stopped them from becoming obese and developing diabetes. Interestingly, intermittent fasting boosts the number of Akkermansia organisms in your gut and will thrive when you eat less often – another good reason to give time restricted eating a go!



Firmicutes

Firmicutes found in the gut has been linked to obesity, and high levels tend to be found in those who eat a western diet high in fat and sugar.



Bifidobacterium

This bacteria has the role of breaking down indigestible fibre and protects against “bad guy” pathogens. They appear to be gained from breast milk and are also found in dairy like cheese and yoghurt



Lactobacillus

This bacteria lines the gut and helps to protect it against invaders such as the fungus Candida. If lactobacillus is suppressed by a course of antibiotics, for example, it allows Candida to thrive. Particular strains of this bacteria also appear to be important for mental health, with some people taking probiotic supplements reporting an improvement in mood and anxiety levels.

So, it's not just the type of bacteria in your guts that's important - it's also the range of microorganisms present. You want your gut biome to be as diverse as possible. Unfortunately, many human gut pathogens are in decline – partly because we eat such a narrow range of foods. 75% of the world's food supply comes from just 12 plants and 5 species of animal. The widespread use of antibiotics in farming is likely also to be playing a role although their routine use was stopped in Europe - but is still commonplace in many other countries including the USA. Emulsifiers which are

added to foods to extend their shelf life also reduce the microbial load in the gut and may possibly even contribute to diabetes prevalence so avoiding these processed foods is a good idea.

You can increase the diversity of your gut biome by:

- Eating as many different plants as possible
- Drinking at least one alcoholic drink per week
- Avoid antibiotics if you can
- Get your hands dirty in the garden
- Live in well aerated spaces – open windows

Foods that nourish the gut

Try and eat plenty of the following to improve and stabilise your gut biome:

- **Olive oil**
- **Oily fish**, such as tuna, salmon, trout, sardines and mackerel
- **Meat** (where possible aim for organic or grass fed and avoid animals fed with antibiotics)
- **Cocoa** (stick with dark chocolate and aim for at least 85% if you can)
- **Wine** – particularly red, but also white (Be careful to ensure you keep your alcohol intake to the recommended maximum of 14 units per week and have two or three alcohol free days each week)
- **Fruit and veg** – aim for a varied mix of colour on your plate

- **Dried herbs**, such as turmeric, oregano, thyme and basil
- **Onions, leeks, artichoke and garlic** - rich in Inulin (a prebiotic) and helpful to kill off bad microbes.
- **Flaxseed** - another prebiotic.
- **Yoghurt** – aim for live and full fat when you can
- **Unprocessed cheeses**, such as Gouda, mozzarella, cheddar, cottage cheese, feta and blue cheese like Roquefort – look for live and active cultures on the labels.
- **Fermented foods**, such as sauerkraut, kefir and kimchi – fermentation adds lots of good bacteria to the diet. Pasteurisation will kill off bacteria so look for “live cultures” on the label, or even better, make it yourself – you only need cabbage, salt, water and a few weeks to make delicious sauerkraut!
- **Apple cider vinegar** – fermented and delicious on salads! A couple of tablespoons before a meal also seems to dampen down blood sugar spikes.



If you struggle to eat a good diversity of these foods,

you might have thought about purchasing probiotic supplements instead. Those such as Actimel or Yakult are high in sugar and their claims on increasing bacteria in the body are pretty unconvincing. However, it may be worth looking at individual probiotic supplements depending on what you are aiming to treat/achieve (for example IBS or gut side effects following a course of antibiotics).

If you're inspired by the microbiome and want to find out which friends you have living inside your gut, there are now many companies that will sequence your microbiome for about £100 including British Gut, Healthpath and Atlasbiomed. Find them online, fill in your details and send them a sample in the post – you may be very surprised by what you find and may be able to use this information to eat foods to increase the volume of the bacteria you are lacking in.....

Recommended Reading and Resources List



Books

- **The Obesity Code**
Dr Jason Fung
- **Why We Get Fat And What To Do About It**
Gary Taubes
- **Fat Chance**
The Hidden Truth About Sugar, Obesity and Disease – Dr Robert Lustig
- **Metabolical**
Robert Lustig
- **Why We Get Sick**
Benjamin Bikman
- **The Diabetes Weight-Loss Cookbook**
Katie Caldesi and Giancarlo Caldesi
- **The 30 Minute Diabetes Cookbook**
Katie Caldesi and Giancarlo Caldesi
- **The Reverse Your Diabetes Cookbook**
Katie Caldesi and Giancarlo Caldesi
- **The Clever Guts Diet**
Dr Michael Moseley (gut biome)
- **The Big Fat Surprise**
Nina Teicholz
- **Wheat Belly**
William Davis MD
- **Eat Rich, Live Long**
Ivor Cummins and Jeffrey Gerber
- **The Complete Guide to Fasting**
Jason Fung and Jimmy Moore
- **The P:E Diet**
Ted Naiman
- **Fork In The Road**
Jen Unwin (food addiction)
- **Paleo Canteen Low Carb on a Budget**
John Meechan and Ally Houston
- **The Inflamed Mind**
Edward Bullmore (mental health and diet)
- **The Great Cholesterol Con**
Dr Malcolm Kendrick

Local Bookshop

Between the Lines, Vine Street, Great Bardfield, Essex, CM7 4SR (stocks a variety of the above suggested low carb books)

Websites

www.lowcarbfreshwell.co.uk
www.dietdoctor.com
www.sugarfreelondoner.com
www.wholesomeyum.com
www.lowcarbtogether.com
www.phcuk.org
www.newforestpcn.co.uk



App

Our App is available on Apple and Android or scan the QR code below.



Local Restaurants and Bakeries

As our low carb project has picked up pace, it has been amazing to get involved with our community via our local eateries and shops. Many of our local restaurants and pubs now offer low carb options to help support our project and the very many patients and members of our community who have chosen to embark upon a low carb lifestyle. Please support them!

- **The Fox Inn**
The Green, Finchingfield, Essex CM7 4JX
- **Zafra Bar and Grill**
5 The Green, Finchingfield, Essex, CM7 4JS
- **The Bell Inn**
Dunmow Road, Great Bardfield, Essex, C7 4SA
- **Finchingfield Post Office**
(stocks all your low carb pantry essentials),
Bardfield Road, Finchingfield, Essex, CM7 4LS
- **Jack in The Box Bakes** (for keto bakes)
– Rumblebees Book Shop Cafe, The Rumballs, Braintree Road, Felsted, Essex, CM6 3DJ
- **Unikorn Low Carb Bakery Ltd**
(for bread, bread mixes and croissants),
5 The Links Business Centre, Bishops Stortford, Hertfordshire, CM23 5NZ.
Can order online at www.lowcarb-bakery.com

4 week

**ROTATING
MEAL
PLANNER**

WEEK ONE

(see recipes in bold)

	BREAKFAST	LUNCH	DINNER
MONDAY	Greek yoghurt with blueberries	Cheese and ham omelette	Steak with Shake and Bake Turnip Chips and vegetables
TUESDAY	Scrambled egg with fried mushrooms	Creamy Roasted Cauliflower Soup	Rainbow Chicken Curry with Egg Fried Cauliflower Rice
WEDNESDAY	Kim's Cinnamon Granola with Greek yoghurt	Cheese, antipasti and olives with Seed Crackers	Tuna Empanada with side salad or vegetables
THURSDAY	Coconut Flour Pancakes	1 or 2 Flax Bread Rolls with filling of your choice	Cold Sesame Noodles with Chicken and Cucumber
FRIDAY	Dr Kim's Noatmeal	Mug Pizza	Cuban Pulled Pork and Black Beans
SATURDAY	Grilled halloumi with fried eggs and mushrooms	2-3 high quality sausages with tin of reduced sugar baked beans	Cheese and Bacon Crust-less Quiche with side salad or vegetables
SUNDAY	TWO MEAL DAY – eat brunch and evening meal	Fry Up! (No toast, hash browns or fried bread)	Spatchcock Sunday Chicken with Yorkshire Puddings

WEEK TWO

(see recipes in bold)

	BREAKFAST	LUNCH	DINNER
MONDAY	Greek yoghurt with raspberries	Microwave Omelette	Sweet and Sour Chicken with Egg Fried Cauliflower Rice
TUESDAY	Scrambled eggs with smoked salmon	Mug Pizza	Doner Kebab with salad and tzatziki (see first meal planner)
WEDNESDAY	Kim's Cinnamon Granola with Greek yoghurt	Cheese, antipasti and olives with Garlic Cheese Crackers	Beef burgers with Flax Bread Rolls
THURSDAY	Dr Kim's Noatmeal	1 or 2 Flax Bread Rolls with filling of your choice	Steak fried in butter with kale cooked in juices
FRIDAY	3 or 4 hard boiled eggs dipped in mayonnaise	Kim's Basic Salad (see first meal planner) with tinned tuna or ham and boiled eggs	Keto Creamy Lemon Garlic Salmon with vegetables
SATURDAY	Scrambled egg with bacon	Naked Scotch Eggs	Ben's Beef Rendang with cauliflower rice
SUNDAY	TWO MEAL DAY – eat brunch and evening meal	Fry Up! (No toast, hash browns or fried bread)	Roast Meat of your choice with vegetables and Yorkshire Puddings

WEEK THREE

(see recipes in bold)

	BREAKFAST	LUNCH	DINNER
MONDAY	Greek yoghurt with pecans and blueberries	2-3 High quality sausages with reduced sugar baked beans	Frittata with side salad or vegetables
TUESDAY	Dr Kim's Noatmeal	Garlic Cheese Crackers with Hummus or Guacamole	Cuban Pulled Pork with Black Beans
WEDNESDAY	Portobello Mushroom Breakfast Pizza	Kim's Basic Salad (see first meal planner) with feta and olives	Doner Kebab with tzatziki (see first meal planner) and salad
THURSDAY	Kim's Cinnamon Granola with Greek yoghurt	1 or 2 Flax Bread Rolls with filling of your choice	Rainbow Chicken Curry with cauliflower rice
FRIDAY	Boiled Eggs with Halloumi soldiers	Microwave Omelette	Chicken Kievs with Shake and Bake Turnip Chips
SATURDAY	Keto Cinnamon Swirls	Broccoli Cheese Soup	Basic Beef and Red Wine Stew with Savoury Biscuit Dumplings
SUNDAY	TWO MEAL DAY – eat brunch and evening meal	Fry Up! (No toast, hash browns or fried bread)	Spatchcock Sunday Chicken with Yorkshire Puddings

WEEK FOUR

(see recipes in bold)

	BREAKFAST	LUNCH	DINNER
MONDAY	Greek yoghurt with raspberries and desiccated coconut	Kim's Basic Salad (see first meal planner) with ham or cheese	Sweet and Sour Chicken with Cauliflower Rice
TUESDAY	Dr Kim's Noatmeal	Creamy Roasted Cauliflower Soup	Steak cooked in butter with kale and mushrooms fried in juices
WEDNESDAY	Bacon and Egg Cups	Cheese, antipasti and olives with Garlic Cheese Crackers	Beef burgers with Flax Bread Rolls
THURSDAY	Kim's Cinnamon Granola with Greek yoghurt	1 or 2 Flax Bread Rolls with filling of your choice	Rainbow Chicken Curry with keto Naan Bread
FRIDAY	3 or 4 hard boiled eggs dipped in mayonnaise	Mug Pizza	Baked chicken wings or drumsticks with Oven Ratatouille
SATURDAY	Cauliflower Hash Browns with fried eggs	2-3 High quality sausages with reduced sugar baked beans or salad	Mushroom and Mange Tout Risotto with cauliflower rice
SUNDAY	TWO MEAL DAY – eat brunch and evening meal	Poached eggs with smoked salmon and avocado	Roast Meat of your choice with vegetables and Yorkshire Puddings

Dr Kim's

RECIPES

Kim's Cinnamon Granola Shards

Makes 1 large baking tray

This granola can be enjoyed with milk or yoghurt as a tasty breakfast. I love eating it straight from the jar.....watch out though as it's very moreish and once you start it's hard to stop – portion accordingly, you have been warned!

INGREDIENTS

- 3 cups of mixed nuts – any combination of your choice. I use almonds, hazelnuts, pecans,
- ⅓ cup of pumpkin seeds
- ⅓ cup of sunflower seeds
- 6 tablespoons erythritol
- ½ cup ground flaxseed/linseed
- 1 large egg white
- ¼ cup melted butter (can substitute with coconut oil or ghee)
- 1 teaspoon vanilla extract
- 1 teaspoon salt (or less if using salted butter)
- 1 teaspoon cinnamon

INSTRUCTIONS

- 1 Preheat oven to 160C
- 2 Line a large baking tray with greaseproof paper
- 3 Place the nuts in a food processor and pulse until the nuts are chopped into large pieces
- 4 Add the pumpkin seeds, sunflower seeds, erythritol and flaxseed and pulse again until everything is well mixed. Aim to be left with lots of larger nut pieces remaining – don't over process.
- 5 Mix the melted butter with the vanilla extract and pour in to the mixture
- 6 Add egg white, salt and cinnamon and pulse again. Avoid over processing. You should be left with a damp lumpy mixture.
- 7 Empty the mixture into the large baking tray and spread out evenly, gently press down into a uniform layer around 1cm thick.
- 8 Bake for 18 minutes until lightly browned at the edges.
- 9 Remove from oven and allow to cool completely before breaking into pieces.
- 10 Can be stored in an airtight container for up to 2 weeks.

Can be eaten like cereal with milk or enjoy the chunks as a snack or in a lunchbox.

Feel free to add additional ingredients – I sometimes use allspice instead of cinnamon and also enjoy adding desiccated coconut to replace some of the sunflower seeds.

As an extra treat you can also dip the shards in melted 85% dark chocolate and leave to dry.



Flax Bread Rolls

Makes 4 small buns or 2 larger rolls

This is my favourite, go to, bread roll recipe. Perfect to use as burger buns or as rolls in lunchboxes. The recipe uses coconut flour instead of almond flour which is cheaper and more easily available and the end result has a good “bread” texture.

INGREDIENTS

- 35g coconut flour
- 2 tablespoons flaxseed
- 2 large pinches of salt
- 1 tsp baking powder
- 125g of grated mozzarella
- 2 tablespoons full fat cream cheese
- 2 medium eggs
- 1 tablespoon sesame or poppy seeds (optional)

INSTRUCTIONS

- 1 Preheat oven to 190C
- 2 Line a baking sheet with greaseproof paper
- 3 In a bowl mix together the coconut flour, flaxseed, baking powder and salt and put aside.
- 4 In another bowl combine the grated mozzarella and cream cheese.
- 5 Microwave for 45 seconds, stir and continue to repeat until the cheeses are melted and well combined.
- 6 Beat the eggs and add to the dry ingredients.
- 7 Add the cheese mixture and mix until well combined.
- 8 Knead with your hands until a dough forms.
- 9 Divide the dough into 4 equal balls
- 10 Place the balls on to the baking sheet and gently press down into a roll shape.
- 11 Top with sesame or poppy seeds.
- 12 Bake for 18 minutes or until lightly browned.
- 13 Allow to cool before slicing in half.

Can be stored in an airtight container for 2-3 days.

Make perfect burger buns but can also be enjoyed as sandwiches. Their nut free ingredients also make them ideal for school lunchboxes.



Keto Naan Bread

Makes 3 naan breads

I have always enjoyed a good warm naan bread to mop up the sauce of my curry and I was still yearning for this after adopting low carb. These naan breads are a perfect alternative and the psyllium husk gives the bread a good stretchy texture which almost feels like the real thing.

INGREDIENTS

- 60g coconut flour
- 20g psyllium husk
- ½ teaspoon baking powder
- 50g butter melted
- 1 cup hot water
- Coconut oil, ghee or butter for cooking



INSTRUCTIONS

- 1 Combine the coconut flour, psyllium husk and baking powder in a bowl.
- 2 Slightly warm the butter so it is soft and mix with the dry ingredients.
- 3 Pour in the hot water and mix until the dough forms a large ball.
- 4 Divide the dough into 3 pieces.
- 5 Place each piece between two sheets of greaseproof paper and roll into a flat naan bread shape using a rolling pin, moulding with your fingers if needed.
- 6 Heat a frying pan or skillet and add coconut oil, ghee or butter.
- 7 Cook each naan bread until lightly browned on both sides.
- 8 Serve warm with your favourite curry (or microwave for a short time if you are going to eat them later).

The psyllium husk lends a perfect stretchiness to these breads.

Enjoy with curry.

Can be stored in an airtight container in the fridge for 3-4 days – lightly sprinkle with water and gently warm in the microwave before eating.

Peanut Butter Chocolate Cheesecake

Serves 6-8

I really love peanut butter. And I really love cheesecake. So combining the two was going to be a clear winner! This cheesecake is truly delicious and a perfect ending to a meal with family or friends.

INGREDIENTS

To Make the Base

- 85g melted butter
- 1 cup ground almonds
- ¼ cup cacao powder (cocoa powder will also work fine)
- 1 tablespoon erythritol

To Make the Topping

- 450g full fat cream cheese
- ¾ cup erythritol
- ¾ cup smooth peanut butter
- ¼ teaspoon salt
- 2 eggs
- ½ cup double cream
- 2 teaspoons vanilla extract (optional)

INSTRUCTIONS

- 1 Grease or line an 9 inch springform or loose bottom tin.
- 2 Preheat oven to 180C
- 3 To make the base combine the butter, almond meal, cacao powder and erythritol.
- 4 Mix well and when combined add to the springform tin and press down gently with the back of a spoon until an even base is formed.
- 5 Bake in the oven for 10 minutes.
- 6 Remove and leave aside to cool.
- 7 Next prepare the topping by mixing the softened cream cheese with the erythritol.
- 8 Add the peanut butter and salt and mix until smooth and creamy.
- 9 Add the eggs and pour in the double cream and vanilla extract.
- 10 Mix well and pour on to the cooled base.
- 11 Bake in the oven at 180C for 35 minutes or until just set in the centre.

Can be stored in the fridge in an airtight container for up to 5 days.

Can also be frozen in individual portions and defrosted for 2 hours before enjoying.

Doner Kebab

Serves 4 to 6

This meal is a big hit with the kids and it saves us the walk of shame to the kebab shop! The recipe also avoids any vegetable oils and gives you the joy of a takeaway without the guilt – this kebab is good for you!

INGREDIENTS

- 1 kg lamb mince.
- 2 tbsp ground cumin
- 1 tbsp baking powder
- 1 tbsp dried oregano
- 1 tbsp garlic granules
- 3 tsp salt
- ¼ cup of water

INSTRUCTIONS

- 1 Preheat oven to 200 C.
- 2 Mix the lamb, cumin, baking powder, oregano, garlic, and salt. Combine well so that there is very little texture left. You want a mush at this point.
- 3 Add the water and mix again until homogenous.
- 4 Add the mixture to a loaf tin which is lined with tin foil.
- 5 Put in the oven and cook for 5 minutes.
- 6 Turn down the heat to 180 C.
- 7 Cook for a further 1 hour and 25 minutes.
- 8 Remove the loaf tin from the oven and allow to cool.
- 9 Once cooled, slice the loaf of meat into thin slices. The breadknife you no longer use is perfect for this job.
- 10 Grill the slices to warm and give a slight crisp to the edges.

Serve with:

- A kebab salad of shredded cabbage, onion and carrot dressed with salt and lemon juice
- Tzatziki (see the first meal planner for a recipe)
- Grilled aubergines
- Cauliflower rice
- Chilli sauce





Savoury Biscuit “Dumplings”

Makes 12

I love a warm, comforting stew but wanted something to replace the stodge of the potatoes and dumplings. This recipe is for an American “biscuit” to be eaten like a dumpling with stew/ casserole etc or just as a savoury muffin slathered in butter!

INGREDIENTS

Dry Ingredients:

- 1 ½ cups almond flour
- ¼ tsp salt
- 1 tbsp baking powder
- ½ tsp garlic powder
- ½ tsp onion powder

Wet Ingredients:

- 2 large eggs
- ½ cup sour cream
- 4 tbsp melted butter
- ½ cup grated cheddar

INSTRUCTIONS

- 1 Preheat the oven to 200C and prepare a muffin tray with cases or grease well.
- 2 Combine all dry ingredients in one bowl and wet ingredients in another.
- 3 Combine the two mixtures together.
- 4 Add to 12 muffin moulds.
- 5 Bake for 10-12 minutes until a toothpick comes out clean.

Enjoy with casserole or eat on its own with a good smear of butter!

Dr Kim's Noatmeal

Serves one

I enjoyed porridge every morning for over 20 years until I saw what it did to my blood sugar readings! I was yearning for something to replace it and came up with this recipe. A tasty alternative to traditional oat porridge – perfect for colder mornings and when comfort is required!

INGREDIENTS

- 2 tbsp flaxseed
- 2 tbsp chia seeds
- 2 tbsp coconut flour
- 1 tbsp desiccated coconut (optional)
- 1 tsp vanilla essence
- Full fat milk to desired consistency (can use dairy free alternatives if required)
- Double cream (optional)
- Pumpkin seeds and sunflower seeds (optional)

Flavour options:

- Frozen cherries and almond essence
- Pecan nuts and sugar free maple syrup
- Frozen raspberries and flaked almonds
- Frozen strawberries and clotted cream

INSTRUCTIONS

- 1 Add flaxseeds, chia seeds, coconut flour and desiccated coconut (if desired) into a microwaveable bowl.
- 2 Add flavour options of your choice – some examples given above.
- 3 Add vanilla essence and milk and stir thoroughly. Remember coconut flour will absorb more fluid than expected so aim for quite a liquid consistency before cooking.
- 4 Place bowl in microwave and cook on high heat for 2 to 2 ½ minutes. You could also cook in a saucepan on the stove if preferred but it will take a little longer.
- 5 Remove from microwave, and if desired, add a swirl of double cream and a sprinkling of pumpkin and sunflower seeds to the top.

Enjoy!



Cuban Pulled Pork and Black Beans

Serves 6

Inspired by a meal we had at a Cuban restaurant in Madeira! We loved the food and hospitality so much we decided to recreate it at home and this recipe did not disappoint.

INGREDIENTS

You need a large oven casserole dish with a lid

- 1.3kg Boneless Pork Shoulder or Leg joint
- 150mls lime juice
- 500g peeled and sliced carrots
- 1 tbsp oregano
- 2 tbsp chopped fresh mint
- 2 cloves minced garlic
- 2 tbsp cumin
- 3 teaspoons salt (or adjusted to taste)
- 1 tbsp lard

For the beans:

- 600g tinned black beans
- 1 onion
- 1 clove of minced garlic
- 2 large bay leaves
- 1 tsp lard

INSTRUCTIONS

Preheat the oven to 140 C

- 1 Put the casserole dish on the stove. Add the lard and heat until hot.
- 2 When the lard is melted, add the pork joint and lightly brown each side.
- 3 Turn the heat down to medium and throw in the garlic, oregano, mint, garlic, cumin and salt.
- 4 Stir until mixed and then add the sliced carrots.
- 5 Combine well then add the lime juice.
- 6 Add water until the lower 2/3 of the joint is covered.
- 7 Put the lid on the pan and take off the stove.
- 8 Put in the oven at 140 C for 3 hours.
- 9 Remove from oven and leave to cool.
- 10 Remove the carrots and place in a serving dish.
- 11 Remove the fat and any meat string from the joint.
- 12 Use your hands to shred the joint apart into small strips.
- 13 Add the cooking liquid to the meat strips and stir well.
- 14 Serve with black beans.

For the beans

- 1 Melt the lard in a saucepan.
- 2 Add the onions and stir until just starting to colour.
- 3 Throw in the garlic and stir for 30 seconds.
- 4 Add the beans and their water.
- 5 Snap the bay leaves in half and add to the pan.
- 6 Combine well and low simmer for 20 minutes, stirring occasionally.
- 7 Serve with the shredded pork and carrots.



Microwave Omelette

Serves one

An invention passed on by my low carb Dad.

A super fast option for breakfast in a hurry that leaves only one bowl to clean! And perfect for people who don't really enjoy spending too much time in the kitchen....

INGREDIENTS

- 2 – 3 eggs
- Knob of butter
- Splash of milk
- Handful of cheddar cheese
- Chopped chorizo
- Salt and pepper

INSTRUCTIONS

- 1 Add a knob of butter to a small microwaveable bowl/dish
- 2 Add eggs and stir well
- 3 Add a splash of milk and omelette ingredients of your choice – I like cheddar and chorizo.
- 4 Add salt and pepper to your preference.
- 5 Combine all ingredients well and place in the microwave
- 6 Cook on high power for 1 minute and then remove from microwave and stir
- 7 Cook on high power for a further minute, again removing to stir
- 8 Cook on high power for a further 2 -3 minutes, until the egg is cooked.
- 9 Remove from microwave and eat directly from the bowl!

Feel free to experiment with multiple omelette fillings – anything goes!

Portobello Mushroom Breakfast Pizza

Serves 2

Portobello mushrooms make a great “pizza” to enjoy for breakfast or lunch. These are very quick and easy to make and you can experiment with toppings of your choice.

INGREDIENTS

- 4 large portobello mushrooms
- Olive oil
- Garlic powder
- Salt and pepper to taste
- Tomato passata or tomato purée (leftover bolognese sauce also works well for this)
- Cheddar cheese or mozzarella
- Sprinkling of Parmesan cheese

INSTRUCTIONS

- 1 Preheat oven to 180 C
- 2 Wipe mushrooms with a damp paper towel and remove the central stalk if long. Place on a baking sheet.
- 3 Drizzle with olive oil and add a pinch of garlic powder to each mushroom, along with a little salt and pepper.
- 4 Place in the oven and bake for 15 minutes.
- 5 Remove from oven and add to each mushroom 1-2 tbsp of tomato passata or tomato purée and top with cheddar or mozzarella cheese.
- 6 Place back in oven and bake for a further 5-10 minutes until the cheese is melted.
- 7 Remove from oven and sprinkle some grated Parmesan on the top.



Tuna Empanada

Serves 2-3

A Spanish favourite with low carb “pastry” based around a fat head dough recipe. Reminiscent of picnics on long afternoons spent on warm, sunny Spanish beaches.....

INGREDIENTS

For the pastry:

- 170g grated mozzarella
- 4 tbsp / 55 g cream cheese
- 6 tbsp / 50g coconut flour

For the filling:

- 1 can tuna fish (preferably olive oil but spring water is the next best option)
- 1 hard boiled egg chopped (do this step first or whilst frying the other ingredients)
- 1 small onion diced
- 1 small red pepper diced
- 1 tsp oregano
- ½ tin chopped tomatoes
- 2 tbsp olive oil (use 3 if your tuna is in spring water)
- Salt and pepper

INSTRUCTIONS

Preheat oven to 180 C

- 1 For the pastry, melt the mozzarella and cream cheese in the microwave for 1-2 minutes
- 2 Mix well and then add the coconut flour.
- 3 Stir until the dough is well combined.
- 4 Roll out the dough thinly between two sheets of greaseproof paper.
- 5 For the tuna filling, heat the olive oil in a frying pan and add the onions
- 6 Stir for 2 minutes then add the red pepper with a pinch of salt
- 7 Stir until the onions are translucent but not browned
- 8 Add the tin of tuna fish and tinned tomatoes
- 9 Stir well and add the oregano.
- 10 Continue stirring until the mixture reduces and becomes slightly sticky
- 11 Take off the heat
- 12 Add the chopped boiled egg and a few grinds of black pepper to the mixture and combine well
- 13 Add the filling to the centre of the rolled out “pastry” and fold over into pasty shapes, crimping the edges with your fingers to seal the pocket shut.
- 14 Lift the greaseproof paper and place on a baking tray
- 15 Cook in the oven at 180C for 20-25 minutes or until the pastry is lightly browned
- 16 Remove and leave to cool slightly
- 17 Enjoy with a side salad



Sweet and Sour Chicken

Serves 4-6

As a family we love Chinese food and sweet and sour is a favourite. We discovered a way of making a low carb sauce which is a good alternative. You may wish to use less erythritol if you prefer a more sour and less sweet sauce.

INGREDIENTS

For the sauce

- 1 cup erythritol
- 1 cup white rice vinegar
- ½ cup low sugar ketchup
- pinch of garlic powder
- pinch of mono sodium glutamate (MSG)
- 1 teaspoon xanthan gum

For the chicken

- 600g boneless chicken of choice – breast, deboned thighs etc (Quorn chunks if vegetarian/vegan option required)
- 3 Eggs and 1 cup ground almonds (if you wish to “bread” your chicken)
- 1 pepper – chopped
- 1 onion – chopped
- 1 head of broccoli- chopped

INSTRUCTIONS

- 1 Mix all the sauce ingredients apart from the xanthan gum in a saucepan.
- 2 Bring to a simmer while stirring.
- 3 Once all the erythritol is dissolved and the mix is simmering, sprinkle on xanthan gum and stir until the sauce thickens.
- 4 Leave to the side and prepare the chicken and vegetables.
- 5 Start by placing the chopped broccoli in a pan or tray. Blanch it by adding some boiling water from a kettle and leave to sit for 5 minutes.
- 6 Add coconut oil to a hot wok or frying pan
- 7 When hot, add onions and brown off, then add chicken
- 8 Once the chicken is cooked, add the chopped pepper and drained broccoli.
- 9 Stir fry thoroughly
- 10 Add the sauce and combine
- 11 Serve with cauliflower rice or soy spaghetti “noodles”

If you prefer your sweet and sour with “breaded” chicken, then cook the vegetables as above. Whisk the eggs in a bowl and place the ground almonds in another bowl with some salt and pepper to taste. Dip each chicken chunk into the egg mixture and then roll in the almond flour. Deep fry at 180C until crisp and brown.





Ben's Beef Rendang

Serves 4-6

Our favourite curry inspired by trips to Malaysia. This isn't authentic as it doesn't contain tamarind, galangal or lemongrass (hard to get where we live) but it still tastes really good! You can add chilli if you like but our kids aren't keen so we leave it out. It's even better the day after.....

INGREDIENTS

- 1kg beef brisket – cut into 1 inch cubes
- 6 tbsps ghee
- 4 medium onions thinly sliced
- ½ tsp salt plus 3 tsp salt
- 2 cans coconut milk
- 1 star anise
- 1 tbsp chopped ginger
- 4 tbsps mild curry powder
- 2 cloves crushed garlic
- 1 cup desiccated coconut
- 1 tbsp erythritol (optional)
- ½ fresh lime squeezed (can use pre bought lime juice)

To Garnish:

- Chopped peanuts
- Desiccated coconut
- Crispy fried onions

INSTRUCTIONS

- 1 In a large saucepan or stock pot, add the ghee and melt
- 2 Once the ghee is liquid, add the sliced onions and ½ tsp salt
- 3 Turn the heat down and slowly cook the onions until translucent
- 4 Add the cubed brisket and 3 tsp salt
- 5 Increase the heat and cook until the meat is browned, stirring when necessary
- 6 Add the curry powder, ginger, garlic and star anise and combine well whilst on high heat
- 7 Add the coconut milk, desiccated coconut and erythritol (optional) and stir well.
- 8 Turn the heat to very low and simmer (without a lid) for 2 hours, stirring occasionally
- 9 The mixture should start to split out the oil, when that happens – turn the heat high and stir thoroughly
- 10 Turn off the heat, add the lime juice and stir
- 11 Serve on a bed of cauliflower rice
- 12 Garnish with crispy fried onions, desiccated coconut and chopped peanuts

Basic Beef and Red Wine Stew

Serves 4

Invariably low carb in essence, a basic stew is always comforting on a cold winter's day. This is a simple recipe that even the least kitchen savvy should be able to master.

INGREDIENTS

- 500g diced stewing steak 2 cm cubes
- 3 medium onions chopped
- 3 carrots chopped
- 1 small swede chopped
- 3 tbsp lard (or olive oil)
- 1 heaped tbsp arrowroot
- 400g tinned chopped tomatoes
- 3 bay leaves – fresh or dry
- 500ml red wine
- 1 tsp Sea salt and freshly ground black pepper to taste

INSTRUCTIONS

Preheat the oven to 180C (can also cook on the hob, in which case no need for this step)

- 1 Put a casserole dish on medium heat and melt the lard.
- 2 Add the chopped onions, carrots, swede and bay leaves
- 3 Fry for 10 minutes
- 4 Add the diced beef and arrowroot
- 5 Add the tin of tomatoes and red wine
- 6 Stir well and season with sea salt and a good few grinds of black pepper
- 7 Bring to the boil, cover, and simmer slowly on the hob or place in the oven for 3 hours
- 8 Remove the lid for the final hour and add a splash of water if needed
- 9 Remove the bay leaves and season with further salt and pepper if required
- 10 Serve with "Savoury Biscuit Dumplings" (see recipe) in front of a warm fire on a cold autumnal day!



Frittata

Serves 4-6

When our chickens are laying eggs faster than we can eat them, it's inevitable that a "surprise" frittata will make it to the dinner table, using up any combination of flavours in the fridge!

INGREDIENTS

- 8 eggs
- 1 tbsp butter
- 100ml double cream
- 1 small red pepper finely chopped
- 1 small green pepper finely chopped
- 1 medium onion thinly sliced
- 1 packet of smoked streaky bacon (approx 6 rashers)
- 150g grated cheddar cheese
- ½ tsp salt



INSTRUCTIONS

Preheat the oven to 180 C

- 1 Chop the bacon into small pieces
- 2 Add the butter to a frying pan and melt
- 3 Add the bacon and cook for 4-5 minutes
- 4 Add the sliced onion and the chopped peppers and combine well with the bacon
- 5 Fry until the onions are translucent but not brown and remove from the heat
- 6 Grease a 9 inch pie/flan dish (2 inches deep)
- 7 Beat the eggs in a bowl and stir in the cream
- 8 Add the grated cheese and combine well
- 9 Put the contents of the frying pan into the pie dish
- 10 Add the egg mixture and salt and gently combine
- 11 Place the pie dish into the oven and cook for 20-25 minutes until the frittata is lightly browned
- 12 Cut into wedges and enjoy with a side salad or roasted vegetables

Can be kept in the fridge for 3 days.

Also great to cook ahead and take for picnics.

You don't have to use these ingredients – feel free to invent your own flavour combinations! We also like leek and bacon, red pepper and chorizo, ham and cheddar etc.

Rainbow Chicken Curry

Serves 4-6

My daughter's favourite – and named to encourage her to eat it during a picky phase...!

INGREDIENTS

- 1kg boneless chicken chunks (breast, thigh)
- 2 tsp salt
- 4 medium chopped onions
- 5 peeled and cubed carrots
- 1 cubed red pepper
- 200g frozen peas
- 1 tbsp chopped ginger
- 2 tbsp mild curry powder
- 1 can coconut milk
- 2 cloves minced garlic
- 2 tbsp ghee

INSTRUCTIONS

- 1 Heat the ghee in a large pan
- 2 When melted, add the onions and stir for a minute
- 3 Add the carrots, then the pepper and continue cooking until the onions start to brown.
- 4 Add the ginger, garlic and curry powder and mix for 30 seconds
- 5 Add the salt and the chicken and continue stirring until the chicken is cooked on the outside
- 6 Tip in the coconut milk and stir.
- 7 Turn down the heat and simmer (occasionally stirring) for 20 minutes.

Serve on a bed of cauliflower rice

Chicken Kiev

Serves 4

As a child of the 70s and 80s, I was often served up a chicken Kiev for dinner. My husband recently had a pack of chicken breasts and wasn't sure what to do with them, so came up with this recipe which was enjoyed by the whole family.

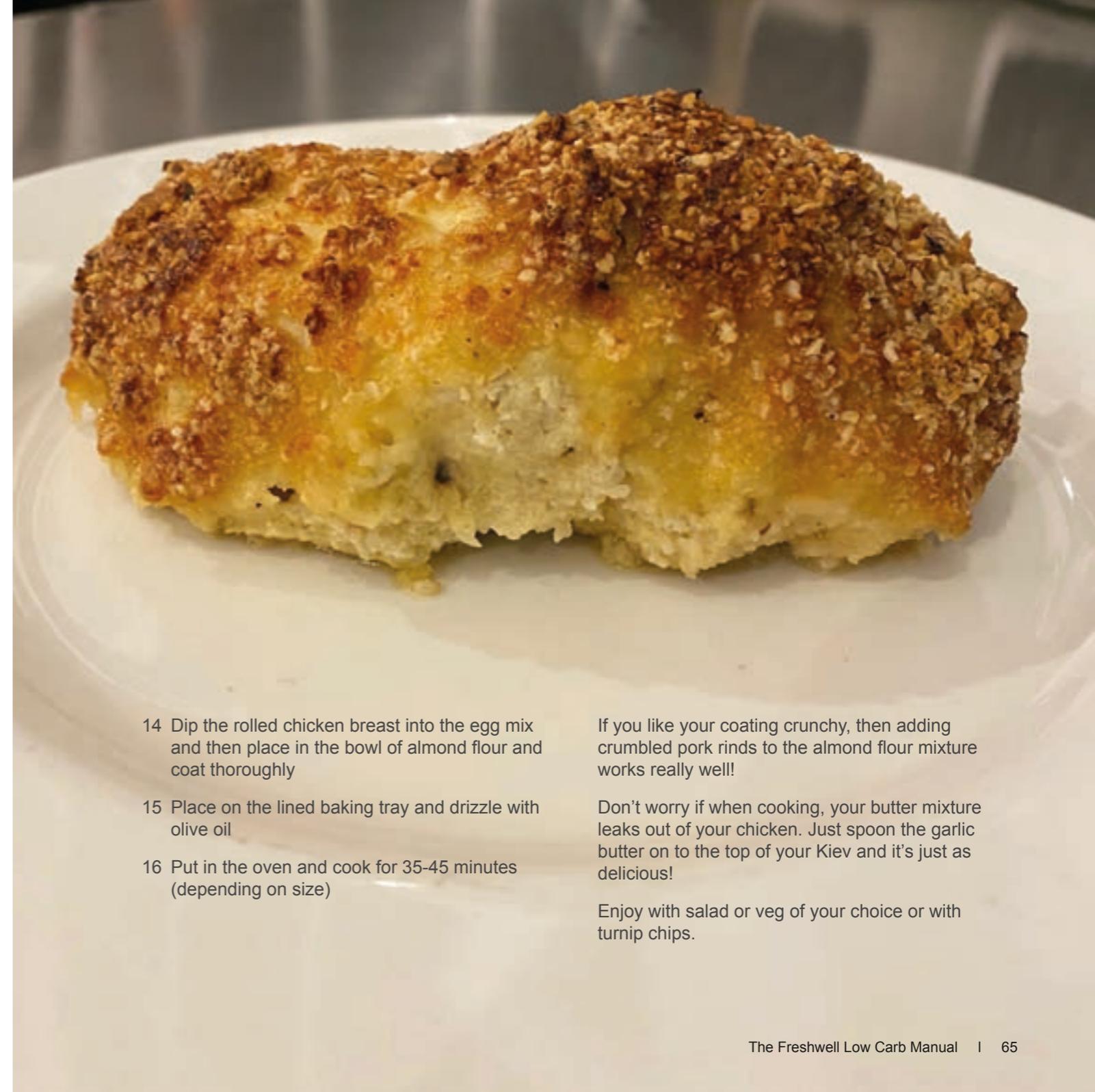
INGREDIENTS

- 4 large chicken breasts
- 150g unsalted butter softened
- 4 finely chopped cloves of garlic
- 1 tsp dried thyme
- 1 tsp dried dill
- 1tsp dried basil
- 1 tbsp fresh parsley (or alternatively 1 tsp dried oregano)
- 1 tsp salt
- 1 tsp black pepper and to taste
- 3 eggs
- 1 tbsp crème fraiche or full fat Greek/plain yoghurt
- 2 tsp onion powder (optional)
- 1 cup grated Parmesan
- 2 cups ground almonds or almond flour
- Olive oil

INSTRUCTIONS

Preheat oven to 180 C

- 1 Place the softened butter in a bowl and add the herbs, salt and garlic
- 2 Add a few grinds of black pepper and mash with a fork until well combined
- 3 Place the butter mixture on to a sheet of cling film around 30cm square
- 4 Form the mixture into a long sausage shape by using your fingers and rolling using the clingfilm
- 5 Wrap the clingfilm over the sausage and place in the freezer.
- 6 Take the chicken breasts and cut them open so they lay flat.
- 7 Place a piece of clingfilm over the chicken breast and then hammer until flattened
- 8 Line a baking tray with parchment paper
- 9 Crack 3 eggs into a bowl and whisk
- 10 Add the crème fraiche/yoghurt to the eggs and place aside
- 11 Place the almond meal/flour, Parmesan, pepper and onion powder (optional) in another bowl and combine well
- 12 Remove the sausage of butter from the freezer and chop into 4 equal sized pieces.
- 13 Place the butter inside the flattened chicken breast and roll up tightly (it's OK to use a toothpick to hold it together if needed)



- 14 Dip the rolled chicken breast into the egg mix and then place in the bowl of almond flour and coat thoroughly
- 15 Place on the lined baking tray and drizzle with olive oil
- 16 Put in the oven and cook for 35-45 minutes (depending on size)

If you like your coating crunchy, then adding crumbled pork rinds to the almond flour mixture works really well!

Don't worry if when cooking, your butter mixture leaks out of your chicken. Just spoon the garlic butter on to the top of your Kiev and it's just as delicious!

Enjoy with salad or veg of your choice or with turnip chips.

Cold Sesame Noodles with Chicken and Cucumber

Serves 2-3

A meal in memory of our Chinese takeaway orders in New York City in the 2000s. This always came “free” with orders and was absolutely delicious!

The noodles and sauce can be made in advance and combined at the last minute. You can also use spiralised cucumber instead of soy spaghetti. We add sliced chicken for texture and flavour. Quorn pieces would also work (both optional!)

INGREDIENTS

- 1 box Soy Bean spaghetti 200g (I get mine from Aldi, in the pasta section)
- 2 large chicken breasts (optional) (if I'm in a rush, I sometimes cheat and use shop bought battered chicken breasts but the recipe will be healthier if you make your own)
- 4 tbsp dark sesame oil
- ½ cup of tahini paste (sesame)
- ½ cup of natural peanut butter (crunchy or smooth)
- 2 tbsp erythritol
- ½ cup of light soy sauce
- 2 tbsp rice vinegar
- Salt and freshly ground black pepper to taste
- Garnish with finely chopped spring onions (optional)
- Chilli sauce of your choice (optional)
- 1 small cucumber
- Bowl of iced water

INSTRUCTIONS

- 1 If using chicken, then place the chicken breasts on a baking tray, drizzle with olive oil and season with salt and pepper. Bake at 180C in the oven for 25 minutes and set aside.
- 2 Place the soy bean spaghetti in boiling salted water and cook as per instructions.
- 3 Drain when cooked and rinse in cold water.
- 4 Toss in the sesame oil and set aside.
- 5 Chop the cucumber into thin batons and place in a bowl of iced cold water. Place in the fridge.
- 6 In a bowl add the tahini, peanut butter, erythritol, soy sauce and vinegar.
- 7 Stir well and add salt and pepper as required to taste.
- 8 You want the consistency of double cream – if the mixture seems too thick, you may wish to add a tablespoon or so of hot water to thin it out.
- 9 Pour the sauce over the spaghetti noodles and combine well.
- 10 Portion mixed noodles into bowls.
- 11 Slice the cooked chicken breasts and place on top of the noodles.
- 12 Drain the cucumber batons and place on the bowls.
- 13 Garnish with finely sliced spring onions (optional) and drizzle with sesame oil and hot chilli sauce of your choice.

The noodles in the dish are really just acting as a “carrier” for the sauce. If you don't like soy spaghetti, or you can't get hold of it – then a perfectly acceptable option is to spiralise the cucumber and use that as the “noodle” base instead of as a side.



Bacon and Egg Cups

Serves 2

A very simple way of making bacon and eggs a little bit differently – variety is the spice of life so they say!

INGREDIENTS

- 6 Muffin tin, well greased with butter
- 1 pack of streaky, smoked bacon
- 6 medium to large eggs
- 100g grated cheddar cheese
- Salt and pepper to taste
- Parsley or oregano to garnish (optional)



INSTRUCTIONS

- 1 Preheat the oven to 180C
- 2 Line the bottom and sides of each muffin cup with streaky bacon
- 3 Crack an egg into each cup
- 4 Add salt and pepper to taste
- 5 Top each egg with grated cheese
- 6 Place muffin tin in the oven for 16 minutes.
- 7 Remove and leave to cool slightly.
- 8 Lift and out add garnish if you wish.

Serve with coffee and the morning news.

Spatchcock Sunday Chicken

Serves 4

Our family favourite for a Sunday Roast. I even bought myself some poultry shears to make the spatchcocking an easier task and they get a lot of use so may well be a good purchase for you too!

INGREDIENTS

- 1 large free range whole chicken
- 2 tbsp lard or butter
- 1 medium onion – chopped into chunks
- 4-6 carrots peeled and chopped into circles or batons
- 1 head broccoli or 2 packs of tenderstem or purple sprouting broccoli
- Salt and pepper to taste
- 1 tsp garlic powder
- 3 tbsp olive oil



INSTRUCTIONS

- 1 Place the broccoli in the centre of a large baking tray.
- 2 Spread the carrots and onions around the sides of the tray.
- 3 Drizzle liberally with olive oil.
- 4 Spatchcock the chicken by turning it upside down and cutting down the spine on either side – this is far easier with sharp scissors or meat shears.
- 5 Stretch the chicken out flat and lay (breast up) on top of the broccoli, pushing it down flat.
- 6 Spread lard or butter over the chicken skin
- 7 Season with salt and pepper to taste
- 8 Sprinkle the garlic powder over the chicken.
- 9 Drizzle the remaining olive oil over the chicken.
- 10 Place in the oven for 50 minutes to 1 hour.

Remove from the oven and enjoy with Kim's Cauliflower Cheese (from the first meal planner!) and a good soaking of chicken gravy.

You could also make some arrowroot Yorkshire Puddings (see page) for a proper traditional Sunday lunch experience.

Keto Lemon Curd

Makes 1 standard jam jar of lemon curd

A reminder of my childhood without the sugar! Delicious swirled into Greek yoghurt or smeared over low carb bread.

INGREDIENTS

- 3 large eggs at room temperature
- ½ cup fresh lemon juice (approx. 2 large lemons)
- 1 ½ tsp finely grated lemon zest
- 4 tbsp chopped butter at room temperature
- ⅓ cup powdered erythritol or xylitol (optional)

If you like your lemon curd tart, there is no need to add the sweetener.

INSTRUCTIONS

- 1 Place the erythritol (if using), lemon juice, lemon zest and eggs into a small saucepan.
- 2 Whisk until well combined.
- 3 Add the chopped butter and cook over a low to medium heat whilst stirring continuously.
- 4 When the first bubbles appear and the curd thickens to leave marks of the spoon, remove from the heat (approx. 5-6 minutes).
- 5 Transfer curd to a jam jar and cover the surface with cling film to prevent a skin forming.
- 6 Place in the refrigerator until cold
- 7 Once cold, the film can be removed and replaced by the jam jar lid.

The lemon curd can be stored in the fridge for around 10 days.

As well as a topping for Greek yoghurt, this can also be used as a “jam substitute” e.g. in a low carb Victoria sponge, or with clotted cream with a low carb scone.





Cauliflower Hash Browns

Serves 2

Inspired by my Dad who loves a good fry up!

INGREDIENTS

- 3 cups of shredded cauliflower (shop bought cauliflower rice can be used for ease)
- ½ cup grated cheddar cheese
- 1 large egg
- 2 tbs grated Parmesan cheese (optional)
- ¼ tsp garlic powder (optional)
- ⅛ tsp black pepper or to taste
- Pork scratchings or rinds (optional - but essential if you like your hash browns crispy!)

INSTRUCTIONS

- 1 Preheat oven to 200 C
- 2 Line a baking tray with greaseproof paper
- 3 Cook shredded cauliflower in the microwave for 2-3 minutes until soft
- 4 Use cheesecloth or similar to wring dry in small batches
- 5 In a large bowl combine the cauliflower with all other ingredients.
- 6 Stir until evenly mixed
- 7 Use around ¼ cup measurement for each hash brown - form into a ball and then gently flatten on the baking tray to about ½ inch depth.
- 8 Repeat until mixture is gone. Place each hash brown at least 1 inch apart.
- 9 Crumble pork scratchings over each hash brown, gently pushing them down with your fingers.
- 10 Bake for 20-25 minutes until golden and serve hot. Delicious with fried eggs!

RECIPES

*Inspired by
the project*

Cheese and Bacon Crust-less Quiche

Serves 4-6

INGREDIENTS

- 500g of leeks (approximately 2)
- 2 large cloves of garlic
- 2 tablespoons of olive oil
- 1 teaspoon of coriander
- 1 teaspoon of parsley
- Salt and freshly ground pepper
- 90g of bacon (approximately 3 slices)
- 200g of grated cheddar cheese
- 8 medium sized eggs (beaten)

INSTRUCTIONS

- 1 Preheat the oven to 180C.
- 2 Slice the leeks and mix them in a bowl along with crushed garlic, olive oil, coriander, parsley, salt and pepper.
- 3 Place the mixture into a deep ovenproof dish and mix, and then place the slices of bacon on top, and proceed to roast in the oven for 25 minutes until the bacon is cooked and the leeks are softened.
- 4 Remove from the oven and cut the bacon into small pieces before leaving to cool for approximately 20 minutes.
- 5 Grate the cheddar cheese and mix it in a bowl with the eggs, then put the cooled leek mixture into the bowl and combine.
- 6 Pour the mixture into a deep cake tin, I use a 8"/9" silicone round pie dish, but a glass dish will also be fine. If you are not using a silicone glass dish you will need to line your dish with greaseproof paper to ensure it comes out easily when cooked. The width of the dish depends on the depth you like your quiche.
- 7 Bake in the oven for 30-35 minutes until the mixture is starting to go golden brown and is no longer soft in the middle.
- 8 Leave to cool in the dish before turning out.
- 9 You will end up with 9-12 slices of quiche and can always change the filling to half cheddar, half stilton and broccoli instead of bacon and plain cheddar if you are vegetarian, but make sure that you remember to cook and cool the broccoli before making and still include the leek mixture.

Shake and Bake Turnip (or Celeriac) Chips

A favourite of our low carb group.

INGREDIENTS

- Turnips (or celeriac)
- Olive oil
- Salt and pepper

INSTRUCTIONS

- 1 Preheat the oven to 200C
- 2 Peel the turnips (or celeriac) and slice into chips
- 3 Place in a bowl and microwave until just tender
- 4 Place in a clean food bag
- 5 Toss in olive oil, salt and pepper – shake the bag until each chip is evenly coated.
- 6 Spread the chips out on to a baking tray
- 7 Roast in the oven for 20 minutes



Naked Scotch Eggs

Makes 8

INGREDIENTS

- 8 eggs
- 680g of sausage meat or 12 sausages removed from skin
- 1 teaspoon of parsley
- 1 teaspoon of sage
- 1 teaspoon of thyme
- ½ teaspoon of garlic powder
- Salt and freshly ground pepper

INSTRUCTIONS

- 1 Preheat the oven to 180C.
- 2 Boil water in a pan on the hob, place the eggs in the boiling water and boil for 5 minutes, then remove from the water and rinse them under cold water, and then peel off the shells and then again rinse them under cold water.
- 3 In a separate bowl, mix the herbs and seasoning with the sausage meat.
- 4 Get two rectangular pieces of cling film and place 1 ½ dessert spoons of sausage meat in between the layers of cling film. Then use a rolling pin (over the top layer of cling film) to roll out the sausage meat until it is approximately 6 inches by 3 ½ inches in size. Then remove the sausage meat from the cling film and place a boiled egg in the centre of the sausage meat and wrap the sausage meat around the egg, pushing the sausage meat together to fill any gaps.
- 5 Place the scotch egg on a baking sheet and repeat.
- 6 Bake in the oven for 25 minutes.
- 7 Remove from the oven and serve them hot or cold.



Blackberry and Apple Crumble

Serves 8

A favourite dessert of our Low Carb Project Health Coach, Sharon Withnell.

INGREDIENTS

- 600g apples, unpeeled, cored and sliced
- 150g blackberries and/or raspberries

For the crumble

- 150g ground almonds
- 50g butter, cubed
- 1 teaspoon of cinnamon powder
- 2 teaspoons of vanilla extract
- 1 tbsp erythritol (optional)

INSTRUCTIONS

- 1 Cook the apples and 100ml water in a saucepan with a lid over a medium heat for anywhere between 3 and 10 minutes until just soft. Add the berries and stir through.
- 2 Taste the mixture. Try not to add any sweetness but if your fruit is really tart then add a tablespoon of erythritol.
- 3 Transfer the apple mixture to a shallow ovenproof pie dish approx. 23cm round or 25cm rectangle.
- 4 Now make the crumble. Put all ingredients in a bowl and rub using your fingertips to create a breadcrumb consistency. Scatter the crumble evenly over the apples in the dish.

Put the crumble into a preheated oven at 180C for 20 to 25 minutes or until rich golden brown. Remove from the oven and allow to cool a little before serving. Enjoy it with cream or full fat Greek yoghurt.



Mug Pizza

Serves 2-4

Another super quick recipe that can be prepared by the most kitchen phobic!

INGREDIENTS

- 2tbsp melted butter
- 1 egg
- 3tbsp almond flour
- ½ tsp baking powder
- 2 tbsp low sugar tomato ketchup or use tomato puree
- 2 tbsp grated mozzarella or cheddar

Optional – chopped pepperoni, ham or chorizo, olives, anchovies

INSTRUCTIONS

- 1 Mix the butter and egg together in a greased mug
- 2 Add the almond flour, baking powder and 1 tbsp of tomato sauce and combine well
- 3 Add other optional pizza ingredients of your choice and stir.
- 4 Top with 1 tbsp tomato sauce and the grated cheese
- 5 Microwave for 90 to 120 seconds (depending on the power of your microwave) until completely cooked through.
- 6 Eat directly from the mug or tip out and enjoy!

Oven Ratatouille

Serves 4 as a side

INGREDIENTS

- 2 tins peeled plum tomatoes
- 1 chopped onion
- 2 sliced courgettes
- 1 chopped aubergine
- 1 chopped pepper
- 2 Bay leaves
- Mixed herbs – oregano/basil etc
- Salt and pepper to taste
- Grated cheese (optional)

INSTRUCTIONS

- 1 Preheat oven to 180 degrees.
- 2 Place all ingredients in a large casserole dish or deep baking tray and combine.
- 3 Cook in the oven for 40 minutes and remove when vegetables are soft and lightly browned.
- 4 Sprinkle grated cheddar or mozzarella on the top and place back in the oven to melt (optional).
- 5 Serve as a side with meat or fish of your choice.

Broccoli Cheese Soup

Serves 2

A favourite soup of the group which is warm, creamy and comforting

INGREDIENTS

- 4 cups of fresh or frozen broccoli
- 4 cloves minced garlic
- 3 ½ cups of chicken/vegetable or bone broth (you could use shop purchased fresh or cubes or make your own!)
- 1 cup double cream
- 3 cups strong cheddar or other cheese of your choice – grated/shredded
- Olive oil

INSTRUCTIONS

- 1 Sauté minced garlic in a pan with olive oil
- 2 Add chicken/vegetable/bone broth, cream and chopped broccoli
- 3 Bring to the boil
- 4 Simmer for 10-20 minutes until the broccoli is tender
- 5 Blend the mixture using a hand mixer or electric blender
- 6 Add the grated cheese ½ cup at a time stirring on low heat until melted.





Chocolate Orange Sponge

Serves 10 (you could half the recipe for 5 if needed)

A recipe originally produced by another low carb patient group in the UK.

INGREDIENTS

- 2 washed large oranges
- 100g softened salted butter
- 3 dates or 3tbs erythritol
- 1 heaped tsp baking powder
- 230g ground almonds
- 70g of cocoa or cacao powder
- 4 eggs
- 1 tsp salt

INSTRUCTIONS

- 1 Warm oven to 180C
- 2 Grease a large cake tin or line with greaseproof paper
- 3 Wash oranges in warm water and place in a saucepan covered with water – simmer for 2 hours
- 4 Remove oranges and quarter and remove pips – process with a hand mixer or a blender – leave the skins on!
- 5 Add the dates or erythritol
- 6 Add eggs
- 7 Add the rest of the dry ingredients – baking powder, ground almonds, cacao powder and salt.
- 8 Mix thoroughly
- 9 Pour into tin and bake for approximately 40 minutes.

Eat as is with a cup of tea or coffee or serve with Greek yoghurt or cream

Keto Creamy Lemon Garlic Salmon

Serves 2-4

A perfect pescatarian dish to share with friends.

INGREDIENTS

- 4 x 4 ounce salmon fillets with skin on
- 2 tbs olive oil
- 1 ¼ cups double cream
- 2 tbsp lemon juice
- 3 cloves minced garlic
- 2 tbsp chopped parsley
- Salt and pepper

INSTRUCTIONS

- 1 Heat olive oil in a frying pan or skillet
- 2 Add salmon fillets skin side up
- 3 Cook until browned and the fish lifts easily from the pan
- 4 Flip to the other side and cook until the skin is crispy
- 5 Remove salmon from the pan and set aside
- 6 Turn down heat
- 7 Whisk together cream, garlic, parsley and lemon juice
- 8 Simmer liquid mixture in the fish pan for a few minutes until thickened
- 9 Season with salt and pepper to taste
- 10 Serve salmon with cream sauce and vegetables



No Cook Chocolate and Brazil Nut Brownies

Serves 2

A tasty treat to keep in the fridge for those moments when you need a little extra something but try not to get carried away! Great for kids too.

Can be eaten with or without the topping.

INGREDIENTS

- 120g almonds
- 30g Brazil nuts
- 6-8 dates with stones removed
- 2 tbsp cacao powder
- 2 tbsp coconut oil
- 2tbs skinny maple syrup
- 1 tsp vanilla essence
- Pinch of salt

For the topping

- 2 tbsp peanut butter
- 1 tbsp melted coconut oil
- 2 tbsp skinny maple syrup
- ½ tsp vanilla essence
- 1 tbsp cacao nibs or chopped nuts (optional)

INSTRUCTIONS

- 1 Add almonds and Brazil nuts to a food processor and blend until resembles coarse flour
- 2 Add pitted dates along with all other ingredients and blend until well combined into a sticky mixture
- 3 Press down firmly into a low container
- 4 Refrigerate for minimum of 6 hours
- 5 To make the topping, mix all of the wet ingredients into a creamy, smooth mixture
- 6 Spread on top of the chilled brownie mix
- 7) Sprinkle with 1 tbsp cacao nibs or chopped nuts (optional)

Mushroom and Mange Tout Risotto made with Cauliflower Rice

Serves 2-4

A perfect vegetarian dish to share with friends.

INGREDIENTS

- 1 small brown onion, finely chopped
- 150g mushrooms roughly chopped
- 75g mangetout, topped and tailed and chopped in half
- 10g butter
- 100g cream
- 1 teaspoon Marmite
- 1 teaspoon Vecon vegetable stock (or other thick vegetable stock paste)
- 2 individual microwave bags of frozen cauliflower rice
- 1 pinch of dried chilli flakes
- Grated parmesan cheese to taste

INSTRUCTIONS

- 1 Saute the onions in the butter until the onions are translucent – use a large saucepan which will be big enough to hold the entire meal.
- 2 Add the mushrooms and mangetout and cook for 5 minutes.
- 3 Add the cream, marmite, vegetable stock and chilli flakes. Stir well to disperse the stock and continue to cook. Meanwhile microwave the cauliflower rice according to instructions.
- 4 Once all the ingredients are cooked, add the rice to the rest of the ingredients and stir until the rice is coated in the creamy sauce.
- 5 Serve immediately and top with parmesan cheese to taste

Low Carb Chocolate Muffins

Makes 8 muffins

Another good recipe to keep aside in a tin for when you or your children would like a treat but don't want to fall for anything too naughty!

INGREDIENTS

- 2 cups almond flour
- 4 tbsp erythritol
- 1 tbsp baking powder
- ¼ cup cacao or cocoa powder
- ½ cup milk
- 2 large eggs
- 2 large squares of smashed dark chocolate (preferably 85% or more)

INSTRUCTIONS

- 1 Preheat oven to 150C
- 2 Line a muffin tray with cases or grease
- 3 Place all dry ingredients into a bowl and mix thoroughly
- 4 Whisk the eggs and milk together
- 5 Stir wet ingredients into dry ingredients.
- 6 Fill each muffin case to 2/3 full
- 7 Push shards of chocolate into each muffin
- 8 Bake for 15 minutes
- 9 Remove when toothpick comes out clean.





Egg Fried Cauliflower Rice

Serves 4 as a side

This recipe was provided by Dr David Oliver – my low carb partner in crime! Meal times at the Oliver household can be difficult due to multiple eating styles, but this “rice” recipe is always a winner for the family despite their varied dietary preferences.

INGREDIENTS

- 1 medium or large cauliflower
- 1 medium onion, finely chopped
- 1 red pepper, finely chopped
- Olive oil
- 30g butter
- 2 eggs, whisked
- 130g or 1 cup of frozen peas
- 2 tablespoons of dark soy sauce
- Salt and pepper

INSTRUCTIONS

- 1 Preheat the oven on and set to 190°C
- 2 Grate the cauliflower using a box grater or food processor with a grater attachment
- 3 Spread out the grated cauliflower onto a baking tray, sprinkle some olive oil over it, add salt and pepper then bake in the oven for 10 minutes.
- 4 Boil the peas until cooked, drain and set aside.
- 5 Meanwhile fry the onion and pepper in a large frying pan until they are cooked.
- 6 Add the cauliflower and butter to the frying pain, turn up to a moderately high heat and stir for 2-3 minutes.
- 7 Add the eggs to the vegetables and keep stirring. The pan and vegetables need to be hot enough to cook the egg.
- 8 Add the peas and soy sauce.
- 9 Stir them in and season with salt and pepper to taste.

Coconut Flour Pancakes

Makes 2-3 pancakes (serves one)

INGREDIENTS

- 13g coconut flour
- 1 egg
- ½ tsp baking powder
- 2 tbsp milk
- 10g unsalted butter - melted
- ½ tsp vanilla extract
- 1 tsp sweetener (optional)
- Butter (or olive oil) for frying

INSTRUCTIONS

- 1 Beat the egg until frothy – using a mixer or whisk will make this easier.
- 2 Add all the other ingredients and combine until you have a smooth batter.
- 3 Leave the batter to sit for a few minutes and whilst doing so, heat up a frying pan or griddle
- 4 Add butter or olive oil to the pan over a low heat
- 5 Use 2-3 tablespoons of batter for each pancake. They should be no larger than approx. 10cm in size as otherwise the batter is too fragile to handle.
- 6 Cook until small bubbles appear on the top surface of the pancake. Flip and cook for a further 1-2 minutes.
- 7 Enjoy with berries, cream or yoghurt.



Creamy Roasted Cauliflower Soup

Another delicious soup to keep in the fridge for quick healthy meals.

INGREDIENTS

- 1 head of cauliflower
- Olive oil
- 1-2 tsp garlic powder (or fresh garlic if preferred)
- 1 finely chopped onion
- 1 pint vegetable stock
- 2 tbsp butter
- Double cream (optional)
- Salt and pepper to taste
- Grated nutmeg and lemon juice (optional)

INSTRUCTIONS

- 1 Preheat the oven to 180 degrees
- 2 Start by breaking the cauliflower into florets and place in a large baking tray
- 3 Liberally douse in olive oil and sprinkle garlic powder on top.
- 4 Toss in the baking tray until evenly coated.
- 5 Place in the oven for 25 minutes until starting to brown.
- 6 Remove and set aside.
- 7 Add olive oil to a large saucepan and sauté chopped onions until tender.
- 8 Add vegetable broth.
- 9 Add the roasted cauliflower and simmer on medium heat for about 20 minutes.
- 10 Add the butter and then blend the mixture until completely smooth.
- 11 Season lightly with grated nutmeg and a dash of lemon juice.
- 12 Serve in a bowl and add a swirl of cream to the top.

Enjoy!

Any leftovers can be frozen and reheated on another day or stored in the fridge for up to 5 days.

No Bake Chocolate Peanut Butter Fudge

Makes 30 small bite sized squares

A very easy sweet treat recipe without the need to even turn on the oven. Go easy – they should be considered a treat to be eaten sparingly!

INGREDIENTS

- 100g unsalted butter
- 200g smooth natural peanut butter
- 100g dark chocolate (minimum 85% cocoa) broken into small pieces
- 2 tsp powdered erythritol or xylitol
- 1 tsp vanilla essence

INSTRUCTIONS

- 1 Place the butter and broken chocolate into a microwaveable bowl and heat on high power in the microwave in 30 second bursts until melted. Alternatively you can place a glass bowl over a pan of boiling water to melt the contents.
- 2 Once melted, add the peanut butter and stir well.
- 3 Then add the sweetener if desired (this can be left out if preferred).
- 4 Line a small tray with greaseproof paper and pour in the mixture. Aim for around ½ inch thickness.
- 5 Place the tray in the freezer for around 30 minutes (or longer) until well set.
- 6 Cut into 1 inch squares.

Can be stored in the fridge for around 2 weeks but I bet they don't last that long! Or leave them in the freezer and remove an hour or so before you wish to eat them.



Yorkshire Puddings

Makes 2 puddings

Perfect for a traditional Sunday roast!

INGREDIENTS

- 1 egg (weigh)
- Same weight double cream
- Same weight arrowroot powder
- Pinch of salt
- Butter/Lard or olive oil for greasing the tin

INSTRUCTIONS

- 1 Preheat oven to 200C
- 2 Beat egg and cream together
- 3 Stand mixture for 10 minutes
- 4 Add arrowroot and whisk thoroughly – stand for 1 hour
- 5 Place knob of lard/butter or olive oil in pudding tin and heat up in oven
- 6 Pour mixture into HOT smoking oil and cook for 20-25 minutes

Garlic Cheese Crackers

Makes 12 small crackers

A good cracker adds crunch to a low carb diet, which people often miss. Crackers can be stored in an airtight tin for some days which makes them a perfect quick to go snack or lunch.

INGREDIENTS

- 3 tbsp coconut flour
- 2 tbsp unsalted melted butter
- ½ cup grated mozzarella
- ¼ cup water
- Pinch of salt
- ½ tsp salt
- ½ tsp oregano
- ¼ tsp baking powder
- ½ to 1 tsp of garlic powder (depending on preference)

INSTRUCTIONS

- 1 Preheat the oven to 200 C
- 2 Mix the coconut flour, salt, garlic powder, oregano and baking powder.
- 3 Stir in the melted butter and combine well.
- 4 Add the cheese and water and combine well until a dough forms.
- 5 Roll the dough into a ball and place between two sheets of greaseproof paper.
- 6 Roll with a rolling pin until around ¼ inch thick. You may wish to make them thinner if you want a crispier cracker.
- 7 Use a knife to slice into squares and prick each cracker with a fork.
- 8 Lift the underlying sheet of parchment and place on a baking tray.
- 9 Bake for 10 – 15 minutes until golden and firm.

Enjoy as a snack or with cheese, olives and cold cuts for lunch.



Keto Cinnamon Swirls

Makes 8 Rolls

When initially starting out on low carb, I missed the occasional Danish pastry. My favourite are cinnamon swirls so it seemed a good idea to come up with a low carb alternative. The rolling is a bit tricky but gets easier as you get more practice!

INGREDIENTS

For the pastry:

- 175g ready grated mozzarella (fresh mozzarella will be too wet)
- 80g almond flour (if using coarser ground almonds then add an extra 2 tbsp)
- 2 tablespoons cream cheese
- 1 egg at room temperature
- ½ tsp baking powder

For the filling:

- 2 tbsp boiled water (can use melted butter if preferred for an extra buttery taste!)
- 2 tbsp erythritol or xylitol
- 2 tsp cinnamon

For the frosting (optional):

- 2 tbsp cream cheese
- 1 tbsp Greek yoghurt
- 2 drops vanilla essence
- 1 tsp erythritol or xylitol (optional)

INSTRUCTIONS

- 1 Preheat oven to 180 C
- 2 Place the grated mozzarella and cream cheese in a glass bowl and microwave until melted (around 1-2 minutes).
- 3 Combine well and add the egg, stirring again.
- 4 Add the almond flour and baking powder and combine to make a ball of smooth dough.
- 5 Place the dough between two sheets of greaseproof paper and roll out or push down into a rectangular shape around ½ cm thick.
- 6 Prepare the cinnamon filling by placing the boiled water or hot melted butter in a mug and stirring in the sweetener and cinnamon.
- 7 Spread the mixture over the rolled out dough.
- 8 Roll the dough into a tightish roll longways, peeling away the under sheet of greaseproof paper as you go.
- 9 Chop the long roll of dough into 8-10 portions depending on the size of roll you would prefer (they're pretty filling so not too large!).
- 10 Place on a baking tray on a sheet of greaseproof paper and bake for around 20 minutes until lightly golden.
- 11 Whilst the rolls are in the oven, prepare the frosting by combining the cream cheese, yoghurt, vanilla essence and sweetener (optional).
- 12 Give the rolls around 10 minutes to cool and then add a smear of frosting to the top of each.

Can be stored in the fridge for up to 5 days





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