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*Healthy
& Delicious*

Low Carb Recipes for You!

Healthy and Delicious

Low Carb Recipes for You!

Also known as reduced or controlled carbohydrate, low carb dieting has always been one of the hottest topics in the world of diet. It is practiced by thousands of people in the whole world, and many of its followers have testified that low carb dieting is really a great way to lose and maintain weight.

Well contrary to the popular belief, low carb dieting is not about eliminating carbohydrate totally from the diet. The word “low” is not the same as “no”. So if you believe that low carb diet is no carb diet, then it’s now time for you to change such notion. Low carb means “lower than usual” and so it simply restricts the carbohydrate intake which is considered as one of the insulin boosters that lead to obesity if not controlled properly. With this, it is usual that the level of carbohydrate will vary according to the diet plan and the individual.

Speaking of diet plan, it is worth noting that low carb encompasses a broad spectrum of diet program. It includes a number of diet books such as Atkins, South Beach, Zone, Sugar Busters, Protein Power and a lot more. As such, it is expected that when it comes to recipes, not only are the preparation and ingredients vary, but also the level of carbohydrates contained in the food. Each diet program has its own principles of restricting carbs, so to obtain a better

result, it is then best to know and follow what the principles of each low carb diet program maintains.

To give you an idea about these low carb diets and the best recipes to prepare, I have mentioned below some of the most notable low carb recipes and ideas available. Consider the following for this guide will not only teach you what and how to prepare low carb foods, but this will aid you to lose and maintain a worth-boasting weight in the end.

Here are the best options for you to consider:

Atkins Diet Recipes

Atkins diet is in the first place developed by Dr. Robert Atkins who has long been considered as the Father of Modern Low Carb Diets. If you are following this program, I bet you know that the essence of Atkins lies on the restriction of carbohydrate intake to intervene into what is considered by Dr. Atkins as the underlying causes of obesity and overweight. Also, this plan is maintained based on the notion that it's not the level of fats consumed by the people that matters, but it is how the body reacts to the carbohydrates. With this, people following the Atkins are highly advised to lower their carbohydrate intake, primarily at the induction phase where 20 grams of carbs per day is cutback from the diet. This is actually the strictest phase of the diet and that many of the Atkins followers

have said that it is basically where the level of carbohydrates in the body drops dramatically, resulting to a rapid weight loss.

So the idea about Atkins is given. Now let us consider what recipes to prepare while following this program. Here are few of the most prepared:

Flax Brownie Cake

Ingredients:

1 cup flax meal

$\frac{3}{4}$ cup of water

2 eggs

3 tablespoons of splenda

1 tablespoon of vanilla

$\frac{1}{4}$ cup butter

Directions:

Mix all ingredients in a mixing bowl until well mixed. Pour contents evenly over a baking sheet and bake for about 375 degrees Fahrenheit for 10 to 15 minutes.

Italian Omelette

Ingredients:

Eggs

Mild or hot Italian sausage

Butter mozzarella cheese

Peppers of choice (red, green or yellow)

Parmesan cheese

Directions:

Cook the sausage until it turned brown or no longer pink inside. Drain on paper towels. Crumble up and cut into slices. Cook peppers in the same pan until tender. Once cooked, set aside. Proceed by beating the eggs up. Add butter to the hot pan and pour eggs in. Cook one side and flip the omelet over. Add sausage, peppers and cheese immediately to one side of the omelet. Flip the other side over top of those ingredients. Take the pan off heat and place the lid on pan to let the cheese melt. Put on plate and sprinkle with the parmesan cheese. Serve.

Shrimp Curry Salad

Ingredients:

1/3 head lettuce and 4 radishes (chopped)

3 green onions (finely chopped)

2 tablespoons of butter

½ pound cooked shrimp

1 clove of garlic pepper

3 tablespoons of mayonnaise

1 teaspoon of curry powder

Directions:

Place about 2 tablespoons of butter and ½ pound of small cooked shrimp in medium glass bowl with lid. Put in the microwave and leave it there for about 1 minute until the butter is melted and the shrimp is medium hot. Stir in a 1 clove garlic and a small amount of pepper. In a separate bowl, combine the 3 large tablespoons of mayonnaise and 1 teaspoon of curry powder. Pour the juice from the shrimp in with mayonnaise and mix. Put the shrimp on salad and pour the dressing on salad.

Note: *The above mentioned recipes are adopted from Rumela.com.*

Okay! Enough of Atkins, let us proceed to South Beach recipes for your low carb plans.

South Beach Recipes

South Beach, as you may know, is another popular diet fad on earth. It was developed by Dr. Arthur Agatston, a cardiac physician who has treated patients with heart disease. This diet plan works basically in a number of phases, just like Atkins. It starts out restricting amounts of saturated fats and most types of carbohydrates. But over the course of the plan, sources of carbohydrates are progressively added and only little amount of saturated fat is considered on the final phase. This process is considered to monitor the level of carbs consumed in order to maintain the target weight.

If you are living on the South Beach, here are some of the best low carb recipes you can prepare:

South Beach Chopped Salad with Tuna

Ingredients:

1 (6 ounce) can of water-packed tuna

1/3 cup of chopped cucumber

1/3 cup of chopped tomato

1/3 cup of chopped avocado

1/3 cup of chopped celery

1/3 cup of chopped radishes

1 cup of chopped romaine lettuce

For the Dressing:

4 teaspoons of extra virgin olive oil

2 tablespoons of fresh lime juice

2 cloves of finely chopped garlic

½ teaspoon of black pepper

Directions:

To make the salad, simply layer the tuna, cucumber, tomato, avocado, celery, radishes, and lettuce in a decorative glass bowl. And, for the dressing, simply mix the olive oil, lime juice, garlic and pepper. Drizzle over the salad.

Note that this low carb recipe is best for the first phase of the South Beach diet.

You can find the same recipe at AllRecipes.com.

Curried Chicken Breasts

Featured in RecipeGal.com, this low carb recipe is deemed perfect for the second phase of the South Beach diet. Well, here is what you'll need:

4 to 6 skinless and boneless chicken breast halves

2 to 4 cloves of finely chopped garlic

1 cup of plain low fat yogurt

½ cup of lemon or lime juice
2 teaspoons of grated ginger
2 teaspoons of curry powder
2 teaspoons of ground coriander
1 teaspoon of grated lemon or lime zest
1 teaspoon of cayenne, or to taste
Salt and freshly ground pepper to taste

Directions:

Mix all ingredients in a non-reactive, large bowl. Toss to thoroughly combine the ingredients. Coat the chicken breast with the mixture. Marinate and leave it overnight in the refrigerator. Broil or grill the chicken until cooked through. Serve.

Chocolate Dipped Strawberries

Ingredients:

2 ounces of dark chocolate (chopped)
½ tablespoon of whipping cream
8 strawberries

Directions:

Blend the chocolate and cream together in a large bowl. Microwave for one minute on medium power, stirring halfway through. Let the mixture cool slightly and dip the strawberries into the mixture. Place on the baking sheet and refrigerate or freeze until it sets. You can take approximately 15 minutes for this.

You can find the same recipe at South-Beach-Diet-Information.com. Other recipes are also available out there, so check it out.

Atkins and South Beach are just two of the most well-known low carb diet programs available. There are other diet plans out there that bears the name low carb, and each has its own set of recipes that their dieters are suggested to follow. Perhaps one of the largest low carb diet plans, outside from Atkins and South Beach is the Zone diet.

For your information, here's the basic of Zone and the most recommended recipes for its dieters to prepare.

Zone Diet Recipes

Zone Diet is basically developed by Berry Sears based on the proportions of carbohydrate, protein and fat, as well as the favorable and unfavorable types of each. It is composed of five meals and two snack per day and each meal is noted

for its good carb, protein and fat content. Unlike the first two mentioned diets, Atkins and South Beach, the Zone diet has no phases. Once it is established, it doesn't change much unless you change your protein intake or your goal in weight.

If you are new to this diet plan, then it is best to understand first what principles the Zone is holding. Know the principles behind this plan and follow what is directed. Once you've learned everything about it, then it's time for you to consider the following Zone recipes. You can find all of these recipes at Zone-Diet-Recipes.com.

Vegetarian Spicy Black Bean Burger

Ingredients:

1 morning star farms spicy black bean burger

1 ounce grated cheddar cheese

1 tablespoon salsa or taco sauce

¼ cup of 2% cottage cheese

1 cup of strawberries

½ cup of red grapes

Directions:

Heat the frozen burger in the microwave on high for about a minute. Turn it over and top with the grated cheddar. Heat again on high for another minute, or until the cheese is melted. Top it with salsa. Place the cottage cheese on the side and the fruit for dessert.

Note: If you want to lessen the fat content of this recipe, use reduced fat cheddar. And, if you want to have extra fat, add some sliced guacamole or avocado.

Fisherman's Stew

Ingredients:

6 ounces of frozen salmon or any chowder fish

2 cups of sliced celery

1 cup of sliced carrots

1 cup of sliced onions

4 teaspoons of cornstarch (dissolved in a little water)

1 and 1/3 teaspoon of olive oil

4 cups of water

2 fish flavored bouillion cubes

1 teaspoon of worcestershire sauce

1 cloved minced garlic

Fresh parsley, salt and pepper to taste

Directions:

Sautee garlic in the oil in a medium sized sauce pan and add vegetables. Cook for about 5 minutes. After which, add fish. Cook until the fish flakes but not all the way done. Add water and bouillion cubes, including Worcestershire sauce, salt and pepper. Add cornstarch and let it simmer for about 20 to 30 minutes. Add fresh snipped parsley if you like. Serve.

Here's the final one:

Stuffed Mushrooms

Ingredients:

3 cups of chopped mushrooms

3 cups of fresh spinach

½ cup of chopped onion

1 oz of low fat mozzarella cheese

¾ oz of freshly grated parmesan cheese

2/3 teaspoon of olive oil

1 to 2 cloves of garlic

1 teaspoon of oregano

Directions:

Remove stems from the mushrooms and set aside. Prepare a casserole dish and spray it with cooking spray. Place caps in the dish and bake for about 5 minutes under 450 degrees Fahrenheit. Chop the mushroom stems finely, including the onion, garlic and spinach. Saute in non-stick pan with oil until tender. Add oregano and cheese to mixture. Fill mushroom caps with filling and broil until heated through.

So everything has been said. Now, if you want to find out more about low carb and its recipes, then I recommend you to do your own search online. I have mentioned above some of the best sites where I took the recipes, so try visiting those sites if you have time. And, if you are currently following a diet plan other than Atkins, South Beach and Zone Diet, then don't worry for the above mentioned recipes may somehow help you to lower your carbohydrates intake, then lose weight. The above mentioned low carb recipes are easy to prepare, after all. So enjoy your low carb dieting with those lip-smacking recipes.

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