

For more information



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lowcarb4families.co.nz

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Cooking classes _____

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**AUT HUMAN
POTENTIAL CENTRE**



Low Carb Meals

Healthy LCHF Recipes

Talk to your doctor if you are on any medication

Breakfast

- 1 Eggs Three Ways
- 2 LCHF Quiche
- 3 Fish and Tomato
- 4 Leftovers
- 5 LCHF Muesli
- 6 Smoothie
- 7 Chia Seed Porridge

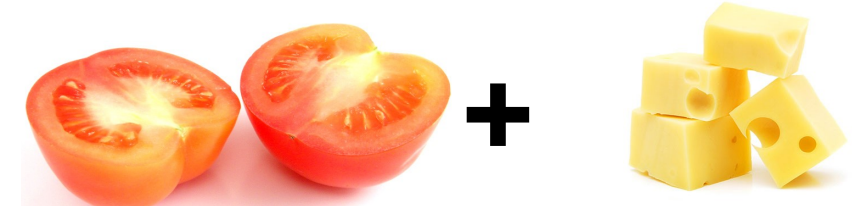
Mixed nuts

Any natural or dry roasted



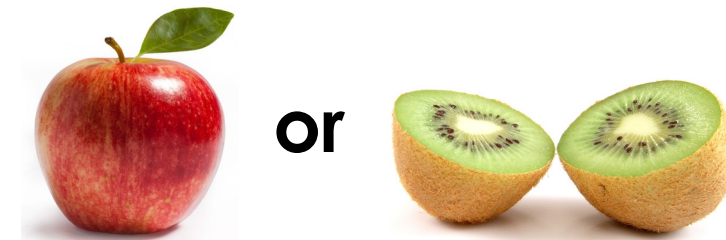
Cheese with tomato

1-2 thumb sizes of cheese



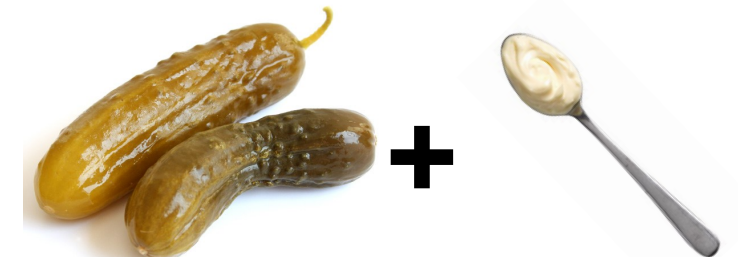
Fruit

Choose what fits in the palm of your hand



Pickle

Add mayonnaise



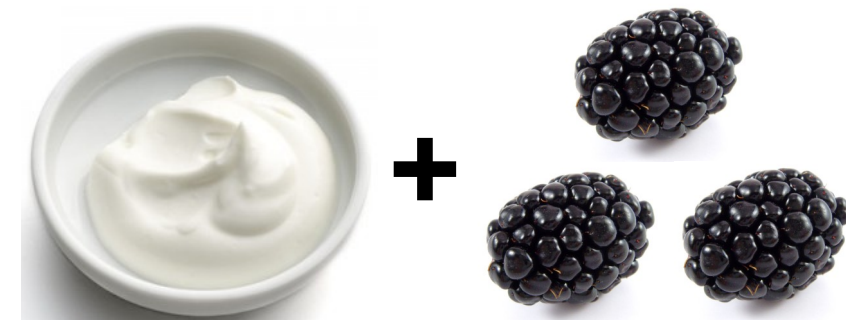
Salami stick

1-2 bier sticks



Natural Thick Yoghurt

1/2 cup Greek-style yoghurt with 1/2 palmful of berries or fresh fruit



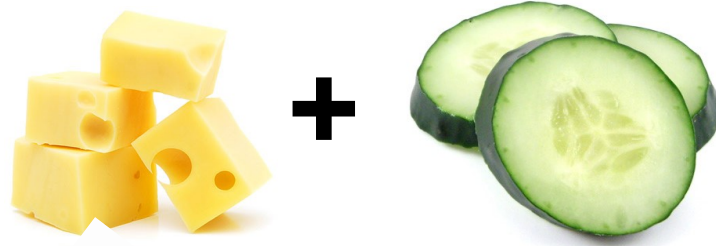
Mixed seeds or nuts

Pumpkin or sunflower seeds



Cheese with cucumber

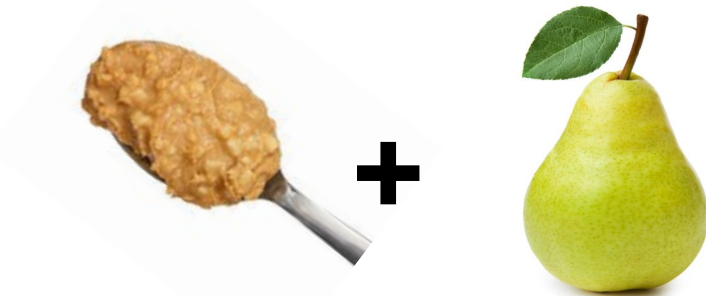
1-2 thumb sizes of cheese



Fruit and peanut butter

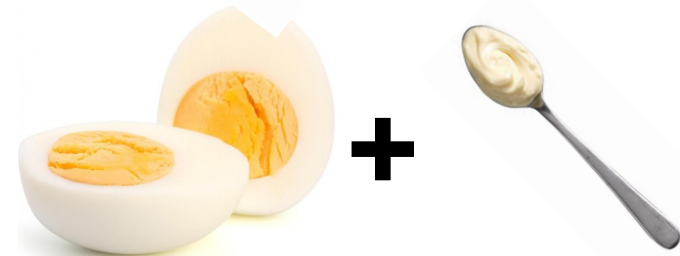
Choose 1 fruit which fits in the palm of your hand

1 spoon natural peanut butter



Hard boiled egg

Add salt or mayonnaise



Coconut flesh pieces

Fits in the palm of your hand



Ham and capsicum

2-3 ham slices



Eggs Three Ways

Things you need

2-3 whole eggs

Fry, scramble, poach, or boil



1 handful fresh vegetables

Broccoli, capsicum, tomato, spinach, onion etc.



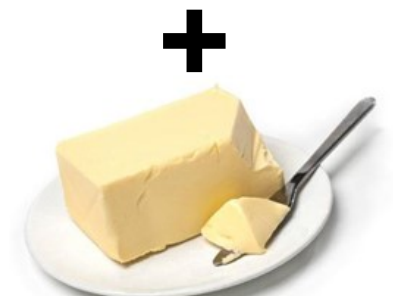
1-2 tbsp fat

Olive oil, butter, coconut oil, meat dripping



ONE: Quick fried eggs

1. Fry 2-3 whole eggs in a pan with 2-3 teaspoon olive oil, butter, coconut oil.
2. Top with 1 handful vegetables (e.g. spinach leaves, mushroom, tomato, onion).
3. Sprinkle with salt.



TWO: One-pan scramble

1. Heat 2-3 teaspoons olive oil, butter, or coconut oil in a pan.
2. Scramble vegetables (e.g. spinach leaves, mushroom, tomato, onion) and eggs until soft.



THREE: Reheat Quiche

1. Reheat 1 slice LCHF Quiche. (See LCHF Quiche recipe).
This is also great as a lunch option.



Makes 1

LCHF Quiche

Things you need

8 eggs

1/2 cup cream

Or coconut cream

2 large handfuls leafy greens

Baby spinach, spinach, silverbeet
Fresh or used frozen mixed vegetables

150g cooked meat

Leftover meat, bacon, sausage, tuna, mackerel

1 tomato

Chopped

150g cheese

Tasty or cheddar block (optional)

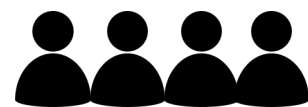
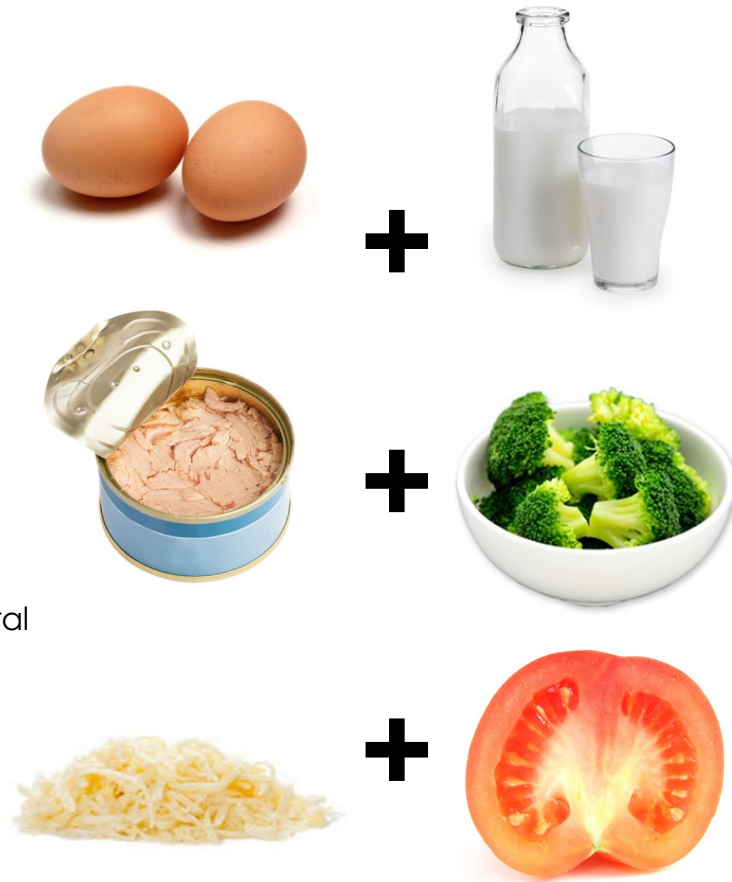
1-2 tbsp fat (butter, olive or coconut oil)

For greasing the dish.

Salt and pepper

1. Whisk the eggs and cream/coconut cream with a fork.
2. Add cooked meat or drained tuna.
3. Add chopped vegetables: cook by blanching with boiling water for 2-3 minutes.
4. Add salt and pepper.
5. Pour into a greased baking dish.
6. Top with cheese and sliced tomatoes.
7. Bake at 180C for 30 minutes

Make ahead of time. This is good for any meal.



Makes 3-5

Snacks

Not many people need snacks when eating LCHF.

Limit snacking where possible.

Aim for three main meals per day.

If you miss a meal and need a snack between, here are some options.

Sauces

Cheese Sauce

Cream

1/4 cup

Butter

2 tbsp

Cream cheese

1/4 cup

Cheese

1/2 cup grated Tasty or Colby

1. Warm the cream and butter into a small sauce pan.
2. Add the cream cheese and stir until melted.
3. Add grated cheese and mix until smooth and creamy

Serve on vegetables or with fish.

Mayonnaise

1 egg

Salt and pepper

To taste

Olive oil

1 cup

*You will need a tall slim jar and a stick/immersion blender.

1. Place the egg in the bottom of the jar. Pour in 1 cup of oil.
2. Add salt and pepper
3. Place the blade attachment in the bottom of the jar and start blending until the egg and oil mixture is smooth, thick and pale.

Serve as a dip or on salad



Fish and Tomato

Things you need

1 tin sardines or tuna or mackerel

In olive oil or spring water

1 chopped tomato

Or capsicum

4 pieces of cheese

Tasty or cheddar block

Salt and pepper

To taste

1. Mix tined fish, tomatoes, and cheese in a bowl.
2. Sprinkle with salt and pepper.



Makes 1

Leftovers

Things you need

Leftover meat

1 palm size of any leftover meat
Chicken, beef brisket, bone meat.
Cooked in healthy fat.

2 handfuls of vegetables

Any leftover cooked vegetable e.g. stir-fry,
baked, roasted, boiled.
Cooked in healthy fat.

1 handful fresh vegetables

Add fresh green leaves, chopped tomato,
or capsicum



1. Heat leftovers
2. Add extras if needed

Using leftovers for breakfast is a great way to save time and money.



Makes 1

Boil Up

Things you need

1 kg Meat

Brisket, pork bones etc.

4 carrots

Chopped

4 onions

Chopped

1 cabbage

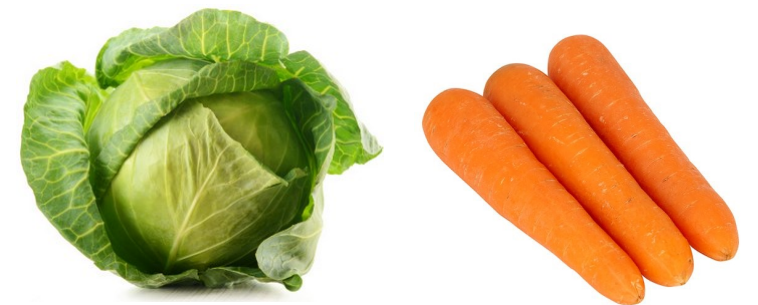
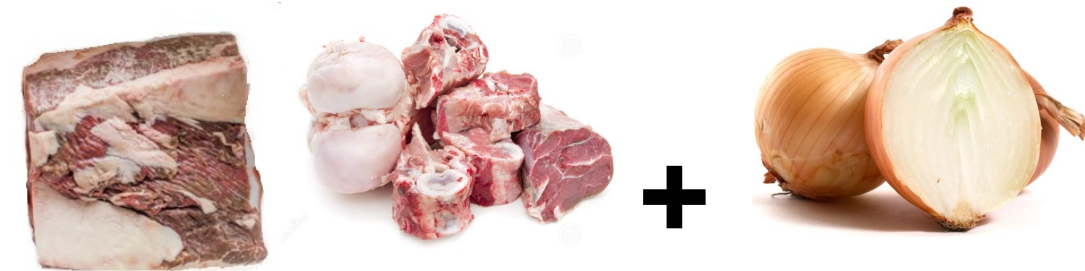
Chopped into chinks

Greens: Water cress, silverbeet, broccoli etc.

1-2 large bunches

Salt

Water to cover



1. Combine meat and vegetables in a pot.
2. Add salt and water to cover.
3. Boil for 4 hours until cooked through.



Makes 4-6

Palusami / Luau

Things you need

Taro leaves

Trimmed, 1 big bunch

OPTIONAL: Meat

Corned beef, mince, fish, 300-400 grams

Coconut milk

2 onions

Chopped

1 tbsp cooking fat

Olive oil, coconut oil, butter, leftover dripping



1. Cook the onion in the olive oil or fat until tender
2. For the meat version, add corned beef or mince to the onions and brown
3. Layer taro leaves and fill with one small handful of meat and vegetables
4. Top with 1-2 tbsp. coconut cream
5. Wrap the taro leaves into parcels with tin foil
6. Bake at 180°C for 30-45 minutes



Makes 4-6

LCHF Muesli

Things you need

Mixed nuts

Chopped

1/2 cup linseed

2 cup sunflower and pumpkin seed

1 cup shredded coconut

Salt

1 pinch

2-3 tbsp cooking fat

Olive oil, butter or coconut oil



1. Combine all dry ingredients. Add coconut oil or butter last.
2. Spread out mixture thinly in a roasting dish.
3. Bake at 180C for 20-30 min.
4. Turn halfway.
5. Store in a sealed bag or container with a lid.



Makes 6-8

Muesli Bowl

Things you need

1 serve LCHF muesli mix

1/2-1 cup full fat milk

Optional to swap for coconut milk

2-3 tbsp natural yoghurt

Full fat, unsweetened

Berries or kiwi fruit

1 palm size



1. Serve LCHF muesli in a bowl.
2. Add milk and natural thick yoghurt.
3. Top with 1 chopped fruit (berries, apple, pear, kiwi, or mandarin).



Makes 1

Raw Fish

Things you need

500g white fish

Hoki, snapper etc.

Chopped into chunks.

1 onion

Chopped finely. Choose brown or red onion

1/2 cup lemon/lime juice

400g tomatoes

Chopped finely

1/2 cucumber

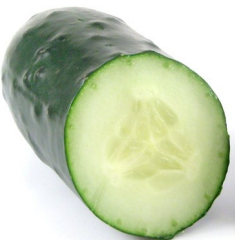
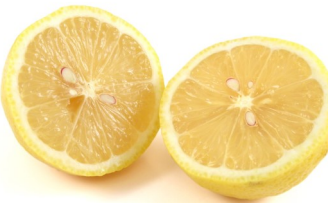
Chopped finely

1 can coconut cream

Or coconut milk

Salt and pepper

Season to taste



1. Marinate the fish and onion in lemon juice.
2. Leave in the fridge until it turns white (about 3 hours or overnight).
3. Just before serving, drain off the juices, mix in diced tomatoes, and add salt to taste.
4. Pour over coconut cream and serve.



Makes 4

Slow Roast Meat

Things you need

1.5kg beef brisket or lamb flaps

Work for any large piece of fatty meat

4 onions

Sliced into large pieces

1 tbsp minced garlic

Salt, pepper, paprika

To taste

2 cups beef stock

Or 1-2 stock cubes

1 tbsp soy sauce

500g mixed vegetables

Choose frozen bags or fresh seasonal:
Broccoli, bok choy, spinach, silverbeet, cauliflower, carrots etc.

1. Brown meat in a pan
2. Into a slow cooker add: Chopped onions, stock, meat, paprika, salt, and pepper.
3. Slow cook for 8-10 hours.
4. Add mixed vegetables in last 20 min of cooking
5. Keep leftover for lunch or breakfast



Makes 4-6

Smoothie

Things you need

1 fruit

Apple OR pear OR kiwi OR peeled orange
OR 1/2 banana, OR 1 cup frozen berries

1 pinch cinnamon

Or ginger powder.

1/2 cup coconut milk or cream

1/2 cup thick yoghurt

Natural, plain

1. Blend
2. Adjust taste as you prefer

Tip:

Keep fruit in this smoothie to one palm full only.

Use stevia for sweetness.

Add raw vegetables for extra nutrition.



Makes 1



Chia Pudding

You will need to make this the night before

Chia seeds

2 tbsp

Coconut cream

1 cups

2-3 tbsp natural yoghurt

Full fat, unsweetened

1 fruit

1 palm size chopped e.g. kiwi, apple, pear, or berries.



Makes 1

1. Combine chia and coconut cream.
2. Shake in a sealed contained until well combined.
3. Leave to sit in the fridge overnight (or for at least 1 hour)
4. Serve with 2-3 spoons natural yoghurt and chopped fruit

Tip:

Add stevia, cocoa, or cinnamon for flavour.

TOO THICK? Add more coconut cream or water

TOO RUNNY? Add more chia

Savory Mince

Things you need

2 onions

Chopped

1kg mince

Beef, lamb, or pork

Cooking fat

1 tbsp olive oil, coconut oil, butter, or leftover dr

1/2 green cabbage

Shredded

Mixed vegetables

500g packet frozen mixed vegetables

1 tin chopped tomatoes

Diced tomatoes in tomato juice



1. Fry onion and mince in cooking fat until brown
2. Add chopped cabbage and frozen mixed vegetables.
3. Cook down for 5-10 minutes
4. Add 1 tin chopped tomatoes and simmer for 20 minutes.
5. Keep leftovers for breakfast or lunch.



Makes 4-6

Fish Pie

Things you need

3 tin Mackerel or Tuna

Drained

1 tin chopped tomatoes

Diced tomatoes in tomato juice

2 onions

Chopped

2 tbsp cooking fat

Olive oil, coconut oil, butter, leftover dripping

1/2 pumpkin

OR 1 small buttercup pumpkin

1 cauliflower

Chopped

Cheese

Optional for topping

1. Fry onion in cooking fat.
2. Add tinned tomatoes and drained mackerel to the onions.
3. Pour into a baking dish.
4. Boil chopped pumpkin and cauliflower until soft.
5. Mash with butter.
6. Cover tomato fish mix with mash.
7. Top with cheese.
8. Bake until bubbling (30-40 min at 180°C).



Makes 4-5

Main Meals

- 1 Bacon Bone Soup
- 2 Chicken Curry
- 3 Corned Beef and Cabbage
- 4 LCHF Chop Suey
- 5 Fish Pie
- 6 Savory Mince
- 7 Slow Roast Meat
- 8 Raw Fish
- 9 Boil Up

Bacon Bone Soup

Things you need

2 onions

Chopped

Cooking fat

1 tbsp olive oil, coconut oil, butter, or leftover dripping

2 bacon hocks

Or meaty bones (beef or lamb)

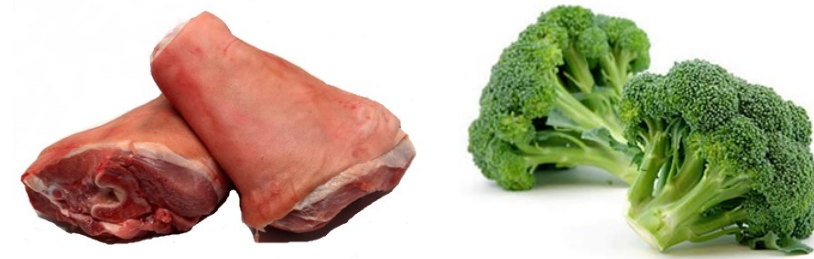
Mixed vegetables

Can buy pre-ground or whole

2 onions

Chopped

1 pinch salt and pepper



1. Fry onion in cooking fat in a soup pot.
2. Add meat bones.
3. Cover with water, simmer for 4-6 hours
4. Add vegetables in last 30 minutes of cooking



Makes 4-6

LCHF Chop Suey

Things you need

500g Meat

Pork, chicken thigh, beef mince, or lamb

Cooking fat

1 tbsp olive oil, coconut oil, butter, or leftover dripping

1/2 Cabbage

Shredded to make thin "noodles"

Mixed vegetables

Choose frozen bags or fresh seasonal

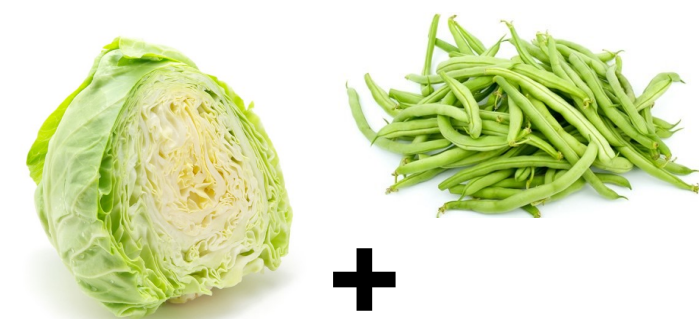
Soy sauce

To taste

Optional: Konjac noodles

1 bunch

1. Cook meat in a large pan with cooking fat.
2. Add shredded cabbage and mixed vegetables.
3. Cook covered until tender.
4. Add cooked konjac noodles and soy sauce



Makes 6-8

Corned Beef + Cabbage

Things you need

2 onions

Chopped

2 tins corned beef

1/2 cabbage

Chopped either fine or chunky



1. Cook onions and corned beef in a pan. Use the natural fat from the corned beef to grease the pan.
2. Add cabbage
3. Fry until the cabbage has softened



Makes 4-6

Chicken Curry

Things you need

500g boneless chicken

Thigh, breast, or tenderloin. Cut into cubes

1 tbsp curry paste

Or curry powder

1 tin coconut cream

2 tins is using coconut milk

2 onions

Chopped

Cooking fat

1 tbsp olive oil, coconut oil, butter, or leftover dripping

6 cups vegetables

Cauliflower, spinach, or mixed frozen bag



1. Fry onions in cooking fat in a frying pan.
2. Add cubed chicken and brown.
3. Add curry paste or powder and coconut cream.
4. Add chopped vegetables.
5. Simmer until the vegetables are cooked.



Makes 4-6