

## For more information



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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

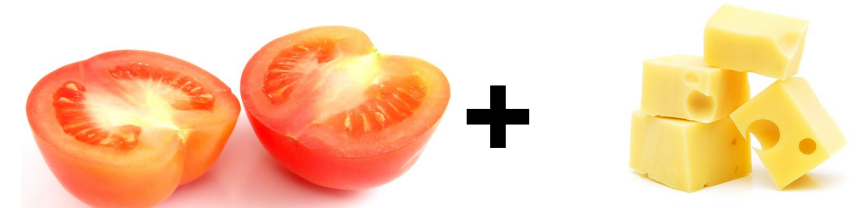
## Mixed nuts

Any natural or dry roasted



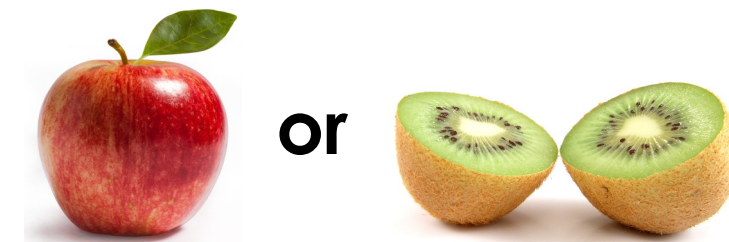
## Cheese with tomato

1-2 thumb sizes of cheese



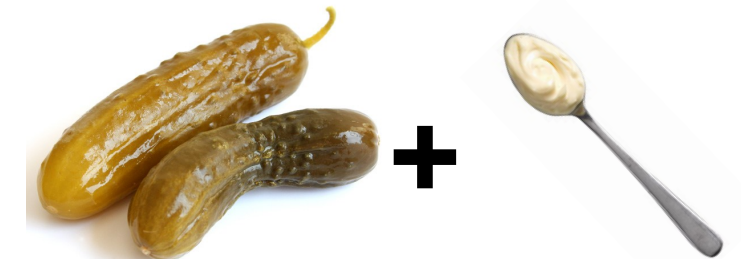
## Fruit

Choose what fits in the palm of your hand



## Pickle

Add mayonnaise



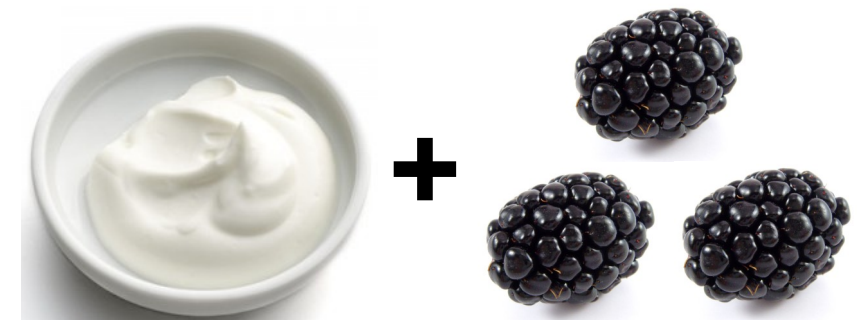
## Salami stick

1-2 bier sticks



## Natural Thick Yoghurt

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



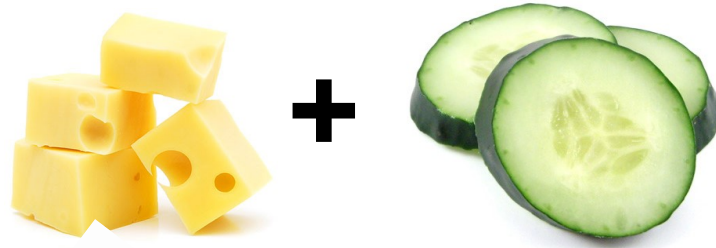
## Mixed seeds or nuts

Pumpkin or sunflower seeds



## Cheese with cucumber

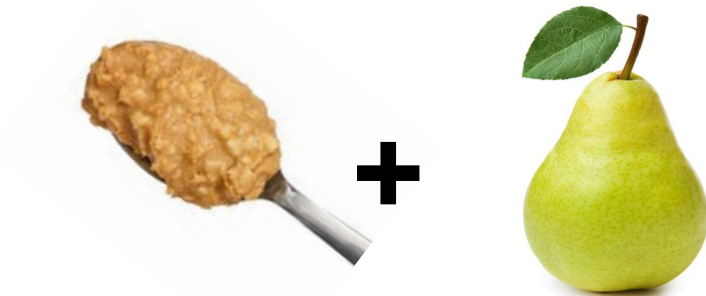
1-2 thumb sizes of cheese



## Fruit and peanut butter

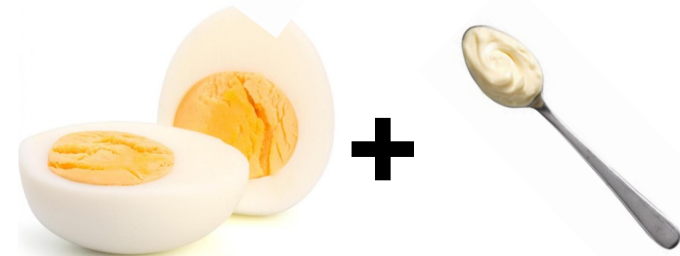
Choose 1 fruit which fits in the palm of your hand

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)

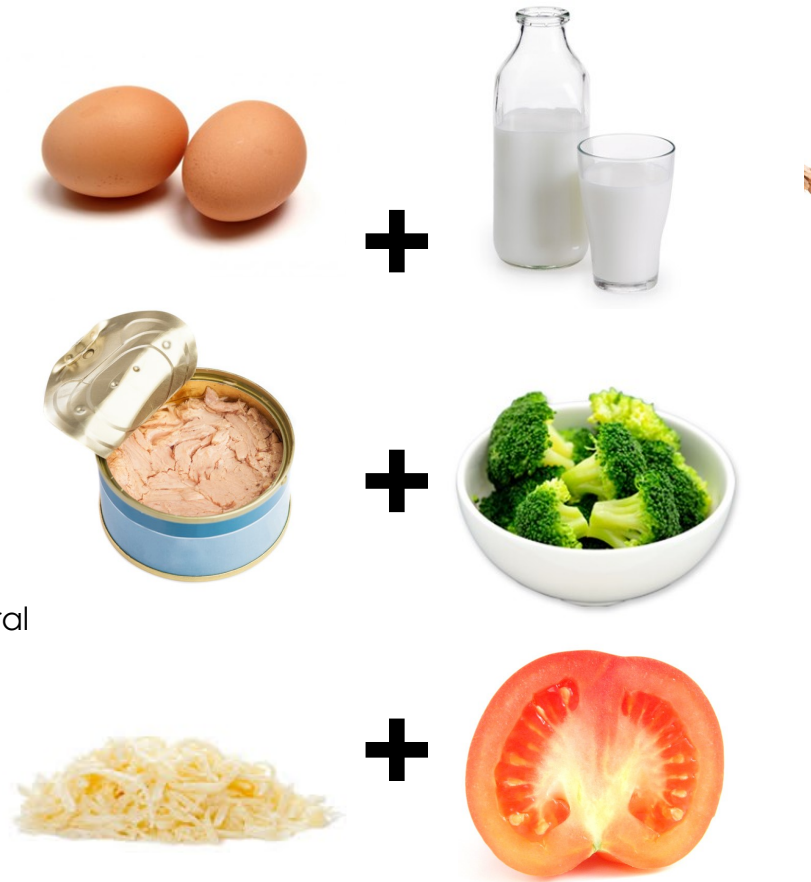
1-2 tbsp fat (butter , olive or coconut oil)

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.

# Boil Up

Things you need

**1 kg Meat**

Brisket, pork bones etc.

**4 carrots**

Chopped

**4 onions**

Chopped

**1 cabbage**

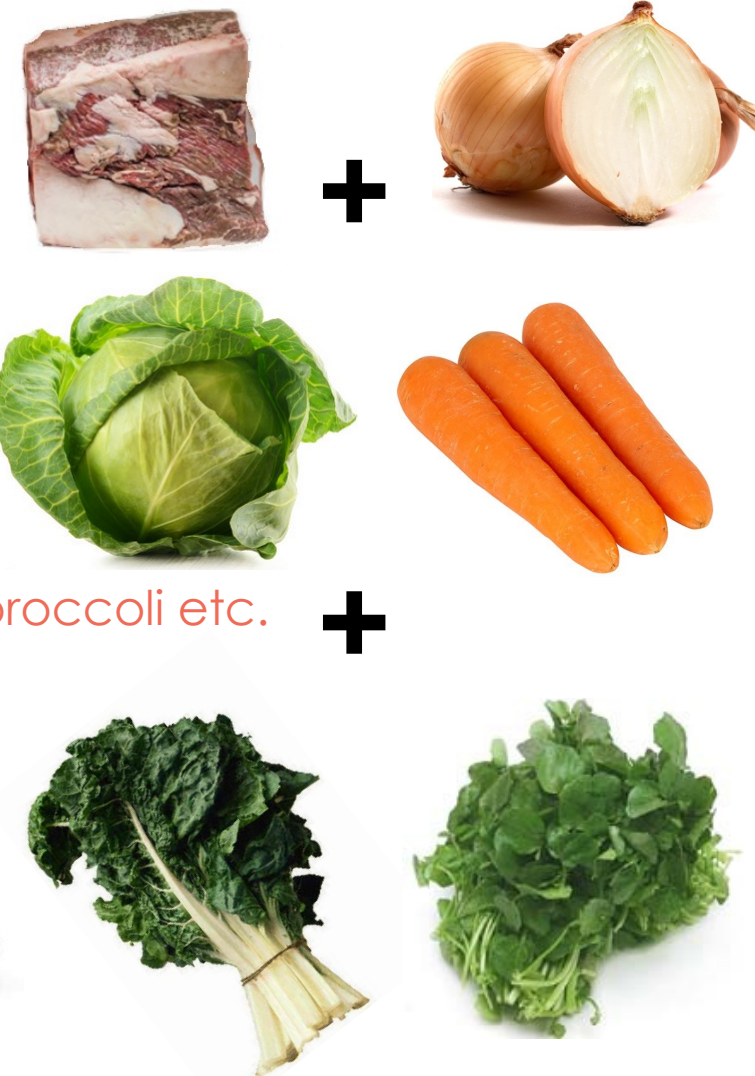
Chopped into chinks

**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

# 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

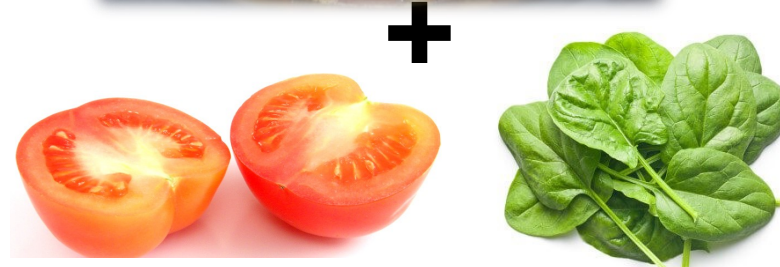
1 palm size of any leftover meat  
Chicken, beef brisket, bone meat.  
*Cooked in healthy fat.*

### 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

# 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

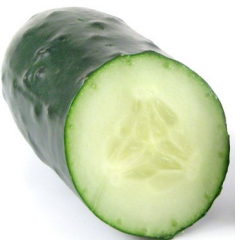
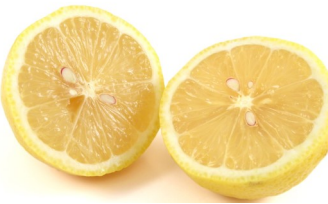
Chopped finely

### 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

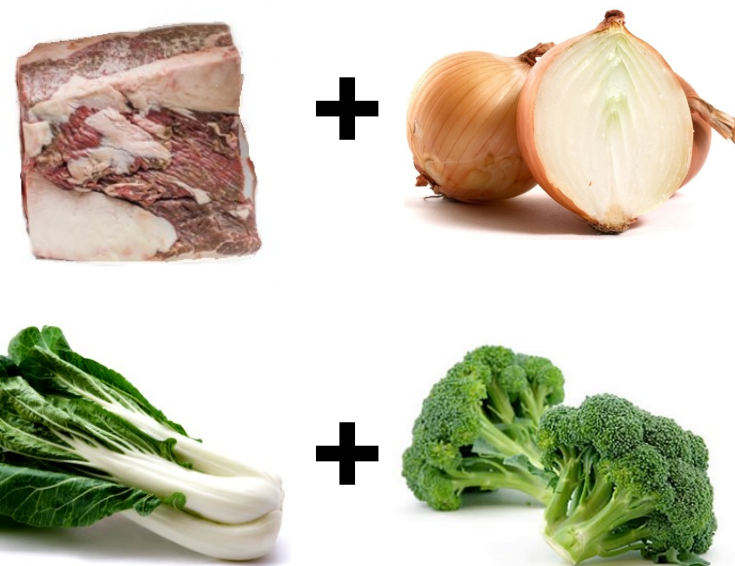
**2 cups beef stock**

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

# 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

# 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 180C).



Makes 4-5

# 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 Seed Porridge

Things you need

2 tbsp chia seeds

2 tbsp ground linseed

Can buy pre-ground or whole

1 pinch salt

Coconut cream

1/4 -1/2 a can

2-3 tbsp natural yoghurt

Full fat, unsweetened

1 fruit

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

1. Combine chia, linseed, salt, and coconut cream.
2. Stir through 1 cup fresh boiled water
3. Leave to sit for 2 minutes or microwave for 1-2 minutes. Stir halfway.
4. Serve with 2-3 spoons natural yoghurt and chopped fruit

**Tip:**

Add stevia, cocoa, or cinnamon for flavour.



Makes 1

# 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

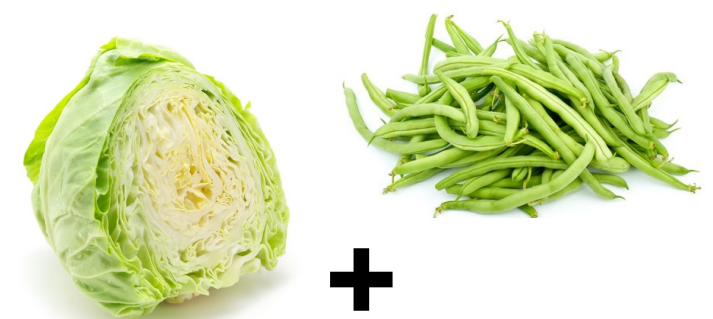
Soy sauce

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

# 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 cup dry soup mix**

Split peas, lentils, barley mix

**1 pinch salt and pepper**

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



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