



Zero Carb Recipes

Low
Carb
Diem
seize the way



Zero Carb Flaxseed Sammie Bread

Total Recipe: 1.2 net carbs | 2 Servings: .6 net carbs per slice



Ingredients

- 1/4 c Flaxseed Meal, ground, dark or light
- 1 tsp Parmesan or Romano cheese
- 1/2 tsp baking powder
- sea salt to taste
- 1 egg
- 2 tbsp water

Instructions

Grease a 5" x 5" glass pan with butter or coconut oil.

Mix together ground flax seeds, cheese, baking powder and salt in a large bowl. Add egg and water, mixing well.

Pour into greased glass pan. Microwave on high for two minutes, turning after one minute.

Slice lengthwise, making two pieces for a sandwich.

Tips

- Add a few drops of liquid stevia if you like a sweet bread.
- Add poppy or caraway seeds, and substitute chicken broth for the water to create a savory bread.



Zero Carb Parmesan Crisps

Parmesan crisps are zero carb, easy to make and they store well.



Instructions

Make small circular piles of grated parmesan cheese on a baking sheet, several inches apart.

Bake at 400 degrees F for 3-5 minutes. Watch carefully – they burn quickly.

Remove from oven and allow to cool. Eat when crispy.



Spinach Cheese Flatbread

Total Recipe: 4.7 net carbs | 6 Servings: .8 net carbs per serving



Ingredients

- 8 oz spinach, fresh or frozen
- 5 eggs, large
- 1 1/2 cups grated cheese
- sea salt
- black peppercorns, ground
- 1 tsp garlic powder
- 1 tsp mixed Italian herbs
- paprika, to taste

Instructions

Preheated oven to 350 degrees F.

If using frozen spinach, defrost and squeeze out the water.

Mix the ingredients well and spread onto a baking sheet lined with parchment paper. Flatten the mixture into a thin layer across the sheet.

Bake until brown and crispy. Allow to cool slightly, then cut into squares while still warm to avoid cracking.



Zero Carb Lemon Pepper Chicken Salad

Total Recipe: 0 net carbs | 6 Servings



Ingredients

- 3 large chicken breasts
- lemon pepper seasoning
- sea salt, to taste
- 3 tbsp grass-fed butter
- 2 tbsp olive oil

Instructions

In large skillet over medium low heat add olive oil and butter.

Cut chicken into strips. Rub seasoning on both sides until well coated.

Cook chicken strips until lightly browned. Chop, dice or pull apart while still warm and place into a bowl.

Add chopped cucumber, celery, radishes, diced boiled egg, chives, grated cheese and full fat mayo, olive oil, Ranch or Blue Cheese dressing. Mix well and serve with veggies or greens.



Zero Carb Mini Meatballs

Total Recipe: 1.7 net carbs | 6-8 Servings: .2 net carbs per serving



These easy-to-make zero carb meatballs hold together well without a binder.

Ingredients

- 1 1/2 lbs ground beef (or other ground meat)
- 20 oz (or 5 links) spicy Italian sausage
- 1 tbsp parsley
- oregano, onion and garlic powder, to taste

Instructions

Crumble sausages and mix well with the ground beef using your hands.

Add sea salt and fresh ground black pepper to taste. Roll into 1 1/2" balls and place on a greased cookie or baking sheet.

Bake at 325 degrees F for 30 minutes. Allow to cool, then eat. These refrigerates well.

Tip

- Enjoy meatballs with a little low carb salsa and melted mozzarella.
- Sprinkle or roll in finely grated Parmesan cheese while still warm.



Zero Carb BLT Sliders



Create mini-sandwiches (sliders) using beef or turkey – ground or sliced, crisp greens and bacon, and velvety melted cheese.

Instructions

Grill ground meat patties to enhance the flavor.

Season sliced meats with zero carb stone mustard and spices.

Place meat between two pieces of almost zero carb Spinach Flatbread or Flaxseed Sammie Bread.

Top with crispy strips of bacon and melted cheese.

Finish with a little 'juicy-crisp' from lettuce, spinach or other zero carb greens.

Variation

Use thin cucumber slices or large pieces of lettuce in place of bread.



Zero Carb Crunchy Parm Fried Chicken

Total Recipe: 0 net carbs | 1 Serving



This zero carb “breaded” Parm chicken tastes *just like* fried chicken.

Ingredients

- 1 Boneless & Skinless Chicken Breast
- 1 tbsp butter
- 1 tbsp olive oil

The breading:

- 1/4 cup grated Parmesan, pork rinds and flax meal

Instructions

Make up a batch of the breading mixture – use as much or as little as you need to cover the chicken. Place on a large plate.

Pound chicken breast flat (about 1/4 inch, even thickness).

Heat a cast iron skillet to medium high heat. Add olive oil and butter to the skillet.

Coat the chicken breast with the breading mixture.

Place chicken into the skillet, cook 3 minutes on each side.

Turn the chicken breast, cooking again. This time, cook only 2 minutes on each side.



Dry Rub Salmon with Avocado Salsa

Total Recipe: 2.7 net carbs | 4 Servings: .6 net carbs per slice



Ingredients

- 2 lbs salmon, divided into 4 pieces
- 1 tbs olive oil
- 1 tsp each: ground cumin, paprika, onion powder, black pepper, salt
- 1/2 tsp ancho chili powder

The Avocado Salsa

- 1 avocado, cubed or sliced
- 1 tbs red onion, minced
- juice from 1 lime
- 1 tbs cilantro, finely chopped
- sea salt to taste

Instructions

Mix together salt, chili powder, cumin, paprika, onion and black pepper.

Rub the salmon fillets with olive oil and coat thoroughly with the seasoning mix. Refrigerate for 30-60 minutes.

Make the Avocado salsa: Combine diced avocado, onion, cilantro, lime juice and salt in a bowl and mix well. Chill the salsa until ready to use.

Preheat the grill or cooktop. Grill the salmon until done, typically 5-8 minutes. Top salmon with the avocado salsa and enjoy!



Blue Eye with Asian Lime Chili Sauce

Total Recipe: 1.2 net carbs | 2 Servings: .6 net carbs per slice



Ingredients

- 2 tsp olive oil
- 4 fresh Blue-Eye fillets
- 1 c bok choy, chopped
- lime wedges, to sprinkle on top

Green Chilli Sauce:

- 1 clove garlic, rough chopped
- 2 green chillies, seeded and rough chopped
- zest and juice of 1 lime
- 1 drop liquid artificial sweetener
- 2 coriander roots, rough chopped

Instructions

Make the green chilli sauce:

Use a mortar and pestle or small food processor to pound or process all the ingredients until smooth. Heat the oil in a large non-stick skillet over medium heat.

Season the fish with sea salt and freshly ground black pepper. Cook 2-3 minutes on each side.

Cook the bok choy in a large saucepan of boiling water for 1-2 minutes until tender. Drain well and place into a bowl. Toss to combine with the green chili seasoning.

Divide the bok choy among the plates, top with fish and drizzle with the remaining green chili sauce. Serve with lime wedges.



Zero Carb Citrus Meringue Crisps

Total Recipe: 2.3 net carbs | 36 Servings: .06 net carbs per serving



Ingredients

- 4 egg whites
- 1/4 tsp cream of tartar
- 3 drops liquid sugar-free sweetener
- 1 tbsp finely grated lemon zest

Instructions

Carefully separate eggs, and warm the whites to room temperature. Preheat your oven to 225 degrees F. Line two baking pans with parchment.

Place egg whites and cream of tartar in a large bowl. Whip eggs until they form soft peaks. Add sweetener and lemon zest. Continue beating until eggs form stiff peaks.

Spoon egg mixture into a large plastic bag with the corner cut off. Pipe meringue into bite size piles on the cookie sheet.

Bake 45 min to 1 hour, depending on the size of cookies. Cookies are done when they are crispy. Cool the cookies completely and store them in an airtight container.

Variations

- Replace sweetener and lemon zest with a packet of flavored sugar-free gelatin, or flavored liquid stevia (root beer, vanilla and English toffee stevia are available).
- Try another citrus zest such as lime or orange.



Zero Carb Coconut Cocoa Candy

Total Recipe: 3 net carbs | 12 Servings: .25 net carbs per serving



Use a small chocolate candy mold. Flexible ice cube trays with small pieces also work well.

Ingredients

- 5 tbsp coconut oil
- 3 tbsp unsweetened cocoa powder
- 3 drops liquid sugar-free sweetener

Instructions

Melt coconut oil in a small saucepan with cocoa powder and sweetener. When cocoa is completely dissolved, pour mixture into candy molds.

The candies should be about 1/4 to 1/2 inch thick.

Refrigerate for at least 30 minutes, until chocolate is solid.

Remove candies from mold and store in an airtight container in a cool place.



Zero Carb Jello with Meringue Crust



Sugar free Jello has zero carbs per serving, and comes in an astonishing variety of flavors and types: gelatin, cheesecake, mousse and pudding.

Instructions

Whip up a few egg whites as described in the Lemon Meringue Cookies and spoon them on top of the gelatin.

Use a kitchen torch to brown the meringue instead of baking it.

Variation: Berries and Whipped Cream

- Fold in whipped heavy cream to create a flavored, zero carb mousse.
- Top with a few almost zero carb berries like blueberries or raspberries.