



# Low Carb Grill Foil Packet Meals

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## Low Carb Grilling in Foil Packets



**Low carb grilling** is fast and easy with foil packets. Meats and veggies stay moist, and flavors are locked in. Experiment with full-meal packets, side dishes or raw veggies with spices.

Meals in foil packets may be made ahead of time, and kept cool or frozen until ready to cook. After grilling, simply open the top of the packet and eat.

Clean up is a crumple away.

### **How to make a foil packet:**

- Use a piece of heavy-duty foil (or 2 layers of regular foil).
- Place ingredients in the center of the foil.
- Bring the short ends of the foil together and fold twice to seal.
- Fold in the outer edges to seal, leaving room for steam.
- Grill on a metal rack or directly on the coals by the fire's edge.



## 18 Low Carb Meals to Grill in Foil

These **low carb recipes** are easy to make and modify. Add full-fat meats (cooked or raw) and a few extra tablespoons of butter or healthy oil to up the fat.

These simple low carb meals are wrapped in neat foil packets that cook perfectly on any grill or at any campsite.

*(Each recipe serves 2 to 4.)*

### Spiced Roasted Nuts

Place 2 cups salted mixed nuts, 1 teaspoon chipotle chile powder, 1/4 teaspoon each ground cumin and pepper, and 1 tablespoon butter on a sheet of foil. Form a packet. Grill over medium heat, turning often, 8 minutes.

### Cilantro Jerk Chicken

Place 6 split chicken wings, 2 tablespoons butter and 3 tablespoons jerk seasoning on a sheet of foil. Form a packet. Grill over high heat, turning once, 25 minutes. Top with cilantro and serve with lime wedges.

### Spicy Garlic Olives

Place 1 cup olives, 1/2 teaspoon red pepper flakes and 1 minced garlic clove on a sheet of foil. Form a packet. Grill over medium-high heat, turning often, 15 minutes.

### Stuffed Jalapenos

Remove the stems from 8 jalapenos; scrape out the seeds and stuff with muenster cheese. Toss with olive oil, salt and 1/4 teaspoon each ground cumin and coriander on a sheet of foil. Form a packet. Grill over medium-high heat, turning often, 10 minutes.

## **Cilantro Chicken Quesadillas**

Sprinkle shredded pepper jack cheese on one half of a low carb tortilla; top with chopped rotisserie chicken and cilantro and fold in half to close. Repeat to make more; seal in individual foil packets. Grill over medium heat, turning once, 5 minutes.

## **Garlic Ground Beef**

Mix 1/2 stick softened butter, 1 cup chopped parsley, 2 chopped garlic cloves, and salt and pepper. Toss with the juice of 1 lemon, 1 pound ground beef (cooked or raw) and a big pinch of red pepper flakes. Divide between 2 foil packets. Grill over high heat, 8 minutes.

## **Campfire Paella**

Combine 1 1/4 cups chicken broth, 6 peeled large shrimp (optional), 2 skinless chicken thighs, 4 ounces sliced dried chorizo, 1/4 cup each pimiento-stuffed olives and roasted pepper strips, and 1/2 teaspoon smoked paprika in a disposable pie pan. Drizzle with olive oil; sprinkle with pepper. Seal the pan in foil. Grill over medium-high heat, 30 minutes.

## **Coconut Pull-Apart Chicken**

Place 1 pound chicken (cut into strips), 2 each chopped lemongrass stalks and scallions, 1/4 cup coconut milk (or heavy cream), 1/2 cup unsweetened shredded coconut and the juice of 1 lime. Divide between 2 foil packets. Grill over medium heat, 10 minutes. Top with chopped cilantro.

## **Lemon Chicken with Herbs**

Place 4 chicken breasts, 1/4 cup chopped mixed herbs and 3 tablespoons each olive oil and lemon juice in a bowl. Divide among 4 foil packets. Grill over medium-high heat, 12 minutes.

### **Garlic Tomatoes and Zucchini**

Place 2 sliced zucchini, 2 diced tomatoes, 4 smashed garlic cloves, olive oil, basil, and salt and pepper on a sheet of foil. Form a packet. Grill over high heat, 10 minutes. Top with grated parmesan.

### **Sweet Pepper Chorizo**

Place 1/2 cup sliced dried chorizo, 2 sliced bell peppers, 1 sliced onion, 2 tablespoons olive oil, and salt and pepper on a sheet of foil. Form a packet. Grill over high heat, turning a few times, 10 minutes.

### **Mustard-Dill Salmon**

For each serving, layer a few lemon slices, 1 salmon fillet and some dill sprigs on a sheet of foil. Add a pat of butter. Sprinkle with salt and ground coriander. Spread whole-grain mustard on top. Form a packet. Grill over medium heat, 12 minutes.

### **Tangy Baby Beets**

Place 1 pound halved baby beets with olive oil, sea salt and crushed black peppercorns on a sheet of foil. Form a packet. Grill over medium heat, 30 minutes. Toss with vinegar, mint and feta.

### **Paprika Shishito Peppers**

Place 1/2 pound shishito or Padrón peppers, a drizzle of olive oil and 1/4 teaspoon paprika on a sheet of foil. Form a packet. Grill over medium-high heat, 7 minutes. Sprinkle with coarse sea salt.

### **Peppery Portobello Mushroom Chop**

Chop 4 Portobello caps, 4 smashed garlic cloves, 1/4 cup olive oil, 1 teaspoon red pepper flakes, salt and chopped parsley to taste. Divide among 4 foil packets. Grill over medium heat, turning once, 10 minutes.

## Spicy Roasted Broccoli

Place 1 head broccoli florets, 2 sliced garlic cloves, 1 tablespoon olive oil, 1/4 teaspoon red pepper flakes, and salt on a sheet of foil. Arrange in a single layer and form a packet. Grill over medium-high heat, 10 minutes.

## Hot Lime Scallions

Put 2 bunches scallions, olive oil and a pinch of cayenne on a sheet of foil. Form a packet. Grill over medium-high heat, turning a few times, 15 minutes. Serve with lime wedges.

## Plums and Onions

Place 3 quartered plums, 1 sliced red onion, 2 tablespoons olive oil, 1 tablespoon red wine vinegar, thyme sprigs, salt and pepper on a sheet of foil. Form a packet. Grill over medium-high heat, 12 minutes.



Read the full article on Low Carbe Diem's website:

["Hot Grill Hacks for Low Carb Camping"](#)

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