

Low Carb Shortcuts

Low Carbe Diem



Keto Camping

Food Prep Tricks

Wash, cut and pre-pack fruits and veggies in Ziploc bags or store in hard-sided containers between paper towels.

Pack produce that lasts and doesn't bruise easily, such as peppers, mushrooms, squash, zucchini and celery.

Fresh eggs are a good source of protein and require minimal cooling.

Cheese, cold cuts, hummus, cooked burgers and chicken stored in a cooler should be eaten within a few days. Freezing them beforehand will extend their life an extra day or two.

Increase Your Cooling Power

Freeze drinks, liquids and foods several days before your trip. (Meats and most cheeses can be frozen.) They'll become 'extra ice packs' in your cooler.

Large chunks of ice keep food cold longer than small cubes.

Plan meals so you can pack the foods eaten first near the top of the cooler.

Pack a few smaller-size coolers: one with meals, and the other with frequently used items. This will minimize opening the cooler with the more perishable items inside.

Each person in your group needs a minimum of two filled, 32-ounce water bottles per day. When frozen, bottles of water make excellent ice packs, taking days to thaw depending on size.

Grilling Low Carb on Skewers



Skewer, then marinate pieces of meat with your favorite low carb veggies overnight. Store in plastic bags or containers until ready to grill.

The skewers will absorb the marinade and remain moist while grilling so you won't accidentally set them on fire.



Freezing the uncooked skewers is also an option, but works best with firmer veggies such as peppers and sliced mushrooms.



Low carb grilling with bacon? Of course – if you skewer it! To conserve space, smash the bacon tight and add a second strip. Drizzle with dark chocolate for a low carb 'S'more.'

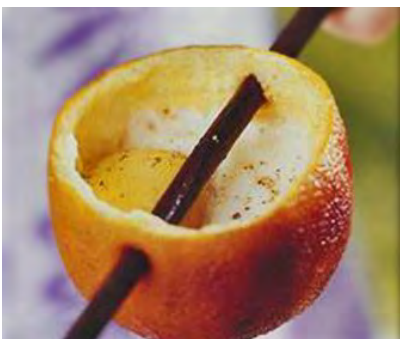
Nesting Food Inside Other Food



Low carb camping should include colorful, novel meals that are also easily prepared. If possible, it should also include bacon. Wrap eggplant slices around herbed Ricotta. Stuff Peppers with peppers and cheese.



Bacon tightly wrapped around asparagus stays in place on the grill.



Cook eggs in empty orange peels over the fire, then eat straight from nature's container. Flavor mini Oopsie Rolls (less than 1 net carb per roll!) with blueberries and grill inside the orange peel. Your rolls will stay moist and have a roasted orange flavor.



Crack eggs inside large onion slices or avocado halves. Place on a greased pan or heavy foil.



Hollow-out and stuff sweet onions with meats and cheeses. Wrap in foil and place into the fire.



Fill onion halves with meatloaf or ground sausage. Place the halves back together, wrap in foil and grill. Tops-on stuffed peppers may be grilled without wrapping.



Wrap everything in bacon: burgers, chicken... everything. Pair with spicy mayo dipping sauces or low carb ketchup/BBQ sauce.



Pound thin strips of meat and wrap around chopped marinated veggies.



Grill tomato halves and use as buns. Add sliced jalapeno to ordinary hot dogs or sausages.

Foil-Grilled Meals

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

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

Each recipe serves 2-4.

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.

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 personal foil packets. Grill over medium heat, turning once, 5 minutes.

Campfire Paella

Combine 1 1/4 cups chicken (or beef) broth, 6 peeled large shrimp (optional), 2 skinless chicken thighs (or 8 oz beef, cut into strips), 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; add 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 cream (or heavy cream), 1/2 cup shredded coconut and the juice of 1 lime. Divide between 2 foil packets. Grill over medium heat, 10 minutes. Top with chopped cilantro.

Spiced Roasted Nuts

Place 2 cups salted mixed nuts, 1 teaspoon chipotle 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.

Garlic Chicken, Tomatoes and Zucchini

Place 2 chicken breasts (diced), 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.

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.

Stuffed Jalapenos

Remove the stems from 8 jalapenos; scrape out 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.

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.

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 Tilapia

For each serving, layer a few lemon slices, 1 tilapia fillet stuffed with veggies and cream cheese, and a few 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.

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.

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.

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.

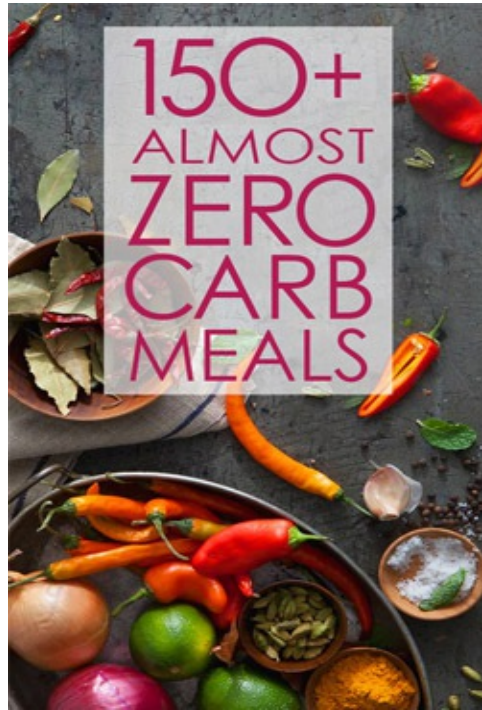
Cilantro Jerk Chicken

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.

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.

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