

LOW-CARB ALTERNATIVES

— C H E A T S H E E T —



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The information in this manual is not intended to replace medical advice. No action or inaction should be taken based solely on the contents of this information. Before beginning this or any other nutritional or exercise regimen, consult your physician to ensure it is appropriate for you.

The information and opinions expressed here are believed to be accurate, based on the best judgment of the author. Readers who fail to consult with appropriate health authorities assume the risk of any injuries.

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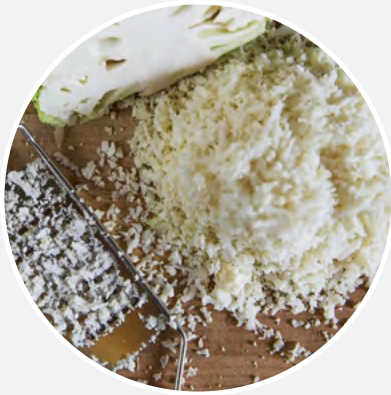
Before trying any of the recipes in this book, please check to see if you have any **allergies** to any of the ingredients. **Do not** use any ingredients you may be allergic to.

It's easy to modify your favourite evening meals to make them suitable for weight loss. We call these 'simple swaps'. It involves swapping foods that are either easy to overeat, or less nutritious, for healthier low-carb alternatives. Embracing the swaps below is one of the simplest ways to improve your diet—plus, it means you can still enjoy the same meals as everyone else!



RICE ALTERNATIVE:

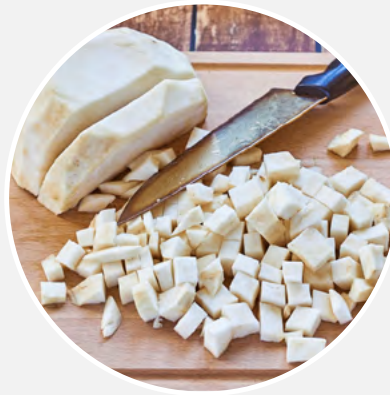
Cauliflower or broccoli rice



1. Cut cauliflower or broccoli into small chunks.
2. Blitz in your food processor in batches or grate.
3. Eat raw or stir-fry with a little olive oil for around 5 mins.

FRIES ALTERNATIVE:

Celeriac Fries



1. Peel off the outer skin of the celeriac.
2. Cut into chip-shaped slices or cubes.
3. Toss with olive oil, salt and pepper.
4. Bake in the oven for around 30 mins.

PASTA ALTERNATIVE:

Courgetti



1. Trim the ends of the courgettes and use a spiralizer to create long, thin spirals. No spiralizer?
2. Cut the courgettes into thin strips or use a julienne or potato peeler lengthways to create ribbons.
3. Enjoy raw or fry in olive oil for 1-2 minutes.

NOODLE ALTERNATIVE:

Carrot & courgette noodles



1. Peel the carrots and trim the ends. Trim the ends off the courgettes.
2. If you've got a spiralizer, spiralize the veg using the largest noodle cut size available. Alternatively, use a peeler to create long, thin strips.
3. Fry in olive or sesame oil for around 3 minutes

CRISPS ALTERNATIVE:

Kale crisps



1. Rinse and dry the kale.
2. Strip the leaves from their stems, put them in a bowl and toss generously with olive oil, paprika, salt and pepper.
3. Spread the leaves in a single layer on a baking tray and bake for around 10-15 mins at 180°C or until crispy, but still green. Stir halfway through cooking to prevent them from sticking to the tray.
4. Leave to cool and crisp up for around 15 mins before eating.

CRISPS ALTERNATIVE:

Aubergine crisps



1. Thinly slice the aubergines. The thinner your slices, the crispier the finished result.
2. Lay the slices on a greased baking tray, lightly drizzle with olive oil and season with salt and pepper plus your choice of spices.
3. Bake for around 8-10 mins before flipping and baking for a further 8-10 mins.

BREAD ALTERNATIVE:

Lettuce wraps



1. Wrap a giant leaf of romaine or iceberg lettuce around your choice of filling.
2. Alternatively, build a 'lettuce sandwich' by putting your filling between two sturdy leaves.

MASH ALTERNATIVE:

Cauliflower mash



1. Chop up the head of a cauliflower into small florets and place in a large pan or pot.
2. Cover the cauliflower with water, heat until the water boils and simmer for around 10 mins.
3. Drain and place the cauliflower in a food processor with your choice of add-ins.
4. Process until smooth and serve.

BURGER BUN ALTERNATIVE:

Portobello mushrooms



1. Remove the stems from the mushrooms.
2. Brush the mushroom caps with olive oil and season with salt and pepper.
3. Roast in the oven for 8-10 mins or until they've softened.
4. Sandwich your cooked burger between two mushrooms 'buns'.
5. Top the 'buns' with a sprinkle of sesame seeds for extra crunch.

LASAGNE ALTERNATIVE:

Aubergine lasagne



1. Trim 3 aubergines and slice lengthways into thin sheets.
2. Place on a lined baking tray, sprinkle with salt and leave to stand for 15 mins. This helps to draw out the excess moisture.
3. Lightly brush the aubergines with olive oil and roast in the oven at 180°C for around 20 mins.
4. Use the aubergine sheets to build your lasagne as normal.

PIZZA CRUST ALTERNATIVE:

Cauliflower pizza crust



1. Blitz a large head of cauliflower in a food processor, until fine.
2. Cook in a large frying pan for 10 mins, stirring frequently.
3. Add the cauliflower to a bowl with 1 egg, 25g cheddar, salt and pepper and mix well.
4. Press the mixture into a pizza shape on a lined baking tray.
5. Bake for 30 mins, then flip and cook on the other side for 10 mins.
6. Add your choice of toppings and return to the oven for a further 10 mins.