



Low Carb Recipe Pack

Discover the collection of low-carb recipes, including breakfast, lunch, dinner, treats and smoothie options.

www.michelledietitian.co.za



Contents & Key

9	Turmeric Poached Egg	37	Black Bean Hummus
11	Omelet With Cottage Cheese & Basil	39	Kale & Tofu Salad With Peanut Butter Dressing
13	Herby Breakfast Sausages	41	Smoked Salmon & Strawberry Salad
15	Avocado & Egg Paste	43	Cucumber, Avocado & Chicken Salad
17	Cottage Cheese Protein Pancakes	45	Pear, Cured Ham & Walnut Salad
19	Tropical Gluten Free Granola	47	Easy Greek Zoodle Salad
21	Smoked Mackerel & Egg Paste	49	Crushed Cucumber Salad With Salmon
23	Egg Broccoli & Ham Muffins	51	Healthy Coronation Chicken Salad
25	Egg, Bacon & Avocado Bowl	53	Grilled Vegetable Salad With Tuna
27	Asian Scrambled Eggs	55	Low Carb Turkey Salad
29	Zucchini Fries	57	Salmon Spring Rolls
31	Tofu Caesar Summer Rolls	59	Cod With Creamy Zoodles
33	Sweetcorn Fritters	61	Jerk Chicken With Cauliflower Rice
35	Tofu & Green Peas Paste	63	Grilled Lemon Chicken Salad

Contents & Key

- 65** Homemade Quinoa Chicken Nuggets
- 67** Sesame & Ginger Beef With Zucchini Noodles
- 69** Tom Yum Soup With Shrimps
- 71** Warm Salmon & Quinoa Salad
- 73** Strawberry Protein Muffins
- 75** Peanut Butter Protein Fluff
- 77** Low Carb Banana & Strawberry Cake
- 79** Healthy Ferrero Rocher
- 81** Fit Almond Energy Balls
- 83** Mocha Truffles
- 85** Vegan Crème Brulee
- 87** Banana Chocolate Bites

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Sample Weekly Meal Planner 01

	Breakfast	Lunch	Snack	Dinner
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				Meal Out - Enjoy!
Sun				

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds & Spices	Cans, Condiments, Misc
Fruits	Fish, Seafood	Grains	Oils
•	•	•	•
•	•	•	•
•			
•			
	Meats	Nuts, Seeds	Cans, Condiments
Vegetables	•	•	•
•	•	•	•
•	•	•	•
•			
•	•	Spices	•
•		•	•
•	Dairy	•	•
•	•	•	
•	•	•	Sweeteners
•	•	•	•
•	Non-Dairy	•	•
	•		
Herbs			Misc, Other
•			•
•			•
•			•
•			•
•			
•			
Dried			
•			

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				Meal Out - Enjoy!
Sun				



Weekly Shopping List for Meal Plan 02

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds, Spices	Cans, Condiments, Misc
Fruits	Fish, Seafood	Grains	Oils
•	•	•	•
•			•
•	•	Spices	•
•		•	
•	Meats	•	Cans, Condiments
Vegetables	•	•	•
•	•		•
•	•	Nuts, Seeds	•
•		•	•
•	Dairy	•	•
•	•		•
•	•		
•	•		Sweeteners
•	•		•
•	Non-Dairy		•
•	•		
•	•		Misc, Other
•			•
•			•
Frozen			
•			
Herbs			
•			
•			
•			
•			



Turmeric Poached Egg

Serves 2

What you need to do

GF	DF	LC	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	219	15	12	14

*Nutrition per serving



Omelet With Cottage Cheese & Basil

Serves 4

What you need to do

GF	LC	V	Q
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	200	14	3	15

*Nutrition per serving



Herby Breakfast Sausages

Serves 8

What you need to do

GF	DF	LC	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	56	3	2	7

*Nutrition per serving



Avocado & Egg Paste

Serves 2

What you need to do

GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	298	24	9	11

*Nutrition per serving



Cottage Cheese Protein Pancakes

Serves 4

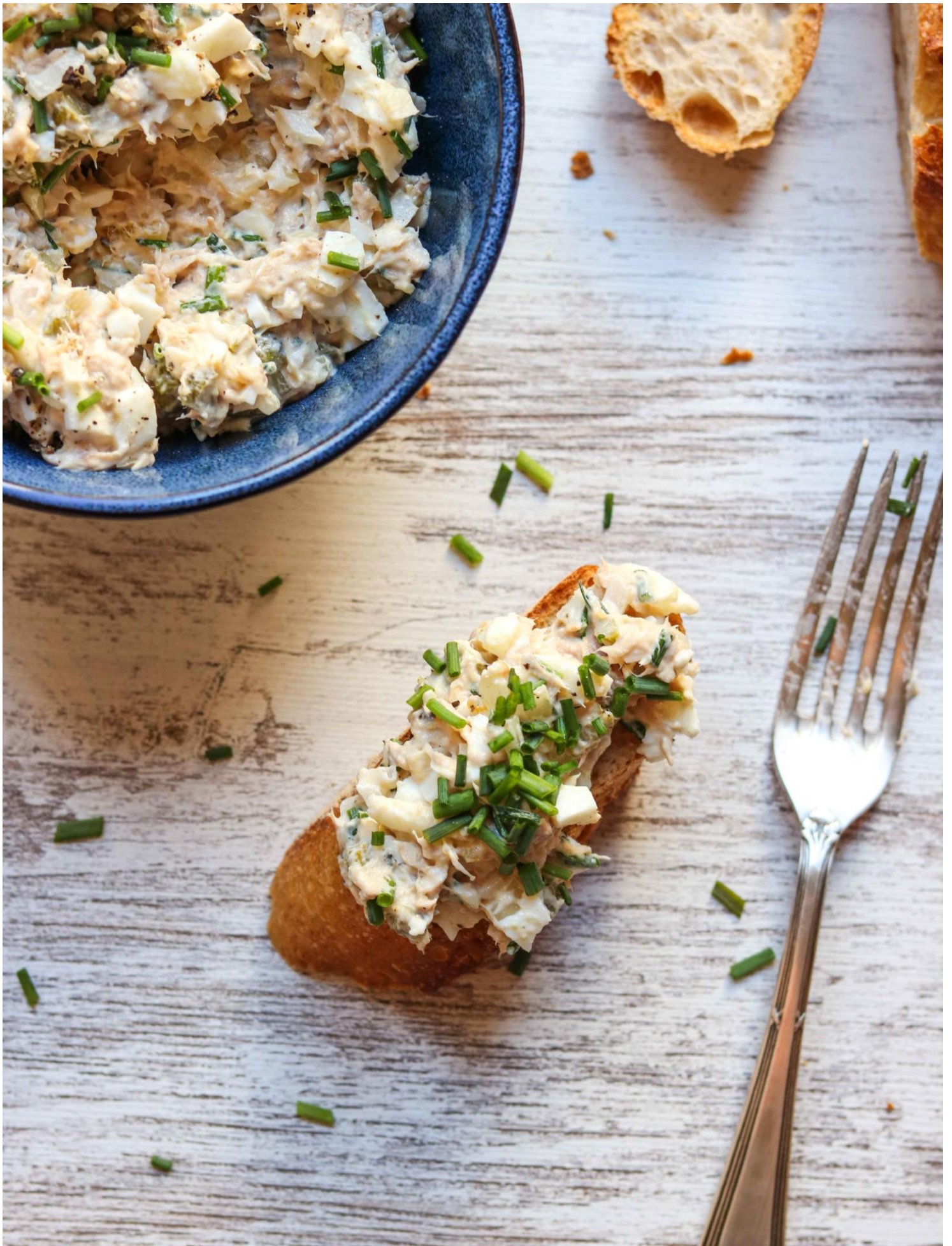
What you need to do

Suggested Servings: Greek yogurt, honey, and berries

LC	V	Q
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	162	4	18	12

*Nutrition per serving



Smoked Mackerel & Egg Paste

Serves 4

What you need to do

GF	LC	MP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	268	23	5	18

*Nutrition per serving



Egg Broccoli & Ham Muffins

Serves 6

What you need to do

Vegetarian Option: Replace the ham with feta cheese, Goats cheese or your favourite vegetables.

GF	DF	LC	MP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	102	6	4	10

*Nutrition per serving



Egg, Bacon & Avocado Bowl

Serves 1

What you need to do

GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	378	32	14	23

*Nutrition per serving



Asian Scrambled Eggs

Serves 1

What you need to do

GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	270	14	5	19

*Nutrition per serving



Zucchini Fries

Serves 4

What you need to do

DF	LC	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	177	12	14	5

*Nutrition per serving



Tofu Caesar Summer Rolls

Serves 4

What you need to do

Pro Tip: Dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.

GF	LC	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	191	10	8	5

*Nutrition per serving



Sweetcorn Fritters

Serves 8

What you need to do

GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15-20 mins	97	3	15	3

*Nutrition per serving



Tofu & Green Peas Paste

Serves 1

What you need to do

GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	290	21	17	11

*Nutrition per serving



Black Bean Hummus

Serves 8

What you need to do

GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	91	4	9	4

*Nutrition per serving



Kale & Tofu Salad With Peanut Butter Dressing

Serves 4

What you need to do

Tip: If you prefer a meat version of this salad, then it will go perfectly with a grilled chicken breast instead of the tofu.

GF	DF	LC	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	195	11	15	13

*Nutrition per serving



Smoked Salmon & Strawberry Salad

Serves 2

What you need to do

GF	LC	Q
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	302	19	16	19

*Nutrition per serving



Cucumber, Avocado & Chicken Salad

Serves 4

What you need to do

GF	LC	MP	HP	Q	N
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	304	20	12	21

*Nutrition per serving



Pear, Cured Ham & Walnut Salad

Serves 2

What you need to do

GF	LC	HP	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	466	35	16	22

*Nutrition per serving



Easy Greek Zoodle Salad

Serves 2

What you need to do

GF	LC	V	Q
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	267	25	7	10

*Nutrition per serving



Crushed Cucumber Salad With Salmon

Serves 2

What you need to do

Note: Use as much or as little coriander as you like.

GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	323	23	10	23

*Nutrition per serving



Healthy Coronation Chicken Salad

Serves 2

What you need to do

GF	MP	HP	LC	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	217	8	10	25

*Nutrition per serving



Grilled Vegetable Salad With Tuna

Serves 4

What you need to do

GF	DF	LC	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	320	24	13	12

*Nutrition per serving



Low Carb Turkey Salad

Serves 5

What you need to do

GF	DF	LC	MP	HP	N
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	0 mins	348	18	15	32

*Nutrition per serving



Cod With Creamy Zoodles

Serves 2

What you need to do

GF	LC	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	271	11	13	33

*Nutrition per serving



Jerk Chicken With Cauliflower Rice

Serves 4

What you need to do

GF	DF	LC	MP	HP	Q
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	397	24	15	33

*Nutrition per serving



Grilled Lemon Chicken Salad

Serves 4

What you need to do

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	242	8	2	38

*Nutrition per serving



Homemade Quinoa Chicken Nuggets

Serves 4

What you need to do

GF	LC	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	20 mins	224	6	10	33

*Nutrition per serving



Sesame & Ginger Beef With Zucchini Noodles

Serves 4

What you need to do

GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	12 mins	242	12	10	25

*Nutrition per serving



Warm Salmon & Quinoa Salad

Serves 4

What you need to do

GF	DF	LC	MP	HP	Q
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	325	26	17	28

*Nutrition per serving



Strawberry Protein Muffins

Serves 12

What you need to do

GF	LC	MP	V	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	91	4	9	6

*Nutrition per serving



Peanut Butter Protein Fluff

Serves 2

What you need to do

GF	LC	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	244	20	9	9

*Nutrition per serving



Low Carb Banana & Strawberry Cake

Serves 16

What you need to do

DF	LC	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	60 mins	104	5	16	2

*Nutrition per serving



Healthy Ferrero Rocher

Serves 12

What you need to do

GF	DF	LC	MP	Q	N
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	91	8	6	2

*Nutrition per serving



Mocha Truffles

Serves 10

What you need to do

GF	DF	LC	MP	V	N
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	2 hrs	103	7	7	2

*Nutrition per serving



Banana Chocolate Bites

Serves 15

What you need to do

GF	MP	LC	V	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	75 mins	99	6	12	2

*Nutrition per serving