Meal Prep Guide

Turn Up the Heat

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Type 2 Diagnosis
First Aid Kit

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BREAD!

I hear your cry. Bread can be hard to kick. Have no fear, go to your nearest WalMart and get a box of Carbquik. All you have to do is follow the recipes on (and in) the box.

You can make drop biscuits (2g), pancakes (3g), waffles (2g), pizza crust (2g/slice) [*you can use the lasagna sauce as pizza sauce*], and more. In a pinch, it can be used to make "white gravy" for biscuits. BUT . . . don't forget to figure the carbs in the milk if you make gravy. If you don't know how, it's easy. Brown a couple of sausage patties in a skillet, cutting them into crumbles as they cook. When brown, sprinkle 2 Tbps of Carbquik on the sausage and fat and stir to coat. Then add enough whole milk to cover the sausage. Continue stirring as the milk heats and begins to thicken. When it's as thick as desired, remove from heat and ladle over Carbquik biscuits.

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it's time to **Turn Up the Heat** and add more tasty dishes to your meal planning archive.

Anyone can roast a chicken. Buy a whole chicken, remove any part in the body cavity. Lay three or four pieces of celery about 6 inches long in a roasting pan or crockpot. Rub the outside of the bird liberally with Homemade Kitchen Pepper or commercial Tony Chacere's Cajun Seasoning. Cover the whole bird. Use a spoon and lift the skin over the breast and thigh areas and slide 1/2 Tbsp slices of butter (*look at the wrapper for measurements*). Place it on the celery in the pan with the breast up and pour 1 cup of chicken broth (or bouillion) into the pan. Cover and bake in a 350° preheated oven for 1 1/2 hours or until it reaches an internal temp 165°-175°. When done, remove from the pan, cover, and let sit for about 30 min. If you have a crockpot and time, use it to cook the bird on High for 3-4 hours until the internal temp reaches 165°-175°.

Chicken has 0g carbs, so any carbs will come from seasonings.

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A whole roasted chicken easily can feed a couple of people for at least two meals, and the carcass can be cleaned of enough "leftovers" to add a couple of boiled eggs (0g), some onion (5g), celery (1g), maybe tomato (4g), and mayo (0g) to make a tasty chicken salad for use with salad or on Nature's Own Life 100% Whole Grain Sugar Free toasted Bread (8g per slice) with lettuce. You can get about 4 good sandwiches out of this, so each one would be about **19g** of carbs.

Leave out the chicken and you have egg salad with the same carb numbers.

Hollow out 4 small tomatoes (4g each) and fill with either salad mixture, then chill it in the fridge for a while. A great meal for a hot day and only about **7g** of carbs each.

Low carb tortillas (4g) can also be used to make tasty chicken wraps. Add lettuce, onion, cheese, etc. and they still only have less than **10g** of carbs per wrap.

You can make a great dinner of Lasagna . . . without the carbs of starchy noodles. It also makes enough for dinner with leftovers to pack for lunches or another dinner in the week.

Buy a couple of eggplant (*aubergine*) that are about 6 inches wide. Use a peeler and remove the purple skin (*The skin will make them tough to cut and eat*). If you have a mandolin, set it for 2-3mm. If you don't have a mandolin, slice them very thin. After slicing, lay them out on a baking sheet and brush with olive oil and sprinkle with Italian seasoning on both sides, then put them in a preheated 350° oven for about 5 minutes on each side. Remove and let cool to touch. These will be used as your "lasagna noodles".

Put some sauce in the bottom of a baking dish, then a layer of eggplant "noodle". A little sauce on top and a layer of mozzarella cheese then more "noodles". A little more sauce and a layer of browned ground meat. If you prefer vegitarian, use a layer of nuts (*walnuts*). Repeat layering until the pan is filled. Top with cheese. Bake covered in a 350° oven for 30 minutes until bubbly. Let cool.

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A Mean Bowl of Red

A bowl of chili is always welcome, especially on a cold evening. Or a Frito Chili Pie. Yes, even a Frito Chili Pie! Chili on Eggs for breakfast, chili on salad, chili. . . . well, you get the idea.

Real Texas Chili

1 lb	**Meat - I prefer to use 1/2 lb Cubed Beef Roast and 1/2 lb 80/20 Ground Beef**
1	**Onion - diced (5g)**
2 cloves	**Garlic - minced (2g)**
1/8 cup	**Chili Powder (8g)**
1 1/2 tsp	**Paprika (6g)**
1 1/2 tsp	**Oregano (2g)**
1 1/2 tsp	**Cumin (2g)**
1 can	**Tomatoes with chilis and cilantro in lime juice (4g)**
1 cup	**Chicken stock (1 cup hot water with 1 tsp chicken bouillion) (1g)**

Chili is simple. Brown the meat, drain the fat, then add everything to the pot and simmer it until everything has blended together and the chili has thickened to the desired consistancy.

Makes about 4 servings of about **8g** of carbs each. Or . . . . . .

You don't need to buy commercial sauce with it's added sugars, etc. Make it yourself. Put 2 15 oz cans of Diced Tomatoes with Basil, Garlic, and Oregano (8g) in a large pot. Add 1/3 of an onion-diced (2g), a clove of garlic-diced (1g), about 2 oz of sliced ripe olives (4g), and 2 Tbsp Italian seasoning. Simmer for about 30 min. Use a blender or immersion blender to puree. Then add 1 15 oz can Diced Tomatoes with Basil, Garlic, and Oregano (4g), 1/3 onion-diced (2g), about 2 oz sliced ripe olives (4g) and let simmer. After about 30 min, add 1 6 oz can of tomato paste (4g) to thicken the sauce and a Tbsp or two of Splenda sweetner.

Brown about 1 lb of ground beef and drain the fat. Return to fire and add 1/3 onion-diced (2g) and about 2 oz sliced ripe olives (4g). Stir in about a Tbsp of Italian seasoning and stir to heat through. When heated, stir into sauce.

The eggplants are about 16g of carbs each. With two 8oz bags of mozzarella cheese (4g), the entire lasagna is **71g** of carbs and 8 servings, or about **9g** of net carbs per serving.

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Get a 1 oz bag of Fritos (15g) and ladle in a serving of Chili (8g), and top with a pinch of shredded cheese (0g). So even the "luxury" of a Frito Chili Pie is only **23g** net Carbs per serving.

Or let it thicken enough and spoon it into a low carb tortilla, topped with minced onion and shredded cheese and you can roll it up into Chili Cheese Burrito.

You can cook 1/2 cup of dried black beans to yield about 1 cup of cooked black beans (26g). All it takes is boiling them in enough water for about 1 1/2 hour. Then boil 1/2 cup of Frozen Corn in enough water for about 30 min. That 1/2 cup is 17g of carbs. Mix them together and they can be added to Chili about 15 min before the Chili is done. Remember to add the carbs. Chili (32g) + Beans & Corn (26g+17g=43g) = **75g** . . . divided by 4 servings is **19g** per serving. A Tbsp or two can also be added to a salad for a protein punch. Each Tbsp = **3g** carbs.

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