

CHEAT SHEET



CLAUDA J. CALDWELL

BREAD AND BURGER BUNS

- Kale leaves
- Lettuce leaves
- Thick sliced cucumbers
- Roasted Portobello mushroom caps
- Napa or Chinese cabbage

WRAPS

- Lettuce
- Kale
- Cabbage

SPAGHETTI AND PASTA

- Spiral cut zucchini
- Japanese shirataki noodles
- Spaghetti squash
- Kelp noodles

LASAGNA NOODLES

- Thick cut zucchini slices
- Slices eggplant



POTATO CHIPS / CRISPY SALTY SNACKS

KALE OR SPINACH CHIPS

- Wash and thoroughly dry leaves, cut into pieces, drizzle with olive oil and sprinkle with seasoned salt, garlic, or parmesan cheese. Bake at 350F until edges are brown but not burnt, 10 to 15 minutes.

CRIPSY-GREEN BEAN FRIES

- Toss green beans in olive oil in a large bowl, add salt, and optional garlic, parmesan cheese, paprika or any spice and toss to coat. Place on parchment lined baking sheet and bake at 375 for 10 to 15 minutes or until crispy.



ALMONDS AND WALNUTS

CRISPY VEGGIE STICKS

- Carrots, Cucumber, Celery And Jicama

PARMESAN CHEESE CRISPS

- Place small piles of shaved or shredded parmesan on a non-stick pan, and cook on both sides until melted and chew, or longer for extra crispy. Place on a plate to cool.

AMERICAN CHEESE CRISPS

PICKLES

ALMOND FLOUR OR COCONUT FLOUR CRACKERS

FLAX CRACKERS

ROASTED SEASONED SEAWEED

Asian section of supermarkets, online or in health food markets



MASHED POTATOES

- Mashed cauliflower - Flavor with a little cheese, -garlic, butter, or sour cream

HASH BROWNS

- Use spaghetti squash instead of potatoes, fry up as usual

POTATO SALAD

- Use softened cauliflower chunks instead of potatoes

TACOS

- Put all the fillings on a piece of kale or cabbage instead of tortillas

BUTTERMILK PANCAKES

- Almond flour pancakes



CEREALS AND BREAKFAST GRAINS

- Eggs any style
- Cauliflower hash browns
- Bacon and eggs or sausage and eggs
- Breakfast sandwiches wrapped in a firm omelet instead of English muffin, bagels or breads and stuffed with bacon, sausage, cheese etc.
- Eggs with salsa and flax cracker with cream cheese
- Bacon, onion and tomato wraps (wrapped in lettuce or kale)
- Omelets with vegetables, meats, and/or cheese
- Egg bakes and skilletts with meats and veggies
- Pancakes and waffles made with coconut or almond flour
- Smoked salmon with cream cheese, tomatoes and onions
- Smoked salmon scrambled eggs with chives and sour cream on top
- Flax crackers and cheese
- Deviled eggs
- Deviled eggs with a shrimp on top
- Green smoothie
- Hard-boiled eggs cut in half with fresh guacamole and bacon on top
- Flax crackers with peanut or almond butter and a few mashed berries or sugar free jam on top
- Flourless egg and cottage cheese breakfast muffins
- Egg frittatas
- Cream cheese pancakes



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BACK TO TOP

BREAD CRUMBS

- Almond flour
- Coconut flour
- Pork rinds

WHITE FLOUR

- Almond flour
- Coconut flour
- Nut crusting
- Crushed nuts make a great low carb coating for fish and chicken



CROUTONS

- Sliced nuts (almonds, walnuts, peanuts)
- Real bacon bits
- Parmesan cheese crisps
- Crumbled flax crackers
- Sunflower seeds



CRACKERS

- Flax crackers
- Parmesan cheese crisps
- Almond flour or coconut flour crackers
- Cucumbers, raw zucchini, celery and carrots



FRENCH FRIES

- Baked carrot sticks
- Crispy green bean fries
- Crispy turnip fries
- Crispy daikon fries
- Crispy zucchini fries



PIZZA CRUST

- Portobello mushroom cap
- Cauliflower pizza crust
- Coconut flour pizza crust



SUSHI

- Sashimi
- Cut rolls wrapped in cucumber without rice



DESSERTS

- Blueberries, raspberries or strawberries with heavy whipping cream
- Milk shake with almond milk, cocoa powder and nut butter
- Sour cream with stevia and berries
- Strawberry with almond or peanut butter
- Coconut-cashew chocolate truffles
- Almond flour cookies and muffins
- Chocolate and flan layered mini cakes
- Strawberries dipped in sugar free chocolate
- Strawberries dipped in sugar free caramel
- Sugar free ice pops

