

A Simple Low Carb Life

Low Carb Recipe Sites

MODULE 7

Copyright 2015, A Simple Low Carb Life. All Rights Reserved.

Where can I find low carb recipes that are interesting and have a nutritional label?

I will need to know how to count the carbs and protein.

- There are some great low carb recipe websites and recipe books that provide nutritional information and how many servings it makes.
- Let me share some ideas with you to get you started.
- Once you understand the ingredients that actually are low carb, it won't be difficult for you to look at the ingredients to know if the recipe really IS low carb or not.

- Beware of many recipes that claim to be low carb but actually are not.
- Recipes containing any flour, sugar, honey, agave, dates, raisins, maple syrup, or other high carb ingredients are NOT low carb.
- Beware and read the labels. *(I know, you have heard this a LOT already).*

We offer free recipes on our website, each with a nutritional label:

www.asimplelowcarblife.com/recipes/index.html

We also have curated a number of recipes on our Pinterest Boards for your convenience:

www.pinterest.com/asimplelowcarb

We also post and share recipes on our Facebook page:

www.facebook.com/asimplelowcarblife

If the recipes are not on our own website, be sure to scrutinize them to make sure that they are low carb.

Here is one of the best FREE recipe analyzers that I have found and is one that I use for every recipe that I create:

http://caloriecount.about.com/cc/recipe_analysis.php

My Recipes

To get started, enter the recipe and number of servings in the boxes provided below.

Servings

Ingredients

[Tips & Instructions](#)

Analyze Recipe

With this recipe analyzer:

1. First fill in the number of servings in the box.
2. Then add the individual ingredients with amounts.
3. Then click the ANALYZE RECIPE box.
4. This will create a nutritional label.
5. You can edit the ingredients so you can be exact on your servings and portions.

Here are some recipe sites that have **FREE low carb recipes**:

www.alldayidreamaboutfood.com

www.authoritynutrition.com

www.atkins.com

www.genaw.com/lowcarb/recipes.html

www.ibreatheimhungry.com/recipe-index

<http://holdthetoast.com/taxonomy/term/5>

**You will find a few of my favorite
low carb recipe books
on our website:**

<http://www.asimplelowcarblife.com/online-store-.html>

- There are so many wonderful low carb recipes that can substitute for just about any high carb food that you once loved to eat.
- I challenge you to add variety to your low carb meals, capture all the flavors you love (salty, sweet, sour, crunchy, savory), and become a skilled low carb cook.
- This is truly the key to a satisfying and **simple low carb life.**

Wow!

You have just completed

MODULE 7

*How is it going so far?
Is your weight stalling or is it smooth sailing?*

In the next module we will discuss how to troubleshoot some specific reasons for stalled weight.

www.asimplelowcarblife.com
asimplelowcarblife@comcast.net