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Cut Calories by Cutting Fat on Low Carb Diets

While it's no substitute for those sugary treats, fat can be the saving grace on a low-carb diet. Foods high in fat such as nuts and seeds, olives, oils, and dairy products such as cream and cheese are filling enough to satiate you and delectable enough to satisfy cravings.

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Low Fat Low Carb Meal Ideas Healthy Eating SF Gate

Mix low fat cheeses, meats and vegetables with the egg whites to make a low-fat, low-carb omelet. For example, add an ounce of cheddar cheese, a slice of turkey bacon and one-quarter cup of broccoli to four egg whites to make an omelet with less than 6 grams of fat and 5 grams of carbohydrates.

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Quick Sweet & Sour Chick, Low Fat, Low Carb. Modified from " Low Fat Sweet and Sour Chicken with Brown Rice" to make it serve 2 & use products readily available. make it Beachie, amount of veggies increased & sugar free orange marmalade used. Used mostly frozen veggies as they are out of season & makes for quicker prep.

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Low Calorie Low Carb Recipes EatingWell

In this main-dish recipe, the pot roast is slow-cooked with carrots and low-sodium beef broth. Toward the end of the cooking time, shredded cabbage is added in to round out the meal. Each of the two servings has just 215 calories.

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