

# Recipes



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# 1 About Recipes

Recipes attempt to follow nutrition guidelines set forth by the book: *Dr. Bernstein's diabetes solution: The complete guide to achieving normal blood sugars*,<sup>1</sup> although some recipes do not.

The internet culinary world is bloated with ads and un-necessary backstories that distract the cook from following recipes. This document is meant to re-format internet-based recipes, as well as personal recipes, into a document that follows a simple format that enables the cook to quickly and efficiently find the information needed.

## 2 Vendors

*Vendors of Low Carb Foods*

- lowcarbfoods.com

Product Name	Brand	Vendors
Purisure Monk Fruit Extract	Purisure	amazon.com

Table 1: Sweeteners

Product Name	Brand	Vendors
Joseph's Multi Grain Flatbread	Joseph's	walmart.com
Kroger Carbmaster Bread, multi-seed	Kroger	kroger.com
Joseph's Bakery Pita Bread, Low Carb	Joseph's	walmart.com

Table 2: Low-carb Breads

Product Name	Brand	Vendors
Niter Kibbeh	Ahara	amazon.com
Berbere	Fronteir Co-op	amazon.com
Mitmita	Brundo Ethiopian Spices Store	amazon.com
Black Cumin Seed	Pure Foods 4U	amazon.com

Table 3: Ethiopian Ingredients

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<sup>1</sup>Richard K. Bernstein. *Dr. Bernstein's diabetes solution: The complete guide to achieving normal blood sugars*. Little, Brown and Co., 2011.

### 3 Seasonings, Rubs, and other Dry Mixes

#### Greek Seasoning

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##### *Greek Seasoning Blend*

1	2 tsp	Salt	Mix all the ingredients.
	2 tsp	Garlic powdered	
	2 tsp	Oregano, dried	
	2 tsp	Basil, dried	
	1 tsp	Onion, powdered	
	1 tsp	Black Pepper, ground	
	1 tsp	Parsley, dried	
	1 tsp	Dill Weed, dried	
	1 tsp	Marjoram, dried	
	1/2 tsp	Thyme, ground	
	1/4 tsp	Cinnamon, ground	
	1/4 tsp	Nutmeg, ground	

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Re-produced from *Authentic Greek Seasoning Recipe - An Easy Homemade Spice Blend!*<sup>2</sup>

#### Coffee Steak Rub

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##### *Coffee Steak Rub*

1	1 Tbsp	Coffee, ground	Mix all the ingredients.
	1 Tbsp	Garlic Powder	
	1 Tbsp	Onion Powder	
	1 tsp	Paprika	
	1 Tbsp	Parsley, dried	
	2 tsp	Salt	
	2 tsp	Pepper	

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<sup>2</sup>Jessica. *Authentic Greek Seasoning Recipe - An Easy Homemade Spice Blend!* July 2020. URL: <https://thenovicechefblog.com/greek-seasoning/>.

## 4 Sauces & Dressings

### Nacho Cheese Sauce

2 servings

10 minutes

*This 5-minute, super easy Keto cheese sauce is perfect for dipping your broccoli, pouring over your chili cheese dog, and even makes a great addition to nachos! With only a handful of ingredients, it's a great low carb recipe you are going to want to have.*

1	1 tbsp 1/2 ounce	butter cream cheese	In a small saucepan melt butter. Once the butter is melted, add any seasonings and the cream cheese. Stir over medium-high heat.
2	2 cups 1/4 cup	shredded cheese heavy cream	Add heavy cream and cheddar cheese and continue stirring until the sauce has reached your desired thickness.

Adapted from *Low Carb Cheddar Cheese Sauce*<sup>3</sup>

### Catalina Dressing

5m prep time, 0min cook time

*Salad dressing*

1	1/2 cup 1/4 cup 1/4 cup 1/4 cup 1/2 tsp 1/2 tsp 1/8 tsp	Olive Oil Ketchup Apple Cider Vinegar Onion, finely diced Worcestershire Sauce Smoked Paprika Powdered Stevia Salt Pepper	Combine ingredients.
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### Greek Dressing

5m prep time, 0min cook time

*Salad dressing*

1	1/3 cup 1/2 cup 1 tsp 1 tsp 1/2 tsp 2 scoops 2 cloves	Red Wine Vinegar Extra Virgin Olive Oil Oregano, dried Basil, dried Mustard Powder Monk Fruit Powder Garlic, minced Salt & Pepper	Combine ingredients.
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Adapted from *Copycat Panera Greek Salad*<sup>4</sup>

<sup>3</sup>Stephanie Parlegreco. *Low Carb Cheddar Cheese Sauce*. July 2020. URL: <https://icantbelieveitslowcarb.com/keto-cheese-sauce/>.

<sup>4</sup>Danelle. *Copycat Panera Greek Salad*. Jan. 2020. URL: <https://letsdishrecipes.com/copycat-panera-greek-salad/>.

## Tzatziki Sauce

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5m prep time, 0min cook time

*Multi-purpose sauce*

1	8 ounces	Plain Yogurt (Two Good)	Combine ingredients.
	1	Cucumber, minced	
	1 tbsp	Extra Virgin Olive Oil	
	1/2 tbsp	Fresh Dill, chopped	
	1/4	Lemon or Lime, juiced	
	1 1/2 cloves	Garlic, minced	

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## Jalepeno Lime Aioli

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5m prep time, 0min cook time

*Aioli, great with beef tacos*

1	1 clove	Garlic, minced	Add the garlic, salt, and eggs to a food processor. Combine ingredients thoroughly.
	1 tsp	Salt	
	1 large	Egg	
	1 large	Egg Yolk	
2	1 cup	Avacado Oil	With the food processor running, slowly add the oil the processor. Emulsify and thicken. The aioli base has been created.
3	1	Lime	Zest and juice a lime into the aioli base, and add a jalepeno as well.
	1	Jalepeno	Process until well mixed.

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Adapted from *Jalapeno-lime Aioli*<sup>5</sup>

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<sup>5</sup>Toolbelt Diva. *Jalapeno-lime Aioli*. Sept. 2004. URL: <https://www.food.com/recipe/jalapeno-lime-aioli-100160>.

## Lemon Garlic Tahini Sauce

4 servings

5 minutes

### *Lemon Garlic Tahini Sauce*

1	1/4 cup	Tahini	Puree the mixture until smooth to form the Lemon Garlic Tahini Sauce
	2 cloves	Garlic	
	3 tbsp	Extra Virgin Olive Oil	
	3 tbsp	Water	
1	1/2 tbsp	Lemon Juice	
	1/4 tsp	Cumin	
	1/8 tsp	Smoked Paprika	
	1/4 tsp	Salt	
	1/8 tsp	Black Pepper	

## Nutrition Facts

Lemon Garlic Tahini Sauce

### Amount per Serving

<b>Calories (kcal)</b>	185
<b>Fat (g)</b>	18
<b>Carbohydrates (g)</b>	4
Fiber (g)	0
<b>Protein (g)</b>	2

Re-produced from *Lemon Garlic Tahini Sauce Dressing Recipe: Wholesome Yum*<sup>6</sup>

## Niter Kibbeh

### *Niter Kibbeh*

1	Butter	Mix the ingredients. Heat and clarify the butter.
	Red Onion	
	Garlic	
	Ginger	
	Cumin	
	Thyme	
	Oregano	
	Cardamom Seeds	
	Tumeric	
	Fenugreek	

Re-produced from *How to Make Traditional Ethiopian Food With Marcus Samuelsson*<sup>7</sup>

<sup>6</sup>Maya Krampf. *Lemon Garlic Tahini Sauce Dressing Recipe: Wholesome Yum*. Aug. 2019. URL: <https://www.wholesomeyum.com/tahini-sauce-recipe/>.

<sup>7</sup>*How to Make Traditional Ethiopian Food With Marcus Samuelsson*. Feb. 2019. URL: <https://www.youtube.com/watch?v=a0Z1vpJNrE>.



## Tinga Sauce

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### *Tinga Sauce*

1	1 cup	Diced Fire Roasted Tomatoes	Mix and blend all the ingredients in a food processor or blender.
	1 cup	Unsweetened Applesauce	
	1 cup	Chipotle Puree	
	1/2 lbs	Boiled Carrots	
	1/8 cup	Honey	
	2 tsp	Blackening Spice	
	3 tsp	Salt	
	1 1/2 tsp	Cumin	
	1 1/2 tsp	Granulated Garlic	
	1 1/2 tsp	Granulated Onion	

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## 5 Bakery

### Biscuits

9 biscuits

15m prep time, 15m cook time

#### *Almond Flour Biscuits*

1	3 cups	Sifted Almond Flour	Whisk dry ingredients together, mix in the remaining ingredients. Bake at 450F for 15 mins
	1 pinch	Salt	
	1 1/2 tsp	Baking Powder	
	4 tbsp	Butter	
	6 tbsp	Almond Milk	
	2	Eggs	

### Hamburger Buns

5 buns

15m prep time, 12m cook time

#### *Cheesy Almond Flour Hamburger Buns*

1	1 1/2 cups	Mozzarella Cheese, shredded	Place the mozzarella and cream cheese in the microwave for 1 minute. Stir the cheeses. Continue to microwave in 30 second intervals and stirring the mixture until well mixed.
	2 ounces	Cream Cheese	
2	1 large	Egg	Mix the egg into the cheese mixture until smooth.
3	1 1/2 cups	Almond Flour	Mix the almond flour and baking powder first, then slowly mix the dry ingredients into the cheese mixture until a dough forms. Divide the dough into 5 equal peices and form the peices to a bun shape. Line a baking sheet with parchment paper and place the peices on the sheet.
	2 tbsp	Baking Powder	
4	1 large	Sesame Seeds	Whip the egg together until smooth. Use a brush to apply the egg mix to the buns. Sprinkle sesame seeds onto buns.
		Egg	
			Heat the oven to 400°F. Place a metal pan with ice cubes in it at the bottom of the oven (helps dough rise). Bake for 12 minutes or until the outside of the buns has browned.

## Nutrition Facts

Hamburger Buns

Amount per Serving

Calories (kcal)	294
Fat (g)	25
Carbohydrates (g)	7
Fiber (g)	3
Protein (g)	14

Re-produced from *Low Carb Hamburger Buns (Keto Sandwich Rolls)*<sup>8</sup>

<sup>8</sup>About Kim Hardesty. *Low Carb Hamburger Buns (Keto Sandwich Rolls)*. June 2021. URL: <https://www.lowcarbmaven.com/low-carb-hamburger-buns/>.

## 6 Soups

### Zuppa Toscana

6 servings

20m prep time, 20min cook time

#### *Zuppa Toscana Soup*

1	1 pound	Italian Sausage, Hot or Mild	In a soup pot on the stove, crumble and brown sausage over medium-high heat.
2	1 3	Onion, Diced Garlic Cloves, Minced	Add onion and garlic and cook until translucent in color.
3	1/2 tsp 1/4 tsp 1/2 tsp	Red Pepper Flakes Black Pepper Salt	Season with salt, pepper, and red pepper flakes.
4	1 head  16 ounces 1 quart 1 tsp	Cauliflower, Cut Into Florets Chicken Broth Water Chicken Bouillon	Reduce heat to medium and add cauliflower florets, broth, and water. Stir and add bouillon, if desired. Cook on medium heat until cauliflower is tender, about 15–20 minutes.
5	3 cups 1 cup	Kale, Chopped Heavy Cream	Reduce heat to low and sprinkle in chopped kale. Pour in cream and stir well. Serve hot.

### Nutrition Facts

Zuppa Toscana

Amount per Serving

Calories (kcal)	382.7
Fat (g)	30.6
Carbohydrates (g)	9.1
Fiber (g)	2.6
Protein (g)	17.5

Re-produced from *Low Carb Olive Garden Zuppa Toscana Soup (Better Than the Real Thing!)*<sup>9</sup>

<sup>9</sup>Lina. *Low Carb Olive Garden Zuppa Toscana Soup (Better Than the Real Thing!)* Dec. 2020. URL: <https://hip2keto.com/recipes/low-carb-zuppa-toscana-soup/>.

## Pozole

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### Pozole

1	3 tbsp 1 1/2 cups 3 cloves	Extra Virgin Olive Oil Yellow Onion, chopped Garlic, chopped	Heat the olive oil in a soup pan. Stir in the onions and garlic.
2	1 lb	Chicken thighs	Add the chicken thighs and cook until they are browned on both sides. Remove the chicken thighs and chop them into bite sized peices, then return them to the pan.
3	3 cups 1/2 cups 1 tsp 1 tsp 1 3	Chicken Broth Taco sauce or salsa Cloves, whole Cumin, ground Bay Leaf Chipotle in Adobo, chopped	Add the broth, sauce, cloves, cumins, bay lead, and chipotle to the pan and stir. Cook over medium heat for 30 minutes.
4	1 cup 4 tbsp	Cauliflower, riced Cilantro, chopped	Add the cauliflower and cilantro and cook for and additional 10 minutes.
5		Salt & Pepper	Add salt and pepper to taste.
6	2 large 1 medium	Radishes, sliced Avacado Cilantro	Garnish the soup with radishes, avacado, and cilantro.

## Nutrition Facts

Pozole

### Amount per Serving

Calories (kcal)	337
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Fat (g)	25
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Carbohydrates (g)	9
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Fiber (g)	15
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Re-produced from *Keto Pozole, Spicy Mexican Soup Without the Carby Guilt!*<sup>10</sup>

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<sup>10</sup>Cheryl McColgan. *Keto Pozole, Spicy Mexican Soup Without the Carby Guilt!* Jan. 2021. URL: <https://healnourishgrow.com/mexican-pozole-keto/>.

*Brothy and brimming with beets, parsnips, turnip, celery root, and slices of kielbasa, this earthy beet soup gets a finishing touch of sour cream and fresh dill. Serve it in big bowls with plenty of crusty bread for an appetizing cold-weather dinner*

1	2 tbsp	cooking oil	In a large saucepan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the parsnips, celery root, turnip, and 1 teaspoon of the salt. Cover and cook until the vegetables start to soften, about 5 minutes.
	1	onion, chopped	
	3/4		
1 lb		celery root	
	1	turnip, peeled and cut to 1/2 inch chunks	
	1 3/4 tsp	salt	
2	2 cups	drained diced canned beets (one 15 ounce can)	Add the beets, tomatoes, broth, water, the remaining 3/4 teaspoon salt, and the pepper. Bring to a boil. Add the kielbasa. Reduce the heat and simmer, uncovered, until the vegetables are tender, about 15 minutes. Stir in the 1/3 cup dill. Serve topped with the sour cream and the remaining 3 tablespoons dill.
	1 1/2 cups	drained diced tomatoes (one 15 ounce can)	
	3 1/2 cups	beef stock	
	3 cups	water	
	1/4 tsp	ground black pepper	
	1/2 lb	kielbasa, halved lengthwise and sliced crosswise	
3	8 tbsp	fresh dill, chopped	Serve topped with the sour cream and the remaining 3 tablespoons dill.
	1/4 cup	sour cream	

## Nutrition Facts

Serving Size: 1

Servings per Recipe: 4

**Amount per Serving**

**Calories (kcal)** **537.0**

**Fat (g)** **34.88**

Saturated Fat (g) 9.8

Trans Fat (g) 0.0

Polyunsaturated Fat (g) 1.0

Monounsaturated Fat (g) 5.0

**Cholesterol (mg)** **53.88**

**Sodium (mg)** **1706.41**

**Carbohydrates (g)** **35.78**

Sugar (g) 16.91

Fiber (g) 7.09

**Protein (g)** **16.48**

**Calcium** 90.3 mg **Iron** 1.99 mg

**Phosphorus** 0.0 mg **Potassium** 748.31 mg

**Riboflavin** 0.0 mg **Vitamin A** 0.0 IU

**Vitamin C** 0.0 mg **Vitamin D** 0.0 IU

**Vitamin E** 0.0 IU **Zinc** 0.0 mg

Re-produced from *Chunky Borscht*<sup>11</sup>

<sup>11</sup>Food & Wine. *Chunky Borscht*. Oct. 2019. URL: <https://www.foodandwine.com/recipes/chunky-borscht>.

## 7 Salads

### Broccoli Salad

9 servings

15m prep time, 0min cook time

*Broccoli Salad, side dish or small meal. Served cold*

1	3/4 cup	Mayonnaise	Whisk the ingredients together to form the dressing.
1	1/2 Tbsp	Apple Cider Vinegar	
	2 Tsp	Monkfruit Sweetener	
	3/4 Tsp	Garlic Powder	
	1/2 Tsp	Salt	
	1/4 Tsp	Black Pepper	
2	6 cups	Broccoli Florets, rinsed and dried	Mix the ingredients together with the dressing. Store in the refrigerator.
	1/2	Medium-sized Red Onion	
	4 Ounces	Cheddar Cheese, shredded	
	3 Slices	Bacon, cooked and cut into small peices	
	2	Scallions, thinly sliced	
	3 Tbsp	Roasted Sunflower Seeds	

### Nutrition Facts

Broccoli Salad

Amount per Serving

Calories (kcal) 225

Fat (g) 20

Carbohydrates (g) 6

Fiber (g) 2

Protein (g) 7

Re-produced from *Easy Keto Broccoli Salad Recipe*<sup>12</sup>

### Greek Salad

6 Servings

*Greek Salad*

1	1/2 medium sized	Red Onion	Slice Red Onion into half moons. Cut the Tomatoes into bite sized wedges. Slice and half the Cucumber. Thinly slice the Green Bell Pepper into arc shapes. Place everything into a large salad dish.
	4 medium sized	Tomatoes	
	1	English Cucumber	
	1	Green Bell Pepper, cored	
2	4 Tbsp	Extra Virgin Olive Oil	Add in the olive oil and the red wine vinegar. Salt and pepper to taste.
	1-2 Tbsp	Red Wine Vinegar Salt & Pepper	
3	1 Tbsp	Dried Oregano Feta Cheese	Serve with dried oregano and feta cheese.

Adapted from *Easy traditional Greek salad recipe*<sup>13</sup>

<sup>12</sup>Faith Gorsky. *Easy Keto Broccoli Salad Recipe*. July 2021. URL: <https://theketoqueens.com/easy-keto-broccoli-salad-recipe/>.

<sup>13</sup>Suzu Karadsheh. *Easy traditional Greek salad recipe*. Mar. 2021. URL: <https://www.themediterraneandish.com/traditional-greek-salad-recipe/>.

## Egg Salad

3 servings

2m prep time, 11min cook time

### Egg Salad

1	6 large	Eggs	Boil the eggs for 11 minutes. Peel and chop the eggs to desired consistency.
2	1/4 cup 2 tbsp  1 tbsp	Pickles, chopped Green Onions, chopped Fresh Parsley, chopped	Mix the pickles, green onions, and parsley into the chopped eggs.
3	1/3 cup 1/2 1 tsp  1 1/2 tsp 1/2 tsp 1/4 tsp	Mayonnaise Lemon, juiced Stone Ground Mustard Capers, finely chopped Soy Sauce Toasted Sesame Oil Salt & Pepper	Mix the ingredients to form a sauce, then add the sauce into the chopped egg mixture to complete the salad.

### Nutrition Facts

Egg Salad

Amount per Serving

Calories (kcal)	323
Fat (g)	29
Carbohydrates (g)	2
Fiber (g)	1
Protein (g)	12.9

Re-produced from *Ultimate Egg Salad Recipe*<sup>14</sup>

## Tuna Salad Sandwich

2 sandwiches

15m prep time, 0min cook time

### Tuna Salad Sandwich

1	5 ounce 1/2 cup 1 tbsp 1 stalk 1/4 medium 1/4	Tuna Mayonnaise Dijon Mustard Celery, chopped Onion Pickles, chopped Celery Seed Black Pepper Paprika Salt	Mix the ingredients together in a bowl.
2	4 slices	Bread, sliced toasted Arugula Tomato, sliced	Serve the tuna salad mixture on toasted bread with arugula and a sliced tomato.

Re-produced from *Tuna Salad Sandwich*<sup>15</sup>

<sup>14</sup> *Ultimate Egg Salad Recipe*. Mar. 2020. URL: <https://www.flavcity.com/egg-salad-recipe/>.

<sup>15</sup> Mental Outlaw. *Tuna Salad Sandwich*. June 2021. URL: <https://odysee.com/@AlphaNerd:8/tuna-salad-sandwich:7>.

*Panda Express Super Greens Copycat Recipe: A light and zesty blend of broccoli, kale, and cabbage kissed with sauce, just like Panda Express makes it!*

- |   |  |   |
|---|--|---|
| 1 | 2 tablespoons butter<br>2 cloves garlic, minced<br>1/2 teaspoons ground ginger<br>1/2 teaspoons crushed red pepper   | Place a large saute pan (with a lid) over medium-high heat. Add the butter, garlic, ground ginger, and crushed red pepper.  |
| 2 | 2 tablespoons soy sauce<br>6 tablespoons water   | Once the butter melts saute the garlic for 1 minute, then add in the soy sauce and water.   |
| 3 | 6 cups roughly chopped kale,<br>lightly packed<br>4 cups broccoli florets<br>4 cups roughly chopped green<br>cabbage | Add the broccoli first, then the cabbage and the kale on top. Cover the saute pan and steam the vegetables for 3-4 minutes. The broccoli should still be firm, not soft in the middle.<br>Toss the vegetables to coat in sauce. Serve warm. |

## Nutrition Facts

Super Greens

### Amount per Serving

<b>Calories (kcal)</b>	77
<b>Fat (g)</b>	3
<b>Carbohydrates (g)</b>	7
Fiber (g)	2
<b>Protein (g)</b>	4

Re-produced from *Panda Express Super Greens (copycat recipe)*<sup>16</sup>

<sup>16</sup>Sommer Collier. *Panda Express Super Greens (copycat recipe)*. Dec. 2019. URL: <https://www.aspicyperspective.com/panda-express-super-greens-copycat-recipe/>.



# 8 Breakfast

## Pancakes

1 serving

### *Cream Cheese & Almond Flour Pancakes*

1            2 tbsp        cream cheese  
              1                egg  
              1/8 cup        almond flour  
              2 scoops       monk fruit  
              2 tbsp        butter

Combine ingredients to form batter. Cook in the butter.

Nutrition Facts	
Servings per Recipe: 1	
Amount per Serving	
Calories (kcal)	560.0
Fat (g)	61.0
Saturated Fat (g)	34.0
Trans Fat (g)	0.0
Polyunsaturated Fat (g)	1.0
Monounsaturated Fat (g)	2.0
Cholesterol (mg)	305.0
Sodium (mg)	70.0
Carbohydrates (g)	3.0
Sugar (g)	1.0
Fiber (g)	1.0
Protein (g)	9.0
Calcium 50.0 mg	Iron 0.72 mg
Phosphorus 100.0 mg	Potassium 170.0 mg
Riboflavin 0.26 mg	Vitamin A 300.0 IU
Vitamin C 0.0 mg	Vitamin D 40.0 IU
Vitamin E 8.0 IU	Zinc 0.6 mg

*These burritos can be made for meal-prep. Store in the refrigerator, microwave them at 60% power for 2 minutes, flip the burrito and microwave at full power for another 15 seconds.*

1	1 3 tbsp	russet potato avocado oil salt pepper	Preheat the oven to 400F. Line a sheet pan with parchment paper. Shred the potato. In a mixing bowl, mix the potato, avocado oil, salt, and pepper. Distribute the mixture onto the pan lined with parchment paper. Place the pan in the preheated oven and bake for 30 minutes or until crispy brown.
2	1 dozen 1 4 oz can	eggs diced green chiles salt pepper	Crack the eggs into a mixing bowl, add the green chiles, salt, and pepper. Mix the egg mixture.
3	8 links	breakfast sausage links	Dice the sausage links and brown them in a skillet. Add the egg mixture and cook it.
4	8 2 cups	low carb tortillas shredded mexican cheese blend	Spread 1/8th of the potatoes on a tortilla. Layer in some cheese. Add 1/8th of the eggs on top of the cheese and potatoes, then layer on some more cheese. Roll up the tortilla and wrap it in aluminum foil if saving for later. Repeat the process for the remaining 7 burritos.

## Nutrition Facts

Serving Size: 1 Burrito

Servings per Recipe: 8

**Amount per Serving**

**Calories (kcal)** **450.17**

**Fat (g)** 30.12

Saturated Fat (g) 10.82

Trans Fat (g) 0.0

Polyunsaturated Fat (g) 2.26

Monounsaturated Fat (g) 6.75

**Cholesterol (mg)** 317.5

**Sodium (mg)** 1252.85

**Carbohydrates (g)** 37.98

Sugar (g) 0.57

Fiber (g) 23.57

**Protein (g)** 26.92

**Calcium** 341.43 mg **Iron** 2.65 mg

**Phosphorus** 150.0 mg **Potassium** 281.27 mg

**Riboflavin** 0.39 mg **Vitamin A** 450.0 IU

**Vitamin C** 0.0 mg **Vitamin D** 60.0 IU

**Vitamin E** 12.0 IU **Zinc** 0.0 mg

Adapted from *Easy Breakfast Burritos*<sup>17</sup> and *Crispy Oven Hash Browns*<sup>18</sup>

<sup>17</sup>Shawn Syphus. *Easy Breakfast Burritos*. July 2021. URL: <https://www.pillsbury.com/recipes/easy-breakfast-burritos/2fd0666e-79c3-40e8-a375-7be8e6db7360>.

<sup>18</sup>Mirlandra. *Crispy Oven Hash Browns*. Aug. 2017. URL: <https://www.mirlandraskitchen.com/oven-hash-browns/>.

## Carrot Cake Baked Oatmeal

6 servings

1 hour 15 minutes

*This Carrot Cake Baked Oatmeal is packed with good-for-you carrots, only a little sugar, and pops of sweetness from raisins and a cheesecake-inspired topping.*

1	1 pound	carrots	Preheat the oven to 375°F. Peel or scrub the carrots, then slice them into rounds. Boil or steam the carrots until they are extremely soft (I steamed for 15 minutes, but this will depend on the size of your carrots).
2	2 large 1/3 cup 1/2 tsp 1/4 tsp 1 tsp 1/2 tsp	eggs brown sugar cinnamon ground nutmeg baking powder salt	Place the cooked carrots in a large bowl and mash with a potato masher. Add the eggs, brown sugar, cinnamon, nutmeg, baking powder, and salt. Whisk these ingredients together until well combined.
3	2 cups 3 cups  1/3 cup 1/3 cup	milk old-fashioned rolled oats chopped walnuts raisins	Add the milk to the bowl and whisk until combined again. Finally, add the rolled oats, walnuts, and raisins and stir with a large spoon until combined. Pour the oat mixture into a 3 quart casserole dish coated with non-stick spray.
4	4 ounces  1 large 1/4 tsp 1 tsp 2 tbsps	cream cheese, room temperature egg yolk vanilla extract lemon juice sugar	In a separate small bowl, combine the cream cheese, egg yolk, vanilla, lemon juice, and sugar. Whisk or stir with a fork until smooth. If needed, microwave for 15 seconds to slightly warm the cream cheese mixture so it is slightly more fluid, then drizzle it over the oat mixture in the casserole dish. Bake the Carrot Cake Oatmeal for 45 minutes, or until the cream cheese mixture is slightly golden brown on top. Serve immediately, or divide into single portions, then refrigerate.

### Nutrition Facts

Carrot Cake Baked Oatmeal

#### Amount per Serving

<b>Calories (kcal)</b>	438.3
<b>Fat (g)</b>	14.82
<b>Carbohydrates (g)</b>	59.2
Fiber (g)	6.88
<b>Protein (g)</b>	13.28

Re-produced from *Carrot Cake Baked Oatmeal*<sup>19</sup>

<sup>19</sup>Beth Moncel. *Carrot Cake Baked Oatmeal*. June 2019. URL: <https://www.budgetbytes.com/carrot-cake-baked-oatmeal/>.

# Bacon, Potato, Egg Casserole

5 large servings

15 minute prep, 50 minute cook

*Bacon Potato, and Egg Casserole – this easy breakfast casserole is packed with bacon, potatoes, and cheese! It can be prepared ahead of time and is a real crowd pleaser!*

1	1 lb	bacon, cut in 1/2" strips	Heat the oven to 350°F. Grease a 9x13 baking dish with nonstick cooking spray and set aside. In a large skillet, cook bacon over medium heat, stirring occasionally. Cook until it is a nice crispy brown. Remove bacon with a slotted spoon and place on a paper towel lined plate. Roughly chop the bacon and set aside.
2	1 large 1 3 cloves	yellow onion, diced bell pepper, diced garlic, minced	Add the onion and red pepper to the skillet and cook over medium heat until tender. Add the garlic and cook for 2 minutes. Set aside.
3	12 large 1 cup 3 cups 2 cups 1 1/2 tsp 1/2 tsp 2	eggs milk potatoes, diced cheese, shredded salt black pepper green onions, chopped	In a large bowl, beat the eggs and whisk in the milk. Stir in the cooked vegetables, potatoes, and 1 cup of the shredded cheese. Set 3/4 cup of bacon aside and stir in the rest. Season with salt and pepper. Pour the mixture into the prepared baking dish and top remaining cheese and green onions. Bake for 20 minutes so the eggs start to set up. Carefully add the remaining bacon to the top of the casserole. Bake for an additional 20 tot 30 minutes or until the eggs are firm and the top is slightly golden brown. Let stand for 10 minutes. Cut into squares and serve warm.

## Nutrition Facts

Carrot Cake Baked Oatmeal

### Amount per Serving

<b>Calories (kcal)</b>	504
<b>Fat (g)</b>	28
Sat. Fat (g)	14
<b>Carbohydrates (g)</b>	30
Sugar (g)	4
Fiber (g)	2
<b>Protein (g)</b>	13.28

Re-produced from *Bacon, Potato, and Egg Casserole*<sup>20</sup>

<sup>20</sup>Maria Lichty. *Bacon, Potato, and Egg Casserole*. Apr. 2020. URL: <https://www.twopeasandtheirpod.com/bacon-potato-and-egg-casserole/>.

## 9 Lunches & Dinners

### Beef Tibs

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#### *Beef Tibs*

1	Red Onion Ginger Garlic Jalepeno Niter Kibbeh	Mince and saute the onion, ginger, garlic, and jalepeno in the kibbeh.
2	Beef Cut, diced Berbere	Add the diced beef, and berbere to saute'd mixture. Cook until the beef is fully browned.
3	Tomato Sauce	Add the tomato sauce, cook long enough for the sauce to soak into the rest of the ingredients.
4	Cottage Cheese Joseph's Multi Grain Flatbread	Serve with cottage cheese and flatbread.

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Re-produced from *How to Make Traditional Ethiopian Food With Marcus Samuelsson*<sup>21</sup>

### Gomen

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#### *Gomen*

1	Red Onion Ginger Garlic Jalepeno Niter Kibbeh	Mince and saute the onion, ginger, garlic, and jalepeno in the kibbeh.
2	Spinach, frozen Berbere	Defrost the spinach, mix into the saute'd mixture with the berbere. Cook thoroughly, add water if the mix is too dry.
3	Cottage Cheese Joseph's Multi Grain Flatbread	Serve with cottage cheese and flatbread.

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<sup>21</sup>*How to Make Traditional Ethiopian Food With Marcus Samuelsson.*

## Pulled Pork Burritos

8 serving

*These burritos can be made for meal-prep. Store in the refrigerator, microwave them at 60% power for 2 minutes, flip the burrito and microwave at full power for another 15 seconds.*

1	3/4 lb	pulled pork	Prepare the pulled pork, place in a mixing bowl.
2	3 tbsp 1 large  1/2 jumbo 2 cloves	avocado oil green bell pepper, diced red onion, diced garlic	In a saucepan, fry the bell peppers, onion, and garlic in oil until the onions are translucent. Place in the mixing bowl.
3	12 ounce	frozen cauliflower rice	Preheat the oven to 425F. Defrost the cauliflower rice in a microwave as instructed on the bag. Spread the cauliflower rice on sheet pan lined with parchment paper. Bake the cauliflower rice for 12 minutes. Add the cauliflower rice to the mixing bowl.
4	3 tbsp 1 can 2 tsp 1 tsp	cilantro, chopped black beans, drained salt ground black pepper	Add the cilantro, black beans, salt, and pepper to the mixing bowl.
5	1/2 large	lime	Zest and juice the lime, add it to the mixing bowl.
6	8 2 cups	low carb tortillas shredded mexican cheese blend	Layer some cheese of a tortilla. Add 1/8th of the mixture on top of the cheese, then layer on some more cheese. Roll up the tortilla and wrap it in aluminum foil if saving for later. Repeat the process for the remaining 7 burritos.

## Nutrition Facts

Serving Size: 1

Servings per Recipe: 8

**Amount per Serving**

**Calories (kcal)** **382.92**

**Fat (g)** 22.59

Saturated Fat (g) 8.11

Trans Fat (g) 0.0

Polyunsaturated Fat (g) 0.75

Monounsaturated Fat (g) 3.75

**Cholesterol (mg)** 54.06

**Sodium (mg)** 1487.53

**Carbohydrates (g)** 30.77

Sugar (g) 1.7

Fiber (g) 20.75

**Protein (g)** 25.79

**Calcium** 355.73 mg **Iron** 1.52 mg

**Phosphorus** 0.0 mg **Potassium** 485.67 mg

**Riboflavin** 0.0 mg **Vitamin A** 0.0 IU

**Vitamin C** 17.09 mg **Vitamin D** 0.0 IU

**Vitamin E** 0.0 IU **Zinc** 0.0 mg

## Beef Tacos

4 tacos

15m prep time, 20min cook time

*Beef Tacos, for tortillas use "La Banderita CarbCounter Street Taco"*

1	1/2 large 2 cloves 1 small 1-2 tbsp	Red Onion, 3/8" diced Garlic, minced Jalepeno, 3/8" diced Avacado Oil	Using a skillet and med-high heat, saute the onions, garlic, and jalepeno in the oil. Cook until the onions just begin to turn translucent.
2	4-5 ounces	Beef cut, 3/8" diced	Add the diced beef to the sauted mixture. Cook until the beef is browned.
3	4  2 tbsp 2 slices	Street Taco Tortillas, warmed Cilantro, chopped Lime, juiced	Serve the mixture on tortillas with cilantro and lime juice.

## Kefta Kebabs

*Moroccan Kebabs*

1	1 pound	Ground Beef, Ground Lamb, or Combination	Mix all the ingredients together. Chill the mix for an hour or longer. Shape kefta into cylinders, skewer the meat. Grill the skewers.
	3 ounces	Beef/Lamb Fat, optional	
	1 medium	Onion, chopped very fine or grated	
	2 tsp	Paprika	
	1 tsp	Salt	
	1/4 tsp	Black Pepper	
	1/8 tsp	Cayenne Pepper	
	1/4 cup	Fresh Parsley, chopped	
	1/4 cup	Fresh Cilantro, chopped	
	1 tsp	Ground Cinnamon	
	1 tbsp	Fresh Mint Leaves, chopped Bamboo Skewers, soaked	

Re-produced from *Keto Kebab Meal Prep with Low Carb Pita Bread*<sup>22</sup>

<sup>22</sup>Bobby Parrish. *Keto Kebab Meal Prep with Low Carb Pita Bread*. Mar. 2019. URL: <https://www.flavcity.com/keto-kebab-meal-prep/>.

## Yellow Cauliflower Rice

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### *Yellow Cauliflower Rice*

1	8 ounces	Cauliflower, riced	Mix all the ingredients in a bowl. Spread the mixture across a baking sheet. Roast at 350°F on the bottom rack for 20 mins
	2 tbsp	Butter	
	1/2 tsp	Salt	
	1/4 tsp	Fresh Parsley, chopped	
	1/2 tsp	Ground Cumin	
	1 tsp	Tumeric Powder	
	2 cloves	Garlic, minced	

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Adapted from *Low-Carb Yellow Rice - Arroz Amarillo Recipe*<sup>23</sup>

## Mediterranean Cauliflower Rice Meal Prep

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### *Mediterranean Cauliflower Rice Meal Prep, rehydrate and heat for meals*

1	40 ounces	Cauliflower Rice, frozen	Defrost the cauliflower rice. Mix all the ingredients in a bowl. Split the mixture evenly 5 ways, and spread each fifth across a baking sheet. Roast each sheet at 350°F on the bottom rack for 20 mins.
	10 tbsp	Butter, melted	
2	1/2 tsp	Salt	
	5 tbsp	Fresh Parsley, chopped	
2	1/2 tsp	Ground Cumin	
	5 tsp	Tumeric Powder	
	10 cloves	Garlic, minced	
	2 1/4 ounce	Pine Nuts	

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Adapted from *Low-Carb Yellow Rice - Arroz Amarillo Recipe*<sup>24</sup>

## Bierocks

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### *Bierocks*

1	1 1/2 cups	Mozzarella Cheese, shredded	Place the mozzarella and cream cheese in the microwave for 1 minute. Stir the cheeses. Continue to microwave in 30 second intervals and stirring the mixture until well mixed.
	2 ounces	Cream Cheese	
2	1 large	Egg	Mix the egg into the cheese mixture until smooth.
3	1 1/2 cups	Almond Flour	Mix the almond flour and baking powder first, then slowly mix the dry ingredients into the cheese mixture until a dough forms. Divide the dough into 10 equal peices and form the peices flat discs.
	2 tbsp	Baking Powder	
4	1/2 pound	Ground Beef	Brown the shredded cabbage and diced onions together in a pan using the butter. Add the ground beef and cook until browned. Divide the ground beef mixture evenly 5 ways. Place each dividend on a flat dough disc and then cover the mix with another flat dough disc. Pinch the edges of the discs together to seal the ground beef mixture inside the dough. Preheat the oven to 400°F. Bake the bierocks for 12 minutes, or until the dough has browned.
	1/4 head	Cabbage, shredded	
	1/4 large	Onion, diced	
	1 tbsp	Butter	

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<sup>23</sup>Cristina Curp and RD Franziska Spritzler. *Low-Carb Yellow Rice - Arroz Amarillo Recipe*. Aug. 2021. URL: <https://www.dietdoctor.com/recipes/low-carb-yellow-rice>.

<sup>24</sup>Curp and Franziska Spritzler, *Low-Carb Yellow Rice - Arroz Amarillo Recipe*.



**Chili**

8 servings

15m prep time, 45m cook time

*Chili*

1	4 tbsp 2 cloves 4 tbsp 4 stalks	Olive Oil Garlic, finely chopped Shallots, chopped Celery, chopped	Briefly sauté garlic, shallots, and celery in olive oil using a stockpot
2	1 pound 1/4 pound	Ground Beef Pork Sausage	Add in the ground beef and pork sausage, cook until browned.
3	2	Green Bell Peppers, chopped	Add in the bell peppers, continue cooking until the peppers are soft
4	4 tbsp  1/2 cup 1/2 cup 2 tbsp	Better Than Bouillon Chili Base Red Wine Kidney Beans Chili Powder, or to taste Salt and Pepper, to taste	Add the remaining ingredients, simmer for 30 mins
5	4 ounces	Cheddar Cheese, grated	Serve sprinkled with cheddar cheese

Recipe taken from *The Diabetes Diet*<sup>25</sup>**Beef Street Tacos**

3 tacos

*Beef Street Tacos*

1	1 tbsp 1 clove 1/4 cup	cooking oil garlic, minced red onion, diced	In a skillet, cook the garlic and red onions in oil until the onions are translucent.
2	1/2 pound	beef, cut into 3/8" pieces	Add the beef and cook until slightly charred.
3	1 slice 1/4 cup 3 small	lime fresh cilantro, chopped tortillas, warmed	Distribute the cooked beef, onion, and garlic mixture amongst the tortillas. Squeeze the lime across the mix. Sprinkle the cilantro onto the tacos.

<sup>25</sup>Richard K. Bernstein. *The Diabetes Diet*. Little, Brown and Co., 2005.

## Mac & Cheese

4 servings

20m prep time, 20m cook time

### Mac & Cheese

1	6-8 cups 2 slices	Cauliflower Bacon, thick cut	Separate the Cauliflower into macaroni sized pieces. Dice the bacon. Using a skillet, sweat the bacon on low heat, then add the cauliflower and continue cooking until the bacon is cooked.
2	1/2 medium 2 cloves	Onion, diced Garlic, finely chopped	Add the onions and garlic, continue to cook until the onions are transparent.
3	2 tbsp 1 cup  1/4 cup	Butter Cheddar Cheese, shredded Heavy Whipping Cream Salt & Pepper	Combine the butter, cheese, and heavy cream in a saucepan. Cook on low heat until everything is melted together. Add salt & pepper to taste.
4		Pork Rinds, crushed	Place the cauliflower mixture into a 8x8 baking dish. Pour the cheese sauce over top of the mix. Top with crush pork rinds. Bake for 10 mins at 425° and then broil for 3-5 to crisp topping.

## Nutrition Facts

Mac & Cheese

### Amount per Serving

<b>Calories (kcal)</b>	315
<b>Fat (g)</b>	25.5
<b>Carbohydrates (g)</b>	7.5
Fiber (g)	2
<b>Protein (g)</b>	16.5

Re-produced from *The BEST Keto Cauliflower Mac And Cheese*<sup>26</sup>

<sup>26</sup>Matt Gaedke. *The BEST Keto Cauliflower Mac And Cheese*. July 2021. URL: <https://www.ketoconnect.net/cauliflower-mac-cheese/>.

Smoked Mississippi Pork Roast

- 1

8 pound

Pork Shoulder Butt

2 tablespoons All-Purpose Meat Rub

2

8 tablespoons Butter

1 packet Ranch

1 packet Pork Gravy

8 Pepperoncini Peppers

Remove the pork butt from the packaging, wipe dry with some paper towels. Cover the pork with the all-purpose rub. Cook the pork on the smoker at 275F until the internal temperature has reached 160F.

Once the pork has reached an internal temperature of 160F, pull the pork from the smoker. Prepare some aluminum foil pans and aluminum foil and place the pork in the pan. Empty the gravy and ranch packets across the pork. Slice the butter and distribute it evenly across the top of the pork. Put the pepperoncini peppers on the pork as well. Wrap the pork with foil and place the pork back into the smoker. Continue cooking the pork until it has reached an internal temperature of 200F. After it has reached temperature, pull the pork from the smoker and let it rest for at least 30 mins. Shred the pork.

Nutrition Facts	
Serving Size: 1	
Servings per Recipe: 32	
Amount per Serving	
Calories (kcal)	212.92
Fat (g)	16.75
Saturated Fat (g)	6.75
Trans Fat (g)	0.0
Polyunsaturated Fat (g)	0.0
Monounsaturated Fat (g)	0.0
Cholesterol (mg)	77.5
Sodium (mg)	298.75
Carbohydrates (g)	1.08
Sugar (g)	0.0
Fiber (g)	0.0
Protein (g)	20.12
Calcium 1.25 mg	Iron 1.3 mg
Phosphorus 0.0 mg	Potassium 366.25 mg
Riboflavin 0.0 mg	Vitamin A 0.0 IU
Vitamin C 0.0 mg	Vitamin D 0.0 IU
Vitamin E 0.0 IU	Zinc 0.0 mg

Re-produced from *Smoked Mississippi Pork Roast*<sup>27</sup>

<sup>27</sup>HowToBBQRight Youtube Channel. *Smoked Mississippi Pork Roast*. Feb. 2022. URL: <https://www.youtube.com/watch?v=APXCo4TJun8&t=287s>.

## Andhra Mutton Curry

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### *Niter Kibbeh*

1	22 ounces	Mutton/Lamb	Mix the ingredients. Heat and clarify the butter.
	2 medium	Onion, finely chopped	
	3	Tomato, finely chopped	
	4 tbsp	Oil	
	6-7	Curry Leaves	
		Cilantro	
	1 1/2 tbsp	Ginger Paste	
	1 1/2 tbsp	Garlic Paste	
	2 tsp	Turmeric Powder	
	1/4 tsp	Cumin seeds	

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Re-produced from *Andhra mutton curry / lamb curry*<sup>28</sup>

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<sup>28</sup>shriya. *Andhra mutton curry / lamb curry*. 2010. URL: <http://www.spicytasty.com/meat-and-seafood-entrees/andhra-mutton-curry/>.

## Black Pepper Angus Steak

3 servings

*This Panda Express black pepper angus steak recipe consists of deliciously seasoned steak with a sweet and savory sauce that perfectly coats the steak and a blend of veggies. And the best part is this copycat recipe takes only a few simple steps and is ready in under 30 minutes!*

- |   |  |   |
|---|--|---|
| 1 | 12 ounces Angus Sirloin Steak,<br>cut to 1" strips<br>1 tablespoons cornstarch<br>1 tablespoon soy sauce               | In a small bowl, combine the cornstarch and the 1 tablespoon portion of soy sauce. Add the steak slices and coat well. Set aside and marinate in the cornstarch mixture for at least an hour.   |
| 2 | 4 tablespoons soy sauce<br>2 tablespoons worcestershire sauce  | In a small bowl add the remaining portion of soy sauce with the kecap manis and Worcestershire sauce. Set aside.  |
| 3 | 2 tablespoons sesame seed oil<br>1 teaspoon garlic, minced<br>1 small white onion, cut and<br>sliced into 1" pieces    | Heat a large skillet or wok over high heat. Add the sesame seed oil and wait for it to start smoking slightly. Add the garlic and onion, and stir fry for 1-2 minutes until the onion begins to get translucent.  |
| 4 | 12 ounces asparagus<br>1 1/2 cups white mushrooms,<br>sliced<br>1/2 cup chinese rice wine<br>1/2 teaspoon black pepper | Add the mushrooms and cook for an additional 1-2 minutes. Add the marinated steak and cook until no longer pink (about 4-5 minutes). Add the asparagus, then Chinese Rice Wine, and stir fry for about 1 minute before adding the sauce (combined soy sauce, kecap manis, and Worcestershire) and black pepper.<br>Cook for 3-4 minutes (covered if you want your Shanghai Angus Steak to be nice and saucy) or until the asparagus has reached your desired level of tenderness and the sauce has thickened. Remove from heat and serve immediately. |

### Nutrition Facts

Black Pepper Angus Steak

Amount per Serving

Calories (kcal)	278
Fat (g)	16
Carbohydrates (g)	7
Protein (g)	25

Re-produced from *BLACK PEPPER ANGUS STEAK PANDA EXPRESS COPYCAT RECIPE*<sup>29</sup>

<sup>29</sup>Joe Duff. *BLACK PEPPER ANGUS STEAK PANDA EXPRESS COPYCAT RECIPE*. July 2022. URL: <https://imhungryforthat.com/black-pepper-angus-steak-panda-express-recipe/>.

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