

I HOPE YOU ENJOY THESE RECIPES

They are some of my clients' favorites.

My clients also receive a program book which includes

100 more recipes, educational articles and personalized coaching tools

Chocolate Oatmeal Balls

2 cups old fashioned oatmeal
½ cup sugar
1 cup Splenda or Xylitol *
1 teaspoon vanilla
½ cup Land O'Lakes butter with Canola Oil
½ cup skim milk
2 squares Bakers unsweetened chocolate
or 6 tablespoons cocoa
½ cup peanut butter

Mix sugar, Splenda or Xylitol, milk and chocolate or cocoa.
Boil 3 minutes, stirring constantly. Remove from heat.
Add oatmeal and peanut butter.
With wet hands roll into 1" balls. Freezable. Yield 36.

Each ball: Instead of the usual 100 calories (or more) high fat treat,
only 45 calories.

Carb: 3.5 gm Protein: 1 gm Fat: 3 gm

* Xylitol is a chemical-free natural sweetener

Tuna Bean Salad

2 cans albacore tuna in water – drain
1 can kidney beans – rinse and drain
2 scallions – dice
Fresh parsley – snip
Salt, pepper, lemon juice, olive oil to taste
Splash of balsamic vinegar (optional)
Mix all together - Serves 4

Per Serving: 98 Calories

Carb: 9.5 gm Protein: 10 gm Fat: 4 gm Fiber: 1.5 gm

Stracciatella Florentine Soup

1 can (14 ½ oz.) chicken or vegetable broth
10 oz. frozen chopped spinach
1/8 + teaspoon nutmeg
2 eggs, well beaten
1 ½ tablespoons parmesan cheese

Bring broth to boil and add spinach, stir occasionally till thawed.
Add nutmeg, reduce to simmer. While stirring, slowly pour in eggs.
Remove immediately and add ¾ tablespoon parmesan cheese
to each serving. Serves 2

Per Serving: 148 Calories
Carb: 7 gm Protein: 12 gm Fat: 7.5 gm Fiber: 3 gm

Have fun designing your own Low Carb Pizza

La Tortilla Factory Low Carb Tortilla *
½ cup Healthy Choice pasta sauce
Your favorite veggies – diced or sliced thin
(i.e. red, yellow, or green pepper, mushrooms, onions, olives,
green beans, spinach, edamame, eggplant, etc.)
2 oz. part skim milk mozzarella cheese - shredded
½ teaspoon each of dried oregano, rosemary, black pepper
Optional: Leftover diced cooked chicken, turkey or texturized soy

Place the low carb tortilla on a foil lined cookie sheet.
Spread pasta sauce on the tortilla.
Sprinkle veggies and optional protein ingredients next,
then the herbs, and finally the shredded cheese.
Bake 400 degrees for 12 minutes until cheese melts,
and tortilla edges begin to brown.

338 Calories
Carb: 36 gm Protein: 26 gm Fat: 15 gm
Fiber: 19 gm (Yes, 19 gm of fiber!)

* This is the healthiest and best tasting high fiber tortilla