

LOW CARB MEALS

RECIPES FOR BLOOD SUGAR CONTROL

There are many benefits associated with low carb diets including weight loss, improved metabolic health and even improved cognitive function. Research shows that low carb diets are a safe and effective treatment for type 2 diabetes and can even result in reversal of the condition.

Talk to your doctor if you are on any medication
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**AUT HUMAN
POTENTIAL
CENTRE**



Breakfast

- 1 Eggs 3 Ways
- 2 LCHF Quiche
- 3 Fish & Tomato
- 4 Leftovers
- 5 LCHF Muesli
- 6 Muesli Bowl
- 7 Smoothie
- 8 Chia Seed Porridge



Eggs 3 Ways

2-3 whole eggs

fry, scramble, poach or boil

1 handful fresh veges

mushroom, onion, spinach, tomato, etc.

1-2 tbsp fat

olive oil, butter, coconut oil, meat dripping



1: Quick Fried Eggs

- Fry 2-3 whole eggs in a pan with 2-3 tsp olive oil, butter, coconut oil etc.
- Top with 1 handful veges (spinach, mushroom, onion etc.)
- Sprinkle with salt

2: One-Pan Scramble

- Heat 2-3 tsp olive oil/butter etc. in a pan
- Scramble veges (spinach, mushroom, onion etc.) and eggs until soft

3: Reheat Quiche

- Reheat 1 slice LCHF Quiche (recipe on next page)



Makes 1

LCHF Quiche

8 eggs

1/2 cup cream

or coconut cream

2 large handfuls leafy greens

fresh or frozen – spinach, silverbeet etc.

150g cooked meat

leftover meat, bacon, sausage, tuna, mackerel

1 tomato

150g cheese

1–2 tbsp fat

for greasing dish – butter, olive/coconut oil

salt & pepper

- Whisk eggs and cream with a fork
- Add cooked meat or drained tuna
- Add chopped veges: cook by blanching with boiling water for 2–3 minutes
- Add salt and pepper
- Pour into a greased baking dish
- Top with cheese and sliced tomatoes
- Bake at 180°C for 30 minutes

Make ahead of time. This is good for any meal.



Makes 3–5

PREKURE[™] DIABETES

Fish & Tomato

1 tin sardines, tuna or mackerel

in olive oil or spring water

1 chopped tomato

or capsicum

4 pieces of cheese

tasty or cheddar

salt & pepper

- Mix tinned fish, tomatoes and cheese in a bowl
- Sprinkle with salt and pepper



Makes 1

PREKURE[™] DIABETES

Leftovers

1 palm size leftover meat

chicken, beef brisket, bone meat etc.
cooked in healthy fat

2 handfuls veges

any leftover cooked veges
e.g. stir-fry, baked, roasted, boiled
cooked in healthy fat

1 handful fresh veges

add fresh green leaves, chopped
tomato, capsicum etc.

- Heat leftovers
- Add extras if needed

Using leftovers for breakfast is a great
way to save time and money



Makes 1

PREKURE[™] DIABETES

LCHF Muesli

Mixed Nuts

chopped



1/2 cup linseeds

2 cups sunflower & pumpkin seeds



1 cup shredded coconut

1 pinch salt

2–3 tbsp cooking fat

olive oil, coconut oil, butter



- Combine all dry ingredients
- Add cooking fat
- Spread out mixture thinly in a roasting dish
- Bake at 180°C for 20–30 minutes
- Turn halfway
- Store in a sealed bag or container with a lid



Makes 6–8

PREKURE[™] DIABETES

Muesli Bowl

1 serving LCHF muesli mix

1/2-1 cup full fat milk

or swap with coconut milk

2-3 tbsp natural thick yogurt

full fat, unsweetened

berries, kiwi fruit, apple, pear

1 palm size

- Serve LCHF muesli in a bowl
- Add milk and yogurt
- Top with 1 chopped fruit



Makes 1

PREKURE[™] DIABETES

Smoothie

1 fruit

apple, pear, kiwi fruit, orange, frozen berries, 1/2 banana etc.

1 pinch cinnamon

or ground ginger powder

1/2 cup coconut milk or cream

1/2 cup natural thick yogurt

full fat, unsweetened

- Blend
- Adjust taste as you prefer

Tip:

- Keep fruit to one palmful only
- Use stevia for sweetness
- Add raw veges like spinach for extra nutrition



Makes 1

Chia Pudding

2 tbsp chia seeds

1 cup coconut cream

2–3 tbsp natural yogurt

full fat, unsweetened

1 palm size fruit

chopped

apple, pear, kiwi fruit, orange, frozen berries, 1/2 banana etc.

- Combine chia and coconut cream
- Shake in a sealed container until well combined
- Leave to sit in the fridge overnight (or for at least an hour)
- Serve with yohurt and fruit

Tip:

- Add stevia, cocoa or cinnamon for flavour
- Too thick? Add more coconut cream or water
- Too runny? Add more chia seeds



Makes 1

PREKURE[™] DIABETES

Main Meals

- 1 Bacon Bone Soup
- 2 Chicken Curry
- 3 Corned Beef & Cabbage
- 4 LCHF Chop Suey
- 5 Fish Pie
- 6 Savoury Mince
- 7 Slow Roast Meat
- 8 Raw Fish
- 9 Boil Up
- * Sauces



Bacon Bone Soup

2 onions

chopped

1 tbsp cooking fat

olive oil, coconut oil, butter, etc.

2 bacon hocks

or meaty bones (beef or lamb)

mixed veges

can buy pre-ground or whole

1 pinch salt & pepper

- In a soup pot, fry onion in cooking fat
- Add meat bones
- Cover with water and simmer for 4–6 hours
- Add veges in last 30 minutes of cooking



Makes 4–6

PREKURE[™] DIABETES

Chicken Curry

500g boneless chicken

thigh, breast or tenderloin
cut into cubes

1 tbsp curry paste

or curry powder

1 tin coconut cream

2 tins if using coconut milk

2 onions

chopped

1 tbsp cooking fat

olive oil, coconut oil, butter, etc.

6 cups veges

cauliflower, spinach, mixed frozen etc.

- In a frying pan, fry onion in cooking fat
- Add cubed chicken and brown
- Add curry paste or powder and coconut cream
- Add chopped veges
- Simmer until veges are cooked



Makes 4–6

PREKURE[™] DIABETES

Corned Beef

2 onions

chopped

2 tins corned beef

1/2 cabbage

chopped either fine or chunky

- Cook onions and corned beef in a pan — use the natural fat from the corned beef to grease the pan
- Add cabbage
- Fry until the cabbage has softened



Makes 4–6

PREKURE[™] DIABETES

LCHF Chop Suey

500g meat

pork, chicken, beef mince or lamb

1 tbsp cooking fat

olive oil, coconut oil, butter, etc.

1/2 cabbage

shredded to make thin 'noodle'

mixed veges

frozen or fresh seasonal

soy sauce

to taste

optional: konjac noodles

1 bunch

- In a large pan, cook meat with cooking fat
- Add shredded cabbage and mixed veges
- Cook covered until tender
- Add cooked konjac noodles and soy sauce



Makes 6–8

PREKURE[™] DIABETES

Fish Pie

3 tins mackerel or tuna
drained

1 tin chopped tomatoes
diced tomatoes in tomato juice

2 onions
chopped

2 tbsp cooking fat
olive oil, coconut oil, butter, etc.

1/2 pumpkin
or 1 small butternut pumpkin

1 cauliflower
chopped

cheese
optional for topping

- Fry onion in cooking fat
- Add tinned tomatoes & drained fish
- Pour into a baking dish
- Boil chopped pumpkin & cauliflower until soft
- Mash with butter
- Cover tomato fish mix with mash
- Top with cheese
- Bake until bubbling (30–40 min at 180°C)



Makes 4–5

PREKURE[™] DIABETES

Savoury Mince

2 onions

chopped

1kg mince

beef, lamb or pork

1 tbsp cooking fat

olive oil, coconut oil, butter, etc.

1/2 cabbage

shredded

500g mixed veges

frozen

1 tin chopped tomatoes

diced tomatoes in tomato juice

- In a large pan, fry onion and mince in cooking fat until brown
- Add cabbage and frozen veges
- Cook down for 5–10 minutes
- Add 1 tin chopped tomatoes and simmer for 20 minutes
- Keep leftovers for breakfast or lunch



Makes 4–6

PREKURE[™] DIABETES

Slow Roast Meat

1.5kg beef brisket or similar

works with any large piece of fatty meat

4 onions

sliced into large pieces

1 tbsp minced garlic

salt, pepper, paprika

to taste

2 cups beef stock

or 1-2 stock cubes

500g mixed veges

choose frozen bags or fresh seasonal

- Brown meat in pan
- Into a slow cooker add: chopped onions, stock, meat, paprika, salt, pepper
- Slow cook for 8-10 hours
- Add mixed veges in last 20 min of cooking
- Keep leftover for lunch or breakfast



Makes 4-6

PREKURE[™] DIABETES

Raw Fish

500g white fish

hoki, snapper, etc.

chopped into junks

1 onion

brown or red, chopped finely

1/2 cup lemon/lime juice

400g tomatoes

chopped finely

1/2 cucumber

chopped finely

1 tin coconut cream

or coconut milk

salt & pepper

season to taste

- Marinate the fish and onion in lemon juice
- Leave in the fridge until it turns white (about 3 hours or overnight)
- Just before serving, drain juices, mix in chopped tomatoes and add salt & pepper to taste
- Pour over coconut cream and serve



Makes 4

PREKURE[™] DIABETES

Palusami/Luau

taro leaves

1 big bunch, trimmed

optional: 300–400g meat

corned beef, mince, fish

coconut cream

2 onions

chopped

1 tbsp cooking fat

olive oil, coconut oil, butter, etc.

- Cook onion in cooking fat until tender
- For meat version, add corned beef or mince to the onions and brown
- Layer taro leaves and fill with one small handful of meat and veges
- Top with 1–2 tbsp coconut cream
- Wrap the taro leaves into parcels with tin foil
- Bake at 180°C for 30–45 minutes



Makes 4–6

PREKURE™ DIABETES

Boil Up

1kg meat

brisket, pork bones, etc.

4 carrots

chopped

4 onions

chopped

1 cabbage

chopped into chunks

1-2 large bunches greens

water cress, silverbeet, broccoli, etc.

salt & pepper

to taste

- In a pot, combine meat and veges
- Add salt & pepper and cover with water
- Boil for 4 hours until cooked through



Makes 4-6

PREKURE[™] DIABETES

Sauces

Mayonnaise

1 egg

1 cup olive oil

salt & pepper

* You will need a tall slim jar and a stick/ immersion blender

- Place the egg in the bottom of the jar
- Pour in olive oil
- Place blade attachment in the bottom of the jar and start blending until smooth, thick and pale



Cheese Sauce

1/4 cup cream

2 tbsp butter

1/4 cup cream cheese

1/2 cup grated cheese

- Warm the cream and butter into a small sauce pan
- Add the cream cheese and stir until melted
- Add grated cheese and mix until smooth and creamy



Snacks

Not many people need snacks when eating LCHF. Aim for three main meals per day & limit snacking where possible. If you miss a meal and need a snack between, here are some options.



mixed nuts & seeds

any natural or dry roasted nuts
pumpkin and sunflower seeds



fruit & nut butter

choose 1 fruit which fits the palm
of your hand & 1 tbsp of natural
peanut or almond butter



salami stick

1-2 bier sticks

hard boiled egg

add salt or some mayonnaise



pickles

add mayonnaise

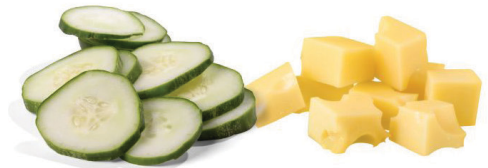
yoghurt & berries

1/2 cup greek-style yoghurt with
1/2 palmful of berries or fresh fruit



cheese & cucumber

1-2 thumb-sized pieces of cheese
cucumber or tomato



cold meat & capsicum

2-3 slices of ham, leftover chicken

coconut flesh pieces

1 palmful



Makes 4-6

PREKURE[™] DIABETES

PREKURE[™] * DIABETES



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