

Seven Low-Carb

MEAL ALTERNATIVES



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HI! I'M PATTY!

My fascination with healthy eating and exercising dates back to my childhood in the beautiful and enchanting bayous of South Louisiana. My family enjoyed fishing and growing our own vegetables. Both things served as the source of our daily meals.

I knew my calling in life at an early age. In high school, I found it rewarding to have such a healthy influence on my friends by motivating them to eat healthily and exercise. My commitment to healthy eating and exercise grew throughout the years.

By becoming a registered dietitian nutritionist, I'm improving peoples lives through my teaching of how to create a healthy practice of eating real, whole foods prepared in the home. I also help people with strategies for eating outside the home, and having a healthy relationship with food and eating no matter where you're at.



A note about meal alternatives:

Even though you're trying to lose weight, you don't have to sacrifice all your favorite foods. Being too strict on your diet and trying to avoid too many of your favorite foods all at once can be overwhelming. I encourage my clients to focus on making small, simple changes. Here are some of the changes I recommend:

1. Swap out pasta for “Zoodles” noodles. This swap is tasty, healthy, and fun to make. Instead of loading your body with too many carbs in one meal, you’ll be feeding it delicious, nutrient and fiber-rich veggies your body is craving. It’s an easy swap to make, too—and making “zoodles” from yellow squash and zucchini is a fun kitchen creation.

2. Another swap for pasta is spaghetti squash. Spaghetti squash is a tasty, veggie-filled pasta replacement, which is low in calories and high in fiber. In addition to making this swap, you will save calories and get generous helpings of vitamin C, folate, and magnesium, increasing your energy.

3. A Swap for White Rice Cauliflower, better known as the skinny starch, delivers almost a day's worth of vitamin C for only 27 calories per cup. (Compare that to white rice, which clocks in at 205 calories per cup.)

With the those tweaks you will save calories, slim down, and love what the scale says!

Ingredient List:

Fruits

- 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- 1/4 cup Cashews
- 2 tsps Garlic Powder
- 1 tbsp Italian Seasoning
- 2 tsps Onion Powder
- 1 1/2 tsps Red Pepper Flakes
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 2 cups Baby Spinach
- 8 cups Broccoli
- 2 Carrot
- 2 heads Cauliflower
- 3 cups Cauliflower Rice
- 2 stalks Celery
- 12 1/3 Garlic
- 2 1/2 cups Green Beans
- 4 1/3 cups Mushrooms
- 1 1/3 tbsps Parsley
- 1 Spaghetti Squash
- 1/2 Sweet Onion
- 1 tbsp Thyme
- 2/3 White Onion
- 1 Yellow Onion
- 8 2/3 Zucchini

Boxed & Can

- 1/2 cup Canned Coconut Milk
- 2 1/2 cups Marinara Sauce

Bread, Fish Meat & Cheese

- 2 lbs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 2 lbs Extra Lean Ground Turkey
- 1 1/4 lbs Halibut Fillet
- 4 ozs Mozzarella Cheese
- 3 slices Organic Bacon, Cooked
- 1/2 cup Ricotta Cheese
- 2 lbs Shrimp

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 1/2 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

Cold

- 2 tbsps Butter
- 1/3 cup Unsweetened Almond Milk

Creamy Spaghetti Squash

9 ingredients

1 hour

4 servings



Ingredients

- 1 Spaghetti Squash
- 1 1/2 tsp Coconut Oil
- 1/2 Sweet Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Canned Coconut Milk
- 1 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 8 ozs Chicken Breast, Cooked

INSTRUCTIONS

- 1 Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper. Cook the squash in the oven for 45 to 50 minutes.
- 2 In the meantime, in a saucepan heat the coconut oil over medium-low heat. Sauté your finely diced onion until golden. Then add in minced garlic and stir until fragrant (about 2 minutes). Add coconut milk and continue to stir until slightly thickened (5 to 6 minutes).
- 3 Remove your spaghetti squash from the oven and let cool for 5 minutes. Stand each half up vertically and scrape out the flesh using a fork. It should come out as string-like noodles.
- 4 In a mixing bowl, toss the spaghetti squash with the cream sauce. Add the shredded baby spinach and mix well. Plate and sprinkle with desired amount of red pepper flakes, sea salt and pepper. Top with your strips of sliced oven baked chicken breast and enjoy!

Nutritional Information per serving

Calories	218
Cholesterol	59mg
Fat	9g
Sodium	56mg
Carbs	17g
Vitamin A	2008IU

Fiber	2g
Vitamin C	19mg
Sugar	3g
Calcium	67mg
Protein	20g
Iron	2mg

Cheesy Chicken and Cauliflower Bowl



8 ingredients

30 minutes

4 servings



Ingredients

- 8 cups Broccoli (chopped into florets)
- 1 1/4 lbs Chicken Breast (skinless, boneless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tsps Onion Powder
- 2 tsps Garlic Powder
- 1/2 tsp Sea Salt (to taste, divided)
- 3 cups Cauliflower Rice
- 4 ozs Mozzarella Cheese (shredded)

INSTRUCTIONS

- 1 Preheat the oven to 400oF (205oC) and line a baking sheet with parchment paper.
- 2 Add the broccoli and chicken to the baking sheet. Drizzle with olive oil and season with onion powder, garlic powder, and salt. Bake for 20 to 22 minutes, or until the chicken is cooked through. Remove the broccoli sooner if needed.
- 3 Divide the cauliflower rice, broccoli, and chicken into containers. Top with cheese and enjoy!

- N** **Leftovers**
Refrigerate in an airtight container for up to three days.
- O** **Serving Size**
One serving equals approximately five ounces of chicken and two cups of veggies.
- T** **Dairy-Free**
Use vegan cheese instead of mozzarella cheese, or omit completely.
- E** **More Flavor**
Lightly sauté the cauliflower with oil, butter or broth.
- S** **Additional Toppings**
Top with sauerkraut, tomatoes, or olives.

Nutritional Information per serving

Calories	386	Fiber	7g
Cholesterol	128mg	Vitamin C	163mg
Fat	16g	Sugar	5g
Sodium	527mg	Calcium	214mg
Carbs	17g	Protein	44g
Vitamin A	1379IU	Iron	2mg

Turkey & Zucchini Noodles

6 ingredients

20 minutes

6 servings



Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 2 1/2 cups Marinara Sauce
- 2 Zucchini (medium, spiralized)
- 1/2 cup Ricotta Cheese
- Sea Salt & Black Pepper (to taste)

INSTRUCTIONS

1

Heat the oil in a non-stick skillet. Add the turkey and break it up as it cooks until it's browned through, about five minutes.

2

Add the marinara sauce and simmer on low for ten minutes. Add the zucchini noodles and cook for another three to four minutes, or until your desired tenderness.

3

Stir in the ricotta cheese. Season with salt and pepper and enjoy!

N

Leftovers

O

Refrigerate in an airtight container for up to four days.

T

Serving Size

One serving is equal to 3/4 cup.

E

Dairy-Free

Omit the ricotta cheese.

S

Nutritional
Information
per serving

Calories	212	Fiber	2g
Cholesterol	66mg	Vitamin C	22mg
Fat	12g	Sugar	4g
Sodium	305mg	Calcium	86mg
Carbs	7g	Protein	17g
Vitamin A	611IU	Iron	2mg

Cauliflower Shepherd's Pie



10 ingredients

50 minutes

4 servings



Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

INSTRUCTIONS

- 1 Preheat oven to 350 F (177 C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

NOTES

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Nutritional Information per serving

Calories	212	Fiber	2g
Cholesterol	66mg	Vitamin C	22mg
Fat	12g	Sugar	4g
Sodium	305mg	Calcium	86mg
Carbs	7g	Protein	17g
Vitamin A	611IU	Iron	2mg

Shrimp & Green Beans



16 ingredients

20 minutes

4 servings

Ingredients

- 1 tbsp Avocado Oil (divided)
- 2 1/2 cups Green Beans (trimmed)
- 2 lbs Shrimp (raw, peeled and de-veined)
- 1/8 tsp Sea Salt
- 1 tbsp Tamari
- 1/2 tsp Red Pepper Flakes

INSTRUCTIONS

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side.
- 3 Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

N Leftovers

O Refrigerate in an airtight container up to 2 to 3 days.

T Serve It With

E Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

S No Tamari

Use soy sauce or coconut amino instead.

Nutritional Information per serving

Calories	247	Fiber	2g
Cholesterol	365mg	Vitamin C	8mg
Fat	5g	Sugar	2g
Sodium	599mg	Calcium	170mg
Carbs	5g	Protein	47g
Vitamin A	525IU	Iron	2mg

15 minute Halibut with Zoodles



6 ingredients

15 minutes

4 servings



Ingredients

- 1 1/4 lbs Halibut Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 4 Garlic (cloves, minced)
- 2 tbsps Lemon Juice (to taste)
- 4 Zucchini (medium, spiralized)

INSTRUCTIONS

- 1 Season the halibut generously with salt and pepper. Heat the oil in a skillet over medium- high heat. Add the halibut and cook for five minutes, flipping halfway, or until browned and cooked through. Set aside.
- 2 Add the garlic and lemon juice to the same skillet. Stir in the zucchini noodles and cook for about one minute, seasoning with more salt and pepper.
- 3 Divide the zucchini noodles and halibut onto plates. Squeeze more lemon juice over top and enjoy!

- N** **Leftovers**
Refrigerate in an airtight container for up to three days.
- O** **Serving Size**
One serving equals approximately five ounces of halibut and two cups of zucchini noodles.
- T** **More Flavor**
- E** Use butter instead of olive oil.
- S** **Additional Toppings**
Top with pine nuts, sliced almonds, or fresh herbs.

Nutritional Information per serving

Calories	228
Cholesterol	69mg
Fat	9g
Sodium	113mg
Carbs	8g
Vitamin A	488IU

Fiber	2g
Vitamin C	8mg
Sugar	2g
Calcium	170mg
Protein	47g
Iron	2mg

Cauliflower Mash



5 ingredients

30 minutes

4 servings

Ingredients

- 1 head Cauliflower (large, sliced into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Butter
- 1 tbsp Thyme
- Sea Salt & Black Pepper (to taste)

INSTRUCTIONS

- 1 Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.
- 2 Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
- 3 Divide between plates and top with extra butter if desired. Enjoy!

N

More Carbs

O

Make with half cauliflower and half mashed potatoes.

T

Dairy-Free

Replace butter with olive oil.

E

Make it Cheesy

S

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Nutritional
Information
per serving

Calories 90

Cholesterol 15mg

Fat 6g

Sodium 45mg

Carbs 8g

Vitamin A 206IU

Fiber 3g Vitamin C 72mg

Sugar 3g Calcium 39mg

Protein 3g Iron 1mg

Thank you!

I hope you enjoyed these dishes! Make sure to follow me on social media for more information, tips and delicious recipes.



@pattrd7



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