

A SHOPPING LIST FULL OF QUICK AND SIMPLE IDEAS TO MAKE LIFE THAT LITTLE BIT EASIER!

Eggs are a staple in the mornings, either scrambled in with small chunks of cheddar, and cooked with butter for a lovely creamy, filling breakfast, teamed up with half an avocado that will keep you going all morning. Or you can add smoked salmon, bacon, sausage, or mushrooms to an omelette instead.

A Bag of celery and pot of almond/sugar free peanut butter...to make a snack with 2 or 3 sticks of celery with a generous portion of nut butter down the middle... if you want to turn it into a lunch...add a tin of tuna, salmon or other tinned fish mixed with mayonnaise and chopped spring onion, and half a red/orange/yellow pepper.

Bags of green salad such as watercress, spinach and rocket are an easy way to get a portion of healthy complex carbs...you could even eat half a bag as if it were a pack of crisps...straight out the bag!

SHOPPING LIST

Eggs
Butter
Avocado
Smoked Salmon
Bacon
Sausages
Mushrooms
Celery
Almond/sugar free peanut butter
Tin of tuna/Salmon
Mayonnaise
Spring Onion
Red/orange/yellow pepper
Green salad bags
Bacon
Sliced ham
Blueberries
Strawberries
Clotted cream
Frozen salmon
Bag of spring greens/ kale/ chopped cabbage
Leek
Cheese
Cream cheese
Almonds
Frozen meat and fish
Cauliflower
Broccoli
Romanescu

SHOPPING LIST

Butternut squash
Celeriac
Courgettes
Coconut oil
Pork
Chicken
Tofu
Prawns
Red Onions
Garlic
Ginger
Bean sprouts
Spices and herbs
Minced beef or lamb
Green pepper
Chillies
Joint of meat
Red cabbage
Pouring cream
Ready cooked chicken portions
Bottled or vacuum packed sausages
Tinned corned beef
Burgen Bread
Butter
Sprouts, leeks, asparagus,
chopped fine beans
Turmeric
Black pepper
Curry powder
Variety of cheeses
Almond/coconut flour
Splenda/Stevia

Bacon is one of the most versatile meats around, and you can use it for breakfast, lunch or dinner in an amazing amount of ways!

Slices of round ham, rolled with cream cheese and spring onion to make tasty 'fajitas'...add a big chopped salad too for a filling lunch.

Handy snacks like blueberries or strawberries with a tablespoon of clotted cream for a quick snack, or add a couple of tablespoons of nut butter and double the amount of cream for a filling lunch.

Keep frozen salmon in for a quick dinner. Put around one and a half pieces in the frying pan for 5 minutes, while steaming a quarter of a bag of spring greens/ kale/ chopped cabbage/ half a leek...throw all that in the frying pan and cover with grated cheese, or use a generous tablespoon of cream cheese as a coating on the salmon. You could also add chopped almonds as a crunchy topping sprinkled on the salmon.

Use coconut oil in sweet stir fries with peppers and chopped pork, chicken, tofu, or prawns... add these to red onions, garlic, ginger, spring onions, bean sprouts, spices/herbs to flavour. Or use a good olive oil for a more traditional flavour.



Minced beef or lamb can be put to good use in lots of ways too...add green pepper and mushroom in a rich gravy with chillies for dinners that last for days! If you have a slow cooker...then a joint of meat with whatever greens you want to add to the meat gravy in the pot are great in the winter.

Red cabbage with red onion, mayonnaise and mustard with grated cheese make a really filling coleslaw...you can add other extras that you have in the fridge too such as peppers etc.

Keep in frozen meat and fish that can be quickly added to with steamed, baked, roast or stir fried veg...cauliflower and broccoli are versatile favourites, along with all the exciting new greens we see coming through in the supermarket these days...look out for things such as romanescu ...butternut squash is also versatile and quick to cook.

Celeriac is a great replacement for potato on the top of fish or cottage pies etc and as a replacement for mashed potato on the side of your dinner, you could also make it into low carb chips. 'Spiralise' courgettes for courgetti spaghetti.



You could add pouring cream and grated cheese to veg to make a quick and easy cheesy veg bake.

Ready cooked chicken portions with a mixed salad can be a versatile meal in minutes.

Bottled or vacuum packed sausages such as bratwurst can be chopped and fried with stir fry veg or put in an omelette for a really hearty meal.

Tinned corned beef can be warmed with onion and peppers for lunch or added with veg for a dinner...slices of corned beef can be warmed in the microwave with a layer of melted cheese too...and some salad or veg to turn it into a meal.



Keep a loaf or Bergen bread in the freezer for when you fancy a couple of slices of cheese on toast with lashings of butter. Use the butter to add a rich flavour to stir fried green veg such as sprouts, leeks, asparagus, chopped fine beans and other greens.

Add a pinch of turmeric and black pepper with curry powder to any meal to flavour to your own taste.

You can keep a wide variety of cheeses to make any meal more interesting. For cooking, use almond flour or coconut flour as a low carb alternative to cereal flour to make pizza bases etc.

Sweeteners such a splenda or stevia are a healthier low carb addition to cooking or drinks to taste.

Bridgette Has been cooking and eating low carb for over 8 years now...if you would like more info or help, please visit the website at www.breakthrough-weightloss.co.uk You can find loads of gorgeous recipes on the facebook page @Breakthroughweightloss today.

These basic staples will give you all you need to get started with a low carb way of eating, and provide you with a huge variety of meals to choose from. Enjoy!