



*Simple Changes
Make*

Major Impact



A guidebook about low carbohydrate diet, for very healthy living

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Why dogs should not be Chained (or) Caged?



Dog Owner's Guide Book

Other books published by the foundation. Please download them from the foundation's website



Why fish should not be kept in an aquarium ?

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About us:

Elsa Foundation is a non-profit charitable trust that focuses on the conservation of biodiversity, prevention of cruelty to animals and animal rights issues of both domestic and wild animals. It opposes keeping wild animals in captivity.

We have travelled to several countries to study best practices and implement them in India.

The foundation supports various government bodies, in informed policy-making and decision-making on critical issues impacting biodiversity and the rights of animals.

Our work areas are research, advocacy, awareness, publication, support in policy and decision-making.

Website: www.elsafoundationcharity.org

LOW CARBOHYDRATE DIET GUIDE

(has vegan (also vegetarian) recipes at the end)

1 PURPOSE:

Apart from regular sugar (used in coffee, sweets etc.), carbohydrate (another form of sugar) found in grains, legumes (pulses, beans, lentils, peas) and fruits is the root cause of the majority of health problems and excess belly fat in humans. Any kind of sugar gets converted into glucose in the body, during digestion. Excess glucose in the blood and insulin resistance by cells is the root cause of diabetes and several other major diseases. By following a low carbohydrate diet (a.k.a. Paleo / Keto) anyone can get multiple health benefits including belly fat loss, cure for long-term diabetics, fatty liver, fatty pancreas, prevention of blindness, kidney failure, foot amputation due to diabetes, PCOD in women, reducing bad cholesterol (LDL - low-density lipoprotein) and triglycerides, reducing the risk of heart attack, avoiding spikes in blood glucose levels, promoting gut flora (good bacteria in intestine) etc. Many benefits are not mentioned here due to the long length of the list. These benefits are achieved fast without any medicines (or) highly expensive and time-consuming hospital procedures.

Paleo / Keto recommends 70% fat, 25% proteins and 5% carb intake daily. The recommended carb intake in Keto is less than 50 gms. per day (different sources change these values to a minor level)

Each topic in this book is a very vast subject. It is not possible to do an “in-depth analysis” of each topic in such a quick reference guidebook, so the basics of all topics are covered. I encourage you to explore further on YouTube and Google.

Mandatory & Very Important: This is only a guide book for quick reference. Before, during and after following the diet, it is mandatory to consult your diet doctor and discuss in detail by disclosing your current health issues. Get a tailor-made low carb diet plan from the doctor and follow it strictly.

2 INTRODUCTION TO NEW TERMS:

Vegan - NOT consuming any animal products including dairy and eggs

Keto – short version of Ketosis

The body uses glucose as a source of energy. In a very low-carb diet, the body does not get the required glucose from carbs, so it goes to a stage called ketosis. In this stage, the body starts using fat accumulated in the body as an energy source, burns excess fat and cures obesity.

Paleo – Indicating cave-human era a.k.a. stone age era, a.k.a. palaeolithic era, in which humans lived in caves and did not know about agriculture. A low-carb diet strongly recommends avoiding agricultural produce such as grains and legumes and recommends low-carb food consumed by cave people.

Several sources try to categorise **keto, paleo and low-carb diets** into three different diet forms based on the quantity of carbs consumed. With Keto being the strictest (less than 50 gms. carbs per day) and low carb diet a little relaxed (50 to 150 gms. carbs per day). The sources also try to point out minor technical differences between Keto and Paleo. Since the overall objective is the same in all three diet forms and the procedures followed are about 97% the same, in this book we consider all three diet forms as the same. The terms Paleo, Keto and Low carb are used interchangeably in this book



3 FIVE PILLARS OF A HEALTHY LIFE:

- Low carb diet
- Deep sleep
- Fasting
- Exercise
- Positive thoughts

4 MEASUREMENTS AND TESTS (MANDATORY)

- Measure weight before keto and then every 7th day (to check weight loss)
- Measure waist size before keto and every 7th day (to check belly fat loss)
(While measuring the waist, don't inhale (or) exhale. Measure exactly at navel level)
- Ask your diet doctor for a paleo blood and urine test list. Do the tests before keto and after achieving your target (weight loss etc.). Show them to your doctor before and after keto. Many labs have ready-made paleo/keto blood test packages.
- Urine test

Note: Your ideal weight is your height in cms minus 100. **Ex.:** For 170 cms. height, the ideal weight is 70 kg.

5 CARBOHYDRATE CALCULATION FROM FOOD LABELS

NUTRITIONAL INFORMATION	Serving Size 30g (2 Tablespoons)	Quantity (Approx.) Per Serve	Quantity (Approx.) Per 100g
Energy (Kcal)		198	659
Protein (g)		8	27
Carbohydrate (g)		5	17
Sugar (g)		2	6.8
Dietary Fibre (g)		2	6.8
Fat (g)		16	53.7
Saturated Fatty Acids (g)		3.2	10.7
Monounsaturated Fatty Acids (g)		8.8	29.2
Polyunsaturated Fatty Acids (g)		4	13.8
Trans Fatty Acid (g)		0	0
Cholesterol (mg)		0	0
Sodium (mg)		42	140

Age group	% Daily Value of Proteins per serve**
Children (4-6 years)	40%
Children (7-9 years)	27%

**Based on Protein consumption recommendation in RDA for Indians - 2010, ICMR.

Calculate only net carb. It is the parameter to be measured to know your daily consumption of carbs.

Net carb = Total carb – fibre (e.g. 17 – 6.8 = 10.2)

Fibre is not digested by the body.

Always read the carbs per 100g, as this is easy to calculate your carb consumption rather than reading the carbs per serving. Sometimes carbs per serving will be very low, misleading us to think that, this is a low-carb product.

What is added sugar? Apart from the sugar naturally occurring in food, the food product-producing company adds some more sugar to the products, this is called “added sugar”

6 DECEIVING FOOD LABELS AND ARTIFICIAL SWEETENERS

Many packed artificial food items have a marketing strategy of displaying the words “Zero Sugar” / “Sugar-free” on their food products. There are sweets and soft drinks that say diet sweet (or) diet soft drink.

These products contain sugar in an alternate form (e.g.: Saccharin, Aspartame, Erythritol, Xylitol, Sorbitol etc.). Even consuming such artificial sweeteners is very harmful.

Such artificial sweeteners have the following negative effects as per published research

- Confusing the brain on sugar intake and calories associated with it (as there are no calories in this)
- Excessive insulin secretion, diabetics, obesity
- Modifying healthy probiotic bacteria in the guts harms the body.
- Pregnant women consuming these sweeteners give birth to children with obesity

7 GLYCAEMIC INDEX

It is the speed at which food is converted into glucose by the body.

A high glycaemic index is harmful as the speed of conversion is high

A low glycaemic index is beneficial

Examples:

Food items with high GI: Processed foods such as white bread, pasta, packed flakes (e.g. corn flakes) and processed food with added sugars (biscuits, soft drinks etc.).

Food items with low GI: Natural whole grains, vegetables, greens, nuts etc.

Other methods: “Glycaemic-Load” and “Insulin-Index”. Glycaemic-load multiplies the GI of an item with the quantity of carbs consumed and then it is divided by 100. **Glycaemic-load is the most accurate method to use.** Insulin-Index measures the insulin level when a food item is consumed.

8 INSTANT CARB CALCULATION WEBSITE

ISITKETO.ORG

In ‘search’ field you can enter the name of the product to get instant result. Also, you can see multiple products using the option “Browse by category”

Is Almond Milk Keto Friendly?

Answer: At nearly zero carbs, almond milk is a keto-friendly milk alternative.

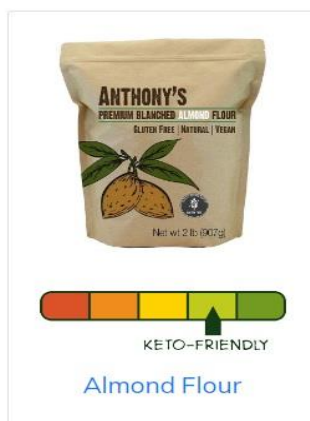


Are Bananas Keto Friendly?

Answer: Bananas are not keto-friendly, with 24 g of net carbs in a medium banana.



Breads



9 APPROX VALUES TO DETERMINE IF A FOOD ITEM IS A LOW / MODERATE CARB

In 100 gms if the Net Carb value is less than or equal to 7 gms, then it can be considered as low carb

In 100 gms if the Net Carb value is between 7 and 14 gms, then it can be considered as moderate carb

10 LEGUME CHART

9 Major Legumes

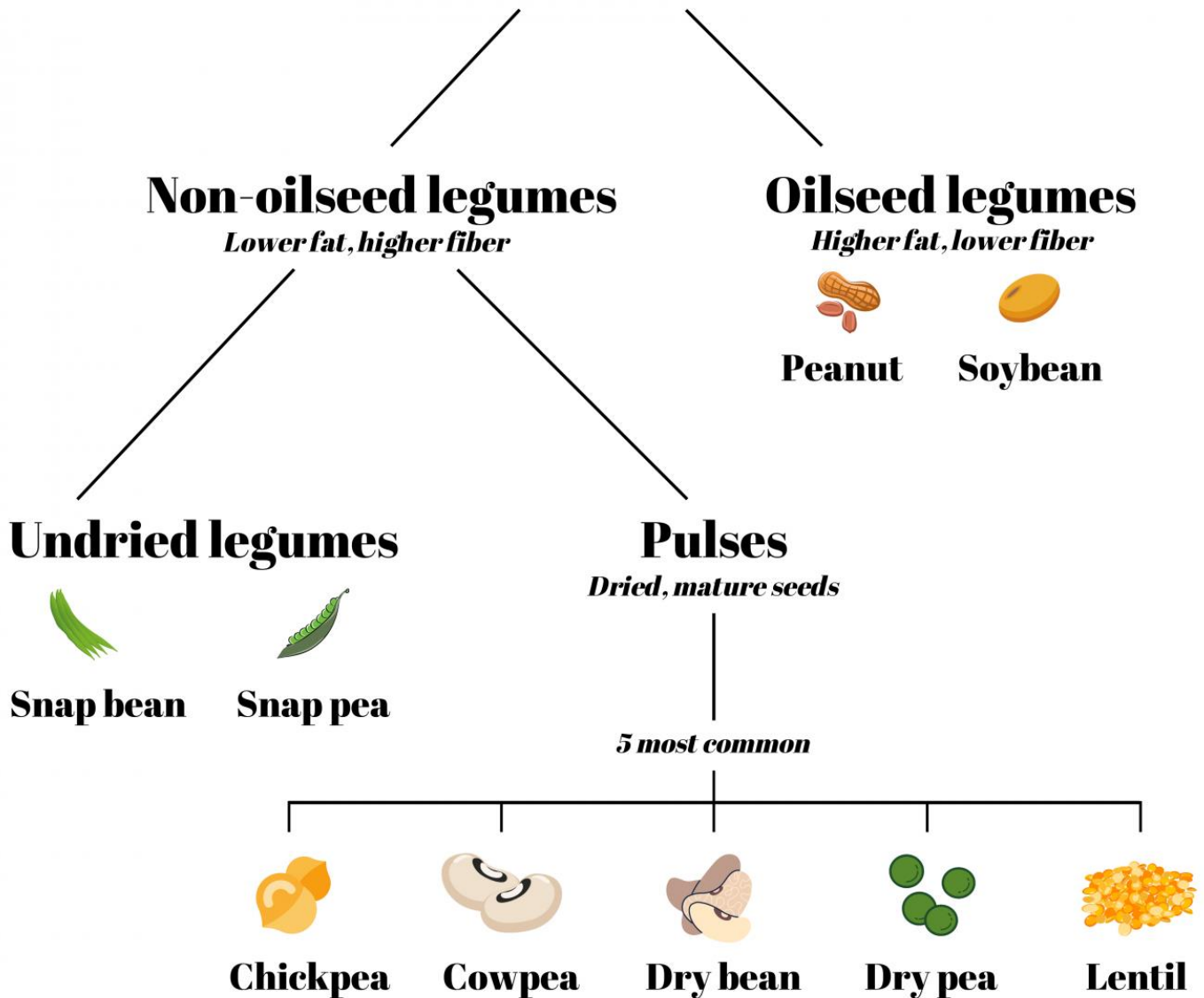


Image: A legume a day

Any plant that has seeds in pods (seed containers) is called a legume

Note:

When a pea (or) bean is consumed in dry form it is called a Pulse

11 FOOD ITEMS NOT ALLOWED IN PALEO

- All grains (rice, wheat, maida, ragi, all millets, corn, bread, bun, chapatti, roti, dosa, idly etc.)
- All legumes
 - Beans (except green beans, edamame (immature soybean with the pod), black soybean)
 - Peas (except snow and sugar snap peas. Green peas can be taken in moderation)
 - Pulses (which include normal & sprouted lentils)
- Cashew nuts
- Soya products in any form (a few exceptions are given above)
- All underground starchy root vegetables (potato, sweet potato etc.)
- Beetroot
- All artificial, aerated drinks with natural sugar (or) artificial sweeteners (Pepsi, Coke, Frooti etc.)
- All fruits (except a few fruits mentioned in the snacks section)
- Dairy Milk (as lactose is a form of sugar), Sweets, Bakery items, Ice-cream and Chocolate.
- Any form of sugar -white, brown, palm, honey, chemically processed stevia plant, artificial sweeteners
- Oils are not recommended in this book (Note: any refined oil is very harmful and not allowed)
- Tamarind (use lemon juice as a substitute for getting a sour taste)
- Deep fried items (poori, samosa, vada, bonda, pakkoda, murukku (chakkali) etc.)



12 WHAT TO EAT?

Food with low net carb. Ex: vegetables, greens, coconut, nuts, seeds, recommended liquids, soups etc.

Legumes can be consumed in moderation to get proteins (during the maintenance phase)

Need to analyse research articles about the impact of using natural unprocessed **Stevia leaves** as an alternative to sugar. At this point, a verdict cannot be given about the usage of natural stevia as a sugar alternative.

13 OIL TO CONSUME AND COOK:

- Organic, cold-pressed, extra virgin: - coconut oil, avocado oil, olive oil (first choice)
- MCT (Medium Chain Triglycerides) oil, made from coconut and sold in several countries, is an oil that has only the C8 compound extracted from the coconut oil. It is very healthy (first choice)
- Organic, cold-pressed, extra virgin: - peanut oil, sesame oil (second choice)

Note: Cold pressing is a process in which the oil is extracted using a wooden pulveriser. As heat generated in a wood pulveriser is very less, it retains the health benefits of oil

14 ALTERNATE TO DAIRY MILK

Several nut milk (Almond, Coconut, Macadamia, Walnut (all without natural (or) artificial sugars)). These can be very easily prepared at home (see instructions in the other section). Soy milk is not allowed.

15 KETO BISCUITS, BREAD LOAF AND BUN

If you have an oven, then you can make many special keto food items such as keto biscuits, buns and bread loafs using almond flour, flaxseed flour and coconut flour (mixing them in any ratio and combination).

16 SNACK ITEMS TO CONSUME

- Seeds and nuts (almond, pumpkin, cucumber, watermelon, sunflower, walnut, brazil nut, flax, chia, macadamia)
- Coconut pieces, dry coconut flakes with some spices.
- Kefir curd (yoghurt)
- Fruits (avocado, raw guava, cucumber, chayote) (see avocado recipes at the end of this book)
- Multiple berries – Strawberry, Raspberry, Blackberry, Gooseberry
- Chia seeds mixed with curd (yoghurt) make keto curd rice
- Keto bread, bun, biscuit, wrap.



Normally chayote is consumed in cooked form, but the raw fruit is delicious and palatable

17 INSTRUCTIONS FOR PREPARING NUTS:

- Almond is to be processed by soaking in water for 1.5 days and also changing the water about four times in those 1.5 days. Processed almond is also available in Paleo shops. Such processing is said to be removing some unwanted natural chemicals found in almonds.
- Chia seeds can be soaked in cold water for about 30 mins and used in any kind of food preparation (or) can be directly consumed.



18 FAT SOURCES FOR CONSUMPTION

- Recommended oils (mentioned in another section)
- Butter
- Ghee (clarified butter)
- Paneer (cottage cheese)

19 DRINKS TO CONSUME (NO SUGAR)

- Green tea
- Black coffee/tea
- Bulletproof coffee (a.k.a. butter coffee)
- Kefir buttermilk
- Lemon juice (also ginger extract + lemon juice)
- Soups made from greens / vegetables / mushroom (corn soup not allowed)
- Coconut water
- Tea / coffee made with coconut / almond / macadamia milk

20 FEW KETO FOOD ITEMS

Cauliflower rice, vegetable poriyal (subji), rasam, spicy sambar (kara kulambu in Tamil), sambar without lentils (dhal), mushroom/cauliflower masala, keto idly, keto uthappam (a.k.a. roti), Dumplings (a.k.a. kolukattai / modak / momos), palak, kadaai vegetable, mushroom pepper fry (See some more recipes and images at end of this book).

Note: Don't try to make flatbread (a.k.a. uthappam/roti) only with flax seed batter. It is not possible. See the recipe section for a solution

21 KETO RICE (ALTERNATE TO REGULAR RICE):

- **Konjac (a.k.a Sirataki) rice, noodles** famous in Japan is made from the sister species of "Elephant Yam". Rare to get this rice at shops in India, so get it from online sellers.

Elephant Yam (used in India as a vegetable)

Scientific name: Amorphophallus paeoniifolius

Family: Araceae

Konjac (used in Japan and many countries as rice and noodles)

Scientific name: Amorphophallus konjac; **Family:** Araceae



- **Cauliflower rice:** From uncooked dry flower make small granules using a mixer (blender/food processor) and then steam it in an idly cooker (or) vegetable steamer.

Note: Do not cook cauliflower by soaking it in water (similar to regular rice cooking)

- **Resistance starch rice:** refer to the section on resistance starch

Such keto rice preparations are low in carbs and can be consumed along with your desired side dish.

22 RAW VEGAN GREEN JUICE FOR HIGH ENERGY AND REDUCING HUNGER



Ingredients:

- Any edible greens
- Curry leaves
- Coriander leaves
- Mint leaves (Pudina)
- Lemon juice
- Cucumber cut pieces
- Ginger cut pieces
- Garlic cloves
- Salt
- Water
- Chia seeds soaked in water for 30 mins

If you consume raw vegan diet, it is an excellent source for major health benefits. Raw vegan means consuming organic vegetables, greens in raw form without cooking (no animal products)

Grind these in a mixer. Your juice is ready. This is very tasty, healthy and filling.

If you do not have some of the ingredients, then do not worry. You can prepare with available ingredients.

23 PROBIOTIC DRINKS

Any drink prepared by fermenting is called a **probiotic drink**. It is extremely healthy and it is very good for gut flora (which means encouraging healthy bacteria to grow inside the guts (intestine))

A traditional drink prepared in India by fermenting water, by overnight soaking cooked rice in it, is also a wonderful probiotic drink.

Kefir grains if used for making probiotic drinks and also as a starter for making probiotic curd (yoghurt), it has enormous health benefits. Watch YouTube channels to know how to prepare kefir curd and reuse the kefir grains for successive batches. Kefir grain multiplies naturally, so don't pay a huge amount for buying this. You can borrow from people who already have this (or) from a paleo shop selling this for a low cost.



Left: Milk kefir grain



Right: Water kefir grain

24 RESISTANCE STARCH



Resistance starch is a type of starch that cannot be digested by the small intestine and converted to glucose. This starch is excellent for feeding good gut bacteria. This has enormous health benefits

This starch is found in green bananas (raw bananas) and a few more products.

As the banana becomes ripe the resistance starch is converted to regular starch.

Boiled and cooled (for 8 hours in the fridge) white / brown rice, beans (other than green) and potatoes also have resistance starch. Green bean is naturally a low-carb food, so no need to process them.

There are two methods to consume resistant starch

Method 1:

Since raw bananas and potatoes are not palatable, green banana powder and raw potato starch powder can be purchased from shops. These powders can be mixed with water/coconut milk/almond milk/macadamia nut milk and consumed. Can add nuts, berries and seeds for taste.

Method 2:

Rice, beans and potatoes can be boiled, kept in the refrigerator overnight, for cooling and then consumed the next day after reheating. This gives an opportunity to eat regular rice, beans and potatoes. Reheating helps in increasing the resistant starch. The duration of refrigeration varies as per different information sources, so overnight refrigeration is recommended here. Cooling at room temperature has fewer benefits.

25 SPECIAL PALEO FOOD PRODUCTS

- **Apple Cider Vinegar:** Daily two teaspoons are mixed in one cup of water and consumed without touching the teeth.
- **Tender turmeric paste:** Daily one spoon. Store the bottle in a fridge (or) Keep the bottle inside a bowl that is filled with water (to give the cooling effect)
- **Kefir grains**
- **Psyllium Husk (only a very less quantity to be used), Flax seeds, Chia seeds & Xanthan gum:** Can be used in any keto recipe as a binding agent
- **Coconut – Dry powder / fresh flakes:** Can be used in any keto recipe
- **Paleo/keto snack items:** Spicy dry coconut flakes, roasted seeds/nuts with salt and pepper, salt pickled gooseberry (see other section for details of preparation)

Available in paleo stores and many super markets.

26 CHEATING DURING THE PALEO / KETO DIET

What will happen if I cheat during the paleo/keto diet course? (i.e. consuming high-carb foods) ?

Your body will use carbs as an energy source instead of burning fats. Achieving your goals will be delayed. The negative impact of consuming excess carbs will be there for a few days.

27 SOURCE OF SOME OF THE VERY IMPORTANT VITAMINS

- **B12:** From dairy products (for vegetarians). From vitamin capsules/tablets (for vegans)
Note: B12 is produced by bacteria in the soil. RO water and the chemical water purifying processes done by the government, kill these bacteria.
- **D:** By exposing your body to direct sunlight (5000 units per day) (or) vitamin tablets

App for monitoring your sun exposure: Apps such as “D Minder” can be downloaded on your mobile phone. When you expose your body to the sun, switch on the App and expose the mobile screen to the sun to record the units of your exposure.



28 EXERCISE:

- 8000 steps of walking every day is mandatory (or) any other cardio exercise such as jogging, cycling, aerobics, swimming etc.
- Body stretching & muscle building at the gym using various equipment (or) at home (using dumbbells, pushups, using own body weight etc.) every day

Note 1: One day of rest in a week is mandatory.

Note 2: Use a fitness band watch (or) Pedometer App on your cell phone to count steps

Calculating the accuracy of your step counter (pedometer) App

Many pedometer Apps do not show the result accurately. To test the accuracy, after installing the App walk about a kilometre (from a pre-determined start and endpoint). After reaching the endpoint, check the App, if it shows the correct reading (1km = 1312 steps) (or) with some minor deviation, then the App is working fine.

Advantages of using pedometer (step counter) watch (a.k.a. fitness band)

- While jogging / walking, you don't have to carry your mobile phone for counting steps (or) count manually. This gives the flexibility of being hands-free and prevents errors due to manual counting.
- The data from your pedometer watch (band) can be synced to your mobile App.
- Graphical data about your daily, weekly monthly achievements can be seen on your phone.

29 FASTING:

Water fasting: means drinking only water, recommended liquids during fasting

- 12 hours of water fasting (do it daily)
- 16 hours of water fasting (Frequency: decide based on your choice and body condition)
- 24 hours of water fasting (Frequency: consult your doctor)
- Dry fasting (without water) (consult your doctor)

Note 1: Do not attempt 24 hours of fasting continuously. There should be 48 hours gap between two 24-hour fasts.

Note 2: Small quantity of black coffee, black tea, green tea, unsweetened almond milk (all without sugar) and ginger extract mixed in lemon juice (also plain lemon juice) is allowed during water fasting, as they don't break the fast.



Fasting for Health and Longevity: Nobel Prize Winning Research on Cell Aging

Japanese cell biologist Yoshinori Ohsumi won the [Nobel Prize in Medicine in 2016](#) for his research on how cells recycle and renew their content, a process called autophagy. Fasting activates autophagy, which helps slow down the aging process and has a positive impact on cell renewal.

What is Autophagy?

During starvation, cells break down proteins and other cell components and use them for energy. During [autophagy](#), cells destroy viruses and bacteria and get rid of damaged structures. It's a process that is critical for cell health, renewal, and survival.

30 DAILY CALORIE (MACROS) CONSUMPTION CALCULATION

There are some websites and apps that help in calculating the daily calorie (macros) consumption. I don't recommend this, as this is very hectic. We will lose focus on following the diet and will lose interest in a low-carb diet.

31 OVERALL SUGGESTION

Consume a variety of keto food products every day, to have a balanced intake of proteins, carbs and fat.

32 MAINTENANCE DIET

Once your goal (ex: weight loss) is achieved using the keto diet, go for a maintenance diet, with limited carbohydrate consumption (can consume grains, legumes, fruits, 90% above dark chocolate etc.), but continue all other activities of pillars of a healthy lifestyle, mentioned in this book.

Keep monitoring your weight & carb consumption and have control over it. This carb, plus weight control and 16 hours of fasting can be achieved by having only two meals a day. One regular meal and one paleo meal in a day. Do blood & urine tests once in 6 months to monitor the parameters.

33 YOUTUBE CHANNELS ABOUT LOW CARB

See the playlist of these YouTube channels to know more about 4 pillars of health
You can watch any channel of your choice. These few are for your quick reference

Tamil YouTube channels for Keto cooking

*Keto Samayal * Jo Kitchen

English YouTube channels for Keto cooking

*Headbanger's Kitchen *Magic in my food

English YouTube channel for Vegan Keto cooking

* Heavenly Fan

General YouTube channels discussing multiple keto topics

- Doctor Arun Kumar (Tamil)
- Tamil Paleo – 100 days Paleo Challenge
- Arokyamum & Nalvalvum (Tamil. Also has a very active FB page with the same name, providing counselling)
- Eat Mostly Fats (by a Cardiologist)
- Dr. Eric Berg DC (not a medical doctor)
- Dr. Becky Gillaspay (PhD dietitian)
- The Dr. Gundry Podcast (heart surgeon)
- Serious Keto
- Keto Connect



**Tamil book
about paleo**

Products in this section can be mixed with any paleo recipe
Nuts (except cashew) and seeds are also part of this group



Left: Chia Seeds

Forms a sticky jelly,
when soaked in water
for about 30 mins.

**Right: Walnut (all nuts
except cashew are low
carb and can be used)**

**Majority of seeds are
low carb (e.g. cucumber
seeds, pumpkin seeds)**



Left - Flax seeds.

Make in to a powder
and use it.



Avocado

Avocado cream along with two layers of paleo / keto roti, bread (or) bun can be consumed as a delicious sandwich.

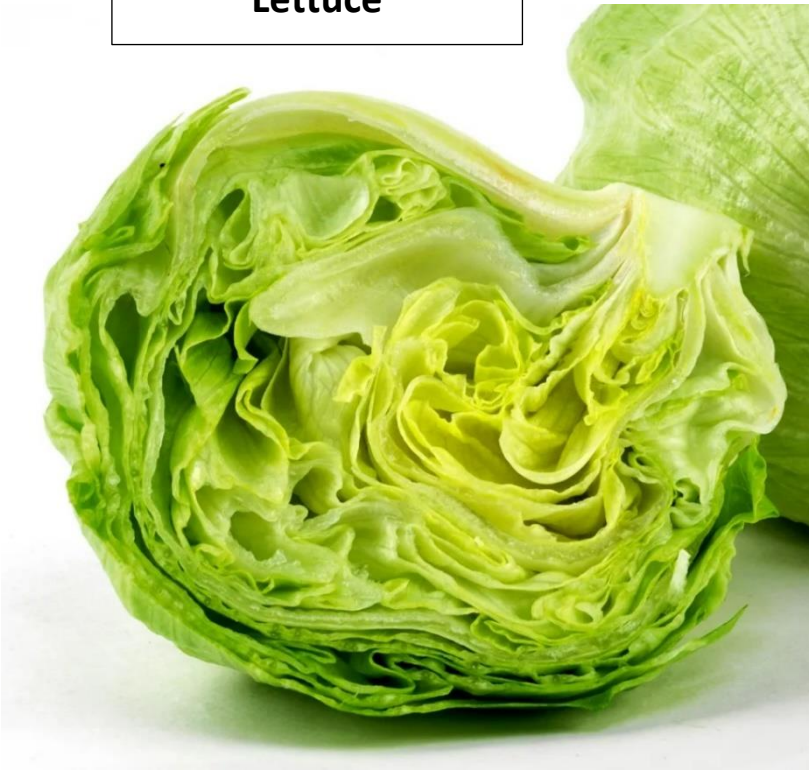
Green colour skin indicates that the fruit is raw. Wait till you get multiple brown spots all over the skin, to eat.

**Coconut, Coconut milk,
Coconut water and Cold
Pressed Coconut Oil**



Tomatoes

Lettuce



**Organic, Extra Virgin,
Cold Pressed Olive Oil**



35 MAKING GOOSEBERRY INTO A PALATABLE SNACK



Consuming raw gooseberry will be difficult, due to this our consumption of this excellent fruit will reduce

A simple method to increase the palatability of the fruit

- Cut the gooseberry in to two or three pieces
- Mix salt in fresh drinking water
- Soak the gooseberry in the salt mixed water

After 3 to 4 hours, you can consume the gooseberry that will become delicious due to the pickling process

Almond (or) any Nut Milk

- Soak the almonds / nut (12 almonds are sufficient for one cup of milk) in fresh drinking water for about 4 hours.
- Grind the soaked almonds in mixer without adding water
- Once you see the fine almond particles in mixer, add few teaspoons of water and grind it in to a paste
- Remove the paste and pour it inside a strainer (filter)
- Keep a bowl below the strainer and pour fresh drinking water on the paste
- Stir well to collect the milk in the bowl
- Use the leftover almond extract as an ingredient in cooking



Large strainer should be used for extracting almond milk

Flax seed powder

- Using a large strainer wash the seeds with fresh running water
- Remove the left-over water from the strainer.
- Pour the seeds on a pan and heat it for few mins (If you have an hour time, can do a direct “sun dry” by keeping on a plate,)
- Using mixer (blender) make the powder

Note: Make this in bulk and store it, to avoid spending time every time in preparing this





Chia – Berry Smoothies

Mix the following

- Almond or Coconut milk
- Raspberry / Black berry extract
- Chia seeds

Note: Chia seed when mixed with any liquid, will form a jelly like texture

Nice-cream: Freshing this product in fridge will create an icecream called as nice-cream

Flax seed bread

Need oven to make this

OTG ovens will consume plenty of time (about 45 mins)

Normal ovens will prepare this in few mins.

Tip: Avacado sandwich is a delicacy that can be made with flax seed bread

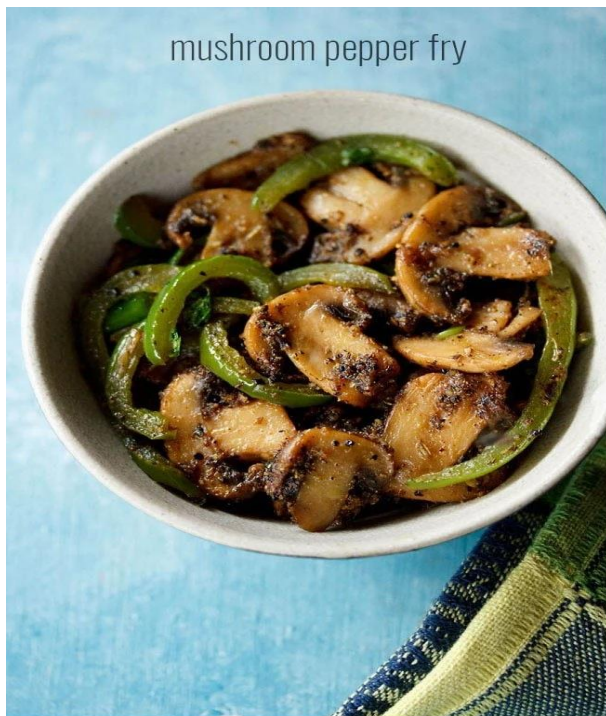
Tip: Can add psyllium husk, coconut powder, chia seeds, xanthan gum, almond powder to flax seed bread dough.



Avocado meal

(Avocado, onion, tomato, salt)

Can also consume plain avocado with spicy green chutney (made with pudina or curry leaves or coriander)



Mushroom - shallow fry

Ingredients: Mushroom, pepper, salt, capsicum, curry leaves.

- Shallow fry mushroom, capsicum in a pan just for few mins using recommended oils
- Add pepper and salt after frying.

Vegan Curd (yogurt) made with coconut milk

Can use cut green chillies as starter for fermentation.

Fermentation takes few extra hours compared to dairy milk curd.

Note: Making curd with Almond milk is very difficult

Note: This curd can be mixed with chia seeds to make a meal





Above: Flat Bread/ Uthappam / Roti

Ingredients for the recipe in left side and below

Fine ground flax seeds powder

If needed, can add any of the following: - chia seeds soaked with little water for 30 mins., coconut powder, almond powder, xanthan gum

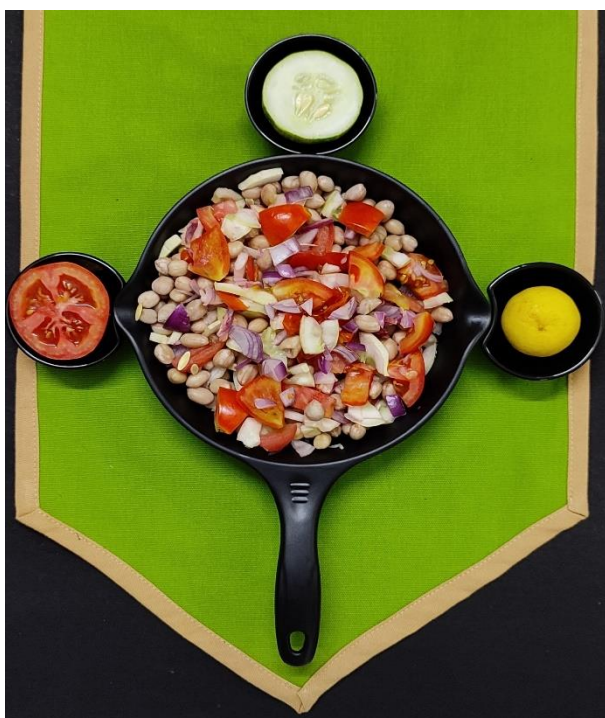
It's very difficult to get the rolled flat bread without breaking it, so add a very small quantity of Psyllium Husk as a binding agent. Use parchment paper on top and bottom of dough ball to prevent the dough from sticking to the surface, while rolling.

Flax-Onion Dumplings

(a.k.a. Kolukattai, Modak, Momos)

- Flax seed powder
- Any item from ingredient list
- Onion

Mix the dry powders, onion and oil (if needed). Make the item using hand. Steam it for about 20 mins.



Mouth Watering Keto Bhel (Indian Snack)

Mix the following

- Chopped Tomatoes, Onions, Cucumber
- Boiled Peanuts
- Coriander leaves (optional)

Add these to the mixture

- Coconut oil, Salt, Chilly Powder, Lemon Extract

Note: Should not add puffed rice (murmura/Pori), Sev (deep fried Indian snack)



Smoothie

Mix the following:

- Almonds or any other nuts other than cashew crushed in to small granules
- Coconut milk (or) Almond milk
- Unprocessed stevia (plant-based low carb sweetener available online)
- Unsweetened, unprocessed cocoa powder

Poha / Aval Upma

Mix the following and shallow fry using olive oil or coconut oil:

- Steamed dry cauliflower
- Chopped onions
- Urud dhal broken (Tamil: Ulundu)
- Tomato (optional)

Final Mix

- Small quantity of lemon extract
- Fried peanuts, pinch of salt, chilli



Mashed Cauliflower

- Pressure cook cauliflower
- Mash it in a mixer

In a pan, shallow fry the mash using olive/coconut oil with

- Few lettuce leaves
- Chilli, Few garlic cloves

Note: Instead of shallow fry, baking the ingredients is a delicious alternate

Right: Tomato, almond, cucumber nuts meal

Mix these

- Shallow fried tomatoes
- Almond paste (by-product of coconut milk extract process)
- Cucumber seeds (available in super market)
- Capsicum
- Salt. lemon extract



Hot Chocolate

Unsweetened, un processed cocoa, one teaspoon added with hot water.

Even though cocoa is rich in carbs, since the quantity of consumption is very less, consuming it regularly has excellent benefits

Right: Tomato, Brinjal, lettuce Meal

Shallow fry for few mins:

- Tomatoes
- Brinjal
- Lettuce

Mix with

- Almond granules / paste, salt





Cauliflower Popcorn

Apply oil on chopped cauliflower and bake it using an oven (or) small home popcorn machine.

Add pepper, salt for taste

Soups

- Tomato
- Mushroom
- Spinach
- Vegetable



Raw Guava Meal

- Chopped raw guava
- Chilli powder
- Salt

This provides a filling meal



Images here are only for representation. You can buy any brand product as per your wish

Right: Tender Turmeric Paste
Daily one tablespoon to be consumed at any time of day



Left: Daily 1 tablespoon to be mixed with 1 large cup of water and consumed.

Can consume at any time of the day.

Warning:
Never consume undiluted vinegar, it will burn your stomach

Right: Readymade paleo mix sold in paleo shops for making idly, utthappam, roti, kolukattai (modak) and puttu.



All the best

**Low carbohydrate diet guide
for very healthy living**

Elsa Foundation