

## Low Carb Brainstorming

### RECIPES & FOOD IDEAS

These are some sites or apps I have found to be helpful to get started. I'm sure you can find a million of things by searching online for "low carb healthy fat". You will see 'keto' come up in many of these; this type of diet plan is a really great resource for learning about how to replace flours and make low carb healthy fat meals. If you read more and want to go "keto", let's talk (it's not for everyone, but could be for you).

- Wildtree meal planning service: [mywildtreemeals.com](http://mywildtreemeals.com). You have an account we set up for you preloaded with WholeYou-approved meals.
- Ditch the Carbs recipe site: [ditchthecarbs.com](http://ditchthecarbs.com)
- Low Carb Yum recipe site: [lowcarb yum.com](http://lowcarb yum.com)
- All Day I Dream About Food recipe site: [alldayidreamaboutfood.com](http://alldayidreamaboutfood.com)
- Peace Love and Low Carb recipe site: [peaceloveandlowcarb.com](http://peaceloveandlowcarb.com)
- Delish recipe site: [delish.com](http://delish.com) (search for "low carb")
- Wholesome Yum: [wholesomeyum.com](http://wholesomeyum.com)
- Diet Doctor: <https://www.dietdoctor.com/>
- Mealime app: Let's you search by type of eating plan (suggest paleo or low carb as your option on this one), makes grocery lists for you
- Paprika app: Lets you search the web for recipes and then clip and save them centrally in the app and sync with a desktop version. Just search "low carb" and see what you find.

### IDEAS & PRODUCTS

Veggie noodles! Make your own. Buy a spiralizer and make noodles out of zucchini or other types of veggies. You'll see it call ZOODLES (zucchini noodles) in recipes. Examples below:

- <https://www.ditchthecarbs.com/what-are-zoodles/>
- <https://lifemadesweeter.com/one-pot-teriyaki-chicken-zoodles/>

Here are some ideas for random recipes to get your thoughts moving in different directions; etc shiratake or mung bean noodles, egg pasta recipe, and a low carb risotto or gnocchi option.

- <https://food-hacks.wonderhowto.com/how-to/tasty-low-carb-pasta-alternatives-arent-just-shaved-vegetables-0160464/>
- <http://www.mycopenhagenkitchen.com/2016/01/07/8-low-carb-alternatives-to-rice-pasta-and-potatoes/>
- <https://www.atkins.com/recipes/cauliflower-risotto/799>
- <https://www.delish.com/cooking/recipe-ideas/a55824/best-gluten-free-pasta-recipe/>

There are companies that sell pastas and other stuff made from chickpeas, from lentils, from beans, from other plants. A bunch of examples below (click on it for links):

- [Konjac plant noodles](#)
- [Chickpea noodles](#)
- [Egg fettuccini](#)
- [Shiratake noodles](#)
- [Bean and veggie noodles](#)
- [Cali'four](#) products
- Breads- if you must have bread of some kind, look at sprouted grain options with Ezekiel and [Mikeys](#)
- Baked goods- if you are going to get too much of a sweet tooth, don't go back to eating sweet, but if you think you can handle it, try [Paleo Bakehouse](#)
- [THRIVE MARKET](#) is terrific for online shopping for a lot of this stuff and much much more and has pretty good deals.
- As for replacing FLOUR, basically just search any keto recipe site and they will have tons of options for making baked goods, lasagne, pizza, etc etc with almond/ coconut flour or cauliflower or zucchini or dairy. Experiment away!

Please share with us any recipes, sites or products you love!