

Page #	Recipe Name	Alterations	Notes
3	Beef Suya		
5	Glazed Salmon w/ Chili-Basil Sauce	Instead of <ul style="list-style-type: none"> • brown sugar, use granulated erythritol • Cornstarch, use Xanthan Gum or Glucomannan Powder 	
13	Georgian Chicken w/ Walnut-Cilantro Sauce		Using Pomegranate Molasses in this small amount only adds 6 grams of carbs per serving
21	Poached Cod in Tomato-Garlic Broth		
27	Pork chops w/ Peanut Guajillo Sauce	Instead of: <ul style="list-style-type: none"> • Agave syrup, use sugar-free honey or maple syrup 	
47	Sumac-Spiced Chicken	Calls for Pita Bread - Buy low carb or make your own using this recipe	
51	Ginger-Scallion Steamed Fish	Instead of: <ul style="list-style-type: none"> • White sugar, use erythritol or stevia 	
55	Ginger-Soy Steak w/ Pear-Cucumber Salad	Instead of: <ul style="list-style-type: none"> • White sugar, use erythritol or stevia 	This recipe calls for a pear but is four servings. The net carb per serving of a pear is 5 grams.
59	Spicy Sichuan Tofu and Pork	Instead of <ul style="list-style-type: none"> • Cornstarch, use Xanthan Gum or Glucomannan Powder 	
63	Shrimp w/ Feta Cheese		
67	Steamed Chicken and Shiitakes w/ Soy-Sake Sauce		
69	Shrimp w/ Tamarind		The tamarind paste and tomato paste add carbs to

			this dish about 13 grams per serving.
77	Cashew-Coconut Meatballs w/ Creamy Spiced Tomato Sauce		
91	Stir-Fried Chicken w/ Snap Peas and Basil	Instead of: <ul style="list-style-type: none"> • White sugar, use erythritol or stevia 	You might think sugar snap peas are off limits, however one 1-ounce serving has only 2 grams of carbs.
101	Mushroom Pork Omelet	Instead of: <ul style="list-style-type: none"> • White sugar, use erythritol or stevia 	
111	White Balsamic Chicken w/ Tarragon		
115	Sesame Stir Fried Pork w/ Shiitakes	.	Make sure you choose a Mirin that is low in carbs as brands may vary
116	Peruvian Ceviche		Skip the sweet potato chips and serve with a low carb option
121	Chicken Teriyaki Donburi		Serve over cauliflower rice or a low carb rice substitute
131	Pork Chops in Chipotle Sauce		
135	Hazlenut-Crusted Chicken Cutlets with Arugula and Fennel Salad	Instead of <ul style="list-style-type: none"> • Bread crumbs use parmesan cheese or crushed pork rinds 	
139	Vietnamese Shaking Beef	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
151	Vietnamese Meatball Lettuce Wraps	Instead of <ul style="list-style-type: none"> • White sugar use erythritol 	
152	Roast Cod with Tahini-Herb Butter		
157	Moroccan Chicken Skewers	Instead of <ul style="list-style-type: none"> • Honey use Pyure 	

		Harmless Hunny	
163	Paprika-Rubbed Pork Tenderloin	Instead of <ul style="list-style-type: none"> • Honey use Pyure Harmless Hunny 	
169	Miso-Marinated Skirt Steak	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
175	Seared Salmon with Avocado Sauce and Tomato-Cilantro Salsa		
184	Cilantro-Tomato Omelet		
187	Salmon Chraimeh		
194	Onion Frittata with Sherry Vinegar Sauce		
201	Lemon Grass-Coconut Tofu		
203	Turkish Scrambled Eggs with Spicy Tomato and Capers		
209	Palestinian Crispy Herb Omelet		
216	Shaved Zucchini Salad		
219	Charred Brussels Sprouts with Garlic Chips	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
220	Asparagus with Sauce Gribiche		
223	Stir-Fried Broccoli with Sichuan Peppercorns	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
230	Scotch Bonnet Slaw		
233	Thai Stir-Fried Spinach	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
245	Ginger Beef and Rice Noodle Salad	Instead of <ul style="list-style-type: none"> • Rice Noodles use Shiritake Noodles 	

249	Greens with Walnuts, Parmesan and Pancetta Vinaigrette		
253	Korean Chicken Salad		
259	Herbed Egg Salad		
267	Shrimp, Fennel and Radish Salad		
271	Miso-Ginger Chicken Salad		
315	Pork and Chorizo with Piquillo Peppers		
317	Eggs with Linguica and Peas		
339	Coriander-Roasted Chicken	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
341	Jerk-Roasted Chicken	Instead of <ul style="list-style-type: none"> • brown sugar use erythritol (Swerve Brown Sugar) 	
342	Za'atar-Roasted Chicken	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
345	Somali Chicken Soup		
360	Chicken en Cocotte		Dry white wine should be low carb, just be careful with your selection.
363	Piri Piri Chicken Thighs	Instead of <ul style="list-style-type: none"> • white sugar use erythritol 	
365	Whole Roasted Cauliflower		
366	Colombian Coconut Chicken		
378	Chocolate-Tahini Pudding	Instead of <ul style="list-style-type: none"> • white sugar use erythritol • Half-and-half use heavy cream • Semi-sweet chocolate use Lilys chocolates 	This one requires a bit of tweaking but I wanted to show that you can alter recipes so that they fit a Keto lifestyle

