

Dr. Atkins Diet Recipes

NOTE.MOST INGREDIENTS IN THESE RECIPES CAN BE BOUGHT IN GOOD HEALTH FOOD SHOPS,SUPERMARKETS.IF YOU HAVE TROUBLE GETTING WHAT YOU WANT, EXCHANGE INGREDIENTS USING THE CARB COUNTER PROVIDED.

SALADS AND DRESSINGS

Blue Cheese Salad Dressing

1CarbsPerServing:1g total

Effort:Easy

Ingredients:

1 tablespoon sour cream 2 teaspoons mayonnaise
2 teaspoons heavy cream 1 tablespoon blue cheese 1 teaspoon powdered ranch dressing mix.

How to Prepare:

Mix all together and chill before serving.

NOTES : Counts for ranch dressing mix not included in totals.

BLT Salad

CarbsPerServing:7g total

Effort:Easy

Ingredients:

7 slices bacon - cooked crisp,drained and crumbled
1 cup chopped lettuce 1/8 cup chopped onion 1/2 medium tomato -
chopped 1 tablespoon mayonnaise

How to Prepare:

Stir mayo into lettuce,onion and tomato until evenly coated. Toss in bacon.

Beef Salad

UnknownCarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Cold Roast beef - shredded or
coarsely chopped boiled eggs
Chopped onion (I use green onions)Chopped dill pickle
Sliced celery Mayo

How to Prepare:

Mix in desired amounts keeping track of the carbs you add. Let chill. Yummy on Wasa or maybe even with pork rinds for dipping!

Bacon & Egg Salad

CarbsPerServing:23g total

Effort:Easy

Ingredients:

8 eggs 1 cup mayonnaise
1/4 pound bacon 1 cup hot pepper cheese 3 tablespoons chives -
4 thin radishes - sliced thin 1 head lettuce - torn fine for
salad 1 avocado - cubed

How to Prepare:

Boil the eggs, until hard and dice them. Fry the bacon and crumble it. Mix all ingredients in a bowl.

NOTES:

Carbs for avocado based on 14.85 for 1 3/8 cup - adjust accordingly. Carbs for lettuce base on 2 for 1 cup - adjust accordingly Carbs for hot pepper cheese not included in above total - adjust accordingly

Bacon Cheeseburger Salad

CarbsPerServing:7g total

Effort:Easy

Ingredients:

3 ounces lean ground beef crumbled,cooked and
drained
4 slices bacon - cooked crisp,drained and crumbled
1 cup chopped lettuce
1/8 cup chopped onion 1/2 medium tomato - chopped
1 tablespoon mayonnaise 1/4 cup cheddar cheese - (or 1 ounce)

How to Prepare:

Stir mayo into lettuce,onion and tomato until evenly coated. Toss in beef,bacon and cheese.

Basics: Meat, Egg or

CarbsPerServing:7g total

Effort:Easy

Ingredients:

1/4 pound chicken, beef, or ham - cooked and cut according to preference
OR
12 ounces tofu, firm drained very well
OR
6 large eggs 2 tablespoons mayonnaise
1 tablespoon yellow mustard
1/4 cup chopped onion 1/4 cup chopped celery
2 tablespoons capers -
drained 3 tablespoons dill pickle - chopped

How to Prepare:

Note: chop meats to desired chunkiness after cooking. Leftovers work great! In a large bowl, mix desired main ingredient with remaining ingredients.

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