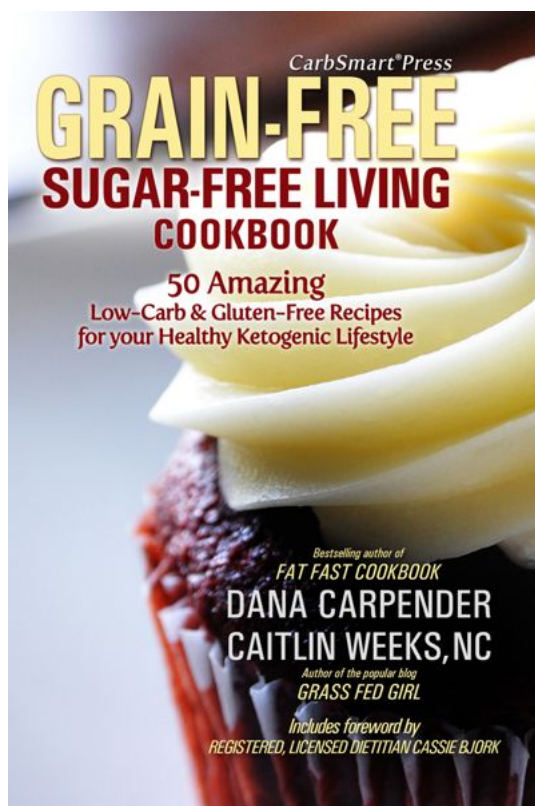


# Bonus Recipes Free PDF from CarbSmart® Grain-Free, Sugar-Free Living Cookbook

6 Amazing Bonus Low-Carb & Gluten-Free Recipes For Your Healthy Ketogenic Lifestyle



**Dana Carpender**

**Caitlin Weeks, NC**

**Edited by Marcy Guyer**

CarbSmart Press

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*“People of Grain-Free-Sugar-Free-Land Rejoice! The end of deprivation is here! Dana and Caitlin offer culinary freedom—from the tyranny of grains and sugar. Enjoy ketchup & steak sauce, once more. Eat pie, crackers. Heck, let them eat cake! Thanks to their amazing recipes, emancipation from toxic sugar and gluten is no longer a dream!”*

—Susie T. Gibbs, Writer and Photographer  
[Fluffy Chix Cook](#)

*“The legendary Dana Carpender does it again, this time in company with Paleo nutritionist and fitness expert Caitlin Weeks. A collection of simple and straightforward recipes, this book is perfect for the sugar-free, grain-free newbie. Think going low-carb or Paleo means you will have to miss out on sweet treats and delicious baked goods? Dana and Caitlin turn that idea on its head. Enjoy everything from muffins and cookies to your favorite coffee house drinks, all without those pesky sugars and grains. They also include tips on grain-free baking and cooking, as well as how to source the necessary ingredients. Healthy living and clean eating start here.”*

—Carolyn Ketchum, Writer and Photographer  
[All Day I Dream About Food](#)

*“I’ve been on a low-carb diet for three years, and rely totally on cookbooks like this to make it through. Dana and Caitlin’s recipes really hit the sweet spot. Literally. Most recipes are low-carb, or have a low-carb option suitable for induction, but if you’ve adopted a Paleo lifestyle and don’t need to do all that counting, there are variations for you. Plus, if you just want to get all that grain and sugar out of your life, and don’t care about carbs or cavemen, then you’re covered too. Best of all, for someone like me—not the most experienced cook in the kitchen—they encourage experimenting and learning, but at the same time keep you on the path toward great tasting dishes.”*

—Ed Stockly, TV Skeptic, Los Angeles Times  
[Los Angeles Times](#)

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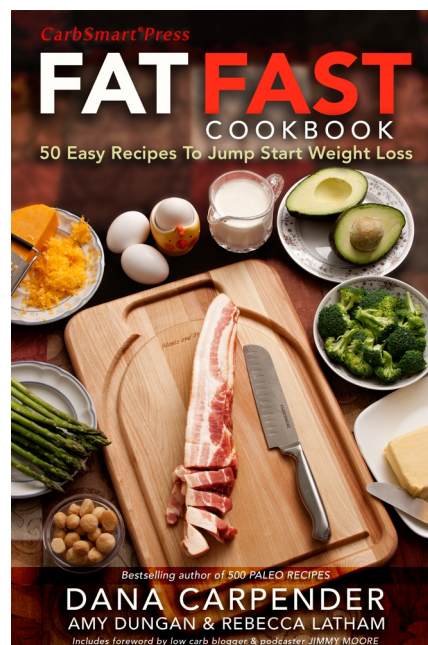
### Fat Fast Cookbook

by Dana Carpender, Amy Dungan, & Rebecca Latham

#### Jump-Start Your Low Carb Weight Loss with CarbSmart's Fat Fast Cookbook

- Are you having trouble losing weight, even on the Atkins Induction phase?
- Have you lost weight successfully on low carb, but hit a plateau or started to regain weight even though you're still following your low carb diet?
- Are you looking for a way to add more healthy fat to your low carb diet?
- Are you interested in jump-starting your weight loss the low carb way?

The [Fat Fast Cookbook](#) contains 50 easy Low Carb / High Fat recipes to jump start your weight loss or get you into nutritional ketosis, using the Fat Fast as developed by Dr. Atkins in his history-changing book Dr. Atkins' New Diet Revolution.



## By GlutenSmart Press

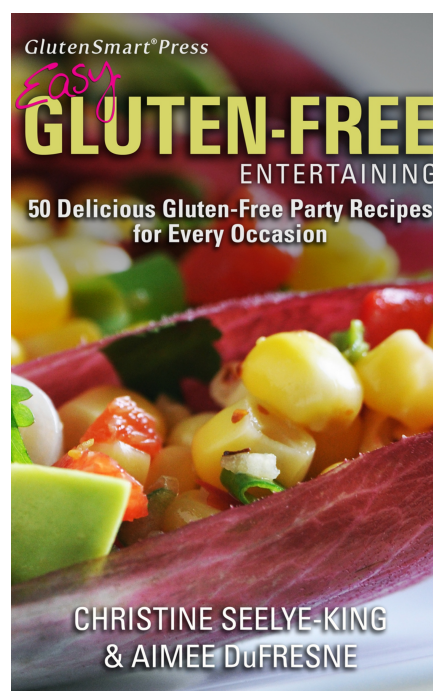
### Easy Gluten-Free Entertaining

by Christine Seelye-King & Aimee DuFresne

#### 50 Delicious Gluten-Free Party Recipes For Every Occasion

A great book for anyone looking for entertainment ideas that just happen to be gluten-free.

Your next social gathering will be a success because the recipes included in [Easy Gluten-Free Entertaining](#) make it easy to satisfy any and all palates and preferences. From delicious appetizers to main dishes, side dishes, and dessert, look no further.



## Contents

How to Order CarbSmart Grain-Free, Sugar-Free Living Cookbook .....	6
How to Use This Cookbook.....	7
“Better Than Coffee Shop” Mocha .....	9
Dana’s Scrumptious Chocolate Chip Cookies .....	11
Paleo “Peanut Butter” Cookie .....	14
Easy Dairy-Free Coconut Custard Pie .....	16
Peach Cobbler .....	18
Chocolate Mint Popsicles .....	20
Resources.....	22
The Authors.....	27
Dana Carpender.....	27
Caitlin Weeks, NC .....	28

## How to Order CarbSmart Grain-Free, Sugar-Free Living Cookbook

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(Paperback does not contain photographs)

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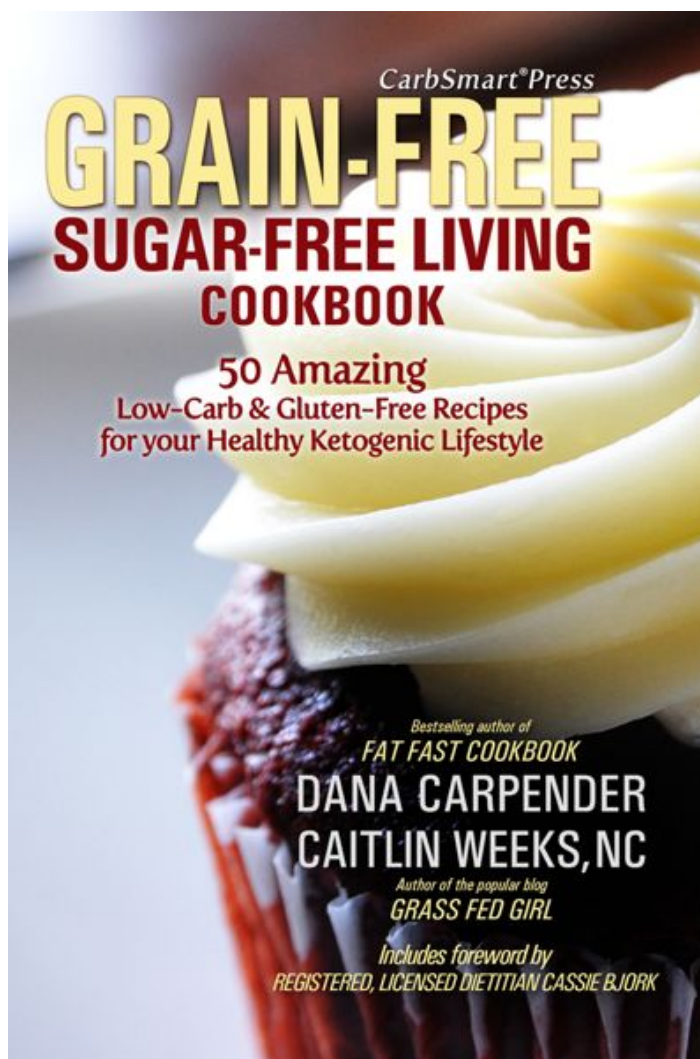
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## How to Use This Cookbook

Welcome to the Grain-Free, Sugar-Free Living Cookbook by Dana Carpender and Caitlin Weeks, NC! Just a few notes about the book before you dig in. In the authors' introductions, you will find lists of the most healthful sweeteners and other ingredients common to our recipes. These lists include what the ingredient is derived from and how best to use it.

We've tried to make the process of adapting the recipes to your individual needs simple. You may notice that the authors use different sweeteners. This is because their approach to food is different. Dana is a long-term low-carb follower and advocate, while Caitlin is a Paleo nutrition specialist. Paleo recipes also tend to be a bit higher in carbs and a little more forgiving with natural sweeteners. To that end, you will notice that there is a tag line below the author's name on each recipe. The tags designate the categories into which the recipe fits a specific dietary need.

### Low-Carb

The term refers to an eating plan that advises limiting the consumption of high carbohydrate foods. Also referred to as low glycemic and ketogenic, a low-carb diet seeks to balance metabolic processes and prevent chronic illness such as diabetes.

### Gluten-Free

A diet that excludes the protein gluten found in such grains as wheat, barley, rye, and triticale. A gluten-free diet is used to treat Celiac disease and other gluten intolerant illnesses by preventing inflammation in the small intestine.

### Paleo

Although there are many variations of the Paleo Diet, at their core, they all consist of whole, unprocessed, nutrient dense foods such as fish, grass-fed pasture-raised meats, eggs, vegetables, fruit, tubers, and nuts. Most Paleo diets omit grains, legumes, dairy products, and refined salts and sugars. Paleo is an all-natural low-carb diet that is slightly higher in carbohydrates than plans such as Atkins, Protein Power, or Zone.

### Paleo (optional)

Refers to recipes which are low-carb but not necessarily Paleo but can easily be converted to Paleo. These recipes will offer alternative ingredients in their listing to make the conversion to Paleo seamless.

### Vegetarian

These recipes do not contain meat or fish but may contain dairy, eggs, and honey.



## **Vegan**

Refers to recipes which contain no animal or animal by-products. They are free of dairy, eggs, and honey.

## **Dairy-Free**

Contain no dairy products.

## **Nut-Free**

Contain no nuts or nut products.

Toward the end of the book, you will find Resource Lists that contain everything from our favorite retailers to equipment and tools to make your cooking experience fun and easy.

We hope you enjoy the recipes in this book and that they bring you and your family many happy food dances!

From our table to yours, Happy Eating!



## “Better Than Coffee Shop” Mocha

by Dana Carpender

Low-Carb, Gluten-Free, Paleo (optional), Vegetarian

This is not seriously low-carb, but it sure is lower carb than most coffee shop drinks. Some do have sugar-free syrups, but if you're also avoiding artificial sweeteners, those won't do. This will! Feel free to make this a cup at a time using 6 ounces of half and half, 6 ounces of coffee, about 18-20 drops of chocolate stevia extract, and a teaspoon of cocoa powder. You'll just have leftover whipped cream. Which means you'll need to keep it in the fridge, ready to make another cup. Shucky-darn.

Prep time: 5 minutes

Cooking time: 5 minutes

Serves: 3

### Ingredients

- ½ cup heavy cream, chilled or full fat [coconut milk](#), chilled
- 12 drops [French Vanilla liquid stevia extract](#)
- 18 fluid ounces half and half or almond milk
- 18 fluid ounces brewed coffee
- ¼ teaspoon [chocolate flavored liquid stevia extract](#)
- 1 tablespoon cocoa powder

### Instructions

1. First you need to whip your cream. If using coconut milk, be sure to separate the cream from the water. Then pour it into a small, deep mixing bowl, add the vanilla stevia, and use your electric mixer (NOT a hand blender!) or a whisk to whip it until it's nearly stiff. Don't overbeat, or you'll get vanilla butter!
2. You need to heat your half-and-half or almond milk; you want it as hot as your fresh-brewed coffee. You can do this in a saucepan on the stove, or in the microwave, just get it nice and hot.



3. While the half and half or almond milk is heating and the coffee is brewing, measure the stevia extract and cocoa powder into your blender.
4. Pour in both the coffee and half-and-half or almond milk, and run the blender for a minute or two until frothy.
5. Pour into three cups, divide the whipped cream between them, and drink!

### **Nutrition Info**

3 servings, each with: 381 Calories; 36g Fat (82.3% calories from fat); 7g Protein; 11g Carbohydrate; 1g Dietary Fiber; 10g Usable Carbs.

### **Notes**

If you like, make this with [English Toffee flavored liquid stevia](#) instead, leaving out the cocoa powder.

## Dana's Scrumptious Chocolate Chip Cookies



by Dana Carpender

Low-Carb, Gluten-Free, Paleo (optional), Vegetarian, Contains Nuts

The ideal chocolate chip cookie is crisp at the edges, and soft and gooey in the middle. This is my idea of cookie nirvana!

Prep time: 10 minutes

Cooking time: 10-12 minutes

Yields: 44 Cookies

### Ingredients

- 1 cup [almond meal](#)
- 1 cup [vanilla whey protein powder](#)
- 1 teaspoon baking soda
- ½ teaspoon [corn-free baking powder](#)
- ½ teaspoon salt
- 1 cup (2 sticks) butter, softened or 1 cup [extra virgin coconut oil](#)
- ¾ cup [granular Swerve](#)
- ½ teaspoon [English Toffee flavor liquid stevia extract](#)
- 1 tablespoon [yacon syrup](#)

- 2 eggs
- 3 teaspoons vanilla extract
- 2 cups [sugar-free chocolate chips](#) (low-carb) or [Equal Exchange Organic Semi-Sweet Chocolate Chips](#) (these chocolate chips contain sugar which is safe for Paleo but not low-carb)
- 1 cup chopped pecans or walnuts

### Preparation and Instructions

1. Preheat oven to 375° F.
2. Measure the almond meal, vanilla whey protein, baking soda, baking powder, and salt, and stir together. Set aside.
3. Using an electric mixer, beat the butter until creamy and fluffy. Add the Swerve, stevia extract, and yacon syrup, and beat until very well combined. Scrape down the sides of the bowl as needed.
4. Add the eggs and vanilla, and beat well.
5. Now add the dry ingredients, in three additions, beating each addition until well incorporated before adding the next.
6. Beat in the chocolate chips and pecans, and mix just until well-distributed.
7. Turn off mixer, and scrape the dough off the beaters back into the bowl.
8. Scoop dough by rounded tablespoonful onto cookie sheets you've sprayed with non-stick cooking spray, or covered with pan liners or baking parchment.
9. Bake cookies for 10-12 minutes. Cool on wire racks.



**Nutritional Info**

I got 44 cookies, each with: 122 Calories; 10g Fat (69.0% calories from fat); 5g Protein; 4g Carbohydrate; 3g Dietary Fiber; 1g Usable Carb.

**Notes**

At this writing, my beloved Nevada Manna sugar-free chocolate chips are unavailable, though I'm hoping they make a comeback. In the meanwhile, Hershey's is now making [sugar-free semi-sweet chips](#); I buy mine three bags at a time through [Amazon.com](#). Friends are starting to talk about [Lily's Sugar-Free Dark Chocolate Premium Baking Chips](#). You can also chop up sugar-free dark chocolate bars in your food processor; I did it for years and it works well. Just break them up into your processor and pulse until the bits are the right size.

If you don't want to use the yacon syrup—it's pricey, no question—you can use 1 tablespoon dark molasses, instead. It raises the carb count all the way to 5 grams per cookie, with 3 grams of fiber, for a Usable Carb count of 2 grams.



## Paleo “Peanut Butter” Cookie



by Caitlin Weeks

Low-Carb, Gluten-Free, Paleo, Vegetarian, Dairy-Free, Contains Nuts

Prep time: 10 minutes

Cooking time: 15 minutes

Serves: 6 (12-15 cookies)

Peanuts have a mold called aflatoxin that has been studied as a carcinogen. Peanuts are technically a legume that contain lectins and phytates and cause digestive irritation. Traditionally, people soaked and sprouted beans, nuts, and seeds to reduce hard to digest properties but that has fallen out of fashion in our fast-paced culture. You can easily soak your almonds overnight then grind them to reduce anti-nutrients.

### Ingredients

- 1 cup almond butter, smooth or chunky
- 2 eggs
- ¼ cup [coconut flour](#)
- ½ teaspoon baking soda
- ½ cup [birch xylitol](#) or 2 teaspoon [stevia powder extract](#)
- ½ teaspoon vanilla extract

- ½ teaspoon sea salt

### **Preparation and Instructions**

1. Preheat the oven to 350° F.
2. Mix the almond butter and eggs, then sift in the coconut flour and baking soda.
3. Mix in the xylitol, vanilla, and salt.
4. When the mixture is well combined, spoon 1-inch mounds onto a parchment paper covering a cookie sheet.
5. Take a fork and press the down on the top of the dough to make an indentation.
6. Bake for 15 minutes.

### **Nutritional Info**

Serves 6; Per Serving (about 2 cookies): 327 Calories; 25.7g Fat (231 calories from fat); 11.7g Protein; 55mg Cholesterol; 320mg Sodium; 13.5g Carbohydrate; 3.2g Dietary Fiber; 10.3g Usable Carbs.



## Easy Dairy-Free Coconut Custard Pie



by Caitlin Weeks

Low-Carb, Gluten-Free, Paleo, Vegetarian, Dairy-Free, Contains Nuts

My Grandma makes a coconut pie in her blender with regular flour and it was always my favorite. I recreated her recipe using gluten-free and Paleo ingredients. I am crazy about coconut and I hope you like it too!

Prep time: 5 minutes

Cooking time: 60 minutes

Serves: 8

### Ingredients

- 2 cups full fat [coconut milk](#), canned
- $\frac{3}{4}$  cup [birch xylitol](#) or 3 teaspoons [stevia powder extract](#)
- 3 eggs
- 1 dash salt
- 1 teaspoons vanilla
- $\frac{1}{2}$  cup [almond meal](#)
- 1 cup [shredded coconut](#)

### **Preparation and Instructions**

1. Preheat oven to 350° F.
2. Mix all the ingredients except shredded coconut in the blender.
3. Add the coconut shreds and pulse a few more times.
4. Pour into a pie plate and bake for 50-60 minutes.

### **Nutritional Info**

Serves 8; Per Serving Size 92.3g; 291 Calories; 21g Fat (115 calories from fat); 80mg Cholesterol; 60mg Sodium 7g Protein; 29g Carbohydrate; 20g Dietary Fiber; 9g Usable Carbs.

## Peach Cobbler



by Dana Carpender

Low-Carb, Gluten-Free, Paleo (optional), Vegetarian, Contains Nuts

Feel free to make this with blueberries or blackberries, instead. Try serving this warm with a scoop of CarbSmart vanilla ice cream on top!

Prep time: 15 minutes

Cooking time: 30 minutes

Serves: 9

### Ingredients

- 4 cups sliced peaches
- ¼ cup plus 1 tablespoon [powdered Swerve](#)
- ½ teaspoon plus ¼ teaspoon [liquid stevia extract](#)—plain is good, but [lemon](#) would be good, too.
- 1½ tablespoons lemon juice
- 8 tablespoons butter, divided
- ½ cup [almond meal](#)
- ½ cup [vanilla whey protein powder](#)
- 2½ teaspoons [corn-free baking powder](#)

- 1 teaspoon salt
- ½ cup heavy cream or full fat [coconut milk](#)

### Preparation and Instructions

1. Preheat oven to 375° F. Spray an 8" x 8" baking pan with non-stick cooking spray, or grease with coconut oil.
2. In a mixing bowl, combine the sliced peaches (I use unsweetened, frozen peach slices—saves lots of time and trouble, and since they're going to be cooked, it makes no difference in the final texture), with ¼ cup Swerve. Stir the liquid stevia extract into the lemon juice, then sprinkle it over the peaches. Toss everything together, and spread evenly in the pan. Dot with 2 tablespoons of the butter.
3. In another mixing bowl (or heck, go ahead and use the same one if you like) combine the almond meal, vanilla whey, baking powder, the one tablespoon of Swerve, and the salt. Stir together to evenly distribute ingredients.
4. Melt the remaining 6 tablespoons of butter. Measure the cream, and stir the butter into it, along with the second stevia extract. Pour into the dry ingredients, and mix with a few swift strokes of your whisk or a spoon—you just want to stir enough to insure that there are no pockets of dry ingredients lurking.
5. Spread the batter evenly over the peaches, and bake for 30 minutes, or until the crust is crisp and evenly golden brown. Serve warm.



### Nutritional Info

9 servings, each with: 250 Calories; 17g Fat (60.0% calories from fat); 14g Protein; 13g Carbohydrate; 2g Dietary Fiber; 11g Usable Carbs.



## Chocolate Mint Popsicles



by Caitlin Weeks

Low-Carb, Gluten-Free, Paleo, Vegetarian, Vegan, Nut-Free

Many times, mint is artificially derived from chemicals when used in frozen desserts. This recipe uses real mint, which gives a refreshing taste as well as antioxidant benefits. Mint is well-known for stimulating digestion, calming coughs and even soothing headaches.

Prep time: 10 minutes

Cooking time: N/A

Serves: 6 popsicles

### Ingredients

- 2 ounces [unsweetened dark chocolate](#)
- 2 cups full fat [coconut milk](#), canned
- ¼ cup fresh mint leaves, chopped
- ¼ cup [birch xylitol](#) or 1 teaspoon [stevia powder extract](#)
- ½ cup water

### **Preparation and Instructions**

1. Melt the chocolate over medium heat in a double boiler.
2. Add the coconut milk, mint and water.
3. Let the mint simmer in the chocolate mixture for about 5 minutes for flavor.
4. Strain the chocolate milk mixture through a fine mesh strainer to remove the mint leaves.
5. Stir the sweetener and the water into the chocolate mixture and pour into the Popsicle molds.
6. Freeze for 6 hours.

### **Nutritional Info**

Serves 6; Per Serving: 155 Calories; 13.6g Fat (122 calories from fat); 55mg Cholesterol; 8mg Sodium; 1.1g Protein; 9.2g Carbohydrate; 1.8g Dietary Fiber; 7.4g Usable Carbs.

## Resources

### Online Resources

For an online list of the following resources, please visit our web site:

[Resources for CarbSmart Grain-Free, Sugar-Free Living Cookbook at Amazon.com](#)

[Resources for CarbSmart Grain-Free, Sugar-Free Living Cookbook at NevadaManna.com](#)

[CarbSmart.com](#)—if you have friends or relatives who live a low-carbohydrate, diabetic, or Paleo lifestyle, you'll want to introduce them to our sister web site. CarbSmart.com is your trusted guide to the low-carb lifestyle and includes thousands of articles and product reviews to help people lower their blood sugar, control their weight, and possibly reduce or eliminate the risk of pre-diabetes or diabetes. This is accomplished mostly through choosing a healthy lifestyle without sugar, wheat or most unnecessary carbohydrates.

[Fat Fast Cookbook](#)—Our bestselling cookbook from Dana Carpender, Amy Dungan, and Rebecca Latham. Jump-Start Your Low-Carb Weight Loss with Fat Fast Cookbook! Are you having trouble losing weight, even on the Atkins Induction phase? Have you lost weight successfully on low-carb, but hit a plateau or started to regain weight even though you're still following your low-carb diet? Are you looking for a way to add more healthy fat to your low-carb diet? If you suspect you've been doing something wrong, we've got your solution. Introducing your new low-carb weight loss tools: The Fat Fast and Nutritional Ketosis.

[GlutenSmart.com](#)—our main web site. Here you'll find the latest news and information to help you live a gluten-free lifestyle. You'll also find product reviews, recipes, and other resources to keep you gluten-free and healthy.

[Easy Gluten-Free Entertaining](#)—From our sister web site, 50+ recipes your guests won't know are gluten-free but will love! Whether you're hosting a small intimate gathering of friends or a large party with an open guest list, Easy Gluten-Free Entertaining will satisfy everyone whether they live gluten-free or not. Inside you'll be treated to practically limitless recipe and menu ideas safe for anyone eliminating wheat or gluten from their daily lives. Not only are all these recipes gluten-free, most of them are also grain-free, nut-free, dairy-free, vegetarian, and/or vegan.

### Online Retailers

[Amazon.com](#)—They're not called the world's largest retailer for no reason. Not only can you find any of the ingredients you need from this cookbook, you can find just about everything else you need from electronics to clothing.

[Netrition.com](#)—A low-carb dieter's best friend, Netrition has been a retailer of ingredients and prepackaged foods for low carbers since 1998.



[Vitacost.com](http://Vitacost.com)—Since 1999, Vitacost has been one of the largest health foods and vitamin retailers in the world. Expect fast shipping from their two warehouses.

[MountainRoseHerbs.com](http://MountainRoseHerbs.com)—Since 1987, Mountain Rose Herbs has been known for exceptional quality certified organic bulk herbs and spices with a strict emphasis on sustainable agriculture.

[Penzeys.com](http://Penzeys.com)—Penzey's has a marvelous reputation for fresh spices. See why their unmatched quality, abundant variety, and love of everyone who cooks have made them the top on-line seller of spices.

## Ingredients

[SweetLeaf Sweet Drops Liquid Stevia Extract 2.0 oz.](#)—Made with stevia leaf extract and natural flavors, add to foods or beverages—for sweet, sugar-free flavor in your ketogenic recipes. Available in 17 flavors including:

- [SweetLeaf SteviaClear](#)
- [SweetLeaf Vanilla Crème](#)
- [SweetLeaf Chocolate](#)
- [SweetLeaf English Toffee](#)
- [SweetLeaf Lemon Drop](#)

[Health Garden Kosher Birch Xylitol 16 oz.](#)—Xylitol made in the USA from real birch, not corn. Its granulated crystals and lack of bitter after taste make it perfect for all of your baking needs.

[Xyla Birch Xylitol](#)—North American Birch Xylitol Powder is a 1 to 1 or “cup for cup” sweetness compared to table sugar. Use as a replacement in any recipe.

[SweetLeaf Organic Stevia Extract Powder 0.9 oz.](#)—100% pure stevia leaf extract with a minimum 90% steviosides. use for baking and cooking. ¼ teaspoon is equivalent to 1 cup of sugar.

[Dried Stevia Leaf](#)—100% dried Stevia leaves. Tested by Anresco Labs in San Francisco, for pesticide and chemical free assurance.

[Swerve Granular Sweetener 16 oz.](#)—Swerve is a great tasting, natural sweetener that measures cup-for-cup just like sugar! Made from a unique combination of ingredients derived from fruits and vegetables, Swerve contains no artificial ingredients, preservatives or flavors. Swerve is non-glycemic and safe for those living with diabetes. Contains erythritol, oligosaccharides and natural flavor.

[Swerve Powdered Sweetener 16 oz.](#)—With Confectioners Style (powdered) Swerve, even cupcake frosting can be guilt-free! Contains erythritol, oligosaccharides and natural flavor.

[EZ-Sweetz Liquid Stevia](#)—EZ-Sweetz Stevia is a liquid sweetener made from Stevia extract. The proprietary blend offers no unpleasant aftertaste and none of the characteristic bitterness of Stevia. Best of all, this sweetener has absolutely no calories or carbohydrates!

[EZ-Sweetz Liquid Stevia/Monk fruit Blend](#)—EZ-Sweetz Stevia & Monk Fruit is a new liquid sweetener made from the extracts of Stevia leaves and a sweet melon called monk fruit. The synergy of this proprietary blend means it has no unpleasant aftertaste and has a clean, slightly caramel-y taste similar to raw sugar, with none of the characteristic bitterness of Stevia. Best of all, this new sweetener has absolutely no calories and no carbohydrates!

[Yacon Syrup Natural Sweetener](#)—Pure yacon syrup is Paleo-friendly and assists in weight loss by regulating blood sugar, and increasing daily fiber intake. The syrup, distilled from the Peruvian tuber yacon, contains up to 50 percent fructooligosacharides, or FOS. FOS, classified as a prebiotic, is a non-caloric sweetener and also a fiber source.

[Bob's Red Mill Chia Seeds](#)—A recent ingredient for low-carb and Paleo recipes, Chia seed originated in South America and was a staple in the diets of ancient Mayans and Aztecs. The tiny seeds of the chia plant can be eaten right out of the bag, sprinkled on hot cereal and used in baking, for a nutritional boost comparable only to flaxseed in Omega 3 and dietary fiber content.

[Bob's Red Mill Finely Ground Natural Almond Meal 16 oz.](#)—Made from blanched whole almonds, Almonds Meal/Flour is simply skinless, blanched almonds that have been finely ground. It lends a moist texture and rich, buttery flavor to low-carb cakes, cookies, muffins, breads and a host of other desserts.

[Bob's Red Mill Coconut Flour 16 oz.](#)—Coconut flour is a delicious, healthy alternative to wheat and other grain flours. It is very high in fiber, low in digestible carbohydrates, a good source of protein and gluten-free. It lends baked goods an incomparably rich texture and a unique, natural sweetness.

[Bob's Red Mill Flaxseed Meal 16 oz.](#)—Flaxseed meal has a robust, nutty flavor and tastes really great. Two tablespoons added to your cold or hot low-carb cereals, pancakes and waffles or baked into your breads, muffins and quick breads brings you amazing nutrition.

[Bob's Red Mill Sunflower Seeds](#)—Sunflower seeds are delicious as a high protein snack and as an ingredient for low-carb bread, cakes, cookies and muffins. They are also a crunchy substitute for bacon bits and croutons on cooked vegetables and salads.

[Tera's Whey Grass-Fed Organic Bourbon Vanilla 12 oz.](#)—This is an amazing grass-fed, organic whey protein powder that Caitlin recommends. Grass-fed, organic, and no artificial sweeteners or any additional flavors.

[Ultimate Natural Whey Protein](#)—Premium protein powder recommended by Dietitian Cassie Bjork. This protein powder is imported from New Zealand where rBGH is not approved for use—it has no artificial sweeteners or added sugars and it mixes really well.

[Let's Do Organic Unsweetened Shredded Coconut 8 oz.](#)—Finely shredded coconut for baking. zero grams of sugar with no sulfites or preservatives. 100% organic.

[Let's Do Organic Coconut Flakes 7 oz.](#)—Ideal for low-carb and Paleo baking, desserts, and making granola.

[MCT oil](#)—The ketogenic wonder oil, MCT Oil is perfect in high-fat, low-carb recipes.

[San-J Tamari Black Label Gluten-Free Soy Sauce](#)—This organic wheat-free tamari is certified by Quality Assurance International (QAI). It is made with 100% soybeans and no wheat. It is naturally fermented for up to 6 months. San-J does not add MSG or any artificial preservatives. Their fermentation process is different from that of ordinary soy sauce, giving it unique flavor enhancing properties.

[Coconut Secret Raw Organic Vegan Coconut Aminos 8 oz.](#)—A soy-free soy sauce alternative, organic, gluten-free, dairy-free, and vegan coconut aminos is raw, very low glycemic, an and abundant source of 17 amino acids, minerals, vitamin and has a nearly neutral pH.

[Konriko Creole Seasoning 6 oz.](#)—For a quick, clean Creole seasoning, Konriko's will provide that Cajun kick without the carbs.

[Great Lakes Gelatin, Collagen Hydrolysate \(green can\)](#)—Great for liquid recipes, hydrolyzed collagen helps regulate the body's metabolism by providing pure protein of low molecular weight that is quickly absorbed in the digestive track. The rapid absorption and distinctive amino acid groups in this formula will positively impact a large number of metabolic pathways.

[Great Lakes Unflavored Beef Gelatin \(orange can\)](#)—Beef gelatin is perfect in regular and low-carb recipes. Pure protein and Kosher, Great Lakes Gelatin is so much better than those other cheap brands.

[Hershey's Sugar-Free Chocolate Chip Baking Chips](#)—These taste and bake like regular chocolate chips—but without the sugar. These low-carb chocolate chips do have maltitol in them so use them carefully.

[Equal Exchange Semi-Sweet Chocolate Chips](#)—Vegan, soy and gluten-free (not sugar-free or low-carb though—great for a Paleo lifestyle though), Use these delicious organic chocolate chips to add something special to cookies, brownies and even pancakes. Pair with our organic baking cocoa for even more chocolaty goodness in your favorite chocolate recipes. Made with organic and fairly traded cacao from small-scale farmers in Peru, and sugar from small-scale farmers in Paraguay.

[Nutiva Certified Organic Extra Virgin Coconut Oil](#)—A deliciously healthy cooking oil that's low-carb, gluten-free and ketogenic. Better than butter in so many ways. Unrefined with no trans fats.

[Nutiva Organic Coconut Manna](#)—Pure coconut cream which is a staple of low-carb and Paleo baking.

[Native Forest Organic Classic Coconut Milk](#)—A staple of Thai, Indian and Caribbean cuisines, full fat Coconut Milk imparts rich and creamy goodness to wonderful low-carb, gluten-free, and Paleo dishes.

[Mauna Loa Macadamia Nuts](#)—Macadamia nuts were Dr. Atkins' favorite snack! Low-carb macadamia nuts can be eaten any time or crushed up and used in your favorite ketogenic baking.

[Farmer's Market Foods Organic Canned Pumpkin](#)—Organic pumpkin is rich, smooth and delicious, and ready to use for everything from low-carb baked delights to savory center of the plate entrees. Use it in a variety of low-carb recipes including pies, muffins, cookies, and soups.

[Spectrum Organic Shortening](#)—Made with organic palm oil, Spectrum Organic Shortening is a healthy, trans-fat free alternative to traditional shortening for flaky crusts and Paleo-friendly creations.

## The Authors

### Dana Carpender

In retrospect, Dana Carpender's career seems inevitable: She's been cooking since she had to stand on a step stool to reach the stove. She was also a dangerously sugar-addicted child, eventually stealing from her parents to support her habit, and was in Weight Watchers by age 11. At 19 Dana read her first book on nutrition, and recognized herself in a list of symptoms of reactive hypoglycemia. She ditched sugar and white flour, and was dazzled by the near-instantaneous improvement in her physical and mental health. A lifetime nutrition buff was born.

Unfortunately, in the late '80s and early '90s, Dana got sucked into low-fat/high carb mania, and whole-grain-and-beaned her way up to a size 20, with nasty energy swings, constant hunger, and borderline high blood pressure. In 1995, she read a nutrition book from the 1950s that stated that obesity had nothing to do with how much one ate, but was rather a carbohydrate intolerance disease. She thought, "What the heck, might as well give it a try." Three days later her clothes were loose, her hunger was gone, and her energy level was through the roof. She never looked back, and has now been low-carb for 19 years and counting—1/3 of her life.

Realizing that this change was permanent, and being a cook at heart, Dana set about creating as varied and satisfying a cuisine as she could with a minimal carb load. And being an enthusiastic, gregarious sort, she started sharing her experience. By 1997 she was writing about it. The upshot is over 2,500 recipes published, and more than a million books sold—and she still has ideas left to try! Dana lives in Bloomington, Indiana with her husband, three dogs, and a cat, all of whom are well and healthily fed.

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## Caitlin Weeks, NC

Caitlin Weeks BA, NC, CPT is a full time blogger at [GrassFedGirl.com](http://GrassFedGirl.com). She is an author who co-wrote [Mediterranean Paleo Cooking](#) with her husband, chef Nabil Boumrar. She has many years of experience as a Certified Nutrition Consultant, C.H.E.K. Holistic Lifestyle Coach, and professional personal trainer in San Francisco, CA.

Caitlin has had success conquering obesity after a lifelong struggle with her weight. Since 2009 she has been winning the battle against Hashimoto's Thyroiditis using a Paleo diet. She truly believes in the mind-body connection for healing and is certified EFT practitioner. She is committed to educating others about the benefits of traditional/ancestral foods and efficient exercise.



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Caitlin's [Mediterranean Paleo Cooking Cookbook](#).