

Simple meals and planned leftovers

with therapeutic carbohydrate restriction

Creative use of leftovers can help minimize time in the kitchen while also minimizing carbohydrate foods.

Start with foods that make good leftovers. Fried foods don't, but grilled or roasted foods do. Vegetables that do double-duty – that are good both raw and cooked – are the most versatile. Foods that make good leftovers are:

- **Grilled or roasted meat**
- **Broccoli and cauliflower - in most recipes these are interchangeable**
- **Cabbage**
- **Napa cabbage, also known as Chinese cabbage**
- **Spinach**
- **Miscellaneous veggies**
(squash, peppers, mushrooms, onions, eggplant, small tomatoes)

Serve veggies raw one night and cooked on another night. This way you can use fresh veggies in season, buy in bulk if you want, and save gas and steps when shopping. Cooked leftovers can become ingredients in soups, sauces, omelets, and casseroles.

When cooking, make more than you will need for one meal. You can even keep the “planned leftovers” in the kitchen instead of on the table to make sure tomorrow's dinner is not consumed tonight.

What can you do with grilled or roasted meat?

1

First time around:

Serve it off the grill with a low-carb sauce or gravy, such as:

- Full-fat yogurt mixed with spices
- Any kind of low-carb salsa
- Cream, bouillon, and a dab of soy sauce make a quick gravy



2 Second time around:

- Make a stir-fry with vegetables and your choice of seasonings (soy sauce, ginger, or garlic).
- Serve it over greens for a “chef salad.”
- Toss with Napa cabbage & a spicy dressing.
- Toss with grilled or roasted veggie salad and a vinaigrette dressing.
- Add to a cream or cheese sauce, and serve this over mashed cauliflower.
- Stir-fry with onions, peppers, and cheese for “cheese-steak” on a plate.
- Add to a curry sauce over shirataki noodles.
- Stir-fry with onions, peppers, and Mexican seasonings for fajitas.

What can you do with broccoli or cauliflower?

1 First time around – use it raw:

- Serve it raw with a low-carb dip.

2 Second time around – cook it:

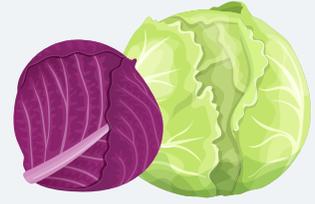
- Marinate it – raw or blanched – in a vinaigrette for salads.
- Steam or boil and serve with butter or cheese sauce
- Roast with olive oil, garlic, seasonings, etc.
- Stir-fry with soy sauce or other seasonings.

3 Third time around – use the cooked leftovers:

- Chop cooked veggies and make a casserole with cheese, cream, and bacon.
- Blend into a soup with cream and/or cheese.
- Add them to a broth-based soup with meat.
- Chop and add to a cream or cheese sauce, along with some meat & serve it all over mashed cauliflower.
- Mashed cauliflower makes a great substitute for mashed potatoes. Just blend or mash cooked cauliflower with cream and butter. Add some cream cheese or other cheese, if you’d like.



What can you do with green or purple cabbage?



1 First time around – use it raw:

- Roll sandwich filling or leftover meat in the leaves; add dressing for moistness.
- Toss with dressing for coleslaw.
- Make a quick vinegar-based pickle for a cold salad.
- Add Indian spices and lime juice to chopped cabbage for a tasty side dish or condiment.

2 Second time around – cook it:

- Bake or roast cabbage wedges with olive oil and seasoning.
- Pan fry until slightly crisp. Add seasonings for versatile side dish.
- Sauté with butter and other seasonings for a savory accompaniment to meat.
- Sauté with ground meat or sausage, other veggies, and seasonings for a hearty one-dish meal.

What can you do with Napa cabbage?



1 First time around – use it raw:

- The bottoms make great scoops for dip.
- Roll sandwich filling or leftover meat in the leaves, just as you would with regular cabbage.
- Toss with meat and a spicy dressing for a quick cold salad.

2 Second time around – cook it:

- Roast in wedges, just as you would regular cabbage.
- Stir-fry alone or with other veggies and seasonings for a side dish..
- Sauté slowly in butter with salt and pepper until tender and savory.

What can you do with spinach?



1 First time around – use it raw:

- Add it to other ingredients in your favorite green salad.
- Make a classic spinach salad, with bacon, mushrooms, hard-boiled eggs, and a warm vinaigrette dressing.

2 Second time around – cook it:

- Toss with a hot dressing and top with nuts for a “wilted spinach” side dish.
- Stir-fry with butter and garlic.
- Cook with cream sauce or cheese sauce for “spinach alfredo.”

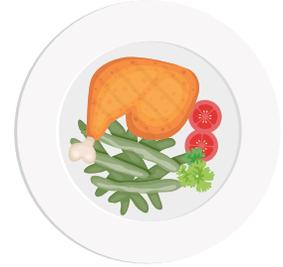
3 Third time around – use the cooked leftovers:

- Serve in a cream sauce, alone or with meat, over mashed cauliflower.
- Add to a casserole with cheese and other veggies.
- Use it for filling in an omelet.
- Cut it up and heat with some cream cheese, cream, and seasonings. Add some chopped artichoke hearts too, if you want. Use as a warm dip for veggies or as a sauce to go over meat or fish.

Meal planning ideas

These suggestions are courtesy of Dana Carpender at danalowcarbforlife.com.

"Meat" night: Roast or grill a large amount of meat to use as leftovers during the week. You can use: chicken breasts or thighs—or bake a couple whole; London broil; pork roast; ham; or roast beef. If you are grilling, add some veggies to the grill (see below), or roast some if you are using the oven.



Salad night: Make a green salad with meat sliced on top (plus bacon, hard-boiled eggs, and cheese), or toss meat with grilled or roasted veggies and a vinaigrette dressing. Leftover chicken makes great chicken salad; eat it with a fork or rolled up in lettuce or cabbage leaves.



Mexican night: Make fajitas with leftover meat from “meat” night, plus salsa, cheese, sour cream and other favorite toppings. You can add some peppers and onions to this and serve it on a bed of shredded lettuce, rolled up in lettuce or cabbage leaves, or on low-carb tortillas if your carb allowance permits. If you don't have leftover meat, you can make this a quick dinner with ground meat and sugar-free taco seasoning, plus all the toppings.



Sub-in-a-tub night: Make "chicken cheese steak" or beef cheese steak by slicing leftover meat thinly, sautéing it briefly, and tossing some grated cheddar cheese on top. You can add shredded lettuce, jalapenos, onions, mushrooms, tomatoes, and other favorite toppings. This works well with ham and cheese too.



Cheesy sauce with leftovers: Make a simple cheese sauce with some melted butter, stirred together with some heavy cream. Add water to thin the sauce if you don't want it to be too rich. Throw in some grated cheese and stir until it melts. Chicken with Parmesan cheese sauce over asparagus or spinach is a good combination, as is ham with cheddar over broccoli.

