

# Low Carb Winter Warmers

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Nourishing recipes for the cold weather



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*Functional  
Nutrition*

If you've drifted off track with your food choices over the past few months, you're not alone — but winter is a great time to reset. By coming back to the fundamentals, you can feel nourished, energised, and in control, without missing out on comfort or flavour.

Here's a reminder of the basics that really make a difference:

**Warming, nourishing meals** - Hearty soups, slow-cooked casseroles and veggie-packed bakes are perfect for winter. They keep you warm, satisfied, and give your body the nutrients it needs to thrive.

**Healthy fats** - Good fats like avocado, olive oil, butter, nuts and seeds help you feel fuller for longer, support steady energy, and make your meals more satisfying.

**Keep active** - Even gentle movement can make a big difference. A brisk walk, stretching, or dancing around the lounge can lift your mood and keep your body moving through the colder months.

**Stay hydrated** - It's easy to forget to drink water in winter, but staying hydrated is still essential. Warm herbal teas, broths or lemon water are great ways to top up your fluids.

**Prioritise sleep** - Winter's longer nights are perfect for winding down. Getting enough restful sleep helps with appetite control, energy levels and your immune system.

## Need a hand getting back on track?

If you'd like personalised support, have questions, or just need a bit of motivation, I'm here to help.

Don't hesitate to reach out — I'd love to hear from you.

*Carrie*

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# WARM BREAKFAST “NOATMEAL” (NO-OATS PORRIDGE)

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Grain-free, dairy-free, blood sugar-friendly



Serves 1

## Ingredients:

- 2 tbsp almond meal
- 1 tbsp ground flaxseed
- 1 tbsp chia seeds
- ½ cup unsweetened almond or coconut milk
- ¼ tsp cinnamon
- Pinch of salt
- Optional toppings:  
berries, nut butter,  
coconut flakes

## Instructions:

1. In a small saucepan, combine all ingredients over medium heat.
2. Stir continuously for 4–5 minutes until thickened to porridge-like consistency.
3. Serve warm with your choice of toppings.

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# MEXICAN INSPIRED TACO SOUP

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Low-carb, high-protein, warming and full of flavour



Serves 4–5

## Ingredients:

- 1 tbsp olive oil or avocado oil
- 500g beef mince
- 1 onion, diced
- 2 garlic cloves, minced
- 1 capsicum, diced
- 1 zucchini, chopped
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp ground coriander
- ½ tsp chilli flakes (optional)
- 1 can diced tomatoes (no added sugar)
- 3 cups beef or vegetable broth
- Salt and pepper to taste
- Juice of ½ lime
- Fresh coriander and avocado to serve

## Instructions:

Heat oil in a large pot. Sauté onion and garlic until soft.

Add beef mince and cook until browned.

Stir in spices, capsicum, and zucchini. Cook for 2–3 minutes.

Add tomatoes and broth. Simmer uncovered for 20–25 minutes.

Squeeze in lime juice, season to taste.

Serve topped with fresh coriander and sliced avocado.



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# CREAMY TUSCAN CHICKEN WITH SPINACH & SUNDRIED TOMATOES

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Low-carb, dairy-optional, rich in flavour and healthy fats



Serves 4

## Ingredients:

- 4 boneless, skinless chicken thighs or breasts
- 1 tbsp olive oil or ghee
- 3 garlic cloves, minced
- ½ onion, finely diced
- 1 cup tinned coconut milk or dairy cream (unsweetened)
- ¼ cup sundried tomatoes, chopped
- 2 cups baby spinach
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley or basil to garnish

## Instructions:

1. Heat oil in a large skillet. Season chicken with salt and pepper, then brown on both sides until golden. Remove and set aside.
2. In the same pan, sauté onion and garlic until soft. Add oregano and sundried tomatoes.
3. Pour in coconut milk or cream and bring to a gentle simmer.
4. Return chicken to the pan. Simmer on low for 15–20 mins until chicken is cooked through and sauce has thickened slightly.
5. Stir in spinach just before serving. Garnish with herbs.

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# BEEF & MUSHROOM CASSEROLE

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Hearty, blood sugar-friendly comfort food



Serves 4

## Ingredients:

- 500g stewing beef, cubed
- 1 tbsp olive oil or ghee
- 1 onion, chopped
- 2 garlic cloves, minced
- 200g mushrooms, sliced
- 2 celery sticks, chopped
- 1 tsp dried thyme
- 1 tbsp tomato paste
- 2 cups beef broth
- Salt and pepper

## Instructions:

1. Brown beef in batches; set aside.
2. In the same pot, sauté onion, garlic, celery, and mushrooms until softened.
3. Stir in thyme and tomato paste. Return beef to pot and add broth.
4. Cover and simmer gently for 2 hours, until beef is tender.
5. Serve with steamed broccoli or mash made from cauliflower.

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# BEEF AND BROCCOLI STIR FRY

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## Ingredients:

- 500g beef sirloin or flank steak, thinly sliced against the grain
- 4 cups (about 1 large head) broccoli florets
- 1 clove garlic, minced
- 2.5 cm piece fresh ginger, grated
- 45 mL soy sauce or tamari (for gluten-free)
- 30 mL oyster sauce (optional)
- 15 mL sesame oil
- 15 mL avocado or vegetable oil (for cooking)
- 1 tsp chili flakes or fresh chili (optional)
- 1 tbsp sesame seeds (for garnish)
- 2 green onions (spring onions), sliced (for garnish)

## Instructions:

1. Thinly slice the beef against the grain for tenderness.
2. Bring a pot of salted water to boil. Blanch the broccoli florets for 2 minutes until bright green and slightly tender. Drain and rinse under cold water. Set aside.
3. In a small bowl, mix the soy sauce, oyster sauce, and sesame oil.
4. Heat avocado or vegetable oil in a large frying pan or wok over high heat. Stir-fry beef for 2-3 minutes until browned but not fully cooked. Remove beef and set aside.
5. In the same pan, add garlic, ginger, and chili flakes (if using). Stir-fry for about 30 seconds until fragrant.
6. Add broccoli and beef back to the pan. Pour in the sauce mixture and stir-fry for 2-3 minutes until beef is cooked through and broccoli is tender-crisp.
7. Garnish with sesame seeds and sliced spring onions. Serve immediately



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# BERRY COBBLER IN A MUG

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Serves 1

## Ingredients:

- 2 tablespoons almond flour
- 1 tablespoon coconut flour
- 1 tablespoon erythritol (or your preferred keto sweetener)
- 1/4 teaspoon baking powder
- 1 tablespoon butter (melted)
- 2 tablespoons heavy cream
- 1/4 teaspoon vanilla extract
- 1/4 cup mixed berries (fresh or frozen; blueberries, raspberries, strawberries)
- Optional: pinch of cinnamon

## Instructions:

### Prepare the berries:

1. Place the berries in the bottom of a microwave-safe mug. If frozen, you can microwave them for 20-30 seconds to thaw slightly.

### Make the batter:

1. In a small bowl, mix almond flour, coconut flour, erythritol, baking powder, and cinnamon if using.
2. Add melted butter, heavy cream, and vanilla extract. Stir well until combined.

### Assemble and cook:

1. Pour the batter evenly over the berries in the mug.
2. Microwave on high for 60-75 seconds. Cooking time may vary based on your microwave—watch so it doesn't overcook.
3. Let it cool for a minute or two. The cobbler will firm up slightly as it cools.
4. Optional: top with a dollop of whipped cream or a sprinkle of more berries.