

QUICK start

**START
LOW
CARB**

create a low carb kitchen

veggie prep secrets





create a low carb kitchen

Convert your kitchen step by step,
and overhaul your fridge.

6 must-have low carb kitchen staples,
10 veggie prep secrets.



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Decide What to Do with Old High Carb Food

- If someone you live with can use the high carb food you're removing from your life, try making separate shelves in the pantry for them.

Don't want anything risky in the kitchen?

- Give away or donate your old favorites to a local food bank or charity.





4. Snack Veggies

Keep a variety of veggie snacks in your low carb kitchen: cauliflower, carrot and celery sticks, zucchini and cucumber slices and eggplant circles.

- Enjoy crunchy veggies raw with dips.
- Steam veggies and top with cheeses, spices and sauces.

5. Cooking Veggies

Concentrate on core low carb veggies: leafy greens, zucchini, summer squash, avocado (technically a fruit) and onions.

Limit canned veggies. Most lack nutrients and some are high in sodium. Read every label, and check for added starch and gluten.

Have a good meal. See you in the next chapter!



10 Low Carb Veggie Prep Secrets

We eat more **low carb fruit and veggies** than people on “regular” diets. If prep time is standing in your way, there’s good news.

If you know the top 10 low carb fruit and veggie prep secrets, including **low carb fruit and veggies** in your diet is fast and easy.

1. Make the Veggies Do All the Work

Choose **low carb fruit and veggies** that don’t tend to be dirty, aren’t tricky to chop, and don’t need a lot of preparation when you don’t feel like cooking.

- Asparagus can be rinsed and chopped in seconds.
- Cabbage is easy to prep; when you run your knife through it, you get lots of pieces.
- Zucchini is very easy to chop or slice, and wrap or layer in a dish.

2. Get a Tool Kit

Get a good chef’s knife, learn how to use it and keep it sharp. Knowing you can cut a huge pile of **low carb fruit and veggies** in a few minutes means you’re *much* more likely to do it.

- America’s Test Kitchen reviewed chef’s knives and recommends one that costs around \$25.
- Learn how to use the one you choose by watching video tutorials on chopping techniques.
- Don’t try to cut too fast at first. Build speed gradually. Soon you’ll chop like a pro.

For some jobs, a food processor is also very helpful. It can shred a zucchini or turn cauliflower into “cauli-rice” in a few seconds.

3. Space Out

Running all over the kitchen wastes time. Set up your work space for cutting next to the stove. "Chop and drop" as you go.

A plate or bowl for veggies that aren't ready to be cooked is also helpful.

4. Only Chop Once

It doesn't take twice the time to chop up twice the vegetables. Do it once, store them and enjoy them for several meals.

- Chop everything extra in your vegetable drawer and sauté in a big pan with olive oil and seasoning. Throw in bunches of herbs, fresh garlic or chopped nuts.
- Store the chopped fruits and veggies in the fridge. There are many **low carb fruit and veggies** sturdy enough to have a long life span, and stay fresh.





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