

monique's low carb life





what's inside

My journey to wellness: Learn how I changed my life, shed more than 40 kg's and found my way to optimal health



The low carb lifestyle and carbohydrate intolerance explained



The real work begins in your mind

My 'no more diets' low carb recipes

Let these success stories be your success story....real stories of incredible weightloss and wellness

my journey to wellness

Kia ora! I'm Monique Bradley and like everyone in this world, I've got a story to share.

Mine revolves around food, health, confidence, bullying, anxiety, eating disorders and obsession. I am pleased to report however, that this story has a happy ending and that's what I'm here to share with you.

Here's the express version: I was the fat kid at school. I was also the tallest - in fact, I was just BIG. Big in body and big in personality. I was also the subject of pretty rough mental and physical bullying from both kids and adults and sadly, I allowed that to affect me and how I felt about myself. To deal with it, I became an emotional eater.

The top picture is me with my mum and my cousin Nicole. I was 10 years old and already fitting adults size 14 clothes.

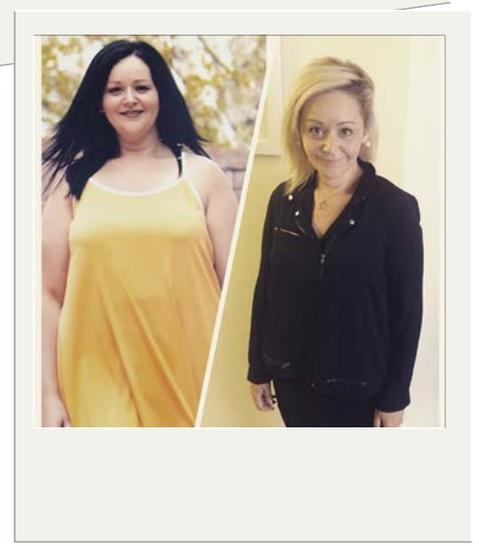
The middle picture is me at 20. I was tipping the scales at around 110 kg and fitting size 22 - 24 clothes.

The bottom picture I was 32, then 39 respectively. What I don't have is the pictures of me at 42 kg, where I was wracked with an eating disorder and anxiety and fitting children's clothes.

Yup. That happened. And then the yo-yo dieting kicked in.

Most of my adult life, I've had symptoms of IBS and food intolerances, I've had challenges with my blood sugar, blood pressure, mood stability, and just generally feeling unwell.

So, I decided to do some research and made some really simple changes. And you can do it too: **STARTING NOW.**





"I didn't
choose the
low carb
life;
the low carb
life chose
me."

my low carb lifestyle

Over the years, I've tried just about every diet plan you can imagine. All of them helped me shed a few kilo's here and there but like every dieter, I found it hard to maintain the plans and inevitably went back to my old habits, resulting in weight gain.

Even just a few months ago, before writing this, I was back up to a size 16 and the weight around my stomach was becoming bigger than my boobs!

I felt puffy and sluggish and just plain MEH!

Over the last few months, I've been working on a web TV show called 'Health Bite's' and it wasn't until I spoke to Lynette Hill, a registered Naturopath, who talked me through our DNA and something called '**Carbohydrate Intolerance**' that all the pieces started to fit into place. I realised I'd been struggling with symptoms of IBS for longer than I remembered and learnt that while some people can eat and process carbohydrates, my body was struggling to do so. The results were tiredness, bloating, fatigue, stomach upsets

unexplained weight gain and.....well - I'll save you from the gross details.

On speaking with Lynette and a variety of other experts, their words made a lot of sense, so I started trialling the Low Carb lifestyle and the results have been amazing.

My weight is now starting to sort itself out.

There's no more rushed trips to the bathroom and best of all, I feel great!

The best part is I no longer feel like I'm on a diet....for the first time in over 25 years!

Carbohydrate Intolerance is the inability of the body to completely process carbohydrates (sugars and starches) due to lack or inadequate amount of one or more of the enzymes needed for their digestion.

When someone is unable to properly process carbohydrates, this may lead to decreased energy and levels of fitness, and increased metabolic disorders such as weight gain due to the accumulation of fat around the muscles.

The reasons people may be intolerant to or find it difficult to digest carbs is varied and can range from a genetic predisposition, to historic gastrointestinal damage (from food poisoning etc); some medications can affect the gut flora and digestive tissues, as can some microbes and parasites. Eating disorders are often involved in chronic gut dysfunction.



carbohydrate intolerance EXPLAINED



By Registered
Naturopath
Lynette Hill
www.myremedy.co.nz

AMY1A Amylase, alpha 1A

It may just be a simple spelling mistake ... on your Genes. The Amy1 gene encodes an amylase isoenzyme produced by the salivary glands. British researchers have discovered a link between a gene that breaks down carbohydrates and obesity.

The salivary amylase gene plays a significant role in breaking down carbohydrates in the mouth at the start of the digestion process. Studies are suggesting that people with fewer copies of the AMY1 gene have lower levels of this enzyme and so have more difficulty breaking down carbohydrates than those with more copies, which may put them at a higher risk of obesity.

What are carbs - why do we need them?

Think of carbohydrates as fuel - like for a car - they are the primary source of energy. They are also one of the three major nutrients in the human diet. The other two being fat and proteins.

There are three types of carbohydrates: Glucose/Sugar and Sucrose which are Simple Carbohydrates (Sugars), and Starch which is a Complex Carbohydrate. The Sugars are monosaccharides and can easily go through the wall of the small intestine, but anything bigger, eg complex carbohydrates need to be broken down into simple carbohydrates by enzymes.

How our carbs are digested

Amylase produced by the saliva breaks down starch (eg rice and potatoes) into disaccharides (two sugars). Next other enzymes in the stomach or small intestine break them down into monosaccharides (simple sugars) ready to be absorbed through the small intestine.

- Lactose (the sugar found in milk) is broken down by lactase
- Sucrose (in cane sugar) is broken down by sucrase
- Maltose (in grains) is broken down by maltase
- Cellulose (in starches) is broken down by cellulase

Lack or inadequate amount of the required enzyme will leave the disaccharides and polysaccharides in the digestive system causing symptoms of food intolerance which can range from bloating to diarrhoea. If undigested sugars remain in the intestine, fermentation can occur causing gas, cramping, bloating and general discomfort. Food intolerance can be confused with food allergies, since the symptoms of nausea, cramps, bloating, and diarrhoea are similar.

could you be carbohydrate intolerant too?

- Are you overweight?
- Do you feel fatigued much of the time, especially after eating a carb-heavy meal?
- Do you lead a largely sedentary life?
- Do you have the sense that your appetite is out of control?
- Do you frequently crave sweet or starchy foods such as bread, pasta, potatoes, or beans?
- Do you feel light-headed and dizzy when you get hungry?
- Is your blood sugar in the upper ranges of "normal" or beyond?
- Are you struggling with one or more symptoms, such a brain fog, anxiety, depression, skin problems, joint pain, aching muscles, hormonal issues, or sleep problems?

If you answered "yes" to one or more questions, please consider talking to a healthcare professional, your GP, a naturopath, homeopath or nutritionist and start gently on your new low carb lifestyle by cutting out of your diet all grains, legumes (beans and peas), starchy vegetables (potatoes, kumara, yams), and most fruit.

If you then experience a marked change in your symptoms, you might very well have discovered your own carbohydrate intolerance.

To take the Carb Choice genetic test, ascertaining your AMY1 levels and learn more about how you process carbohydrates, contact Naturopath Lynette Hill. e:lynette@myremedy.co.nz

SUCCESS SECRET: GET RID OF ARTIFICIAL SWEETENERS! 'One of the reasons why artificial sweeteners do not help you lose weight relates to the fact that your body is not fooled by sweet taste without accompanying calories.

When you eat something sweet, your brain releases dopamine, which activates your brain's reward center. The appetite-regulating hormone leptin is also released, which eventually informs your brain that you are "full" once a certain amount of calories have been ingested. Artificial sweeteners basically trick your body into thinking that it's going to receive sugar (calories), but when the sugar doesn't come, your body continues to signal that it needs more, which results in carb cravings.'

www.mercola.com

A woman with dark hair, wearing a blue dress, a black cardigan, and a necklace, is leaning against a white brick wall. She is smiling and looking to the right. Her arms are crossed.

Nothing tastes as **GOOD** as how happy & healthy **FEELS**

*Except low carb food which is
tasty as heck and makes me
feel happy and healthy too!*

*Monique
Bradley*

monique's food philosophy

I'm a real foodie, having spent a lot of time in the kitchen with my mum, Home Economics teacher, Helena. She encouraged me to cook and bake, sew, make crafts, create and perform and from a young age, my dream was to grow up to become NZ food icon 'Alison Holst.' To this day, that has not happened, however you may be pleased to learn that when I met Alison, I curtsyed.

My father, Morris, a musician, healer, motivational speaker and alternative healthcare professional, was also an advocate for the idea 'Let Food Be Thy Medicine', educating that conscious food choices, homeopathy and naturopathy were a worthy and credible alternative to traditional medicine.

After years of struggling with food and my health, I've now come back to that philosophy and I'm always looking for ways to make food faster and easier, finding those little food hacks that make my choices healthier options. Low carb living ticks all the boxes for me and has positively impacted my health. And it's all about eating REAL FOOD!

For 15 years I had the great honour of being the MC of a NZ food show, working alongside some of NZ and Australia's most popular food and wellness personalities including Nadia Lim, Chelsea Winter, Kylie Kwong, Donna Hay, Dr Libby, Simon Gault, Peta Mathias and many more. That's where I connected to one of my favourite 'eat real food advocates', Masterchef Judge Ray McVinnie.

Ray has been a great source of education over the last few years of my journey. His view is that we should all eat REAL food, eat a wide variety, eat more plant and get away from processed foods! Over the last year, we have co-hosted a weekly live streamed cooking show, reaching millions of people worldwide, spreading the message that good food can be easy to make, made from real ingredients and tasty as heck!

Please note: **This is not a diet.** This is a new way of being, a new mindset, a new lifestyle. Feeling healthy and well is the goal. Losing weight has been a beautiful byproduct.

SO: let's eat fresh. Let's eat local. Let's eat seasonal and to our budgets. Let's eat smaller portions and eat more mindfully and when it comes to your health, learn to listen to your body. It has all the answers.



what I eat

This is my actual food plan. I don't have a lot of time for breakfast so scrambled eggs is my 'go to' and keeps me going till around 1 p.m. Sunday's are usually slower and later so I cook low carb pancakes or something similar for brunch then have a snack later on. I also add side salads or steamed veges as required.

On the following page are some of the other dishes I add into my menu to keep it feeling fresh.

	Breakfast	Lunch	Dinner
Monday	Scrambled eggs & coffee	Low carb scones with cheese OR low carb crackers with pesto and cheese	Naked Burritos with beef mince, guacamole and Pete's salsa
Tuesday	Scrambled eggs & coffee	Turmeric latte made with almond milk and a raw food slice	Pete's tasty as beef strip stirfry, with cherry tomatoes and salad
Wednesday	Scrambled eggs & coffee	Whatever I make during my show	Takeaways: usually Paneer Tikka
Thursday	Scrambled eggs & coffee	Avocado, tomato and olive salad and deli meats	Pan fried peppers and halloumi salad
Friday	Scrambled eggs & coffee	No carbs kebab, usually lamb or chicken	Antipasto platter with low carb crackers and a glass of wine or a 'Skinny Bitch'
Saturday	Scrambled eggs & coffee	Mini frittata	Roasted vegetables or low carb Mac N Cheese
Sunday	Low carb pancakes	Protein bar and some nuts	Low carb sliders

my eating plan mix and match

- Omelette with various vegetables and coriander or basil, cooked in avocado oil or olive oil
- Natural yogurt with blueberries or a half cup of melon pieces and a handful of almonds or walnuts
- Bacon and eggs
- Grilled chicken (or pan fried fish) with steamed vegetables and a drizzle of avocado oil
- Smoothie with coconut milk, berries, almonds and protein powder (emergency only)
- Peppered steak and veggies with butter
- Natural yogurt with berries, coconut flakes and a handful of walnuts
- Meatball bake, cooked in tomato sauce with a mozzarella topping and vegetables
- Mini breakfast frittata
- Grilled 'capsicum boats', grilled with homemade pesto and cheese
- Lowcarb english muffin with homemade pesto, and cheese
- Grilled chicken wings with some coleslaw
- Rocket and parmesan salad with olive oil, salt and pepper
- Low carb lava cake with cream
- Rotisserie chicken and coleslaw
- Grilled kebabs with peppers, mushroom, cherry tomatoes, onion, zucchini and halloumi
- Zucchini Noodle Salad with pesto, cherry tomatoes and shaved parmesan or shredded chicken

I don't eat Tofu, however it's also a good option if you're vegetarian and it's always great to have a can of Salmon or Tuna in the cupboard, if you're a fan.

Snacks:

- Peanut butter - I eat it by the tablespoon!
- Healthieries 'No Added Sugar' mini chocolate bars
- Protein bars: yes I eat them occasionally, especially if I'm on the run, however check the ingredients
- A handful of nuts
- 50 grams of deli meats
- A piece of cheese: tasty cheddar, brie or camembert, gouda, havarti
- Low carb bliss balls (home made)
- Homemade nut based snacks (slices, bars, balls - just watch the sugar content)
- a handful of berries or 1/2 a cup of melon pieces

Occasional food: (and I only eat these after 5 p.m.)

- Baked Kumara with butter, cottage cheese, salt and pepper
- Kumara fries

which foods are low carb?

Meat: Beef, lamb, pork (well bacon!!), and chicken. I eat these in moderation and if I can, I prefer to get protein from plant based sources. I also eat small amounts of deli meats.

Fish: I don't eat fish, but it's a great option if you like it. Salmon and tuna are great options and convenient.

Eggs: Free range all the way baby! Happy chickens means happy eggs.

Vegetables: Vegetables growing above ground are low carb and can be eaten freely.

Vegetables growing below ground contain more carbs, so you'll have to be more careful with them. My favourites: broccoli, cauliflower, beans, cabbage

Fruits: Melons and berries are great! Watermelon is really low carb, as are blueberries, strawberries, avocado and tomato. Yes, Avocado is also a fruit!

Nuts and Seeds: Almonds, walnuts, sunflower seeds, pecans, cashews.....MMMM! A handful of nuts make a great snack!

High-Fat Dairy: Cheese, butter, heavy cream, yogurt.

Fats and Oils: Coconut oil, butter, olive oil and avocado oil are my favourites

food I've eliminated or replaced

Sugar: Soft drinks, fruit juices, lollies, ice cream.

Gluten Grains: Wheat, spelt, barley and rye. Includes breads and pastas, cakes and biscuits. I don't feel like I'm missing out though! I've created low carb versions of some of our staples and replace pasta with raw or cooked veges. Delicious!

Trans Fats: "Hydrogenated" or "partially hydrogenated" oils. Get rid of table spreads and margarine! Butter is your friend!

Vegetable Oils: Cottonseed, soybean, sunflower, grapeseed, corn, safflower and canola oils. I only use Avocado or Olive Oil.

Artificial Sweeteners: Aspartame, Saccharin, Sucralose, Cyclamates and Acesulfame Potassium. I use Stevia if required.

"Diet" and "Low-Fat" Products: I was addicted to diet drinks and diet products, which I have now completely eliminated from my diet. There are also many dairy products, cereals and crackers that are loaded with chemicals so I personally avoid them.

Highly Processed Foods: If it looks like it was made in a factory, don't eat it.

SUCCESS SECRET: 'Control Your Physical Hunger. Never let yourself go more than 5-6 waking hours without eating at least a couple hundred calories that include some protein, fat and veggies, even if you are not hungry.

This is the secret to keeping ourselves physically on an even keel. And THAT provides a much firmer base for handling our emotions which are not nearly as predictable or controllable as hunger.'

vegetables I eat and love

Cauliflower: The most classic and iconic of all low-carb vegetables. The base of cauliflower rice and cauliflower mash. I eat Cauliflower at least 3-4 times a week. LOVE IT!

Cabbage: Another great low-carb vegetable. Who doesn't love butter-fried cabbage or the truly addictive Asian cabbage stir-fry? The bonus with cabbage is that it is 'Thermogenic' meaning it burns fat as you eat it!! WINNING! I also love red and white shredded cabbage as a base for naked burritos or for replacing pasta in a recipe.

Avocado: While technically it's a fruit, it fits better in this category. Low carb and full of nutritious fat. Avocado can be eaten in all kinds of ways, including on its own, perhaps with some mayonnaise, or it can be used to make guacamole. I love it smashed on a low carb english muffin with loads of ground pepper and check out my favourite lunchtime recipe using Avocado!

Broccoli: Another great option that can replace pasta, rice or potatoes. Just fry it in butter or add some cheese for great-tasting side dishes.

Zucchini: Have you ever tried zucchini chips? SO GOOD! Zucchini can also be used to make low-carb pasta, and of course Zoodles! (Zucchini Noodles) Check out my recipe and give it a try!

Tomatoes: Also technically a fruit, but a better fit here. Love them, loaded with antioxidants and anti aging properties. I grew up with tomatoes on toast as one of the staple breakfast choices. Still comforting and delicious, I'm more likely to cook with them, load them on a low carb cracker or team them up with halloumi and avocado. Throw a tin into your favourite mice dish, but make sure the can isn't loaded with sugars and preservatives.

Spinach: An extremely low-carb vegetable, that can be used in many ways. One of my favs is when it's loaded into a low carb frittata and it's also sensational in an omelette!

Asparagus: Tasty and nutritious and very low carb. Love it roasted in avocado oil or olive oil! Also amazing wrapped in bacon and grilled! #nom

Green beans: Steamed and served with butter or added into the roast mix! DELICIOUS

Brussels sprouts: Pan fried or roasted.....can you see a recurring theme here? Awesome roasted with slivers of garlic.

Capsicums: YES YES YES! Stirfried, raw, baked, roasted, grilled. Any way I can get them!

recommended low carb fruit

All fruit contains quite a few carbs mostly in the form of sugar (fructose), which is where fruit get's it's sweetness from.

Fruit is 'candy from nature' and while it's amazing and delicious and loaded with vitamins and minerals, living low carb means you need to be very particular about the fruit you choose in order to get the results you want, and in some cases, if you can get the nutrients you need from vegetables, that's a great option!

A medium apple - as an example - has around 18 grams of carbs. Bananas, grapes, mango, pears and apples are all higher in carbs and I personally do not eat them. Vegetables are loaded with so many essential nutrients, just remember to eat the colours of the rainbow!

Here's a list of lower carb fruits that are delicious and perfect to have with natural yoghurt and nuts or coconut flakes, added into a nutmilk and yoghurt smoothie or to have as a snack. If you're planning to have any of these as a snack, I would also have these with some nut butter or a handful of nuts.

- Raspberries – Half a cup: approx 3 grams of carbs
- Blackberries – Half a cup: approx 4 grams of carbs
- Strawberries – Half a cup: approx 6 grams of carbs
- Blueberries – Half a cup: approx 6 grams of carbs
- Plum – One medium-sized: approx contains 6 grams of carbs
- Kiwi fruit– One medium-sized: approx contains 8 grams of carbs
- Cherries – Half a cup: approx 9 grams of carbs
- Cantaloupe – One cup: approx 11 grams of carbs
- Peach – One medium-sized approx 13 grams of carbs

I also love coconut meat to snack on, or coconut chips and feel free to add a squeeze of lemon or lime into your water, soda water or your 'Skinny Bitch' (listed on the alcohol page).

SUCCESS SECRET: Remember, your body is perfect right now, just as it is. So to improve your health, achieve your ideal weight, and then maintain this ideal weight for life, you don't have to change your body! You only need to give your body the fuel that it needs and understands. Your body just doesn't understand what to do with the Killer Carbs (sugars, starches, wheat, etc...). You just need to feed your body fuel it understands: healthy fats and protein with limited carbs from vegetables and low carb fruits, full-fat dairy and full-fat fermented dairy, etc...

Justin Anderson, MD

what I drink

Water: Water and water with lemon - no carbs, no worries! I also drink soda water with a twist of lemon or lime. Again, it's a carb free option!

Tea: plain black is best, however I love a good cup of Earl Grey with milk, sweetened with a tiny bit of Stevia. Green tea is also amazing and loaded with antioxidants

Coffee: I drink decaf long black, however a 'bullet proof' is also good. This is a long black with a shot of cream. High in fat but gives you some good sustained energy. Milk has carbs, cream has fat so if you're drinking trim cappuccino or trim latte, you're adding even more carbs into your diet! I was doing that for the longest time thinking it was a healthier option!! I just got puffier and puffier.

alcohol

I am human and yes, I like to have a drink every so often. Even better, my favourites are low carb! Please remember, when you are living a low carb lifestyle, you will be more 'sensitive' to alcohol and it's effects, so go easy Tiger. Remember too that Alcohol can put a bit of stress on your Liver so again, go easy. 'Going dry' for a little while will help kickstart your transformation, but use this guide if you're out and being social.

My favourite: **The "Skinny Bitch"**: This is the drink for you if you want to skip sugar and artificial sweeteners. (In fact get rid of artificial sweeteners immediately!) Made with soda water, vodka or gin, lime and ice is absolutely sensational and a must have summer drink.

Champagne or dry sparkling wine: Although Champagne can be a bit pricey, if you're really wanting to celebrate, this is a good option too. It's great for a special occasion and at least you know a glass is ok by me!

Dry wine, red or white: one glass contains about 2 grams of net carbs. Yes, you can have wine cherubs. I get asked this all the time! As always, read the label and find out if it's sweet or dry. The label may give you an idea of the sugar content as well.

Whiskey: I secretly love whiskey! When I worked in professional theatre, one of my co-performers gave me a shot of whiskey for my sore throat and it worked a treat! Whiskey and brandy are often used in tinctures and medicines, and nothing compares to Whiskey on ice.

the real work begins in your mind

What I've learnt over the 25 years of this journey is that it's actually quite easy to stop eating certain foods, change your diet and make different choices.

The hard part sticking at it and dealing with the internal battle.

The bit where we look at ourselves in the mirror and we don't like what we see. The bit where we feel like a failure. The bit where eating a chocolate bar or drinking too much alcohol is the escape we need **RIGHT NOW** to feel a little brighter, till we feel like a failure again.

Even if that's not your story, that gives you a little insight into mine.

The biggest part of this journey is **not just in the food you eat**. It's about the **mindset you choose**. It's about being gentle on yourself and *flipping your mindset from one of failure* to having a **tunnel vision view of success**.

Example: I was always the fat kid. I wore that label as a badge of shame and it was my self sabotage scapegoat. As a child I was even told by medical specialists that there was nothing I could do about my weight as I came from a family of 'large people' and apparently 'elephant's don't make mice'.

Yes, that happened.

I used this story as an excuse for being overweight. 'There's nothing I can do, so pass me another bit of caramel slice.....' And then I'd suffer with the shame, the guilt and even worse, the IBS and other health challenges. Has this happened to you? Have you been eating your feelings because of the stress at work? Do you struggle eating healthily because no-one in your household wants to? What is your 'self sabotage scapegoat?'

It's time to get real my friend. Isn't it time to *put you, your health and happiness first?* When we set our mindset consciously to that bigger goal of feeling healthy and well, and become mindful of what we're really trying to achieve in this journey, then that **desire** is so much bigger than that pack of biscuits or that mud cake.

My friend **Paula** who has lost over 30 kg's and has completely transformed her health calls that desire, her **WHY**. Her **WHY** is what drives her, even on tough days. So what's your **WHY**? And how committed to it are you? (You can meet Paula and see her transformation at the end of this PDF)



what's your WHY?

I want to ask you some really personal questions. These are just between us ok?

You can journal your answers - in fact I would suggest you do this weekly. I constantly check in with myself on my progress, how I'm feeling and what I can do to improve myself and my life in the pursuit of my WHY, which is to live a happier and healthier life!

By having a strong understanding of my WHY, getting there is easier, even when temptation or obstacles cross my path. I'm already feeling happier and healthier by consciously making dietary changes that serve my body and my health. *Losing weight easily is just a very welcome by-product.*

1. On a scale of 1-10, how do you feel about **you** right now?
2. Why did you give yourself that score?
3. Finish this sentence: In a perfect world I (write your goal of how you would look and feel)
4. Where are you holding the most weight on your body right now?
5. Which part of your body, your life or your journey are you most proud of right now?
6. What's been one great success in your journey over the last week? It could be your body, a healthy choice you've made, a great low carb dish you've cooked or an improvement in your health?
7. How do you feel in your clothes this week? What changes have you noticed?
8. Write down one specific goal you're going to commit to this week: it could be adding in a walk, trying a new recipe, meditation, writing and reading an affirmation or writing in your food diary. What's achievable for you this week?
9. Remember this: It's not about being the best: it's about being better.

Your WHY will become very apparent over the course of your journey.

One beautiful soul who shared her story with me just wanted to have enough energy to play with her kids at the park. Whatever your WHY, let your **desire** to achieve it be your driving force for success.

FYI: If you're ready to do bigger stuff and work with me to achieve your goal, join my Facebook group!

DIETS ARE A SUCCESS WHEN YOU FEEL LIKE YOU ARE **NOT** ON A DIET. OFTEN WE ARE TEMPTED TO EAT FOOD THAT DOES NOT SERVE US EITHER BECAUSE OF OUR HABITS AND SUBCONSCIOUS PROGRAMMING, NEEDING AN EMOTIONAL ESCAPE, BECAUSE IT'S JUST 'EASIER' OR BECAUSE WE FEEL LIKE WE'RE MISSING OUT.

BREAKING NEWS: NO MORE
MISSING OUT MY FRIEND.
AND **NO MORE DIETS.**

FOLLOWING ARE LOW CARB RECIPES TO SUPPLEMENT YOUR OWN HEALTHY EATING PLAN, SO IF YOU FEEL LIKE CHOCOLATE CAKE, YOU CAN HAVE THE DAMN CAKE AND LOVE IT!

ALWAYS PLAN TO HAVE QUALITY PROTEIN, FATS AND VEGETABLES **FIRST** AND IF YOU NEED YOUR FIX OF SCONES OR PANCAKES, I'VE GOT YOUR BACK WITH THESE LOW CARB RECIPES.

NO MORE RISK OF TEMPTATION TAKING YOU OFF COURSE BECAUSE **NOTHING HERE IS ON THE 'NAUGHTY' LIST.** BE MINDFUL, HONEST AND EAT TILL YOU FEEL FULL.

EAT REAL FOOD, BE HAPPY AND LOVE YOURSELF!

let do this and watch the magic happen

low carb crackers

When you're eating salad or veges and protein all the time, sometimes you just want a bit of cheese and crackers! This recipe rocks and is guaranteed to impress your friends! Press it thin to make it crunchy.



- 1 c of almond meal
- 1/3 c of avocado oil (or any oil you have in the cupboard)
- 1 egg
- Handful of grated cheese
- Salt and pepper

Heat oven to 220 degrees

Mix all ingredients together, till mixed through.

Place teaspoons of mixture onto a tray covered with baking paper.

Cover blobs of mixture with baking paper and flatten

Carefully remove baking paper and bake for 10 mins or until golden

Leave to cool

Cover with your favourite topping and devour!

Monique's tip:

This is perfect to have with an antipasto platter, which is low carb! You can even make your own pesto by blending together some cashews, basil and some parmesan cheese with a little oil.



*Monique
Bradley*

dinner rolls

I love a good dinner roll or bun, especially a grainy one loaded with tomato, fresh mozzarella, pesto and some ham. This bun is delish, low carb and best when hot from the oven.



- 1 1/2 cup Almond flour (I used the unbleached version for this to get that grainy texture)
- 1 tbsp baking powder
- 2 1/2 cup Mozzarella cheese (shredded)
- 2 oz Cream cheese (cubed)
- 2 large Eggs (beaten)
- Sesame seeds (for topping - optional)

Preheat the oven to 200 degrees.

Stir together the almond flour and baking powder.

In another bowl, combine the mozzarella and cream cheese in a large bowl. Microwave for 2 minutes, stirring halfway through. Stir again at the end until well incorporated. You can also use a double boiler if you prefer and you want to achieve a mix that looks a little like a 70's fondue.

Stir the flour mixture and eggs into the cheese mixture. Working quickly while the cheese is still hot, knead with your hands until a dough forms. The dough will be very sticky, but keep kneading and squeezing through your fingers for a few minutes.

If the dough becomes hard before fully mixed, is too difficult to mix, or is still sticky after a couple minutes, you can microwave/reheat for 15-20 seconds to soften it. In that case, wash your hands and knead again.

If you're lazy like me, forget all that and just put it all in a benchtop mixer and mix through using the dough hook. You must make sure it's all completely mixed through and you shouldn't be able to see any separate bits of cheese.

Separate into 6 pieces and place in silicone mini loaf moulds or round muffin moulds.

Bake for 10-15 minutes, until your loaves or rolls are firm and crunchy on top.

FYI: If you use the bleached almond flour you'll achieve a more traditional style dinner roll

avo tomato salad

Did you know that when you eat avocado and tomato together, the good fats in the avo help you absorb more Lycopene from the tomatoes! This is good as it's got loads of health benefits!



- 1 avocado
- 1 tomato or a half cup of cherry tomatoes
- 1/4 of a red onion
- 1/2 a cup of chopped cucumber
- coriander
- avocado oil
- lemon juice
- salt and pepper

Cube your avocado and place in a bowl.

Chop up tomatoes or cherry tomatoes and place in bowl.

Finely chop the red onion and mix through.

Chop up cucumber into small chunks and add.

Finely chop coriander and add to the bowl

Add a squeeze of lemon juice and a large swirl of avocado oil, then a little salt and pepper.

Mix through and DEVOUR.

This is really nice served with some low carb crackers and you can add some cooked halloumi, chopped roasted almonds or some olives to this too.

english muffins

This was one of the first low carb recipe's I tried to help overcome my bread addiction. Truly amazing and perfect toasted. PLUS you can use the same mixture in silicone moulds to make slider buns!



- 1 egg
- 3 tbsp almond meal
- 1/2 tbsp coconut flour
- 1/2 tsp baking powder
- 1 tbsp oil
- Salt and pepper

Mix all ingredients together thoroughly in a bowl, using a fork

Place all ingredients in a large greased ramekin and cook in the microwave for 90 seconds or in an oven set at 175-200 degrees for 10 - 15 minutes.

Slide a knife around the inside of the ramekin and the english muffin ease out.

Cut in half and toast.

Cover in your favourite toppings and enjoy.

Monique's tip:

Use this same recipe as the basis for hamburger or slider buns, so if you're cooking burgers for the family, you don't have to miss out!



*Monique
Bradley*

sliders

'Slider' is just a fancy name for a mini burger. These are super fun and great to make with the kids as they can get creative in the kitchen! I found 4 sliders with mini beef patties were the perfect sized serving for me. This should make 8 sliders.



- 250 grams of ground beef mince
- 1/2 an onion finely chopped
- 1 egg
- a big sprinkle of dried mixed herbs
- salt and pepper
- avocado oil or olive oil

Mix all ingredients together then roll into meatballs that fit comfortably in the palm of your hand. Press flat then fry in a hot pan with a little oil or cook on a griddle like a George Forman Grill, without oil, until cooked through.

Using silicone moulds like the one's pictured, cook double the amount of the english muffin recipe (4 tubes) and once cooked, slice each tube into 4 pieces. Place each piece in a hot fry pan with a little oil, toasting on each side.

Take each toasted piece, covering one side with mayonnaise and layer up your slider with tomato, cheese, lettuce, pickles and your tiny burger patty.

Drizzle a little olive oil or avocado oil over the top and enjoy!

Other slider options:

Tuna or chicken and mayo

Pastrami, mustard, melted cheese and gherkin

Grilled Halloumi, chargrilled peppers and olive oil

Mozarella, basil pesto, tomato and olive oil

Pan fried fish with mayo and salad greens



zucchini noodle salad

Low carb and loaded with flavour, this is not a recipe as such, more an assembly of tasty ingredients. It's fast, easy and covers all your food groups in one bowl.



- 1 medium zucchini
- 3 strips cut from a block of halloumi
- 1 tbsp olive oil for cooking, 1 tbsp for serving
- handful of chopped cherry tomatoes
- 1/4 of a red onion (finely chopped)
- 1 tbsp pesto

Fry the halloumi in a little oil in a medium hot pan till cooked on both sides.

Peel the zucchini into ribbons using a vegetable peeler or use a zucchini noddler to create your noodles.

Add chopped cherry tomatoes, red onion and halloumi to the bowl.

Mix pesto and oil in a container, then pour over top as a dressing.

Mix through and enjoy!

Monique's tip:

Let's be honest: salad can be pretty boring so spice it up with some roasted nuts, dukkah or other flavourings. Beware of dressings however as they can be hiding all sorts of additional sugars! You're always best to make your own.



*Monique
Bradley*

mac N cheese

This is a low carb version of that epic cheesy comfort food we all love and adore. Made with cauliflower, this is one of my fav low carb foods and it's so good it made me cry. I'm not even kidding.



- 6-8 cups cauliflower
- 100 grams of diced bacon (optional)
- 1/2 medium Onion diced
- 2 cloves garlic finely chopped
- 2 tbsp Butter
- 1 cup Cheddar Cheese (shredded)
- 1/4 cup Cream
- salt and pepper
- 1/2 cup Cheddar Cheese (shredded) for the topping

Heat a large pan on medium heat and preheat the oven to 200 degrees.

Separate the cauliflower into "macaroni" sized pieces. Cook for 3 minutes in the microwave or steam until tender.

Dice the onion, finely chop the garlic and add items to the pan, then add bacon. Add cauliflower on top and mix through. Cook for roughly 5 minutes on the stovetop or until the cauliflower is cooked through and the onions are translucent

Cheese Sauce

Combine butter, cheddar cheese (1 cup), and cream in a small saucepan. Cook on low heat until all is melted and combined. Season with salt and pepper.

Place the cauliflower mixture into a baking dish.
Pour the cheese sauce over top and mix everything together.
Top with the remaining cheddar cheese.

Bake at 200 for 20 minutes or until golden and crispy. Enjoy!

chocolate lava cake

Well, this is as close to a low carb lava cake that I could get without using products loaded with artificial sweeteners. This made 2 desserts and was served with my french vanilla cream. SO GOOD!



- 3 tbsp almond flour
- 1/2 tbsp coconut flour
- 1-2 tbsp of stevia baking granules (I use Natvia) or your favourite low carb sweetener
- 1/2 tsp baking powder
- 2 tbsp cacao or cocoa
- 1 egg
- 1/4 c of avocado oil (or any oil you have available)
- 1 tsp vanilla essence
- 1 piece of low carb or sugar free chocolate (I use the Healtheries No Added Sugar range which is sweetened with Stevia)



Mix the dry ingredients together.

Add egg, oil and vanilla and mix through with a fork. Pour mixture into 2 ramekins then insert a piece of chocolate into the middle through to the bottom of the dish.

Cook in the microwave for 90 seconds or in the oven at 175 degrees for 10-15 minutes or until cooked.

Monique's French Vanilla Cream

- 1/2 c of cream
- 1 tsp of stevia baking granules or your favourite low carb sweetener
- 1/2 tsp vanilla essence

Whip all ingredients together and load on top of your chocolate lava cake. Photograph to share on instagram and impress your friends, then devour.

epic scones

Scones have been a staple in my life so letting go of them to go carb free was so hard! UNTIL NOW!! This recipe is so much easier as you don't have to rub through any butter! They cook up super fast too!



- 2 cups of almond flour
- 1/4 cup of avocado oil (or any oil you have available)
- 2 eggs
- 1 tsp baking powder
- Salt and pepper (or if you're making sweet ones, perhaps add a tablespoon of maple syrup or liquid stevia)

You can also mix through 1/2 a cup of grated cheese, bacon bits, cayenne pepper, or your favourite flavourings

Mix all ingredients together thoroughly in a bowl, using a fork

Place large spoonfuls on a tray covered with baking paper and cook in an oven set at 220 degrees (or 250, depending on your oven) for around 10 minutes.

Cover in your butter and your favourite toppings and enjoy!!

Monique's tip:

2 scones were enough for me as a serving with a cup of tea. I topped my scones with home made pesto, tomato and brie. Decadent and delicious!



*Monique
Bradley*

pete's warm beef salad

My partner Pete has always loved low carb living, even though he can tolerate more carbs than I can! This salad he devised after one of our shoots with Masterchef Ray McVinnie and it's both fast and tasty.



- 200 grams of beef strips (however you could use chicken, pork or halloumi)
- worcestershire sauce
- soya sauce
- garlic
- onion
- avocado oil or olive oil
- balsamic vinegar
- cherry tomatoes
- salad greens

Dice the onion, finely chop the garlic and add items to the pan, with a little oil. Cook until onions are translucent, then remove from pan.

Cook beef strips in the pan in a little oil, adding some worcestershire sauce and soya sauce to flavour.

Chop cherry tomatoes in half.

Add onions and garlic back into the pan, also adding the cherry tomatoes. Cook through till tomatoes become soft.

Add salad greens into 2 bowls. Load your pan fried goodness on top, mixing through your salad greens to wilt them down slightly.

Top with sprinkles of oil and balsamic vinegar, mix through, then add salt and pepper.

Enjoy!

sunday pancakes

After testing a number of recipes this is what I thought was the closest to a standard pancake without adding protein powder or weird ingredients.

Makes 6 pancakes. 2 = 1 serving



- 2 tbsp coconut oil
- 2 eggs
- 1/4 cup water (sparkling water is ideal)
- 1/4 tsp salt
- 1 cup almond flour
- Sweetener to taste – optional
- Vanilla Extract – optional

Place the coconut oil in a mixing bowl and heat it in the microwave for about 30-40 seconds or until it melts. If it's not completely liquid in form, it won't mix thoroughly into the batter.

Add eggs and whisk together with a fork.

Pour the sparkling water and salt into the bowl and whisk together.

If you want to add sweetener and/or vanilla extract, do so now.

Add the almond flour to the wet ingredients and mix well with a fork. Make sure there are no lumps in the batter. If the batter is very thick, you can add a little more sparkling water.

Heat pan and grease with a little butter. Pan should be at a medium heat. Pour large spoonfuls of mixture into the pan. Once the edges have set and begin to turn a slight golden brown, carefully flip the cake over using a large spatula.

Add some berries and natural yoghurt, melon and Monique's french vanilla cream or some nut butter and you're winning at life!

FYI: These are a little grittier than flour pancakes, but still delicious and perfect to fix that pancake craving.

" I travel and teach around NZ and Australia and my weight blew out due to meat pies and craft beer and other convenience fast foods like KFC and McDonalds.

I ate pita pit salad every lunch for 3 months and chicken or fish with steamed vegetables for dinner. No beer, no gluten, no red meat, no obvious carbs. My only alcohol was Jim Beam and Coke Zero.

I was 109 kg and got down to just over 85.

My local takeaways makes me Nasi Gorang with no noodles, so I don't miss out when the rest of the family wants takeout. I still avoid obvious carbs but I think the most important thing is don't sweat it if you accidentally eat some."

Kevin Martin. Chef and cake decorator
www.cakeprofler.co.nz



**my friends &
I did it &
you can too**



Kevin Martin



Paula Chapman



"I have lost 30+kg . I have done it slowly. I've worked slowly to change things in my life to ensure it is permanent change. Permanent transformation.

Two things have been vital. First the most important and most consistent thing for me is accountability. That for me has been a well rounded Personal Trainer who has a wholistic approach.

But it would have never happened without my own desire, vision and determination to make it happen."

Paula Chapman. Lash Technician.

SO: ARE YOU READY TO TRANSFORM YOUR LIFE?
THIS IS JUST THE TIP OF THE ICEBERG.
YOUR JOURNEY - IF IT HASN'T ALREADY STARTED - STARTS NOW!
AND I WOULD LOVE TO BE ON THAT JOURNEY WITH YOU!

LET'S WORK **TOGETHER!**

Join my FACEBOOK GROUP and let's work together TO HELP YOU ACHIEVE YOUR GOALS!

As part of the group, each week I will

- **motivate you** with personal development and empowerment tools to help you stay focussed and meet your goals
 - give you a **new WEEKLY breakfast, lunch, dinner or snack recipe** PLUS deliver a live stream demonstration on **how to make it**
 - give you access to health, wellness, EXERCISE, fashion, beauty, nutrition and food industry professionals via Live weekly chats so **you can have your questions answered directly**
- AND - I'M GOING TO BE THERE FOR YOU.**

I've got access to some of the best tools and advice from industry professionals that have transformed my life. Those tools can be yours too, to help you make this transformation easy and FUN!

YOU'RE NOT ALONE ON THIS JOURNEY. JOIN YOUR TRIBE.

Sign up at www.moniquebradley.tv

your journey starts now. M xoxo