

Procedures for these Meals are in Episode 2494 of The Survival Podcast Located at <http://www.thesurvivalpodcast.com/10-low-carb-meals>

Cabbage Sardine Wraps (Serves One)

- Three Napa Cabbage Leaves – 2.7 Carbs
- Three Plump Sardines in Olive Oil ([Matiz Galego](#) is Best) – 0 Carbs
- ½ Ounce Roasted Hemp Seed – 2.0 Carbs
- 2 Ounces of Avocado Mashed – 1.2 Carbs
 - Total Carbs – 5.9

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#### Blackened Fish with Roasted Fennel Vegetables (serves 2)

- 1-1.5 Lbs of Fish (your choice but steak like fish is best, Mahi, Snapper, Cobia, Salmon, etc. – 0 Carbs
- Chef Paul's [Redfish Magic Seasoning](#) – 0 Carbs
- 6 Ounces of Fennel Chopped Course (about one bulb) – 2 Carbs
- 2 Ounces Baby Potatoes – 8.9 Carbs
- 2 Ounces of Baby Carrots – 3.85 Carbs
- 2 Ounces of Celery (about one big stalk) - .68 Carbs
- 5 Ounces of Sweet Pepper (about one large) – 4.1 Carbs
- ½ Ounce of Garlic Minced (2-3 cloves) – 4.4 Carbs
  - Total Carbs 23.93 Carbs = 11.96 per serving (7.5 without the potatoes)

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Jacks Jalapeno Breakfast Sausage, Potatoes and Eggs

- Sausage per Pound Mix
 - 1 Pound Fatty Pork Ground Course
 - 1 TSP Fennel Seed .73 Carbs
 - ½ TSP Salt
 - ½ TSP Black Pepper .76 carbs
 - 4 Fresh Sage Leaves– trace amount
 - 1 ounce of Garlic finely minced 8.7 Carbs
 - 2 ounces of chopped jalapeno 2.0 Carbs
- A Serving of the Above Sausage is ¼ pound so 12.19 per pound, a ¼ pound serving equals only 3.04 Carbs. This allows for 1.5 Ounces of Fried Potatoes.

Form the ¼ pound sausage into 4 small patties and fry till done, fry 1.5 ounces of baby potato diced in the grease. Then cook eggs to your liking. Chop up the sausage into bits, quickly reheat sausage and eggs, put on plate, serve eggs on top of them. Over easy to over medium is best. Eggs are .4 carbs and egg so with chicken eggs your carb count per breakfast is

Sausage -3.04 Carbs

- Potato – 6.6 Carbs
- Eggs - .8 Carbs
- Total Carbs – 10.44

Duck Eggs are 1 Carb Per Egg so with Two Duck Eggs you are at 11.6 Carbs

Cut the Potato and you are at 2.44 for chicken eggs and 3.6 for Duck Eggs

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Moroccan Lamb and Veggies and Mushrooms (serves 2)

- 1-3 Pounds of Lamb Your Choice of Cut (Tough Cuts are good for this)
- [Ras El Hanout](#) seasoning
- 2 Ounces Baby Potatoes – 8.9 Carbs
- 2 Ounces of Baby Carrots – 3.85 Carbs
- 2 Ounces of Celery (about one big stalk) - .68 Carbs
- 8 Ounces Mushrooms – 5.04 Carbs
- ½ Ounce of Garlic (2-3 cloves) – 4.4 Carbs
  - 17.75 Carbs total – 8.8 Per Serving – To cut it to 6.6, cut garlic cloves in half, but discard after cooking. Much of the flavor, none of the carbs.

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Pork and Sorta Apples

- 1-2 Pounds of Pork your choice of cut but thick chops are great
- 3 Ounces of Apple Diced – 9.66 Carbs
- 8 Ounces of Jicama – 8.8 Carbs
- 1 Ounce of Chopped Shallots 4.76 Carbs
 - 11.61 Carbs
 - Cut the Apples out and you are at 6.78