

# Low Carb

TREATS

Issue No. 01 • The Fit Habit

## Cheese Cake

Get the same decadent taste without the sugar or carbs

*page one*

## Pizza

Only the best gluten free, low carb pizza ever.

*page two*

## Smoothie Magic

My favorite healthy smoothie recipes.

*page three*

# Say Cheese!

YOUR GO-TO DESSERT OPTION

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## Recipe

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### Sugar-free Cheese Cake

#### Ingredients

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32oz cream cheese, 900gm

pinch of salt

2 Teaspoons of vanilla extract

4 eggs

2/3 cup sour cream, 160ml

2/3 cup cream, 160ml

#### Instructions

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Mix cream cheese for 4 minutes.

Add salt, vanilla and eggs.

Mix for 1 minute between each egg.

Mix in sour cream and cream

Pour onto parchment lined spring form tin. Bake at 160C for 1 hour 30 minutes.

Let it cool for an hour then remove from spring form and refrigerate.

# *Pizza, Baby!*

THE ULTIMATE LOW CARB FEST

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## Low Carb, Gluten-free Pizza

### **Crust Ingredients**

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1 1/2 cups shredded mozzarella  
3/4 cup almond flour  
2 tbs cream cheese  
1 egg  
Garlic salt  
Parchment paper and cookie sheet

### **Instructions**

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Put mozzarella & cream cheese in a medium size microwaveable bowl  
Microwave for 1 min, stir and then another 30 sec, stir (very hot!)  
Stir in egg & almond flour  
Wet hands and spread “dough” thin on parchment paper. It should spread evenly with dough-like consistency (if “stringy” then your cheese has hardened too much—just put it back in the microwave for maybe another 20 seconds)  
Dock (poke rows of holes) with a fork to avoid bubbling  
Sprinkle with garlic salt  
Put in 425-degree oven  
After about 8 minutes, check it and poke holes where any large bubbles may be.  
Continue cooking for a total 12-14 min, or until slightly brown on top.

### **Here is what I do for the toppings:**

[Keep in mind that the toppings only cook long enough for the cheese to melt. Therefore, any meats you add need to be fully cooked before you put them on the pizza.]

Chop up veggies and protein and sauté them before you add to the pizza crust.  
Add a thin layer of pizza sauce, your desired amount of meats, veggies, cheese, and then sprinkle on oregano and basil. I prefer a lot of mozzarella and a handful of cheddar.  
Bake until the toppings and cheese start to brown.

# Smoothie Sailing

A glass of chocolate peanut butter protein shake with toppings of peanuts and chocolate chips. The background is a blurred image of the same drink with more toppings scattered around it.

SIMPLE GRAB + GO NUTRITION

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## Recipe

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### Chocolate Peanut Butter Protein shake

#### Ingredients

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1 scoop chocolate protein (check my website for recommendations)

1 tablespoon of regular, unsweetened peanut butter

1 teaspoon of vanilla extract

1 cup unsweetened almond milk

Handful of raw spinach (optional)

1/2 cup water

Handful of ice

#### Instructions

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Put all the ingredients in a blender and blend away. Trust me you won't taste the raw spinach at all.

# Got a Fitness or Weight Loss Goal? I Can Help.



I've been getting my clients results in their fitness and weight loss endeavors since 2013. I provide training and nutrition counseling that's doable, affordable and fun! The best part? You never have to leave your house to get the body you want. No gym, no in-person meetings, no fuss. Just good food, fun workouts and lots of support and accountability along the way.

There's a place for you in my next group. Want to join?

[Get the details here.](#)