Canelith

NUTRITION COLLECTION

FREE SAMPLE









FREE SAMPLE · KETO AND LOW CARB

Keto and low carb

4 sample recipes from the full book, which has 45. Try them and, if you like them, get the book at canelith.com/en/shop.

4 sample recipes | Free | Nutrition facts

INSIDE

1 What keto is and who it's for (made simple)
2 Net carbs for every serving
3 Breads, arepas and pizzas with no wheat flour
4 Cheap swaps for expensive ingredients
5 How to adjust if you're cutting or bulking
6 Vegetarian and gluten-free options



Canela shows you how to read each recipe in two minutes.

How to use this recipe book

Every recipe has what you need to make it well and to know how much you're eating.

THE LABEL ON EVERY RECIPE

Just like on supermarket products: calories, protein, carbs, fat and fiber **for one serving**. If you eat two servings, multiply by two.

The values come from the grams of each ingredient, using data from the US Department of Agriculture (USDA FoodData Central). They're approximate: they change a little with the brand, the size and how you cook.

PER SERVING	
499	**kcal**
Protein	**32 g**
Carbs	**12 g**
Fat	**37 g**
Fiber	**8.2 g**

IF YOU'RE CUTTING

You want to lose fat without losing muscle: you eat a little less than you burn and keep protein high. Every recipe tells you what to remove or change to cut calories without going hungry.

IF YOU'RE BULKING

You want to build muscle: you eat a little more than you burn, with enough protein and carbs to train hard. Every recipe tells you what to add.

THE TAGS

VEGAN · VEGETARIAN · GLUTEN-FREE · HIGH PROTEIN · KETO-FRIENDLY · NO-BAKE · COLOMBIAN · QUICK

High protein: 20 g or more per serving. **Low carb:** 15 g or less. **Gluten-free:** no wheat, barley or rye; if it has oats, use certified gluten-free oats. **Vegan:** nothing from animals (no eggs, dairy or honey). **Vegetarian:** no meat or fish; may include eggs and dairy. **Keto-friendly:** 8 g or less of net carbs (carbs minus fiber) per serving; if you follow keto, watch your daily total, which is usually 20 to 50 g.

THE MEASURES

1 cup	240 ml
1 tablespoon (tbsp)	15 ml
1 teaspoon (tsp)	5 ml
1 scoop of protein	about 25 to 30 g (check the one in your tub)
Oven	°C with °F in brackets

Next to each ingredient you'll find its weight in grams (28 g = 1 oz). If you have a kitchen scale, use it: it's the most accurate way.

ABOUT PROTEIN POWDER

You can use the protein you already have or the one we recommend based on what you're after. If a recipe uses it and you don't have any, the recipe tells you what to swap it for (Greek yogurt, eggs or cheese).

Want a recommendation made for you? Book your coaching session at canelith.com.



Zapote tells you what keto is before you start.

What keto is, made simple

Keto (or ketogenic) means eating very few carbs —usually 20 to 50 g a day— so your body uses more fat for energy. You eat protein, vegetables and fats: eggs, meat, fish, cheese, avocado, olive oil, seeds.

NET CARBS

They're carbs minus fiber, because fiber is barely absorbed. Every recipe in this book has **8 g or less of net carbs per serving**, so you have room for 3 or 4 meals a day.

Example: 12 g of carbs with 5 g of fiber = 7 g net.

WHAT YOU SHOULD KNOW

Keto isn't required to lose fat. What matters most is your total calories for the day and eating enough protein. Keto helps if it makes your hunger easier to manage or you like eating this way.

In the first days you may feel tired or get headaches: drink water and don't forget salt. In very intense workouts your performance may drop a little at first.

TALK TO YOUR DOCTOR FIRST IF…

you have diabetes or take medication for blood sugar or blood pressure, have kidney, liver or gallbladder problems, are pregnant or breastfeeding, or have a history of eating disorders.

EXPENSIVE INGREDIENTS: SWAP THEM

Almond flour: use ground peanuts or sunflower seeds, or half ground flaxseed. **Erythritol:** use stevia or sucralose to taste. **Shirataki:** use zucchini strips or finely sliced cabbage. **Xanthan gum:** use 1 teaspoon of ground chia or flaxseed. Every recipe tells you what to swap it for.

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Keto breakfasts

Canela: With eggs, cheese, avocado and wheat-free flours: filling and almost carb-free.

Keto cheese and flaxseed arepitas

Colombian · Vegetarian · Gluten-free · High protein · Low carb · No-bake · Quick · Keto-friendly

Two little arepas (corn cakes, here made without corn) golden outside with melted cheese inside, and not a drop of cornmeal. For breakfast or dinner, with a cup of black coffee on the side.

⏱ 15 min | Easy | 1 serving

INGREDIENTS

- **3 tbsp** ground flaxseed 30 g
  golden flaxseed is best: it tastes milder
- **1/2 tsp** baking powder 2 g
- **1 egg** 50 g
- **1/2 cup shredded** part-skim mozzarella 60 g
- **1 thin slice** fresh cheese (queso fresco), crumbled 30 g
  farmer's cheese, queso costeño or queso blanco
- Salt **to taste** 0 g
- **1 tsp** butter 5 g
  for the griddle or skillet

Swaps · If you don't have...

- If you don't have flaxseed, use 30 g almond flour (they come out softer) or 15 g coconut flour with 1 tbsp water.
- Farmer's cheese is also sold as queso fresco, queso blanco or queso panela (Mexico); for the mozzarella, use quesillo or any cheese that melts.



PER SERVING

499 kcal	
Protein	32 g
Carbs	12 g
Fat	37 g
Fiber	8.2 g

METHOD

1. In a bowl, mix the flaxseed, baking powder and a pinch of salt.
2. Add the egg and beat with a fork until there are no dry lumps.
3. Fold in the mozzarella and farmer's cheese and mix with a spoon until you have a sticky dough. Let it rest for 5 minutes so the flaxseed absorbs the moisture and the dough can be shaped.
4. With wet hands, shape 2 arepas about 1/2 in (1 cm) thick.
5. Heat a griddle or nonstick skillet over medium-low heat with the butter. Cook the arepas covered for 4 to 5 minutes per side, until golden and firm to the touch.
6. Serve them fresh off the pan: they get hard when cold.

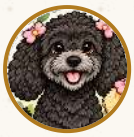
IF YOU'RE CUTTING

Use 40 g mozzarella instead of 60 and serve with sliced tomato and black coffee.

IF YOU'RE BULKING

Split them open and fill them with 2 eggs scrambled with tomato and scallion (huevos pericos) or with 1/4 avocado and ham.

Tip: If they fall apart when you flip them, the dough didn't rest or the heat is too high: be patient and keep the heat low.



Keto lunches and dinners

Bella: Lots of protein and vegetables. Serve with salad or cauliflower rice.

Zucchini lasagna with beef and golden cheese

Gluten-free · High protein · Low carb · Keto-friendly

Zucchini slices instead of pasta, homemade bolognese sauce and golden cheese. All the flavor of lasagna, with half the calories.

⏱ 70 min · Medium · 4 servings

INGREDIENTS

- **2 large zucchini** 500 g
- **2 tsp** olive oil 10 g
- **1/3 onion, chopped** 40 g
- **2 cloves** garlic, chopped 5 g
- **400 g (14 oz)** lean ground beef 400 g
- **2/3 cup** unsweetened tomato sauce 160 g
  no sugar added
- **Oregano, pepper and a pinch of nutmeg** 0 g
- **a few** basil leaves 5 g
- **1 egg** 50 g
- **1/4 cup** heavy cream (35 % fat) 60 g
- **1 cup shredded** part-skim mozzarella 120 g
- **1 1/2 tbsp** grated Parmesan cheese 15 g
- Salt **to taste** 0 g

Swaps · If you don't have...

- If you don't have heavy cream, use 3 tbsp cream cheese or cottage cheese.
- You can swap the beef for ground chicken or turkey.
- If you can't find zucchini, use eggplant slices roasted for 5 minutes first.



PER SERVING

398 kcal	
Protein	33 g
Carbs	9.7 g
Fat	25 g
Fiber	2.1 g

METHOD

1. Slice the zucchini lengthwise into 1/8 in (3 to 4 mm) strips (with a peeler or mandoline). Salt them, let them sit on paper towels for 10 minutes and pat them very dry: this keeps the lasagna from getting watery.
2. In a skillet with the oil, sauté the onion and garlic for 3 minutes. Add the beef and cook for 8 minutes, breaking it up, until browned.
3. Add the tomato sauce, oregano, pepper and salt. Simmer over low heat for 10 minutes, until thick. Finish with the basil.
4. Beat the egg with the cream, nutmeg and a pinch of salt: this is the quick "béchamel".
5. Preheat the oven to 190 °C (375 °F). In an 8 × 8 in (20 × 20 cm) pan, build layers: zucchini, meat, a little cream and mozzarella. Repeat 2 or 3 times and finish with mozzarella and Parmesan.
6. Bake for 30 minutes, until the cheese is golden. Let it rest for 10 minutes before cutting into 4 servings.

IF YOU'RE CUTTING
Use 80 g mozzarella and serve with a big green salad.

IF YOU'RE BULKING
Eat 1 1/2 servings or add a salad with avocado and seeds.

Tip: Freeze the servings already cut: they keep for 2 months and reheat well in the microwave.

Keto breads, doughs and pizzas

Minchu: Breads, arepas, tortillas and pizzas with no wheat or corn flour.

2-minute flaxseed mug bread

Vegetarian · Gluten-free · Low carb · No-bake · Quick · Keto-friendly

A fluffy little bread made in the microwave. Slice it in half, toast it, and use it for a sandwich or alongside eggs.

⏱ 5 min · Easy · 1 serving

INGREDIENTS

- **3 tbsp** ground flaxseed 30 g
- **1/2 tsp** baking powder 2 g
- **1 egg** 50 g
- **1 tsp** butter, melted 5 g
  or olive oil
- **A pinch of oregano or garlic powder (optional)** 0 g
- Salt **to taste** 0 g

Swaps · If you don't have...

- If you don't have flaxseed, use 3 tbsp almond flour or 1 1/2 tbsp coconut flour with 1 tbsp water.
- No microwave: bake it in a small dish at 180 °C (350 °F) for 12 to 15 minutes.



PER SERVING

269	**kcal**
Protein	**12 g**
Carbs	**9.6 g**
Fat	**21 g**
Fiber	**8.2 g**

METHOD

1. In a microwave-safe mug or square container, mix the flaxseed, baking powder and salt.
2. Add the egg and butter and beat with a fork until there are no dry spots.
3. Microwave on high for 90 seconds to 2 minutes, until firm to the touch in the center.
4. Unmold it, let it cool for 2 minutes, slice it in half and toast it in a skillet or toaster.

IF YOU'RE CUTTING
Fill it with shredded chicken, tomato and lettuce.

IF YOU'RE BULKING
Spread it with avocado and add 2 scrambled eggs.

Tip: In a square container it comes out shaped like sandwich bread, perfect for a sandwich.

Keto snacks, desserts and shakes

Oliver: For cravings and for after training, with no sugar.

Baked cheese crisps with guacamole

Vegetarian · Gluten-free · Low carb · Keto-friendly

Crunchy crisps made only from cheese, for dipping in guacamole with pico de gallo. The salty snack for movie night.

⏱ 20 min · Easy · 2 servings

INGREDIENTS

- **2/3 cup shredded** part-skim mozzarella 80 g
  or mixed with Parmesan
- **Paprika or oregano** 0 g
- **1 large avocado** 150 g
- **1/3 tomato, diced** 40 g
- **1 tbsp chopped** onion 15 g
- **1 tbsp chopped** cilantro 5 g
- **juice of 1/2 lime** 10 g
- **a small piece** fresh chili pepper, chopped 5 g
  optional
- Salt **to taste** 0 g

Swaps · If you don't have...

- No oven: make the crisps in a nonstick skillet over medium heat for 2 to 3 minutes, until golden.
- You can also make chips from thin zucchini slices baked at 120 °C (250 °F) for 1 hour.



PER SERVING

231	**kcal**
Protein	**12 g**
Carbs	**9.6 g**
Fat	**17 g**
Fiber	**5.5 g**

METHOD

1. Preheat the oven to 200 °C (400 °F) and line a baking sheet with parchment paper.
2. Place the cheese in 1 tbsp mounds, about 1 1/4 in (3 cm) apart, and sprinkle with paprika or oregano.
3. Bake for 6 to 8 minutes, until golden at the edges. Let them cool on the sheet: they crisp up as they cool.
4. Guacamole: mash the avocado with a fork and mix it with the tomato, onion, cilantro, chili, lime juice and salt.
5. Serve the crisps with the guacamole.

IF YOU'RE CUTTING
Swap half the crisps for cucumber and bell pepper sticks.

IF YOU'RE BULKING
Serve with 50 g shredded chicken or tuna on top of the guacamole.

Tip: Add lime juice to the guacamole and press plastic wrap right onto the surface so it doesn't turn brown.

Canela has more for you at canelith.com.

LIKED THEM? GET THE FULL BOOK

Keto and low carb has **45 recipes** with the same nutrition facts, how to adjust them if you're cutting or bulking, cheap swaps and an index by way of eating (vegan, vegetarian, gluten-free, keto, high protein).

7 USD at **canelith.com/en/shop** · or every recipe book in the **Nutrition Pack**.

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COACHING WITH OUR TRAINER

Live class, initial assessment or a custom plan. We can also recommend protein and supplements based on what you're after. Book it at **canelith.com/en**, in the Training section, through the form or on WhatsApp.

This recipe book is for information only and doesn't replace a visit to a dietitian or doctor, especially if you have a health condition or allergies, are pregnant or take medication. Approximate nutrition values calculated with USDA FoodData Central.