

# Top 10 Under 10 LOW CARB RECIPES

BY WHOLESOME YUM

Ten Most Popular  
Low Carb, Gluten-free Recipes,  
All 10 INGREDIENTS OR LESS!





*Hi! I'm Maya,*  
the author, recipe  
developer, and  
photographer  
behind  
**Wholesome Yum.**

Wholesome Yum is a food blog focused on **gluten-free** and **low carb** recipes, with a theme of **10 ingredients or less**. Many of the recipes are also paleo and compliant with the THM and Whole 30 programs. I love experimenting and believe that healthy food does not have to be complex or boring. My recipes are **quick** and **easy** to make, because we're all short on time these days, right?

This free cookbook is a collection of my most popular recipes. I hope you'll enjoy them and visit the blog for many more!

- *Maya*

For more recipes,  
please visit Wholesome Yum  
<https://www.wholesomeyum.com>

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# 3-Ingredient Coconut Tortillas

*These paleo, low carb tortillas require just 3 simple ingredients. Sturdy & delicious like classic flour tortillas!*



## Ingredients

½ cup	Coconut flour
4 large	Eggs
1 cup	Unsweetened almond milk
½ tsp	Sea salt (optional)

## Instructions

1. In a large bowl, whisk all ingredients together until smooth. Let the batter sit for a minute to account for the natural thickening caused by coconut flour. The batter should be very runny right before cooking (add more almond milk and eggs in equal proportions if needed to achieve this).
2. Heat a small skillet over medium heat and grease lightly (use oil of choice or an oil mister). Pour 1/4 cup of batter onto the skillet and immediately tilt in different directions to evenly distribute. Cook, covered, until the edges are golden and curl inward when you lift the lid (about 2 minutes). Flip over, cover again, and cook until browned on the other side (2 more minutes). Repeat until the batter is used up.

▪ Low carb ▪ Gluten-free ▪ Paleo ▪ THM S ▪ Whole 30 ▪

## Nutrition Info

Makes 8 tortillas

63 calories ▪ 4g fat ▪ 5g protein ▪ 2g net carbs

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# Bacon Crusted Chicken

*This paleo, low carb chicken breast recipe is coated with a crispy bacon crust.*



## Ingredients

4 large	Chicken breasts (6 oz each)
¼ cup	Mayonnaise
1 ½ cups	Bacon bits (pre-cooked)
2 cloves	Garlic (minced)
¼ tsp	Sea salt

## Instructions

1. Preheat the oven to 450 degrees F. Line a baking sheet with foil and grease lightly.
2. In a blender or food processor, pulse the bacon bits, garlic, and sea salt, until pieces are very small. Transfer the mixture to a large bowl.
3. Place the mayonnaise in a medium bowl. Dip each chicken breast into the mayo (coating with a thin layer only), then roll in the bacon mixture to coat all sides. Place on the baking sheet. Repeat with all the chicken.
4. Bake for 15-18 minutes, until the chicken is cooked through and the bacon is crispy.

▪ Low carb ▪ Gluten-free ▪ Paleo ▪ THM S ▪ Whole 30 ▪

## Nutrition Info

*Makes 4 large (6 oz) pieces – serving size can be halved*

606 calories ▪ 43g fat ▪ 45g protein ▪ 0.4g net carbs

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# Crispy Parmesan Zucchini Fries

*These gluten-free, low carb zucchini fries have a crispy parmesan coating.*



▪ Low carb ▪ Gluten-free ▪ THM S ▪

## Nutrition Info

*Makes 4 servings (8 pieces each)*

213 calories ▪ 15g fat ▪ 21g protein ▪ 3g net carbs

## Ingredients

2 medium	Zucchini
¾ cup	Grated Parmesan cheese
1 large	Egg
¼ tsp	Garlic powder
¼ tsp	Black pepper

## Instructions

1. Preheat the oven to 425 degrees F. Line and lightly grease a baking sheet.
2. Cut each zucchini in half lengthwise 4 times (to make eight long sticks from each squash). Then cut the sticks once crosswise, making 16 sticks from each squash, approximately 4" long and 1/2" thick.
3. Prepare two shallow bowls - one with eggs and one with a mixture of grated parmesan cheese, garlic powder, and black pepper. Dip each squash stick in the egg, shake off the excess, then press into the parmesan mixture, coating all sides. (Use one hand for the egg and the other for the parmesan, to avoid getting too much egg in the parmesan which will make it clumpy.) Place on the prepared baking sheet in a single layer without touching.
4. Bake for about 15-20 minutes, flipping the fries and rotating the pan halfway through, until golden and crispy.

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# 3-Ingredient Paleo Crackers

*These crunchy, buttery paleo crackers have just three simple ingredients.*



## Ingredients

2 cups Almond flour  
1 large Egg (beaten)  
1/2 tsp Sea salt

## Instructions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Mix the almond flour and sea salt in a large bowl. Add the egg and mix well, until a dough forms. (You can also mix in a food processor.)
3. Place the dough between two large pieces of parchment paper. Use a rolling pin to roll out to rectangle, about 1/16" thick. (It will tend to roll into an oval shape, so just rip off pieces of dough and re-attach to form a more rectangular shape.)
4. Cut the cracker dough into rectangles. Prick with a fork or toothpick if desired. Place on the lined baking sheet. Bake for 12-14 minutes, until golden.

▪ Low carb ▪ Gluten-free ▪ Paleo ▪ THM S ▪ Whole 30 ▪

## Nutrition Info

*Makes 6 servings (5 crackers each)*

226 calories ▪ 19g fat ▪ 9g protein ▪ 4g net carbs

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# Healthy Taco Salad

*This easy, gluten-free, low carb, and healthy taco salad recipe is like a beef taco in a bowl. Just 10 ingredients and ready in 20 minutes!*



▪ Low carb ▪ Gluten-free ▪ THM SIBLESOME *Yum*

## Nutrition Info

Makes 6 servings

332 calories ▪ 25g fat ▪ 20g protein ▪ 5g net carbs

## Ingredients

1 lb	Ground beef
1 tsp	Avocado oil (or any oil of choice)
1 tbsp.	Taco seasoning
8 oz	Romaine lettuce (chopped)
1 1/3 cup	Grape tomatoes (halved)
3/4 cup	Cheddar cheese (shredded)
1 medium	Avocado (cubed)
1/2 cup	Scallions (chopped)
1/3 cup	Salsa (your favorite)
1/3 cup	Sour cream

## Instructions

1. Heat oil in a skillet over high heat. Add ground beef. Stir fry, breaking up the pieces with a spatula, for about 7-10 minutes, until the beef is browned and moisture has evaporated.
2. Stir taco seasoning into the ground beef until well combined.
3. Meanwhile, combine all remaining ingredients in a large bowl. Add the ground beef. Toss everything together.

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# 5-Ingredient Broccoli Cheese Soup

*This easy, creamy broccoli cheddar soup is gluten-free, low carb, and needs just 5 ingredients.*



▪ Low carb ▪ Gluten-free ▪ THM S ▪

WHOLESONE *Yum*

## Nutrition Info

Makes 8 servings

291 calories ▪ 25g fat ▪ 13g protein ▪ 4g net carbs

## Ingredients

- 4 cups Broccoli (cut into florets)
- 4 cloves Garlic (minced)
- 3 1/2 cups Chicken broth (or vegetable broth)
- 1 cup Heavy cream
- 3 cups Cheddar cheese (pre-shredded - see notes\*)

## Instructions

1. In a large pot over medium heat, saute garlic for one minute, until fragrant.
2. Add the chicken broth, heavy cream, and chopped broccoli. Increase heat to bring to a boil, then reduce heat and simmer for 15-20 minutes, until broccoli is tender.
3. Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted. (Add 1/2 cup, simmer and stir until it melts fully, then repeat 1/2 cup at a time until all the cheese is used up.) Remove from heat immediately once all the cheese melts.

\*IMPORTANT: Recipe works best with pre-shredded cheese that comes in a bag. This has cellulose to prevent clumping. If using hand-shredded cheese, or if your shredded cheese already seems clumpy prior to adding, toss with a little arrowroot powder or cornstarch prior to adding to the soup.

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# 4-Ingredient Paleo Pizza Crust

A paleo, low carb pizza crust that's thin & crispy! Only 4 ingredients needed.



## Nutrition Info

Makes 8 slices

211 calories • 19g fat • 8g protein • 3g net carbs

## Ingredients

2 cup Almond flour  
2 tbsp. Coconut oil  
(melted; can also use butter or ghee\*)  
2 large Eggs  
1/2 tsp Sea salt

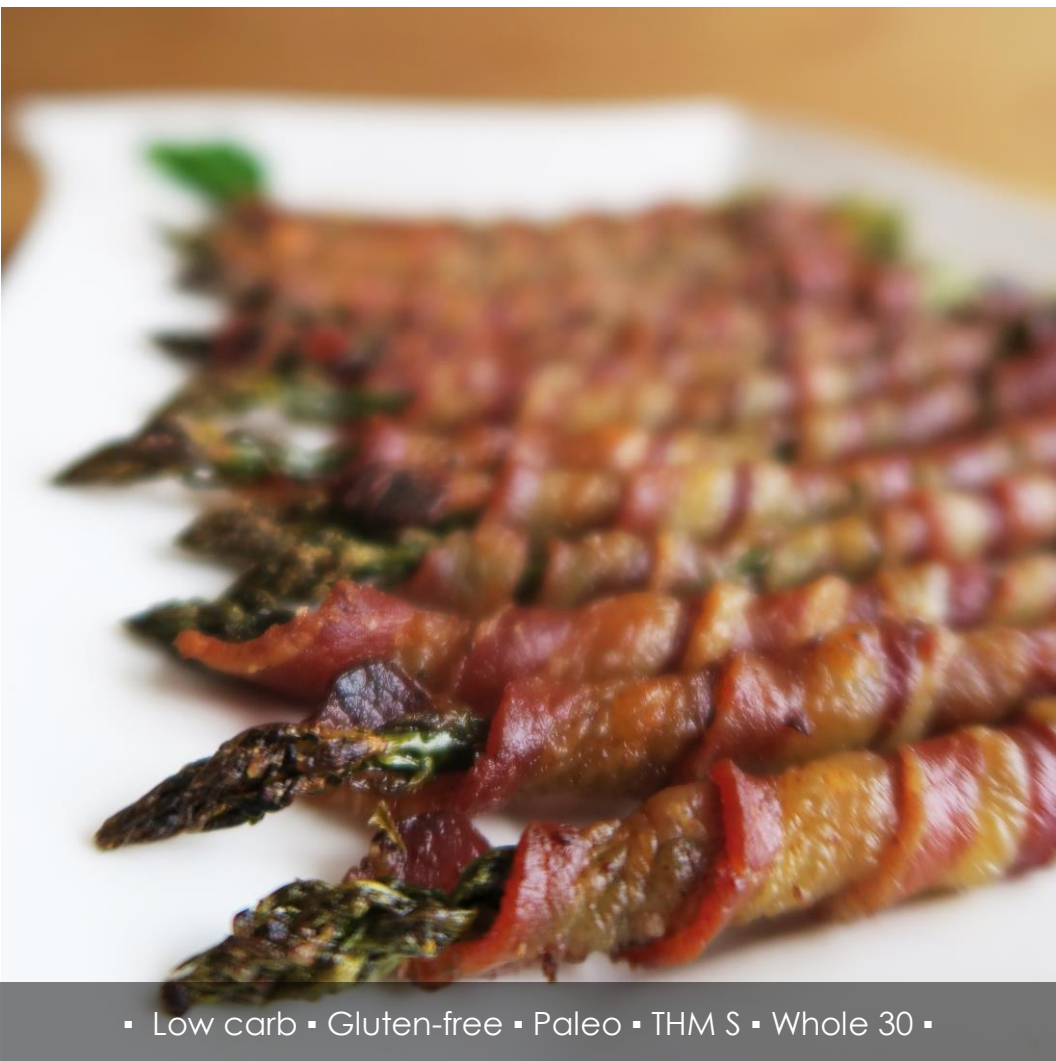
## Instructions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Mix all the ingredients together until a dough forms (you can use a food processor or just mix well manually).
3. Compact the dough into a ball. Place between two pieces of parchment paper and roll out to 1/4" thick.
4. Remove the top piece of parchment paper. Transfer the crust on the parchment paper to a pizza pan. Poke a few times with a toothpick to prevent bubbling.
5. Bake for 15-20 minutes, until golden.

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# Crispy Bacon Wrapped Asparagus

*This simple, paleo bacon wrapped asparagus recipe features some tricks for extra crispy bacon.*



## Ingredients

24 stalks	Asparagus
12 slices	Bacon
1 tsp	Olive oil
	Garlic salt
	Black pepper

## Instructions

1. Preheat the oven to 400 degrees F. Place an oven-safe wire rack (either greased or non-stick) onto a cookie sheet.
2. Trim the woody ends of the asparagus. Drizzle with olive oil. Sprinkle with garlic salt and black pepper to taste. (You don't need a lot of oil, just enough for the salt and pepper to stick.)
3. Cut the bacon slices lengthwise to make narrower strips. Wrap each bacon strip tightly around an asparagus stalk, only slightly overlapping the bacon on each stalk (it will shrink during cooking, creating a "striped" pattern). Place seam side down onto the wire rack.
4. Bake for 10 minutes. Use tongs to turn over. Bake for 10-15 minutes more, until the bacon is almost crispy. Set the oven to broil, then place under the broiler for 1-2 minutes to crisp up more.

▪ Low carb ▪ Gluten-free ▪ Paleo ▪ THM S ▪ Whole 30 ▪

## Nutrition Info

Makes 24 pieces

26 calories ▪ 2g fat ▪ 2g protein ▪ 0.7g net carbs

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# Glazed Blueberry Scones

*These paleo, low carb scones are bursting with juicy fresh blueberries and topped with blueberry glaze.*



▪ Low carb ▪ Gluten-free ▪ Paleo ▪ THM S ▪

## Nutrition Info

Makes 8 scones

159 calories ▪ 13g fat ▪ 5g protein ▪ 4g net carbs

## Ingredients

### Scones

1 cup	Almond flour	1/4 cup	Unsweetened almond milk
1/4 cup	Coconut flour	2 tbsp.	Coconut oil (melted)
3 tbsp.	Erythritol	1 large	Egg
1/2 tsp	Gluten-free baking powder	1 tsp	Vanilla extract
1/4 tsp	Sea salt	1/2 cup	Blueberries

### Glaze

1 tbsp	Coconut oil (melted)
1 tsp	Erythritol
2 tbsp	Blueberries

## Instructions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a medium bowl, combine almond flour, coconut flour, erythritol, sea salt, and baking powder.
3. In a small bowl, whisk together coconut oil, almond milk, vanilla extract, and egg. Fold the wet mixture into the dry until a dough forms. (The dough should be pliable but not crumbly or stiff; add a little more almond milk, a teaspoon at a time, if it's dry.) Fold the blueberries into the dough.
4. Place the dough onto the lined pan and form a disk shape, about 1 inch thick. Cut into 8 wedges (like a pie or pizza). Move the pieces about 1 inch apart. Bake for about 18-22 minutes, until golden.
5. Meanwhile, puree the glaze ingredients in a blender. Pour through a fine mesh sieve to catch (and discard) the blueberry skins. When the scones are done baking, drizzle the glaze over them and spread evenly. Cool completely to firm up.

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# 2-Minute Toasted English Muffin

*This paleo, low carb microwave toasted English muffin is soft and buttery inside and crusty on the outside.*



▪ Low carb ▪ Gluten-free ▪ Paleo ▪ THM S ▪

## Nutrition Info

*Makes 1 large English muffin (can easily halve the serving)*

307 calories ▪ 27g fat ▪ 12g protein ▪ 4g net carbs

## Ingredients

3 tbsp	Almond flour
1/2 tbsp	Coconut flour
1 tbsp	Butter (or ghee)
1 large	Egg
1 pinch	Sea salt
1/2 tsp	Gluten-free baking powder

## Instructions

1. Melt butter (or ghee) in a microwave safe ramekin or other container, about 4" in diameter with a flat bottom. This takes about 30 seconds.
2. Add the remaining ingredients and stir until well combined. Let sit for a minute to allow the mixture to thicken.
3. Microwave for about 90 seconds, until firm. Run a knife along the edge and flip over a plate to release. Slice in half, then toast in the toaster.

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30 *low carb* breakfasts  
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- Shopping list to go with the 7-day meal plan

The collage features several overlapping documents and images. At the top right is a 'Weekly SHOPPING LIST' with a 'Week Of:' field and a table with columns for PRODUCE, MEAT, PANTRY, and FROZEN. Below it is a 'Weekly MEAL PLAN' with a 'Week Of:' field and a table with columns for BREAKFAST, LUNCH, DINNER, and SNACKS/DESSERT. On the left, another 'Weekly SHOPPING LIST' and 'Weekly MEAL PLAN' are shown in a different color scheme. In the center, a pink box contains the text 'LOW CARB MEAL PLANNING STARTER KIT BY WHOLESOME YUM'. Surrounding this box are various food photos: a cheesecake, a skillet of chicken and vegetables, a bowl of salad, a stack of pancakes, and several small appetizers.

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