

# GENGHIS GRILL®

## LOW-CARB



### ADD THIS:



CHICKEN



MUSHROOMS



GINGER WATER



CARROTS



BACON



GREEN BEANS



ONIONS

Low-carb sauces: Asian Chili, Garlic Water, Sesame, Thai Peanut, and Ginger Water. Choose cabbage for your base. Peanuts and all proteins are great choices.

### NOT THAT:



PEAS



PINEAPPLE



POTATO



WONTON STRIPS



HONEY SOY



3G SAUCE



BABY CORN

Avoid fruit and corn choices as well as the 3G, Dragon, Honey Soy, Island Teriyaki, Khan Pao, Mongo BBQ, Roasted Garlic, Sweet & Sour sauces.

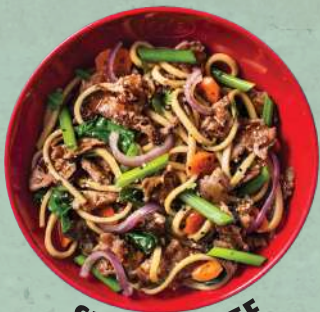
### LOW-CARB PRO TIPS

**1:** Load your bowl with lots of vegetables and meat for a low-carb meal.

**2:** If you do add higher carb vegetables such as potatoes or corn, keep portion sizes small to keep overall carbs low.

**3:** Skip the tortillas, rice, pasta, potatoes and corn on the low-carb diet.

**4:** Add as many spices as you want but limit the amount of sauce used. Sauces tend to be higher in calories and carbohydrates.



SESAME BEEF

## Build It Like A *pro.*

“ The Sesame Beef recipe is great for a low-carb diet because it is full of vegetables and beef and the flavorful sesame sauce which is one of the lower-carb sauce options. It is very tasty served over the shredded cabbage for a lower-carb alternative. The beef is rich in protein and the veggies are high in fiber, vitamins and minerals for a nutrient packed meal that tastes great. Feel free to throw an egg in your meal for about 70 calories, six grams of protein and no carbs. ”

Amanda Hernandez,  
Registered Dietitian





# FEATURED LOW-CARB RECIPE

## SESAME GARLIC SHRIMP



### IN THE BOWL:

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**PROTEIN:** Shrimp

**SPICES:** 1 spoon Salt, 2 spoons Pepper

**VEGGIES:** Water Chestnuts, Zucchini, Bean Sprouts, Green Onion, Red Peppers

**FLAVOR:** 1 scoop Garlic Water

### ON THE SIDE:

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**SAUCE:** 1 cup Sesame Sauce

### AT THE GRILL:

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**BASE:** Cabbage

Recipe for regular size bowl. Adjust as needed.