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Fat Fast Recipes Shopping Guide

All of the Fat Fast ingredients listed in this document can be found at Amazon.com by visiting our [Fat Fast Ingredients for Fat Fast Cookbook](#) page. **DISCLOSURE:** This document contains links to external web sites that we may benefit from financially if you click through and purchase the product or services listed.

Coconut Oil

Because it is rich in saturated fats called “medium chain triglycerides,” coconut oil is particularly ketogenic, making it especially suitable for Fat Fasting. It also stimulates thermogenesis – in other words, it increases body temperature slightly, burning off extra calories. Too, medium chain triglycerides can be used directly by the muscles for fuel, making them a source of quick energy. All of this makes coconut oil valuable to us.

Because it’s highly saturated, coconut oil was mistakenly considered unhealthy for a long time, and was hard to find. (When I started buying it, only my local health food store had it - and they stocked it with the cosmetics, not the other cooking oils.) It is becoming more readily available; I can buy it at my local Kroger.

There are a few options with coconut oil:

[Extra Virgin Coconut Oil](#): This is the gold standard; and likely the best for you. However, it is also very pricey, and has a distinct coconut aroma, which may or may not go with a particular recipe.

[Coconut Oil](#): Just plain “coconut oil” is more refined than extra virgin, but it’s still loaded with the medium chain triglycerides that fuel ketone production. It also is very bland, making it suitable for recipes where you feel a coconut note would be out of place. Considerably cheaper than extra-virgin, too.

[Liquid Coconut Oil](#): In its native form, coconut oil is solid at room temperature, unless your house is pretty warm. This makes coconut oil unsuitable for making mayonnaise or salad dressing, or for adding to smoothies or other cold drinks. New to the market is liquid coconut oil – coconut oil that is liquid at room temperature. It is pricey – I paid \$28 for 20 fluid ounces. However, if you are determined to stay in a strongly ketogenic state, it may be worth the investment. So far as I can tell, liquid coconut oil – mine is bottled by [Nature’s Way](#), a well-known herbal supplement company – is substantially similar to “medium chain triglyceride oil,” long sold as an athletic supplement. Liquid coconut oil has a coconut aroma, which may or may not suit a particular recipe.



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Coconut Butter

Let me be clear: COCONUT BUTTER IS NOT THE SAME THING AS COCONUT OIL. I emphasize this because I have had so many questions about it, and more than a few readers have had recipes fail because they used coconut oil where a recipe called for coconut butter.

[Coconut butter](#) (Nutiva calls it [Coconut Manna](#)) is to coconut what peanut butter is to peanuts, or almond butter is to almonds: Simply coconut meat ground to a paste. As word about the healthful properties of coconut spreads, coconut butter is gaining popularity. I have used it in several recipes in this book.

You can buy coconut butter at health food stores, or, like everything else in the world, online. However, at this writing, jarred coconut butter is running \$12-\$16 per pound. This is why you'll find a recipe for coconut butter in this book – it's a snap to make if you have a decent food processor, and [unsweetened shredded coconut](#) in bulk is quite cheap.

Coconut Milk

There are now two kinds of [coconut milk](#) on the market: The [thick, traditional stuff](#) that comes in cans, and a [thinner, more pourable variety that comes in cartons](#) like dairy milk, soy milk, and almond milk. These recipes use the thick, rich canned stuff. Look for it in the international foods aisle at your grocery store, with the Asian foods. Buy the full-fat stuff, not the low fat stuff, of course.

Shirataki Noodles

The only genuinely low carb and low calorie noodle I know of, shirataki are traditional Japanese noodles made from the root of the *konyaku* or konjac plant. They are sometimes labeled “yam noodles” or “yam bean noodles,” but that's a mistranslation; konjac is not related to sweet potatoes. (Technically, yams aren't related to sweet potatoes, either, but that's another story. The two terms are used interchangeably in the USA.) Konjac is the source of a fiber called *glucomannan*, and that's what shirataki noodles are made of.

They come in two varieties: [Traditional](#) and [tofu shirataki](#). The traditional shirataki are translucent and sort of gelatinous – for lack of a better description, they're very Asian. I like them, but only in Asian recipes – you'll find a recipe in this book for sesame noodles, for instance.



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[Tofu shirataki](#), as the name strongly suggests, have a little tofu added to the glucomannan fiber. This makes them white, and gives them texture that is more tender than the gelatinous traditional variety. They're certainly not identical to the Italian pasta we're all familiar with, but they're considerably closer than the traditional variety, while still being super-low-carb and super-low-calorie. Unlike traditional shirataki, I like the tofu variety in all sorts of recipes – mac-and-cheese, chicken noodle soup, fettuccine Alfredo, you name it.

The great thing about shirataki is that because they are so low in carbs and calories, all you have to do is add some sort of high-fat topping to them and you not only have a Fat Fast meal, you have a full-sized serving. With most Fat Fast portion sizes so small, shirataki noodles are a real ace in the hole. When you get tired of nibbling a quarter-cup of macadamia nuts, you can sit down to a full, satisfying bowl of food.

Shirataki come pre-hydrated in a pouch full of liquid, so they don't require the 10 minutes or so of boiling that standard pasta needs. However, I find them best with a little quick-and-simple prep:

Put a strainer in the sink. Snip open your shirataki pouch, and dump them into the strainer. You will notice that the liquid they've been packaged in smells unappealingly fishy. Panic not.

Dump your drained shirataki into a microwaveable bowl, and nuke them on high for 2 minutes. Back into the strainer and drain them again – I bounce the strainer up and down a little, to knock even more liquid off of them. Nuke for another minute, and drain one more time.

Why all this heating and draining? Because without it, shirataki will exude liquid into your sauce, making for a watery finished product. You're getting the excess liquid out of them. I find this also does away with the fish smell, and improves the texture.

One more thing: Shirataki noodles are really long – apparently long noodles are considered good luck in Japan. I use my kitchen shears to snip across them in an X pattern, so I have more manageable lengths.

Shirataki will disintegrate if you freeze them. Keep this in mind if ordering in the winter.

Like other pastas, shirataki come in different shapes. I have mostly used [House brand tofu shirataki](#), which come in spaghetti, angel hair, fettuccini, and macaroni shapes. I like the fettuccini and macaroni shapes best. Mostly I find traditional shirataki in spaghetti-like strands, but have also seen it in little rice-shaped bits, similar to orzo.



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One more thing: For those of you avoiding soy, tofu shirataki have only a teeny bit of soy in them. I did the math, and it's like a teaspoon of tofu per serving. Since they're about the only source of soy in my diet, I don't worry about it, but make your own decisions.

Liquid Stevia Extract

Stevia is a calorie-and-carb free sweetener derived from the leaves of a South American shrub. Sounds ideal, but for a long time I didn't use stevia much. It was too sweet, and had a bitter aftertaste, and I found it difficult to use.

However, I have discovered [liquid stevia extracts](#), and I find them far easier to use than the powdered stevia extract. Liquid stevia extracts come in little dropper bottles; there are both alcohol-based and alcohol-free versions; I don't find a lot of difference in use. Liquid stevia comes plain – ie, just sweet – and in flavors. I have used both chocolate and French vanilla liquid stevia extract in some of these recipes.

Erythritol

This is only mentioned in one recipe, but it's a really good recipe. [Erythritol](#) is a sugar alcohol or polyol sweetener that is almost completely unabsorbed by the body, and therefore can be counted as zero carbs. Also, unlike some of the sugar alcohols, erythritol has very little gastric impact. It's become one of my go-to ingredients. Look at health food stores, or order online.

Liquid Sucralose

Because sucralose is bulked with maltodextrin to make Splenda measure cup-for-cup like sugar, Splenda is not carb-free, no matter what the label says. (I count it at 0.5 grams of carb per teaspoon, if I'm being really careful.) [Liquid sucralose](#), however, is carb-free, and has therefore become very popular in the low carb community. I like the [EZ Sweetz](#) brand.

Sugar Free Coffee Flavoring Syrups

These are the sort of syrups you find at coffee places. I know of three brands of sugar-free coffee flavoring syrups – [DaVinci Gourmet](#), [Torani](#), and [Monin O'Free](#). I have tried them all, and found them all to be terrific, versatile ingredients. I keep vanilla, chocolate, caramel, and hazelnut sugar-free syrups on hand, and have tried many others. If you're a coffee drinker, you may enjoy a "breakfast" feeding of a cup of coffee with 1/4 cup heavy cream, with whatever syrup appeals to you that day.



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A General Word About Sweeteners

One of the great tribulations of my professional life is the Sweetener Wars. No matter what sweetener I use in a recipe, someone will complain. Some feel artificial sweeteners are terribly dangerous, while others find stevia difficult to use or too expensive. Others demand to know why I'm not using xylitol (It's toxic to dogs, and I have three), or why I use any sweeteners at all. Truly, I don't care; my feelings will not be hurt if you substitute the sweetener of your choice in any of these recipes. Suit yourself. And if you prefer to use no sweeteners at all, there are plenty of non-sweet recipes in the book for you to enjoy.

Guar, Xanthan, and Glucomannan

These three odd sounding items, [Guar Gum](#), [Xanthan Gum](#), and [Glucomannan Powder](#) are thickeners made from finely milled soluble fibers. They add a velvety texture to soups, smoothies and sauces. Since these thickeners consist only of fiber, they can be discounted on a Fat Fast.

I consider these three pretty much interchangeable, and can get all three at my local health food stores. Keep an old salt shaker filled with one of these thickeners by the stove. When you want to thicken something, start whisking first, then sprinkle the thickener lightly over the surface. If you just dump in some thickener and *then* whisk, you'll get lumps.

Use a light hand with these thickeners, and stop when your dish is not quite as thick as you want – they continue to thicken on standing.

Salt

I would like to put in a word here in favor of salt. Not only does it make things taste better, but it is also an essential nutrient. Yes, an essential nutrient; a severe deficiency can and will kill. Hyponatremia – low blood sodium – is fairly common among low carbohydrate dieters (this, from Phinney and Volek), because once chronically high insulin levels are lowered, the kidney starts eliminating sodium properly; at the same time the low carb dieter, having ditched most processed foods, is getting considerably less sodium than formerly.

Low sodium levels can make you feel weak, achy, dizzy (especially when you stand up) and headache-y. Not fun, as I happen to know.



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So don't deliberately avoid salt on your Fat Fast, or any low carb diet, and if you have any of the above symptoms, get some more.

I very much recommend spending the money for [mined sea salt](#) from ancient sea beds. It's a terrific source of trace minerals, and because it was deposited eons ago, it's not polluted. It also tastes better than grocery store salt. I buy Real Salt brand at my health food store, and also have some pink Himalayan sea salt in the house.

Vege-Sal

[Vege-Sal](#) is a seasoned salt, but don't think "Lawry's Seasoned Salt" – it's much more subtle. It's largely salt with powdered dried vegetables. It's not essential in any of these recipes, but I think it improves all sorts of things. Vege-Sal is available at health food stores and online.

Ghee

[Ghee](#) is the Indian name for clarified butter – butter with the milk solids removed. Some dairy-intolerant folks find that while they can't use regular butter, ghee agrees with their systems. My local health food stores carry ghee in jars, and you may be able to find it in particularly comprehensive grocery stores; look with the Indian foods. I haven't called for ghee in any of these recipes, but if you can't eat butter due to lactose intolerance or other problems, you could try using ghee in these recipes instead.

Fat Fast Recipes Resources:

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For more information about the Low Carb Lifestyle or to read any of our 2,000+ articles, please visit CarbSmart.com.

To learn about CarbSmart's **Fat Fast Cookbook**, please visit FatFastRecieps.com.

For information about our Sugar Free Chocolate Chips Without Sugar Alcohols, please visit our sister company, NevadaManna.com.

If you know someone who has Celiac Disease or lives a gluten free lifestyle (but not necessarily a sugar free or low carb lifestyle), introduce them to our GlutenSmart.com web site.