

CHILI-LIME TUNA CAKES RECIPE

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Ketogenic – Low Carbohydrate Recipe served
with chopped salad and *Mezzetta Pepperoncini*



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I have found great success for weight loss by following low carbohydrate and ketogenic diets most of my adult life. Where I struggle is staying fast to the diet for long periods of time. Inevitably, once I reach my goal weight, and I always do, I find myself falling back into old eating patterns and gaining weight. It's important when choosing a low carb lifestyle to stay committed to it for a lifetime but allow for a few cheats along the way in order to keep from backsliding into carbohydrate oblivion. I love eating low carb or ketogenic because it works, I get full, and I don't crave for sweets and grains after the third week.

I use a iPhone app called CarbManager that tracks my carbohydrates each day. You can also find MyFitness app that has a recipe builder and a bar scanner feature to be really exact with your daily carb information. I allow for 30 grams of carbs per day and can lose about 1 pound a week during my goal setting phase, if I stay on the plan. Once I've reach my goal weight, I bump my carb intake to under 60 per day to maintain my weight loss.

I recently started eating low carb-ketogenic January 22, 2018, after going crazy on carbs and eating junk food for several years, I weighed in at 188 pounds, the most I've weighed in my lifetime. I felt terrible, hated they way I looked and felt in my clothes. I've lost 23 pounds and

still cheated ... a LOT and I feel great!

Wrapping your brain around eating foods high in fat and protein can be difficult if you've spent a lifetime counting calories. There are hundreds of new studies that confirm that eating low carb diets are changing the face of cancer and obesity Worldwide as well as, curing children and adults with autism, epilepsy, diabetes, and heart disease.

One such study has been chronicled in a Netflix original movie called *The Magic Pill*.

Could the 'magic pill' to the chronic disease epidemic be... food?

What if most of our modern diseases are really just symptoms of the same problem? *The Magic Pill* follows doctors, patients, scientists, chefs, farmers and journalists from around the globe who are combating illness through a paradigm shift in eating. And this simple change – embracing fat as our main fuel – is showing profound promise in improving the health of people, animals and the planet.

The great new movie *The Magic Pill*, featuring plenty of familiar [low-carb](#) faces including the diet doctor Andreas Eenfeldt, MD, is now available on [Netflix](#) in the US, Canada, UK, Australia and New Zealand. You can watch the trailer below.



[Johnny Appleton](#) is one of the best © Ketogenic Diet Resources I have found online. The website is chock full of information that helps to decide how to set your goals for low carb and ketogenic eating as well as, recommended fats and snack ideas. There are many resources to choose from when considering such a big lifestyle change, be sure to do your research and talk to your doctor.

My dad taught me how to make Tuna Patties when I was a kid and we still eat them to this day however, his recipe uses saltines crackers in place of the pork rinds. Adding the pork rinds yields a great depth of flavor and low carb option for one of my favorite childhood meals, its delicious either way!



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Serves 1

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Prep Time

5 min

Cook Time

8 min

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5 min

Cook Time

8 min

Ingredients

1. 1 5 ounce can premium Albacore tuna in water
2. 1 large egg, slightly beaten
3. 1 cup crushed Chili Lime Flavored Chicharrones (Pork Rinds)
4. 1/4 cup sliced Peperoncini with juice
5. 2 tablespoons butter

Instructions

1. Mix tuna, egg, and crushed pork rinds in a small bowl until well combined
2. Heat non stick pan over medium high and melt butter
3. Form tuna mixture into 3-4 patties and sauté on one side for 2-4 minutes. Flip over and sauté another 3-4 minutes until tuna cakes are golden brown
4. Drizzle cakes with Peperoncini juice and serve warm

Notes

1. Serve with chopped salad, sliced avocado, and lemon wedges
2. The Tuna Cakes have virtually 0 carbs.

By Rebecka Evans

Adapted from My Dads Tuna Patty recipe

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