

# Your Kitchen Gnome

## Low Carb Meal Inspirations

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Grilled California Caprese Chicken  
Served on Seasoned Riced Cauliflower

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Pan Seared Garlic Butter Steak  
Served with Asparagus Spears

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Scallop Stuffed Mushrooms  
Served with Lemon Garlic Broccoli

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Bacon Wrapped Shrimp  
Brussels Sprouts

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Espresso Chili Rubbed Tenderloin  
Served with Fried Mushroom Cauliflower Rice