



Lord Daniel von Hallakstein VII, Ruler of Gluttonia (1573-1622)
Protector of Gluttons, Slayer of Points & Keeper of the Seven Spices

Closing Thoughts

The Writings of Lord Daniel von Hallakstein

As you've probably realized by now, this isn't a full fledged, stand-alone cookbook. This is a quasi instructional cooking guide, that I want you to use to begin creating. I want to encourage you to use the recipes in here, along with the ideas for ingredient swaps and the recipe builder tutorial, to start playing around with recipes. Open up cookbooks, go online to food websites, look up delicious high calorie dishes, then put them in the builder and start tweakin'.

This book contains everything that you'll need to completely o-freakin-bliterate any feelings of helplessness that you've had with your meals. Is your husband a non-supportive schmo that complains about your "diet cooking?" That doesn't have to be the case anymore. Are you stressing about how much you miss one dish or another? Hack it down. Sub out the Italian sausage for my recipe, replace the the heavy cream with some almond milk and cornstarch... you can do this.

If there is one thing that I would ask of you, it's that you PLEASE share with me your triumphs and setbacks in the kitchen. We're all stronger together and we're all walking the same path. If you use my Recipe Builder tutorial to tweak a recipe to be lower in points and you want to show that baby off? Post it in Connect! Use the hashtag **#RecipeBuilderChallenge**, along with what the original points per servings were, followed by what you lowered it to with your tweaks. After playing with recipes a few times, through trial and error, you'll find techniques that really work for you. Share those in your post so they might help others. Need help with a recipe? Ask! Heck, feel free to submit a question to me directly through info@theguiltfreegourmet.net, or shoot me a message on Connect. I'll respond if I see it... and remember. If I don't, I probably missed it, so resend it, I don't mind. Guys are forgetful, it's a curse. 🙄

Though this IS a stand alone cooking guide, this book will be **ESSENTIAL** for my upcoming cookbook. Almost every single dish there will reference foundation recipes that are found in this book. In my cookbook, as an example, I can't type out the ingredient lists for all of the foundation recipes, into every Appetizer recipe that calls for them. As an example, on the chorizo stuffed tamale balls, I can't take an entire page to add the recipe for my chorizo, my low point masa & my roasted tomatillo sauce, into that recipe. I will simply make a note that the recipe calls for "1lb batch of my chorizo, pg # of the cooking guide" "2 cups prepared Masa, pg # of the cooking guide" etc. Consider this to be the 1st Volume of my cookbook, where the actual main dish recipes begin in volume 2 and reference foundation recipes and sauces in this book. I'd like to combine it all together into one big SUPER BOOK... but it would cost waaaaay too much on Amazon.

With that said, thank you so much for your support and encouragement through this entire project. Thank you for allowing me the opportunity to be able to help you in your journey, as well as for helping me be able to feel like I'm helping make a difference. Now that we all have the warm fuzzies goin', remember,

YOU'VE GOT THIS!!!!

Acknowledgements

I'd like to thank the Academy...

Well here we are again. When I wrote my acknowledgements for the first edition of this book, back in 2018, I never in a MILLION YEARS would have imagined that it would ever blow up to the point that it has. I started the entire project out of a desire to help folks, but then a crazy thing happened, ya'll ended up helping me just as much. As most of you stay at home parents know, you lose your sense of self and personal worth, when your entire purpose, day in and day out... is to just stay shut in your house, changing diapers and shuttling kids around. Suddenly, this whole book went full-on best seller. In just over 10 months, it was downloaded over 350,000 times and sold over 11,000 copies. I started getting emails from people all across the country, telling me how it had completely changed their lives and given them hope with their weight loss journeys.

I had one sweet lil grandma tell me how she made tamales for the first time in her life, for her picky husband who always picked on her "diet cooking", how much he loved them and how wonderful she felt. A mom sending me a video of her and her young daughter making fresh pasta together for the first time, complete with the adorable little girl narrating "look Daniel, we're doing it!" Pictures of a family sitting around their Christmas dinner table, full of my holiday dishes, all smiling for the camera. A woman who made one of my sugar free cakes for her diabetic father... and on, and on, and on... I cannot even begin to express to you folks how much you have all touched my life and changed me as a person, because of all of this.

I started all of this because all of you, in Connect, badgering me to do it in the Spring of 2017. When I had to resign from my job, to stay home and take care of Jesse and Rachel, I never would have thought that my website and graphics experience would ever be used for anything, ever again, other than maybe getting a tiny side job every now and then... and look where we are now. Folks, this was the perfect storm. There are people in Connect who could haaaaaands down cook me under the table any day of the week and twice on Sunday. Mappleby777, Longhorn_Sooner, and Hannahamil, just to name a few. There are some fanTASTIC cooks in Connect that you all should definitely be following. I just got lucky because I have experience doing graphics layouts, otherwise we wouldn't be here.

Well, with that lil bit of introspection out of the way, I'll try to rattle off a few names of people who were very important to this Fourth Edition (2023) getting made. In the first book I named nearly 40-50 people. I can't do that this time, I'd leave too many people out, on accident. I'm following over 4,600 people, so I can't mention all of you, but know that I ONLY click to follow you if you've said or done something that has connected with me personally. So even if you're not mentioned in here, I still thank you.

Thank you, of course, to my wife, who continues to put up with me. My kids, for turning me into a better person, despite all of the stains on my clothes now. And lastly, I'll thank my Mom, who made me first start thinking about the need to modify recipes specifically for people with dietary restrictions. You'll never know what an impact it had on me, that one Thanksgiving... seeing you standing there eating a hamburger patty out of a ziplock bag, from your purse, while all of us were piling our plates high with food... and you couldn't eat any of it because of your heart... and none of us had taken that into consideration. There was nothing you could eat, at Thanksgiving. I'll never get that image out of my mind. I just wish you could have been here long enough for me to cook for you, now that I'm actually good at it. Plus... I'm pretty sure that you would have loved Jesse and Rachel.

Nutritional Values

All those crazy macro-thingies, that you folks jabber-on about.

One of the biggest reasons for cooking and preparing meals like I do, is because I want to eat amazingly snazzy food, without having to reduce my portion sizes. If you look, you'll notice that the serving sizes for all of my sauces, are between 1/4 to 1/2 cup. Most popular 'skinny' and cookbook authors, usually only have a serving size of 1-2 Tablespoons. MINE give you at least double that amount for the same points or less. In equal amounts, my recipes are usually around 1/2 (or less) of the points, fat and calories of everyone else. Seriously, "Eat a responsible 2 Tbsps of sauce..." or "Lightly dip your fork into the full fat, normal sauce, so you won't need as much..." sure sounds like being on a diet to ME. Teach people to cook differently, so that they don't HAVE to feel like they are on a diet. But what do I know... I'm just the guy that lost 53lbs in 3.5 months, eating like this. *#IfEyeRollsCouldBurnCalories.*

MEAT SEASONINGS (with 99% FF ground turkey)	POINTS RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Andouille	0-0	2oz	101	4.4	2.6	0.2	11	24
Asian	0-0	2oz	100	6	2	1	11	24
Bratwurst	0-0	2oz	80	1	3	1	14	25
Breakfast Sausage	0-0	2oz	70	1	3	2	14	25
Chorizo	0-0	2oz	70	1	2	0	14	26
Cuban Picadillo	0-0	2oz	100	3	4	1	13	26
Greek	0-0	2oz	130	4.3	9	2.3	12	27
Italian Sausage	0-0	2oz	100	4	1	0	12	27
Jerk Seasoning	0-0	2oz	70	1	2	1	14	28
Kielbasa	0-0	2oz	60	1	1	0	14	28
Lebanese Kafta	0-0	2oz	80	1	4	1	14	29
"Savory" Ground Turkey	0-0	2oz	70	1	2	1	14	29
Taco Seasoning	0-0	2oz	92	4.2	1	0.2	11	30
Texas Hot Link	0-0	2oz	70	1	1	0.2	11	30

FOUNDATIONS	POINTS RANGE	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
2 Ingredient Dough	13-13	1 cup ball	180	0	32	20	12	32-33
2 ID: 1/2 section	7-7	1/2 cup ball	90	0	16	10	6	--
2 ID: 1/4 section	3-3	1/4 cup ball	45	0	8	5	3	--
2 ID: 1/8 section	2-2	1/8 cup ball	22.5	0	4	2.5	1.5	--
Breading 1.0	1	1/4 cup	25	1	10	0	3	34
Breadcrumbs	1	1/4 cup	varies	varies	varies	varies	varies	35
Cream Cheese Substitute	0-7	(full batch)	531	3.5	32.5	29.3	92.1	36
Masa	1-2	1/16 section	473	0	96	8	23.5	38-39
Fresh Pasta	3-3	1/4 cup ball	168	3.85	24	0.2	8	40
Pie Crust	1-1	1/8	50	0	26	6	2	44
Pudding Hack	n/a	n/a	--	--	--	--	--	45
Ricotta Gnocchi	4-4	1/4 section	70	0.5	12	0	2	42
Roasted Garlic	n/a	n/a	--	--	--	--	--	46
Toasted Spices	n/a	n/a	--	--	--	--	--	47
'Southern-ish' Cornbread	1-2	1 muffin	86	1.7	16	2.6	3	48
Yeast Biscuits	1-2	1 biscuit	134.5	1.2	24	0.7	7	50
Yeast Pizza Dough	15-15	Entire Crust	490	1.5	102	4	15	52

POINTS:

Remember everyone, the listed values for each recipe only show the points for ONE SERVING. A lot of my sauces stay 0 or 1 point for 2,3,4 or even 5 servings. To find out the accurate values for multiple servings, please go to my website, look in the "nutritional values" page, and click the appropriate recipe to open it up in your own App. Then, you'll be able to scroll up and down to find the info. for multiple servings, as well as being able to track your food through the app.

SAUCES	POINT RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Arrabbiata	0-0	1 cup	63	1.8	9.4	5	1.7	56
Alfredo	1-1	1/4 cup	50	1	9	2	2	63
Asian Dipping/Glaze	0-0	1/4 cup	15	0	7	2	1	57
Avocado Cilantro	1-1	1/4 cup	60	2.5	7	5	2	58
Bang Bang	0-1	1/4 cup	46	1.1	3.7	2.6	4.8	59
Barbecue (BBQ)	0-0	1/2 cup	25	0	6	3	1	60
Bearnaise	0-0	1/4 cup	45	3	2	0	1	61
Bechamel	0-1	1/4 cup	40	0	8	2	1	62
Black Peppercorn	1-1	1/2 cup	20	0.5	3	1	1	64
Bolognese	0-0	1/2 cup	100	3.5	8	4	9	65
Buffalo	0-0	1/4 cup	10	0.5	2	0	0	66
Butter	1-1	1/4 cup	30	2.5	1	0	0	67
Cheese	1-1	1/4 cup	15	0	3	0	0	68
Chimichurri	1-1	1/4 cup	54	4.6	3	0.3	1	69
Cilantro Lime	0-0	1/4 cup	20	1	2	0	0	70
Clam	1-1	1/2 cup	40	0.5	5	1	1	71
Country Gravy with Sausage	1-1	1/2 cup	140	3	10	4	19	72
Creamy Herb	0-1	1/4 cup	40	0	8	2	1	63
Creamy Horseradish	0-1	1/4 cup	40	0.6	3.8	2.9	5.1	73
Curry Cream	0-0	1/2 cup	34	0.9	4.7	1	2	74
Florentine	1-1	1/2 cup	70	0	13	3	3	75
Gravy	0-0	1/4 cup	10	0	1	0	1	76
Hollandaise	1-1	1/4 cup	170	13	3	0	8	77
Katsu	1-1	1/4 cup	105	0.1	22.1	19.3	1.6	78
Korean Gochujang	1-1	1/4 cup	77	0.2	16.5	11.3	1.2	79
Lemon & Chive	0-1	1/4 cup	45	0	9	2	1	63
Marinara	0-0	1/2 cup	40	0.5	5	2	1	80
Marsala	1-1	3/4 cup	65	0.5	9.1	2.5	3.9	81
Mexican Brown Mole'	1-1	1/2 cup	70	3	14	6	4	82
Parmesan Pomodoro	0-0	1/2 cup	40	0.7	8.1	5	1.	83
Pesto	1-1	1/4 cup	45	3	2	0	2	84
Piccata	1-1	1/2 cup	25	1	3	0	0	85
Pineapple Chili	0-1	1/4 cup	29	0.1	7.6	5.5	0.4	86
Red Enchilada	0-0	1/2 cup	45	0.5	9	5	2	87
Roasted Red Pepper Marinara	0-0	1/2 cup	50	1	8	5	1	88
Roasted Tomatillo	0-0	1/2 cup	60	1	11	6	2	89
Roasted Garlic Cream	1-1	1/4 cup	50	0.5	9	2	1	63
Scampi <i>(calculated WITH shrimp)</i>	1-1	1/2 cup	220	3	10	0	35	90
Steak Sauce (A2)	1-1	1/4 cup	44	0.2	8.6	6.6	0.7	91
Teriyaki	0-0	1/4 cup	14	0.1	10.3	7.8	0.8	92
Tzatziki	0-1	1/4 cup	41	1.1	3	2	5.1	93
Vodka	1-1	1/2 cup	50	0.5	9	5	2	94
White Wine Butter Sauce	1-1	1/2 cup	25	1	1	0	0	95
Yum Yum	0-1	1/4 cup	52	1.4	6.7	5.2	4.9	96
** Hummus (regular)	1-1	1/4 cup	70	2.5	9	2	3	97

PLEEEEEEEASE LEAVE A REVIEW ON AMAZON

If you found the info/recipes in this book helpful, PLEASE pay it back by leaving a review, folks.

I'm self published, so every review counts. Though LOTS of people bought this cookbook in 2022,

only 3 people have left a review on Amazon this ENTIRE YEAR (as of 11/15/2022). C'mon peeps, help a guy out lol.

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Daniel Bonaparte - Emperor of France 1769-1821

Might I recommend
the Bechamel sauce?
Viva la France!

