



365 Days Of DIY

Home, Crafting,
Cooking, Building

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365 Days Of DIY: Home, Crafting, Cooking, Building

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Part I – Home Improvement

Chapter 1 – Solar Power: 15 Steps to Your Own Affordable Power System

Energy is a matter of constant debate within all circles across the world. The depleting sources of energy are a matter of global concern. The ever increasing demands and the ever decreasing resources of the world 's fossil fuels are a very worrying situation. A great way to tackle the energy crisis in the present day world is the use of renewable energy resources. When it comes to renewable and alternate energy resources, the idea seems baffling. However, by changing at the small local scale will we only be able to make a larger impact. Changes do not happen overnight. These transitions take time and effort. However, once you are through with this, it will all be worth it.

The transition from grid station energy to solar energy can be an overwhelming one. There are a lot of considerations to be made. From the cost and size of the project to the site survey and energy analysis. These technicalities require thinking through and some hard facts and solid numbers. Solar power setup is not the kind of thing that you can just wing. We have written this book with the aim of helping the common man understand this difficult and somewhat technical procedure in simple and laymen terms. All the information has been given with careful consideration. This will save you money and time and will also greatly shorten the learning curve by providing you with all the necessary information before you find yourself unprepared and in a pickle.

So without any further hold up, let us tackle this solar power setup in easy and explanatory steps.

Things to Understand Before Getting Solar Power

In the modern world of technology today, the world is changing at a very fast pace with technology evolving every now and then. Energy crisis has been the topic of concern and debate for the longest time. Due to the constantly depleting resources and the increasing demand for energy coupled with the expense of it, more and more people are opting for switching to renewable resources of energy like solar power.

Not only is solar power a great alternative form of energy but the fact that it is driven by a source that is readily available coupled with its economic feasibility has made it a consumer favorite throughout the world. The technology is widely praised for its efficiency and ease of use. However, there are certain things that need to be considered in order to make a successful transition to solar power. Here we will be discussing them one by one in detail.

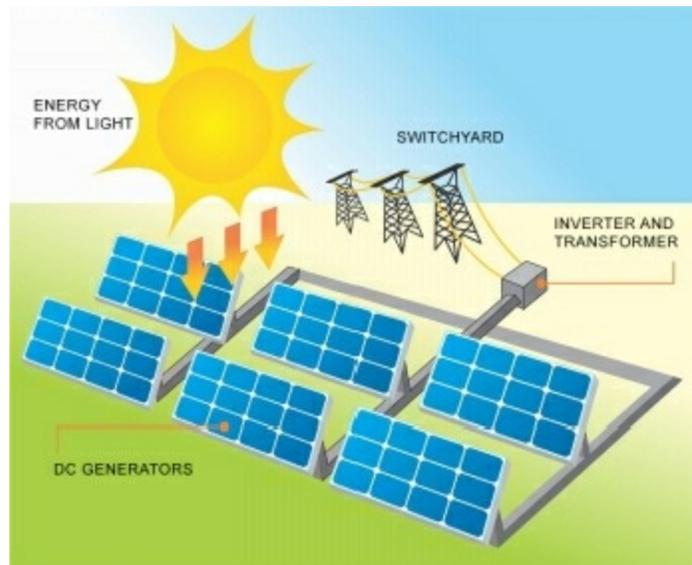
1. Supportive Roof

When it comes to solar panels, the most important thing to consider is that whether or not you have the sound supportive roof that the set up requires. As you might already know, the solar panels are set up on high and open spaces like roofs and terraces at an angle where they can capture maximum sunlight. For this to happen, you need to make sure that the roof that is going to be supporting the channels is strong enough to do so. A good solar panel set up lasts you about 20 to 25 years. Before installation of panels, it is a smart idea to ensure that your rooftop is set for that time and will not require renovation.



2. Amount of Sunlight

In order to achieve and obtain maximum efficiency from your solar power system it is of utmost importance that you ensure that the location where you are planning to plant your solar panel gets enough sunlight. The space should be open and sun facing. If it has other buildings or structures shielding it away from direct sunlight, that might be a huge issue. A sufficiently sun lit rooftop is the foremost pre-requisite of setting up solar panels.



3. Equipment Type

Like it is the case with everything these days, solar power set up also comes with options. There are basically two types of equipment that you can center your system around. You can either use photovoltaics or PV or you can use mirrors or lenses that revolve around the concentrated beam methodology of solar power. This is just a matter of choice, however, some experts argue that photovoltaics are more energy efficient.



4. Coverage and System Size

This is the most important factor to consider when designing a solar power system especially for your home. It is an obvious fact that the size of the solar power system that you will setup is in direct proportion to the energy consumption need of your house or business. The higher the consumption, the bigger the set up. This means that if you are consuming more energy, you will need a large coverage area for your panels. So this means more investment. To get a rough idea of your power consumption, a good trick is to check your monthly electricity bill to see how much you consumed in kWh/day. The average home uses 30 kWh/month. So to convert this to kW from kWh; 30×0.25 is 7.5 kW. An average solar panel produces 0.12 kW/day. So in order to make a setup of 7.5 kW, you need 62 panels. A

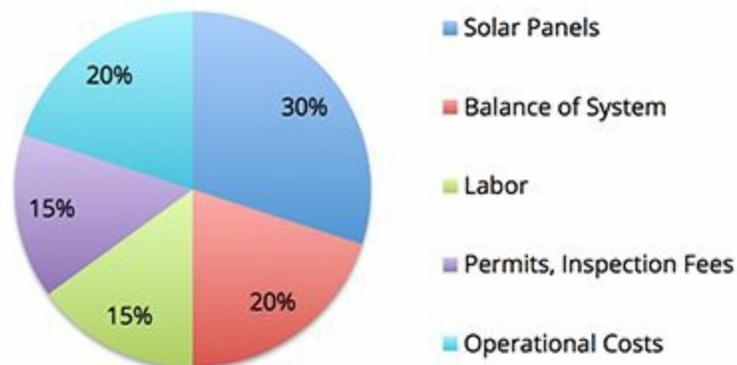
typical panel is 56x25 inches. So this will cover an area of 700 square feet in total for 62 panels. So ensure that you have the space for it.

5. Insolation

How much electricity your solar panel system generates is also heavily dependent on insolation. Insolation is a measure of how much sunlight hits a certain place. It is measured in kWh/m²/day. The more the insolation of a certain area, higher the efficiency of your solar power system will be. So pick a spot which has high insolation to get maximum return on your investments. Plant the panels in an area that gets most solar power per day. Consider the peak hours.

6. Maintenance

A lot of people might be alien to the fact that although solar power systems are not that high maintenance they still require some care and looking after. The whole solar power system is stationary and does not move. The only thing they require you to do is regular cleanliness. Since they are positioned outdoors, they are exposed to large amounts of dust and other environmental debris. The accumulation of this might affect the efficiency of your solar power system hence cleaning them is required.



7. Cost

Finances is the foremost thing to consider when you are thinking about installing solar panels. Solar arrays go for anywhere from \$7 to \$10. If we take the example that we used for coverage, a 7.5 kW array will cost you around \$50,000 to \$70,000. Considering the cost is very important before taking up this project. However, the good news is that this is one-time installation cost and then it all downhill from here.

15 Steps to Solar Panel Installation

Going solar completely and getting away from consumer grid energy can be seem like a very daunting task. You can find it very difficult. There is a lot to do and take care of. It can feel a little overwhelming to know where to start. In this chapter we will give you a step by step guide to solar panel installation. So let us get started.

1. Preparation

The first step to take while beginning the process of solar panel installation is to get rid of any showstoppers. It is important to deal with any obstacles beforehand. Before installing panels, make sure you are not renting. You can't switch to solar power and pull this huge surprise for your landlord. You should be a home-owner first. Also, if you plan to move, this will be a huge waste of resources.

2. Regulation Review

This is very important. Depending on where you live, the building regulations and electric and fire codes differ from area to area. Before installing panels, make sure you plan in accordance to all these laws. Contact your local administration to help you out with this.

3. Energy Analysis

It is of fundamental importance that you perform an in-depth energy requirement and analysis of load of your house or wherever it is that you are planning to install solar power. For details of this, refer to the previous chapter where you will get a rough idea of general facts and figures.

4. Survey the Site

In order to achieve a fully efficient and working solar power system, it is very crucial to install it in all the right places. If the area that you plan to install the panels in is not well lit and does not receive enough sunlight, it will not bring you the advantage and saving that you are hoping for. Instead, you might catch yourself going into actual deficit if this is not done right. Think about roof requirements and ample sunlight. Consider square footage.

5. Platform Construction

Now that all the prep steps are taken care of, it is time to bring out your big guns and get to actual work. In order to support your panels, you need to build a sturdy platform. They are not just going to stand on plain roof floor. To do this, build a platform of 4 concrete or cement pillars to offer holding to your panels. Next, place a wooden slab to place your panels on and secure with hardware.



6. Mounting

Now once the platform is in place, it is time to mount the panels onto the footing that you just built. Use angle brackets and secure them in mounting positions to hold the solar array.



7. Secure the Array

In this step, it is very crucial to determine the proper angle of placing your solar array of panels. Make sure that you have considered all the relevant meteorological data to devise the proper angle. Now position the array on the angle brackets feet first. Secure in position with hardware.



8. Module Wiring

Now when the solar panels are placed in position securely, it is time to join them power wise. Wire them and connect them together at the junction using a fuse box. Before connecting them all together, join them in pairs and then connect to form arrays. Then connect them to the main conduit or output cables.

9. Connection

Now we have to connect the exterior solar supply so it will power the interior. Connect the breaker in the panel to the circuit breaker disconnect. This will direct the energy flow from the breaker disconnect to the controller and then toward the battery pool where the battery will be saved. This works as a power bank. Whenever requires, energy travels from the power bank to the breaker disconnect and from there to a power inverter where it is changed from direct current or DC to alternating current or AC. This AC is what will flow into the electrical panel that will power your house.



10. Conduit Cables

Now you should run cables from the solar arrays to the control panel. This provides input and output of power. Connect the cables to the fuse combiner or junction present on the array. Match the cable colors in red, green and black to the cable terminals on the array.



11. System Grounding

Now to wrap up working the exterior of the system, hammer a steel rod into the ground so it is sticking up 6 inches. Swirl a copper wire around it and run that between the rod and the fuse box and the rod and the solar panel combiner at the junction.



12. Electrical Connections

Once you have made all the connections at the principle positions, it is time to connect this to your house's electrical fuse. This is the main power. Attach cables from the solar array toward the invertor panel.

13. Battery Installation

Now that all the powering and wiring is in place, it is time to install battery. This needs to be installed in alternating manner. With positive and negative adjacent to each other.

14. Final Testing

This is the moment of truth. Once all these steps have been completed successfully, it is time to set the power button on go. If all the steps were performed correctly, the power should be flowing through. Before this, it is crucial to ensure that all wiring is done professionally

to avoid any mishaps.

15. Maintenance

If the powering was successful, just install equipment protection and covers. Solar panels do not require a lot of tedious maintenance but make sure to clean them every once in a while, to avoid accumulation of any dust which will directly impact efficiency.

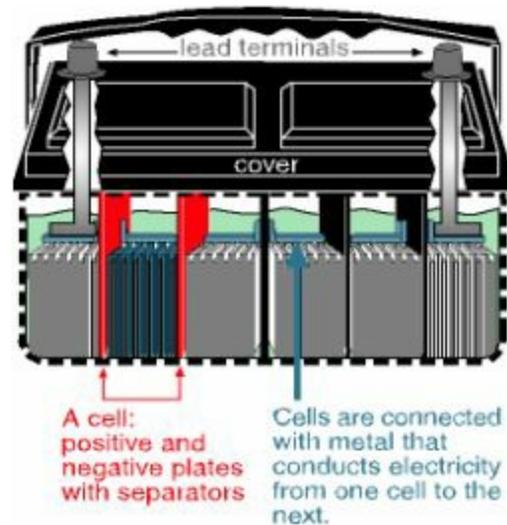
Best Batteries for your Solar Panel

Once you have chosen the solar system you want to install in your home, the next step is to invest in the best battery option for the system. This is to ensure that the battery lasts you a good while, has great storage capability and long lasting life. The last thing you need is to have a well-functioning photovoltaic (PV) system up on your roof, only to find that your battery is oversized. Use a sizing calculator to match your battery 's sizing capacity with the output of the solar panels. Here we enlist and discuss some of the features and functions of the most popular battery options for your PV system.

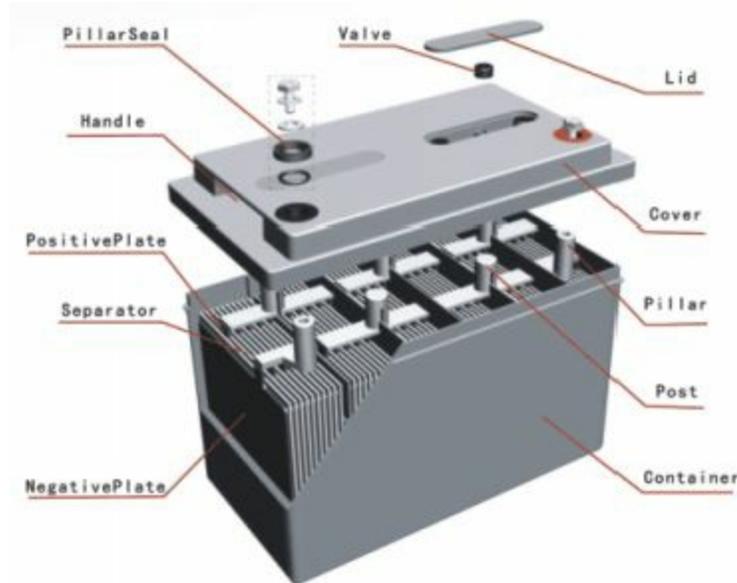
1. Basic Lead Acid Batteries

Lead acid batteries are one of the most commonly used battery type is made most abundantly as it is used in both renewable and nonrenewable energy systems. The batteries have a high power to weight ratio and have been around since their invention in 1859. The most commonly used lead acid battery for PV systems is the “ deep cycle ” battery which is designed to fulfil frequent discharging up to 75% of their total capacity. There are two types of deep cycle batteries:

Flooded batteries, also known as wet batteries, are the ones that have their flat plates completely submerged in an electrolyte fluid, mostly sulphuric acid. The water levels are kept high to keep the plates submerged, and need constant maintenance. This is to support the battery from preventing any shedding of these plates or the corrosion of the internal grid. However, the mobile nature of the liquid can be a hazard, especially during shipping, and can make it difficult to mount in any orientation. However, the water levels in flooded batteries ensure that any hydrogen lost to outgassing can be replaced from the water.

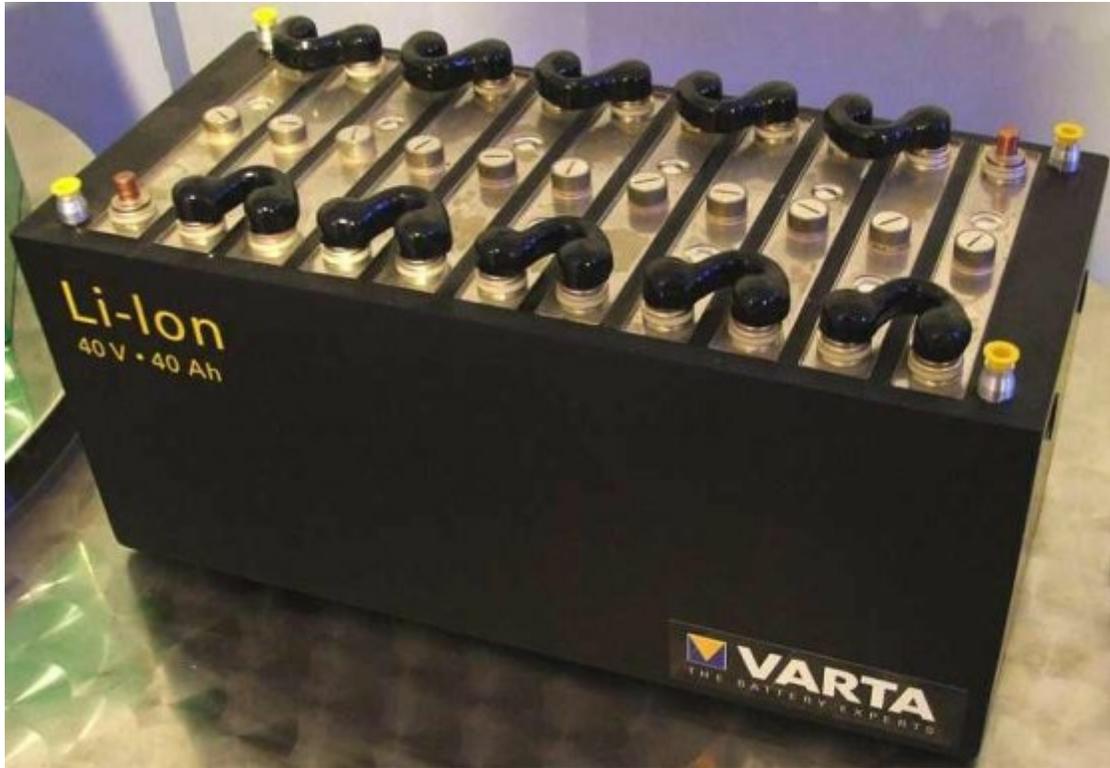


Valve regulated lead acid (VRLA) batteries differ from flooded as their electrolyte liquid is immobilized. In case of the glass mat batteries, this is done by placing a fiberglass mat in there, or in the case of gel batteries, the diluted acid electrolyte is converted into gel material. The lack of water in the VRLA makes them susceptible to more hydrogen loss due to outgassing. The compensation of this by increasing the electrolyte quantity can lower its ability to generate brief but high currents that may be required by PV systems, hence making the flooded batteries a better option. However, newer gel bases batteries have an internal system of converting hydrogen and oxygen and require to be topped off by water levels. The lack of any free and mobile acid in their systems makes it easier for them to be mounted in any orientation, a quality significantly lacked by flooded batteries.



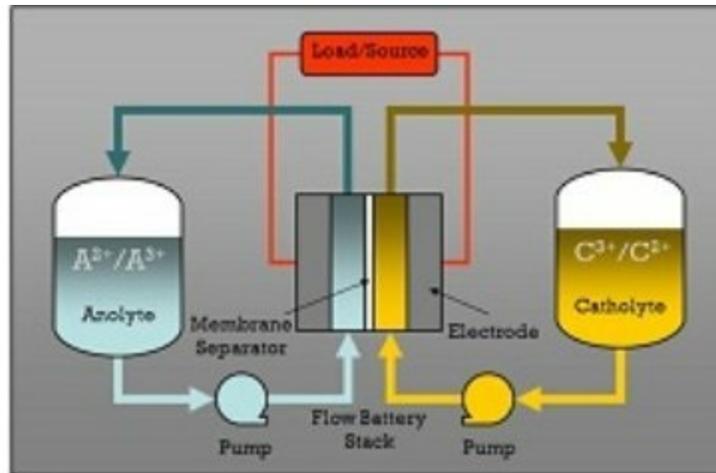
Lithium ion batteries

As far the most applicable battery type is concerned, lithium ion are the most popularly sought after battery due to their diversity in sub types and functionalities. The battery includes a carbon based negative electrode such as graphite, a metal oxide positive electrode, both submerged in a lithium salt electrolyte. The battery comes in three different shapes i.e. cylindrical, pouch and prismatic. Depending on these sizes and their application use, the batteries can provide from 500 to 10,000 number of charge-recharge cycles suggesting its capacity to have a higher life expectancy as a rechargeable battery. Prismatic batteries such as the Lithium Phosphate have an efficient internal cooling system that allows their application in PV systems. The high charge and discharge efficiency also makes it a better option than lead acid batteries, and the facts that they are solid, do not require refills, and can be mounted in any orientation easily. Lithium ion batteries can cost around \$500 to \$950 depending on their maintenance mostly. Certain specifications, such as correct sizing, can significantly lower the eventual costs and make up for the initial ones.



Redox flow batteries

A redox (reduction-oxidation) battery is a reversible one, in which the electrochemical constituents in the charge cycle are dissolved into the electrolyte. Two tanks are placed that have a mixture of negative and positive ions that become mobile on charging. This allows for heterogeneous electron transfer through a selective membrane, and subsequent discharging of battery.



- **Discharge reaction**
 - $C^{3+} + e^{-} \rightarrow C^{2+}$ (reduction)
 - $A^{2+} \rightarrow A^{3+} + e^{-}$ (oxidation)
- **Charge reaction**
 - $C^{2+} \rightarrow C^{3+} + e^{-}$ (oxidation)
 - $A^{3+} + e^{-} \rightarrow A^{2+}$ (reduction)

This type of battery allows for a wide range of advantageous qualities that make it a better option for usage in PV systems. The separation of the power and energy components give it a flexible layout that allows it to change and customize easily. The subsequent loss such as outgassing is lowered since all the components of charge cycle are in liquid form and no solid to solid or other phase transitions are involved, which subsequently makes its life cycle longer. They also have a higher tolerance for over charging or discharging and lower maintenance need. Vanadium-vanadium redox batteries have the best charge cycle capacity and are emerging to become as low \$500 to \$300 in costs for kilowatts per hour.

Things to Consider about your Roof

Once you have settled onto an operative and cost friendly solar system to fulfill your power needs sufficiently, the next thing is to focus on its easy calibration and positioning on the roof. This is crucial since the maximum output of your solar system depends on the amount of sunlight it receives. This is facilitated best by its effective position on the roof. To get the most out of this, you must consider a few important points regarding the roof of your house or building.

Thoroughly examine your house/building

There is a lot you need to factor in when installing a solar powered system on your roof. Whether your roof is even susceptible for such an installation needs to be checked. If the property is an old one, then there may be a need for some updates or modifications required to make the roof strong enough to hold a PV system. Look for any damages that could worsen with the installation. In some cases, you may need to consider replacing your entire roof. The best way to do this assessment is to bring a professional in construction to help you make the assessment. Skipping this step could lead to more damage, which may be dangerous for you and your family in case of a roof collapse, and may cost you a lot more than the roof fixing in the end.

Analyze roof space

The amount of panels you can put up on your roof all depend on the available space you have on your roof. If you are looking to generate more output, then you would consider a higher number of monocrystalline panels. However, that may not be possible if your roof is not too big, and it might not allow for you to add too many panels. Fortunately, there are alternatives, as polycrystalline panels have sufficiently been advanced to cater for smaller roof spaces but with bigger outputs. A careful analysis of your panel size and

its output can help you strategize the number and type of panels you need for your needs.



Solar panel mounting

Mounting your solar panel is a crucially important step and is based on a lot more than you think. When you consider reinforcing your solar panel mounting, invest in getting a specialist to do the job or even if you consider doing it yourself, then get a professional to inspect the mounting and see if you are missing anything. More importantly, take a good consideration of your location and the wind patterns. If you live in a cyclone or storm prone area, then you may need to get a wind certified or cyclone rated mounting system. A good investment towards this will ensure that your solar mount suffers little to no damages in any weather upsets. Otherwise these winds can pretty much wreck your solar panels and cost you way more.



Follow the sun

There is no doubt that your solar system's optimum output depends on the amount of sunlight it gets. So this pretty much goes without saying that your solar system has to be mounted in a way as to allow maximum hours and amount of sunlight to reach it. This is done in accordance with the sides of your roof and which faces the best direction. Consider all aspects like precipitation hours in your location, to see what timings the sunlight may experience obstruction from cloud coverage. If you live close to forestation or have a large number of tall trees in your area, then instead of cutting down the trees, opt for a part of the roof that may not have its sunlight blocked from any trees. Choose the direction which makes the best use of sun's changing trajectory in the sky and get the most hours of sunlight. You can even make seasonal changes depending on the altered length of day to further optimize this.



Go for solar community

This may not relate directly to roofs, but is an important initiative for those who either live in places where they do not have accessible roofing systems for supporting solar panels or do have roofs but they are not structurally able to support solar panels or just do not have sufficient sunlight to make use of panels. However, the solar community allows people with such disadvantages, to buy stakes in a solar installation somewhere else, and then have it returned to them as credits or rebate on their electricity bill. So if you are disappointed to be the owner of a house or living situation with the above mentioned problems, then do not feel bad for missing out on solar energy benefits, as you can this way.

Some Additional DIY Goodies for Solar Panels

Doing most of your work yourself when it comes to installing solar powered system helps you save on money and makes you the boss of how everything goes. This can be great if you have been left unsatisfied previously and are proficient enough to take the task in to your hands. In addition to this, the experience can be a learning one for you. So here are some ways you can do your own little DIY side projects to make your solar power system more cost effective while you save money and energy through these easy to do hacks.

Do your own insulations

If you live in a budgeted household and need to make the most of the good money you spent on solar installations, then chances are that you are looking to do a lot more work yourself. For solar powered heating systems, the cost effectiveness can come into play when you decide to take care of the maintenances and upgrades yourself. In most cases, insulation ensures optimum heating and significantly lessened heat loss. While you may covet a better way, the DIY way is a good money saver and no less effective. Something as easily available as fiberglass insulation and duct tape can help you make an insulated pipe sleeve that will make sure your pipes continue to give the most heat and keep your house and water warm.



Save money by fixing air leaks

Air leaks are a pesky reason to lose heating or cooling in your house. If you have a heating system powered by the mighty sun, then you may lose good energy and money owing it to these air leaks. However, getting these leaks fixed by someone else may end up being heavy on your pockets, and the added cost of external labor do not come cheap either. But that does not mean that you cannot do this yourself, because you can. You can use techniques such as caulking and sealing, to ensure no air which can be either warm or cool, is lost during the seasons. A half barrel caulking gun is a very handy tool and you can insert cartridges of caulking material in there. While a caulk gun may cost up to \$50, a cartridge will cost around \$2 and can last for a good amount of years. The gun allows you to release the caulk from its tube nozzle and apply it to any leak and help seal it off effectively.



Opt for storm window installations

Weather can be an unpredictable thing and bring uninvited guests that may be hard on someone living the budgeted life. For those who depend on solar power to keep their homes warm, a good DIY option is weather proofing. This can be done pretty effectively by installing storm or weather proof windows in your house. Also known as low emissivity windows or low-e, these can significantly reduce your daily energy bill whether there is a storm or not, as they ensure the heat or cooling made in your house is not lost. This is done by the infra-red heat reflection from inside the house, by a very thin and fine layer of metal on the window. The cost comes at a small fraction of replacing actual window, and are so easy to install, that they make up a great DIY side project. Annual savings from these low-e windows can be up to \$350 for a house with a \$1000 energy bill. All you need is to take accurate measurements of all the windows of you house, and opt or the type of windows best suited to the household needs. Next, all you require is some caulking gun, caulk material, a knife and putty, and your workbench is ready. It is just like installing a regular window and can be done in just one day.



Build your own sun reflectors

This is much the same as you see used in high powered solar thermal projects, which instead of PV cells, use mirrors to reflect sunlight on to a water reservoir that heats up, gives steam, and makes electricity. However, you can use this strategy to optimize your already working solar panels in their functioning. While this DIY hack takes a bit of work, you end up getting much more out of it. For days when you need more sunlight to harness, you can place mirrors or reflective metals on the roof in the sun's direction to reflect the light onto your solar panels when they are missing out.

Conclusion

Solar power has myriad benefits. There is literally nothing bad about the impacts of using solar energy for consumer consumption. First of all, it is extremely environment friendly. The ecofriendly nature of this alternative energy makes it very suitable to be utilized in today's world where global warming is a major concern and threat to our planet. With the increasing energy demands of the world, the increased usage of fossil fuels as the primary source of energy is harming the earth in a million different ways which is making it unhealthy by adding to all sorts of pollutions. Switching to something as renewable as solar energy we can have a huge positive impact on the environment.

Apart from this, the ease of use makes solar power very user friendly. We all know, that solar energy is readily available for us literally until the end of times. We are free to use as much of it as we want and without all the guilt of harming the planet. Moreover, the solar power systems are designed to have myriad benefits for the user. The primary installation costs are significantly high but that is blurred by the fact that it gives the investor great returns in the long run. It is the easiest to use and low-maintenance form of renewable energy. The equipment that is installed has guaranteed functionality of anywhere between 10-25 years depending on your choice of brand and manufacturers. Furthermore, the solar panels require no daily maintenance as well. Just dust them and let the sun shine.

Solar panels are the way to in today's modern world of technology. So it's time to stop thinking and start doing and benefiting yourself as well as the environment.

Chapter 2 – DIY Shed Plans Step-by-Step Guide With Pictures On How To Build Your Own Roomy Shed

Having a shed to keep your things that you feel should not clutter your rooms yet essential to your home is the best way to go. On the other hand, there are certain items that you could keep in your house, but due to risks of accident and harm you would rather keep them safe far away from your loved ones. Hoes, mowers, secateurs, saws, agrochemicals, insecticides and such other items are better off being kept out of easy reach by children or within a place that they can easily cause an accident.

Sometimes due to some other reasons, such as lack of time, you could hire contractors to build for you a shed. However, this denies you that much-needed opportunity to build your hands-on skills. It also denies you an opportunity to effectively use your free time and save money. What more, this is one project that you can carry out with family and friends thus helping to strengthen social relationship and family bond.

Whether you are a novice or an expert in a given project, a step-by-step Do-It-Yourself (DIY) instructions guide is an invaluable asset in your inventory. This guide is no exception. It is a practical guide that will help you start off and complete your shed building project.

Keep reading. Thank you.

Getting Started

There are times when you feel that you have things that would rather be out of your main house but still need to be well sheltered. Probably you have come to the conclusion that you need a shed or you are still trying to figure out which alternatives are available for you. Whichever the case, it is good to know why you need a shed.

Know why you need a shed;

- A shed helps to de-clutter your house
- A shed helps you to keep away things that could prove dangerous to your loved ones in case of an accident
- A shed is a cheaper way of saving on expensive in-house space
- A shed is a place where you keep small projects that could be risky to your loved ones or pets

Things to consider

When it comes to constructing a shed, just like a house, the following are important things to consider;

- Space needed to keep your items – this space will determine how small or large your shed will be. This in turn will have an effect on the dimensions and materials consumed.
- The nature or kind of items that you need to keep in – if most of your items will rest on the floor, the focus will be on strengthening

the floor and its foundation depending on the expected weight of the items.

- The proximate distance to the service location – this will determine the site location for your shed.
- Security of items to be stored in the shed. This will determine reinforcement measures such as the wall strength, the door strength and even the roof strength.

Preparation

- Decide on the site location – the location should be relatively of flat surface though slightly slanting to prevent flooding.
- Prepare the site location – level the surface and harden it after digging holes for the piers.
- Decide on the overall layout – draw a layout of the entire shed so as to be able to have an overall outlook of the kind of shed you want to have eventually.
- Decide on the exterior dimensions, that is, the length, width and height of the shed - Decide on the floor dimensions, wall dimensions and roof dimensions. These will be based on the size of the shed you want. For our case, the floor dimensions are 12 x 16 feet. The walls height is 90 inches while the roof elevation is 92 inches (hypotenuse) by 40 inches (height).

- Anticipate tools and equipment required for the entire project - It is good to have a list of all tools required for the entire project. This will help you decide which ones to buy and which ones you can borrow subject to availability.
- Anticipate the type and quantity of materials required for the entire project – It is good to have quantities of materials required well in advance. This helps you to budget and prioritize how to buy and when to buy them. It also helps you to stock materials gradually as you seek bargain prices and quantity discounts.
- Anticipate on the skills required so that you can begin practicing to acquire them - It is important to assess your skills prior to starting the project. Seek. Find out whether you know how to use all the required tools. If there are certain tools that you don't know how to use, seek demos, either from the vendor you purchase from or from where you are borrowing the tools. If you have free time you can visit relevant workshops just have a hands-on practical exercise.

Overall layout

Having an overall layout is crucial for the success of your project. For a start, it should be just a sketch without much technical details such as dimensions. This is intended to help you visualize how the eventual shed will look like.

The overall layout should be able to show;

- Foundation layout – this should incorporate the layout of your holes and piers

- Floor layout – this includes dimensions of the floor and layers of the skids, joists and plywood.
- Walls layout – this should include walls dimensions including spaces for the windows and doors. It should factor whether the walls are going to be fixed walls or detachable walls.
- Openings layout including the door and windows (if any) – It is a must for your shed to have a door. Depending on the size of your shed and alternative sources of light, you may or may not have windows. More so, if the shed is small, most likely you would forego the window since the door can provide sufficient lighting.
- The roof layout – you should factor the layout of the truss, including the height and elevation of the truss, the space between the trusses and the roofing materials. Ideally the roofing should have three layers – the plywood, the tar paper and the asphalt shingles. This helps to ensure protection against agents of adverse weather.

Outlook of a typical shed

Fig. 1.1 below shows the general outlook of a typical finished shed



Fig. 1.1 Finished shed

Parts of a typical shed

Fig. 1.2 below shows dissected parts of a typical shed.

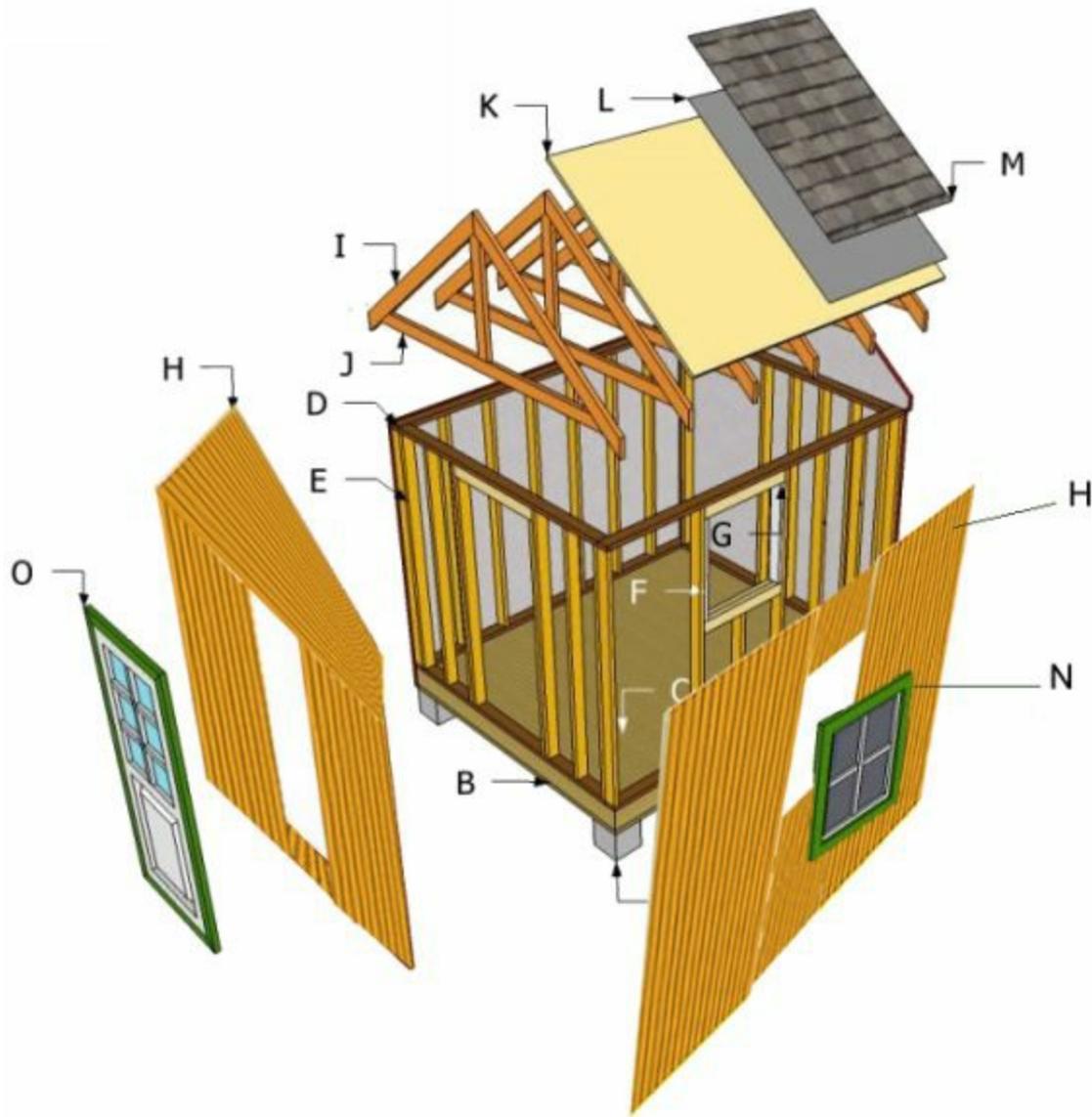


Fig 1.02 Parts of a typical shed

- A – Pliers
- B – Floor perimeter
- C – Corner posts/ beams
- D – Bottom plates
- E – Studs
- F – Window frame

G – Front wall plywood

H – Side wall plywood

I – Top plate

J – Bottom plate

K – Roof plywood

L – Tar paper

M – Asphalt shingles

N – Window

O - Door

Our shed project in this book

You can have different dimensions of your shed to suit your particular need. For our shed project in this book, we will use a 12 x 16 shed.

Materials required for the entire project

Materials required for your entire project depends on the overall dimension of your shed. For purposes of demonstration we will take a 12 x 16 shed.

Item/part	Type	Pieces	Dimensions (inches)	Size (inches)
Skids	Lumber	3	4 x 4	192 (length)
Joists	Lumber	9	2 x 6	192 (length)
	Lumber	13	2 x 6	141 (length)
Flooring	Plywood	6	48 x 96	¾ (thickness)
Bottom plates	Lumber	2	2x4	192 (length)
	Lumber	2	2x4	137 (length)
	Lumber	2	2x4	192 (length)
Top plates	Lumber	2	2x4	144 (length)

	Lumber	2	2x4	137 (length)
	Lumber	36	2x4	90 (length)
Studs	Lumber	2	2x4	40 (length)
	Lumber	2	2x4	36 (length)
	Lumber	2	2x4	76 ½ (length)
	Lumber	5	2x4	9 (length)
	Lumber	5	2x4	10 ¼ (length)
Cripple studs	Lumber	3	2x4	39 (length)
	Lumber	2	2x4	53 (length)
	Sheets	14	48 x 96	5/8 ” (thickness)
Siding	Roll/sheet		standard	As per the roof dimensions
	Pieces/sheets		standard	As per the roof dimensions
Tar paper				
Shingles				
Screws	fasteners	Several packets	standard	2 ½ (length)
				3 (length)
				5/8 (length)
4d nails	fasteners	several	standard	standard
Construction glue	fasteners	several	standard	standard

Tools required for the entire project;

- Circular saw
- Jigsaw
- Cordless drill
- Drill bit set
- Jigsaw
- Miter saw
- Tape measure

- Level
- Tin snip
- Brad nail gun
- Sawhorses
- Step ladder
- Speed square
- Air horse
- Chalk line
- Pocket hole jig
- Router
- Caulk gun
- Safety gadgets (including hearing protection, safety gloves and safety glasses)

Skills required for the entire project

You need basic skills like;

- How to use the various tools mentioned above
- Safety skills

Preparatory tips

- Use a good miter saw to make the angle cuts
- Cut pieces of lumber and plywood as per specified dimensions well in advance to save on space and make work easier. Take advantage of the timber yard staff where you buy the lumber and plywood to help you cut the pieces and thus save on labor, time and probably transport cost (in case you can fit the pieces into your car).

- Drill pilot holes before inserting the screws

Building the Foundation

The foundation upon which the floor will be anchored is the first and foremost step once the site has been chosen.

Importance of proper foundation to your shed

A foundation is important to your shed as it;

- Offers a leveled ground for your shed floor
- Safeguards your shed floor from attach insects such as termites
- Guards your shed floor from rising moisture through capillary effect
- If strong enough, anchors your shed against strong winds, floods or push

Site preparation

Choose a location that;

- Is within reach
- Has proper drainage
- You can easily monitor through your door or window

Once you have chosen the site, level the ground for the foundation, you can gravel it if necessary (more so, if the ground is soft).

Choosing the right kind of foundation

There are four main foundations from which you can choose;

1. Floor-less foundation
2. Concrete and wood pier foundation
3. Concrete slab foundation
4. Simple skid foundation – either position on earth, concrete or gravel

For purposes of our project, we choose concrete and wood pier foundation as it is not only easy to build but also relatively strong.

Establishing Wood and Concrete pier foundation

Wood and concrete pier foundation meets two important needs for a DIY Shed;

- It is easy to build
- It is relatively stable

Instructional steps in building the foundation

Step 1: Dig holes for the wood and concrete pier

Dig holes big enough to accommodate your chosen piers. The piers to be used are 12 inches in diameter and 20 to 36 inches high. Soft ground will require more depth compared to a hard ground.

For better guide, lay out your skids to match the square perimeter of the foundation so that you can mark holes to be about 8 inches from the end of the skid.

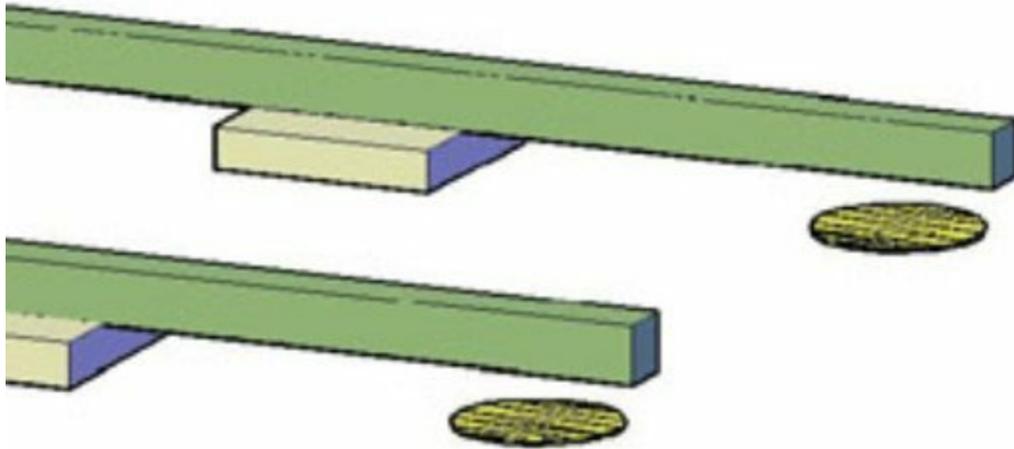


Fig. 2.1 Positioning and marking holes to be dug

Step 2: Install piers

Fix piers into the dug holes as shown in Fig 2.2 below;



Fig. 2.2 installing piers

Step 3: Fix skids to the pier

Fasten skids on them using brackets and bolts as shown Fig. 2.3

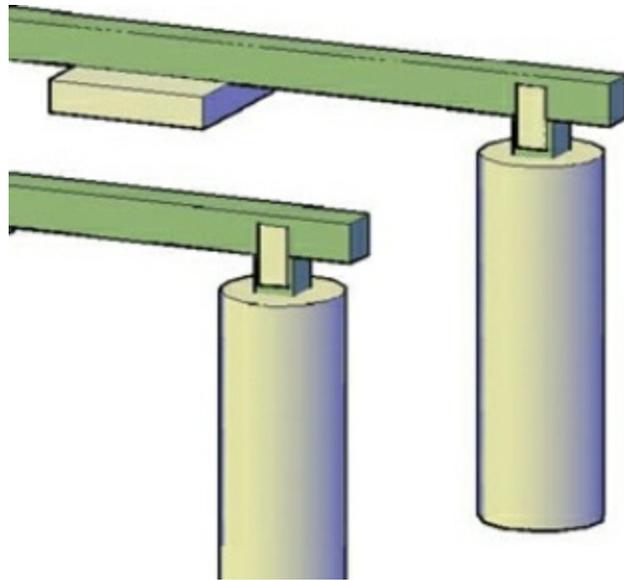


Fig. 2.3: Fixing skids to pliers

You can have several pliers in between the four corner pliers depending on the ground and size and expected capacity of your shed.

A foundation with skids fixed on the pliers will appear as in Fig. 2.4 below;

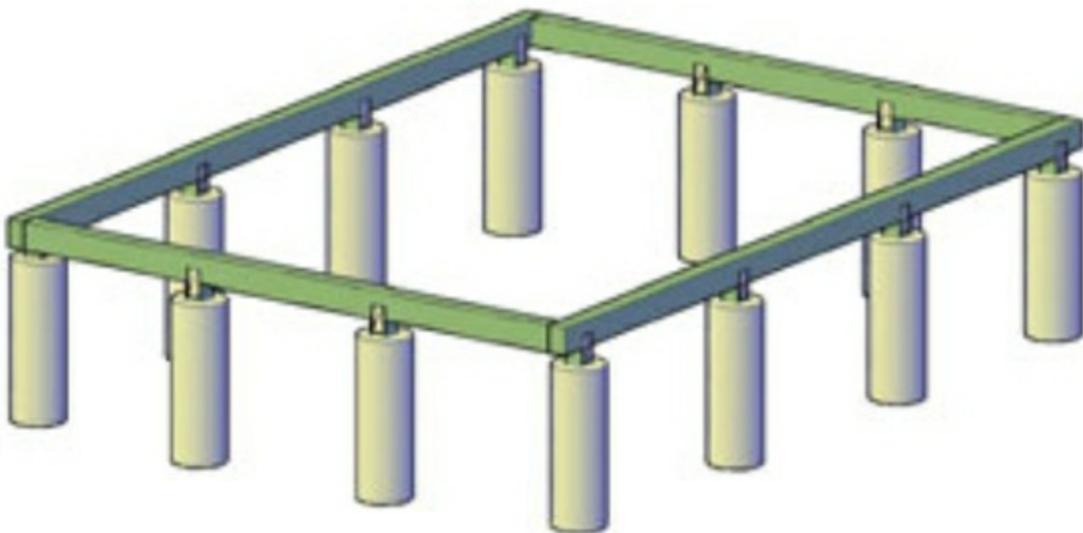


Fig. 2.4 Layout of skids fixed to pliers (optionally, more pliers in between for stability)

Partial view of the shed resting on the foundation

Fig. 2.5 shows a partial view of a complete shed resting on the foundation.



Fig. 2.5

Building the Floor

After building the foundation, the next step is to build the floor to lay on the foundation.

The floor typically has three layers as indicated in fig. 3.1 below

Fig. 3.1 shows the three layered parts of the floor.



Fig. 3:1

A – Skids

B – Joists

C - Plywood

Materials required;

Though materials required are already listed in Chapter 1, we recap them here specifically to highlight materials for the various pieces of plywood as indicated in C (i) to C (iv).

Item	Pieces	Dimensions (inches)	Size (inches)	Part
A	3	4 x 4	192 (length)	Skids
B	9	2 x 6	139 (length)	Joists
C	(i)	1	60 x 154	¾ (thickness) Plywood
	(ii)	1	36 x 60	¾ (thickness) Plywood
	(iii)	1	60 x 77	¾ (thickness) Plywood
	(iv)	1	60 x 115	¾ (thickness) Plywood

Terminologies

The following diagram shows the various parts of the floor frame. This comprises of the following parts;

Perimeter- This is comprise of the headers and the rim joists

Floor frame - This comprise of the joists, the skids and the perimeter

Fig. 3.2 shows the various parts of the floor frame including headers, joists and skids.

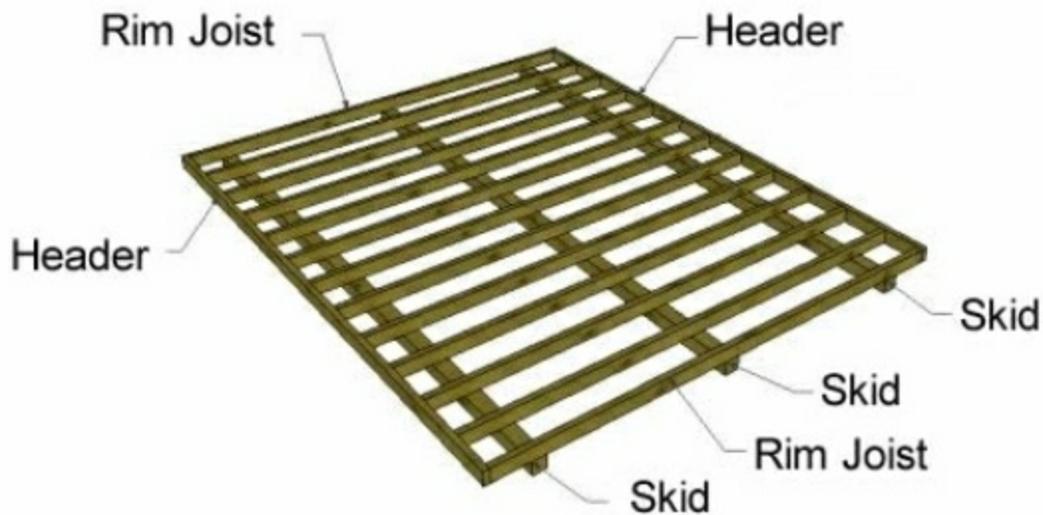


Fig. 3.2

Instructional steps:

Step 1: Arrange the Joists

Quickly arrange the joists in between the two headers and parallel to each other in between the rim joists at a rough interval spacing as shown in Fig. 3.3 below.

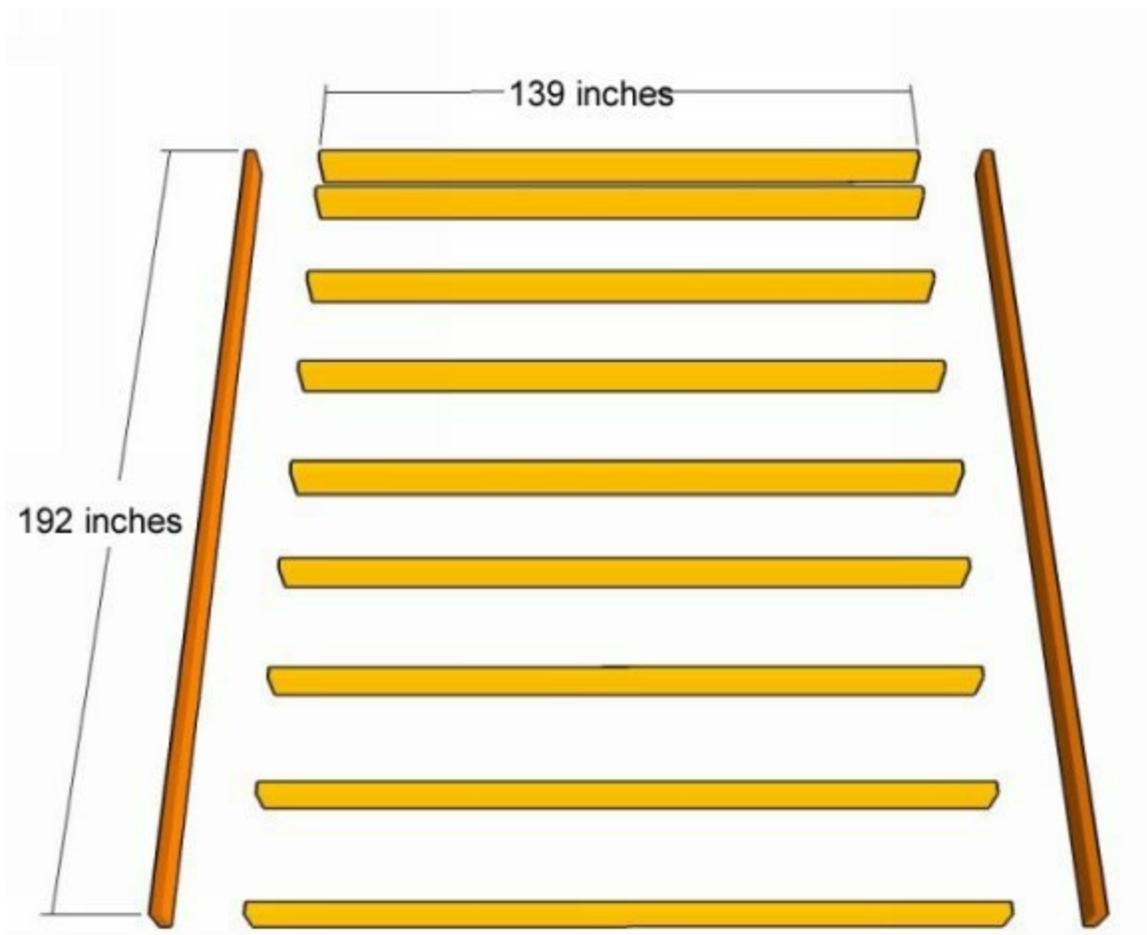


Fig. 3.3

Step 2: Space the joists

Space the joists at 26 inch intervals in-between from each other and 9 ¼ inch from one end of the perimeter frame and 26 ¾ on the opposite end of the perimeter frame as shown in Fig. 3.4

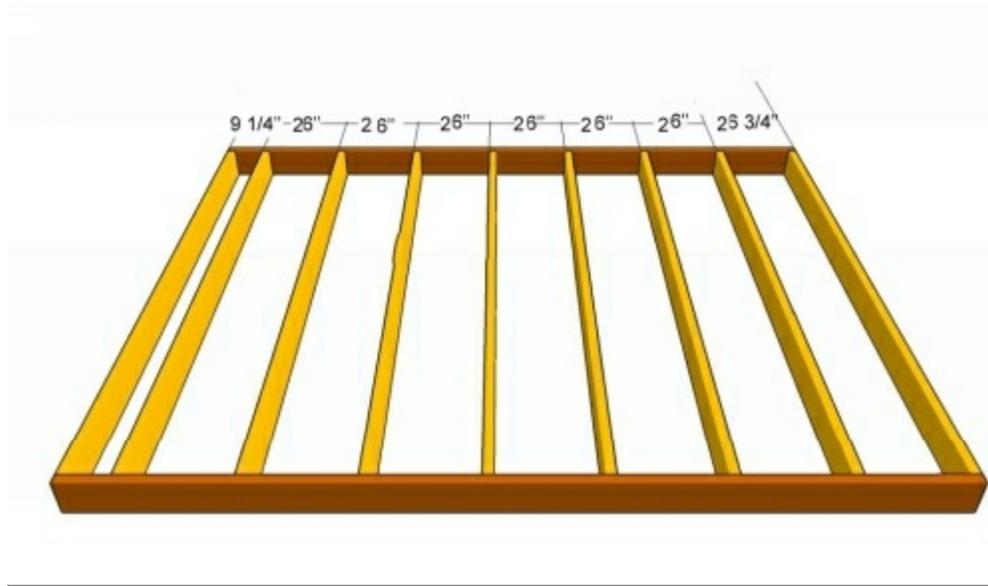


Fig. 3.4

Step 3: Space the skids

Space the skids on the ground 64 inches apart and the outer skids 8 inches from the perimeter frame as shown in Fig. 3.3 below:

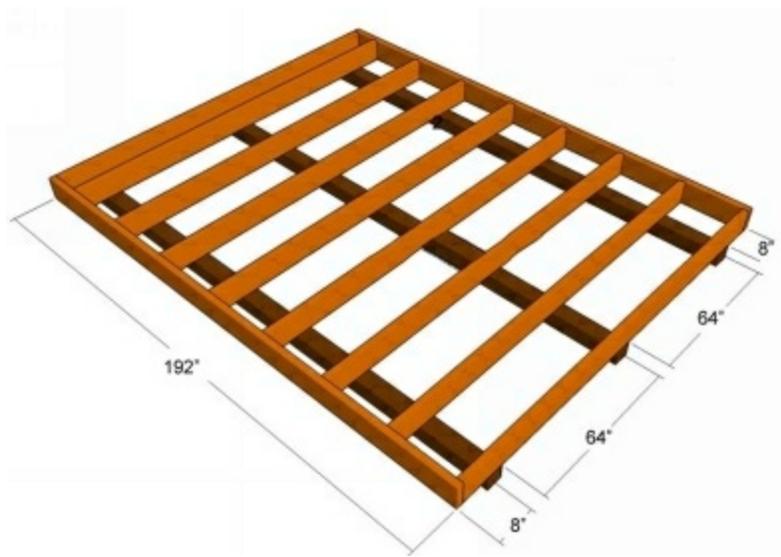


Fig. 3.5

Complete Floor frame

Fig 3.5a shows complete floor frame ready to for fixing the floor plywood.

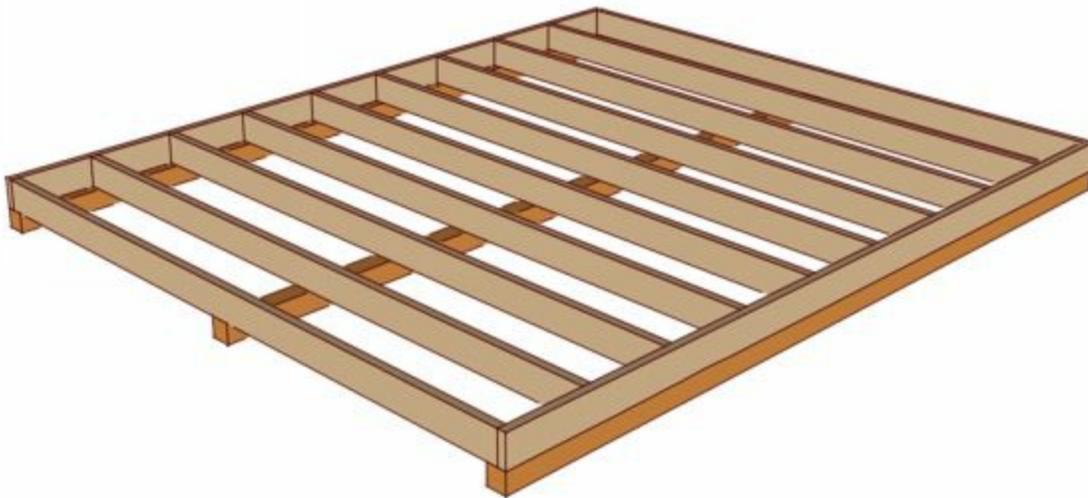


Fig 3.5a complete floor frame

Step 4: Layer Plywood on the floor frame

Arrange pieces of plywood over the joist as shown in Fig. 3.4 below. Once

arranged, you can use 1 inch nails to pin the plywood on the joist.

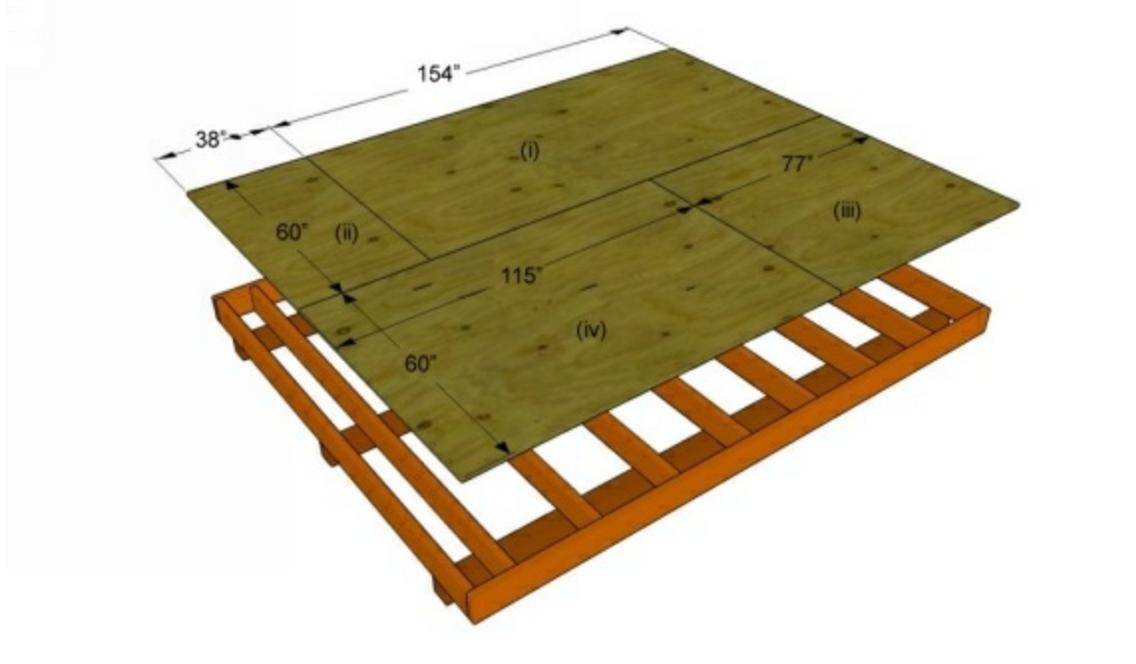


Fig. 3.6

Complete floor prior to being fixed on the piers

Fig. 3.7 shows a completed floor ready to be fixed onto the piers.



Fig 3.7

Floor fixed on the foundation

Fig. 3.8 shows a typical floor now fixed on the piers.

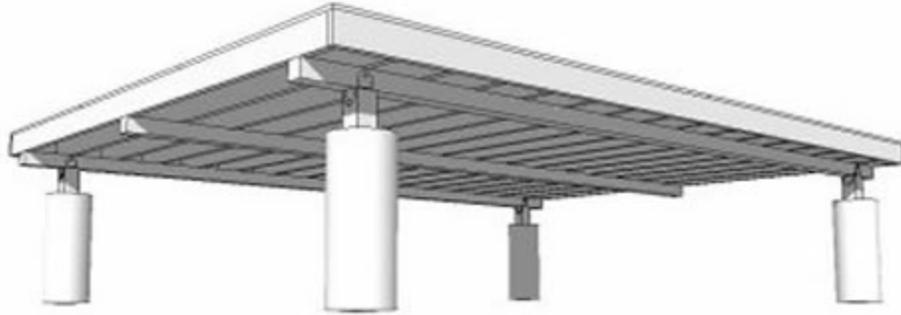


Fig. 3.8

Building the Walls

Once foundation is established, the next thing is to build the walls.

Factors to consider when constructing the floor walls;

The following will help you determine the kind of materials needed to construct your wall;

- Security of the shed – if what you want to put into your shed is subject to risk of burglary, you will need to reinforce your wall by using thicker studs and joists.
- Weight of wall-leaning objects – if you expect heavy items to lean against the walls, then the walls should be made of stronger materials.

Types of walls

There are two options for building the walls;

- Fixed walls: Where wall beams are nailed to the wall posts directly.
- Detachable walls: Where walls are independent units screwed to the corner beams/poles using bolts/screws

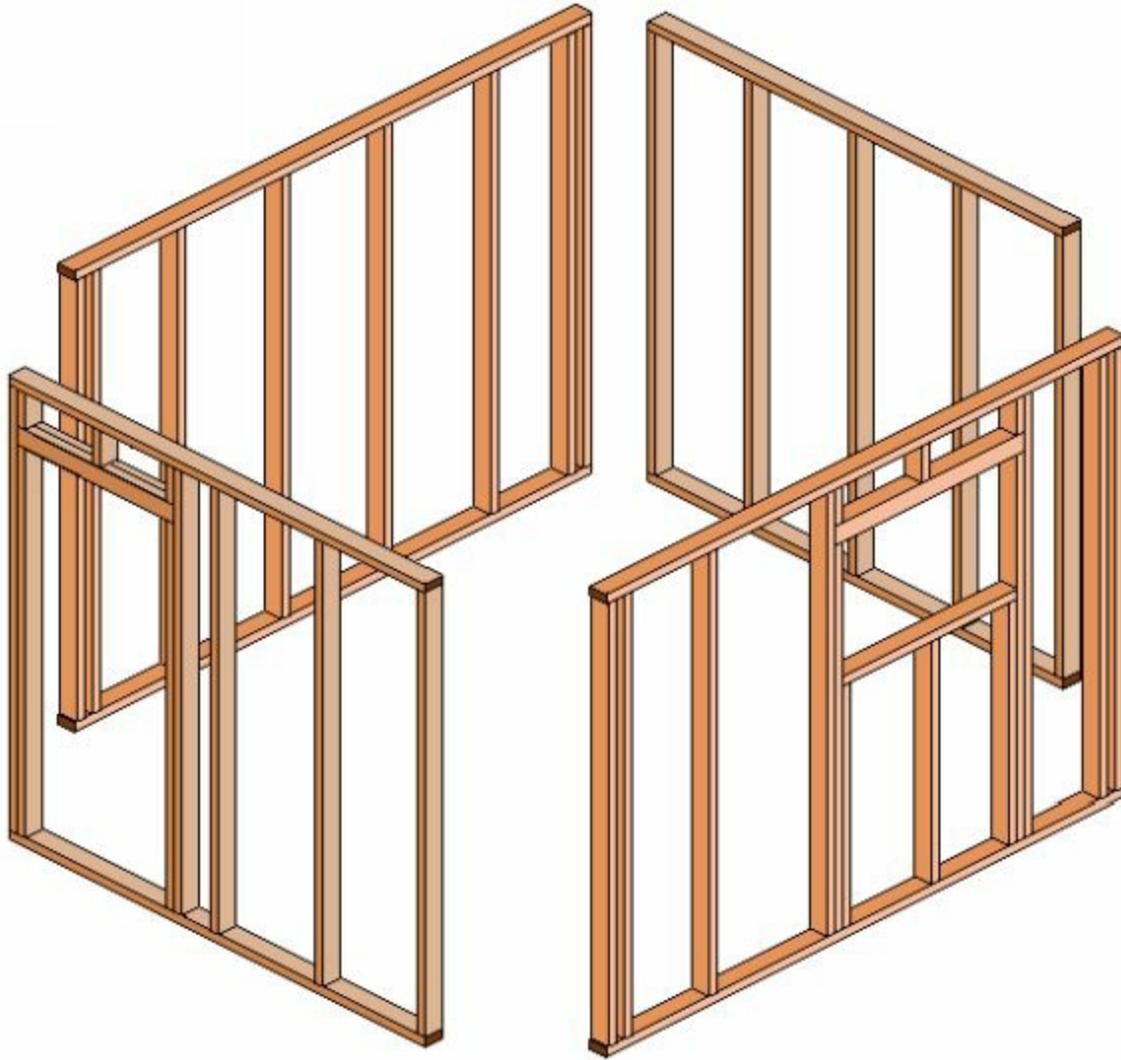


Fig. 3.1 Parts of a detachable wall

The approach in this book

This book approaches both for illustrative purposes. However, detachable walls make better sense, since the foundation is also detached from the ground. This makes the entire shed detachable and portable. The only disadvantage of detachable walls is in terms of cost and time.

Materials and tools required

See tools and materials list in chapter 1.

Construction steps

The following are the construction steps to guide you in building the walls:

Step 1: Construct the side wall (without window)

Space the inner joists 22 ½ inches apart and 18 ¼ inches from each of the rim joists as shown in Fig. 3.2. The joists' perimeter should be 90" by 137" and the top beam should be 144".

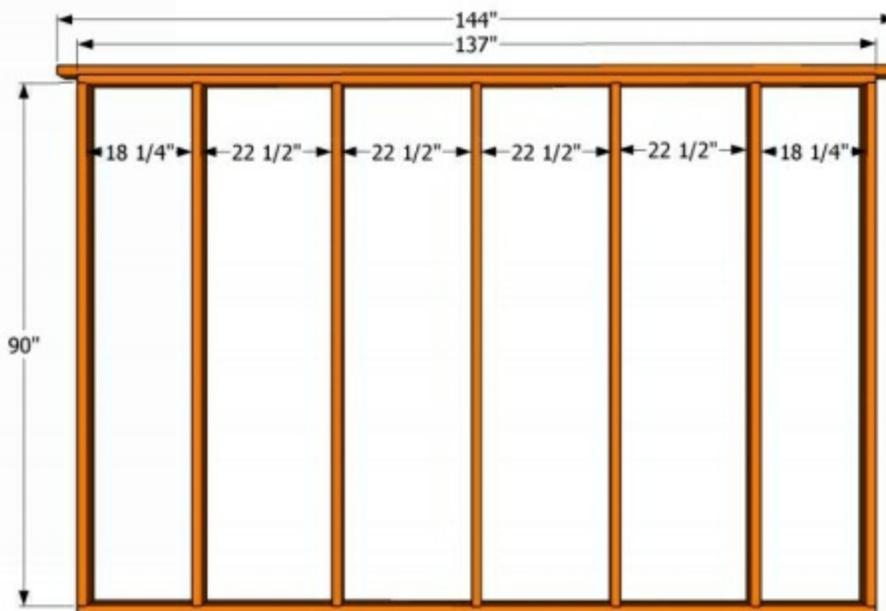


Fig 3.2 Side Wall (Without Window)

Step 2: Construct the front wall (with door)

Cut and arrange joists as shown in Fig. 3.3 below while creating a frame for the door to be fixed. The door frame should be 76 ½" by 50" while the wall dimensions should be 90" by 192" as shown in the diagram.

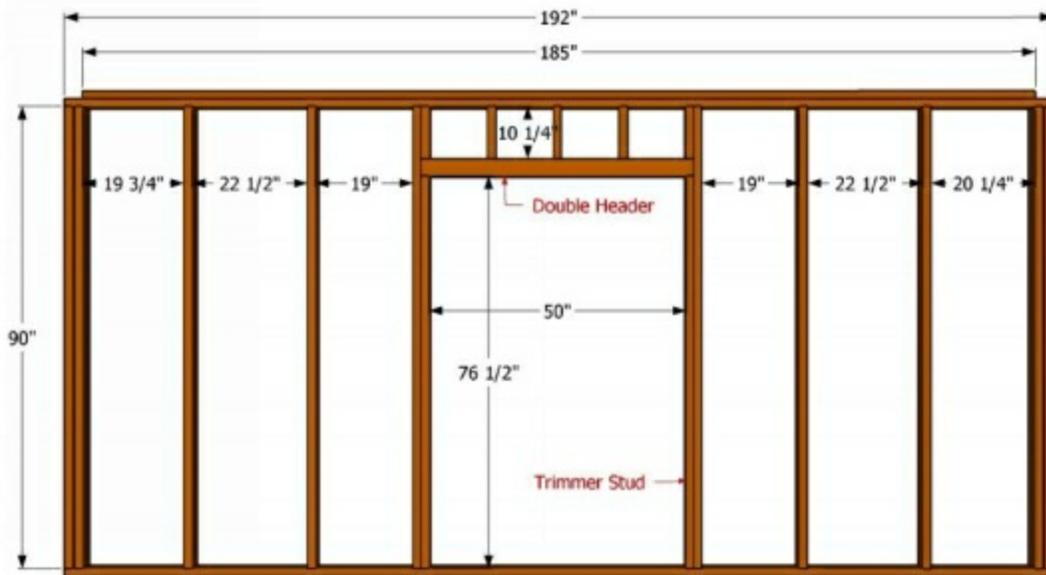


Fig. 3.3 Front Wall with Door

Step 3: Construct the side wall with window

Repeat step 2 above but for the window except for the dimensions. The space for the window should be 36" by 36" while the wall dimensions are 29" by 144" as shown in Fig. 3.4 below;

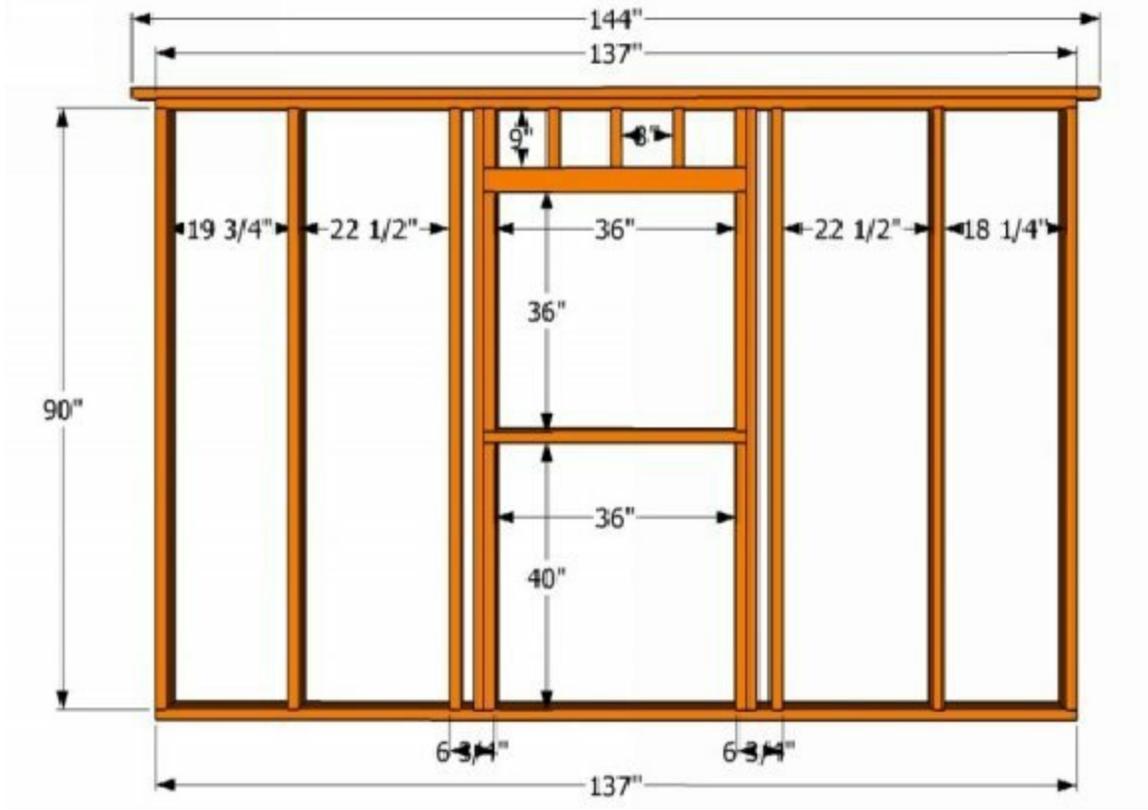


Fig. 3.4 Side Wall with Window

Step 4: Construct the back wall (with neither window nor door)

The back wall is opposite the front wall that has the door. Thus, it has the same exterior dimensions as the front wall. Just like the front wall, the joist spacing is also the same with an exception of the absence of the door. Fig. 3.5 below shows the spacing and dimensions

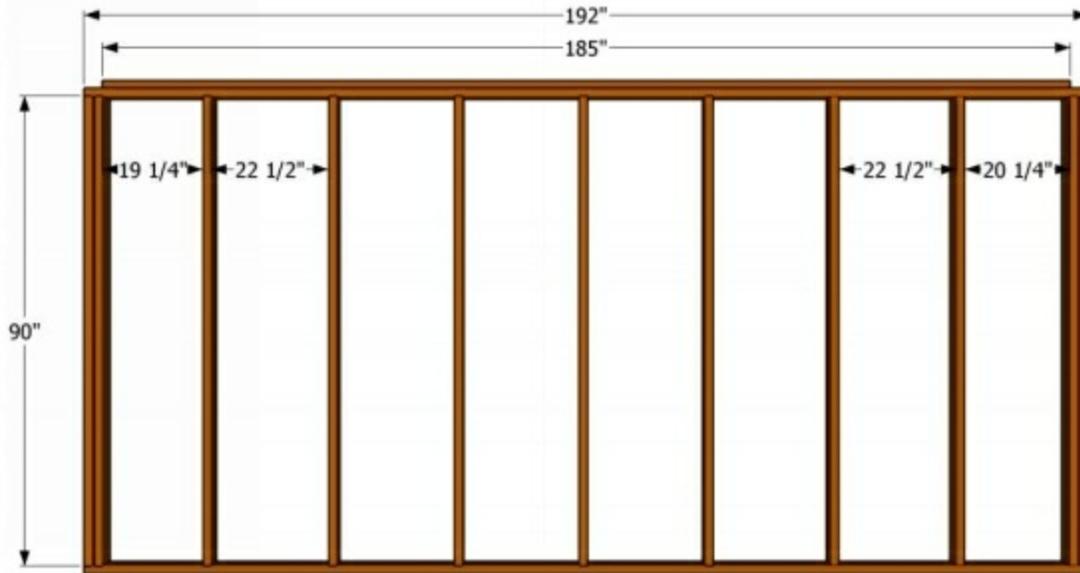


Fig. 3.5 Back Wall

Note:

All the walls have a beam on top that is shorter by 7 ” placed in the middle such that a notch of about 3.5 inches on both ends of the wall is left. This is to allow room for roofing requirements.

Holding up the walls with braces

Once the walls have been constructed, they need to be held into their expected position using braces as shown in Fig. 3.6 below. The braces are screwed on the walls and the base/floor.

This is appropriate for detachable walls. Alternatively, the walls can be screwed on the corner beams once roofing is done. This is the convention that has been followed in this book. Nonetheless, before roofing is done, the walls have to be tested as to whether they properly fit into place or not.



Fig. 3.6 Fixing braces to hold the walls

Screwing the walls

The walls can be screwed together as shown below (in case there are no corner posts) or can be screwed against the corner post. For big sheds, such as one illustrated in this book, it is preferable to screw against the goal posts. More posts can be placed in between the goal posts along the walls just to ensure firmness. This is especially important if the shed is expected to hold heavy items that will exert their weight onto the walls.



Fig. 3.7 screwing the walls together

Fixing plywood to the walls

Once the walls are fixed into place, wall plywood with provision for door and window are fitted to the walls. Before fitting the plywood have to be tested against the walls just to ensure that they properly fit. If not appropriate adjustments are made until they fit.

Before plywood is fixed, holes should be drilled for the screws that will fasten the plywood to the walls. The holes should be reasonably spaced for firmness.



Fig. 3.8 fixing plywood onto the walls

Building the Roof

Once the walls are done, the next step is to build the roof. If the walls are fixed type, then you will need them in place before fixing the roof. However, if the walls are detachable (as in the case in this book) they can be fixed later after roofing is done. Doors and windows can always be fixed after roofing.

Tool and Materials required

See chapter 1 for tools and materials

Various parts of the roof

Fig. 4.1 shows the various parts of the roof

- A – Overhang
- B – Truss
- C – Top beam
- D – Roof plywood
- E – Tar paper
- F – Asphalt shingles

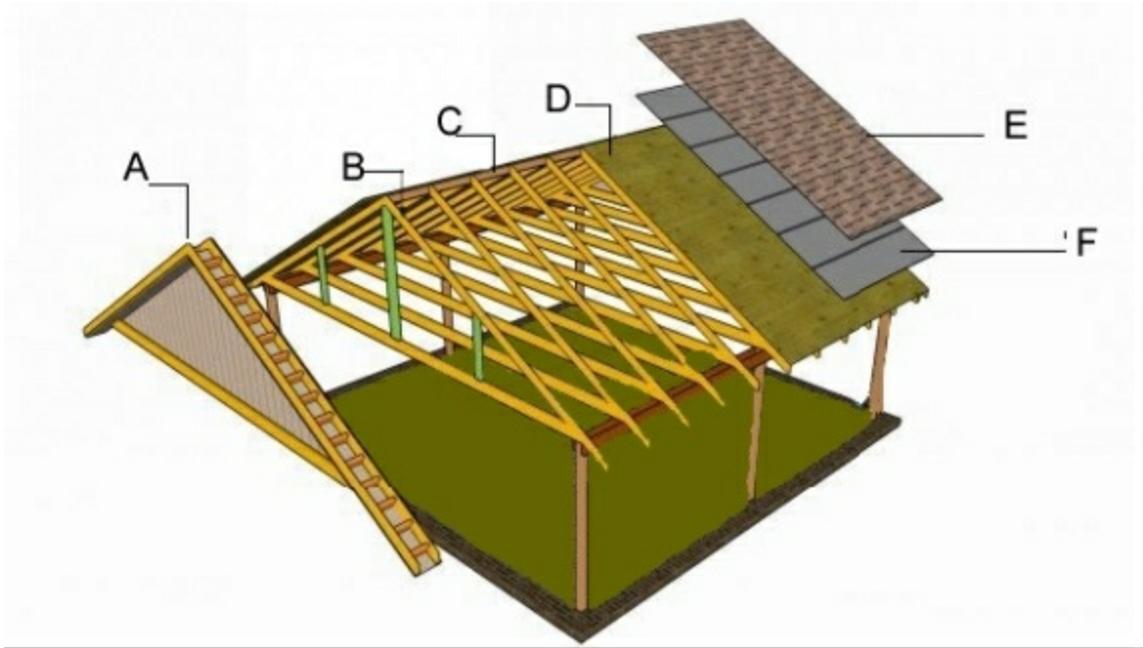


Fig. 4.1 various parts of the roof

Instructional steps:

The following are instructional steps to follow in building the roof:

Step 1: Construct the truss

The first and foremost part of building the roof is constructing the truss.

Fig. 4.2 shows the layout and dimensions of the truss to be built.

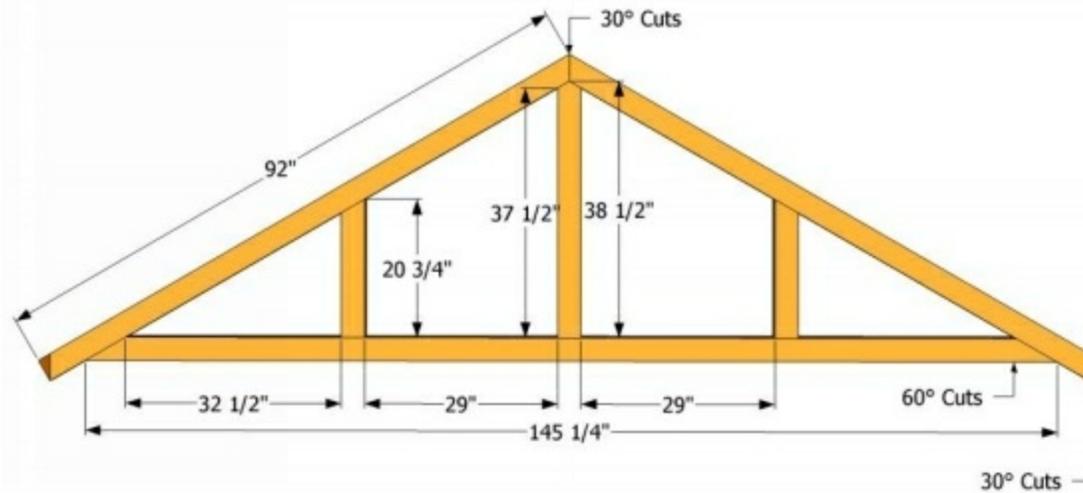


Fig. 4.2 Truss layout and dimensions

Step 2: Lay out and fix the truss to form the roof structure

Fig 4.2 shows the layout of constructed truss on the roof structure. Layout trusses 21" apart and 22 1/2" from one end.

Step 3: Layout and fix the overhang

Fig 4.3 shows the overhang fixed on the roof



Fig. 4.3 Roof frame fixture

Step 4: Layout and fix the plywood on the roof

Fig 4.4 shows the layout of various pieces of plywood on the roof. Cut the plywood into various dimensions as shown in the diagram. Once the plywood pieces are cut, they can then be joined together on the roof by nailing and gluing along the edges to prevent leakage.

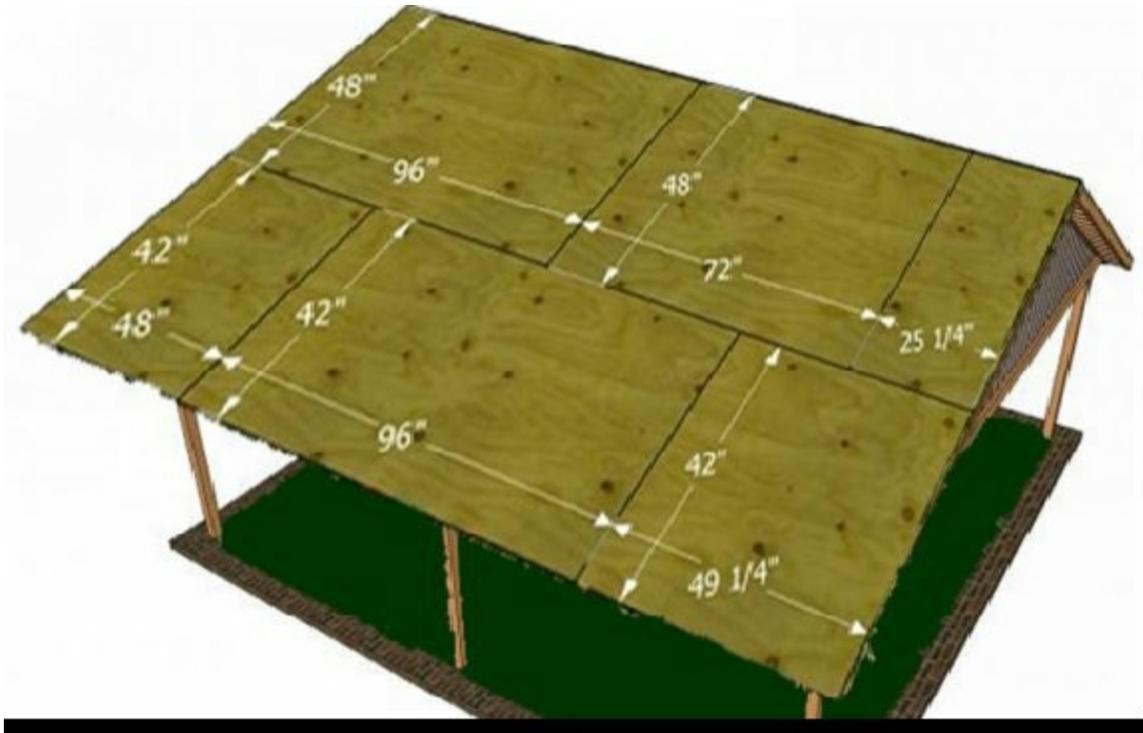


Fig. 4.4 Roof plywood

Step 5: Layout Tar Paper and Asphalt shingles on top of the roof plywood

A layer of Tar paper should be layout on the roof plywood. This is to prevent wetting the plywood which could cause rotting of the wood. Once the Tar paper is completely layout over the plywood and glued to it, the Asphalt shingles layer can then be put on the tar layer to complete roofing.



Fig. 4.5 Layout for Tar Paper and Asphalt Shingles

Step 6: Completed roof



Fig. 4.6 Completed Shed

The completed roof will appear as shown in figure 4.6 above.

Fixing the Doors

Doors and windows are important to any kind of house structure. While door is mandatory, the window could be optional depending on the size of your shed (if it is small enough to be served by natural light flowing from the door) or alternative sources of light such as translucent roof material that allow light in.

You can opt to buy ready-made door and window or you can choose to construct them yourself. However, for a beginner, it is prudent to buy them to save on time and avoid over-complicating the project. If you are well versed with construction of doors and windows, you can make your own.

Since this book is intended for beginners, this Chapter assumes that you will buy the door and window. The doors and windows indicated in this chapter range from simple to moderate depending on your budget, choice and preference.

However, appropriate layout and dimensions for both doors and windows have been provided. In case you opt to construct the door yourself, make provision for extra materials as they are not provided in the overall plan.

Wall space for fixing the door

Fig. 5.1 shows space in the wall where the door will be fixed in. When you choose to buy or construct the door, make sure that you are cognizant of the space dimensions. This will help you to avoid having a door that is too wide/narrow or too tall/short or both such that it doesn't fit.

It is important to write down these dimensions so that when shopping for appropriate door you specifically provide these details to the vendor.

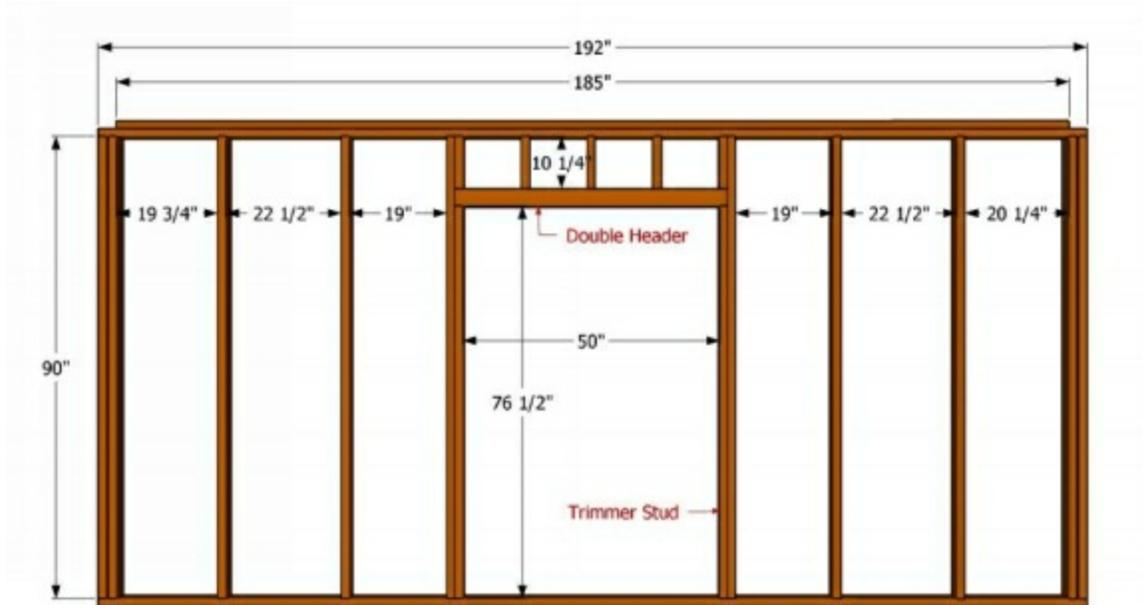


Fig. 5.1 Space in wall for the door

Door's anatomy

Fig. 5.2 depicts the various parts of anatomy of a simple door;

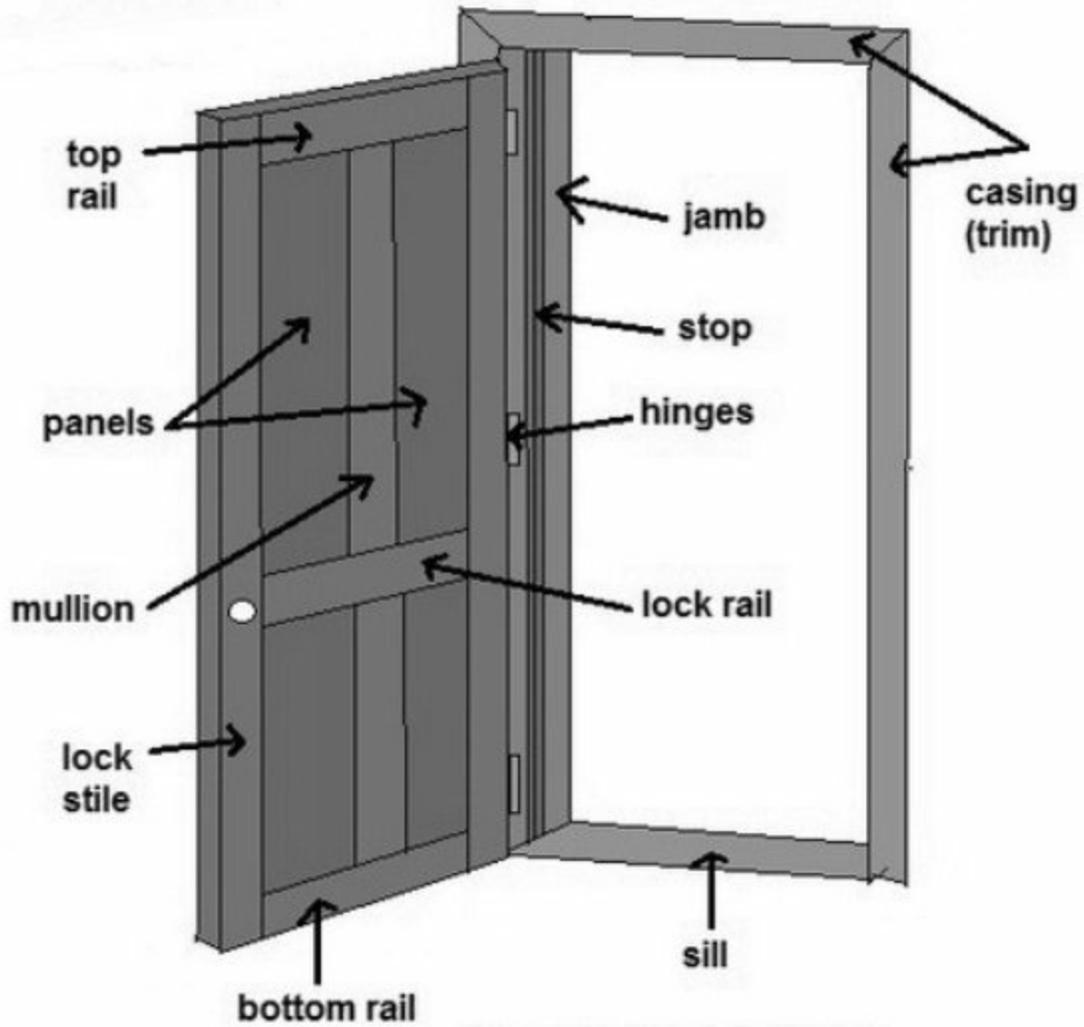


Fig. 5.2 Door Anatomy

Simple door layout

Fig. 5.3 depicts a simple door layout with appropriate dimensions. In case you opt to construct your door, this can be an easy one to make.

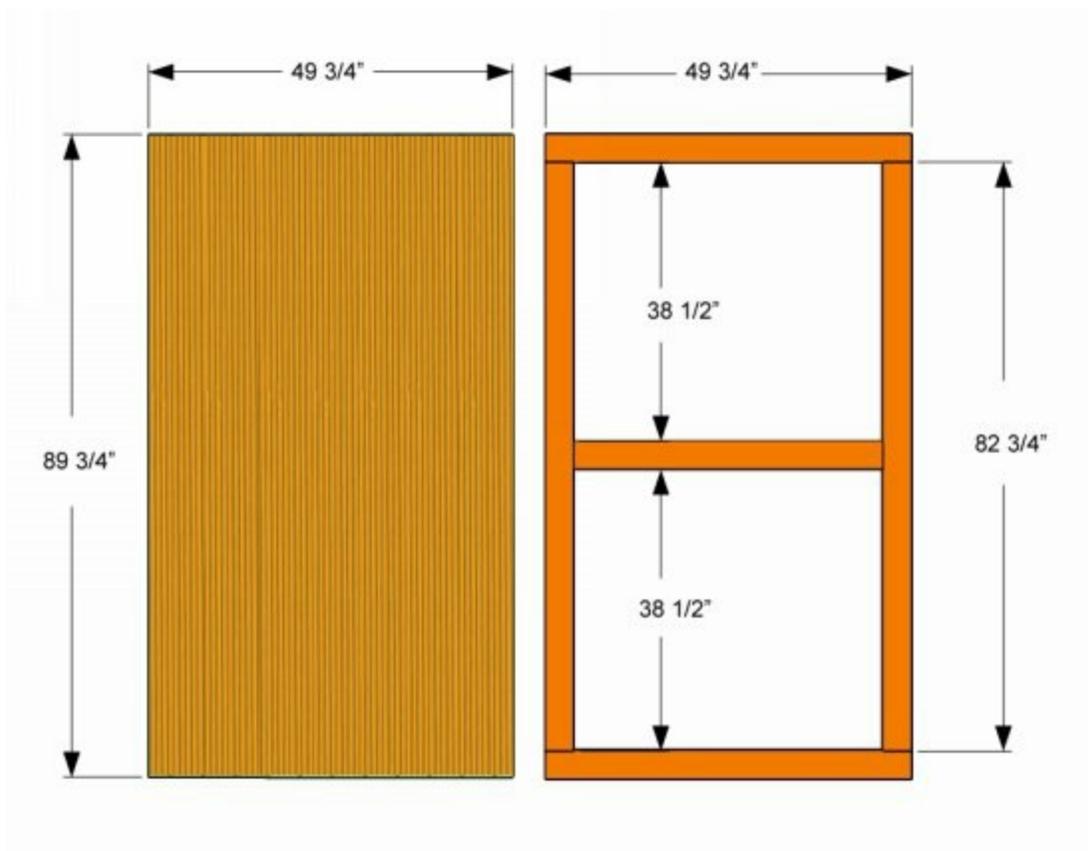


Fig 5.3 Door layout - option 1

Simple door fixed on the wall

Fig. 5.4 shows a simple door fixed on the wall after its completion.



Fig. 5.4 Simple door fixed on the wall

Reinforced door

Fig. 5.5 shows the layout and dimensions of a reinforced door. The reinforced door has the extra diagonal studs on its frame and much thicker lumber around the inner frame. In case you have sufficient budget, this door would be preferable to buy. Also, if you are skilled enough, and you have adequate time, you can construct it instead of buying.

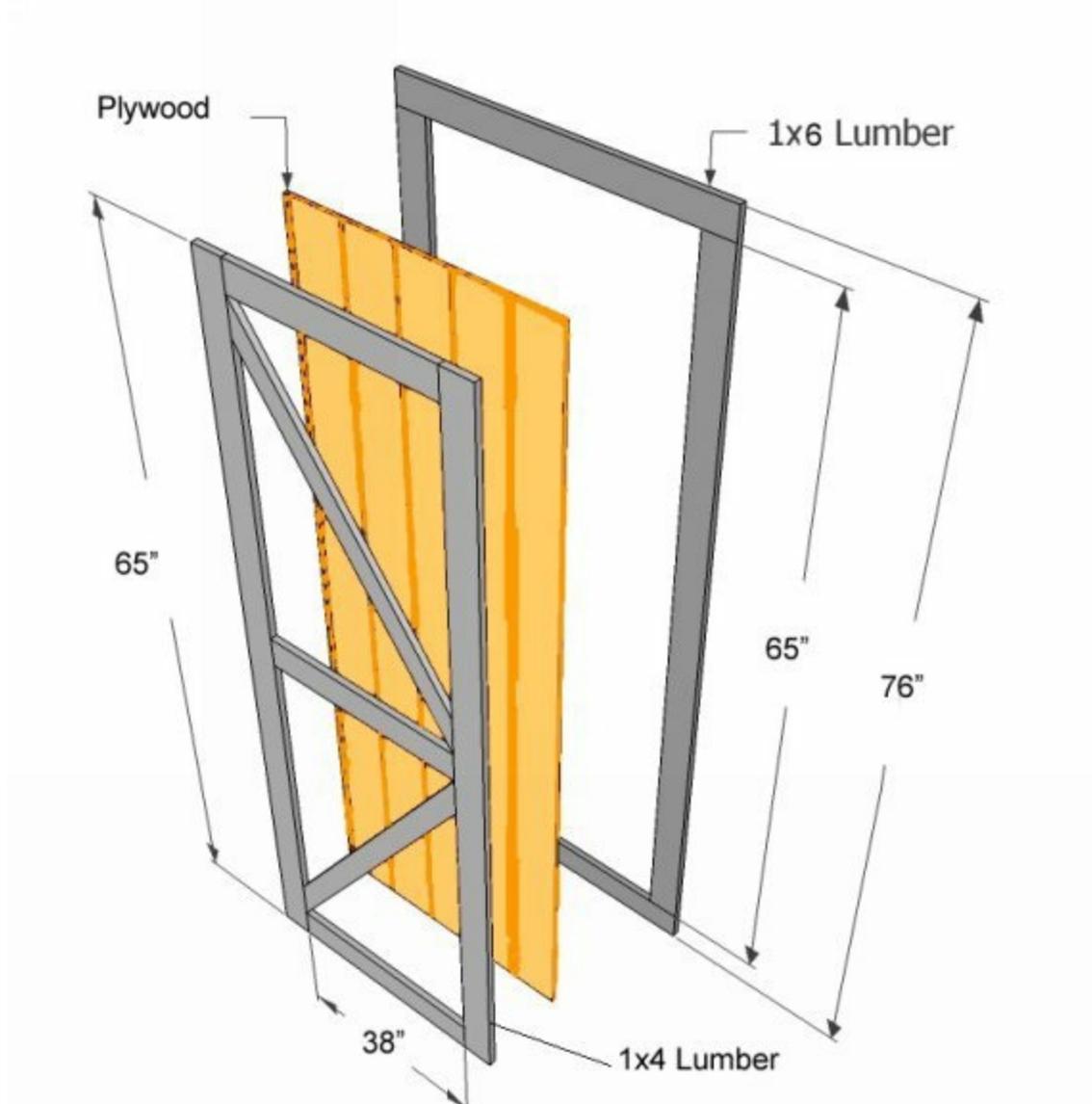


Fig 5.5 Door layout – Reinforced door layout

Reinforced door completed

Fig. 5.6 shows a complete reinforced door ready to be fixed into the wall.

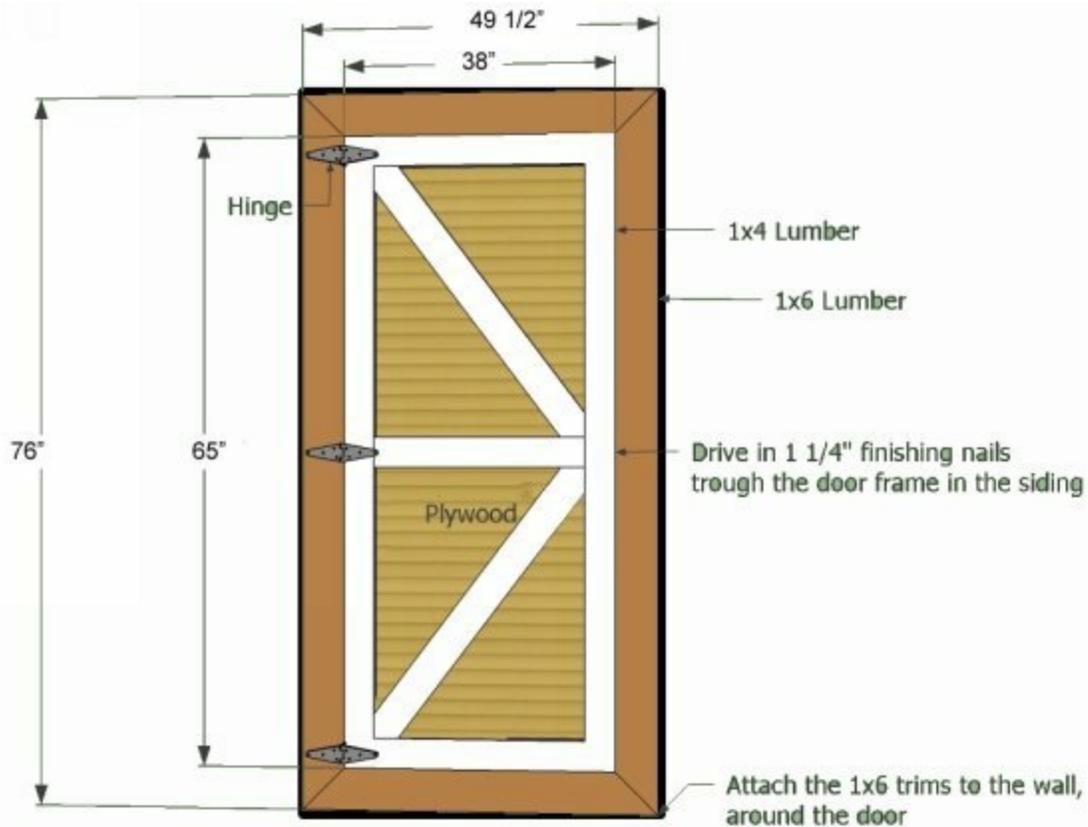


Fig. 5.6 Complete reinforced door

Reinforced door fixed on the wall

Fig. 5.7 shows the inner view of a complete reinforced door now fixed on the wall.

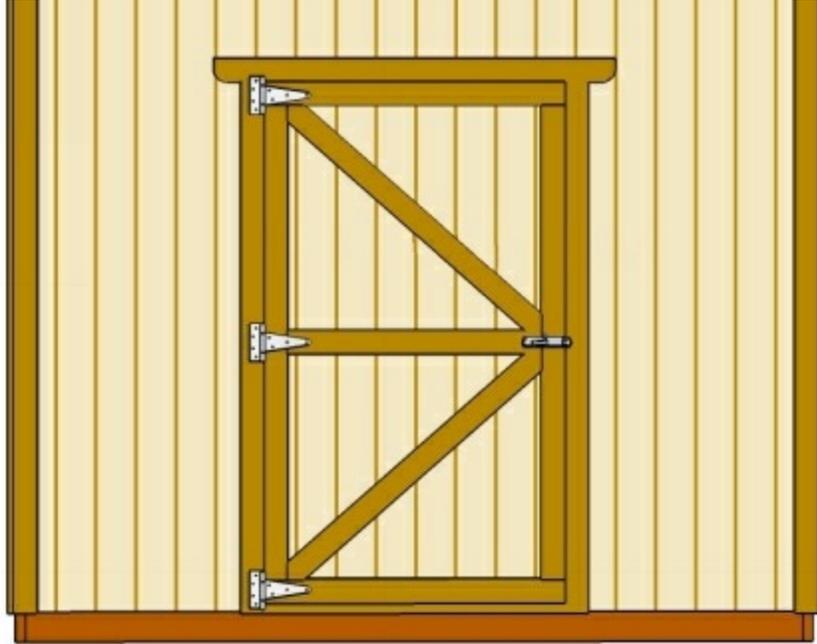


Fig. 5.6 Fixed Door (option 2)

Fixing the Windows

Just like doors, you can choose to construct or buy windows. You may choose to buy the window or construct it. In this project, it is assumed the window is bought.

However, layout and dimensions are provided should choose to construct the windows, though, materials are not provided in the overall plans.

Depending on your budget and purpose of the shed, you can choose to use a simple window or more featured window. In this chapter, both types are indicated for your choice.

Wall layout for the window

Fig. 6.1 shows the wall layout for the window. The space for the window provided in the wall is 36” by 36”. Just like buying or making the window, it is important to take note of these dimensions in order to avoid having an undersized or oversized window which may complicate your project.

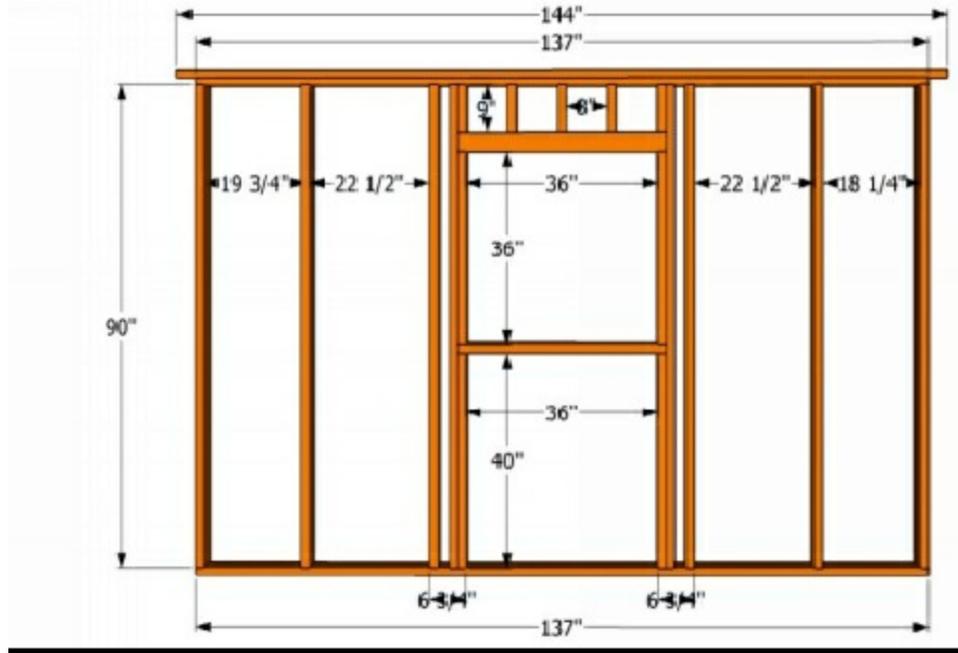


Fig. 6.1 Wall layout for the door 1

Window frame anatomy

Fig. 6.2 shows the various parts of a typical window frame. It has optionally extra cripples for just for reinforcement

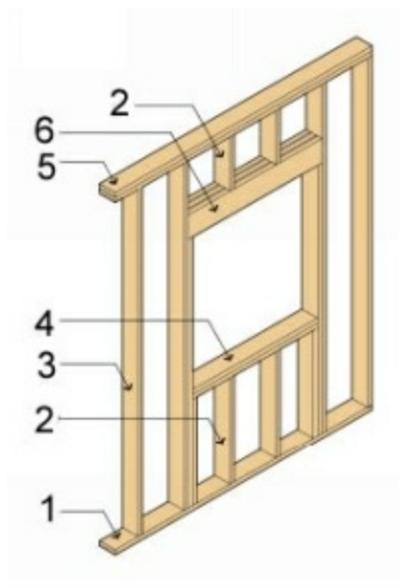


Fig. 6.2 Window frame anatomy

1. Sill plate
2. Cripple
3. Stud
4. Window sill
5. Top plate
6. Window header

Parts of a simple window

Fig. 6.3 shows parts of a simple window



Fig 6.3 Simple Window

More featured window

Fig. 6.4 depicts a more featured or advanced window. In case your shed

serves as a kind of external living room or library or workshop, you can make it more livable by having a more featured window as shown below;

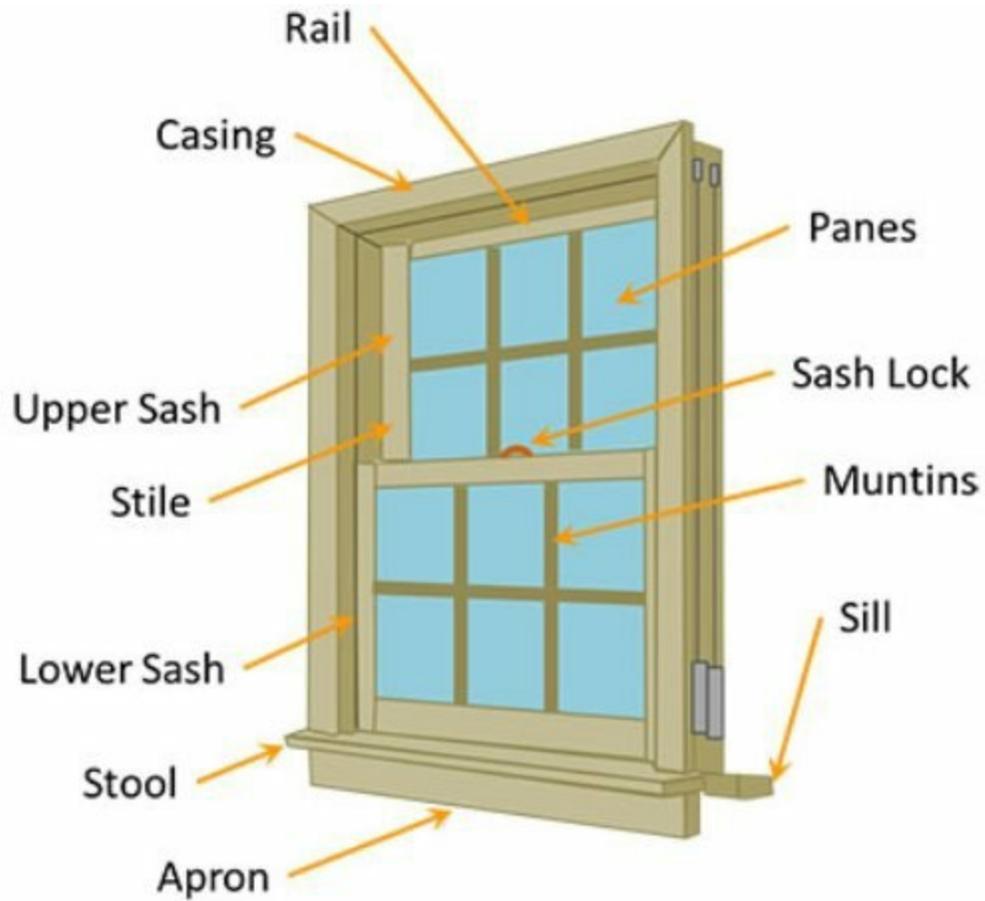


Fig. 6.4 more featured Window

Simple window fixed in the wall

Fig. 6.5 shows a simple window now fixed in the shed wall.



Fig.6.5 Simple Window now fixed

Enhanced Window header and sill

In case you need to stop rain water flowing on the walls from flowing over your window, then you will need to add window header with appropriate window sill. These are optional extras that you can provide to this project. As such, materials for this enhancement are not provided in this project.

Fig 6.6 shows enhanced window header and sill.



Fig. 6.6 enhanced window header and sill

Wrapping Up the Project plus Maintenance Tips

Once the project is complete, you will need to ensure that the project lasts long enough. Thus, repairs and maintenance should be part of the long-term plan to ensure durability.

The following are tips to ensure that your shed lasts;

1. Repaint whenever you see signs of fading
2. Seal cracks on the wood using wood glue
3. Add extra screws and nails should you find some screwed or nailed parts appearing to be disjointing or separating
4. Seal leakages on the roof as soon as noticed. This will help prevent wood rot
5. Watch out the foundation wood to safeguard against termites and rot. Paint using anti-termite and anti-rot mix
6. Always watch out for tear and wear, especially parts that could rust, crack or fade. Do repairs on time to avoid cost of major renovation.
7. Remove any accumulated soil that seems to reach the walls or foundation skids/joists
8. In case your compound is not properly fenced, put a perimeter fence around your shed to prevent unwanted access.
9. Decorate your shed to make it appealing. This will draw your interest and attention to it thus ensuring that you notice things that require quick attention.

10. Whenever you see buildup of insects that can chew or bore into the wood, use appropriate insecticide to keep them away.

Conclusion

Thank you for downloading and reading this DIY Shed Guide.

This Step-by-Step Guide with Pictures on How to build Your Own Roomy Shed has proven to be a great DIY Shed resource that should be the best companion for anyone wanting to build DIY sheds and other similar projects. It has helped many people build sheds from scratch thus utilizing their free time, acquiring essential skills and saving on their wallet.

It is my sincere hope that, just as it has helped many others, it too has helped you construct your own shed.

Thank you.

Chapter 3 – Advanced Knots: Best Guide on Tying and Using Knots

As an introduction we will go through the history of knots first. Many of us don't understand the significance of the role of knots in human history. The original fossilized remains of knots and ropes date back to 15000 to 17000 years. It makes the direct sign of ropes and knots technology very much older than that of the axe (6000 BC) and the wheel (5000 BC). Anyhow, archaeologists believe that practice of the ropes and knots dates back to 250,000 to 2,500,000 years old. The belief of archaeologists is based on indirect evidence. This was some of the highlights from the history. From these highlights, we get to know about the importance and usage of ropes and knots.

Knots find remarkably various and amazing applications almost in all the walks of life. Due to this extensive usage of knots, I find it necessary that one should know about the knots, their advanced forms and their usage. This book is all about knots and their uses in different fields of life.

Basic purpose and application of knots

What is a knot?

Before we move to the basic purpose and application of knot we should rather get to know what knot basically is. A knot is basically the process in which any lined or linear material is clasped or safeguarded. The linear material can be a rope, shoe lace, decorative ribbons, strap, chain or any other material which is capable of binding it to itself or any other item.

Now that you have got a basic idea to knot, we will move forward to its purpose:

Purpose of Knot:

Every knot has a different purpose and application depending on its nature. However, we will discuss some general purposes associated with all kinds of knots:

- Knots are vastly used by climbers and sailors.
- Knots are also used for the purpose of rescuing.
- Depending up on the type of knots, they can be used for bandaging purpose.
- They can be used for the purpose of lifting up the carriage.
- Several knots are used for camping.
- They are used for presenting the gifts nicely and attractively.

Application of Knots:

Knots find their very vast applications in different fields of life. Some of the applications of knots are described below:

- Hauling and Lifting

- **The hardware ropes**
- **The demise of natural fibres**
- **Knot-holding ability**
- Climbing
- Sailing
- Rescue operations
- Hunting
- Climbing up the trees
- Neck ties
- Hair knots
- Shoelaces
- Wrapping up the gifts
- Friendship bracelets
- Jewellery items
- Emergency situations

Basics of Six Boy-Scout Knots:

Important boy-scout knots are following:

- Square knot
- Bowline
- Sheet bend
- Clove hitch
- Two half hitches
- Taut-line hitch

Square Knot:

Square knot is also known as Reef Knot. It is the best known and one of the most convenient knots. It is considered strictly a tying-knot only and it is reliable only when two ends of a single material are tied together. Square knot is consistent only when it is pushed against some solid support. It is not advisable to use square knot for two different materials because this knot can untie itself in that case. In other words, it can get slipped when used for two different materials.

Uses:

Due to the above mentioned facts, its uses are restricted to

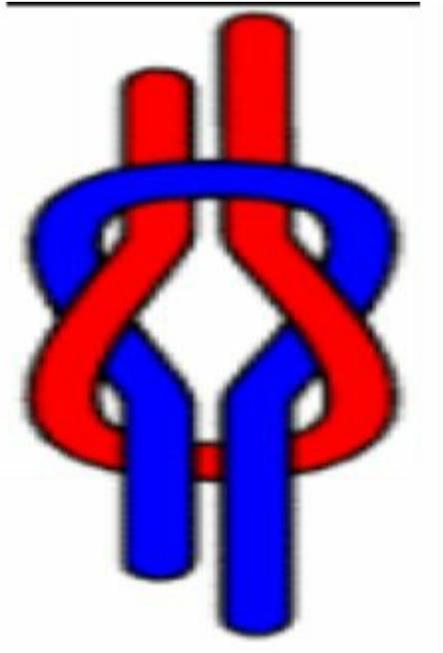
- Tying a crowded rope on male end of an extension cable
- Bandage fastening on wound
- Shoestring knot (this knot is merely a double slipped square knot)
- All sorts of parcels

Advantages:

- Square knot is very easy to tie.

Disadvantages:

- It can get slipped.
- It can get jammed or capsized under load.
- It can come unfastened under motion.



Square Knot

Bowline:

Bowline is the most advantageous of all the knots. It puts the fixed loop at the rope's end in one of the very simplest ways. It is considered as 'King of Knots' because of the huge amount of benefits related to bowline knot. It is extremely popular among sailors, mountaineers, climbers and others. Whenever a non-slip loop at rope's end is required, bowline comes into the picture. It won't slip irrespective of the load being applied to it. It never gets jammed either and has a high breaking strength compared to other knots.

Uses:

Bowline offers the following uses:

- It is so reliable that it can be used in rescue works.
- Commonly used by hikers, mariners and others.

Advantages:

- Bowline is easy to tie and untie.
- It never slips nor jams under load conditions.
- It never gets slipped.
- It has a breaking strength.
- The knot gets stronger as the pressure applied on it increases.

Disadvantages:

- Bowline is not guarded enough for its use in precarious applications particularly if the line has a lot of jerks on it or when the rope used is slippery or stiff. For example, if you have polypropylene rope and you tie bowline knot to it, you will discover its lack of security soon enough you give it some jerks.
- It can't be tied or untied under load conditions.



Bowline

Sheet Bend:

Sheet bend is also known as weavers knot. It is quite parallel to the square knot, thief knot, granny knot and specially the bowline. In other words, we can adopt the same method to tie sheet bend we use to tie bowline and that is One Handed Twist Method. This knot can actually be used to tie two ropes

collectively.

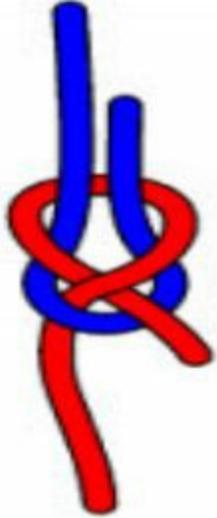
However, if the two ropes used are of very dissimilar diameters i.e. one of very large and other of very small diameter, it is advisable to try a Double Sheet Bend. It is precautionary to keep the two ends of the knot on the same side. This ensures that you have successfully made a knot. The running parts for sheet bend are left long because the knot is encountered to some initial slip when it is brought under tension.

Advantages:

- It can be tied very speedily.
- It won't slip under load.
- Two ropes having different diameters can be joined easily using sheet bend.
- It can be untied easily.
- The knot gets stronger as the pressure applied on it increases.

Disadvantages:

- It may get jammed under load.
- If the rope is wet or under strain, it becomes really difficult to untie it.
- Sheet bend decreases the strength of ropes by 55% and can get cracked when subjected to irregular jerks.



Sheet Bend

Clove Hitch:

The clove hitch is general utility hitch. If you have a rope with sufficient long diameter, clove hitch is the best knot to withstand it because it never makes a sharp curve. It is also used at the starting and ending points of lashings. Lashing is known as a series of wraps binding two poles together. If you are supposed to use clove hitch, use it properly i.e. it should be pulled length-wise only at both ends before the working end is loaded. It is precautionary to secure the standing end if it is supposed to be used as an 'anchor'.

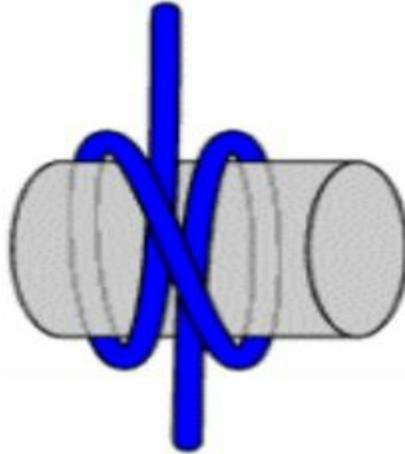
Advantages:

- It is easy and quick to tie.
- We can tie it one handed.
- We can tie it in bight.

Disadvantages:

- Under damp conditions or in slippery rope, clove hitch can get hitched.
- It needs constant tension on both the starting and ending points.
- It gets weak in case of load being applied rapidly to it.
- It is undependable in any situation if the extra support isn't

inserted, except as a crossing tie.



Clove Hitch

Two Half Hitches:

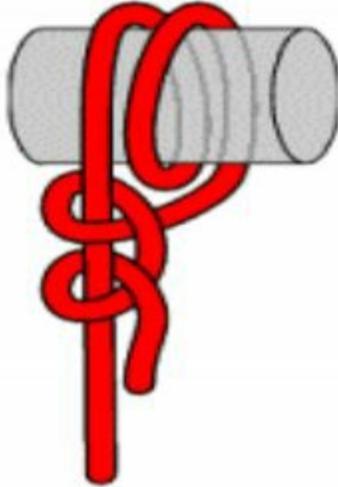
Two half hitch is capable of securing a rope under wide range of circumstances. It can work under a lot of tension. Almost, anything can be tied onto using it. To make this knot, go around the post one and instead of moving one and a half times move half times only, as a result you will get a knot known as “A Round Turn and Two Half Hitches”. It will clutch the rope really well. In order to make a death grip on the rope, go around the rope two and a half times or even more, the knot that you have made is ‘The Pipe Hitch’.

Advantages:

- It hardly jams.
- Even after being subjected to high strain, it is easy to untie.
- It is really easy to tie even if the rope is under strain.
- It works in almost all the circumstances.

Disadvantages:

- It doesn't have many disadvantages. However, it might get loose if subjected to discontinuous jerks.



Two Half Hitches

Taut Line Hitch:

Taut line hitch is also famously known as Rolling Hitch. It requires pull all along the length from a static line or end. To get the proper work done through taut line hitch, this knot requires to be tighten up internally.

Uses:

- This knot doesn't find much of its uses. It is mostly used as an adjustable tie in tent guy lines. As an alternative to taut hitch line, two half hitches work almost as good as does this knot.

Advantages:

- We can use hitch taut line around a ring/pole or for fastening a light line to rope.
- We can apply strain to it sideways and only in one direction.

Disadvantages:

- It can only bear strain in a single direction.



Taut Line Hitch

Step by step way to make Bowline, Bowline on the Bight and Clove hitch

How to make a bowline knot?

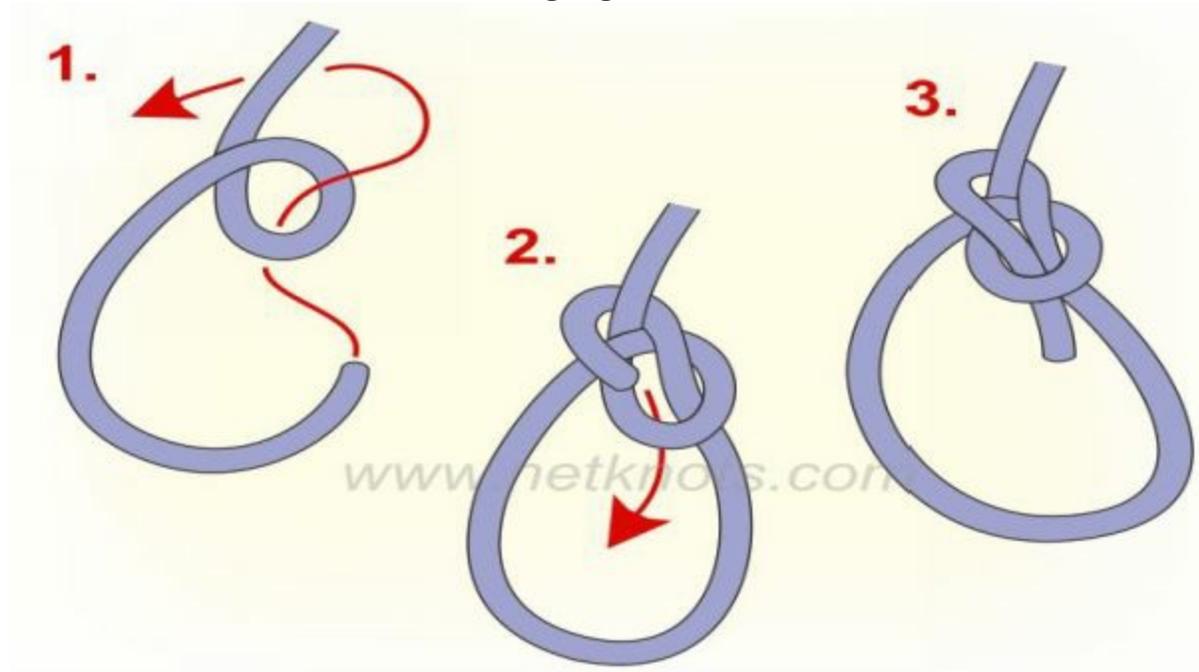
It is a well-known fact that bowline is one of the most useful knots. It has been found dependable, stable and strong after being tested and tried over centuries. It is easy to untie even after the application of severe stress. It does not affect the strength of rope that much and is said to hold the strength of rope by 60% in which bowline is tied.

Steps Involved in making Bowline:

Now that you are well aware about what bowline is, its certain advantages, disadvantages along with its uses, I will move forward to make you learn how is it formed. It's really easy to form bowline and you have to follow the below listed steps in order to knot this tie. Before we proceed to the steps, I would want you to remember this riddle: snake or rabbit comes out of the hole, moves around the circle and gets back to the hole. Tying a bowline is similar to this riddle as it is cleared in the following steps:

- In the first step, place the rope around your left hand while the loose end hangs down.
- Afterwards, make a small ring in the rope in your hand.
- Now move the loose end up to and make it pass through the loop from the base. It is just like the rabbit coming out of the hole.
- After doing so cover the rope around the standing line and take it back down through the ring. It is a rabbit going around the tree and going back to hole.
- In the end you just have to tight the knot by holding the standing line while pulling on free end.

Follow these steps and you are successful in tying bowline. These steps are also demonstrated in the following figure:



Bowline on a Bight:

The knot which forms a pair of static sized rings at the centre of a rope is known as Bowline on a Bight knot. Basically, it makes a secure loop i.e. bowline at the centre of the rope. It is advantageous in many perspectives such as this knot is really easy to untie even after being subjected to high strain. It is really useful when one wants to use a loop with non-slippery features but a loose end is not reachable or to offer two rings at the rope's end. The two loops formed in bowline on a bight can be altered to different sizes when required. This knot finds its applications in Boson's chair, sling or a seat in rescue situation or in an emergency.

Steps involved in tying bowline on a bight:

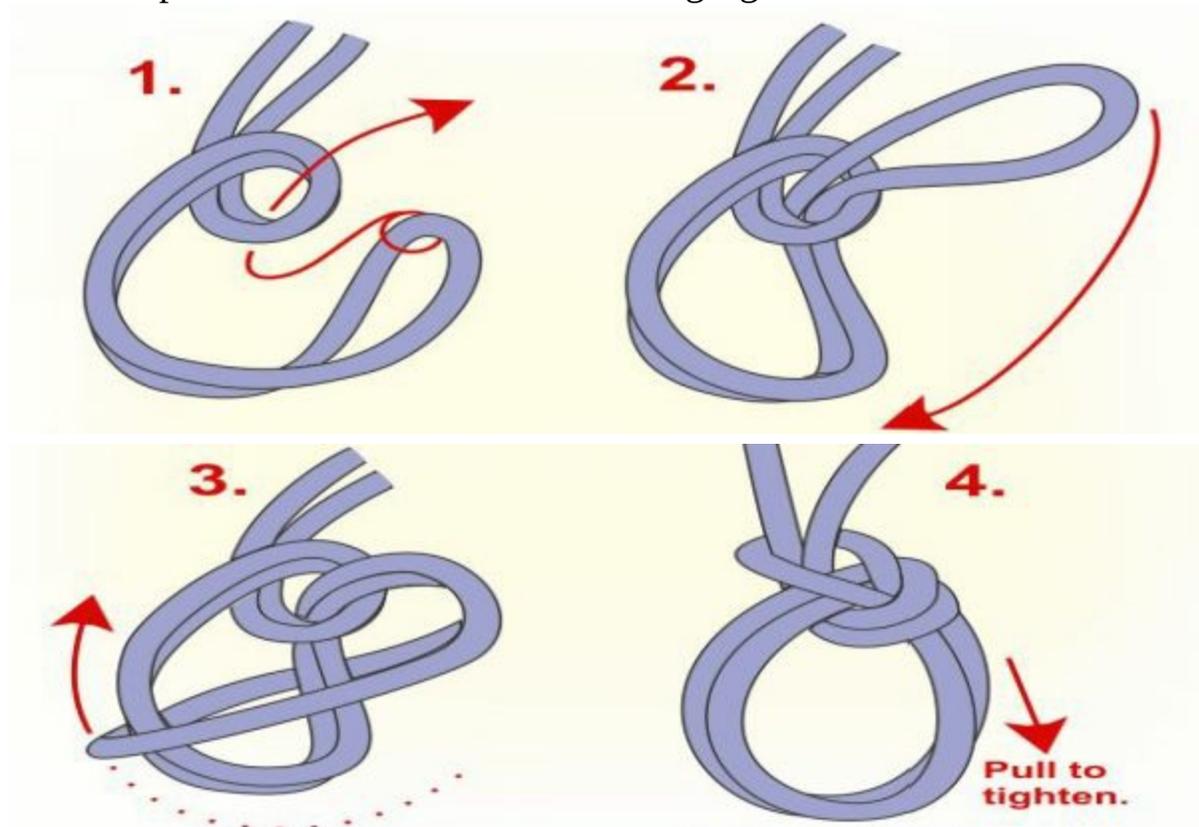
Now that you have got the basic idea of bowline on a bight knot, its advantages and uses, we will proceed towards the steps involved in tying this knot. Certain steps involved are listed below:

- First of all, take a portion of line, double it and make a ring or

loop in this section.

- Bring the free end of a line up and pass it over the loop. This step will result in a double loop beneath the ring.
- Afterwards, make the free end of rope spread open and carry it down towards the bottom of already formed double loop.
- Continue up to the top of ring while passing over the double loop.
- Now hold the standing line and while doing so base the knot by dragging on the double loop. This is the last step involved in tying bowline on a bight.

Go through these steps and successfully tie up your bowline on a bight knot. These steps are also shown in the following figure:



Clove Hitch:

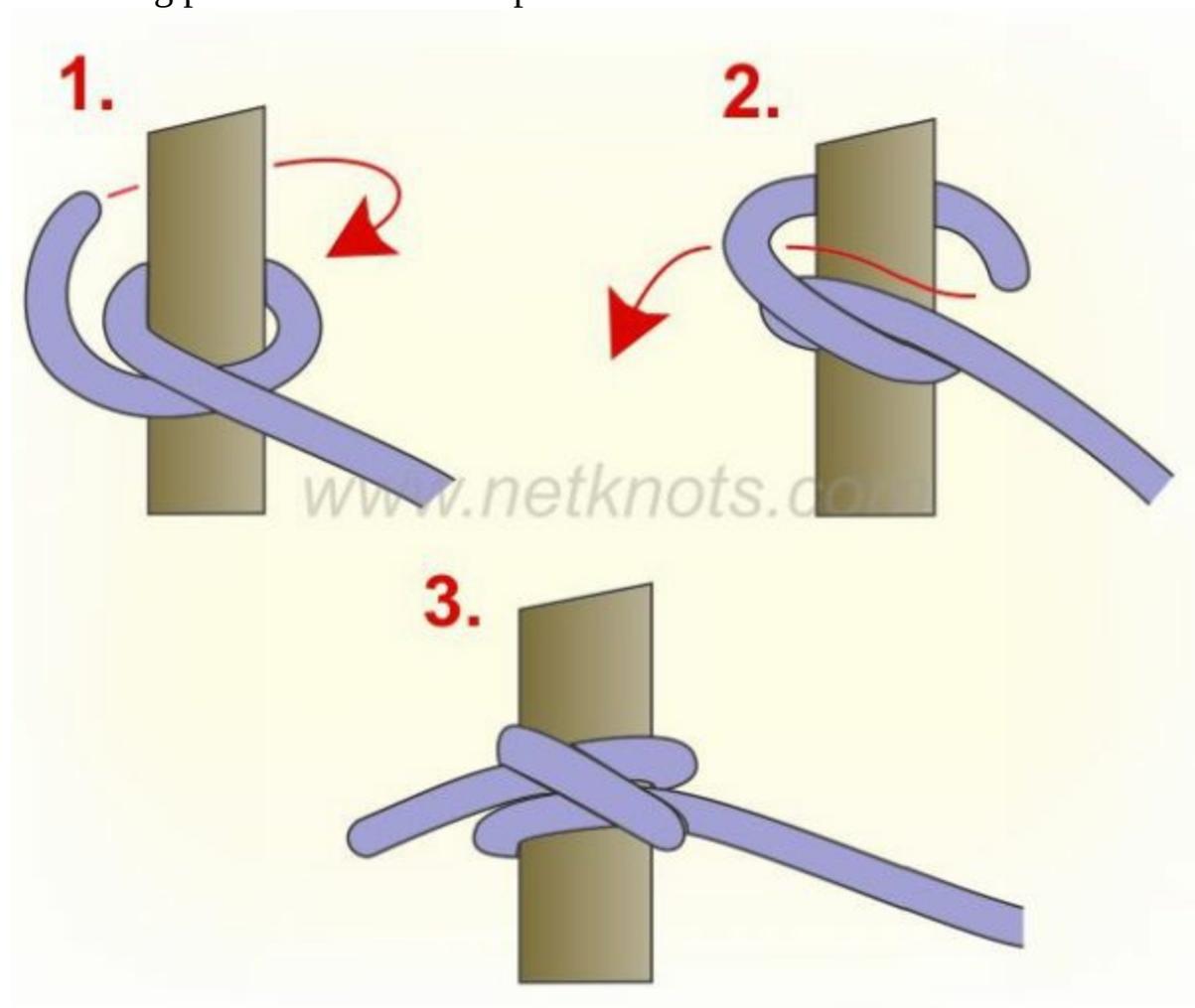
Clove hitch is generally known as multipurpose hitch. It is really a useful knot which is very easy to tie and untie. However, clove hitch should be used

with carefulness because being a hitch it is subjected to get slip or it can come undone if the constant pressure is not kept on the rope or if the item tied to the rope rotates. Clove hitch is known to be a good binding knot.

Steps involved in tying clove hitch:

- As a first step, cover the free end of line round a support.
- Now crossover the free end itself and the support all over again.
- Afterwards, slide the working side of a rope under the last wrap.
- In the last step, pull it tight.

Following these steps you are successful in tying a clove hitch knot. Following picture shows the steps involved:



Learn to make some advanced knots

In this section, I will be describing some knots using which you can enhance your presentation of gifts, personality and beauty. In other words, you can take yourselves to the next level by adapting these wonderful designs of knots.

Basically we will be talking about the decorative knots. One can use these knots as jewellery or enhancing the gifts, parcel representation. I will be describing some of the important and highlighted decorative knots here:

Braid Knot:

In order to tie Braid knot follow the below listed steps:

- As a first step, loop the rope round two times for creating three parts to use. This is shown in picture 1.
- Start braiding all the three parts made or strands made in the first step. To do so, bring the lowest strand above the middle strand, and the topmost strand above the new middle strand. This step is just like braiding your hair. Picture 2 shows this step.
- Continue following the step number two and braid up the rope as long as possible. It is clear from picture 3.
- While interlacing the rope, one end of rope needs to be kept outside the braid. It is demonstrated in picture 4.



Picture 1



Picture 2



Picture 3



Picture 4

Uses:

One can use braid knot as a friendship band, as a decorative attraction at end of a string or a rope. It can also be used as a decorative handle and so on.

Chain Stitch:

This decorative knot is also known as Chain Sonnet or Chain Plait. Its appearance closely resembles to that of braid knot. Following steps are involved in tying a chain stitch decorative knot:

- As a first step, tie this slip knot. This is shown in figure 1.
- From one terminal of the rope, push a bight over the ring of already tied slip knot. It is clear from figure 2.
- Continue making a fresh bight over every preceding bight till the terminal of rope is reached.
- In order to lock down the chain stitch, drive the terminal of rope over the last bight. Figure 3 demonstrates this step.



Figure 1



Figure 2



Figure 3

In order to untie Braid knot, you need to simply take out end of the cord or thread from the last bight. Afterwards, both ends of rope are pulled away from one another. This will result in untying of all the previously formed slip knots. This knot disappears magically at the same time when you pull both of the rope's ends. That's why kids love this knot.

Uses:

Just like braid knot, it can be used as a decorative attraction at one side of a string or a rope, as a friendship band, It can also be used as a decorative handle and in many other applications.

Chinese Button:

This knot appears to be very decorative and beautiful. To learn this knot see the below listed steps:

- To tie Chinese button, place the cord on some flat surface e.g. a table.
- As depicted in pictures, follow the under and over sequences

exactly. It appears to be complex but just proceed stepwise in order to tie Chinese button.

- Figure 3 and figure 4 appear to be identical but blue signs on figure 4 clearly show which fragments of rope are passing over the others.
- As shown in figure 3, after tying the knot, tighten up the knot carefully and slowly.
- Finally, make it work to a button type shape. The final form of Chinese button is shown in figure 5.



Figure 1



Figure 2



Figure 3

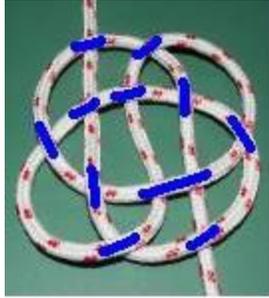


Figure 4



Figure 5

Uses:

Chinese tailors used Chinese knot traditionally as buttons on jackets, dresses, night apparels and in many other applications.

Dragonfly:

As the name indicates, the knot appears to be like a Dragonfly. It makes a very beautiful and attractive knot.

To tie this knot successfully, following steps are involved:

- As a first step, follow the figure 1. Two beads have been added to make eyes of dragonfly though the choice is up to you of adding or not adding the beads. This makes the two bights, downward pointing bight in the middle and upward pointing bight on both ends.
- In the second step, carry the extreme right portion of cord across on the top of bight pointing downwards, now pass it below the

portion of cord towards the left side. This step is shown in figure 2.

- As the figure 3 indicates, left most portion of cord is brought below the bight pointing downwards. Now pass it over the ring on the right.
- The portion of cord which appears to be on left side is actually the one which has brought over on the topmost of the bight pointing downwards. As a matter of fact while tying dragonfly, this section will pass over on highest of the bight pointing downwards and it will always occur this way. Basically, reef knots are being tied down throughout which is quite similar to Portugese Sonnet.
- As shown by green portion of cord in figure 4, end of cord is brought to the left side above the downward pointing bight.
- In figure 5, red end of cord is brought above the green portion of cord. Pass it below the downward pointing bight and finally across the green ring on left end.
- In figure 5, you have basically knotted a Reef Knot. This reef knot is tighten up. In order to make the dragonfly's head, bring the reef knot up and towards the beads placed in the cord. This step is shown in figure 6.
- Repeat the above mentioned steps shown in figure 2 up to figure 6 for tying one more reef knot. This reef knot is tighten up, now pull it towards the head of dragonfly.
- Afterwards, tie another reef knot in order to make the wings of

dragonfly as depicted in figures 7 and 8.

- Tighten this reef knot up again and pull it towards the head of dragonfly, then tie one more reef knot. Figure 9 shows this step. At this stage, you may want to make more reef knots for creating some isolation among both wings' set. This is not shown in the figures though. The choice is totally upto you.
- Make the reef knots tight and pull them all up to the dragonfly's head. In order to make a relatively smaller wings' pair, make another reef knot. This is shown in figure 10 and figure 11.
- You can carry on making reef knots on whole of the dragonfly's body or simply, you can tie couple of more reef knots and the rest of the bight pointing downward is used as dragonfly's body. In order to finish the dragonfly knot, simply cut the terminals of cord and then make them stick behind the newly formed Dragonfly. This is demonstrated in figure 11 and figure 12.



Figure 1

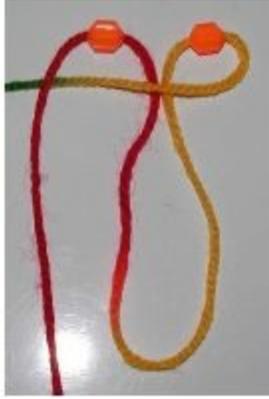


Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11



Figure 12

Hair Knots for Girls and Neckties for Men

Hair Knots for Girls:

This section has been exclusively written for girls and especially for the girls who are fond of making beautiful and yet easy to make knots in their hair because everyone knows that knots enhance the hair beauty. I will be describing some of the knots which are really easy to tie.

A Cascading Half Up do:

This is a very catchy knot. Following steps are adopted in order to make this knot:

- Take a portion of your hair on the backside and segregate your hair in two sections. It is shown in figure 1.
- Connect the two sections to form a knot as demonstrated in figure 2.
- Leave one of the ends of knot loose so that it suspends down and secure the other end of knot with the help of bobby pins. This step is depicted in figure 3.
- And this is it! You can rock yourself from day to night with this easy and undone style. The final appearance is shown in figure 4.



Figure 1



Figure 2



Figure 3



Figure 4

Knotty girl ponytail:

This hair knot is so tousled and catchy. Go through the following steps in order to make it:

- Make two sections in your hair by parting your hair down through the middle of hair. This is shown in figure 1.
- Afterwards, form a knot by tying both of the sections as shown in figure 2.
- Now tie both ends together to form another knot. Combine both ends and secure this knot with the help of bobby pins at the neck's nape. Figure 3 demonstrates it.
- This is it. Go and rock yourself!

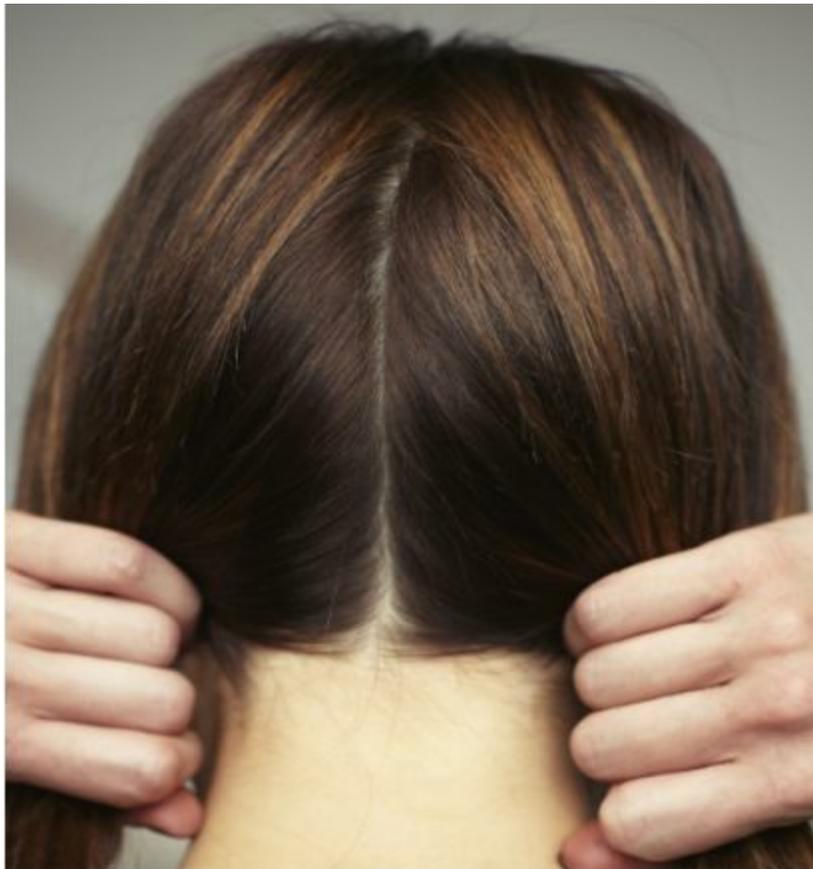


Figure 1



Figure 2

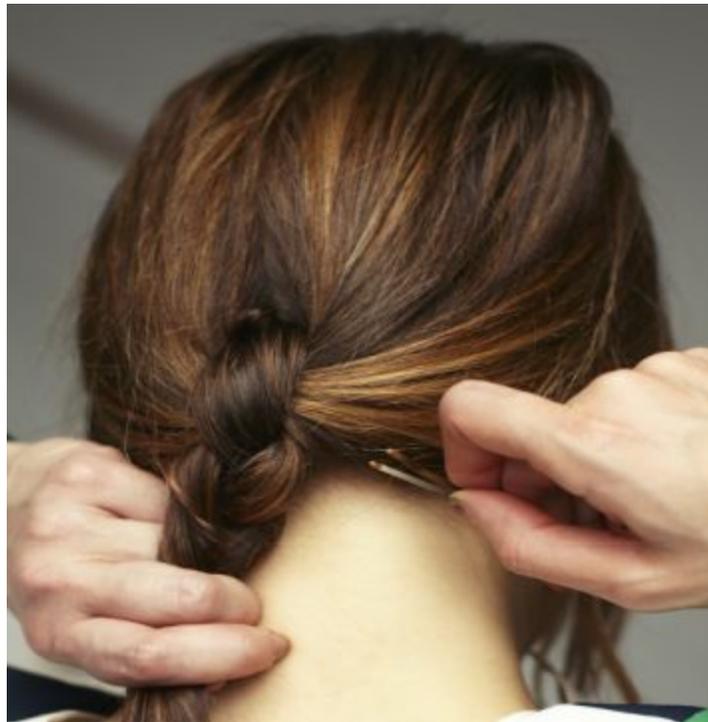


Figure 3

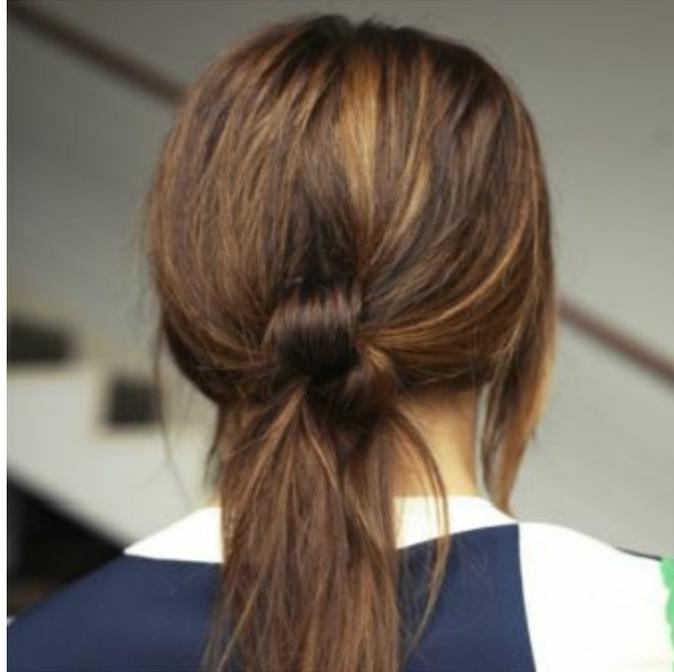


Figure 4

Triple Twists:

This knot will give you a romantic yet edgy look. Adopt the following steps in order to make it:

- Segregate your hair in three portions.
- Begin with central section and at the nape of neck, twist your hair to the right very tightly.
- Carry on twisting your hair until the twist in your hair begins to coil itself. Afterwards, secure your hair in place by pinning and tucking the loose ends.
- In order to form another knot, tightly secure and twist the right section of your hair.
- Now work with the left portion and curl it to the right, above the remaining two knots and around the back of your head.
- Secure and tuck the ends of your hair using the bobby pins.

Step by step demonstration is shown in the following figures i.e. from figure 1 to figure 7.



Figure 1

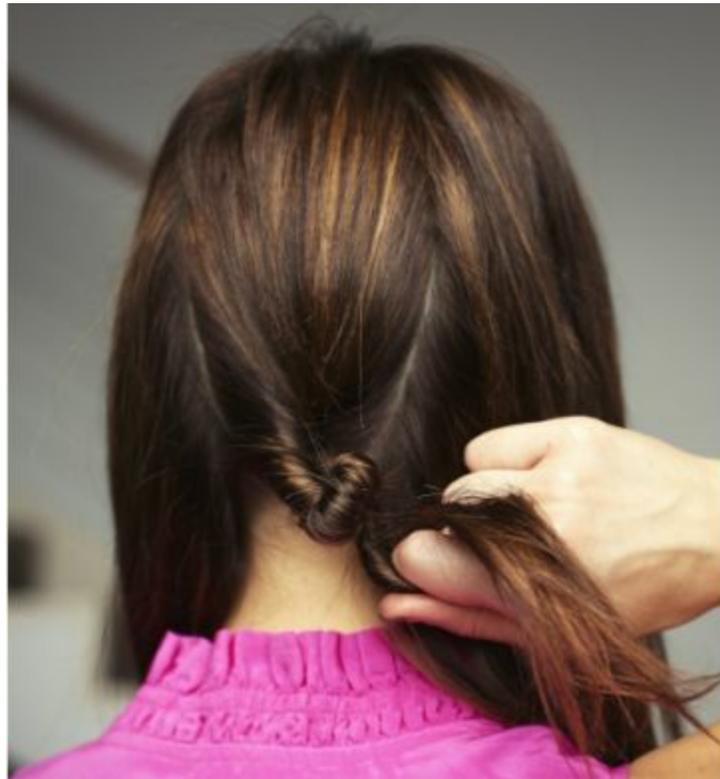


Figure 2

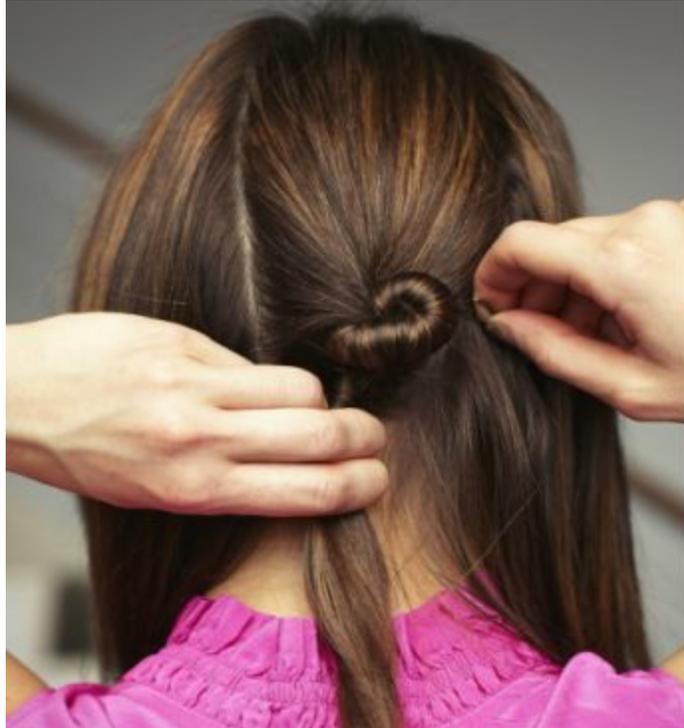


Figure 3



Figure 4



Figure 5



Figure 6

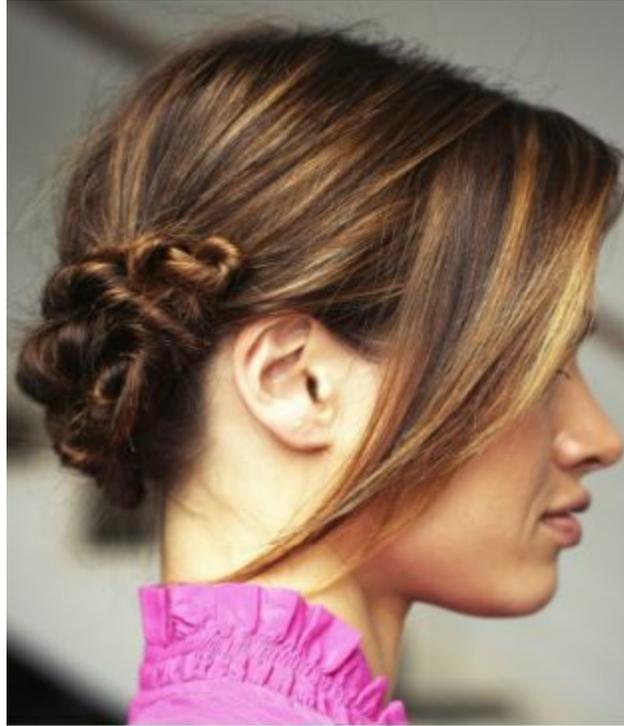


Figure 7

Neckties for Men:

Most of the men keep on tying the same knots. I know and you know as well that it's pretty boring. In order to teach men some simple, attractive and easy to tie neck knots, I have introduced this topic in my book.

Some of the most amazing neckties are listed below:

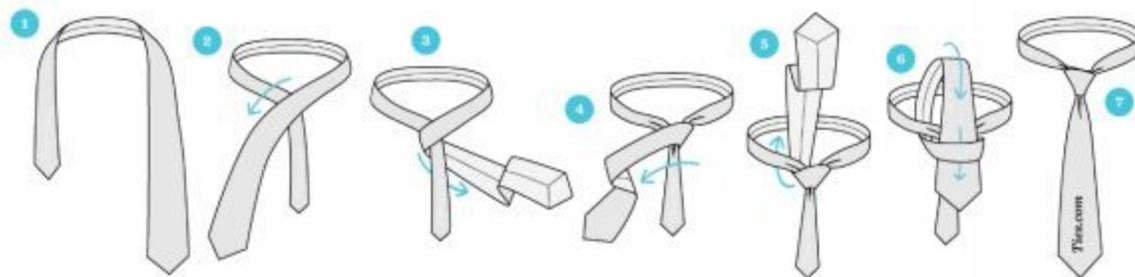
Four-in-Hand Neck Knot:

In 19th century there has been a gentleman's club of the name "Four-in-Hand". This knot has been named after this gentleman's club. Its fame originated from its versatility and simplicity. It is slightly asymmetrical and it is quite easy to taper, slender and tie. This knot is self-releasing in nature. It is said that if you are going to learn one knot only, let it be Four-in-Hand.

Steps Involved in Making Four-in-Hand Neck Knot:

- As a first step in this knot, begin with the widespread end on right and smaller end on left side. Initially, the small end of the tie is kept slightly above your belly button. It will depend on your height, thickness and length of tie. Only make the active or wide end of the tie move.
- Now move the wide end over the smaller end of tie to left side.
- Move this wide end under the smaller end now and move it to the right.
- Move it across the front to left side.
- Now move it up into the neck ring from below.
- Pull the wide end down through the ring which has been just made on the front side.
- Pull down the wide end in order to tighten up the knot.
- Move the knot up in order to adjust it and giving it the final touch.

Steps are depicted in the following figure:



The Windsor-Knot:

It has been named after the Duke of Windsor although he never explicitly used it. He was used to favour wide triangular knots though. Actually, the Duke got his influential look by tying For-in-Hand knot using extra thick and wide ties. The Windsor knot is basically an invention of common public in order to mimic the Duke's tie style. There are many other successors of Windsor knot that are all known by the same name.

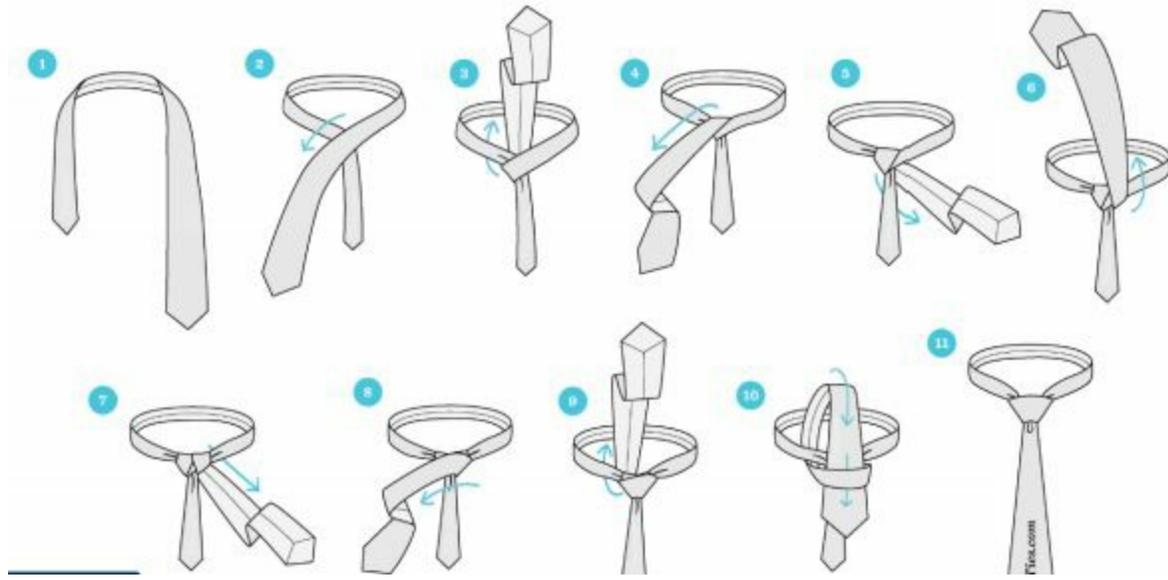
The Windsor-Knot makes a solid and symmetrical knot that suits best with a spread neckline.

Steps Involved in Making Windsor-Knot:

In order to make a right Windsor-Knot, below listed steps are followed:

- Use the wide end on right and small end on left side of the tie to start making this knot. Initially, the small end of the tie is kept slightly above your belly button. It will depend on your height, thickness and length of tie. Only make the active or wide end of the tie move.
- Now move the wide end over the smaller end of tie to the left side.
- Move this wide end up and into the neck ring from beneath.
- Move it down to the left end.
- Move the wide end round the back of the smaller end to the right side.
- Now move it to the middle and towards the neck ring.
- Bring it through the neck ring and down towards the right end.
- Move it through the front to the left side.
- Make the wide end move up and into the neck ring from beneath.
- It is passed down through the newly created loop on the front.
- Pull down the wide end in order to tighten up the knot.
- Move the knot up in order to adjust it and giving it the final touch.

Figure shows the step by step demonstration of the method described above:



The Half Windsor-Knot:

It is known as multipurpose knot. Unlike its name, the Half Windsor knot is almost equal to three quarters of the Windsor-Knot. The Half Windsor knot is medium sized and when tied correctly, it is nearly symmetrical. It produces a considerable deep dimple. It is considered to be best used when neck ties of medium or light thickness are used.

Steps Involved in Making Half Windsor Neck Knot:

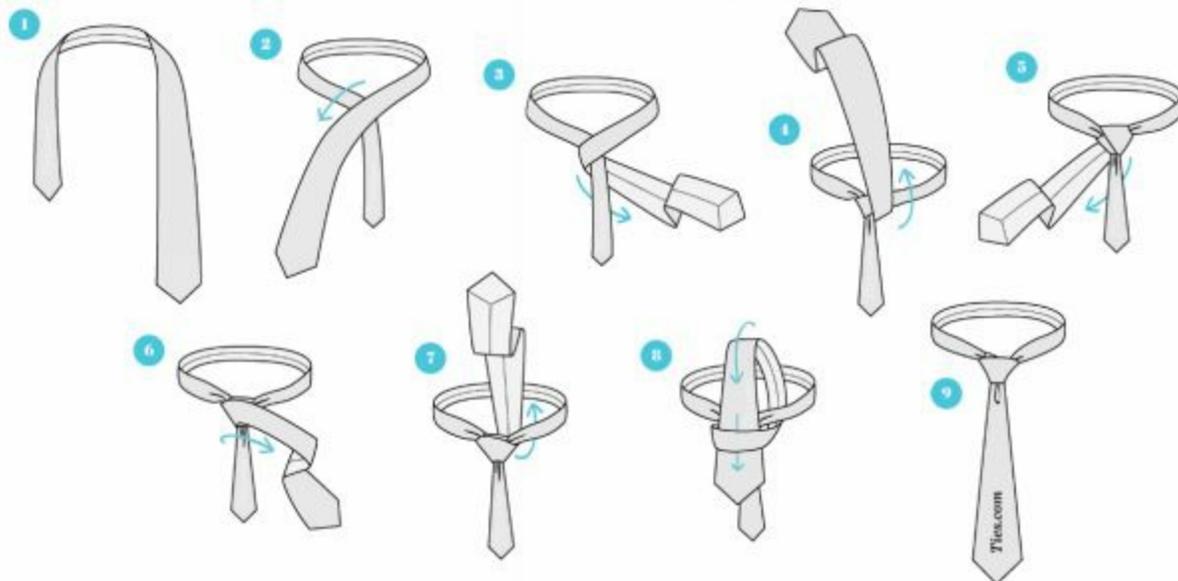
In order to tie the Half Windsor knot successfully, adopt the ways listed in the following steps:

- Use the wide end on right and small end on left side of the tie to start making this knot. Initially, the small end of the tie is kept slightly above your belly button. It will depend on your height, thickness and length of tie. Only make the active or wide end of the tie move.
- Now move the wide end over the smaller end of tie to the left side.
- Move this wide end under the smaller end now and move it to the

right.

- Move the wide end up to the middle and towards the neck ring.
- Move it over the neck ring towards the left side.
- Afterwards move it across the front side and through the right.
- Make the wide end move up and into the neck ring from beneath.
- It is passed down through the newly created loop on the front.
- Pull down the wide end in order to tighten up the knot.
- Move the knot up in order to adjust it and giving it the final touch.

Steps involved are also shown in the following figure:



Conclusion:

Now that you have read this book, I expect that reader knows some of the new knots, their advantages, disadvantages and certain uses for different purposes. I hope that all the sections and chapters have appeared to be interesting and equally useful to the readers. Reader would have known some of the advanced knots, neck ties and hair knots as well. In the end, I thank you all the readers for subscribing and reading my E-book.

Part II – Crafts & Hobbies

Chapter 1 – Advanced Knitting Stitch Guide: 30 Essential Knitting Stitches to Master in One Night

The field of art and craft connotes an inner potential of human mind and intellect. It is because of this inner potential that you can see a lot of variations in various different fields of art. Not only this field serves as a model of serving various human needs but these also serve as an ultimate satisfaction for the innate needs to innovate. Knitting is also a form of craft and art which has been a part of human activities for very long. Just as the invention of thread and yarn was accomplished, knitting has arrived as an attractive way of using the yarn in the most innovative way.

Knitting is a particular method of manipulating the yarn so that a specific fabric or textile is created. Knitting can be used to make multiple loops by using yarn, which is then labeled as a stitch. The stitches can be made in the form of a tube or line. While knitting various stitches there will be multiple active stitches over the needle, which will be handled all at once. Knitted fabric usually comprises of consecutive rows made up of interlocking loops. As each of the rows will progress a new loop is pulled through. Using this basic technique you can make as much of variation in the stitches as you want.

Purl and Knit Stitches with Variations

1. Purl stitch



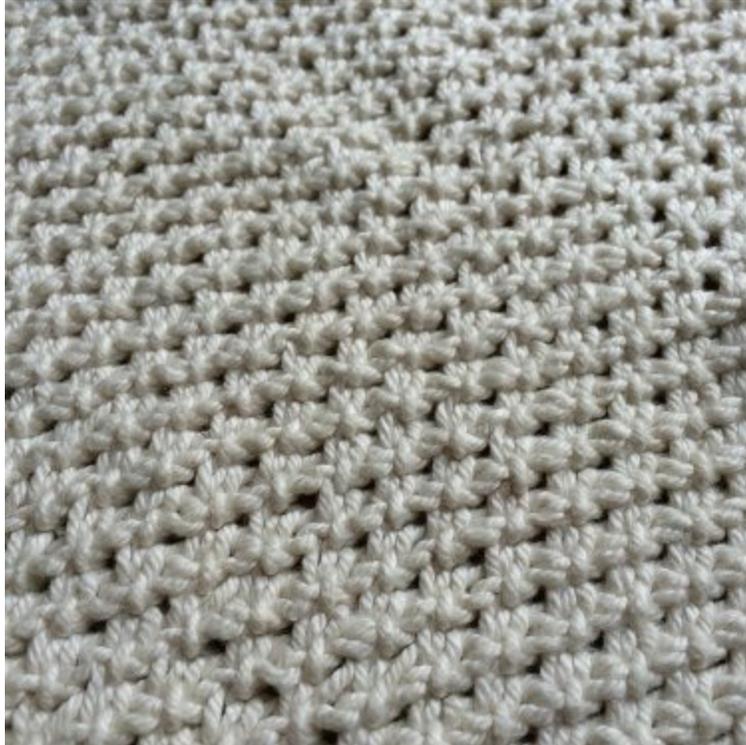
Below are the basic steps to accomplish a Purl stitch:

- The basics of Purl stitch will start with Casting on as many stitches as one intends to make.
- Now the next step is holding up the needle along with cast on stitches which are towards the left hand. You will be holding the empty needle in the right hand.
- Now start pushing the needle downwards across the tip. Now make sure that you are Push the top portion of initial stitch towards the left needle. After performing this step it will cross the point and will come right in front of that left needle.
- Now Place the selected at the front portion of the needles. Now make sure to hold the stitch towards the first left needle by using

your forefinger and thumb.

- Make sure that you are holding the yarn tightly and nicely, right across in your hands. Start wrapping it in counterclockwise getting swirled around the right needle. Make sure that the wrapping is directed toward the back side, while you will initiate at the front side.
- Now gently pull the right needle from the tip towards you, making use of the very first loop. Make sure that you are taking enough of the yarn along with it. Gradually pull the right needle towards the backside. Pull in a consistent and mild way so that the pull is neither too loose nor too tight.
- Now carefully start pulling the older loop across the left needle.
- Now you can actually see the first purl stitch on the right needle.
- Make Purl stitches in a similar way unless you are way to make up a complete row.
- Now make the Purl stitches in the second row. This second row will be followed in the same way.

2. Knit stitch



- Hold up the needle in such a way the cast-on stitches are grabbed in your left hand. The other needle will be held in the right hand.
- Now you will be pushing the right needle across the tip inside the first across the left needle. Place the needles in such a way that the right needle marks behind and the left needle is at the front.
- Make sure that the selected yarn is placed at the back side of the needles.
- Hold up the yarn tightly and nicely. It will be wrapped around the right needle at the tip in a counterclockwise direction. It will be directed in such a way that it will reside in the middle space of the two needles.
- Now you will be pulling the right needle at the tip in such a way that it gently passes through the back side of the first loop facing you. You will be pulling the yarn in such a way that yarn will also

come along.

- Now start pulling the right needle in a slow motion all across the way. Now bring along the right needle in a mounting position in such a way that it sits on the top position across the left needle. Make sure not to pull the needle hard so that it may not get pulled all the way.
- Now start pulling the right needle from the new loop towards the front edge of the left needle. Perform this step very carefully so that the old loop gets slide off very easily. Make sure that the yarn is taught enough after completing each stitch; it will ensure that the loops are close towards the needle in such a way that it is not tight so that it cannot slide the needles inside the loops.
- You will observe that the initially knit stitch will be placed over the right needle. You will continue knitting all of the cast-on stitches by following the same procedure.
- Make stitches to completely make up the first row. You will reach the finishing point of the first row when all of the stitches will be on the right needle. After completing this step you will make up the first row of this stitch.
- The next step will be to start the second row and then the subsequent rows
- Hold up the needle which is having all of the stitches on the left hand. You are now prepared enough to start with the second row in precisely the same way as the first row was made.
- Knit the same type of stitch, in the same way, making up different rows. This will produce a large variety of different styles and

patterns.

- Now Show off the work. When you will be skilled enough at making the knit stitch, then you can easily make up a large variation of this stitch.

3. Knit stitch continental



Continental Knit stitch is also a variation of Knit stitch. In this case, the maker will hold up the yarn in the left hand. It will allow the knitters to simply pick up or the yarn by applying the right needle. The basic challenge with this Continental style of knit stitch is its equivalent purl stitch which needs to be incorporated with a lot of practice and agility so that you can execute it comfortably.

Most knitters who make Continental stitch do not make sure of the left middle finger but make use of the index finger. You can also if you find this position for making up the purl. However, you can also execute it by holding

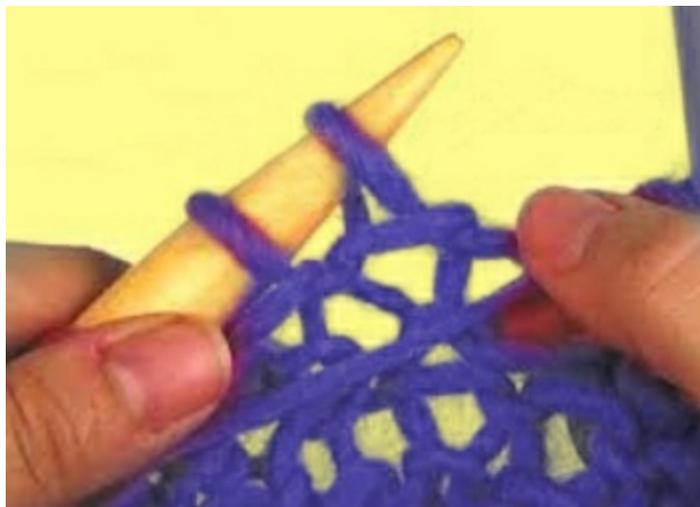
up the yarn in the left hand so that the distinct advantage of efficiency can be taken. It will provide you the movement between purl and knit stitches. You can also add up the variation of your own choice.

4. Horizontal Knit stitch



It will follow all of the basics of Knit stitch but you will carry forward it in the horizontal direction.

5. Purl stitch into back



When you make the purl stitch you will be working with the front portion of the stitch. It will be the part which will be facing towards the maker and will

lie close to the needle. When you will make the purl stitch along the back loop, you will do exactly the similar steps as of regular purling. The only difference will be that you will work with that specific part of the yarn loop which lies at the back side of the needle.

The tip for doing this variation of the purl stitch is to keep an eye that you are entering the back side of the stitch. When you will be working on the stitch to make the right twist the direction will be from left to right

6. Purl stitch into front

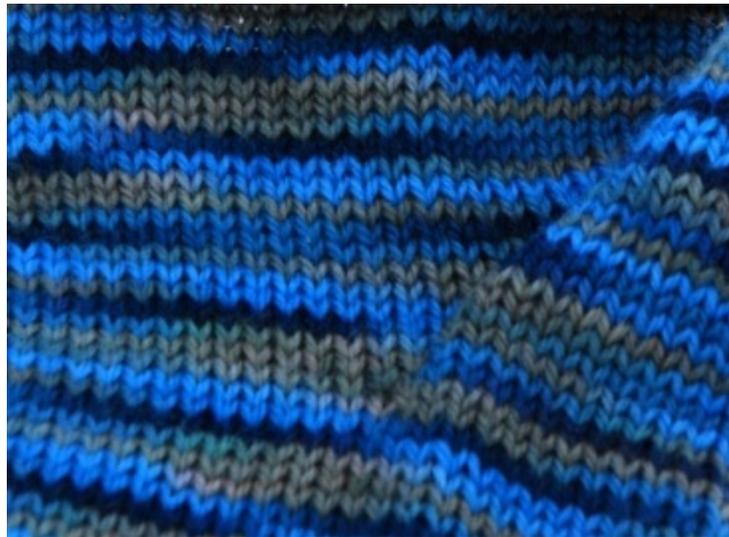


Photo made by: [soxophone player](#)

When you make the purl stitch you will be working with the front portion of the stitch. It will be the part which will be facing towards the maker and will lie close to the needle. When you will make the purl stitch along the back loop, you will do exactly the similar steps as of regular purling. The only difference will be that you will work with that specific part of the yarn loop which lies at the front side of the needle.

The tip for doing this variation of the purl stitch is to keep an eye that you are entering the front side of the stitch. When you will be working on the stitch to make the right twist the direction will be from right to left.

7. Vertical Knit stitch

It will follow all of the basics of Knot stitch but you will carry forward it in the vertical direction.

Rib, Eyelet, and Lace Stitches

1. The Rib stitch



Photo made by: [Aine](#)

In knitting terminology, a Rib stitch is actually a combination of purl stitch and knit stitch. You will need to stack these stitches onto each other making row after row.

The knit stitch provides a look of successive 'v's'. On the other hand, the purl stitch is more like bumps. So when you will begin the ribbing the little 'v's' will not be well defined but you will see the tiny columns of various knit stitches made with the purl stitches located in the background. If you are a beginner, it is better to start with an even number of stitches as it will make

the rib stitch easier.

Another important point is to keep the yarn towards the back of the woven work and start knitting the first stitch. Next step is bringing the yarn at the front making purl stitch in the next step. It will create a bump. Make sure that you remember the sequence of each.

You will then keep on making the stitches across the row. Keep the Yarn towards the back and knit the next stitch

Then bring the Yarn to the front and make Purl as next stitch. When the row will be finished, you will turn up the work to start again.

2. Rib with Knit 3, purl 1

This is a variation of Rib stitch mentioned earlier. You will then keep on making the stitches across the row in such a way that you will craft 3 rows of Knit stitch after which you will make 1 row of purl stitch. Keep the Yarn towards the back and knit the next stitch

Then bring the Yarn to the front and make purl as next stitch. When the row will be finished, you will turn up the work to start again.

3. Rib with Knit 4, purl 2

This is a variation of Rib stitch mentioned earlier. You will then keep on making the stitches across the row in such a way that you will craft 4 rows of Knit stitch after which you will make 2 rows of purl stitch. Keep the Yarn towards the back and knit the next stitch

Then bring the Yarn to the front and make purl as next stitch. When the row will be finished, you will turn up the work to start again.

4. Rib with Knit 4, purl 4

This is a variation of Rib stitch mentioned earlier. You will then keep on making the stitches across the row in such a way that you will craft 4 rows of Knit stitch after which you will make 4 rows of purl stitch. Keep the Yarn towards the back and knit the next stitch.

Taken bring the Yarn to the front and make purl as next stitch. When the row will be finished, you will turn up the work to start again.

5. Eyelet stitch

The eyelet stitch makes rows of four by making the holes in between. It is easy and quick to make if you know the right technique. First of all you need to do the reverse knitting and then by purling the next row, take the yarn on the opposite side. Now in the third row, turn the yarn over and take it to knit it together with the previous row.

Now repeat the same with doing it with the first row so that all rows are interrelated. At the end, you need to yarn over to the last row and end it by leaving the yarn at the end to tie it when you are done with the rows for however you may like it to be.



Photo made by: [Aubrey](#)

6. Old Shale Pattern

The row of four makes this pattern completed. You need to have a yarn, knitting needle, purl and the right technique to make it. Here is how you make this pattern. First of all, knit the first row by bring back the yarn and purl it in the second one. Now, on the third row you need to knit together the yarn for about three times all together. Bring the yarn over and knit it for four times. Now again by taking the yarn back, knit it together for three times. You will be working the most with the third row. By the end on the fourth row, simply knit and complete the weaving.

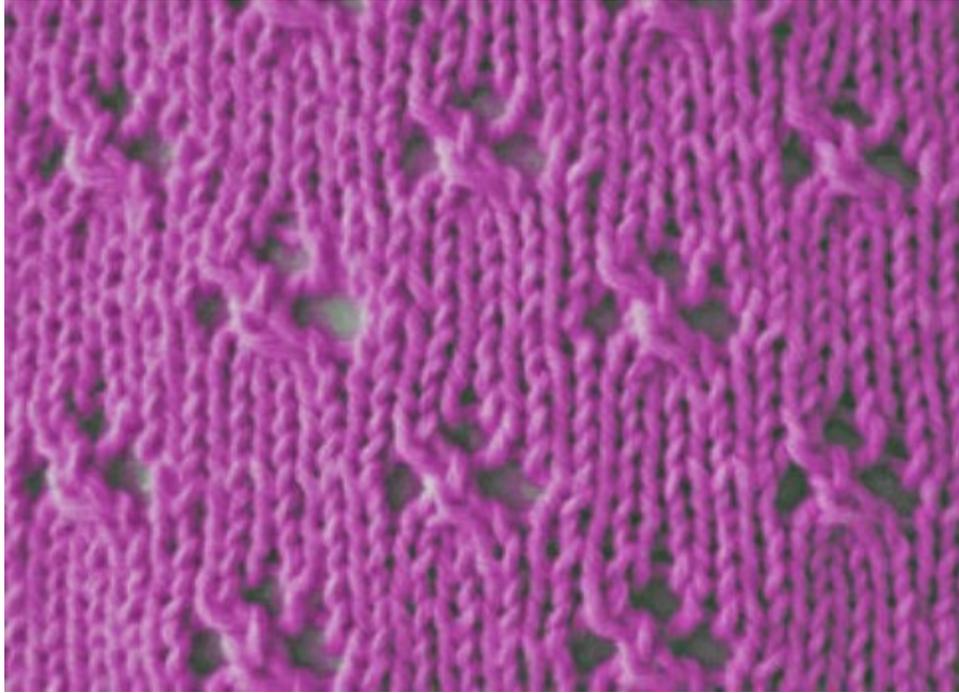


Photo made by: [kingdom knits](#)

7. Cloverleaf Eyelet Pattern

Cloverleaf eyelet pattern is interesting as well as you can make it easily with the right directions. There will be total of 8 single stitches in it and you will take it to 12 rows to make this beautiful pattern. In Row 1, add the purl from the opposite side and then keep on knitting on the row 2. As you keep on going, row 3 would need most of the knitting by bring the knit over with single stitch and knitting it together for about 3 times. Then bring back the single stitch to the front and pass the slip stitch 2 times again by locking on one stitch at the end.

Now for the row 4, 5 and 6 yarn over and slip, slip and knit together. Row 7 and 8, you will have to knit together by passing on to row 9, 10, 11 and closing at the row 12 by knitting it and repeating the same procedure as row 3 one more time at row 11.



8. Horseshoe Lace stitch pattern

There will be total of 8 rows to complete this pattern by knitting. You can try with longer rows as well but to get started, keep it on the small level. Start with row 1 and till 3, purl it over. Now for row 4, yarn over and yarn the 3 single stitches over the pattern for 3 times. Row 5 and 6, make sure to pass slip stitch over and by knitting the two ends together. For row 7 and 8, knit 3 times over by reaching row 4 and then from the back, knit 3 more times for the row 8.



Photo made by: [Heather Kennedy](#)

9. Lace stitch

Lace stitch is an ornate and delicate twist within the commonly knitted rib. It is done by adding eyelets on one of the sides. It will create something which will be much more interesting.



Photo made by: [Lisa Risager](#)

Twist, Cable and Slipped Stitches

1. Twist stitch



Important point is to keep the yarn towards the back of the woven work and start knitting the first stitch. Next step is bringing the yarn at the front making purl stitch in the next step. It will create a bump. Make sure that you remember the sequence of each.

You will then keep on making the stitches across the row. Keep the Yarn

towards the back and knit the next stitch.

Taken bring the Yarn to the front and make purl as next stitch. When the row will be finished, you will turn up the work to start again.

2. Right twist stitch

When you make the Twist stitch you will be working with the front portion of the stitch. It will be the part which will be facing towards the maker and will lie close to the needle. When you will make the purl stitch along the back loop, you will do exactly the similar steps as of regular twisting. The only difference will be that you will work with that specific part of the yarn loop which lies at the right side of the needle.

3. Left twist stitch

When you make the twist stitch you will be working with the front portion of the stitch. It will be the part which will be facing towards the maker and will lie close to the needle. When you will make the purl stitch along the back loop, you will do exactly the similar steps as of regular purling. The only difference will be that you will work with that specific part of the yarn loop which lies at the left side of the needle.

4. Twisted purl stitch

This will make use of the purl stitch with a twisted pattern by working with the front portion of the stitch. It will be the part which will be facing towards the maker and will lie close to the needle. When you will make the purl stitch along the back loop, you will do exactly the similar steps as of regular purling. The only difference will be that you will work with that specific part of the yarn loop which lies at the back side of the needle.

5. Twist in the round

In the making of this stitch make sure that you follow the instructions a provided for the twist stitch but one change which will be added is the shape of the twist. In this specific stitch, you will move forward with a round twist.

6. Cable stitch



Photo made by: [pandatonic](#)

The basics of Cable stitch will start with Casting on as many stitches as one intends to make. Now the next step is holding up the needle along with cast on stitches which are towards the left hand. You will be holding the empty needle in the right hand. Now start pushing the needle downwards across the tip. Now make sure that you are Push the top portion of initial stitch towards the left needle. After performing this step it will cross the point and will come right in front of that left needle. Now Place the selected at the front portion of the needles. Now make sure to hold the stitch towards the first left needle by using your forefinger and thumb. Make sure that you are holding the yarn

tightly and nicely, right across in your hands. Start wrapping it in counterclockwise getting swirled around the right needle.

7. Herringbone Stitch Pattern



Photo made by: [Kim Piper Werker](#)

This is a little advance type of stitching but try this when you have tried some of the patterns which are mentioned above. The pattern will be based on only two stitches which is slip, slip knit and purl two together in order to knit it. It is simple to make with two rows. Row 1 would need you to slip, slip knit from bringing the knit needle from the back. For row 2, pass the yarn over by making the knits of the last stitches and knit it all together making a beautiful pattern. Repeat the rows if you wish to make more of it.

8. Linen Stitch Pattern

This pattern will in a row of two. You have to work with knit stitch, purl stitch, slip stitch and working the yarn from front and back. Now start with row 1 by bring back the yarn from the back and knitting it once to the end. With Row 2, you will have to knit the slip stitch once by bringing the yarn from the front and ending it with row 2. Knit it at the end by closing it.



Photo made by: [Heather Kennedy](#)

9. Slip stitch purl-wise

Hold up the yarn tightly and nicely. It will be wrapped around the right needle at the tip in a counterclockwise direction. It will be directed in such a way that it will have resided in the middle space of the two needles. Now you will be pulling the right needle at the tip in such a way that it gently passes through the back side of the first loop facing you. You will be pulling the yarn in such a way that yarn will also come along. Now start pulling the right needle in a slow motion all across the way. Now bring along the right needle in a mounting position in such a way that it sits on the top position across the left needle. Make sure not to pull the needle hard so that it may not get pulled

all the way.

10. Slip stitch knit-wise



Photo made by: [Diane Wellman](#)

It is specifically nice when it is stitched in the similar color as of the fabric. For example use the red yarn for red fabric. This eyelet stitch will assist to make a tiny hole within the fabric having some prominent work all around it. You can easily apply and make use of work this technique, regardless of the size of the hole.

In order to start this stitch, puncture a small hole in the fabric. You can apply a nail to make that hole. Now make a stitch line all around the hole. The area in between the hole and the drawn line will be completely filled with tiny stitches.

Pull out your needle from one of the ends of the drawn stitch line. Now Take the needle within the hole and take it out once again along the stitch line. Make sure you pull it as close as possible to the earlier point. Continue with this procedure. Keep working all surrounding the hole. In order To make put the hole more prominent and visible, you need to pull out the thread out to make it tighter.

Rather than using a circle stitch line all around the hole, try to make an experiment with some of other shapes, for example, oval or square shape

11. Slip stitch at the edge

You will be pulling the right needle at the tip in such a way that it gently passes through the back side of the first loop facing you. You will be pulling the yarn in such a way that yarn will also come along. Now start pulling the right needle in a slow motion all across the way. Now bring along the right needle in a mounting position in such a way that it sits on the top position across the left needle. Make sure not to pull the needle hard so that it may not get pulled all the way. Now start pulling the right needle from the new loop towards the front edge of the left needle. Perform this step very carefully so that the old loop gets slide off very easily. Make sure that the yarn is taught enough after completing each stitch; it will ensure that the loops are close towards the needle in such a way that it is not tight so that it cannot slide the needles inside the loops. You will observe that the initial slip stitch will be placed over the right needle. You will continue knitting all of the cast-on stitches by following the same procedure.

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Decorative Knitting Stitches

1. Reversible Stripes



Photo made by: [Erin Kinney](#)

In order to make the reversible stripes you will apply a bit of Woven Stitch, a sprint of the Linen Stitch and you will get the Reversible Stripes by applying all of the magic of delicate slip stitches. You will note that one of the sides of the woven stitch pattern will be flat and smooth having seemingly thin but horizontal stripes. The other side will be textured in hearty, deep ridges, running all along the vertical stripes similar to knitted tweed.

Make sure that the selected yarn is placed at the back side of the needles. Hold up the yarn tightly and nicely. It will be wrapped around the right needle at the tip in a counterclockwise direction. It will be directed in such a way that it will reside in the middle space of the two needles. Now you will be pulling the right needle at the tip in such a way that it gently passes

through the back side of the first loop facing you. You will be pulling the yarn in such a way that yarn will also come along. Now start pulling the right needle in a slow motion all across the way. Now bring along the right needle in a mounting position in such a way that it sits on the top position across the left needle. Make sure not to pull the needle hard so that it may not get pulled all the way. Now start pulling the right needle from the new loop towards the front edge of the left needle. Perform this step very carefully so that the old loop gets slide off very easily. Make sure that the yarn is taugth enough after completing each stitch; it will ensure that the loops are close towards the needle in such a way that it is not tight so that it cannot slide the needles inside the loops.

2. Fluffy Brioche



Eyelet stitch is specifically nice when it is stitched in the similar color as of the fabric. For example use the red yarn for red fabric. This eyelet stitch will assist to make a tiny hole within the fabric having some prominent work all around it. You can easily apply and make use of this technique, regardless of the size of the hole.

In order to start this stitch, puncture a small hole in the fabric. You can apply a nail to make that hole. Now make a stitch line all around the hole. The area in between the hole and the drawn line will be completely filled with tiny stitches. Pull out your needle from one of the ends of the drawn stitch line. Now Take the needle within the hole and take it out once again along the

stitch line. Make sure you pull it as close as possible to the earlier point. Continue with this simple procedure. Keep working all surrounding the hole. In order To make put the hole more prominent and visible, you need to pull out the thread out to make it tighter. Rather than using a circle stitch line all around the hole, try to experiment with some of other shapes, for example, oval or square shape

3. Bobble stitch

Now bring along the right needle in a mounting position in such a way that it sits on the top position across the left needle. Make sure not to pull the needle hard so that it may not get pulled all the way. Now start pulling the right needle from the new loop towards the front edge of the left needle. Perform this step very carefully so that the old loop gets slide off very easily. Make sure that the yarn is taught enough after completing each stitch; it will ensure that the loops are close towards the needle in such a way that it is not tight so that it cannot slide the needles inside the loops.

You will observe that the initial slip stitch will be placed over the right needle. You will continue knitting all of the cast-on stitches by following the same procedure. Perform this step very carefully so that the old loop gets slide off very easily. Make sure that the yarn is taught enough after completing each stitch; it will ensure that the loops are close towards the needle in such a way that it is not tight so that it cannot slide the needles inside the loops.



Photo made by: [anneheathen](#)

Conclusion

The distinguishing point between all the living things and humans is the intellectual potential and aesthetic potential of human race. A lot of common features between living things and human race exist, but it is the creativity and innovation which makes human race superior and most preferable among all. The precedence for this superiority can be seen in various different forms and in multiple domains of human life. Just as the years have passed the potential to innovative has increased and improved, as compared to that prevalent in previous years. Each passing day connotes an even higher level of perfection and authenticity.

Talking about the activities prevalent as a mode of expressing the aesthetic and creative potential, we come across the art of knitting. Knitting has been a part of human civilization since the time when people thought about embellishing the clothes and apparels. Just as the time passed a lot of related accessories were also made by making use of different techniques of knitting. Because of high innovation potential, knitting has moved from a household hobby to an industrial activity. A lot of garments and apparel industries now sell knitted garments and apparels. Knitting provides an unlimited domain of creativity so you can see a lot many stitches and variations within a single stitch. Not only these stitches can add variation but you can also add a lot of colors and textures in the fabric and yarn, to come up with some most innovative solutions. This book is just a starter to let you know about the most fabulous and eye-catching stitches used for knitting.

Chapter 2 – DIY Projects Quick And Beautiful Garland Decorations For All Important Holidays!

Every year you tell yourself that you are going to do things differently this year. You are going to take the time to create your own decorations, you are going to give each one of those decorations your own personal touch, and you are going to make sure you customize each and every banner you make for birthdays.

Then, the time comes, and you never get around to doing it. You see all kinds of patterns online, and you think how nice they would look in your home, but you never actually get around to seeing how they are made, or how you can make them for yourself.

You see banners for birthdays, banners for Mother 's day or Valentine 's day, and you see all kinds of garlands for Thanksgiving and Christmas, but it seems those days just come and go without you ever getting the chance to decorate for them as you want to.

This year is going to be different. This is the year you have what you need, and you are going to decorate for the holidays as you have wanted to in years past. You are going to take the time to get out there and get the supplies you need, then you are going to sit down and make those crafts, and you are going to add your own personal touch to each one.

With this book, you don 't have to wonder what you are going to do for the holidays that come up, with this book, you are going to be covered no matter what. I have included patterns for all kinds of banners, whether they are for

Halloween, Christmas, Thanksgiving, Easter, and more!

No more guesswork of how you are going to decorate, no more stressing about how you are going to get that garland you want, and no more wondering how you are going to have time to make these garlands.

With this book in your hand, you are going to get the décor you want, and enjoy the time you spend making it. No stress and no mess involved, just good, creative fun for you and your family!

“ I ’ ve never made garlands or banners before, are they going to turn out? ”

“ I want to make something, but I don ’ t want it to look dumb. ”

“ Are they hard to make? I don ’ t have a lot of time. ”

If you have ever wondered any of these things, you don ’ t have to worry. With this book, you are going to learn exactly what you need to know to make your own garlands and banners, and not have to worry about how they ’ ll turn out. Holidays, here you come.

The Fall Collection

As soon as Autumn hits the fall colors come out, and this year is going to be no different. You know you love the spooky d é cor for Halloween, and you love the cozy look of all the Thanksgiving decorations.

This year, you are going to make your own mark on the list with fun garlands, wreaths, and banners you make yourself. Follow the patterns for countless fun this fall, and show the world just how much you like to express your creative side.

Once you give making a banner a try, you are going to look for more reasons to bring them out. And, with all the holidays and birthdays you celebrate in a year, there ' s going to be plenty of reasons to decorate.

Let ' s get started with some of the best, and you can have fun with the rest.

Thankful Thanksgiving Banner



Photo made by: [Carrie A.](#)

What you will need:

8 strips of fabric cloth, measuring 10 inches long by 2 inches wide

Cotton string

Paper

Glue

Buttons

Stencils

Markers

Fabric scissors

Directions:

I used fabric that was light brown with red stripes. I folded the strips in half the short way, and used my fabric scissors to snip the ends at an angle. I did this for all of the strips.

Next, take 8 pieces of paper and cut circles out of them that are 4 inches in diameter. Use markers to decorate the outside of these circles. You can see how I did it in the photo, or you can use your own color scheme to make it personal. Use your stencils and write 1 letter on each of these circles, spelling out the word T-H-A-N-K-F-U-L.

Next, measure and cut the cord to your preferred length, and lay it out on the table. Take a moment and decide where you wanted to place your first strip of fabric, and fold it in half the short way over the cotton cord. Use your glue to hold it in place, then measure 1 inch over and placed the next strip.

Repeat this set of instructions until you have glued all of your strips to the cord. Let this sit until it dries.

Next, take your circles and place them on each of the strips, spelling out the word properly. Again, let this sit until it dries.

Once it has, you can add other decorations such as buttons or bells, or anything else you like to give the banner your own personal touch!

Lights and Leaves Thanksgiving Garland



Photo made by: [Clarence E Jones III](#)

What you will need:

Orange construction paper

1 strand of white lights

Glue

Scissors

Stencils if you don't know how to draw leaves yourself

Pencils

Directions:

Lay out the construction paper, and draw leaves all over each piece. You can use your stencil if you like, or you can do this free handed, whichever you prefer.

Take your scissors now, and cut out each leaf. This is going to be the most time consuming part of the entire project, but it is well worth taking your time to do it the right way.

Cut out leaves of various sizes, and set each one aside when it's done. Once you have enough leaves to spread all across your string of lights, you are ready to move on.

Next, you can either take a hole puncher, the scissors, or your glue and attach them to the string of lights. If you are going to use your hole punch or scissors, make a hole in the base of the leaf large enough for the lights to slide through.

If you are going to use glue, take two leaves and glue the base of them together, then fold them around the cord and glue the top part of them together. This is going to hold the leaves in place on the strand.

Whichever method you choose, repeat across the entire cord, and your light strand is ready for anywhere in your house!

Spooky Sweet Halloween Wreath



Photo made by: [Roxanne Ready](#)

What you will need:

Cotton cord in white

Cotton cord in orange

White acrylic yarn

Black felt

Buttons

Glue

Yarn needle

Crochet hook

Wreath hoop

Directions:

Start by taking the orange cotton cord, and gluing a length to your wreath hoop. Begin wrapping the cord around the hoop, closely wrapping the cord together so none of the hoop shows through the cord. Continue to wrap until you have completed the circle and reach the point at which you started.

Glue in place and set aside.

Next, take your black felt and a white fabric pencil, and draw the outline of two bats. You can use a stencil if you need. Cut these out and set them aside.

For the ghosts, you are going to take your crochet hook, and chain 12. Single crochet across the row. Chain 1, turn, and single crochet back to the beginning. Chain 1, turn, and single crochet back to the beginning. You are going to continue with this pattern now until you reach a perfect square.

Tie off, and repeat once more.

You now have two square swatches that you have made. Take your yarn, and bunch up the middle of these swatches. Wrap the yarn around the base of the bunched up part, forming the head of the ghost. Tie off, and repeat for the

other ghost.

Take the black buttons and place on the ghosts like eyes, then do the same with the other buttons on the bats. You don't have to necessarily give the bats eyes, but use the buttons to add in another touch of décor to the overall shape of the piece.

Once you have all of your pieces completed, you are ready to assemble.

Start by taking your ghosts and using your yarn needle to attach them to lengths of the cotton cord. Tie them securely to the top of the wreath, giving the ghosts space to hang down freely within the wreath.

Take the white cord now, and wrap it loosely around the wreath, giving the appearance of cobwebs. Once you are happy with the look of the white, glue it in place and snip off the ends.

Take your bats now, and glue them in place on the wreath in the upper edge opposite of where the ghosts are attached. Glue in place, and you are done!

Christmas Time is Here and New Year's Cheer

There is a reason they say that Christmas is the most wonderful time of the year, and if you are anything like me, you know that New Year ' s isn ' t that far off, either. What better way to celebrate the season of joy than with your own snowflakes?

Make them however you want to spread the cheer this year, then turn it up a notch when the new year rolls around and you break out your perfect party banner.

Have fun with the shapes and sizes, and let your creativity run wild. Try to throw in some trees here and there, and you ' re sure to have the best year yet!

Snowflakes and Sparkles Banner

What you will need:

Snowflake decorations (if you are going to make these you will need paper)

Fishing line

Glue

Scissors

Wooden rod (or strand of cord)



Photo made by: [Cliff](#)

Directions:

If you are going to make your snowflakes, you need to start with paper. Take your scissors and cut snowflakes out of the center. You can do this with stencils, or you can randomly make them, either way, make sure you have several.

If you are using snowflake decorations you have purchased, you can skip this first step, and go right to attaching them to the main frame.

Take the fishing line, and cut it in random lengths. You don't want it to be all the same length, or it's going to look a little too stiff.

Give the snowflakes some variety, and the lengths of the fishing line slightly different for the best overall look. Tie the fishing line to the top of the snowflakes, then secure the other end to the rod or the cord. If you are using a cord, make sure you string it tightly so the snowflakes don't sag downward.

Make sure you like the overall look of the piece, and you are done!

Snowball Fight Banner

What you will need:

1 large bag of cotton balls

Fishing line

Wooden rod

White paint

Glitter glue

Directions:

Start by painting the rod white, and using the glitter glue to give it a sparkle. Make sure this is completely dry before you move on.

Take the cotton balls now, and divide them into 3 groups. You want 1 larger group with 2 smaller groups.



Photo made by: [David Galbraith](#)

Leave the larger group as it is, but take one of the smaller groups, and tear all of the cotton balls in half. Roll these smaller balls back into balls in the palm of your hand, and set aside.

Next, take the other smaller group, and use your hands to expand the cotton balls. You want to make them bigger as much as you can without tearing

them or making them too big. Once you have all of these altered, set them aside as well.

Now, cut 12 long lengths of fishing line. Start at one end, and begin tying the cotton balls to the lengths of fishing line, at various points in the line. Make sure you mix and match the sizes you are using, and that you are careful to give them space in between the balls.

Continue until you run out of cotton balls.

Now, space out the line on the wooden rod and tie them securely. You can add glue to make sure they don't slide around, and that's it! Hang the rod anywhere you want to see the snowflakes fall.

New Year Welcoming Banner



Photo made by: [torbakhopper](#)

What you will need:

Craft paper

Cord

Stencils

Scissors

Glue

Pencils

Directions:

A very standard kind of banner, this is one of the easiest kinds you can make. It is going to take some time to make sure all of the pieces are cut properly, and to assemble, but the concept of this piece is incredibly easy to master.

Simply spell out the message you want your banner to say, then take your stencils and trace the letters you need on the paper. Make 2 sets.

Next, use your scissors to cut out the letters, and lay them all out to make sure you have what you need. You can add decorations to them to give them a more personal look, or you can leave them as they are.

Cut the length of cord you need, and start on one end. I find it easier if I lay out the word in front of me, that way I know for sure I am spelling the words properly. Glue the letters in place on the cord, using the same letter on both sides of the cord.

Space the letters evenly, then let the glue dry.

That's it! Your New Year Banner is ready to bring in the New Year in style.

Spring and Easter

Spring and Easter are two of the best times of year, but it seems they are often overlooked when it comes to decorating. You don't want to be one of those, you want to throw out the eggs and nests, and bring out the pastel colors to celebrate the spring!

Never let another Easter slip by unnoticed as you make both of these charming banners. You can set them out in the beginning of spring, or you can wait for Easter itself to come along, but no matter how you do it, you are going to have the garland to wow your friends.

Have fun with each of them, and mix and match colors for the most fun!

Eggs in a Row Garland

What you will need:

3 bags of plastic Easter eggs

Needle

Fishing line

Lighter

Gloves



Photo made by: [AngryJulieMonday](#)

Directions:

Put on the gloves to ensure you do not burn yourself while you work. Start by closing all of the eggs.

Feed the fishing line through the needle, and take your lighter. Heat the end of the needle, and it will easily slide in through the end of the egg. Make sure you keep the needle straight as you push it through the top of the egg.

Pull the fishing line all the way through, then heat the end of the needle once more. Feed it through the bottom of the next egg, then keep it straight as you push it through the top of the egg.

You are going to repeat this entire process until you are through the entire set of eggs you have. You can either snip off the fishing line right at the base of the eggs, or you can leave it for hanging the garland in various places around the house. Either way, your Easter garland is ready to celebrate the day!

Easter Nest Garland



Photo made by: [Jennifer Hughes](#)

What you will need:

Small balloons

Yarn in pastel colors

Ribbon

Glue (make sure this is a liquid and not a glue stick)

Needle

Directions:

Start by blowing up the balloons into small balls. You want them to be as close to the same size as you can get them, but perfect isn't necessary.

Set the balloons aside. Take the glue now, and thin it down with a bit of warm water. Dip the yarn in the glue, and wrap it around the balloon. Use gloves for this, and make sure you protect your work surface.

Continue to wrap the yarn around, until you have a lot of yarn wrapped around the balloon. Set aside.

Repeat for as many nests as you want your garland to have. Once you have all of the balloons set aside, wait until the glue is completely dry. I recommend you wait at least overnight for the glue to dry completely.

When you are ready to move on to the next step, take your needle, and pop the balloons inside the nests. The glue is going to hold the shape of the nest, but you can pull out the balloon from the cracks. Repeat for the others.

Once you have all the nests, you are ready to string them onto the ribbon. Take the length of ribbon you need, and space the nests out on the ribbon at equal intervals.

Continue along the length of your ribbon, then glue the nests in place so they don't slide back and forth on the ribbon. Hang where everyone can see!

Happy Birthday to You

Birthdays are some of the best days in the whole year, and there ' s nothing we wouldn ' t do to show our loved ones how much we care. If you are the lucky parent of a little one, you know how much fun it is to surprise them with their own themed birthday, and what better way to make it their own than to make a banner?

Use your printer to get the best images, and throw in your own style with each one. You can ' t go wrong when you are making it custom, and you know your little prince or princess is going to think that it ' s the best birthday ever with the banner you make just for them.

Have fun with it and throw in your own touch. There ' s no end to the ways you can customize and maximize the joy your little one is going to feel with each banner you make.

Anyone ' s Birthday Banner



Photo made by: [lisaclarke](#)

What you will need:

Birthday wrapping paper

Scissors

Glue

Ruler

Pen

Cord

Directions:

Lay out various patterns of wrapping paper, and take your ruler and pen. Measure and cut triangles that are 10 inches wide at the base and measure 10 inches going up one side and down the other.

Continue for as many flags as you want, then repeat the entire sequence once more for another set.

Next, measure and cut the length of cord you are going to need. Lay it out in a straight line, and take one of the flags you have cut. Face the patterned side outward, and keep the white on the inside. Place the cord at the top of the triangle, and spread glue on the white side.'

Fit the other triangle over this first one, the white side also on the inside. Press together, fitting all the edges together. You can use your scissors to trim off anything that is uneven.

Let the glue dry, and your birthday banner is ready to announce the day!

Personalized Wonder Banner

What you will need:

Paper in the colors of your choice

Access to a printer

Stencils

Glue

Cord

Marker

Directions:



Photo made by: [Janet](#)

First you need to decide on the theme you need, and what you want your message to be.

Find photos you can download and print online, and print off two photos for each end of the banner. You can see the symbols I used in the banner in the photo. Next, take your stencils, and write out the message you want on the paper.

Make sure you spell out the word entirely before you begin to assemble. Take your scissors, and cut out the letters, then take your glue and glue them to the various paper blocks you have cut out.

Now, before you officially begin to assemble the piece, lay it all out in front of you to make sure it looks like it should, that everything is spelled properly, and that you are happy with the size and color scheme.

If everything looks like you want it to look, begin to assemble using your glue. Let it all dry, and your banner is ready for the party!

Perfect Party Banner



Photo made by: [sully213](#)

What you will need:

Paper in the colors of your choice

Access to a printer

Stencils

Glue

Cord

Marker

Directions:

This is another variation of a personalized birthday banner you can make for your themed party. In this banner, you are going to use the centerpiece in the middle of the banner instead of placing both of the images you download on either side of your message.

Again, you can decide what you want to say, then take your stencils and write it all out on the paper before you cut it out. Make sure you double check to ensure you have spelled everything the right way, and lay it all out before you begin to glue it all together.

Once you are happy with the banner, cut the length of cord you will need, then lay out the pieces. Take your glue and fold the top of the paper around the cord, then glue in place. Make sure the entire piece dries, and you are ready to use your banner to get the party started!

Special Banners for the Special Occasions

In all of the excitement we have for the major holidays that come around every year, we can't forget the little holidays that slip in through the cracks. Mother's day is one of the most important days of the year, as none of us would be the people we are today without our dear mothers.

Or, perhaps you are one who likes to show your love for love. If that describes you, then you are in luck, as hearts and caring shapes are the theme of the cord in the second banner.

No matter what your love is, express what you want to and say what you need to say with either one of these fun garlands. Mix and match the styles, or use your own messages on the flags. Either way, you are going to end up with the perfect banner!

Sweet and Sassy Mother's Day Banner



Photo made by: [Shari's Berries](#)

What you will need:

Decorative paper

Scissors

Glue

Ruler

Stencils

Markers

Pen

Cord

Directions:

Lay out various patterns of paper, and take your ruler and pen. Measure and cut triangles that are 10 inches wide at the base and measure 10 inches going

up one side and down the other.

Continue for as many flags as you want, or follow the number of flags I used in the banners above. As you can see, I made three separate banners for each of the words that I chose, but you can do whatever you like.

If you use more flags than what I did, you can always add on more décor on the edges of the message. Just cut the flags until you are happy with the number you have, then repeat the entire sequence once more for another set.

Use your stencils to fill in the letters on various flags, making sure you have enough to spell out the message you want to say to your mom. Check and double check before you assemble.

Next, measure and cut the length of cord or cords you are going to need. Lay it out in a straight line, and take one of the flags you have cut. Face the patterned side outward, and keep the white on the inside. Place the cord at the top of the triangle, and spread glue on the white side.

I recommend you pause to make sure you are spelling out the words correctly as you go along. It's a lot easier to fix this as you work than it is to have to go back and try to fix it later on.

Fit the second triangle over this first one, the white side also on the inside. Press together, fitting all the edges together. You can use your scissors to trim off anything that is uneven.

That's it! Surprise your mother with this thoughtful banner on her special day!

Lots of Love Valentine's Day Banner



Photo made by: [Stacie](#)

What you will need:

Paper

Cord

Glue

Scissors

Pencils

Stencils

Directions:

Decide on the overall pattern you wish your garland to be, whether you want to use the same colored paper on all of it, or if you want to mix and match the colors. Either way, lay out the paper, and use your stencils to make heart shapes.

Cut out the shapes carefully, making sure they are all even. Set aside.

Next, take your cord, and measure to ensure you get the right length you need for where you are going to hang your garland. Take your glue and generously spread on the back of the hearts, focusing on the center of the hearts.

Lay the cord in the glue, being careful not to glue yourself to the hearts as you work. Check to ensure they are even, and space them out carefully.

When you are happy with the look of your garland, set it aside to let dry completely.

Once dry, you can hang the garland where you like, showing everyone your love for Valentine's Day!

Conclusion

There you have it, everything you need to know to create your own garlands, and to decorate your home the way that you want this year. Now, whenever you know of a holiday or any kind of occasion that is coming up, you are going to be able to get ready in style.

You will be able to customize the banners how you want them, you will be able to go with the color scheme you want, and you can make them say what you want, so you can use the same kinds of banners for even more holidays and occasions.

I hope this book was able to inspire you to get out of the department stores and head over to your favorite craft stores. I hope this book was able to inspire you to bring out that inner child you know is inside of you. I hope this book was able to bring out the fun in decorating, and that you are getting ready to make some of your own banners right now.

With this book, you have the complete freedom to make what you want, when you want it. No more guesswork, no more hoping you can find the colors you want or the theme you want for the birthday party that is coming up, and no more stressing that you aren't going to have time to do it.

With the fast and easy patterns you find here, you are going to get the garlands you need, any time you need them. Each one only takes a couple of hours to make, and you are set for any occasion, no matter how short of a notice you were given before you could start the project.

I hope this book was able to show you exactly how you can have fun while

you prepare for any holiday, and I hope you make each and every pattern you find here. There are so many ways you can express yourself, why not start with a banner or garland that you can place in a prominent position?

Have fun mixing and matching the styles, and see what else you can create. There ' s no end to the combinations of things you can do, and there ' s nothing that can hold you back from expressing yourself in ways that you never have before.

The holidays are coming up, and you always know that there is a birthday just around the corner. Now, you are ready for anything, and this book is going to show you just how to get out of the passenger seat and behind the wheel.

Make the next party you throw the most memorable one yet, with decorations your guests are going to be talking about for months to come.

Happy celebrating.

Chapter 3 – Quilting For Beginners Fast Start To Practical Art Of Quilting With All Necessary Essentials

When you were a kid, you may have thought of quilts as something that grandma had on her wall. Something that you wished you could touch or sleep under. Something you wanted to put in your room or keep on your bed.

Quilts were something that was homey, fun, and secure. You fell in love with the coziness that came from seeing all of those fun quilts lying on the beds or hanging off of the walls, but you never gave it much thought besides.

That is, until now. Now, you see those quilts and you think of how much you loved them. Now, you see those quilts and you think of how you would like to make some for yourself. You see those quilts and you want to make your own with your own designs ... your own creations.

Now, you want to take your ideas to the next level, and put them down on paper like you have seen both on the walls of your grandparent ' s house, or on the walls in the magazines you like to flip through.

Wherever you have seen them, you know that you want to make your own quilts, and you want to do it the right way. You see that there are all kinds of ideas online, and there are numerous ways you can do it, but when it comes to putting your ideas down on the fabric, it can be quite another story.

“ How am I supposed to get all of these stitches in place? ”

“ How am I supposed to know where to put the fabric and the squares? ”

“ How am I supposed to know what to do next? ”

With all of these questions running through your mind, it ' s easy to get caught up in all of the small things, and never get started on the bigger ones. I want to take that uncertainty away, and help you get started with your very own quilting. I want to get you excited to start, and I want to help you put your ideas down on the fabric.

So if you are ready to break out of the wishing process and dive into the work, you have come to the right place. Let ' s take your ideas and push them out into the world.

You are ready to make your very first quilt.

Getting Started

Quilting is one of those things we really don't need to go over the history of. Sure, you know they are pretty, and you know they have been around for hundreds if not thousands of years, but do you really need to know who invented the first one or who decided to put the fabric together in the first place?



Odds are, the answer to that question is no, you do not, and you don't need to worry about how or why they were invented, either. Who cares how they were started when you really only want to make one yourself. So we are going to skip all of that factual history that really has no bearing on what you are doing now, and jump right into how you are going to begin making your own.

Before you ever begin your first stitch, you have to gather the supplies.

When it comes to quilting, you may need to adjust your basic needs for the quilt you are making, but overall you are going to use the same basic items in each piece



1. You are going to need a sewing machine. Sure, you can do this by hand, but trust me, these days making a quilt goes so much faster, and is a lot easier, when you do it by machine.
2. Obviously, you are going to need needles, pins, and thread. While you may never break your needle while you are working, this is not only a possibility, but it is almost certain to happen more often than not. With this in mind, I suggest that you purchase an entire pack of needles so you always have some on hand when you need them.
3. Stuffing. Not all quilts require being stuffed, but many of them do have some sort of stuffing in them at some point, whether that be a little or a lot. Either way, keep at least a small bag on hand in case

you run into a pattern that needs some.

4. Scissors and a tape measure. You need to know how big your pieces need to be, and you need to be able to make them that size, both of these things require the use of a tape measure and scissors, so make sure you have both on hand.
5. Rotary. Get familiar with this term and learn to love it. A rotary cutter is basically scissors on wheels, meaning you can cut more than one section of fabric at once, and you can be far more precise than with scissors. Now, I am not dissing the scissors, as I feel you should have some on hand as well, but do not leave out the rotary cutter in favor of the scissors, or the other way around.
6. Rotary again. With your cutters, you are going to need a mat. This is going to help keep your scissors in pinpoint shape and help keep your blade from dulling out on you quickly. If you are going to take the time to invest in a rotary cutter (which I very much hope you do), then please follow this up with taking the time to get a mat. You are going to be so glad you did.
7. Fabric. Perhaps the most important part of this entire process, you need to have fabric. You can keep some on hand for when you need a backing for your quilt, or you can simply go out and purchase what you need when you are ready to make another one,

but either way, fabric is an essential you simply can't get away from when you are making your projects.

Now, there are going to be other little things that you need ... pencils, seam rippers, a flat surface to work on, storage for your pieces ... and other things that go along with this. I know you have much of this in your crafting supplies already, so I didn't take the time to put them down as some of the things you are going to need.

After all, if you come across something that you need and you don't have it, all you need to do is head to the store and you are set.

As a general rule of thumb, no matter what pattern you are using, take a second to read through the pattern and make sure you have all of what you need on hand.

Nothing is worse than when you think you are ready to go with a project, so you get started, and you come to find out you didn't have everything that you needed. Take the time to read through this in the beginning, and you are going to save yourself a lot of headache down the road

Now, you aren't going to likely have to hurry out and get something at the moment you discover you need it, but it sure would be nicer for you to have everything you needed on hand before you began your project. This not only will save you time during the project itself, but it's going to cut back on some of the frustration you feel when you are trying to move on to the next step.

All in all, you need to take your time and work through each section as you come to it. By taking your time, you are ensuring you are doing things the right way, and getting the pieces to go together as you need them to. This is

another step that doesn't seem so important at first, but trust me, there are few things more frustrating when you are trying to make your quilt than finding out things aren't lining up as they should.

To make this chapter come down to a fine point, you need to get the supplies you are going to use up front, and you need to take your time and follow the directions. If you do both of these things, you aren't going to have any trouble at all with your quilts, and you will turn out a masterpiece time and time again.

Your First Stitches

The exciting time has finally come. It's not time to officially get started on your quilt. I know there's a lot of fun going to the store and getting all of the little things you need for your project, but let me tell you, there's few things that are as exciting as when you sit down and make that first cut.



Before you begin, there are two specifications I want to point out. I know I have already told you to get fabric and thread, but it does matter what kind of fabric and what kind of thread you end up with

Not all pieces are created equal, and when it comes to your quilt, I want you to get off on the right foot, so, make sure you use 100% cotton fabric, and that your thread is specifically quilting thread

It may seem like things such as this aren't a big deal, and in a way, they aren't. But, coming from someone who knows how hard it can be to quilt with fabric that is too thick, too thin, slippery, or in any other way difficult to work with, I can't emphasize enough how much you are going to appreciate being able to control your fabric.

And the best way to do that is simple: Use a fabric that is easy to work with and doesn't slide all over the place. This is going to be easier to hang on to while you are moving around your sewing machine.

When it comes to the thread, the quilting thread is going to be thicker than standard thread, and as such it is going to be easier to push through the several layers of fabric you are working with. I know it's more expensive, and I know on the outset it really doesn't look a whole lot different than what you are already working with, but again, the proof is in how easy it is for you to work with, and the thicker it is, the better off you are going to be.

Make sure your extra equipment is as up to standard as the fabric and thread you are using

You see, when you think of quilting, it is easy to think of running to the store and grabbing whatever fabric and thread is on sale, then going home and trying to get it through the old machine you have had in the back of your closet for years ... you know, the one that you only bring out when you feel a wild hair to try to put something together.

Then, you find that the cheap fabric that you have purchased is wrinkled, so you decide you are going to fix it ... with your iron.

You plug in that iron you have had since you can remember, and pull out that thin board your mother gave you when she got her new one, and you proceed to fight the board and the fabric and the iron ... all to end in you throwing away the entire project and vowing you are never going to attempt to quilt again.

But you can stop right there. I know this is frustrating, and I know if you have ever been in that situation, you know just how frustrating it is, and how

leery you are of diving back into it, but I want to let you in on a little secret ... the issue isn't with you, it's with your materials.

You see, so many people decide they are going to work on a hobby ... any kind of hobby, and they go as cheap as they can to do it. Now, I am not saying that you have to go spend an arm and a leg to get started with your quilting, no, you can actually get all set up and running with remarkably little spent out of pocket.

But, what I am saying, is that you need to take the time to get the proper supplies before you begin. You saw my list in the last chapter, telling you what you need to get, and I meant that. Get the higher quality fabric. Get the better quality iron with the wider and better quality ironing board.

Get the nicer sewing machine ... nothing too fancy, though you can go as fancy as you want. But try to treat yourself to one that allows for several kinds of stitches. You are going to find that most sewing machines these days ... even the most basic of the sewing machines ... are able to perform a range of stitches, so shop around to find the one that works for you.

I know it can feel like a hiccup in the progress, but you are going to be happy that you took the time to do it in the beginning.

From Plans and Paper To Quilting: Bringing it Together

Until now, we have been looking at how you need to prepare to get started, but now, I want to get you out of the passenger seat and into the driver ' s ... it ' s time to get you started.

Now, you have all of your pieces, and you are ready to get started, but the question is, how are you going to start?

When it comes to quilting, there is one thing you are going to get used to doing ... cutting and piecing

No matter what kind of quilt you make, you are going to piece together all kinds of shapes into bigger shapes, and eventually form those shapes into squares. These squares are what is known as color blocks.

Next, you take these blocks and sew them together into the bigger square or rectangle, and you have the basis for your quilt. Now, when you take a step back and look at the quilt as a whole, you seldom realize all of the little pieces that go into each and every section, or how much time is spent on these little pieces.

I know when you think of the big picture, there is a lot to look forward to, and a lot you want to dive in and do, but you can ' t ... and I mean you absolutely cannot ... rush the piecing process. This is the part of the quilt that is going to determine whether the entire project comes together was a whole.

You have seen those quilts where the seams don ' t quite match ... whether

they are puckered in some places or they are pulled in others ... or worse, you are looking at the color blocks and you can see that some of the pieces end in places before the other pieces begin.

While this may seem insignificant now, you have to remember that it is the initial process that determines whether or not you are going to end up with pieces that line up. This means you have to take your time and cut all of those little squares to be the same size, the triangles to match, and the complex pieces to fit where you need them to.

The biggest issue in this part of the process is sticking with it when you go from piece to piece to piece.

It can get mundane and it can get boring really fast. Of course you may be all ready to go with the first dozen, but how are you going to feel when you get to the final dozen?

This is where such things as the rotary tool, rulers, pencils, and pins come into play. When you can cut more than once piece at a time, and you can cut things that all end up the exact same size, you are going to be far better off than when you have to go with each piece, piece by piece.

Don ' t get bored with this, and don ' t let yourself get in a hurry. The more time you spend on this part of the project now, the better off your entire quilt is going to end up later on. I know this seems like it is going to take forever when you are first starting, but trust me, once this part of the project is completed, you are going to be able to fly through the rest of the quilt faster than you thought you could.

Putting the Puzzle Together: Sewing Your Quilt

I know until now it has all been prep work. I know it feels like quilting is a lot of prep work. In fact, I think it 's safe to say that quilting *is* a lot of prep work. But, you have dutifully stayed with me through all of the ups and downs, and you have done all of the tiny details that seem as though they aren ' t going to matter ... and it has finally come time to put together.

First of all, you are going to take the pieces you have cut and put them together. This is going to require pins, fabric tape, and anything else you need to hold your pieces in place while you sew them.

Thankfully, your pins you can place according to the pattern you are following, or you can put them in place based on where you want your pieces to be. Keep in mind where the pins are you are going to have to sew over, so make sure you are spacing them enough to keep your needle from hitting them and breaking.

Begin taking the smaller pieces now and putting them together into bigger pieces.

I want you to take all of your little pieces you have, and put them in bigger pieces. Don ' t do half of them now then come back for the rest later. No, do them all now, then move on with the entire piece when all of the little pieces are done.

When it comes to the success of quilting, you have to work from smallest to biggest. Go with the tiniest detail and make your way up to the final product, without skipping any steps in between.

The more you skip, the more likely it is for seams to stop matching or for a mistake to be made. Once you know for sure you have all of the little pieces you need into bigger color blocks, you are ready to put those color blocks in place on your quilt itself.

Now, when it comes to putting the bulk of your quilt together, you can use a large table with a set of pins and tapes, or you can use a quilting board that will keep all of your pieces in place until you can put them together and sew them



The benefit of this is that you can lay out the entire piece and see what your finished quilt is going to look like, and make any adjustments you need to before you hit your sewing machine.

This is one of the most exciting points of your quilt, and it is going to give you that bit of motivation you need to pull the entire thing together. Now, you are going to sew the front of the quilt together, then you are going to put on the back.

In between the layers you need to put in a layer of what is known as batting. This can be a wide range of materials, and it can be as thick or as thin as you want it to be. Before you put this in the center of your quilt, decide what you want the material to be and purchase enough of it to fit your piece.



It really doesn't matter what the material is so long as you are happy with the overall look of the quilt when you are done. Of course, there are going to be some fabrics that are easier to work with than others, but again, this is going to fall to your own personal preference and what you are looking for in your quilt.

Get the batting you need, and cut it to size. Now, you have your front, your batting, and your backing, so you are ready to sew together the rest of the quilt.

Your sewing machine is going to come in handy with this part, with a range of different patterns you can use to sew it together. This is going to again come down to your own specific taste, so give it some thought and decide what you want.

When it comes to your quilt, you have a lot of final say with the final product. It ' s important that you go with what you want to do, no matter what the pattern you are following says.

Explore and have fun with it, and work with the different options. Learn what you prefer and let your creativity shine!

Do's and Don'ts of Quilting

As with all other hobbies you can do, you have to know that there are always beginner's mistakes that can be made, as well as ways to avoid those mistakes. I know when you first begin quilting, you are going to have to learn how to do some things through experience, but there are also some beginner's mistakes I want to point out, as well as how you can avoid making them.



When it comes to quilting, you can't get much of an easier hobby to do, but it does come with its fair share of issues and things that can go wrong. So, here are several beginner's mistakes, and how you can avoid making them in your own crafting time.

You forget to make a place for everything, and put everything in its place

When it comes to quilting, you are going to have a lot of freedom, but part of that freedom is going to be wrapped up in the uniform look of your finished product.

To give your quilts that even look, pulling together all of the wild patterns that are going on within the quilt, you have to use the same, uniform stitch on everything. This is something that is as simple as a setting on your machine, but it is something that is important for you to have.

Do this in the beginning, and avoid problems with the look of your piece later on.

A simple mistake causes your quilt to pucker up and blow

Another incredibly easy mistake to make is to inadvertently let your quilt pucker. The fabric is going to naturally want to wave as you sew, but you have to control this wave to make sure it flows in the right direction.

You want your fabric to lie flat, the fabric wants to pucker. The best way to handle this is to pull on the fabric as you work ... holding it down flat where you want it to be.

Something well worth paying attention to while you are in the beginning stages.

You forget to press to impress

Of course pressing is an important part of the game, but if you do this too much, you are going to end up with a disaster on your hands. Instead of getting over zealous in your pressing, take it slow and take your time.

A little here, a little there, and you are going to end up with the perfect solution all around. As you put in the fine details, keep taking a step back and looking at the pattern as a whole.

You fail to put order in the ranks

When you think of the number one look you want to avoid when you quilt, it is the seams that do not line up. Sadly, when you sew the seams together, they are there to stay, which means you could well end up with something that you can ' t readily fix if you aren ' t careful.

To avoid this, you need to measure beforehand, you need to measure as you go, and you have to use your pins. Pins can be a pain to deal with, but trust me, they are well worth the pain.

They are going to hold your project together where it belongs, keeping your seams straight and your lines where they should be.

Now, the most important thing you can remember while you are quilting is that there is nothing you can do that you can ' t undo. If you make a mistake, take it out or fix it.

If you can ' t fix it as it is, work around it until you can get it fixed. The main thing I want to emphasize here is that there is no way for you to completely ruin your quilt

You can always pull out seams, rework seams, or put in new pieces. Just be patient and work around what has happened.

And, of course, take your time to make sure you avoid a number of these

mistakes to begin with. Have fun with the process and enjoy putting your quilt together, and you are going to end up with just what you are looking for, every time.

Happy quilting.

Conclusion

There you have it, everything you need to know to get started with your very own quilting, and how to turn your beginner quilts into something bigger and better. I hope this book was able to effectively inspire you to get started on your very own quilts, and to take what you know from beginner level to better and better projects.

There are all kinds of ways you can take your little projects and turn them into something bigger and better, but the best way to do it is to practice. Practice-practice until you can get what you want to happen with minimal effort, then move on to bigger and better skills.

You see, when it comes to the world of quilting, you can make things as simple as you would like, or as elaborate as you can imagine. You just have to decide what you want your end result to be, and go with that. There ' s nothing to hold you back when you are making your own designs, besides your own opinions, so if you learn to fall in love with the quilts you design, you are going to get the end result you want in no time at all.

Have fun with the process and embrace the joy of doing things yourself. The more you do this, the easier it is going to become to make your own quilts. Whether you want to design them yourself and start from scratch, or if you want to take a quilt you find second hand and fix it up.

You can dream up the patterns in your head and roll with them here, or you can dive into a world of finding and fixing to get just the look you are after. No matter what your preference is, I want this book to be that final push of inspiration you need to bring your ideas onto fabric, and bring that fabric into the real world.

This book is designed to help anyone and everyone get started in the world of quilting, so don't feel bad if you don't think you are good at it in the beginning. I am going to help you get from beginner to expert in no time at all, and give you the skills you need to turn your quilts into the works of art you know they can be.

So are you ready to break out of the dream world and into reality? Good, you have come to the right place to make that happen, and all you have to do is grab your fabric and your sewing machine, and take the simple skills here and put them to the test.

Nothing is going to hold you back any longer.

You can quilt.

Part III – Aromatherapy

Chapter 1 – Essential Oils: 30 Diffuser Blends to Let In A Home Cozy Smell of Winter Holidays!

I would like to thank and congratulate you on downloading my book *“Essential Oils: 30 Diffuser Blends to Let In A Home Cozy Smell of Winter Holidays!”* You will find that your mood can improve just from using a diffuser in your home. During the winter season using my collection of winter holiday diffuser recipes you are going to feel in a positive and happy mood when smelling these wonderful winter holiday scents.

Part of the reason that smells, scents and odors can have a great effect on our health and mental state is largely due to area of the brain that is responsible for identifying smells in the limbic system; this same area is connected to our central nervous system and is where the base of our emotions, memory and motivations come from. Often we can be going about our every day life when suddenly we get a whiff of something in the air that transports us back to a particular memory from our past.

Essential oils have played an important part of life for thousands of years in many different cultures around the world. These special oils have been used in many things in our lives from cosmetics, diets and even being used to help us connect to our more spiritual being. So, it only makes sense that we can also use them to help keep us toasty and warm through the cold winter months! Think of how fun it will be to eventually begin to create your own special blends of essential oils. Use the recipes in this book to introduce you into the world of using essential oils and making special diffuser blends to enhance the seasons.

In this book we are taking a look into the diffuser recipes that will help enhance the winter months, by warming us inside and out! You will be

enjoying special aromas that will fill you with a sense of warmth and comfort no matter how cold the weather is outside. Eventually you may choose to create a special “Christmas blend” that you will use in the diffuser to help get you and your loved ones into the “holiday spirit” it may even become a holiday tradition where you use your special Christmas essential oil blend to get you into your holiday spirit. I found one of the fun parts of working with blending essential oils was the fun in figuring out my own special blends that I use for certain seasons. I am sure you too will create your own seasonal essential oil blends that you will use for many years to come!

Learning About Essential Oils

If you are someone that is new to making use of essential oils, it is important that we look into correcting some common misconceptions about them. The first thing I would like to point out is that technically essential oils are not considered to be real oils. In order for a substance to be considered an “oil” it must be par fatty acid. It must also come from a plant that offers powerful medicinal and cosmetic properties. If you enjoy the lovely fragrances that come from plants in your garden, they may not have both medicinal and fatty acids and therefor are not considered to be an essential oil.

Many essential oils have elements that help to fight off many ailments such as viruses, bacteria and fungus. The diffuser recipes in this book will not only help to keep you feeling warm on those cold days but they will also help keep the air fresh and clean in your home.

Another thing to keep in mind is that essential oils and fragrance oils are completely different. Essential oils come from our natural environment, while fragrance oils are produced synthetically. You might even find on their ingredient list the word “natural” however, they are usually a synthetic compound that is derived to mimic those scents found in the natural environment.

Essential oils must be extracted from an actual plant. This may help you to understand why the cost of essential oils can be quite high. As it takes quite a few plants to produce a small amount of essential oils.

Depending on the essential oil it could take up to 100 pounds of plant matter to produce a single pound of essential oils. There are some essential oils that require even more. An example of this would be when producing a single pound of Bulgarian rose essential oil it will take up to 4,000 pounds of Bulgarian roses to produce it.

These numbers go to show you just how concentrated the essential oils are that you purchase compared to what you would normally be exposed to in nature. It is also due to this reason that you need to exercise caution when using essential oils. They are normally viewed as safe, it is still highly recommended that you use them combined with a carrier oil such as olive oil to help cut their strength. When essential oils are used at full strength you could be at risk of getting burns, rashes, and other unpleasant side effects. For the best results you should use the essential oils sparingly.

Cautions

You need to be aware that there are several precautionary warnings you should keep in mind when using essential oils.

- Oils such as clary sage, cinnamon, lemon, ginger, jasmine, nutmeg, chamomile, sage, cedarwood, and rosemary should not be used if someone in your home is pregnant or nursing.
- You should always test your sensitivity to an essential oil you are going to use. You can do this by simply combining one drop of the oil with $\frac{1}{2}$ a teaspoon of olive oil and rubbing the solution onto your arm. Leave it on your arm for a few hours. Check regularly for any signs of a rash, itching or redness. If after several hours you have no reaction it is likely that the essential oil is safe for you to use.

- Treat your essential oils like you would any other medication in your home by keeping them in a safe place out of reach of children.
- Make sure to keep essential oil away from your eyes as this could cause damage to them.
- Do not take pure essential oil internally. Keep in mind that these are highly concentrated forms and can be very potent. Do not mix pure essential oils up with those that you may buy at the supermarket to add to foods. The ones that you buy in the supermarket are already well-diluted for safe use.
- Do not overstock your essential oils, most of them will last for five years or so, others will only last for two years. Keep in mind that when you are using them you are only using a few drops at a time.
- You do not want to buy too much of it at one time as you may end up wasting your money. It is best to buy essential oils in small quantities.
- It is always a good idea to do some research before you use any essential oil that you are not familiar with. Do a test on any new essential oil you want to use to make sure that you have no allergies to it. There is over a hundred different essential oils to choose from.

Following these basic guidelines you will be ready to start learning how to use essential oils during those cold winter months to keep you feeling warm and cozy!

Essential Oils and How they Warm the Body

When living in a cold climate it can be hard to focus on anything else, but the cold weather that you must endure day in and day out. Many of us will be focused on ways that we can get ourselves warmed up! It doesn't really matter if you are someone that is trying to fight off temperatures below freezing to battling against chills that may silently creep up on you during those frosty months. We try to stop our bodies from tensing up when resisting the cold.

There are those of us that will approach this by slipping into a kind of hibernation mode and burrowing ourselves deep under our warm thick blankets. However, there are those of us that must rise from under the warm blankets to face our days no matter how cold they are. It is essential that we find ways to keep ourselves warm despite the freezing elements that surround us. We can find essential oils to be most beneficial during such times. Essential oils can help to stimulate our senses, uplifting our moods, and increasing blood flow through our systems; all of which can help in the goal to keeping our bodies warm.

Fighting the Chill

Often a person's sensitivity towards the cold weather is less to do with the actual climate and more to do with their circulation. Many people, especially those that suffer from diabetes will suffer from poor circulation, that will lead to them experiencing having cold feet and hands. These symptoms of poor circulation will often be most prevalent during the cold winter months. This is when the use of essential oils can help. If we use just a few drops of certain oils in a carrier oil, these can help to warm our extremities. You can rub them into your hands and feet and you will feel the warmth that they offer begin to surge through your body.

When using essential oils as a topical treatment can produce effective results, but using them in diffusers can produce longer lasting results. In the next chapter we will take a look into the art of blending essential oils but for now let us look into different ways that you can diffuse your essential oils.

Lamp Ring Diffusers

You can find lamp ring diffusers made of terracotta or brass. These types of diffusers are placed directly onto a light bulb. In the lip of them you place a few drops of essential oil. The heat from the light bulb heats up the essential oil and it gently diffuses it into the air.

Candle Diffusion

There are candle diffusers that are a simple and easy way to diffuse your essential oils in your home. You might choose to buy candles that already are infused with the essential oil of your choice or you can make them yourself. You can use plain unscented beeswax candles. You can let the candle burn for a few minutes. Then blow out the candle and place a single drop of essential oil in the candle's melted wax and then relight the candle. You can also get a special dish that the top of it holds the essential oil while underneath you place a candle. The heat from the candle heats up the dish and diffuses the essential oils into your home environment. You need to use caution when you are using essential oils and candles as the oils are highly flammable.

Atomizing Diffusers

Atomizers have been around for centuries, they are a very popular item as they do not need batteries or electrical power for them to operate. You can purchase all kinds of different kinds of them from ones that will time the output of vapors throughout the day and shut themselves off, along with other additional features. The most basic one is a bottle with a spray component. You add in the essential oil when needed to carrier oil and spritz air when

needed.

Ultrasonic Diffusers

Using ultrasonic diffusers are really great when you want to combine aromatherapy benefits of diffusing with the benefits of a humidifier. This way you can enjoy two health benefits with the one device. These devices are able to break up the essential oils into millions of tiny micro-particles and then they disperse them throughout the air.

Using a Cold Air Fan

A cold air fan is easy to use. The fan blows the cool air over a pad that contains a few drops of essential oil.

Blending Your Essential Oils

We respond to aromas in the air, most of which is not a single oil that our olfactory lobe is responding to but multiple oils or a combination of them. You need learn how to blend your oils so that you can create your winter warming regime that will meet your own specific needs. There are many essential oils in this book that will help with not only help to keep you feeling warm but will also help to treat other health issues that you may be facing. Once you have learned how to mix and match your essential oils you will soon be benefiting from them.

When you are blending essential oils there is several factors that you should keep in mind. When you understand the basic fundamentals of mixing essential oils you will be able to personalize these mixes and get your own special blends. This is only a basic guideline to get you started. If you wish to pursue the practice further there are many books that can help you gain more extensive knowledge about essential oils and their uses.

Fragrance Perception

To start with you need to understand your own personal and unique sense of smell. There are those that are very sensitive to certain smells while others are not. One of the first things that you will need to consider is how your own nose responds to the different smells within your environment. This is important when you are deciding what essential oils that you will choose to use in your own special blends. You will want to choose the oils that you enjoy and appreciate.

It is a good idea to take the time to try them each out and see how you react to them. You do not want to use an oil that you find has a negative effect on your mind, but will leave you with a pleasant feeling.

Aromatherapy Song

You are going to discover that fragrances come in three notes that are quite similar to notes in music. One essential oil can either be a top, middle, or base note in the scent range.

Top Note:

This is the first recognizable impression your nose will pick up on when the aroma hits you. The top note scent is usually powerful, but it doesn't last long.

Middle Note:

This is the second identifiable scent that you will pick up on. This scent will linger a little bit longer than the top note scent. It can last between 1-2 hours. It represents the heart of the aroma.

Base Note:

The final scent is that of the base note that will become apparent much later than the top and middle notes of scent. This is what you might call the glue that holds all of the scents together. You can determine how long your scents will last on the strength of your base note scent.

You can select your essential oils based on these three parameters to help you to obtain the best possible results.

Proper Steps to Blending

A good way to start your blending process is to begin with five possible essential oils for your blend. Here are a few things that you might want to

consider in order to help make your blending process a successful one.

Step 1: To choose the right and most suitable scents for your blend ask yourself these three questions:

1. Do I enjoy the aroma of any herbs and spices or do I like the zest of fruit?
2. Are there any particular types of flowers that I enjoy?
3. Do I prefer the scents of natural greens such as pines and freshly cut grass?

These couple of simple questions are going to help you to narrow down your choices of essential oils that will give you a personal blend that you will enjoy.

Step 2: Do a smell test.

1. Put a single drop of essential oil onto a test strip. Test strips can be purchased online as cheap as 100 for \$5.00.
2. Move the test strip in a slow circular motion as you draw it up towards your nose, about a foot from your nose.
3. Take notice of at what distance you begin to detect the aroma of the test strip.
4. Make a quick inhalation followed by a few quick inhalations.
5. Make a note of the aromas that you detect immediately and those that come later.

Step 3: Describe the kind of effects that the aroma has on you, such as thoughts, emotions, feelings. What kinds of moods do they evoke?

Step 4: Tune in and be aware of the sensations in your body. How does a particular fragrance enter your body? Does this fragrance move quickly up

your nose? Does it feel like it is invading the space between your eyes? Or perhaps you feel it in your chest.

Step 5: Try separate the five scents in your notes. You should have one base note, two middle notes, and two possible top notes. You may find that you can achieve better results using just 2 or 3 essential oils rather than 5 of them.

The Formula

You will use a formula to create your own unique winter blend that is going to suit your own personal and unique makeup. You will need to first consider the strengths of the essential oils you are using. If you have an essential oil with a very powerful scent then you do not want to pair it with one that has a mild scent. The strong scented oil will overpower the more mild scent. You are going to have to increase the ratio of the more mild scented oil to balance it out.

You will need to choose the right ration so that you will balance your oils out correctly. A good rule of thumb is to start with 100 drops. This will make it easier to know what percentage of each essential oil you will use to make your blend. There is no precise combination to get the effects that you want; it is your own personal formula so it is whatever you want it to be. You can always make adjustments if it is not what you wanted it to be.

Take careful notes of each step you take while creating your formula. Keep track of the number of drops you used to make your special blend. Allow your senses to be your guide and get creative with your blends!

There are several different categories of essential oils so it would be beneficial to you that you are aware of the differences of them.

Green Oils

Green oils are those that come from plants, like basil, Oakmoss, violet, and Immortelle.

Citrus Oils

These are essential oils that come from citrus fruits such as orange, lime mandarin, and bergamot.

Herbal Oils

These essential oils include rosemary, basil, black pepper, thyme and clove.

Sultry Oils

These types of oils include Boronia, Tuberose, and Jasmine

Fruity Oils

These oils include chamomile, juniper, and pine

Warm Oils

These oils consist of ginger, cedarwood, anise and marjoram.

Floral Oils

These types of oils come from flowers such as rose, lavender, and ylang ylang.

Minty Oils

These oils include spearmint, peppermint and sage.

Once you have chosen your perfect blend you are ready to put it to the test. Just keep in mind if it does not turn out quite as you had hoped do not be discouraged you can keep trying to you get that perfect blend.

Essential Oils that are Known for Warming:

- Goldenrod
- Ginger
- Grapefruit
- Geranium
- Clary Sage
- Angelica
- Basil
- White Fir
- Dorado Azul
- Eucalyptus
- Cypress
- Bergamot
- Sacred Frankincense
- Fleabane
- Douglas Fir

- Idaho Balsam
- Dill
- Citronella
- Citrus
- Coriander
- Benzoin
- Wintergreen
- Peppermint
- Helichrysum
- Orange
- Myrtle
- Nutmeg
- Juniper
- Lavender
- Rosemary
- Sage
- Mandarin
- Spruce
- Tarragon
- White Lotus
- Spanish Sage
- Mountain Savory

- Ravintsara

Warming Blends Recipes

Having over a hundred different essential oils to choose from you can literally have thousands of blends to choose from. If you are not quite ready to make up your own blend then here are some wonderful recipes for you to try. These diffuser recipes will give you a chance to become more familiar with essential oils and their uses.

1. Calm & Warm

Ingredients:

- 1 drop of orange essential oil
- 1 drop of cinnamon essential oil
- 1 drop of eucalyptus essential oil
- 1 drop of clove essential oil
- 1 drop of rosemary essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

2. Homemade Apple Pie

Ingredients:

- 2 drops of ginger
- 2 drops of cinnamon
- 2 drops of clove

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

3. Spiced Up Orange

Ingredients:

- 1 drop of cinnamon essential oil
- 2 drops of ginger essential oil
- 3 drops of orange essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

4. Crispy Day Blend

Ingredients:

- 1 drop of clove essential oil
- 3 drops of patchouli essential oil
- 3 drops of wild orange essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

5. Cozy in the Fall

Ingredients:

- 1 drop of Frankincense essential oil

- 1 drop of ginger essential oil
- 1 drop of clove essential oil
- 2 drops of wild orange essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

6. Warm Winter Treat

Ingredients:

- 2 drops of Cassia essential oil
- 2 drops of Frankincense essential oil
- 4 drops of wild orange essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

7. Grateful Heart

Ingredients:

- 1 drop of clove essential oil
- 2 drops of coriander essential oil
- 1 drop of cinnamon essential oil
- 1 drop of ginger essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

8. Christmas Season

Ingredients:

- 1 drop of nutmeg essential oil
- 2 drops of orange essential oil
- 2 drops of cypress essential oil
- 4 drops of pine essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

9. Winter Dance

Ingredients:

- 1 drop of nutmeg essential oil
- 3 drops of orange essential oil
- 4 drops of pine essential oil
- 2 drops of cypress essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

10. Winter Peaks

Ingredients:

- 2 drops of peppermint essential oil

- 3 drops of pine essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

11. Minty Wonder

Ingredients:

- 2 drops of ylang ylang essential oil
- 5 drops of peppermint essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

12. Candy Cane Delight

Ingredients:

- 1 drop of cinnamon essential oil
- 3 drops of wintergreen essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions

13. Christmas Season

Ingredients:

- 2 drops of Frankincense essential oil

- 1 drop of grapefruit essential oil
- 4 drops of balsam fir

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

14. Trees of Winter

Ingredients:

- 4 drops of cedarwood essential oil
- 4 drops of pine essential oil
- 3 drops of blue spruce essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

15. Winter Wonders

Ingredients:

- 3 drops of Vetiver essential oil
- 3 drops of geranium essential oil
- 3 drops of cinnamon essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

16. Winter Blues

Ingredients:

- 1 drop of ylang ylang essential oil
- 5 drops of cedarwood essential oil
- 8 drops of orange essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

17. White Winter Forest

Ingredients:

- 2 drops of cinnamon essential oil
- 2 drops of orange essential oil
- 2 drops of white fir essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

18. Winter Tea of Peace

Ingredients:

- 1 drop of cardamom essential oil
- 1 drop of clove essential oil
- 1 drop of nutmeg essential oil
- 4 drops of orange essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

19. Christmas Present

Ingredients:

- 4 drops of myrrh essential oil
- 5 drops of Frankincense essential oil
- 3 drops of wild orange

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

20. A Clear Winter's Night

Ingredients:

- 4 drops of lavender essential oil
- 2 drops of Vetiver essential oil
- 1 drop of cedarwood essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

21. Fresh Wintery Day

Ingredients:

- 2 drops of ylang ylang essential oils

- 2 drops of citrus essential oil
- 1 drop of sandalwood essential oil
- 1 drop of patchouli essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

22. Boost of Fresh Air

Ingredients:

- 2 drops of wintergreen essential oil
- 4 drops of citrus essential oil
- 1 drop of pine essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser instructions.

23. Iced Rain

Ingredients:

- essential oil of clary sage – 3 drops
- 2 drops of bergamot essential oil
- 1 drop of lavender essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

24. Spicy Winter Evening

Ingredients:

- 2 drops of white fir essential oil
- 4 drops of cypress essential oil
- 2 drops of sandalwood essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

25. Winters Walk in the Woods

Ingredients:

- 2 drops of Bergamot essential oil
- 2 drops of cypress essential oil
- 1 drop of pine essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

26. The Fall Warm Up

Ingredients:

- 3 drops of bergamot essential oil
- 2 drops of cedarwood essential oil
- 1 drop of cinnamon essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

27. Winter Holiday Treat

Ingredients:

- 1 drop of juniper essential oil
- 2 drops of cedarwood essential oil
- 5 drops of black spruce essential oil
- 5 drops of balsam fir essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

28. Cheery Winter Feelings

Ingredients:

- 3 drops of pine essential oil
- 5 drops of spruce essential oil
- 4 drops of wild orange

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

29. Winter Wonder

Ingredients:

- 3 drops of pine essential oil
- 5 drops of spruce essential oil
- 5 drops of wild orange essential oil
- 1 drop of nutmeg essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

30. Winter's Warm Up

Ingredients:

- 3 drops of peppermint essential oil
- 2 drops of eucalyptus essential oil
- 2 drops of rosemary essential oil
- 2 drops of lavender essential oil

Directions:

Add ingredients into your diffuser as instructed by diffuser manual.

Conclusion

I hope that you and your loved ones will get much enjoyment and benefits from the use of my collection of winter diffuser recipes. Keep in mind that you can use these recipes as a base to make your own special wintery warm diffuser recipes. Add your own swing onto these recipes and make them your own. Once you become comfortable with blending essential oils you will have a great time in creating your own special blends that will be unique to your own personal taste. You will find these diffuser recipes easy to follow, you will be enjoying the benefits of their wonderful aromas in no time! The winter season is just around the corner this would be a good time to start trying these recipes and picking the ones that you want to use on those cold winters days ahead that will help warm you up and have you filled with good cheer!

I want to thank you once again for downloading my book. I really appreciate your support of my work, I would love to read a review on Amazon of my book by you! Take care and remember to have fun when you begin to create your own special blends of essential oil diffuser recipes!

Chapter 2 – Organic Perfume: 35 Perfect Organic Perfume That Will Last All Day Long

So you want to make your own perfume.

You want to know what 's in it. You want to be able to tell everyone who asks that you made it, and you want to be the only one in the world that has it. You want it to be the perfect scent, and you want it to represent what you are feeling that day.

Of course, you can get out to the stores and try to find this scent. You can order online, you can sample all of these various kinds, but unless you are actually making it yourself, you are always going to be stuck with what someone else wants.

Unless you make it yourself, you are always going to have the same kind of perfume that tons of other people have. Unless you make it yourself, you are going to be stuck with the same old thing that anyone else could get, even if you are completely opposite of what they are.

Unless you make it yourself, there 's no way you are going to know for certain that you are getting the best of the best. Or that you are getting true organics. That 's right, unless you make it yourself, you are risking settling for second best, paying a lot of money for something that isn 't what you want it to be anyway, or risking putting something on your body that you don 't want to put there.

So the best solution is going to be to make it yourself, no matter what kind of perfume you want. But, you have never done this before, and you have to

wonder if you are able.

Isn't it hard? Isn't there a trick to it? Don't you have to follow certain directions to make it turn out? If you have ever thought any of these things, you are not alone. But, making your own perfume isn't nearly so hard as you would think.

It's fast, easy, and you can make it be exactly what you want it to be. No games, no gimmicks, and no getting the same thing everyone else has. When you make your own perfume, you are able to get just what you want, and you are able to bask in the feeling of knowing you are the only one in the world that has it.

So if you are ready to break out of the cycle of what everyone else has, you have come to the right place. Open the door to your own perfect scent, it's just around the corner.

Homemade Perfumes?

When it comes to making your own perfume, you are going to find that it is incredibly easy to do, but there are certain things you have to do to make sure it turns out.

The first thing you need to know is that you have to use alcohol. Perfume made without it is going to wear off quickly. The higher the content, the better, so go with something that is pure. You will also see that you use the same basic recipe for each perfume, and that you change the scent.

This is something that many people don't know, but it really works to your advantage. This way, if you want to create your own recipe, you know what to do with the base, and work up from there.

Have fun with it, and see how many things you can create. Tweak each recipe to suit your own personal wants, and you are never going to duplicate what anyone else has.

Make sure you are using organics, and always keep your perfume in an air tight container. Do this, and you are going to get the perfumes you want, every time ... and you will smell great all day long.



Invisible Success

What you will need:

20 drops vanilla essential oil

15 drops lavender oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Sweets to the Sweet

What you will need:

10 drops hibiscus aromatherapy oil

10 drops blood orange

5 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

A Beautiful Life

What you will need:

15 drops sunflower oil

15 drops lavender

10 drops lilac

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Happiness Comes in Pairs

What you will need:

20 drops jasmine

10 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the

perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Smiles and Sunny Days

What you will need:

15 drops lilac

10 drops rose

10 drops rosewood

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Summer

What you will need:

10 drops rose wood

10 drops orange

5 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Why You Should Use Essential Oils

We all know we want our perfumes to be healthy as well as delicious, and that is what these perfumes are designed to be. When you use essential oils, you are using something that is both entirely natural and easy to come by.

Essential oils are great for your skin, they are excellent for your health, and they are inexpensive to use. When you use them, you are going to be able to get the scent you want for a fraction of the price, and you will gain a number of health benefits while you do it.



Dressed to Kill

What you will need:

15 drops cinnamon essential oil

10 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Gypsy Girl

What you will need:

10 drops cinnamon essential oil

8 drops patchouli

5 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Time Traveler

What you will need:

15 drops white musk aromatherapy oil

10 drops bergamot

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Here Today and Gone Tomorrow

What you will need:

15 drops white musk aromatherapy oil

10 drops cinnamon

5 drops blood orange

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Follow Me

What you will need:

18 drops jasmine

10 drops ylang ylang

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are

happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Charm

What you will need:

18 drops bergamot

10 drops basil

10 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Essential Oils and Storage: Do They Keep?

When it comes to the storage of your perfume, you need to make sure you use a container that is air tight. This is going to ensure that your alcohol scent doesn't evaporate out of your perfume while you have it in storage.



Jars, perfume glasses, spritzers ... these are all great options for storing your perfumes, just remember to shake well before you use!

Peppermint Patty

What you will need:

19 drops peppermint

10 drops chocolate aromatherapy oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Christmas Anytime

What you will need:

18 drops cedar

10 drops pine

5 drops peppermint

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the

perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Holiday Spirit

What you will need:

20 drops cinnamon

15 drops peppermint

10 drops orange

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Thankful

What you will need:

18 drops cinnamon

10 drops blood orange

10 drops chocolate aromatherapy oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Spreading Cheer

What you will need:

18 drops peppermint

18 drops spearmint

5 drops cinnamon

10 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Sleigh Ride

What you will need:

18 drops winter green

18 drops pine

10 drops cedar

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Signature Solutions



The Happy Yuppie

What you will need:

18 drops ylang ylang

15 drops peppermint

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Stars and Rain

What you will need:

18 drops lemon

10 drops lemongrass

5 drops mountain rain aromatherapy oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

The Tinker

What you will need:

10 drops lemon

8 drops pine

4 drops rose

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Island Oasis

What you will need:

19 drops grapefruit

18 drops orange

15 drops lemon oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Mountain Air

What you will need:

19 drops clean linen aromatherapy oil

15 drops pine oil

10 drops winter green

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Aurora

What you will need:

18 drops peppermint oil

10 drops lemon oil

10 drops wheatgrass oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Bolder Scents



Making Memories

What you will need:

19 drops vanilla essential oil

15 drops rosewood

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

The Jinx

What you will need:

18 drops sandalwood

15 drops lilac

10 drops hibiscus aromatherapy oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

The Vixen

What you will need:

10 drops patchouli

10 drops sandalwood

15 drops rose aromatherapy oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Jade and Jasper

What you will need:

18 drops jasmine

18 drops lime

10 drops cedar

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Newcomer

What you will need:

20 drops lemongrass

10 drops blood orange

10 drops grapefruit

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Hippy Heart

What you will need:

20 drops dragon ' s blood aromatherapy oil

18 drops marjoram

10 drops frankincense

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

All the Best of All the Rest

To Be or Not to Be

What you will need:

25 drops frankincense

10 drops rosewood

10 drops sandalwood

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Good Luck

What you will need:

18 drops myrrh

10 drops vanilla essential oil

8 drops blood orange

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

The Upside

What you will need:

19 drops apple aromatherapy oil

18 drops caramel aromatherapy oil

10 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Your Getaway

What you will need:

18 drops pineapple aromatherapy oil

10 drops grapefruit essential oil

5 drops vanilla essential oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

The Instigator

What you will need:

18 drops cardamom

18 drops vanilla essential oil

10 drops white musk aromatherapy oil

¼ cup distilled water

1 tablespoon alcohol (the higher the alcohol content, the better)

1 ¼ tablespoon fractionated coconut oil

2 teaspoons aloe

Directions:

Combine all ingredients besides the essential oils. Shake or stir well to ensure they are completely combined.

Begin adding in the oils now, slowly and checking the overall scent of the perfume as you go along. Follow the recipe exactly or stop when you are happy with the scent.

Store in an air tight perfume bottle, and shake before use.

Conclusion

There you have it, everything you need to know to make your own perfume, and how to throw in your own signature scent. You know you want your own scent ... there is just something so sexy about having a scent that everyone knows you by.

A scent that makes people know that you are the one entering the room, and a scent that everyone can remember you by.

It can be hard, however, to get this just right. You know you want something that suits your personality, you know you want something that is easy to come by, even making it yourself, and you know you want something that is going to tell the world that you are here and you know what you are doing.

The best way to get this is to practice, play with it, and see what you come up with. There ' s no simple solution, though perfumes are incredibly easy to make. You have to put in the time and effort to find the one that works for you, no matter what you have to do with it.

Perhaps you need more of one oil and less of another. Perhaps you need something that is a little bolder while you leave out something else. Perhaps you need more of this, more of that, and none of the third scent. When it comes to your own signature, you are able to do anything you want, and you should.

I hope this book was able to show you that you really can be a perfume designer. You don ' t have to do anything special, you just have to get out there and try it. The more you practice, the better it is going to be, and the more you are going to fall in love with what you are able to do.

You are going to get anything you want with the perfumes you make yourself. Make them strong, make them subtle, and make them exactly as you want them to be. There ' s no end to the combinations, there ' s no end to the fun you can have, and there ' s no way you can get it wrong.

So get out there and have fun with it. See what you can come up with, and play around with the final results. You will never know until you try, and the sooner you get started, the better off you are going to be. So if you are ready to get out there and make your own scent, you have come to the right place.

Get your oils, get your dishes, and get started on creating the one thing no one is ever going to forget.

Your very own perfume.

Part IV – Healthy Cooking

Chapter 1 – Japanese Pickles Cookbook: 12 Salty, Sweet And Savory Crunchy Tsukemono Recipes!

I would first like to thank and congratulate you on downloading “*Japanese Pickles Cookbook: 25 Salty, Sweet, Savory and Crunchy Tsukemono Recipes!*” Learning how to prepare this wonderful collection of Tsukemono recipes will not only make your tastebuds dance with the fullness of flavor, but you are also going to benefit from the experience by improving your good health. I hope that you will enjoy trying and learning how to prepare these Tsukemono recipes so that you can enjoy them for many years to come. I myself love to try new recipes and foods, especially those that taste great and are healthy for me. With these two factors it is a win win situation.

There is a 1300-year old history behind the making of Tsukemono, it has stayed in the Japanese cuisine history because people enjoyed them. Most of us do not always think of the health benefits of the food choices we choose, more often than not our choices often lean towards the flavor or tastes of a food. If we like the taste of a food we will want to continue to keep it as part of our diet. The long history of Tsukemono speaks for itself, quite simply if it was not a food that pleased the tastebuds, it would not have lasted and had the popularity that it does within Japanese cuisine.

There is nothing better when dining on foods that you enjoy the taste of, but there is much added pleasure in knowing that they are healthy for you too! Eating Tsukemono foods will not be filled with guilt, that is often accompanied with food choices that we know are not good for our health. Now allow my book to introduce you into the world of Tsukemono by learning what it is exactly and how to prepare some wonderful great tasting, healthy Tsukemono dishes for yourself and loved ones!

What Is Tsukemono?

Basically Tsukemono basically means “things that you preserve.” In Japan there are four seasons each of these have their own climatic conditions or characteristics. In ancient times the Japanese would harvest vegetables during the Spring and Summer, however during the Winter season no vegetables could be harvested. With this being said there was a great need to find a way to preserve the vegetables that were harvested during the Spring and Summer seasons. In order to do this Japanese ancestors used salt to preserve their foods. This was the beginning of salt-preserved vegetables for the Japanese.

The Japanese not only found success in preserving their vegetables in this manner, they also soon discovered that this process of preservation of their vegetables caused them to contain more umami (flavor) than before. The lactic acid bacteria used the sugars in the vegetables to create umami. The Japanese people soon realized that not only was the salt-preserving process useful in keeping their food sources edible longer, but it also made them tastier! With this being said Tsukemono became popular in no time.

Japan the Nation of Tsukemono

The global definition of Tsukemono are meat, vegetables, or fish that have been preserved in soy sauce, rice bran, miso, vinegar, salt, or spices. The most familiar of them are the Japanese vegetable Tsukemono. Looking back into Japanese history Tsukemono goes back an impressive 1300 years to the Nara period, during a period in time when gourds and eggplants were preserved in salt; about 1000 years ago during the Heian period is when soy sauce and miso were introduced into the production of Tsukemono.

There are other parts of the world besides Japan that Tsukemono are consumed. Places such as China it is referred to as Zha CAI, in Korea it is

called Kimchi, and in Germany it is Sauerkraut, in the western world it called pickles. Japanese Tsukemono is without a doubt in the top of its league. With this being said you might consider Japan to be the “Tsukemono Kingdom” of the world.

Tsukemono and Fermentation

When it comes to Tsukemono and fermentation the two are closely related. When vegetables are preserved using Tsukemono, the lactic acid bacteria enter into the vegetables and they proceed to break down sugars to create umami and with this the unique Tsukemono scent. The Japanese word “tsukeru” has a double meaning; preserve and ferment with time.

Traditional Fermented Tsukemono is Endangered

In order to create traditional Japanese Tsukemono you must use fermentation in the process. However, in the modern world today there are many modern Tsukemono products being sold in the supermarkets. These modern Tsukemono versions are “flavored without fermenting.” I would suggest that you make your own traditional Tsukemono. Once you get the knack of it you can preserve various vegetables without a lot of effort.

The Level of Preservation Capabilities of Fermented Tsukemono

When it comes to preservation Tsukemono has eye-opening capabilities. Let us take the pH for example; acetic acid and lactic acid are produced by lactic acid bacteria in the process of fermentation are very acidic. The levels of their acidity can even reach pH2 (the lower, the more acidic). Even the O157 (E. Coli), that is known for its abilities to survive in acidic conditions will not stand a chance in these conditions.

When the lactic acid bacteria create an environment that lowers the pH through the fermentation process this is an environment where harmful bacteria cannot survive. This is the main secret to Tsukemono, preservability, not only is the salt removing fluids but the fermentation

process will remove any harmful bacteria.

Tsukemono is a Tasty and Healthy Food Choice

There has been recent attention given to fermented Tsukemono, that many had viewed as endangered cuisine, but not it is been given new attention as a form of health food. The main reason it is being viewed a health food is largely due to the lactic acid bacteria that is found in it. The main attraction of this show is the plant lactobacillus, this is a kind of lactic acid bacteria that is only found in Tsukemono, miso and soy sauce. You will find animal lactobacilli in foods such as yogurt and cheese because animal milk is what the lactic acid bacterium thrive in. However, those that thrive in vegetables are called “plant lactobacilli,” which have been scientifically proven to have excellent effects on the health.

The plant lactobacilli are able to thrive in harsh conditions with the Tsukemono and miso where the salt content along with acidity are high and prove lethal to many other bacteria. This results in this bacteria be very strong and able to create a positive result in the human intestinal health. Many people view the plant lactobacilli as better than the animal lactobacilli, this is causing Tsukemono and miso to gain much attention in recent years as a healthy food source.

Low-Calorie High-Fibre

Many people find that vegetables that have been preserved in seasoning, Tsukemono not only taste better than plain cooked vegetables, but they also contain more vitamin C, as there is very little heat used in the production process, resulting in less of the vitamin C in the vegetables being broken down. During earlier periods in history making fresh vegetables available all year round throughout the year was a challenge, especially before logistical and green houses were developed and improved upon. Vegetable Tsukemono were a very valuable source of vitamins during the winter months.

The Tsukemono process also reduced the mass of vegetables by decreasing the water content in the vegetables, make it much easier for one to consume more vegetables in one sitting. Tsukemono are high in fibre and are prepared without oils making them a low calorie dish, perfect for people of today.

For people that are concerned about their salt intake you can wash the Tsukemono under water or soak it to reduce the salt content in it.

Tsukemono is Full of Nutrients

The process of fermentation is what gives Tsukemono their unique flavor by the lactic acid bacteria and yeast that is found within the vegetables, during their aging period in rice bran or seasoning. In addition to plant lactobacilli rice bran has an especially high vitamin B content. Consuming Tsukemono that are made with rice bran is an easy and tasty way to consume nutrients such as vitamins B and C, that are both known for their skin improving qualities.

Consuming Tsukemono will also allow you to ingest fibres contained within vegetables along with lactobacilli. The fibres will further activate the lactobacilli within your intestines, that will help to contribute towards you having healthy innards. Tsukemono are very healthy foods that offer lots of nutrients that your body naturally craves.

Types of Tsukemono

Tsukemono (Miso-zuke)

This type of Tsukemono is unique as the miso tends to overpower the flavor of the vegetable. This method can work with any vegetable. You can purchase miso at Japanese supermarkets. It has been used as a way to preserve vegetables for the last 1000 years in Japan. The longer that you age Miso-zuke, the richer the flavor of vegetables will be.

Salt-preserved Tsukemono (Shio-zuke)

The simplest and oldest form of Tsukemono is using salt. Tsukemono such as Hakusai-zuke, Asa-zuke, and Nozawana-zuke are very popular due to their very appetizing qualities and their ability to retain the original flavor, color, and texture of the vegetable used.

Traditionally Tsukemono was mainly used for preserving foods, but in the modern world it is coming back due to the health benefits attached to it.

Soy Marinated Tsukemono (Shoyu-zuke)

Shio-zuke uses salt to break down cell membranes and permeate flavor; it also does the same thing when using soy sauce. There is many different combinations of flavor and scent that can be achieved by combining different ingredients or changing the length of time spent on the ageing of the Tsukemono. The longer the Shoyu-zuke is aged the more rich the flavor will be, and the fermentation process will progress further.

Tsukemono made in Sake lees (Kasu-zuke)

Kasu-zuke is made from sake lees. Sake lees are made from the malted rice, grains of rice and yeast, and sake nutrients that did not completely dissolve into the unrefined sake. This ingredient is packed with nutrients of proteins and minerals. It is used to make Tsukemono such as Nara-zuke and fermented seafood. Using sake lees as a seasoning can alter the flavor of the main dish. You can purchase sake lees (Kasu) at Japanese supermarkets. The flavor becomes richer the longer that you age Kasu-zuke, and the more the fermentation process will progress. If you are someone that would prefer to avoid alcohol then I would not recommend this, but I must say that the alcohol content in this is so low children consume this kind of Tsukemono in Japan.

Tsukemono made in Rice Bran (Nuka-zuke)

Tsukemono, Nuka-zuke is made by adding in desired ingredient into the

“Nuka-doko” this is a tub of lactic fermented rice bran. Of all the Tsukemono methods this is the most labor intensive. First you must create the Nuka-doko. Taking the correct amount of rice bran needed, roast it first if you so desire, add in salt water (15% concentration) that has already been boiled and cooled. The proper amount of water is the amount where the Nuka-doko is slightly harder than miso. Next place the rice bran into a pot or Tupperware container along with a red pepper and Kombu (kelp), flatten the surface and you have your Nuka-doko. Spend the next week placing and removing vegetable waste everyday in order to introduce lactobacilli into your Nuka-doko. At this point the Nuka-doko has not been aged so it is not going to have a strong Tsukemono flavor. When you continue to add and remove vegetables every day, the fermentation of the Nuka-doko will begin to progress leading to a richer flavor.

You can expect to spend about 2 months of the summer and 4 months of the winter to reach the optimal Nuka-doko conditions. Some people choose to add in fruit peels with this process to add flavor. Nuka-zuke is created by placing vegetables washed and squeezed with salt into this Nuka-doko. The amount of time will vary on how long you will need to leave the vegetables depending upon the season and size of vegetables you are using. However, when you make Nuka-zuke out of a whole cucumber it will take approximately half a day. If you find that the flavor is too light for your taste, add in some soy sauce when you eat it; if you find that it has been left too long, cut it into small pieces and squeeze it under water, and eat with fried rice or rice with tea. The most common way Nuka-zuke is consumed is it is washed and sliced, but there are cases where you may eat them without washing them with the Nuka-miso (contents of Nuka-doko) still attached to it.

Tsukemono Recipe Collection

1. Tsukemono made in Rice Bran (Nuka-zuke)



Photo made by: [takaokun](#)

A popular Japanese Tsukemono Nuka-zuke, this is where the ingredient is placed in a Nuka-doko made of rice bran that has been fermented with lactic acid bacteria. However, you could find it difficult to find good quality rice bran outside of Japan. You will find that the recipe comes in handy at this point. Keep in mind that lactic acid bacteria that grows in plants and milk are different, yogurt will not mature even when it is placed in Nuka-doko; but plain yogurt will be able to recreate the flavor of the classic Japanese

Tsukemono.

Nuka-zuke with Plain Yogurt

Preparation Time: 15 minutes

Ageing: 1 to 2 days

Ingredients:

- 400g of vegetable of your choice, such as cucumber for example
- 2/3 teaspoon of salt
- 4 teaspoons of combined miso
- 1/4 lbs. Plain yogurt

Directions:

Wash the vegetable of your choice in water. If you are using easy to pickle vegetable such as a cucumber you can leave it as it is. With other hard-to-pickle vegetables such as Daikon you will need to cut up into 5mm-wide pieces. In a Tupperware container or in a Ziploc bag mix your miso and salt. Submerge your vegetable of choice into the Nuka-doko. Place it in the fridge for 1-2 days and enjoy! You can first wash off the Nuka-doko and then enjoy the wonderful flavor that has matured due to the special ingredient of lactobacilli.

2. Tsukemono made in Sake Lees (Kasu-zuke)

Cucumber Kasu-zuke

Cucumber Tsukemono is a traditional dish that can be preserved from half a year to a year. Cucumber is a favorite or preferred ingredient as it takes little time to pickle it. The time it will take will largely depend on how hard the vegetable is. Keep in mind that this recipe can be used for any vegetable so feel free to do some experimenting.

Ingredients:

- 0.15 lbs. Salt

- 0.2 lbs. Sugar
- 2.2 lbs. Sake Lees
- 2.2 lbs. Cucumber

Directions:

Wash the cucumber and wipe away moisture using a paper towel. Place the cucumber into a Ziploc bag along with salt and close. Place a weight onto the bag that is twice the weight of the cucumber and leave it at room temperature for 1 day. Throw away the water that will have appeared the next day. Wipe the cucumber once again with a paper towel, and allow to dry in the shade for half a day. Mix your sake lees with the sugar, make sure to mix well. This is the “Kasu-doko.” Place the Kasu-doko and cucumber either into a Ziploc bag or a Tupperware container that can be sealed and leave in the fridge. The Tsukemono will be edible in about 1 months time.

3. Fish/Meat Kasu-zuke

Not only can you make your vegetables into Tsukemono, but you can also pickle your raw meat and fish in sake lees. This method was originally designed to preserve food, it has now become a gourmet dish. People are fond of this special dish as a snack, especially when accompanied with a glass of beer!

Ingredients:

- 1.26 cup of boiling water
- 0.66 lbs. Sake Lees
- 1 lb of meat or fish
- 1 tablespoon of salt
- 3 tablespoons of Mirin (Sweet Sake)

Directions:

Break the sake lees up and place them into a food processor. Add in the boiling water and mix for about one minute. Once the hard sake lees become loose, add in the mirin, sugar and salt and mix once again. Weigh your ingredients that will become the pickle such as meat or fish. Sprinkle 1% of its weight with salt, and leave it for 30 minutes. If you notice that moisture begins to seep out of the food once you have applied salt wipe it away with paper towel. On the bottom of a Tupperware container lay half of the paste you made in food processor. Place a clean gauze on top of the paste, then place your main ingredient on top (fish, meat). Cover it with another gauze piece. You want to try and prevent the ingredients from overlapping. Put the remaining paste evenly on top of gauze. Cover or close lid to prevent drying. Place the container in your fridge for 2 days. The taste of the dish will change over time. Once it has reached a flavor that you like you can remove the Tsukemono and freeze it. When you are cooking the Tsukemono you will not need to remove the sake lees they will give it a nice flavor. Make sure if you are cooking to cook slowly as sake lees burn very easily.

4. Miso Marinated Daikon

This is a very simple Miso-zuke, it is only seasoned with soy sauce and miso.

Ingredients:

- 1 tablespoon of Soy Sauce
- 2 tablespoons of Miso
- 0.5 lbs. Daikon (Japanese Radish)

Directions:

Mix the ingredients well in a small bowl. Peel the daikon and vertically cut into two pieces, then cut each of those pieces into two pieces, slicing them so they are all about 5mm wide. Place the daikon into a Ziploc bag along with seasoning and lightly rub the bag. Allow to mature in your fridge for at least 1 day and then your Tsukemono will be ready. You can get rid of any fluids or you may choose to dilute them and use them in making a miso soup.

5. Miso Marinated Tsukemono (Miso-zuke)

Chinese Yam Miso-zuke

A vegetable that is very popular as a Shoyu-zuke ingredient is the Chinese yam. They also make a wonderful combination with miso. The Chinese yam Miso-zuke also goes very well with Japanese sake, try it you might very well like it! You can purchase Chinese yams at Japanese supermarkets.



Ingredients:

- 1 tablespoon of soy sauce with soup stock
- 2 teaspoons of sugar
- 2 teaspoons of Miso
- 5-inch Chinese yam

Directions:

First peel your Chinese yam, then make sure to wash your hands as the slimy substance on the surface irritates skin. Cut the yam in half vertically, then slice it into 10mm to 15mm wide pieces. Wash the cut yam pieces and use a paper towel to absorb water. Place the yam pieces into a Ziploc bag and add in the seasonings. Close bag and lightly rub the outside of bag. Leave in the

fridge for half a day and you will have your Chinese yam Miso-zuke! It will have a richer flavor if you leave it for a full day.

6. Soy Marinated Cucumber

The cucumber is a very widely used vegetable in Japanese cuisine. Even if you are not someone that is fond of raw cucumber, pickling it in a soy-based sauce will make it very tasty along side some rice. The most important thing to remember with this recipe is to boil it twice for 2 minutes each instead of boiling it for 4 minutes. You will be able to enjoy the Tsukemono as soon as they are ready. If you prefer a stronger flavor then you can keep maturing them for another couple of days.

Ingredients:

- 1 1/2 lbs. Of cucumbers
- 3/4 teaspoon of spicy chili pepper (make fine slices)
- 3/4 of tablespoon of Ginger plant, cut into fine strips
- 1 tablespoon of sugar
- 1 tablespoon of vinegar
- 1/5 cup of Mirin (Sweet Sake)
- 2/5 cup of Soy sauce (stock and soy sauce mixture preferred)



Photo made by: [Laurel F](#)

Directions:

Boil your cucumbers in a pot of water for 2 minutes. Remove the cucumbers. Once you bring the water to a boil again add in the cucumbers for 2 minutes. Remove the cucumbers from the water and allow them to cool. While your cucumbers are cooling you can prepare the sauce. Boil your sauce then allow it to cool. Once your cucumbers are nice and cool slice them into 2-3mm-thick slices. Use paper towel to remove the excess water from your cucumber slices. Once you have removed the excess water put the cucumber slices into sauce. You can choose to eat them right away or store them in the fridge for later!

7. Soy Marinated Tsukemono (Shoyu-zuke)

Spicy Soy Marinated Daikon

This type of Tsukemono has an addictive crisp texture. It will mature in one night. It is consumed with a hot sauce—be careful not to burn your tongue! You can adapt this recipe to various root vegetables. You can make the sauce very easily using equal ingredient proportions.

Ingredients:

- 6-inch piece of Daikon (Japanese radish)

Sauce ingredients:

- 1 or more spicy chili peppers, remove the seeds and cut into fine slices
- 1/5 cup of Mirin (Sweet Sake)
- 1/5 cup of vinegar
- 1/5 cup of soy sauce

Directions:

Peel your daikon and then slice it into 3mm-thick quarter circles. Place them into a heatproof Tupperware container with a lid. Boil your sauce ingredients on a fire. Once the sauce has reached the boiling point remove from fire. Pour the sauce into the Tupperware container. Don't cool the sauce before pouring it. Give some room between the sauce and the daikon this will help to flavor better. Once your sauce has cooled place the lid onto the container and allow the daikon to soak for a night in the fridge. You will have Tsukemono ready and waiting the next morning for you to enjoy!

8. Cucumber Shio-zuke

Vegetables taste fine when you use a simple Shio-zuke, but by adding Kombu (kelp) makes their flavor even tastier. The amino acids and glutamic acids in the kelp help to increase the umami.

Ingredients:

- 2 4-inch pieces of Kombu (kelp)
- 1 cup of water
- 2 teaspoons of salt
- 3 cucumbers

Directions:

Wipe the surface of your kelp with a wet cloth. Thin cucumbers can be used just the way they are; make four sticks out of thick cucumbers. Place all of the ingredients into a plastic bag that you can seal and place in the fridge for the night.

9. Nozawana-zuke

One of Japan's most representative Shio-zuke is Nozawana-zuke. However, the vegetable used, Nozawana, is not easy to find outside of Japan. The flavor and texture of the Nozawana is very similar to the turnip green. If you locate large turnip greens, you have a good chance in recreating the Japanese Nozawana-zuke.

Ingredients:

- two bundles of green turnip
- 1 teaspoon of MSG
- 1 tablespoon of sugar

- 1 tablespoon of soy sauce
- 1 2-inch piece of Kombu (kelp)
- 1 or more spicy chili peppers, remove seeds, cut into fine slices
- 1 tablespoon of salt

Directions:

Wash your turnip greens with water, and then place them into a sieve to allow the water to drain. They should dry within 2 to 3 hours. Once the turnip greens are dry, it is time to prepare them with salt. Line the turnip leaves up and sprinkle them with salt. Place the leaves into a Ziploc bag, place a weight—such as a bottle onto the bag and store in a cool spot. After a day the water should begin seeping out of the leaves making them softer. Leave enough water to soak the leaves and remove the rest of it. Add kelp, soy sauce, spicy peppers, MSG, and sugar to the leaves and allow them to soak for another day in the fridge. Then you are ready to enjoy this wonderful flavor! If you find that the flavor is too strong you can briefly wash leaves with some water. Nozawana-zuke is known to go well with oils and is often fried or chopped and mixed with fried rice for a yummy dish!

10. Honey Pickled Umeboshi

This recipe will cause the umeboshi to end up with about 10% salt concentration, this making it a more mild and healthy recipe. The one problem you may have with a lower salt content is the risk of mold. However, you can prevent mold with this recipe by using honey. It is also a good idea to make sure to sterilize all of your cooking utensils with boiling water or shochu (or another strong alcohol).

Ingredients:

- 4 tablespoons of strong liquor such as Vodka
- 6.6 lbs. Fully ripened plums
- 1 lb. Of salt or 15% of weight of the plums

- 2/5 lbs. Rock sugar (6% of weight of plums)

Directions:

Purchase some nice fresh plums. Keep the plums in a cardboard box until they turn yellow. Once the plums are yellow, wash them with water and remove the stems with bamboo skewers. Try not to damage the plums as this will increase their chances of going bad. In a clean bucket or ceramic pot use the liquor such as vodka to wipe and sterilize the pot. Mix the salt with the honey. Place the plums into the pot and sprinkle salt and honey on each plum as you do so. If you have leftover salt then just place it on top of the plums. You can use a clean plate with a weight on top of it to place over the plums. Place the bucket in a place that is well-ventilated and dark for about a week. You will see the fluid appear, which is referred to as “plum vinegar”.

Now it is time to remove the plate and weight. Add in half of the rock sugar; do not stir, just quietly place the sugar on top of the pile of plums. Three days later add in the rest of the sugar. After another 3 days has passed remove your plums from the plum vinegar. You may choose to use the plum vinegar to cook with or just throw it away. On a very nice sunny day spread the plums on a basket and dry them for 48 hours. While you are drying them for 48 hours turn them over once in each day time. If you find that the plums are too dry just soak them in the plum vinegar during the night and they will gain back their softness. Now your preparation is complete. Place your plums in a container that can be sealed. Leave the plums to age for about 3 months, and at the end of it you will have some very tasty umeboshi to enjoy! You can store the umeboshi at room temperature, but if possible keep it refrigerated.

11. Simple Recipe for Umeboshi

It may be difficult in some places in the world to obtain fully ripened plums, if you do find them here is a simple recipe to make Umeboshi out of them. With this recipe you will not have to use any special containers instead we will use Ziploc bags. When you make Umeboshi without additives it has a

disinfectant effect, is perfect to put in box lunches and is also safe to feed children.

Ingredients:

- 0.39 lbs. Salt
- 4 tablespoons of strong liquor such as vodka
- 2.2 lbs. Plums, fully ripened



Photo made by: [SEKIUCHI](#)

Directions:

Place your ripened plums into a bucket and wash them in water. Take care not to damage plums while washing them. The plums do not need to be soaked in water as they are already ripe. Remove any stems attached to plums. Wipe your plums with paper towel and place them into a Ziploc bag. If there is any plums that look like they may rot do not place them into the bag. Add in the shochu and salt, remove all the air from bag and seal it. Mix so salt can stick to the plums. The fluid known as “plum vinegar” will seep

out in about 3 days. Place your Ziploc bag into another Ziploc bag.

You do not have to use weights when using fully ripened plums; just keep bag in a dark cool place. Shake the bag every day until all of the salt has dissolved. Once all the salt is dissolved leave it for one and a half months, do not shake bag. During this part of the process fermentation may cause gases to form within the bag. Leg the gas out of the bag whenever you can. When the time is right look for 3 consecutive sunny days to sundry the plums. The Umeboshi are ready when the white salt crystals begin to form on their surface. Place them in a jar for storage that can be sealed.

12. Hakusai-zuke (Chinese Cabbage Tsukemono)

A great way to boost your appetite is to try the classic Japanese Tsukemono made from Chinese cabbage and lemon peels. In Japan yuzu peels are used, but as a substitute lemon peels work well. Adjust the amount of salt and ageing time so that you can achieve the flavor that you like.

Ingredients:

- lemon peel of one lemon
- 1 2-inch piece of Kombu (kelp) cut into thin strips, use scissors
- 2 tablespoons of salt
- 1 or more spicy chili peppers, with seeds removed, finely sliced
- 1 small Chinese cabbage

Directions:

Remove dirty leaves on the outer part of the Chinese cabbage, turn it upside down and chop it into 4 quarters or 6 pieces if it is a large cabbage. Use a knife to cut notches, then using hands tear the parts apart, preventing the leaves from separating. Wash the cabbage with water, then place into sieve to drain the water. It should be left for about 2-3 hours to drain. Once the leaves are dry, start preparing for the preservation using salt. Rub salt onto

each leaf with a rolling motion. Place the cabbage into a bowl. Place a clean upside down plate over the bowl. Place a weight onto the plate and wait for the water to seep out of the cabbage, keep the lid on tight to avoid dust entering the bowl. Place the bowl in a cool location.

During this process turn the cabbage upside down once as it will make the process more effective. After a day or two has passed your Chinese cabbage should be softer, and the preparation is complete. Remove any excess water, leaving only enough for the cabbage to remain submerged. Taste the water, add enough salt to it so it will taste a little salty. If you found it to be too salty wash the cabbage with water, then dry it in a sieve in the shade. For preservation process place your seasoning of choice such as spicy chili peppers, lemon peels, and kelp into the water with the cabbage. Leave for about half a day and you are done. If you want to have a sour flavor then continue the process for another 3 days to achieve enough fermentation to give it the sour flavor you desire. If you leave it for too many days it could end up with a flavor that might be too sour.

Conclusion

I hope that you will benefit from the information I have provided in this book based around Tsukemono as well as a collection of easy to follow recipes that can get you well on your way to preparing your own Tsukemono dishes of your choice. Many people today are getting back trying more traditional ways of preparing foods, especially people who are becoming more health conscious and are looking for healthier food choices. Learning this process will be a great tool for you to make use of when preparing your foods. Knowing this ancient Japanese way of preserving foods can certainly come in very useful for those that are looking to get back to a simpler way of living. Many people are leaving the big city life and are becoming “homesteaders” where they are growing their own food supplies. Using the process of Tsukemono will certainly come in very handy in this lifestyle as well as for those that live in the modern world looking to try something different when it comes to the preparation methods of their cuisine. Learning how to prepare Tsukemono will be a beneficial learning experience for people from many walks of life!

I wish to thank you once again for downloading my book and thus supporting my work. I would love to read your comments on a review of my book on Amazon. Your opinion is important to me. I hope that my introduction to you into the world of Tsukemono will have you jumping in and trying it out first hand!

Chapter 2 – Healthy Low Carb Heart Warming Meals

I would just like to thank and congratulate you on downloading “*Low Carb Heart Warming Meals: 25 Low Carb Recipes to Lose Weight and Warm Your Soul!*” Just by downloading this book you are showing a keen interest in finding recipes that will help you to reach your weight loss goal. You will be glad to know that all of the recipes in this book are geared to help in the weight loss battle that many of us face each and every day. We must keep in mind that it is a battle that can be one it is not hopeless if you have the right recipes to help back you up in your quest for weight loss you will succeed.

Many of us already know that it is a good idea when trying to lose weight to add some form of physical exercise into your daily routine to help make the progress of weight loss a much faster and overall healthier one. I do not have to go through pointing this out as I am sure many of you are like myself—well aware that a healthy diet accompanied with a form of physical exercise will result in much faster and healthier results overall. When you are losing weight you can help to tone your skin back up as you progress by working out. This will help to avoid having sagging skin after losing weight. Here today I am focusing on the recipe end of things so I will not be discussing further the physical aspect of a healthy routine. Today I am offering you a collection of low carb recipes that you can use while you are trying to get yourself back in shape. I wish you great success in your goals!

A Low Carb Diet & What it Consists Of

With a low carb diet the foods that are mostly included in it are meat, eggs, fish, poultry, some non-starchy veggies. Foods that are often excluded or are limited are foods such as breads, pastas, legumes, nuts, seeds, fruits and most starchy veggies. You can find some low carb diet plans that do allow for some intake of grains, fruits and veggies on a minimal level. You should be limited to about 60-130 grams per day. At this level of carbohydrate intake it will produce around 240-520 calories. Some low carb diets will limit their intake of carbohydrates to 60 grams a day, usually during the initial stage of the diet plan and will then continually increase the number of permitted carbs.

With the continuous occurrence of type 2 diabetes and more people suffering from obesity this implies that new dietary methods are needed in order to conquer this terrible epidemic that has befallen us. Many researchers agree that some level of carbohydrate restriction is the ideal choice for a new dietary approach.

The Western diets of today are too high in carbohydrate consumption unlike the diet that many Aboriginal Canadians in North America followed that consisted mainly of meat, fish, berries and plants before European migration occurred. In the late 1800s many aboriginal populations began to change their lifestyle and diets which developed several health issues for them. Health officials believed that the health problems that they were developing were largely based on the introduction to sugar and flour in their diets.

Studies have revealed that there is definitely a connection between the surge in obesity and diabetes epidemic due to the surge in the number of calories present in the body that was largely due to the increase in carbohydrates.

Scientists and physicians have been studying and reviewing the health hazards that are connected to the excess consumption of carbohydrates. Studies have established that there is great advantage to limiting the intake of carbohydrates. Some of the benefits include reduced risk of diabetes, weight loss and heart disease indicators. Most people that go on to a low carb diet are going to lose weight. This is a diet plan that has been discovered to be the most successful on losing weight while not starving yourself at the same time. Enjoy this collection of low carb recipes that will leave you feeling satisfied while you lose weight at the same time and also lessen your risk of developing other serious health conditions such as heart disease and diabetes.

Recipes for Breakfast

1. Low Carb Veggie Noodles

Ingredients:



- one summer squash
- one small sweet potato
- one zucchini
- half a red onion, sliced thinly
- half of red, yellow and orange bell peppers, sliced thinly
- half a teaspoon of garlic, minced
- four tablespoons of butter
- salt and pepper to taste
- one carrot

Directions:

Heat the oven to 400° Fahrenheit. Grease baking sheet using the butter. Use a spiral slicer for the sweet potato, zucchini, and carrot. You will be left with colorful ribbons of veggies. Mix them in a bowl sprinkling them with salt and pepper and minced garlic. Bake them for 20 minutes then fold for another 10 minutes.

Nutritional Ingredients Per Serving:

Total Calories: 48

Protein: 1.5g

Carbs: 8g

Fat: 1g

2. Creamy Baked Eggs & Herbs

Ingredients:

- one tablespoon of salt-free butter
- sixteen whole eggs
- salt and pepper to taste
- eight tablespoons of low fat cream
- one tablespoon of parsley, fresh, chopped
- one tablespoon of dill, fresh, chopped
- Toast, add to side of dish when serving

Directions:

Preheat your oven to 425° Fahrenheit. Coat eight ramekins with cream. Break two eggs into each ramekin and sprinkle with salt and pepper. Add dill and parsley on top, then bake for twelve minutes.

Nutritional Information Per Serving:

Total calories: 271

Protein: 13g

Fat: 24g

Cholesterol: 471mg

Sodium: 392mg

Carbohydrates: 1g

Sugar: 1g

Fiber: 0g

Iron: 2mg

Calcium: 74mg

3. Low Carb Pan Cakes

Ingredients:



- two cups of cottage cheese, low-fat
- two cups of oats
- four teaspoons of baking powder

- two cups of egg whites
- 3 teaspoons of sweetener
- one teaspoon of vanilla

Directions:

In a blender blend the two cups of oats to make a fine powder. Add in the two cups of cottage cheese, egg whites, baking soda, and sweetener along with the vanilla as well. Blend well. In a non-stick baking pan over medium-heat pour the pancake mix into it. Should make around 20 pancakes.

Nutritional Information Per Serving:

Calories: 131

Total Fat: 2.0g

Saturated Fat: 0.7g

Potassium: 384mg

Total Carbohydrates: 14.1g

Dietary Fiber: 1.7g

Sugars: 0.7g

Protein: 13.7

4. Greek Frittata

Ingredients:

- 3 tablespoons of olive oil
- 10 whole eggs
- 2 teaspoons of salt

- ½ teaspoon of pepper, ground, fresh
- 5 ounces of baby spinach
- 8 ounces of feta, crushed
- 4 scallions, sliced
- 1-pint of grape tomatoes, sliced

Directions:

Preheat the oven to 350° Fahrenheit add oil into casserole dish. Keep in oven for five minutes. Meantime whisk eggs, pepper and salt. Add in the scallions and tomatoes along with spinach. Add in the feta and mix. Remove the casserole from oven and Add mix to casserole dish and bake for 30 minutes to get a nice puffy look with golden eggs.

Nutritional Information Per Serving:

Calories: 341

Total Fat: 27.g

Cholesterol: 368mg

Sodium: 1588mg

Potassium: 511mg

Total Carbohydrates: 7.4g

Sugars: 4.8g

Protein: 19.2g

5. Herbal Eggs



Ingredients:

- 1 ½ tablespoons of butter, salt-free
- 8 eggs
- 2 tablespoons of milk
- ½ a teaspoon of salt
- ½ a teaspoon of pepper
- ½ cup of herbs, parsley, tarragon
- ½ cup of scallions, chopped

Directions:

Allow a non-stick pan to heat over medium-heat and add in butter. In large bowl whisk eggs, salt, pepper, milk. Pour into pan and cook for five minutes then flip over and add the herbs and scallions.

Nutritional Information per Serving:

Total Calories: 18.3

Fat: 13.6 grams

Saturated Fat: 5.38g

Cholesterol: 432.64mg

Sodium: 370.31mg

Protein: 13mg

Carbohydrates: 1.5g

6. Skillet Souffle

Ingredients:

- 6 eggs
- ¼ cup of chives, chopped, fresh
- 5 ounces of green salad
- 1 tablespoon of butter, no-salt
- one teaspoon of salt
- ¼ teaspoon of black pepper
- 4 ounces of cheese
- ½ pint of grape tomatoes, sliced
- 2 tablespoons of olive oil

Directions:

Heat oven to 400° Fahrenheit. Whisk eggs, salt pepper and chives. Use electric mixer and beat the egg whites on medium speed. Take large non-stick pan add butter into it, melting it over medium heat. Coat all sides of pan add in mix of eggs and bake for 10 minutes. Cut eggs into bars then

garnish with tomatoes and green salad. Sprinkle with olive oil and serve with lemon.

Nutritional Information Per Serving:

Calories: 72

Fat: 23g

Sodium: 688mg

Protein: 16g

Carbohydrates: 4g

Sugar: 3g

Fiber: 1g

7. Steak & Eggs with Tomatoes

Ingredients:



- 1 teaspoon of olive oil
- 4 medium tomatoes, sliced into halves
- 4 eggs
- 1 tablespoon of oregano
- salt and pepper to taste

- 1 pound of steak

Directions:

In a large pan over medium-heat add a dollop of oil. Sprinkle the salt and pepper on the steaks. Let them cook for 5 minutes turning over to cook other side after a time. Add slices of tomato into pan and cook for a few minutes. Add another teaspoon of olive oil into skillet. Break the eggs into skillet and cover to cook for two minutes. Sprinkle tomatoes and eggs with fresh chopped oregano. Add salt and pepper.

Nutritional Information Per Serving:

Total Calories: 305

Fat: 17g

Cholesterol: 251mg

Sodium: 427mg

Protein: 32g

Carbohydrates: 7g

Sugar: 4g

Fiber: 2g

Iron: 3mg

Calcium: 65mg

8. Eggs with Tomatoes

Ingredients:

- 4 eggs
- 1 tablespoon of oregano, fresh, chopped

- 4 tomatoes, sliced into halves
- salt and pepper to taste
- 1 teaspoon of olive oil

Directions:

Heat a large non-stick pan over medium heat with one drop of oil in it. Whisk eggs in a bowl along with oregano, salt and pepper. Pour mix into pan and cook for three minutes and flip over to brown the other side as well. Serve with slices of tomato.

Nutritional Information Per Serving:

Calories: 197

Total Fat: 11.g

Saturated Fat: 3.2g

Cholesterol: 327mg

Sodium: 136mg

Potassium: 739mg

Total Carbohydrates: 11.7g

Dietary Fiber: 3.9g

Sugars: 7.3g

Protein: 13.5g

Lunch Recipes

9. Tuna without Mayo



Ingredients:

- 5 ounces of tuna
- 1 teaspoon of mustard
- 1 tablespoon of olive oil
- ½ a celery stalk, minced
- 1 boiled egg, chopped finely
- salt and pepper to taste
- 4 romaine lettuce leaves, large
- 1 teaspoon of parsley, diced

Directions:

In a bowl mix tuna, eggs, salt, olive oil, and black pepper along with mustard also. Place the tuna mix across a bed of romaine leaf and sprinkle top with parsley. This is a quick lunch that you can prepare for yourself in the

morning.

Nutritional Information Per Serving:

Calories: 352

Fat: 20.2g

Carbohydrates: 3.6g

Fiber: 1.7g

Sugar: 0.2g

Protein: 39.4g

Sodium: 739mg

Cholesterol: 244mg

10. Pesto Zucchini Noodles

Ingredients:

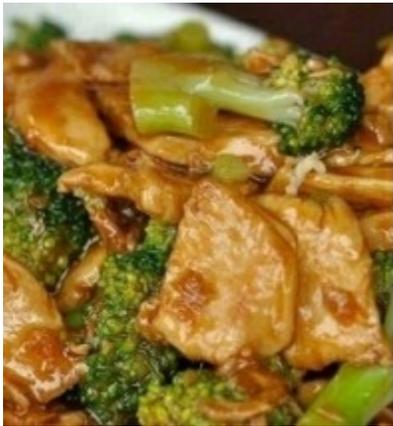
- 4 zucchini, sliced
- salt and pepper to taste
- 6 pieces of bacon, uncooked
- 3 teaspoons of basil pesto
- 4 tablespoons of fresh cheese for garnish
- ½ cup of onion, sliced
- 2 cups of broccoli florets

Directions:

Cut zucchini and put into a bowl and season with salt. Mix and set aside for 15 minutes. Remove salt by rinsing zucchini under cold water. Use paper

towel to remove any excess water. Cook the bacon in a frying pan until it is crispy. Remove bacon from pan and keep on paper towel. Add green onion and broccoli in the pan while it is on medium-heat and allow them to cook for five minutes. Add in the zucchini and pesto stirring well. Serve with a garnish of grated cheese.

11. Fried Chicken Breast



Ingredients:

- 1 chicken breast, skinless, boneless
- 1 tablespoon of butter
- ½ a teaspoon of garlic powder
- ½ a teaspoon of curry powder
- sea salt and black pepper to taste

Directions:

Cut the chicken breast into small pieces and add it to the butter in pan over medium-heat and stir fry the chicken. Add in pepper, salt and curry and brown all sides of the chicken bits. Serve this along with a green salad of your choice.

Nutritional Information Per Serving:

Calories: 384

Total Fat: 17.7g

Saturated Fat: 7.3g

Cholesterol: 178mg

Sodium: 280mg

Potassium: 440mg

Total Carbohydrates: 0.0g

Protein: 55.4g

12. Spaghetti Squash Crust with Kale & Mushroom Filling

Ingredients:

Crust ingredients:

- ½ teaspoon of parsley
- ½ teaspoon of onion
- 1 spaghetti squash, crushed
- ¼ of a teaspoon of salt

Filling:

- 1 onion, chopped
- 3 cups of mushrooms, chopped
- 5 garlic cloves, crushed
- 2 eggs
- 2 cups of kale
- 1 cup of cheese
- one cup of cottage cheese
- 2 teaspoons of garlic powder

- ¾ teaspoon of black pepper, ground
- 1 ½ teaspoons of thyme, dried
- 1 teaspoon of basil, fresh, chopped

Directions:

Heat oven to 400° Fahrenheit, cut squash in half. Place it on parchment paper on a baking sheet for 30 minutes. In a frying pan grease it and add in mushrooms to saute them until they are golden brown. Remove mushrooms when done and put into a bowl. In the same frying pan add in garlic, onion, kale, salt, black pepper and basil. Saute these items and then place them in bowl along with mushrooms. Seed the squash using a fork to make crust. Transfer to deep pie dish. Whisk egg into mushroom mix in bowl. Add into the crust and bake for 50 minutes on 400° Fahrenheit.

Nutritional Information Per Serving:

Calories: 170.1

Fat: 6.4g

Cholesterol: 61.5mg

Sodium: 498.4mg

Total Carbohydrates: 14.5g

Dietary Fiber: 3.3g

Protein: 14.0g

13. Buffalo Chicken Wraps with Lettuce

Ingredients:



- 2 chicken breasts, cooked, shredded
- ½ tablespoon olive oil
- 2 tablespoons butter
- ½ cup of wing sauce
- ½ teaspoon salad leaves, chopped finely
- 1 lettuce
- ½ cup celery, sliced
- 2 tablespoons Parmesan cheese, grated
- ¼ teaspoon of black pepper
- ¼ cup of salad dressing

Directions:

Cook chicken in large skillet in ½ cup of water. Shred chicken and drain all the water. Keep pan on medium heat, add in butter and stir. Add in pepper, chopped salad leaves and dressing. Allow to simmer then remove from heat. Pour mix onto leaves of lettuce and serve warm.

Nutritional Information Per Serving:

Calories: 251

Total Fat: 24.9g

Saturated Fat: 9.2g

Sodium: 311mg

Potassium: 76mg

Total Carbohydrates: 8.0g

Sugars: 2.2g

14. Low Carb Greek Chicken, Lemon & Egg Soup

Ingredients:

- 4 cups chicken, cooked, shredded
- 10 cups chicken broth, low-sodium
- 1/3 cup lemon juice, fresh
- 2 cups squash, cooked, shredded
- ¼ cup parsley, fresh, chopped
- 4 tablespoons cheese, low-fat, grated
- 3 eggs

Directions:

Add chicken broth and shredded chicken to pan and allow them to simmer. When they come to a boiling point remove them from heat. In a bowl beat eggs and lemon juice together and get frothy mixture. Slowly mix two cups of hot stock into egg mix and blend. Pour into stock pan with chicken and broth. Add in shredded squash and reheat it. Sprinkle with spices. Add

chopped parsley and grated cheese on top of each serving bowl.

Nutritional Information Per Serving:

Calories: 289

Fat: 15g

Net Carbs: 4g

Protein: 33g

Sugars: 2.8g

Total Carbohydrates: 4.1g

15. Chicken Shawarma with Basil Lemon

Ingredients:

- 1 pound chicken breast, 3-inch strips



- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon coriander, powder
- ½ teaspoon curry, ground
- ½ teaspoon cumin, powder

- 3 garlic cloves, finely chopped
- $\frac{3}{4}$ teaspoon sea salt

Salad:

- 6 cups spring greens
- 1 cup cherry tomatoes, sliced
- 1 cup basil leaves, fresh, chopped
- 1 avocado, chopped

Basil-Lemon Vinaigrette

- 2 handfuls basil leaves
- 1 clove garlic, chopped
- $\frac{1}{2}$ teaspoon of sea salt
- 2 tablespoons lemon sap
- 5 tablespoons olive oil

Directions:

In a bowl beat olive oil, lemon juice, salt, cumin, garlic, cumin powder, coriander mix well. In zip lock bag add in chicken strips to marinate for 20 minutes. When ready to cook add small amount of olive oil in pan over medium-heat and cook chicken strips until they are brown in color. Make sure juices are clear cook for about 8 minutes. Add in your lemon, salt, basil, and garlic into food processor. Add oil in to help blend the mixture. Add your chicken strips on top of your green salad and pour salad dressing on top.

Nutrition Information Per Serving:

Calories: 392

Fat: 28g

Carbohydrates: 9g

Protein: 27g

16. Low Carb Cauliflower Salad

Ingredients:

- 1 cauliflower, head
- 1 pound shrimp, raw
- 2 tablespoons lemon zest, shredded
- ¼ cup olive oil
- ¼ cup lemon juice
- 3 tablespoons dill, sliced
- 2 cucumbers
- 1 tablespoon olive oil
- salt and pepper to taste

Directions:

Clean the shrimps, removing tail, put raw shrimps on cookie sheet. Sprinkle with 1 tablespoon olive oil and salt and pepper. Heat oven to 350° Fahrenheit and cook shrimps for 10 minutes. Cut florets of cauliflower and chopping them into small pieces. Bake cauliflower in microwave for 5 minutes. You can do it in batches, this will make it soft. Allow shrimp and cauliflower to cool. Chop cucumber into slices. Combine cucumber with shrimp in a bowl. Put some lemon zest on it and mix. Add in sliced dill. Season with spices. Add in cauliflower florets, mix and serve.

Nutritional Information Per Serving:

Total Calories: 214

Fat: 13g

Carbohydrates: 5g

Protein: 17g

Dinner Recipes

17. Vegetable Beef Soup with Peppercorn

Ingredients:



- 2 pounds beef, stewing beef
- 32 ounces beef chowder
- 1 bay leaf
- 5 peppercorns
- 1 teaspoon thyme, fresh, chopped
- $\frac{1}{4}$ teaspoon marjoram herb
- 1 yellow onion, diced
- 15 ounces tomatoes, sliced
- 1 carrot, large, chopped into disks
- $\frac{1}{2}$ pound green beans, chopped
- 1 celery, stick

Directions:

Cut your stew meat into pieces. Take large pot and heat olive oil to cook beef. Brown beef on all sides add in 32 ounces of beef chowder or broth. Add in spices, marjoram, peppercorns, and cover pot and allow to simmer until beef is tender. This process could take about 3 hours. Cut all veggies into small pieces and add into beef broth. Cooking for an additional 60 minutes. Cover with lid while cooking.

Nutritional Information Per Serving:

Calories: 238

Cholesterol: 101mg

Sodium: 85mg

Potassium: 688mg

Total Carbohydrates: 6.2g

Dietary Fiber: 2.1

Sugars: 2.8g

Protein: 35.6g

18. Burger with Mushrooms***Ingredients:***

- 4 Portobello mushroom, caps
- 3 ½ tablespoons vinegar
- 2 tomatoes, sliced
- 2 tablespoons olive oil
- ½ cup of sage leaves, fresh, chopped

- 2 halloumi, slices
- sea salt and black pepper to taste

Directions:

Heat grill to 450° Fahrenheit. Wash caps of mushrooms. In a bowl mix olive oil and vinegar. Mix in the mushrooms. Place mushrooms on the grill for no longer than five minutes. Flip it two or three times. Top with basil leaves, tomato and cheese. Serve hot with added sauce.

Nutritional Information Per Serving:

Calories: 86

Total Fat: 7.6g

Sodium: 4mg

Potassium: 198mg

Total Carbohydrates: 4.9g

Dietary Fiber: 2.4g

Sugars: 1.7g

Protein: 1.0g

19. Cheddar, Bacon, Cauliflower Broth

Ingredients:

- 4 cups cauliflower, chopped



- 2 tablespoons flour, gluten-free
- 2 cups chicken broth, low-sodium
- 2 cups milk
- 1 celery stalk, chopped
- 2 teaspoons of garlic, minced
- ½ onion, chopped
- 8 bacon, slices, chopped
- 2 ½ cups cheddar cheese, shredded
- hot sauce as needed
- salt and black pepper as needed

Directions:

In a bowl mix chicken and flour, then keep aside. Cook bacon in large pot on medium heat. Place bacon on paper towel after cooking. Add celery, onion, and cauliflower to pot adding in water allow it to cook for five minutes. Add

in milk and chicken broth along with pepper and salt as needed. Add in chicken to broth and continue to cook for another 10 minutes. Add to serving bowls adding on top grated cheese, hot sauce, bacon bits and salt and pepper at to your taste.

Nutritional Information Per Serving:

Calories: 237g

Total Fat: 21.3g

Sodium: 895mg

Potassium: 401mg

Total Carbohydrates: 9.0g

Sugars: 4.5g

20. Italian Fish Soup

Ingredients:

- 8 ounces sea bass, fresh fillets
- ½ teaspoon garlic, minced
- 2 celery, stalks, sliced
- 1/3 cup sliced onion
- 2 teaspoons olive oil
- 1 tablespoon parsley, fresh
- 1/8 teaspoon pepper, fresh ground
- ¼ teaspoon, salt
- 1 teaspoon oregano, dried, chopped
- ¼ cup tomatoes, diced

- 1 cup chicken broth, low-sodium
- 6 ounces shrimp, deveined

Directions:

Defrost your fish and wash your shrimp. Let them dry on a paper towel. Cut into pieces. Cut shrimp into lengthwise halves. Cook garlic, onion, and celery in pan in hot oil then add in broth. Let mix boil for five minutes. Add in tomatoes, oregano, and spices. Let reach boil again. Cover pot for 5 minutes. On low heat stir in the fish and shrimp. Garnish serving bowl with parsley.

Nutritional Information Per Serving:

Calories: 178

Total Fat: 7.0g

Cholesterol: 179mg

Potassium: 357mg



Sugar: 2.2g

Total Carbohydrates: 5.7g

21. Chicken Vegetable Soup

Ingredients:

- 1 cup chicken, chopped, cooked
- ½ onion, large, chopped
- 2 celery, stalks, chopped into small pieces
- 1 carrot, large, chopped into small pieces
- 1 tablespoon olive oil
- 1/3 cup salsa
- ¼ cup parsley
- additional veggies of your choice

Directions:

In a soup pot add in veggies of your choice, onion, garlic and stir fry for a minute or so. Add in broth into pot. Let the stalk boil. Cook on medium heat to allow the veggies to cook properly. You may need to add additional water. Add in green veggies near end so they do not get overcooked.

Nutritional Information Per Serving:

Calories: 204

Total Fat: 9.3g

Cholesterol: 54mg

Sodium: 330mg

Potassium: 439mg

Total Carbohydrates: 8.8g

Sugars: 4.1g

Protein: 21.7g

22. Carrot & Coriander Soup

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, sliced
- 2 cups carrots, peeled and chopped
- 1 teaspoon coriander, ground
- 1 tablespoon of coriander, fresh, chopped
- 1 potato, sliced
- 5 cups vegetable stock

Directions:

In a large pan add onion and let them fry for 5 minutes. Add in coriander and potato to cook for 1 minute. Add broth and carrots to them. Reduce heat and cover pot for 20 minutes until carrots are soft. You can blend it in blender once cooled to make nice and soft. Reheat when serving.

Nutritional Information Per Serving:

Calories: 115

Protein: 3g

Carbs: 19g

Fat: 4g

Fiber: 5g

Sugar: 12g

Salt: 0.46g

23. Spinach Soup

Ingredients:



- 25 grams of butter, low-fat
- 2 celery sticks, chopped
- 1 bunch spring onions, chopped
- 2 leeks, chopped
- 1 potato, peeled, diced
- 4 cups of chicken stock, low-sodium
- 2 bags spinach
- 1 cup of half-and-half cream

Directions:

In a large saucepan melt butter, add in onions, potatoes, leek and celery. Mix well and put lid on the pot to allow them to cook for 10 minutes, add in stock. Cook for an additional 10 minutes then add in spinach. Allow to cool then blend the soup in blender and reheat when serving it.

Nutritional Information Per Serving:

Calories: 192

Protein: 6.5g

Carbs: 13.1g

Fat: 12.6g

Fiber: 5.4g

Sugar: 4.4g

Salt: 2g

24. Veggie Rainbow Soup

Ingredients:

- 1 onion, chopped
- 1 red bell pepper, cut into strips
- 1 cup carrot, chopped
- 1 teaspoon sweet paprika
- 3 teaspoons turmeric powder
- ½ teaspoon cinnamon
- 1 bay leaf
- 1 cup tomatoes, chopped
- 1 chard leaf, green, cut into strips
- 10 ounces green beans
- 5 cups chicken broth, low-sodium
- 1 tablespoon olive oil
- 1 cup chicken breast, shredded, cooked

Directions:

In large pot add oil, celery, onion, and cook for 10 minutes. Add in garlic. Reduce the heat to simmer adding in peppers, and carrots. Cook for another few minutes adding in spices. Add in tomatoes, and cook for another 15 minutes then add in chard and beans and boil for an additional 5 minutes. Add in chicken at this point as well.

Nutritional Information Per Serving:

Calories: 212

Total Fat: 7.1g

Cholesterol: 32mg

Sodium: 1051mg

Potassium: 900mg

Total Carbohydrates: 17.1g

Dietary Fiber: 5.7g

Sugars: 7.0g

Protein: 21.1g

25. Low Carb Pizza

Ingredients:



- 6 ounces provolone cheese, shredded
- 4 eggs
- 4 tablespoons of tomato paste
- 1 teaspoon oregano
- 2 ounces pepperoni
- olives
- 4 ounces of cheese, additional

Directions:

Heat oven to 400° Fahrenheit. Whisk the eggs and blend in with cheese. Spread onto baking sheet with parchment paper. Place into the oven for 15 minutes remove and allow to cool. Heat up oven again to 450° Add your tomato paste onto crust, add oregano, topping with additional cheese, pepperoni and olives. Place into oven for five minutes. You may also choose to add mushrooms, blue cheese and salami as toppings.

Nutritional Information Per Serving:

Calories: 412

Total Fat: 31.6g

Cholesterol: 238mg

Potassium: 354mg

Total Carbohydrates: 5.0g

Sugars: 2.7g

Protein: 27.4g

Conclusion

I hope that you will enjoy these easy to follow recipes that will not only be quick and easy to prepare but they will help you to reach your goal in weight loss. If you are determined to lose the excess weight I am sure this collection of recipes will help you to get there. It is never easy to go after things that we truly desire in life and we may the road difficult to travel when trying to reach our goals. Just remember on this road you will have plenty of recipes to keep you going and even a few sweet ones to help ease that sweet tooth during your journey to achieving your weight loss goal. I wish you great success in reaching your goal and hope that my recipe collection is part of that journey!

I would like to thank you once again for downloading my book, I would love it if you had a moment and left a short review about it at Amazon—I will look forward to reading it! Best of luck with your journey towards health and wellness!

Chapter 3 – Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth

Sugar is the sweetness in life and essence of it. But traditional sweets make it too easy for our bodies to use up this sugar and store excess as fat (oh no!)

Whether it is due to a health condition, or because you are motivated to get in shape or a fitness journey; that you are looking outside the available (often unhealthy) food choices, it all seems a very barren, very sugar-free (read sugar-less) world out there.

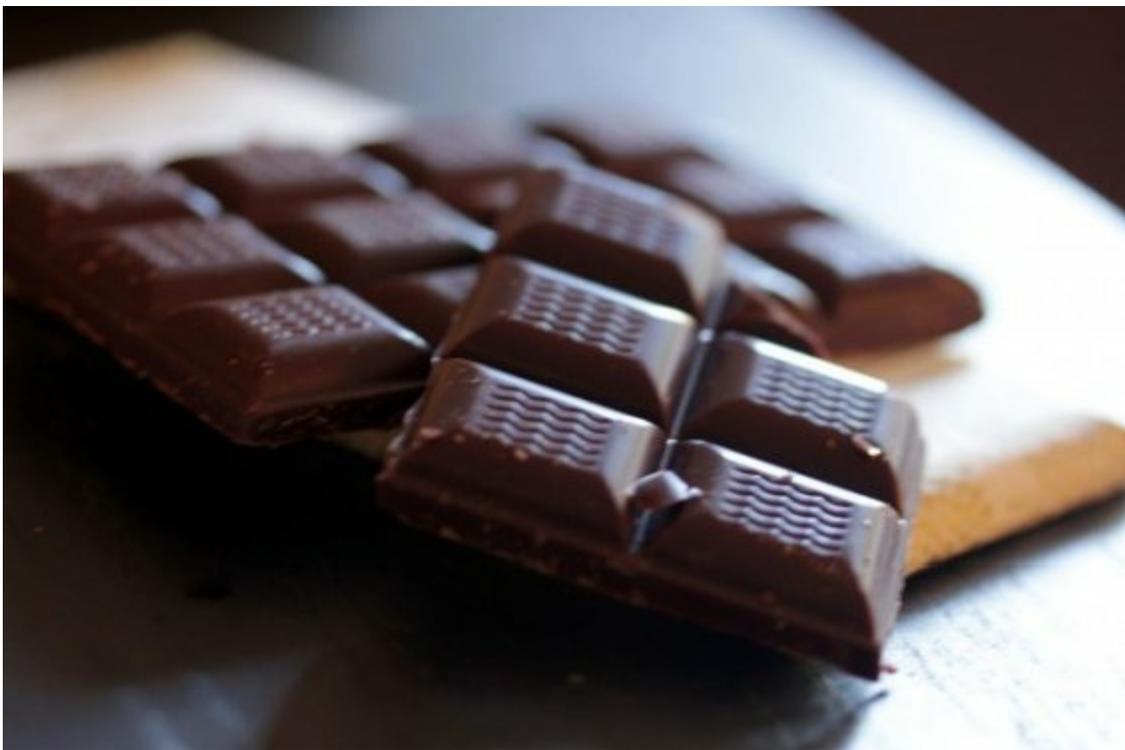
But it doesn't have to be. Healthier choices are not that hard to acquire or even make in our kitchens, and ingredients are also quite easy to obtain, only if we know where to start.

This book will offer respite, reassurance, and instructions to keep your sweet tooth (or sweet teeth in our case) satisfied by providing 22 easy-to-reproduce healthy candy bar recipes, with plenty of no-bake options too!

So, without further ado . . .

Chocolate Candy Bars

Chocolate has a special place in our hearts, and we associate it with rich dark sweetness, fuzziness, and love. Even the sight of chocolate is beautiful. We have compiled a collection of scrumptious chocolate candy bar recipes while keeping it low carb.



Sugar-Free Dark Chocolate

It is a dark chocolate bar that looks luscious; tastes fantastic and can be made at home quite inexpensively.

You shall need

- 2 ounces unsweetened baking chocolate
- 1/4 teaspoon sugar-free vanilla extract

- Vanilla extract 1 teaspoon
- Unsweetened cocoa powder 2 tablespoons
- Stevia to taste

Steps

- Combine the ground coconut with coconut cream, half of the vanilla extract and stevia to taste and mix until homogenous.
- Take a cookie sheet lined with parchment paper and place the mixture on it. Then fold the sheet into a flat rectangle that is about 1 inch in width
- Allow to cool in the freezer until it is firm.
- Remove from the freezer and cut into bars of the desired size.

Now that coconut bars are ready, let's move to chocolate coating:

- Melt cocoa butter in a saucepan and add half of stevia and vanilla extract
- Keep stirring on low heat till everything is smooth and well combined.
- Allow the mixture to cool so it wouldn't melt the coconut bars and dip the bars in the chocolate mixture.
- Put the bars onto cookie sheet till they are firm enough to be stored in the refrigerator.

Additional Notes

} Stevia should be added slowly till you build up to the exquisite taste. Adding too much too fast will render your chocolate too sweet to eat.

} Coconut oil can be used instead of cocoa butter, but it might melt more quickly once removed from the refrigerator.

} Makes five bars.

} Carbs per serving 4.8 g

Mocha Protein Bars



If you love coffee and chocolate, this will work wonders for you!

You shall need:

- Vanilla protein powder 3 scoops (90g)
- Rolled Oats $\frac{1}{2}$ cup (50g)
- Cocoa powder (unsweetened) $\frac{1}{2}$ cup (40g)
- Cold coffee 1 cup (240mL)
- Truvia 2 tbsp (28g)

Steps :

- Take an 8x8 pan and line it with wax paper. Set aside for later use.
- In a mixing bowl, combine the protein powder, cocoa powder, oats, and sweetener and cold coffee. Mix until homogeneous.
- Pour the mixture into the lined pan and flatten with a spatula.
- Place in freezer till it is firm enough and cut into bars.

Additional Notes:

- } For an extra tinge of coffee, you can use double strength coffee.
- } Served best out of the refrigerator.
- } Makes 6 bars
- } Carbs per serving : 10.5 g / 4%

Fudgy Protein Bars

Made from whey protein, Medjool dates, and roasted cashews, these bars are packed with protein:

You shall need:

- Roasted cashew (unsalted) 1 cup or 250 g
- 100% Whey Protein Isolate 1 cup (250g)
- Pitted Medjool dates 1/2 cup (90g)
- Neutral butter 1 tbsp
- Vanilla extract 1tbsp
- Coconut butter 1/4 cup (55g)
- Coconut oil 1/4 cup (55g)
- Clarified butter 1/4 cup (55g)
- Powdered stevia 1/4 cup (40g)
- Dark chocolate (unsweetened) 90% 2 tbsp
- Water 1/2 cup (125ml) + 2 -3 tbsp

Steps :

- First of all, take a 9x9 tray and line it with parchment paper.

Allow some paper to overhang for easy removal later. Set this tray aside.

- Take Medjool dates, cashews, neutral butter and vanilla extract in a high-quality food processor and pulse till finely blended.
- Take coconut butter, coconut oil and clarified butter in a chocolate melter (or a regular pan over low heat) and melt.
- To the first mixture, add mildly warm water and blend some more. Add whey protein isolate and pulse again till homogenous.
- Now take the melted butter-oil mixture, which has cooled to room temperature, and blend it with rest of ingredients.
- At this point add some (2-3 tbsp) water, one tablespoon at a time to mix it thoroughly.
- The mixture should be thick and sticky.
- Now add your dark chocolate to the mix and blend.
- Pour this fudge into the prepared tray and pat down with a spatula.
- Refrigerate overnight and slice into bars.
- Store the bars in a sealed container in the freezer.

Additional Notes:

- } You can replace dark chocolate with raw cacao paste.
- } If Medjool dates are not available, substitute with other dates.
- } Makes 12 bars

Pistachio Protein Bar

Pistachios and white chocolate make this protein rich bar an exotic and unique treat.

You shall need:

Protein base

- Vanilla protein powder 8 tbsp

- Peanuts (ground) 8 tbsp
- Coconut flour 1 tbs
- Almond milk 40 ml

Pistachio layer

- Vanilla protein powder 2 tbsp
- Pistachios (ground)3-4 tbsp
- Few drops of water

Topping

- 40 g Unsweetened white chocolate

Steps



For the base

- Line an 8x8 tray with wax paper.
- Take a medium bowl and combine coconut flour, protein powder and ground peanuts. Add the almond milk slowly so that the base doesn't become runny.
- Pour the mixture into the tray and place in the refrigerator.

For the middle layer

- Combine ground pistachios with protein powder and add few drops of water to make a fudge like paste.
- Layer it over the base once the base is firm enough.
- Cut the slices.

Coating

- Take a pot of boiling water and place white chocolate in a container over it, without the container touching the water. (Or use a chocolate melter).
- Pour this melted chocolate over the bars or even dip them for a more thorough coating.

Additional Notes:

- } Makes six servings
- } Carbs per serving: 6 g

Fruity Candy Bars

Fruits are a refreshing addition to the dessert family and bring health, nutrition and special flavor to these fruit-based candy bars.

Blueberry Protein Bars



This nutrition-packed wholesome and organic protein bar brings out the perfect combo of taste and health.

You will need:

- Dried Blueberries 1/3 cup
- Sunflower seeds 1/5 cup
- Pepitas 1/4

- Almonds (whole) ½ cup
- Pistachios (unsalted) 1/3 cup
- Walnuts ¼ cup
- Almond Butter ¾ cup
- Honey 1/4 cup
- Applesauce 1/5 cup
- Flaxseed (ground) ¼ cup
- Rolled oats 1 cup (Oats must be pure with no additives)

Steps:

- Take a large bowl and combine all ingredients except honey, butter, and applesauce and mix well. Then add honey and apple sauce and butter at the very last. Mix the batter till everything is combined.
- Line an 8x8 baking pan with wax paper and put the prepared mixture in it. Press it well with a spatula.
- Place the pan in the freezer for about 45 mins or till it is firm.
- Remove the pan from freezer and cut into pieces of the desired size.

Additional Notes

⌋ The mixture must be pressed firmly together; you can use your hands for more control.

⌋ Rolled natural oats are the best for these bars, acquire gluten free if you are allergic.

⌋ The bars might crumble if the temperature is high so must be stored in the freezer.

⌋ Depending on availability or choice, you can substitute items by using different nuts or maple syrup instead of honey; feel free to experiment and personalize.

} Carbs per serving: 15.2 g per 52 g serving

Avocado and Cashew Chocolate Truffles

You shall need:

- Avocado 1 ripe, medium-sized
- Chopped cashews ¼ cup
- Coconut oil 1 Tbsp
- Cocoa powder ¼ cup
- Granulated sugar substitute 1/2 Tbsp
- Chocolate flavored syrup 1Tbsp
- Heavy whipping cream 1 Tbsp

Steps

} Skin the avocado and pit it. Then crush all the ingredients except the cashews in a blender or food processor. Leave in the freezer till mixture is firm enough.

} Use your hands to make balls and roll in the cashews. Freeze until they are firm and then store in a sealed container in the refrigerator.

} Additional Information

} Like any other recipe, you can totally switch things up. You can substitute cashews for hazelnuts, pecans, walnuts or anything else you would rather prefer.

} Makes six servings

} Carbs per truffle: 4.5 g

Strawberry Carb Free Bombs



For all the strawberry fans out there, this high fat, low carb bar is the perfect answer to that guilt-loaded strawberry icecream.

You shall need

- Butter 4 tablespoons
- Coconut oil 4 tablespoons
- Heavy cream 2 ounces
- Strawberry chopped in pieces (about three regular sized strawberries)
- Sugar 1/4 cup equivalent
- Stevia or sweetener of choice

Steps

- Take chopped strawberries and heavy cream in a blender and blend nicely.

- Melt butter over low heat and add sweetener and coconut oil.
- Now mix all the ingredients in a blender and pour into molds of your choice.

Additional Notes

- } Use an immersion blender for best results.
- } Makes 12 servings
- } Carbs per serving: Trace

Lime Lemon Coconut Treats

Even the name of this treat rolls over the tongue with mixed feelings of tanginess and temptation. They have wonderful fragrance and taste to match.

You shall need

- Coconut butter 1cup
- Coconut oil 1/2 cup
- Shredded coconut 1/2 cup
- Lemon, large, zested and juiced 1
- Organic limes zested and juiced 2
- Vanilla extract 1 teaspoon
- Lemon extract 1 teaspoon
- Lime extract 1/4 teaspoon
- Pinch of sea salt
- Honey 1-2 teaspoon or a pinch of stevia (optional)

Steps

- Melt coconut butter and coconut oil and combine sweetener of your choice in the mix.
- While stirring add all the ingredients except lime and lemon juice and mix well until the mixture is of uniform consistency.
- After removing from heat, add the lime and lemon juice. Do not

stop at this point and keep whisking.

- Pour the mixture into ice cube tray or molds of your choice.
- Chill in the freezer till the treats are firm and then refrigerate in airtight container.

Additional Notes

- | When you add the lemon and lime juice, the mixture might begin to curdle, but whisking will prevent clumping.
- | You can replace lemon by any other citrus fruit of choice.

Coconut Avocado Mint Bars

Avocados are making a huge and well deserved comeback to our diet. This recipe brings out the best in avocado with an addition of mint and coconut.

You shall need:

For Mint Layer

- Avocados 2 (Hass)
- Xylitol 1/2 cup
- Coconut oil 3/4 cup
- Stevia 3 scoops of pinch (approx 3/16 tsp)
- Coconut (shredded, unsweetened) 4 cups
- Peppermint essential oil 9 drops
- Salt 1/4 tsp
- Vanilla 3/4 tsp

For Chocolate Layer

- Coconut oil 1/2 cup
- Xylitol 1/4 cup
- Cocoa powder 1/2 cup
- Vanilla extract 1/2 tsp

- Salt 1/8 tsp

Steps

Mint Layer

- Blend all ingredients of the mint layer in a high-quality food processor or blender till it is combined well.
- Put the mixture in a 9x9 inch baking dish lined with foil. Pat with a spatula and smooth it out.
- Chill the mixture in the freezer to make it firm.

Chocolate Layer

- Melt coconut oil in low heat. (depends on room temperature)
- When it is melt, add all the ingredients and stir well.
- Pour it over the frozen mint layer and place it back in freezer till both layers are set. (Should take about one hour)
- Take the hardened treat out of the baking dish and cut into bars of the desired size.
- Store in freezer in a sealed container.

Pumpkin Cranberry Protein Bars

You shall need:

- Vanilla whey protein powder 3 scoops
- Rolled oats 1 1/2 cups
- Dried cranberries 1 cup
- Almonds (diced) 1/4 cup
- Cinnamon 1 tablespoon
- Ginger paste 1 teaspoon
- Cloves paste 1/4 teaspoon
- Xylitol 2 tablespoons (adjust to taste)

- Sea Salt 1/4 teaspoon
- Pumpkin puree 1 cup
- Egg whites 2
- Molasses 2 tablespoons
- Maple syrup 1 tablespoon

Steps:

- Take an 8x8 baking pan and brush it with coconut oil. Put this pan aside.
- Preheat your oven to 400 degrees Fahrenheit.
- Take a bowl and combine whey protein powder, rolled oats, cinnamon, cranberries, almonds, ground ginger and cloves. Add sea salt and xylitol to this mix.
- In another bowl take liquid ingredients such as egg whites, molasses, maple syrup and pumpkin puree. Whisk this mixture till homogeneous.
- Combine both mixtures and mix them.
- Pour the mixture into the prepared baking pan and bake for 20 minutes in the heated oven.
- Remove from the oven and let it cool down.
- Cut into bars once the mixture is firm.

Additional Notes

- } Makes 8 bars
- } Carbs per serving : 21.4 g / 7%

Miscellaneous Candy Bars

This chapter includes some candy bars inspired by our favorite treats such as Twix, Granola bars, etc. and give them a homely, low carb makeover, which retains the taste while cutting down on sugar significantly. Also, this chapter has a few surprises in store for you!

Milk Chocolate Bars/ Twix Bars

Made of crunchy almond crust filled with caramel and topped with chocolate:
Now you can have your homemade version of Twix!



You shall need:

For Crust

- Almond flour 1/3 cups

- Xanthan gum 1/8 tsp
- Salt 1/8 tsp
- Sweetener 1/8 cup
- Pieces of chilled butter 1/8 cup

Caramel Filling:

- Butter 1/8 cup
- Sweetener 2 tbsp
- Coconut sugar 2/3 tbsp
- Cream 1/8 cup
- Vanilla extract 1/8 tsp
- Pinch of salt

Chocolate Topping:

- Milk Chocolate 1 1/3 oz

Steps :

- To make the crust; take a pan and line it with parchment paper.
- Then mix the almond flour with xanthan gum, salt, sweetener and butter till it is homogenous.
- Now preheat oven to 350F and put the mixture compactly into the bottom of the lined pan and bake 15 minutes, until it is golden. Remove and let cool.
- For the filling; combine sweetener, butter, and coconut sugar in a saucepan. Bring to a boil and cook 3 to 5 minutes but not more.
- Now remove from stove and sprinkle with vanilla cream and sweetener and whisk in salt. After that, allow it to cool for about 20 minutes. The mixture should be thick and creamy.
- Pour it over crust and chill in the refrigerator for about 15 minutes so that it becomes firm enough.

- For the topping, melt the chocolate by placing it on boiling water in a heatproof pan. Never melt it over direct flame because it will burn quickly. Pour the chocolate syrup over caramel and spread to edges with a spatula.
- When it is all set, cut out bars of any size and shape.

Additional Notes

Xanthan gum is optional and is used to prevent the bars from being too brittle and breaking. It can be entirely omitted or conversely, it can be added to the filling too.

Hazelnut Chocolate Delights (Homemade Ferrero Rocher)

Ferrero Rocher is a perfect gift, and with this recipe you can customize it, and give it a whole new composition.

You shall need

- Homemade chocolate spread (Nutella) 1 cup
- Hazelnuts 24
- Unsweetened chocolate 4 ounces

Steps

- Preheat the oven to 350 degrees. Take a baking sheet and spread hazelnuts in a single layer and put them in the oven. Soon you shall feel the aroma of toasted hazelnuts and their skin will show blisters and cracking. (It will take about 10 minutes)
- Remove from oven and wrap the toasted hazelnuts in a dish towel. Rub to remove as much skin as possible because it can produce a bitter taste.
- Refrigerate Nutella for half an hour. Take a baking tray lined with wax paper and place one teaspoon of Nutella in a flat circular shape.

- Put one hazelnut in the center and add another teaspoon of Nutella on top of the hazelnut and fold into a ball shape.
- Repeat this process 24 times till two dozen balls are ready.
- Take unsweetened chocolate, chop it and melt it in a chocolate melter.
- Dip all the balls one by one.
- Place the balls back on the wax-lined baking tray.
- Freeze until firm and then refrigerate in airtight containers.

Additional Notes

- | You can place a wire rack on the tray before placing in the freezer to allow rapid cooling.
- | Makes two dozen servings
- | Carbs per serving 7g

Peanut Butter Protein Bars



You shall need:

- Peanut butter natural 1cup
- Oat flour 1/2 cup
- Vanilla whey protein powder 3 scoops
- Honey 1/4 cup
- Unsweetened dark chocolate

Steps

- Take an 8x8 baking pan and line it with wax paper allowing for

some overhang.

- Take a mixing bowl and combine peanut butter, honey, oat flour, and Vanilla whey protein. Mix it well into a dough.
- Put the mixture into the lined pan and press it well.
- Place in freezer for half an hour.
- Melt the dark chocolate and sprinkle it over the mixture.
- Slice into bars

Additional Notes

- } The bars are best served chilled.
- } Makes one dozen bars.

Sugar-Free Granola Bars

Granola is not for everyone. This bar is a nutty, crunchy and healthy option for the special granola lovers out there.

You shall need:

- Mixed nuts and seeds including almonds, linseed, sesame seed, pumpkin seeds: 350 g or 12oz
- Shredded coconut 50g/ 1.8oz
- Cocoa nibs 2 tbsp
- coconut oil 50g/ 1.8oz
- Nut butter 4 tbsp
- Vanilla extract 1 tsp
- Dried cinnamon 2 tsp
- Pinch of salt
- Sweetener of choice 3 tbsp
- Eggs 2

Steps

- Preheat oven to 350 degrees Fahrenheit.
- Take a 7" inch baking dish and line it with parchment paper. Set aside for later use.
- Put all the ingredients in a high-quality food processor or a blender. Pulse till combined but don't grind it to a paste.
- Now press the mixture into the lined dish and smooth the edges. Take care that it is evenly set.
- Bake for 25 minutes or until golden.
- Remove, cut into bars and store in sealed container.

Additional Notes

- } The nutritional value might vary with the choice of seeds.
- } Be careful not to burn the mix in the oven.
- } To add an extra pop of taste and enhance the presentation, you may sprinkle it with melted dark chocolate.
- } Makes 14 servings
- } Carbs per serving: 6.9 g

Special Keto / Vegan Candy Bars

If you are planning to take bold steps in your food choices and thinking about keto diet or going vegan altogether, this chapter has recipes for either of these diets.



Peanut Bars

If you love peanut butter, we have found the perfect low carb candy for you. Just follow these simple steps.

You shall need:

- Roasted peanuts (unsalted) $\frac{1}{4}$ cup
- Creamy peanut butter $\frac{1}{8}$ cup
- Coconut oil 1 tablespoon
- Coconut milk $\frac{1}{2}$ tablespoon
- Pure vanilla extract $\frac{1}{8}$ teaspoon

- Sweetener of choice 1 Tablespoon
- Pinch of salt

Steps :

- Combine peanut butter and coconut oil in a microwave-safe container and microwave on high setting for about 60 seconds.
- Right afterward, add vanilla extract and coconut milk and keep stirring.
- Also, add sweetener and a pinch of salt. Many people prefer sea salt, but you can use any.
- At this point, adjust the taste if necessary.
- Make sizeable bars of this mixture and put them on a candy sheet lined with wax paper.
- Rapidly chill them in the freezer and then store them in a sealed container in the refrigerator.

Additional Notes

- } You can add xanthan gum to make the candy bars stay together.
- } If the taste is bland for you, then you can add some honey too.
- } You can use butter instead of coconut oil, but coconut oil is a great dairy free option.
- } Makes 3 bars.
- } Carbs per bar ~6g

Keto Coconut Bars

These dainty coconut bars are rich in fat and very low in carb; perfect if you are looking to lose weight and enjoy the ride.

You shall need:

- Natural dried coconut (flaked) 3 1/4 cup

- Coconut oil ¼ cup
- Pinch of cinnamon
- Pinch of sea salt
- Optional: 10-15 drops Stevia extract

Steps:

- To start with, preheat the oven to 325 F.
- Spread the flaked coconut on a baking sheet lined with wax paper, in a thin layer and place in the oven. Toast until light golden which shouldn't take more than 5 - 10 minutes.
- Transfer into a food processor and blend until it is liquid and smooth.
- Now combine coconut oil with this recipe and also add cinnamon, stevia, and salt and mix well.
- Pour this mixture into a mold or an ice cube tray.
- Allow to cool in the refrigerator for 30-40 minutes.

Additional Notes

- } You can add butter to this recipe but reduce the amount of coconut oil proportional to amount of butter you add.
- } You can use a tablespoon of Erythritol instead of stevia
- } Each ice cube tray or mould should be filled with one and a half tablespoons of the mixture, making up one serving.
- } Flaked coconut works better than shredded.
- } Makes six servings.
- } Carbs per serving: Total : 2.6 g net: 0.74g

Vegan Choconut Bars

As the name suggests, these are low carb version of tried and tested coconut and chocolate combination; presenting vegan bounties!

You shall need:

Crust:

- Graham Cracker Crumbs 1½ cups
- Shredded Coconut 1 cup
- Pecans (Diced) ½ cup
- Cocoa Powder (unsweetened) 1/4 cup
- Salt ¼ tsp
- Unsweetened Applesauce 246g (1 cup)
- Natural Butter Flavor 1 tsp

Filling:

- Unsweetened Vanilla Almond Milk ½ cup + 3 tbsp
- Unsalted, unsweetened Nut Butter (like cashew or almond) 64g (¼ cup)
- Stevia Extract 2tsp
- Natural Butter Flavor 1tsp
- Vanilla Brown Rice Protein Powder 126g (6 scoops)
- Custard Powder 24g (3 tbsp)

Chocolate Layer:

- Cacao Chocolate (or chocolate of choice) 85% 3.5oz
- Coconut Oil 1 tsp
- Stevia Extract ½ tsp

Steps :

For the crust:

- Combine graham cracker crumbs, coconut, cocoa powder and salt in a bowl of appropriate size. Add the applesauce into this mixture and butter flavor and mix well.
- Add the nuts of your choice.

- Now line an 8x8 baking pan with wax paper and preheat the oven to 350 degrees Fahrenheit.
- Place mixture into the lined pan and press with a spatula.
- Prick the flattened crust with a fork every inch or so and put it in the oven.
- Bake until firm. (should take 20-25 minutes)

The Filling:

- Take a small bowl and mix the protein powder and custard powder till they are thoroughly combined.
- Now take a deep bowl and mix the almond milk, stevia extract, and nut butter.
- Pour the contents of the small bowl into this mixture and mix till it forms a uniform dough like consistency.
- Layer it over the crust which should be firm by now.

The Coating:

- Melt the chocolate over boiling water or in a chocolate melter if you have one.
- To the melted chocolate, add the coconut oil and stevia extract.
- Pour the liquid mixture onto the filling layer and move the pan around so that the filling is completely covered.
- Chill in the refrigerator until firm and then cut into bars.

Additional Notes:

- } If you can't get custard powder, use some more Vanilla Brown Rice Protein Powder.
- } Nuts are entirely optional, and you can use any.
- } Graham Cracker Crumbs substitute: cookie crumbs or even vanilla wafer crumbs.
- } Makes 16 bars

} Carbs per serving: 34 g or 11%

Vegan Biscotti

This is a dairy free, gluten free and sugar free twist on the Italian Biscotti.

You shall need:

- Whole almonds 2 cups
- Chia seeds 2 tablespoons
- Unsweetened shredded coconut 1/4 cup
- Egg 1
- Coconut oil ¼ cup
- Cacao powder 1/4 cup
- Stevia equivalent to 2-3 Tablespoons of sugar
- Salt ¼ teaspoon
- Baking soda 1 teaspoon

Steps :

- Preheat oven to 350F (175C).
- Line a 8" baking tray with aluminum foil and set aside.
- Put the almonds and chia seeds in a high-quality food processor and pulse till it turns into a fine mixture.
- Take it out on the baking tray and cut into finger shaped thin slices.
- Bake at 350F for about 15 minutes.
- Allow to cool and store in refrigerator in a sealed container.

Additional Notes:

} If it is too tricky to slice the dough when warm, then fold it into a loaf and refrigerate for half an hour so. Then it will be easier to make thin slices.

| Makes eight slices

Raw Cherry Almond Bars (Vegan)

Cherries and almonds may not be the likeliest of friends, but when they join in this nutritious recipe, great things happen!

You shall need:

- Pitted dried cherries 2 cups
- Almond flour 1 cup
- Cacao nibs (diced) ¼ cup
- Dark agave syrup ¼ cup
- Lemon zest 1 teaspoon
- Sea salt ⅛ teaspoon

Steps :

- Take a 8" glass sheet and line it with wax paper. Set aside.
- Put all the ingredients except cacao nibs in a food processor or blender and pulse for about one minute.
- Transfer the mixture to the lined sheet and flatten it. Put the diced cacao nibs on the top.
- To make the bars last longer, dehydrate the mixture at 110 F for 12 hours and then cut into slices of appropriate size.
- Store in a sealed container.

Banana and Peanut Butter Bars

We get that you are not an award winning cook and want some simple recipes on hand. This recipe is incredibly simple, yet delivers taste and energy, making it an excellent choice.

You shall need

- Ripe bananas 3
- Peanut Butter 1 cup
- Honey ¼ cup
- Cinnamon 1 teaspoon
- Vanilla extract 1 teaspoon
- Rolled oats 2 cups
- Sesame seeds 1 cup

Steps

- Preheat the oven to 350 Fahrenheit.
- Take a 8" baking dish and line it with parchment paper. Set aside.
- Mix all the ingredients using a standing mixer.
- Pour the mixture onto the prepared baking dish and flatten it with a spatula.
- Bake at 350 for about half an hour or until golden on the margins.
- Allow to cool before cutting into bars.
- Store in airtight container in the freezer.

Additional Notes

- } Be careful not to overcook this mixture in the oven, it should be slightly golden at the margins only.
- } Makes 12 servings
- } Carbs per serving: 11g



Special Keto Candy



- Shredded coconut (unsweetened): 3 cups
- Powdered Erythritol: $\frac{1}{4}$ cup
- Vanilla extract (unsweetened): 1 tablespoon
- Coconut cream: 8.5 oz
- Coconut oil (extra virgin): $\frac{1}{4}$ cup

Chocolate coating

- Dark chocolate: 5 oz
- Cocoa butter: 1 $\frac{1}{2}$ oz

Directions:

If you have granulated Erythritol, you can process these ingredients in a food processor or coffee grinder.

Toast coconut in your oven at 350F for almost 5 to 6 minutes. Take out from oven and keep aside for ten minutes.

Take one bowl to mix vanilla, erythritol, toasted coconut, coconut oil and coconut cream in this bowl. Put this mixture in the fridge for almost 15 minutes before making bars. Make 12 bars with your hands and place on a greased tray or lined with baking paper. Put in your fridge for almost 30 to 60 minutes.

Melt cocoa butter and dark chocolate in one glass bowl by putting it on the top of warm water over medium heat. After melting these ingredients, mix them well and set it aside. Coat each bar with this mixture and put in a tray (lined with parchment paper). Drizzle remaining chocolate on the top. Put in refrigerator for almost 60 minutes to make them hard. Bars are ready to serve.

Keto Chocolate Candy



- Unsweetened cocoa: 4gram
- Ghee or butter: 26gram

- Liquid Stevia: 5 drops

Directions:

In the first step, melt butter and mix all ingredients well in this mixture. Drop this blend in small circles on candy molds or a tray lined with waxed paper.

Put in the refrigerator for almost ten minutes and store in freezer or fridge for several weeks.

Keto Nuts Candy



- Unsweetened cocoa: 4gram
- Ghee or butter: 26gram
- Liquid Stevia: 5 drops
- Almonds: ½ cup

Directions:

In the first step, melt butter and mix all ingredients well in this mixture. Drop this blend in small circles on candy molds or a tray lined with waxed paper.

Put in the refrigerator for almost ten minutes and store in freezer or fridge for several weeks.

Bonus! Delicious Pastries!

Gingerbread Cookies

Ingredients:

- ¼ cup soft butter
- ¼ cup olive oil
- ½ cup sugar, brown
- 2 teaspoons ginger, powder
- 1 teaspoon baking soda
- ¼ teaspoon cloves, powder
- ¼ cup molasses
- 1 egg
- ¼ cup salt
- 2 cups flour, all-purpose
- ¾ cup flour, gluten-free
- one teaspoon cinnamon

Directions:

Set your oven at 350° Fahrenheit. Place parchment paper over baking sheet and keep aside. In large bowl mix butter, olive oil, and beat for 30 seconds with electric mixer. Add in ginger, cloves, baking soda, salt, cinnamon, and sugar. Add in flour and mix to make dough. Split dough in half and keep in

fridge for three hours. Roll dough and use gingerbread cutter to cut out shapes for cookies. Place them on baking sheet and place into oven for several minutes. Remove from oven and allow them to cool.

Nutritional Information Per Serving:

Calories: 73

Fat: 2g

Sodium: 73mg

Carbohydrates: 12g

Protein: 1g

Oatmeal Cookies

Ingredients:

- 1 ½ cups oats, old fashioned
- ½ cup flour, all-purpose
- ½ cup flour, gluten-free
- 2 teaspoons cinnamon, powder
- ½ a teaspoon baking soda
- ¼ teaspoon salt
- 1/3 cup vegetable butter
- ½ cup brown sugar
- 1 whole egg
- ¼ cup raisins
- 1 teaspoon vanilla flakes

Directions:

Set the temperature of your oven to 350° Fahrenheit. Prepare baking sheet with parchment paper. Mix sugar, and butter in a blender. In another bowl add in the rest of the ingredients. Make dough when you add contents from both bowls together. Use a spoon to help you to distribute the mix evenly onto baking sheet. With a distance of almost one inch between cookies. Bake for 15 minutes. Remove from oven and allow to cool.

Nutritional Information Per Serving:

Calories: 98

Total Fat: 3g

Total Carbohydrates: 17g

Sugars: 8g

Dietary Fiber: 1g

Protein: 2g

Sugar-Free Cookies

Ingredients:

- ½ cup butter, salt-free
- 1 cup Granulated sweetener
- 1 ½ cups flour, all-purpose
- ¼ teaspoon salt
- ¾ teaspoon vinegar
- ¼ cup egg alternative
- ¼ cup water
- 1 tablespoon vanilla
- 1 ½ cups flour, for cake
- 1 teaspoon baking powder

Directions:

Set the temperature of your oven to 350° Fahrenheit. Prepare the baking sheet with parchment paper, set aside. Prepare your dough adding flour, butter, water, vinegar, and other ingredients to bowl. Use an electric mixer to blend and mix dough. Divide the dough equally. Roll it out and cut it with a cookie cutter. Leave about 1-inch between each cookie. Bake the cookies for 12 minutes. Allow the cookies to cool when you remove them from the oven.

Nutritional Information Per Serving (Cookie):

Calories: 60

Fat: 3g

Sodium: 30mg

Total Carbs: 7g

Sugars: 1g

Protein: 1g

Red Velvet Low Carb Cookies

Ingredients:

- 15 ounces kidney beans
- ½ cup roasted beet pulp
- 2/3 cup cocoa powder, no sugar
- ¾ cup Erythritol
- ¼ teaspoon salt
- 1 teaspoon Stevia flakes
- 2 teaspoons butter flavor
- 2 teaspoons coconut flakes
- ¼ cup almond milk
- ¼ cup white flour
- 2 teaspoons baking soda
- 1 teaspoon white vinegar

Directions:

In food processor mix kidney beans, almond milk, and Erythritol to make it smooth. Set oven to 350° Fahrenheit. Place parchment paper onto baking

sheet and keep aside. Mix cocoa powder, flour and bean batter in a bowl. Add in the vinegar and whisk until smooth. Use a tablespoon to distribute batter onto baking sheet. Leave about 1-inch between cookies. Place baking sheet into oven for 15 minutes. Remove from oven and allow the cookies to cool. You may choose to sprinkle tops with something such as chopped almonds.

Nutritional Information Per Serving (Cookie):

Total Calories: 250

Fat: 12g

Sodium: 20g

Carbohydrates: 25g

Protein: 3g

Coconut & Almond Muffin

Ingredients:

- 1/8 cup almond meal flour
- 1/3 tablespoon organic high fiber coconut flour
- one large egg
- ¼ teaspoon baking powder
- ½ teaspoon cinnamon
- 1 teaspoon sucralose-based sweetener
- 1/8 teaspoon salt
- 1/3 teaspoon extra virgin olive oil

Directions:

Place all dry ingredients into cup and begin to stir. Add egg and oil and mix well. Cook inside microwave for a minute. Remove entire muffin from cup and enjoy.

Conclusion

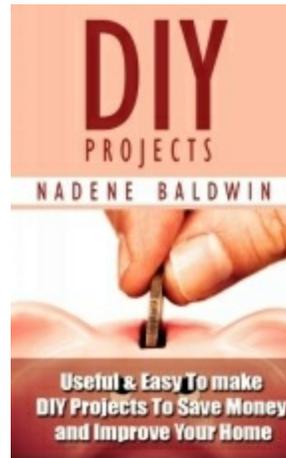
We are grateful for your support and appreciation in reading this book. This book intends to break down the mystery of healthy and tasty candy bars and makes them accessible and doable for you.

There is a lot of misinformation and confusion about the healthy diet these days, which makes the whole idea formidable and too time-taking, not to mention, extremely expensive. Despite having conscious awareness about macronutrient requirements, most people take on impractical diet plans and quit them discouraged or feel deprived of taste, which makes healthy diet an unsustainable goal.

The objective of this book is to help everyone achieve their health goals without making it a sad ordeal. By following these recipes, not only will you feel happy and sated, but also confident to experiment with different ingredients.

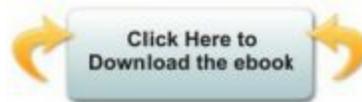
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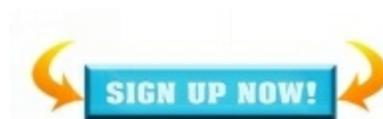
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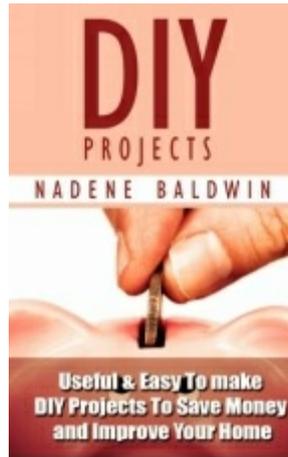
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