

*Dirty Little Secrets
to Living*

A Simple Low Carb Life



A Simple Low Carb Life Dirty Little Secrets For a Healthier Lifestyle Guidebook

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Dirty Little Secrets *For a Healthier Lifestyle* *Guidebook*

by

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Welcome to:

A Simple Low Carb Life

*Our Dirty Little Secrets
to
Living a Healthier Lifestyle*

The Science:

The basis of this healthy lifestyle change is a *low carbohydrate, moderate protein, moderate “healthy fat” dietary approach*. This specific approach will allow your body to go into a state of fat-burning instead of using carbohydrates for fuel.

Why is this important?

When the body begins to burn fat for fuel, our fat-stores can be used up, resulting in not only weight loss, but specifically FAT LOSS. We all are born with the ability for our metabolism to change between the states of burning carbohydrates for fuel or fat for fuel, depending on the availability of our food supply. Historically, in most climates of the world, carbohydrates (vegetables, fruits, and nuts) were only available for 2-3 months a year and only then if the growing season was a good one. The human body is well-designed to burn fat for fuel long term and it can be argued that using carbohydrates for fuel is only intended to be temporary and as a means of preparing our bodies for a long winter where food might be scarce. Our food supply has changed dramatically over time, with carbohydrates now being in over abundance all year long in most parts of the world. Unfortunately, the current dietary recommendations for the past

40-50 years in the United States, are MOSTLY carbohydrate-based, which has had disastrous results in the form of weight gain, diabetes, high blood pressure, high cholesterol, sleep apnea and other weight gain related diseases. Our diet has been exported all over the world, with obesity on the rise in nearly every country as a result.

To take advantage of the fat-burning state, our program will teach you how to lower your carbohydrate intake to the degree where your body will automatically switch to fat-burning. *It is really quite a simple process!* Just by eating fewer carbohydrates (below a certain threshold), the body will begin burning fat for fuel instead of carbohydrates; either by using fat-stores or dietary fat (depending on your dietary fat-intake). Eating a little less fat during weight loss allows for more fat burning from the body's fat stores (although dietary fat still will have an important role during the diet).

How long does it take to begin fat-burning?

Fat-burning does not occur on the first day of this dietary change. The liver has a few days worth of carbohydrates stored in it (about 90-110 grams) which will need to be used up first, before the body can begin fat-burning. It usually takes about 4-5 days before these carbohydrate stores are used up, provided you keep your carbohydrate intake low enough.

What this means in a practical sense, is that in the first few days of your diet, while your body is still using primarily carbohydrates for fuel and not yet fat-burning, you will experience some hunger and cravings. You may also feel a little irritable. Hang in there for a few days! Around day 4 or 5 of keeping your carbohydrates low, you will awaken to the nutritional state of *fat-burning* (which is called "ketosis" or the "nutritional ketogenic" state). As the body will now be burning fat for fuel, this consumption of fuel generates *calories*, which the hypothalamus in the brain detects. As a result of this, the hypothalamus will turn off hunger-signals. You will not only be burning calories from your fat-stores (about 1500-2000 calories a day depending on your activity level) but you will also be eating calories. *That is A LOT of calories!* With the specific design of this program, the calories burned will mostly be from your fat-stores.

The other great benefit of eating few carbohydrates is that this keeps the body's insulin levels low.

Why do we need to keep insulin levels low?

When you are eating more than around 20 grams of carbohydrates (or less for some people) at one sitting, the pancreas receives a strong signal to produce insulin to remove glucose (sugar) quickly from your bloodstream (absorbed from your meal containing carbohydrates). Blood sugar needs to remain in a narrow range for the body to function normally (between 80-120) so any sharp rise in blood sugar prompts the pancreas to react quickly with insulin production to remove it. Conversely, a low blood sugar level signals the liver to make more sugar (gluconeogenesis) to bring the glucose level back up to normal again. While insulin's role is to remove glucose from the bloodstream, HOW it deals with the glucose removed is the problem. Insulin's job is to store glucose in the form of FATTY ACIDS (or FAT) for later use. Unless all of those carbohydrates you have just eaten are used up immediately, the body very efficiently converts them into FAT. *This is a key point to remember.*

Insulin is seldom produced in just the right amount. The result of *insulin over-production* is a drop in blood sugar (in a couple of hours after eating that carbohydrate load). This drop creates *biological cravings* for carbohydrates, in an effort for us to get the blood sugar back up. You are then "driven" by these cravings to eat even more carbohydrates; so on and on the cycle goes like a hamster on a wheel. Think about it...in the typical American diet you are hungry and craving carbohydrates every 2-3 hours. This is why.

The key to your freedom from this vicious cycle of hunger and cravings, is to eat a small amount of carbohydrates (<15 grams) at any one sitting to avoid the insulin over-production, then waiting about 3-4 hours until eating the next load of carbohydrates. Since the typical American diet is FILLED with carbohydrates with each and every meal or snack, insulin levels remain high all of the time, adding more and more fat with each meal. *When insulin levels remain elevated, fat is stored and*

*locked away; not able to be used for fuel. **Fat can only be used for fuel when insulin levels are low (low insulin levels prompt fat metabolism).***

Elevated insulin levels = Fat storage

Let me say this again..... as long as insulin levels remain elevated by eating too many carbohydrates chronically, fat can *never* be used and will remain stored. THAT is the reason that we keep gaining and gaining and gaining weight, even though we may reduce our calorie intake and exercise. *Most of us do not reduce our carbohydrate intake when we reduce our calorie intake.* Fat cannot be burned while insulin levels remain high! This is the basis of the low carbohydrate diet and a very important bit of physiology to understand. If you can grasp this concept, you can more easily sustain this metabolic advantage of fat-burning.

Is remaining in a fat burning state dangerous?

....Absolutely not!

HOWEVER, THERE ARE SOME SIDE EFFECTS FROM EATING FEWER CARBOHYDRATES WORTH MENTIONING:

- A couple of things happen when the body shifts into the state of fat-burning. First, when the body is using carbohydrates for fuel, every gram of carbohydrates stored in the liver signals the body to retain 3-4 grams of water that is necessary to store the carbohydrates. When you begin limiting your carbohydrate intake, the body will use up the carbohydrate stores in the liver to make up for the deficit. All of that water retained will no longer be needed once these carbohydrate stores are gone, so you will urinate off the excess water retained. In other words, you will urinate A LOT in the first week or two of the diet. This will slow down in 1-2 weeks after you have gotten rid of the significant water retention, but prepare to have a bathroom handy for the first few days!

- Secondly, when your body loses fluids in excess amounts, by either urinating or perspiring, electrolytes (specifically sodium, magnesium, and potassium) are also lost. Essentially, a low carbohydrate diet acts like a “water pill” since you will no longer be needing to retain fluids. As long as you remain in nutritional ketosis or the “fat-burning for fuel” state, you will be losing fluids and some electrolytes regularly. It is very important to replace not only the fluids lost, but you must also replace the electrolytes lost. Potassium losses will be replaced by eating leafy greens that you can enjoy on this diet, but sodium **MUST** intentionally be replaced to avoid symptoms of fatigue, headache, lightheadedness, weakness, heart palpitations, or severe muscle cramps. To avoid this complication, you must add about 1/2- 1 teaspoon of table salt per day or about 2 grams/ 2000 milligrams (even if you have high blood pressure). You may drink 1-2 cups of bouillion broth daily, use soy sauce, or eat some dill pickles (which are usually heavily salted) if you do not want to add table salt to your diet. Sea salt is the preferred table salt to use. We will remind you again about this later in the guidebook, but this is a very important point and a serious complication to easily avoid. While we do need to restrict our sodium intake when using carbohydrates for fuel, burning fat for fuel (the state of nutritional ketosis) requires replacing sodium that is lost through increased urination and perspiration. *Don't forget this!*
- Your bowels will slow down on a ketogenic diet. Be sure to add fiber which will be discussed later in the guidebook.
- **If you are a diabetic on glucose lowering agents or on insulin:** These medications are dosed based upon your HIGH carbohydrate intake. If you suddenly drop your carbohydrate intake from around 600 grams per day (conservatively) to <30 grams per day, and keep the same dosage of glipizide, insulin, or other glucose lowering agents, your blood sugar will drop precipitously to a very dangerous level, which can cause coma or death. *Do not begin a very low carbohydrate diet without discussing this with your doctor or healthcare provider to adjust your doses BEFORE you begin this lifestyle.* Only your doctor or healthcare provider can provide specific dosing changes, but generally, these doses will need to be cut in half (at least) with the oral agents even being temporarily stopped. It is safer while on a low carbohydrate diet to have your blood sugar running a little higher than you normally would to avoid

this serious drop in blood sugar. You would also need to check your glucose at least 4 times a day to learn your new trends. Having a low glycemic episode in your sleep can be fatal, with the nighttime dose being the most important dosage of insulin or other glucose lowering agent to reduce.

- If you have thyroid disease (low or high) and are taking medication to manage the symptoms, weight loss or gain affects the dosage needed. Inform your doctor of your ongoing weight loss to adjust your dosing.
- If you have kidney disease, your protein amount will need to be adjusted downward. Your kidney specialist can determine your protein limit for your particular condition.
- Unless you have these conditions or some others not mentioned, if your health is good in general, living in a nutritional state of ketosis has not been proven to be harmful. There are many people worldwide (the author one of them) who lives in nutritional ketosis and enjoys excellent health and energy. Don't be afraid to be healthy! *Carbohydrates taste good, but they are only good for us in small doses!*

To summarize the science of this healthy lifestyle, in the fat burning state you will not experience significant hunger or cravings and will begin to use up your fat stores. You will be urinating more on this diet, as a low carbohydrate diet acts somewhat like a "water pill". Drink at least 64-96 ounces of water/beverages per day to replace the fluids lost and add salt to your food to avoid sodium-loss side effects which can be significant.

Now that you understand the science, let's get you started on your journey to a healthier lifestyle!

The Diet:

Unlike traditional calorie counting diets like Weight Watchers, Jenny Craig, Nutrisystem, and others, our program focuses on the make-up of those calories and not the calories themselves. Here are a few of the “rules”.

The Rules:

RULE#1: Eat a protein based snack or meal within the first hour of awakening and every 3-4 hours while you are awake (even before bedtime). *Don't go longer than 4 hours while awake without eating something.*

RULE#2: Divide your daily allotment of protein fairly equally throughout the day. (For example, if your daily protein amount is 120 grams, divide this into 3 meals and 2 snacks or about 24 grams per meal or snack). Do not exceed 35 grams of protein in any one sitting or your body will not be able to use it and may turn the extra protein into sugar (glucose).

RULE#3: Keep your carbohydrates <30 grams per day to get into and stay in nutritional ketosis which allows fat-burning. Divide your carbohydrates fairly evenly throughout the day and no more than 10 net carbs at any one sitting.

RULE#4: Always eat protein with any carbohydrates to blunt the rise in blood sugar associated with the carbohydrates.

RULE#5: Eat ALL of the suggested proteins daily to avoid muscle wasting and stalling of weight loss (*muscle loss is the cause of yo-yo dieting*).

RULE#6: While you will keep your carbohydrates <30 grams per day, it is not necessary to REACH 30 grams per day. *The less carbohydrates per day, the better the weight loss.*

RULE#7: If you feel hungry at any given point, drink 8 ounces of water or other beverage. If you are still hungry after that, have a protein and fat based snack (like a piece of cheese for example or a boiled egg).

RULE#8: Have enough dietary fat to feel satiated (not hungry) but not overly full. Do not skimp on fat. Have a tablespoon of healthy fat with each meal (at least 3 times per day). It is not wise to keep carbohydrates and fat extremely low simultaneously. *(Remember the low-fat diet we have all been subjected to in the past has made us hungry and driven us to over-eat carbs).*

RULE#9: You will be counting carbohydrate grams and protein grams only! Track these numbers and measure portions on the recommended tracking programs or alternately in a small notebook that you keep with you.

RULE#10: Add the equivalent of 1/2-1 teaspoon of table salt per day to your food to avoid symptoms of low sodium (remember, this diet causes you to lose fluids and electrolytes).

RULE#11: Drink at least 64-96 ounces of fluid per day (at least half of it water).

RULE#12: Get 7-8 hours of sleep per day and try to keep your sleep times regular.

RULE#13: Make time for exercise daily (even if it is only 10 minutes of resistance training such as: stretch bands, pullies, free weights, yoga, Pilates, or walking). Goal: 10,000 steps per day (get a pedometer).

RULE#14: Add fiber DAILY to your diet to avoid constipation.

RULE#15: Take the recommended supplements for optimal weight loss.

RULE#16: Follow up closely with your weight loss specialist or other support person to stay on track with your weight loss. (Most people cannot do this alone).

Weight Loss Phase:

1. ***You will start by limiting your intake of carbohydrates to <30 grams per day.*** This is the most important aspect of the diet and will prompt the fat burning state.

If your carbohydrate level in any given day is too high, you will no longer be fat-burning and the diet will become a calorie- counting one with hunger, cravings, and misery to follow.

This approach requires knowing which foods are low in carbohydrates, since most foods in a conventional diet are very high in carbohydrates(carbs). For the purposes of this dietary approach, you will be counting NET CARBOHYDRATES.

What are net carbohydrates?

Net carbohydrates are carbohydrates that affect blood sugar. Dietary fiber is a carbohydrate but moves THROUGH the intestine and is not absorbed so they do not cause an increase in blood sugar. On every food item that is pre-packaged, there is a nutritional label by law. Look at the TOTAL CARBOHYDRATES on the label. As a sub-heading under Total Carbohydrates there will be a listing for *dietary fiber*. Net Carbohydrates are found by subtracting dietary fiber from total carbohydrates.

***(Total Carbohydrate grams - Dietary Fiber grams =
NET CARBOHYDRATE grams)***

Many low carbohydrate foods are sweetened with non-sugar substitutes. One of those sweeteners is a group called sugar alcohols (polyols). Common sugar alcohols used are sorbitol, maltitol, erythritol, and xylitol. There is some controversy about whether these affect blood glucose or not, but I embrace the conservative approach of endocrinologists and think it is best to account for them in finding net carbohydrates. Atkins dietary approach says that you can subtract sugar alcohols entirely just like dietary fiber. UNLIKE ATKINS, it is safer to only subtract ONE HALF of the amount since some sugar alcohol is absorbed and can make blood sugar go up (particularly maltitol which is used commercially to sweeten most low carb products). If sugar alcohols are listed in a product, they will be accounted for in the Total Carbohydrate section in a separate subheading called "sugar alcohols". The equation would then become:

(Total Carbohydrate grams - Dietary Fiber grams - 1/2 sugar alcohol grams = NET CARBOHYDRATE grams)

This is a VERY IMPORTANT calculation to know and use with every item that you purchase, consider purchasing, or before you eat ANY ITEM. *Keeping the net carbohydrates below 30 grams per day, will keep you in the fat burning state of ketosis.*

Limit your net carbohydrate intake to <10 grams at any one time and the TOTAL carbs <15 grams at any given meal/snack.

(The lower the better)

There are **FREE** carbohydrate counter programs that can be used to look up any food item, whether it is labeled or not. Food in restaurants and produce are NOT labeled. Consuming these foods without knowing their net carbohydrate content can end your fat-burning state and stall your weight loss.

Here are a few free (at the time of this writing) carb counting programs that you can use to look up a nutritional label (and can also be

used to track your food intake). You may use your web browser or if you have a smart phone, can download their apps for your phone:

www.myfitnesspal.com

www.loseit.com

www.atkins.com

ATKINS free Carb Counter PDF format:

<http://www.atkins.com/AtkinsDotCom/media/Master/1405AtkinsCarbCounter.pdf>

What Carbs Should I Eat?

APPROVED VEGETABLE LIST: (Choose from Easy Method or Precise Method)

EASY METHOD:

***Eat a total of 4 cups raw or 2 cups cooked per day from the following vegetable list divided into 2 or more meals. (No more. No less).**

**As long as you are losing weight, if you stick to these portions you will not need to count every carbohydrate from this list of veggies.*

No more than 2 cups raw or 1 cup cooked veggies from the list at any one meal.

You may divide these veggies into 2 or more meals per day.

THE VEGETABLE LIST:

Arugula
Alfalfa Sprouts
Bibb Lettuce
Bok Choy
Broccoli florets
Cabbage (green, red, savoy)
Cauliflower florets
Celery
Celery root
Chayote Squash
Chinese cabbage
Collard greens
Cucumbers
Daikon radish
Dill Pickles
Eggplant
Endive
Escarole
Fennel
Field Greens
Greens, mixed
Green Onion
Kale
Jicama
Lettuce (spring mix, romaine, iceberg, butter, etc)
Mung bean sprouts
Mushrooms
Nopales
Radicchio
Radishes
Rhubarb
Rutabaga

Spinach
Summer squash
Swiss Chard
Turnip
Watercress
Zucchini

You may also have the following higher carb vegetables, but avoid having them daily (once or twice per week only):

Tomato- 1 cup maximum (subtract 1 cup of veggies from the 4 cup veggie total for the day)

Avocado- 1/2 medium sized avocado maximum (subtract 1 cup from 4 cup veggie total for the day)

PRECISE METHOD:

If you want to be precise about the **ACTUAL CARBOHYDRATE GRAMS** in any given vegetable (especially if you wish to eat any vegetables not on the above list), look up the carb content PER SERVING online in your web browser: Key words-> *nutritional information for* or use your *My Fitness Pal* app. Look up under DAILY FOOD JOURNAL.

SUGGESTION:

Start with EASY METHOD and after a month or more, begin the PRECISE METHOD. You will eventually need to know net carb amounts in ANYTHING you eat, but to start out, the EASY METHOD is best.

How to prepare the vegetables:

The above vegetables may be eaten raw, stir-fried, or prepared in a stew or soup.

Alternately you may microwave or steam the vegetables. Spices are permitted but no other sauces unless zero carb (such as **Walden Farms** sauces).

READ LABELS to know the carb content per serving.

2. Add a serving of “Healthy Fats”:

(Choose from the following healthy fats)

- 1 Teaspoon up to 1 Tablespoon of Olive Oil
- 1 Teaspoon up to 1 Tablespoon of Coconut Oil
- 1 Teaspoon up to 1 Tablespoon of Avocado oil
- 1 Teaspoon up to 1 Tablespoon of Butter or Ghee
- 1 Teaspoon up to 1 Tablespoon of Flaxseed oil
- 1 Teaspoon up to 1 Tablespoon of Canola oil
- 1 Teaspoon up to 1 Tablespoon of Mayonnaise
(preferably canola oil or high-oleic safflower oil based)
- 1 Teaspoon up to 1 Tablespoon of Safflower oil (high oleic)
- 1 Teaspoon up to 1 Tablespoon of Sesame oil (not heated)
- 1 Teaspoon up to 1 Tablespoon of Walnut oil (not heated)

Allowed Salad dressings *(that can take the place of the healthy fats listed above with any meal):*

- Any flavor of **WALDEN FARMS** salad dressing (zero carb, zero calories)-no specific limit on amount but use only what you need for added flavor.
- 2 Tablespoons per serving of **Trader Joe’s Champagne Vinagrette**
- 2 Tablespoons per serving of **Trader Joe’s Greek Feta salad dressing**
- 2 Tablespoons per serving of **Hidden Valley Ranch Dressing**

- 2 Tablespoons maximum of any dressing that has no more than 5 grams of net carbohydrates per serving. (Ideally stick to <2grams net carbs for optimal weight loss).
- 2 Tablespoons of bleu cheese salad dressing
- 2 Tablespoons of caesar salad dressing

READ LABELS CAREFULLY TO MAKE SURE THE NET CARBOHYDRATE AMOUNT IS <5 GRAMS PER 2 TABLESPOON SERVING.

3. **Next, you will be counting your daily PROTEIN in grams.** The amount of grams of protein suggested per day depends on your current weight. Whenever anyone loses weight (no matter what method you use) muscle is lost along with fat. For this reason, during weight loss, the protein amount needs to be in the moderate range to offset the muscle loss. In other words, the extra protein you will eat will replace the muscle lost during weight loss. **THIS IS VERY IMPORTANT!!** If you do not replace the muscle loss, your resting metabolic rate will go down. The significance of this is:

Muscle mass determines your metabolic rate.

If you have very little muscle mass, you burn fewer calories at rest (called the *basal metabolic rate*). If your muscle mass increases, you burn more calories at rest.

For example, if your muscle mass is such that you are burning 2000 calories at complete rest and you are dieting with 1600 calories of intake, you lose weight. However, if you lose muscle mass by dieting without replacing protein, your resting metabolic rate will go down. Let's say for illustration purposes, it goes down to 1500 calories burned at rest. If you are still consuming 1600 calories a day, you will now GAIN weight since you are over-eating 100 calories a day more than your body is burning at rest. Although we are not counting calories in this dietary approach, it is your metabolic rate that determines the calories that your body actually burns at rest and is an extremely important figure. *The way to avoid negatively impacting your resting metabolic rate is to eat all of the*

recommended protein daily and to perform regular resistance training exercises.

It is also important not to eat *too much* protein as protein in excessive amounts cannot be used by the body and will turn into glucose (SUGAR). You will receive a recommendation by your weight loss specialist on how much protein to eat a day but in general, this would be in the range of:

MODERATE PROTEIN RANGE= 0.6-0.9 grams per pound of weight.

For example: If you weigh 200 pounds, your protein range should be in the range of 140-180 grams per day (or $200 \times 0.6 = 120$ grams; $200 \times 0.9 = 180$ grams).

If you weigh 150 pounds your range would be 90-135 grams: $150 \times 0.6 = 90$ grams; $150 \times 0.9 = 135$ grams).

Start at the low end of the range and increase if needed (meaning if your weight loss is stalling, you may need more protein).

There are some guidelines that suggest dosing protein based upon height, but dosing based upon weight is more commonly used. As you can see, as your weight decreases, you will need LESS protein.

EASY METHOD:

Weight up to 200 pounds = 100 grams protein/day
>200 pounds but <300 pounds= 120 grams protein/day
>300 pounds but <400 pounds= 140 grams protein/day

*Add 20 grams for each 100 pounds if over 400 pounds.

*Add 15-20 grams protein/day if you exercise
VIGOROUSLY more than 30 minutes per day.

Limit your protein intake at any one time to <35 grams.

APPROVED PROTEIN LIST:

Eggs: eggs (3 whole or 6 egg whites maximum per meal)

Fish: Anchovies, bass, catfish, Cod, Grouper, Halibut, Haddock, Mahi-Mahi, Monkfish, Pike, Perch, Red snapper, Salmon, Sea Bass, smelt, sole, swordfish, tilapia, tuna, trout, walleye.

Shellfish: Crab, crayfish, clams, lobster, mussels, oysters, shrimp, scampi, scallops, squid.

Beef: Flank steak, ground beef, rump steak, roast, sirloin, round, tenderloin, etc.

Poultry (skinless during weight loss, leave skin on in maintenance): chicken, fowl of any type, quail, turkey, turkey sausage, turkey bacon, chicken sausage, ground chicken.

Pork: Fat trimmed ham, tenderloin, lean sausage, bacon (no more than TWICE WEEKLY during weight loss, daily during maintenance). May have lean pork daily.

Other (including vegetarian proteins): Bison, deer, elk, frog legs, organ meats, rabbit, Tofu (plain), whey powders, soy powders, green pea powder (higher in carbs so read the label to account for the carb content), whey crisps (by BODY 360), TVP (total vegetable protein), any other form of soy protein that is <5 gm of carbs per serving (Morning Star, Boca burger, etc).

Commercial protein products: EAS carbs control protein shakes, Pure Protein shakes, Premier protein shakes, Aria protein powder, Designer Whey, Jay Robb whey or eggwhite protein powders, Muscle milk light, Atkins shakes, Power Crunch bars, Pure Protein bars, Atkins bars, Atkins frozen meals, and others. (Protein shakes are lower in carbohydrates than bars or crunchy forms of protein. To make the texture of a bar or chip-like protein product, more carbohydrates are needed to bind the ingredients)

*Limit yourself to only ONE bar or chip-like protein product per day to keep your carbohydrate limit < 30 grams per day. The least amount of processed foods you eat, the better you lose weight.

***READ EVERY LABEL and
COUNT THE CARBS and PROTEIN Amounts!***

List of Common High-Protein Foods and Grams per Serving:

Beef

- Hamburger patty, 4 oz – 28 grams protein
- Steak, 6 oz – 42 grams
- Most cuts of beef – 7 grams of protein per ounce

Chicken

- Chicken breast, 3.5 oz - 30 grams protein
- Chicken thigh – 10 grams (for average size)
- Drumstick – 11 grams
- Wing – 6 grams
- Chicken meat, cooked, 4 oz – 35 grams

Fish

- Most fish fillets or steaks are about 22 grams of protein for 3 ½ oz (100 grams) of cooked fish, or 6 grams per ounce
- Tuna, 6 oz can - 40 grams of protein

Pork

- Pork chop, average - 22 grams protein
- Pork loin or tenderloin, 4 oz – 29 grams
- Ham, 3 oz serving – 19 grams
- Ground pork, 1 oz raw – 5 grams; 3 oz cooked – 22 grams
- Bacon, 1 slice – 3 grams
- Canadian-style bacon (back bacon), slice – 5 – 6 grams

Eggs and Dairy

- Egg, large - 6 grams protein
- Milk, 1 cup - 8 grams
- Cottage cheese, ½ cup - 15 grams
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
- Hard cheeses (Parmesan) – 10 grams per oz

Soy

- Tofu, ½ cup 20 grams protein
- Tofu, 1 oz, 2.3 grams
- Unsweetened Soy milk, 1 cup - 6 -10 grams
- Soy beans, ½ cup cooked – 14 grams protein

*If you are unsure of the protein amount in any given item, **MOST** proteins, average about **7 grams of protein per ounce of protein**. This is an easy way to figure out the protein amount in any given food that is primarily protein-based.*

For example, a 3 ounce piece of chicken would average 21 grams of protein. (7 grams x 3 ounces = 21 grams of protein).

4. ***“The Devil is in the Details” as the saying goes, which means that you must track your protein and carbohydrate amounts as well as measuring portions or you will not lose weight.*** Use one of the suggested programs above, not only to look up nutritional information for any food item but to track. If you want to simply jot down your food intake in a pocket-sized notebook that you keep with you, that is okay to do too! The important thing is to track.

***People who track their intake lose weight,
those who don't track do not lose weight!!!!***

5. ***Drink 64-96 ounces of fluids per day (with at least half of this amount being water).*** You will lose extra fluid on this dietary approach. When fat is burned and mobilized, it must be combined with water or hydrolyzed to be used. ***DRINK LOTS OF WATER!***

6. ***Always combine carbohydrates with protein.*** Never eat a “naked carbohydrate” to avoid elevation in blood glucose. Eating carbs with protein blunts the response of the pancreas to the carbohydrate load.

7. ***Eat fiber daily to avoid constipation:*** Add 2-3 Tablespoons (minimum) daily of any combination or single item of the following fiber sources. *They may be combined with 1/2 cup of boiling water, a packet of stevia, a sprinkle of cinnamon, dash of salt for a delicious “oatmeal” like snack. Tastes great!* If bowels are not moving well you may increase the amount by 1-2 Tablespoons. 100% of the carbo-hydrates in these items is fiber, making their net carbs ZERO.

Chia seeds
Flaxseed meal
Flaxseeds
Hemp Hearts or Seeds
Psyllium husks (Mixed in 8 ounces of water, then drink)

Additional Fiber: *Shirataki Noodles* (Good pasta substitution) - 1 serving per day; Found in the refrigerated “tofu” section of grocery stores and Asian markets. Brand names: *House of Tofu, Pasta Zero, Miracle Noodle, Quest*, among others.

These are a replacement for pasta made of konjac, or also known as glucomanan or yam flour (a non-starchy yam used for 2000 years in Japan, that is all fiber). These can also be blended with tofu to look more like noodles. Konjac flour is clear, mixed with tofu the noodles are off-white.

How to prepare Shirataki Noodles:

- They will be packaged in a cloudy fluid (pickling lime) and are already pre-cooked.

- When the package is opened, there is an odor that smells like some sort of fish. **RINSE THE NOODLES IN A STRAINER UNDER RUNNING WATER FOR AT LEAST ONE MINUTE.**
- Rinsing well will remove the odor.
- Once there is no remaining odor, the noodles are ready to be added to your favorite sauce, soup, or *essentially any way that you would use noodles.*
- They need to be heated for at least one minute and are like al dente pasta in texture.
- For less “chewy” noodles, heat for at least 5 minutes in your favorite sauce or soup (***Great with WALDEN FARMS Tomato Basil or Alfredo Sauces.***)

Other Permitted Foods:

Additional Beverages:

- Water (at least 84-96 ounces per day)
- Tea (limit caffeinated teas after lunch and switch to decaf or herbal)
- Coffee (switch to decaf after lunch)
- Mio or Dasani Water Enhancers
- Carbonated Water (zero calories, zero carbs, and *not sweetened with Aspartame*)

Up to one cup per day of:

- Unsweetened, plain coconut milk
- Unsweetened, plain almond milk
- Unsweetened, plain soy milk
- Unsweetened, plain hemp milk

No cow or goat milk of any type or sweetened/flavored almond, soy, hemp, or coconut milk due to high carbohydrate content

Dairy:

-Half and half in coffee or tea: 1 Tablespoon maximum, no more than 3 servings per day

-Whipping cream - up to one dollop (one tablespoon) daily.
(*Reduce Half and Half total amount per day to 2 servings per day if used*).

Cheese: Limit of 2 ounces daily (no specific limit in maintenance)

Some examples of permitted cheeses:

Laughing Cow wedges and BabyBel cheese-up to 2 per day

Cream cheese-2 ounces per day

Goat cheese- 2 ounces per day

Feta cheese- 2 ounces per day

Parmesan- 2 ounces per day

Cheddar- 2 ounces per day

Cottage cheese (1/2 cup limit per day)

Any cheese with net carbs <5 carbs, limit 2 ounce serving size

Unsweetened, plain Greek yogurt: Such as FAGE 2% (make sure that you have chosen PLAIN, UNSWEETENED GREEK YOGURT or the carb content will be very high). **NO FLAVORING IN THE YOGURT.** You may add your own flavoring (cinnamon, sugar free Torani syrup, Stevia, etc).

Sweeteners allowed:

(Try to limit to 3 teaspoons or packets/day as each of these contains about 1 gram of carbohydrate per teaspoon)

-Stevia

-Xylitol

-Truvia

-Erythritol

-Splenda

-Torani, DaVinci, or Monin SUGAR-FREE syrups (found at Cost Plus/World Market or other grocers)

(Avoid aspartame/Equal due to numerous evolving health issues associated with its use).

Examples of extra Treats Allowed (limit one per day):

- Sugar-free jello gelatin single serving (*however, it does contain aspartame*)
- Plain gelatin and add your own sugar-free flavoring (Torani sugar-free syrups)
- Dollop of aerosolized whipped cream (1 Tablespoon)
- 2 Tablespoons limit per day of reconstituted PB2 (powdered peanut butter) May mix in plain, unsweetened Greek yogurt or add to protein shakes. Makes a great thickening agent for soups or stews.

Seasonings allowed:

Apple cider vinegar, herbs (dried or fresh), garlic (fresh, dried, or powdered), ginger, lemon, lemon grass, mustard, hot mustard, hot sauce, soy sauce, Tamari sauce, any no carb spices, white vinegar, UNSEASONED rice vinegar, mustard. (This is not an all inclusive list).

Read labels and if containing <2-3 carbs per serving, the seasoning may be used, but be sure to COUNT the carbs in the condiments or seasonings.

Foods Not Allowed During Weight Loss:

Alcohol

Fruit

Nuts (except soy nuts or edamame with 1/4 cup limit per day)*

Any form of potatoes

Rice

Pasta

Any vegetables not on the approved list

Anything not listed on the approved lists

****Most nuts are a trigger food and best avoided during early weight loss.***

The approved veggies and protein lists are selected due to their low carbohydrate profile in an effort to keep you in the fat-burning state. If you eat too many carbs in a day, you will no longer be fat-burning and your weight loss will stall (or you may even GAIN weight).

If you want to add a particular vegetable or food item not on the lists, discuss this with your weight loss specialist in your next visit for consideration.

Remember: To reach your weight loss goal and keep the weight off, resist eating off plan foods or foods not yet indicated for you to have.

Supplements Suggested Daily:

- Multivitamin daily
- Calcium/Magnesium daily (1000 mg calcium and 400 mg Magnesium)
- Fish oil 1500 mg daily or flaxseed oil (1000-1500 mg) daily
- B-complex (or alternately B12-B6 combination)

Where to Find Low Carbohydrate Products Online:

www.asimplelowcarblife.com/online-store-.html

Other Sites:

www.netrition.com

www.dixiediner.com

www.locarbconnection.com

www.holdthecarb.com

www.amazon.com (search: low carb products)

Check out: *Trader Joe's, Whole Foods, Kroger Stores, Safeway, Winn Dixie, Fred Myer, Publix, Mollie Stone, Raley's*, and other grocers or organic health food markets for local suppliers of low carb products.

READ NUTRITIONAL LABELS AND COUNT EVERY SINGLE CARBOHYDRATE FOR BEST RESULTS!!!!

Where to Find Low Carbohydrate Recipes and Blogs Online:

www.asimplelowcarblife.com

www.alldayidreamaboutfood.com

www.authoritynutrition.com

www.atkins.com

(Be sure to choose recipe sites that list the nutritional information so you know how to count the carbs and proteins in the recipes. These sites list nutritional information. If any of the recipes include off-plan foods, be sure to COUNT the carbs and protein and keep your portions small).

How to Create a Nutritional Label for your own recipes:

www.caloriecount.about.com/cc/recipe_analysis.php

To figure out the nutritional information for any recipe, plug the servings and ingredients into this free app. Make your own nutritional label and count your carb intake accurately.

NUTRITIONAL LABEL READING 101:

READ THE NUTRITIONAL LABEL ON EACH AND EVERY FOOD ITEM THAT YOU PLAN TO EAT !!!

There are a few key things that you should know about reading a nutritional label. Scrutinizing the label in a methodical way will help to keep you from eating foods that are unhealthy and high in carbs. We are all used to looking at *calories first, fat next*, and pretty much nothing else except perhaps the ingredients. While calories matter somewhat, the COMPOSITION OF THOSE CALORIES IS MUCH MORE IMPORTANT. We will FIRST assess the carbohydrates, then the protein, next the calories, and to a lesser degree the fat. The ingredients will also be scrutinized as well as the serving size.

Step 1: *First look at the amount of net carbohydrates listed on the label.* This is the amount that will affect your blood glucose, as fiber and sugar alcohols are not absorbed and move through the bowels without significant absorption into the body. Calculating net carbs is found by using this formula:

(Total carbohydrates - dietary fiber = Net carbs)

If the food item also contains sugar alcohols as a sweetening agent (noted on the label as “sugar alcohol”, “erythritol”, or “xylitol”) the formula becomes:

(Total carbohydrates - dietary fiber - 1/2 sugar alcohol grams = Net carbs)

Nutritional Label Example of Snack Bar:

Nutritional Facts:

Serving size: 1 bar

Total Calories: 250

Total Fat: 14 gm

Total Carbohydrates: 23 gm*

Dietary fiber: 9 gm**

Sugars: 1 gm

Sugar alcohols

(polyols): 13 gm***

*Total carbs - Dietary fiber - 1/2 sugar alcohols= Net carbohydrates (carbs)

In this example: 23 gm* - 9 gm** - 6.5 gm*** = 7.5 grams (Net Carbs)

Step 2: If any item contains MORE than 15 grams of Total Carbohydrates, think twice before eating it to avoid a glucose spike, insulin over-production, fat storage, weight gain, and the awakening of cravings. *Even though net carbs may be low, a higher **Total Carbohydrate amount** will still cause a blood sugar spike which results in hunger and stalled weight.* It is not necessary for every food item that you eat to contain protein. However, if you plan to eat anything that is primarily carbohydrates, you will need to add some type of protein to pair with it to avoid a spike in glucose, which always results in insulin over-production and subsequent fat storage. Protein will blunt the production of insulin caused by eating a carbohydrate.

Step 3: Next, note the fat grams listed on the label. This is for general information and not a “deal-breaker” for eating the item, but something worth noting during weight loss. This is less important during maintenance. During weight loss you do not want all of your fat needs to come from your diet (or you won’t burn any fat).

Step 4: *Next look at the calories.* This is something that is not as important in the low carb lifestyle **IF** the other parameters are within a reasonable range. For example, there are many 100 calorie snacks that have MANY carbs, making them not suitable for the low carb dieter. *Calories are the least important of the numbers on the label if the other parameters are not in a good range. If they were as important as many weight loss programs utilizing calorie counts only, we would all be a lot thinner than we are!* Exact calorie counts **ONLY** matter if the carbohydrates, protein, and fat are in healthy ranges that will keep blood glucose stable.

Step 5: *Scrutinize the ingredients listed.* Avoid corn syrups, fructose, sugars, hidden sweeteners.

Step 6: *Beware of the serving sizes on the label.* Be sure to not just assume that the nutritional label amount is for the entire container. **READ THE SERVING SIZE** and calculate your serving. This is a common way that high carbohydrate and high caloric items are marketed as “low carb” or “low in calories” based on a minuscule serving size.

Ready to get started?

1. Make a shopping list. [Try our online store for some great products: http://www.asimplelowcarblife.com/online-store.html](http://www.asimplelowcarblife.com/online-store.html)
2. Buy your first week's food and protein products to support your diet.
3. Remove high carbohydrate foods from your home (get rid of chips, breads, breading, cookies, cakes, cereals, grains, pasta, or any other high carb foods off plan).
4. Plan your meals ahead of time.
5. Take low carb and protein snacks with you everywhere you go.
6. Follow up closely with your weight loss specialist for optimal results.
7. Follow the rules listed for best results.

What are you waiting for?



Let's get cracking!

Meal Suggestions:

Breakfast Ideas:

2 Scrambled eggs plus link sausage

Sauteed ground turkey or veggie crumbles plus shredded cheese

Low carb shake (15 grams protein) plus 2 slices of bacon

Deli turkey slices plus cheese stick

2 fried eggs and 1/2 Haas avocado

Smoked salmon and cream cheese wrap

2 egg omelette with sausage crumbles (1 link) and 1 Tablespoon shredded cheese

Canadian Bacon (3 pieces) and 1 poached egg with bleu cheese dressing (1 TB)

2 egg omelette with crumbled bacon (2 strips) and 1/2 cup diced zucchini

Turkey sausage links or patties (2) with 1 deviled egg

Cottage Cheese 1/2 cup with 2 strips bacon

Deli ham slices (2) with boiled egg

Plain, unsweetened yogurt with 1 teaspoon of PB2 peanut butter plus boiled egg

Protein bar (<5 net carbs) such as Atkins Endulge bars.

Low carb pancakes x 2 small (netrition.com) with **Walden Farms zero carb pancake syrup** (also on netrition.com)

Dixie Diner low carb biscuit from Bakequick mix (netrition.com)

Lunch:

Roast beef deli slices (x 2), 2 cups lettuce, 1 chopped green onion, approved salad dressing.

Arugula (2 cups raw) with caesar salad dressing (2 TB), 1/4 cup sliced radishes, 1 ounce shredded cheese, and 1-2 ounces of grilled chicken.

Can of tuna (in spring water) with 1/2 cup chopped red cabbage (raw) and approved salad dressing.

1/2 medium Haas avocado with 1/2 can of salmon on top and 1 TB cream cheese

Hamburger patty (3 ounces) with 1 slice cheddar cheese plus 2 slices of iceberg or romaine lettuce instead of a bun. Top with aioli or mustard.

Grilled steak (3 ounces) over 1 cup of sauteed spinach (in olive or avocado oil).

Grilled sardines or herring with diced tomato (1/2 cup) and 1/2 medium Haas avocado topped with tabasco or other picante sauce.

Grilled shrimp and sauteed garlic over 1 cup of sauteed kale.

Deviled eggs with 1 cup veggies of choice. Add 1 ounce of cheese.

Dinner:

Baked salmon (3-4 ounces) topped with garlic, 1 cup sauteed spinach, and 1/2 cup cauliflower puree <http://alldayidreamaboutfood.com/2013/06/sour-cream-and-cheddar-mashed-cauliflower.html>

Grilled pork chop (3 ounces), 1/2 cup steamed broccoli with garlic/olive oil, 1 cup lettuce with bleu cheese salad dressing (1-2 TB).

Grilled steak (3-4 ounces) with 1 cup sauteed zucchini (in olive or avocado oil), plus 1/2 cup sliced radishes and jicama mixed, dipped in salad dressing of choice.

Baked cod or halibut with 2 Tablespoons herbed butter, 1/2 cup sauteed Swiss chard, plus 1/2 medium tomato (sliced).

Grilled chicken (3-4 ounces) with Walden Farms Barbecue sauce (netrition.com), 1/2 cup baked turnip or rutabaga fries, 1 cup lettuce of choice topped with approved salad dressing.

Lamb kebobs with 1 cup grilled eggplant, 1 diced green onion, and 1 cup mixed green salad with approved salad dressing of choice (1-2 Tablespoons).

Tri-tip steak 3-4 ounces with arugula salad 2 cups topped with caesar salad dressing, diced tomatoes 1/2 cup, and diced green onion.

Roasted turkey slices 3 ounces, 1/2 cup roasted cauliflower florets topped with olive oil and garlic, 1 cup sauteed spinach.

Taco-seasoned ground hamburger, turkey, or Morningstar crumbles (3-4 ounce serving), 1 diced green onion, 1 ounce of shredded cheese, 1/2 cup diced tomato in romaine lettuce “tacos”, plus hot sauce of choice.

Baked ham 3 ounces with 1 cup of sauteed zucchini, 1/2 cup of jicama slices dipped in bleu cheese dressing (Litehouse).

Grilled shrimp and 1 cup of garlic and olive oil sauteed fennel, 1 cup of mixed greens topped with approved salad dressing of choice.

Grilled chicken strips (3 ounces) topped with PB2 peanut sauce over Shirataki noodles, plus 2 cups lettuce with approved salad dressing of choice.

Snack Ideas:

1/2 Medium Haas avocado plus 1 mozzarella string cheese

1 celery stalk and hard boiled egg

Deviled egg (one)

Low-carb Protein bar (be sure to choose very low net carbs)

Sliced cucumber (1/2 cup) with bleu cheese salad dressing (Litehouse brand)

Sliced radishes (1/2 cup) dipped in caesar salad dressing

Deli slice, one (turkey, ham, or roast beef) wrapped around cream cheese, 1 TB

1-2 ounces of cheese

4-5 cherry tomatoes and 1 Tablespoon bleu cheese salad dressing as a dip

1 celery stalk (salted) dipped in 1 Tablespoon of reconstituted PB2 peanut butter

Low-Carb protein shake

Peanut Butter coconut bark (one piece) - www.asimplelowcarblife.com/recipes/peanut-butter-coconut-bark.html (contains a small amount of peanuts.... limit yourself to one - two pieces or omit peanuts if they are a trigger food for you).

Don't be afraid to experiment with various flavors, seasoning, and low carb recipe ideas. Review the blogs listed above for recipes containing nutritional information (or any others that you may find) and ENJOY YOURSELF!

There are plenty of low carb products available on netrition.com or amazon.com to support your low carb lifestyle at reasonable prices.

There are low-carb substitutions for just about any high-carb foods that you used to enjoy. Use your imagination and experiment. Here are just a few to choose from:

<http://www.asimplelowcarblife.com/blog/low-carb-substitutes-for-high-carb-foods.html>

Be sure to visit us often for ongoing FREE tips, recipes, online store, and numerous FREE resources.

*If you are stuck and need more help, **WE HAVE YOUR BACK!***

We have a game plan to suit nearly any style of learning or budget, so losing weight is SIMPLE....

No more... Dirty Little Secrets...

IT'S SIMPLE....

www.asimplelowcarblife.com

JUST REMEMBER:

"Do or do not....There is no try."

-Yoda (George Lucas, Star Wars)