

A Simple Low Carb Life

Getting Started

Module 4-Video 2

Copyright 2015, A Simple Low Carb Life. All rights reserved.

Ready to get started?

Make a shopping list.

*Try our online store for some
great products and ideas:*

<http://www.asimplelowcarblife.com/online-store.html>

**Buy your first week's
food and protein products.**

Remove high carbohydrate foods from your home

(Get rid of chips, breads, breading, cookies, cakes, cereals, grains, pasta, or any other high carb foods that are off-plan).

**Plan your meals
ahead of time.**

**Take low carb, moderate protein
snacks with you
EVERYWHERE that you go!
(Yes, EVERYWHERE!)**

**Follow the guidelines
for best results.**

Congratulations!

You have just completed
MODULE 4-Video 2

www.asimplelowcarblife.com
asimplelowcarblife@comcast.net

*(Let's move on to **MODULE 5**)*