

# A Simple Low Carb Life

*Weight Management Guidelines*

## **Module 2-Video 1**

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# **The Dietary Guidelines:**

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”....**



## **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 (15 Total 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 teaspoon or up to 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 at the same time.

*(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 (8-12 repetitions x 3 sets).

*(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 (with a pedometer) or exercises above.



## **RULE#14:**

Add fiber DAILY to your diet to avoid constipation.



## **RULE#15:**

Take the recommended supplements for optimal weight loss daily.

(Multivitamin, B-complex, Omega 3 which can be fish oil 1200 mg or flaxseed oil 1000-1500 mg, Magnesium 400-500 mg per day).



## **RULE#16:**

Follow up closely with your weight loss specialist or support person to stay on track with your weight loss.

*(While you may be able to do this completely on your own, most people need some support, whether with us or like minded friends or family).*



# Congratulations!

You have just completed **Module 2-Video 1.**

*Let's move on to the next video  
to learn how to count carbs.*

**[www.asimplelowcarblife.com](http://www.asimplelowcarblife.com)**  
**[asimplelowcarblife@comcast.net](mailto:asimplelowcarblife@comcast.net)**

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