

A Simple Low Carb Life

Module 1

Video 1

General Overview



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**Welcome to
the
Beginning
of a
Healthier
Lifestyle!**



The dietary approach of our program is:

- ✓ LOW CARBOHYDRATE
- ✓ MODERATE PROTEIN
- ✓ MODERATE FAT
- ✓ EAT EVERY 3-4 HOURS FOR OPTIMAL METABOLISM,
STARTING WITHIN FIRST HOUR OF AWAKENING
- ✓ COUNTING CARBS AND PROTEIN (not calories)

SIMPLE...

A Simple Low Carb Life

is a lifestyle that you can easily embrace.

WHY IS THAT?

- ◇ Keeps your blood sugar stable.
- ◇ Reduces Hunger and Cravings.
- ◇ Keeps you in a “fat burning” state throughout weight loss.

The fat used for fuel in this way of eating is called KETONES.

This dietary approach is referred to as:

“nutritional ketosis”

“dietary ketosis”

“ketotic diet”

“ketogenic diet”

These terms all refer to the same type of metabolism, which is using fat for fuel instead of carbohydrates.

We are each born with

the ability to utilize

FAT or CARBOHYDRATES

for fuel (depending on what we are eating).



For most people, eating less than 40-50 grams of carbohydrates per day, automatically prompts the body to burn fat for fuel.

(You will be eating <30 grams per day to ensure that you stay in the fat-burning state.)



**How much protein
should I eat per day?**

**How many net carbs
should I eat per day?**

Daily Protein Recommended:
0.6-0.9 grams per pound of lean body mass

For the mathematicians among us....

Calculating lean weight is determined by:

1. Lean Body Mass = Body Weight – (Body Weight x Body Fat %)
2. Example: convert percent fat to pounds of fat: 200 lbs (wt) x 0.30 (30% body fat) = 60 lb of body fat.
3. Lean body mass = 200lb - 60lb = 140lb lean body mass.
4. **Range of protein** = 140 x 0.6 = **84 grams/day low end** and 140 x 0.9 = **126 grams high end.**

Now for the rest of us...

THE SIMPLE BUTTON



For the rest of us....

Use this SIMPLE METHOD:

- If you are **200 lb or less: Average 100 grams** of protein/day.
- **>200 lb but <300lb= 120 grams** of protein/day.
- **Add additional 20 grams/day for each 100 pounds of weight**
- *If you exercise more than 30 minutes per day, you can add an additional 15-20 grams of protein/day.*

SIMPLE

**It's as simple
as that.....**

HOORAY!

You have reached the end of:

MODULE 1 Video 1

Let's move on to **Module 1-Video 2.**

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