

DIET: STRAWBERRY

A LOW-CARB DIET FOR BEGINNERS

A low-carb diet is low in carbohydrates, primarily found in sugary foods, pasta and bread. Instead, you eat real foods including protein, natural fats and vegetables. Studies show that low-carb diets result in weight loss and improved health markers, and these diets have been in common use for decades.¹ Best yet, there's usually no need to count calories or use special products – all you need to do is to eat real food.²

Learn more about low carb and how to use it for your personal goals [here](#).

DOWNLOADING LINKS

Week 01 - introduction

Week 02

Week 03

Full Program editable

1. Introduction to low carb

A low-carb diet means that you eat fewer carbohydrates and a higher proportion of fat. This can also be called a low-carb, high-fat diet (LCHF) or a keto diet.³

For decades we've been told that fat is detrimental to our health. Meanwhile low-fat "diet" products, often full of sugar, have flooded supermarket shelves. This has most likely been a major mistake, that coincided with the start of the obesity epidemic.⁴

	Breakfast	Lunch	Dinner
Monday	Wheat Bread Tea	Wheat and Vegetable soup	2 Apples
Tuesday	Grilled Fish Mixed Fruit Smoothie	Beans	Cucumber
Wednesday	Cereal (Kelloggs Fruit n Fibre)	Semo with Egusi Soup (prepared with chicken without oil)	Cabbage/ Carrot
Thursday	1 Boiled Plantain ½ Baked Beans	Boiled Irish Potato with Beef Vegetable sauce	Watermelon
Friday	1 Glass of Skimmed Milk 1 Packet of Indomie (with shrimps and vegetables)	1 Boiled Plantain With vegetable	Fruit Salad
Saturday	Boiled Yam (2 slices) Tomato Sauce	Wheat with Okro Soup (prepared without oil)	Tilapia Pepper Soup
Sunday	1 Egg 2 Slices of Bread	Brown Rice Jollof Rice Mixed Vegetable Salad 1 Portion of Chicken	Non-fat Yoghurt

The basics

Eat: Meat, fish, eggs, vegetables growing above ground and natural fats (like butter).

Avoid: Sugar and starchy foods (like bread, pasta, rice, beans and potatoes).

Eat when you're hungry, until you're satisfied. It can be that simple. You do not need to count calories or weigh your food.¹⁰ And just forget about industrially produced low-fat products.¹¹

Below are examples of what you could eat, alternatively check out our 600+ low-carb recipes.