

# HOW TO LOSE 10 POUNDS FAST



GET **RIPPED!**

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## Disclaimer

This book is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his/her health.





# Chapter One

## The Real Keys to Rapid Weight Loss

We all have times when we wish we could see and feel our weight loss efforts right away. Basic psychology says that most of us do better at *any* task or goal when we can enjoy immediate or measurable results.

Nowhere is this more the case than with weight loss. Though we all understand that weight loss requires patience and ongoing effort, most of us also want to see the weight loss within at least the first week of dieting.

Fortunately, that is possible, and in this book, we are going to look at many tips for getting your weight loss off to a strong start, but also how to keep it going and then maintain it over the weeks, months and years that follow.



## There's Weight Loss and Then There's Weight Loss

Whether you are looking to shed those last five to ten pounds or to jumpstart a larger amount of weight loss, you need to understand what it really takes to *permanently* shed weight - especially pounds you have dropped quickly. After all, when you lose a surprising amount of weight in a week's time, such as shedding seven to ten pounds in just seven days, a great deal of that weight loss is "water weight" rather than permanent fat lost.

This comes from simple steps like drinking more water, eating higher amounts of lean protein, cutting back or eliminating carbohydrates and beginning to do more exercise; all of which allow your body to shed excess water. So, within the first four to five days of a strict or extreme diet, you will see weight loss.

This is great if your only goal was to lose a fast five pounds in order to squeeze into a pair of pants or for a special event, but you can do better. You can change your diet in ways that force your body to dip into stored fat to create energy, burning off pounds. This leads to the kinds of noticeable changes so many of us desire when we begin a new diet and exercise regimen.

When you want to dip into stored fat in order to lose weight, it can take a bit more time than a single week, though, and unfortunately you can just as quickly regain any weight lost if you don't follow some basic rules for fast weight loss and for keeping weight off.

The goal of this book is to give you the best methods for achieving *both* objectives:

Shedding a noticeable amount of weight quickly *and* keeping that weight off permanently.

However, it is crucial that you get started on the understanding that the "fast ten pounds" can begin as water weight lost in week one but become fat lost in weeks two, three and beyond.

Let's first look at what you probably know already and then move beyond that to the best methods for rapid weight loss.

## What You Probably Know Already

Speak with any expert about the best ways for losing weight and you will hear some very common words of advice:

- Watch what you eat (i.e. count calories, avoid junk food and processed foods, and so on)
- Exercise each day

Now, that makes it seem easy. You just use dieting and exercise and then you watch weight just melt away, but the problem with such general advice is that *everyone is different*.



## What You Have to Learn Now

Not only do we all have different metabolisms (the rate at which we burn up the calories we consume), but we also have *different lifestyles*.

As just a simple example, you might be someone who commutes for thirty minutes or more each day, twice a day. You work at a desk throughout the day, and when you get home you may have kids, a spouse, family or neighbors who count on you to help them with everything from meal prep to errands. By the time you have "free time" you might also be ready for bed or too tired to start working out!

So, just when are you going to get that exercise? When are you going to have time to do meal planning that helps you to shed weight quickly? It *does* take some planning and some organizing each day.



Even more interesting is that you might be someone who has to be careful about everything they eat because your body's natural metabolic rate is slow. This means eating a bagel each day at breakfast and a deli sandwich at lunch will cause you to put on a lot of weight, even though that co-worker at a nearby desk or department eats exactly the same and doesn't do any exercise but still remains thin and trim.

In fact, you may watch in awe as that person eats snacks, heavier lunches and talks about their own need to begin exercising, but never gains a pound.

*That* is metabolism, but there is much you can do to bump yours into a much better place.

The point to take here is that your path to fast weight loss is going to have to be tweaked to work with *your lifestyle* and *your body*, which is easier than it sounds. We'll walk you through steps necessary for understanding things like BMR, appropriate carb levels, lifestyle changes and many other relevant issues.

In the chapters that follow, we'll consider topics like how you might add the ideal exercises to your day for optimal, rapid weight loss, but also how to really maximize the outcomes through the wisest dietary choices. We'll also expand on the ideas of "watch what you eat" because that is actually the true key to losing ten pounds, or more, rapidly...and keeping it off for good. In fact, let's take a look at just what it is going to mean when you watch what you eat while shedding weight fast.

## How to "Watch" What You Eat

How often do we hear "you are what you eat"? That idea has a lot of truth to it! Just consider, if you eat a diet full of processed foods or sugars, your body starts to bloat, behave badly, hold weight and you just feel lousy. Your energy levels are not consistent, your thinking can be foggy and you may experience hunger that is due to the food choices you made rather than actual, authentic hunger.

You have become what you ate - a mass of low to no nutrient compounds that will not create optimal health and well-being. All of the processed foods consumed also cause inflammation, and so you also become a long list of symptoms that come entirely from being what you ate.

However, if you eat a diet that contains mostly whole foods, lean proteins and lots of water; it is likely you will suddenly feel "cleaner". You have more energy, your body functions really well, and you just experience a sense of well-being that you might not have ever felt before or in recent years.

Again, you became what you ate; a high functioning collection of nutrient-rich foods that work with the cells of the body to create optimal conditions.

### The Basic Rules for Watching What You Eat

So, this tells us plainly that the rules for watching what you eat when looking to shed weight are a good match to the idea of "you are what you eat". Just consider:

- Go for whole foods - You can ensure weight loss just by cutting out processed foods altogether. By processed, it means pre-made meals, lots of packaged foods, and foods that have more than a single ingredient.



For instance, rather than snacking on a power bar that is high in fiber, but full of mystery ingredients, do your body a favor and grab a piece of fruit, handful of raw veggies, or a cup of plain yogurt (or a blend of them). You get energy and

nutrients, without the risk of difficult to digest fats, carbs or chemicals. Whole foods don't irritate or challenge the body; they just break down and do their work, offering many benefits without harmful side effects. Plus, they are typically low in calories, high in nutrients and offer only "good fats" and carbs.

- Keep track of calories - To lose weight you have to burn more calories than you consume. While it might seem a wise idea just to really reduce calories or even strive to consume no calories, you cannot just stop eating as that causes all kinds of trouble with your metabolism (this is something we are going to discuss a bit later, and it is a huge part of weight loss success...or failure).

Instead, you have to understand how many calories you have taken in and then keep track of how many you've burned. Then you will work to create a deficit (shortage of calories) through exercise; rather than limiting food or severely restricting calories.

As a simple example, you keep a food journal throughout the day and see that you consumed around 1,800 calories. Your BMR (don't worry - we'll walk you through calculating yours) is 1,400. This means you have 400 calories to burn to maintain your weight, plus you need to create a deficit or negative caloric intake to lose weight. You can easily burn up 600 to 800 calories through 45 minutes of rigorous swimming, intervals on a treadmill, sprinting uphill, power workouts that combine weight training and high intensity cardio and rowing routines.

Later in this guide, we'll talk about journaling your calories (at least until you know just what you are consuming with each meal and snack), as well as burning calories wisely. For now, it is important to know that counting your calories is a key part of long-term, as well as rapid weight loss.

- Choose lean protein - Skinless poultry, 90% lean beef, lentils, beans, no fat dairy, certain kinds of shellfish and fish (tuna and salmon), soy or tofu, nuts and seeds, and eggs are all great lean proteins. Also, be sure you eat *enough* protein as it is

ideal for boosting your body's metabolic rate and helping you to stay full a lot longer. The right level of macronutrients is another issue we cover a bit later, and is when you'll learn about the right amounts for your body, lifestyle and goals.

- Eat fewer carbs - If there is a "mother" of all rapid weight loss rules this is it. Short term reduction in carbohydrates will easily reduce weight simply by cutting water retention and bloating. In fact, one expert has this to say: "People who go low-carb often see a difference on the scale as early as the next morning after starting the diet."

It makes *that* kind of difference in your body and weight loss. Yet, it brings so many more benefits. Over the long-term, lower carb lifestyles have shown to improve health by allowing you to begin controlling insulin, reducing fat storage and creating a much more efficient metabolism.

This last point (eating fewer carbs) is exactly why we are going to make low carb eating the emphasis of this book. We are going to spend a lot of time looking at why, how and the best ways to use low carb living as a solid way to reach your weight loss goals.

## Eat to Lose Weight?

If you read that last line and thought that *eating* cannot lead to *weight loss*, you are stuck in a concept that millions of other dieters are, too. There is this horribly common idea that if we deprive the body of calories and certain types of food, the weight will melt away. In reality, your body weight will decrease with starvation or extreme dieting, but the damages this does are profound.



Damages? Yes, and here's why. Our bodies are amazingly responsive and act in this way to keep us alive. We see this in our metabolisms, which adjust up or down according to such things as our level of activity, muscle mass and dietary intake.

The person who starves themselves to shed weight quickly is going to easily drop pounds the first time they do this. The next time they deprive their body, they'll notice that the weight doesn't go so fast. If they keep up with this routine - often called yo-yo dieting - they will soon be unable to lose little more than trace amounts of water their body has retained and will find that they gain weight much faster.

Why does this happen? When we deprive ourselves of food or nutrition our bodies are smart enough to think that we are struggling against starvation. This makes the body's metabolic rate slow and any calories are turned into fat and stored for later use. For energy, your body will start to tap into muscle rather than stored fat, and this just kicks off a vicious cycle that can be very difficult to overcome later.

However, if you get your body's metabolism at a far more controlled pace, you will always be able to shed weight - both quickly and permanently. You do this when you eat the right foods in the right amounts and combine them with a reasonable amount of exercise. You will lose weight fairly quickly, and provide yourself only with amazing health benefits. Let's take a more in-depth look at this before we dive into the tactics you can start using right away to shed ten pounds quickly.

## Chapter Two

### Don't Starve - Your Metabolism Benefits from Low Carb Over Low Cal

Let's start with a single, expert statement about starvation mode, or what physicians call adaptive thermogenesis. They say that it is "the body's natural response to long-term calorie restriction. It involves a reduction in the number of calories your body burns, which can slow down weight loss."

([AuthorityNutrition](#))



In essence, any weight loss might tell your brain that something is amiss. However, it is only when you lose a lot of weight very quickly that your brain starts to worry. When it does, it will seek to conserve energy (in the form of stored fat) by reducing the numbers of calories your body burns. This forces you to feel very lazy and lethargic and it also makes you crave more calories - you become much hungrier.

Your blood sugar levels also go haywire during starvation mode, and when failing to eat a healthy diet your body will also look to lean muscle instead of fat for energy.

When this occurs, weight loss is going to slow or stop, and it is also the point when many dieters throw in the towel because they are constantly struggling with low energy and food cravings.

Wouldn't it be great if you could skip all of this? You can by *eating*. Naturally, it cannot be the sweets and processed foods you might be consuming now, but there are ways to eat (quite a lot) and shed the pounds.



## Smart Diets Trick Your Body

Weight loss is the result of calories leaving the body, being burned up for energy and creating that deficit we spoke of in the previous chapter. When this happens, your body is either losing water, muscle or fat. When the weight loss is purely water weight or muscle, it is often the end result of starvation or extreme dieting. Radical calorie reduction can cause weight loss, but not the good, healthy or even permanent type.

Instead, when you use smarter dieting methods, you are going to lose weight in the best way. This is the way that lets your body and brain feel okay about the issue. You can do this by controlling calories and by reducing your appetite through smart food choices.

Remember, too, that insulin and blood sugar also play a leading role in fast weight loss. It is precisely why low carb diets allow you to burn up fat instead of muscle. Let's take a moment to learn just how this works since we have already mentioned it, and will be using this idea to follow a fast and effective weight loss regimen.

## How Your Body Converts Food to Energy...or Fat

Foods are metabolized or digested when our bodies blend them with different enzymes and acids in the stomach. This breaks food down into different components, with glucose appearing after sugars and starches are digested. Our stomachs and small intestines are able to absorb glucose, releasing it into the bloodstream. Here, it is used in two ways:

- It is immediately used for energy
- It is stored as fat to be used for energy later

This tells us that fat is stored energy, but is there a way to stop that? Certainly, reducing carb consumption and eating carbs just before you require energy. These are concepts

we'll explore later, but isn't it great to know you now have the "secret" to fast weight loss!

The human body creates insulin to manage glucose, and it is a natural compound that "opens" cells and tells them to allow glucose inside to be used immediately or stored. This is the material that controls blood sugar, and people with diabetes of any kind have problems making it. However, as one medical group reminds us, "The rise and fall in insulin and blood sugar happens many times during the day and night. The amount of glucose and insulin in our bloodstream depends on when we eat and how much."  
([GHC.org](http://GHC.org))

Aha! You might think when reading this. "When we eat and how much" is a huge clue in the fight to shed weight quickly. Eat the right foods at the right times, and even without a workout, you can start to shed unwanted fat.

In fact, many experts agree that you can even begin burning fat in an "autopilot mode" strictly through smarter food choices. As a simple example, many experts say that low carb dieting is far more effective for weight loss than low cal. They suggest replacing any grain-based breakfast foods with a lean protein, like eggs.

Why? This has been proven to cue fat burning and weight loss. In one study a group of overweight women cut out their morning bagel, eating eggs instead. They ate fewer calories at lunch and for the next 36 hours, but also felt no food cravings and were easily satisfied with low carb meals throughout the day. ([Authority Nutrition](#))

This is only a single example of how smarter food choices (i.e. eating) provides superior fat and weight loss along with blood sugar regulation, and is much more effective than extreme calorie or food restriction.

Of course, you can't know how to begin counting calories and carbs in order to shed pounds without knowing your BMR and dietary guidelines. So, let's start to learn about them now...



## BMR

We've already discovered that "calories in" have to be offset by "calories out". You can shed weight fast by creating a big deficit here, but not through starvation. Over the short term it can work to help you shed up to ten pounds in a matter of seven to ten days, mostly through water loss. But, if you want to quickly lose weight while eating, exercising and doing no harm to your body, it begins with knowing just how many calories you can consume each day.

This begins with the BMR or Basal Metabolic Rate. Keep in mind that BMR, when calculated properly gives the number of calories that you should consume each day while you *remain entirely at rest*.

This is the number of calories you can eat and maintain your current body weight - theoretically. If you start eating loads of sugary and starchy sweets as your primary calories, and laying on the sofa, you will see any muscle you have converted to fat and you are likely to gain weight - which changes the BMR.

## Calculate Your BMR

Keep in mind; a BMR is a personal thing and varies from one individual to the next. It is a good approximation based on age, gender, weight and height. It does not take into consideration issues like activity levels, body/bone size, and so on. Here are the formulas for



men and women, and we'll follow them with an example:

Adult females:  $655 + (4.3 \times \text{weight in lbs.}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$ ; or

Adult males:  $66 + (6.3 \times \text{body weight in lbs.}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$ .

To see this in action, let's consider a 42-year-old woman who is 5'7" tall and who weighs 145 pounds:

$$655 + 623.5 + 314.9 - 197.4 = 1396 \text{ calories per day while at rest.}$$

As we see from the formula, this woman would need to eat 1,400 calories per day to maintain her current weight, but only if she sat around most of the day and used very few of those calories.

Additionally, around ten percent of all calories we consume are burned off in digestion. This is called the thermic effect and it does vary based on the foods consumed, but averages around 10% of total consumption.

So, around 140 of those 1400 calories consumed by the woman in our example would burn up because of metabolic functions and digestion. Thus, if she ate an optimal diet and consumed around 1260 calories each day, she could probably do so and not gain a pound. This is a very low number of calories though, and not a healthy life choice.

## Using the Data

Take a few moments now to determine your BMR. Then, try to determine how many calories you burn during any daily exercise or activity. A good way to do this is to simply do a search for that exercise.

As an example, "calories burned walking four miles in one hour" or "calories burned jogging uphill for 40 minutes". From such searches, you can get some fairly accurate averages. Use this data to see how many calories you can lose in a day, which will translate to weight loss.

For our example, that woman who needed 1400 calories per day works hard to stay in that limit. She then does one hour of "race pace" spinning and burns up around 750 calories. Her day looks like this:

1400 BMR needed - 1350 calories consumed - 750 burned in exercise - 135 calories in thermic effect = -835 calorie deficit

How much weight would she be losing after a week? It looks like 5845 calories, but just what does that mean.

### What Caloric Deficits Mean

Now, this is where things get a bit confusing. Why? There are two issues to consider here.

First, as your body weight *decreases*, your metabolism actually *decreases* slightly. Why? Because it requires less energy to fuel a body of 200 pounds than to fuel one at 170 pounds. That's okay, as long as you are into healthy, low carb eating habits and regular, vigorous and high calorie burning exercises, your weight loss can continue for quite a while.

The other confusing point is the number of calories in a pound. Common wisdom says that one pound of fat contains 3,500 calories. This is true, but creating a deficit of 3,500 calories may not necessarily mean a pound of weight loss. Let's see what the experts say about this.

Dr. Pamela Peeke is a noted author and researcher who has discovered that, "There's tremendous variability in how a 3,500-calorie deficit affects different people. The more fat a person has to give, the quicker he will lose weight and weight from fat." ([Huffington Post](#)).

*This, though is only if they lose weight through dieting, but not exercising.*

When you eat regularly, add exercise, and also consume adequate protein, you change this pattern and begin adding lean muscle mass while lowering body fat percentages.

This may mean only a little difference on the scale, but a noticeable difference in issues like clothing sizes and the appearance of having lost weight.

Dr. Peeke also says, "If you are cutting calories from carbs, you will also lose water weight. In the body, every gram of glycogen (carbohydrates) in your body is stored with a few grams of water. So when you go low-carb, your metabolism breaks down those glycogen reserves for energy, and you end up peeing out the accompanying water."

Muscle contractions, such as those that occur with any type of exercise, along with vigorous movement of the body and organs also

contribute to cells shedding water and water making its way into the bloodstream and then the bladder. This, too, enables you to urinate away unwanted pounds, and is part of the reason that people who consume enough water will often excrete even more water than they took in! This can have you shedding one or more pounds per day for the first few days of your diet - especially if you cut all fluids but fresh water, do exercise and carefully monitor carb intake.



Don't get too caught up in this issue at this point, just follow these simple steps for now:

1. Take time to figure your current BMR.
2. Adjust for the thermic effect.
3. Spend some time using Google or another search engine to find out just how many calories your preferred forms of daily exercise will burn.
4. Do the math to see how much exercise you will need to shed at least 300 to 500 calories per day.

If you are looking for ways to squeeze as many calories as possible out of your level of activity, you might even search for calories burned while vacuuming, climbing stairs, gardening and so on.

Now, you may have just read this and still think something like, "If I shed only 500 calories a day, I may only lose a pound per week." But, as we've been learning, you are going to shed a lot of water weight with a week or two of low carb dieting, exercise, increased water intake and watching what you eat. Of course, weight loss always gets even better once you add in the right exercise.

## Where Exercise Comes into It

Let's stick with Dr. Peeke for a moment longer. She has discovered that exercise "and most markedly, strength training—and protein consumption promote muscle growth" for those on low carb and calorie restricted diets.

As another expert, at Muscle and Fitness, says: "Following a low-carb diet encourages fat-burning, and adding cardio to the equation can really rev the process up. Do 30 minutes of stationary bicycling, stair-stepping or jogging on the treadmill immediately following your workout 3-5 times per week. While on a low-carb diet, keep your cardio intensity level to 70%-80% of your maximal heart rate. (You can roughly calculate your

target heart rate by subtracting your age from 220 and multiplying by 0.7 and 0.8 for your target range in beats per minute.)" ([Muscle and Fitness](#))

As you might have realized, this fitness expert is describing 30 minutes of cardio "following your workouts". This means they want you to do some resistance and/or weight training first.

So, the ideal exercises for you to add to your day for optimal and rapid weight loss will have to include:

- 30 minutes of cardio (Three to five days per week)
- Resistance/weight training  
(Three to five days per week)

### Why Weight Training is Your Weight Loss Hero

We know that weight training is going to help cue the body to retain and build muscle. Muscle is a wonderful calorie burner, so the more you have, the more calories you burn. We also know that muscular contractions help to move water into the blood stream.

Interestingly enough, you don't have to spend hours in the gym to get the benefits of weight training for weight loss.





Instead, do as our expert advises, "You can train hard for a short period or not-so-hard for a longer period, but you can't train hard for a long period! In fact, if you truly give it your all on every set of every exercise, you won't last longer than 20-30 minutes per body part...You want to also go as heavy as possible as quickly into the workout as possible after a warm-up...You should be exerting as much force as you can in as short a time as you can. Make maximizing the stress during your workout your first goal."

Of course, be sure you warm up whatever muscles you intend to use, starting with light sets and then shifting quickly into mass building exercise, isolation movements, targeted movements and try to limit rests between sets. Do this for arms, legs and abs and you'll be fairly tired, but your metabolism will be boosted and your calorie burning at optimal levels.

Muscles burn calories for hours after workouts, which is why those on low carb diets are told to consume their carbs just before workouts.

As another expert, fitness professional Ben Greenfield, advises: "One of the main reasons for eating a low carbohydrate diet is because your blood sugar levels stay far more stabilized. But there is a time that you can consume carbohydrate without causing your blood sugar levels to go on a roller coaster ride – and that time is immediately before, during, or after exercise...I highly recommend carbohydrate intake for exercise sessions that are 1) intense; 2) involve weight training; 3) are longer than 2 hours in duration...." ([Ben Greenfield Fitness](#))

This is a perfect description of your exercise routine, so you should remember to plan on your carb consumption to coincide with the periods immediately before, during or just after rigorous workouts. Doing so ensures your body uses it right away to give energy rather than sending it into the cells.

In addition to weight training, we did say that cardio is necessary. However, it is also key to your success. Let's figure out why.

## Cardio Is Key

If we want to stick with expert advice about rapid and permanent weight loss, we can turn to professional bodybuilder and fitness guru Anthony Church. He says, cardio "is perhaps one of the most important keys to losing weight. Your diet could be the best in the world, but it will never reach its fullest potential without cardio." ([Body Building](#))

As we have already learned, it is a good idea to do 30 minutes at least three to five times per week, and Church goes further, recommending you boost your time by five minutes each week until you hit 45 minutes during any given workout.



He also says that mornings are the best time to do cardio, as this is because your glycogen levels are low. If you eat during your cardio, or immediately after, it will burn up much faster than eating and doing your cardio later in the day.

He, too, mentions heart rate, saying that you "want to reach a target heart rate of 65% (most efficient fat burning zone) of your maximum heart rate. To determine this, subtract your age from 220 and multiply it by 0.65... This is the ideal fat burning zone while you do your cardio."

And with the final mention of optimal fat burning, we need to turn our attention to the focal point of this book - losing weight through low carb eating.



As Church so nicely explains, "Your body will burn carbohydrates first, because this is your main energy source. Once it runs out of carbohydrates, it will begin to use your fat as fuel. You don't want your body dipping into your hard-earned muscle to use as energy. It is for this reason that it is of prime importance that you eat as much protein as possible while losing the weight."

This is the real key to shedding weight rapidly, and even up to ten pounds in a week or two. Boost protein intake, do the right exercises, reduce carbs, drink lots of water and it will start to feel as if the unwanted pounds are simply melting away.



## Chapter Three

### Watching What You Eat - Wise Dietary Choices

Now, before we start to learn more about the many wise dietary choices and what makes each one important, we need to create a new habit. It can be a temporary one or it can become a permanent part of maintaining a good weight. Whether you do it for many years or just a few weeks, it is important.

What is it? Food journaling.



### Food Journaling

It is important to take this step and develop this habit for a few reasons. One of the first is that too few of us are all that aware of how often we are eating and just what our eating habits mean to our body weight.

As the simplest example, one man began to food journal and was shocked to see how often he was snacking. A handful of nuts or trail mix here, half a bagel there, some fruit throughout the day, and three meals...he was exceeding his calorie limits every day, even with exercise.

Another reason to do a food journal is to identify any trends in your day or lifestyle. For example, if you see that you eat a snack at the same time each day, it shows you that your blood sugar may be dipping or that you experience some sort of trigger at that time. You may not even be hungry!

*Taking a critical look at your eating habits is a key to making healthy changes and choices.*

Food journaling is also an amazing way to uncover health issues. For instance, one dieter noted that they kept feeling unwell after eating bread and pasta. Though they only ate the right amounts for their diet, this feeling of bloating and indigestion persisted. A visit to their doctor helped them to discover a gluten intolerance.

Without the journal, they might not have realized that the feeling of poor health began within a few hours of consuming pasta, bread and even low fat, high fiber crackers. If you are someone trying to identify food allergies, a food journal is great when doing any "elimination" methods - showing you what you ate, how you felt and if your overall condition improved in the days or weeks after eliminating specific foods.

Finally, a food journal is also going to show you when emotional, comfort or boredom eating might be sabotaging your weight loss goals. For instance, one woman did two weeks of food journaling and noticed she ate each time she went on Facebook - she was looking for a bit of comfort after comparing herself to everyone she saw on the site! She also ate while watching TV, causing her to eat more and not really savor what it was she ate. She even realized that she thought she was drinking enough water but was not even close to the right amounts each day!

## What to Journal

Naturally, a food journal is to document everything you eat and drink. It can be documented in a very fine journal or a basic notebook, but make sure it is something you can carry around and use easily. If you are more of the digital device fan, go ahead and create something on your phone or tablet. There are even apps available for food journaling.



The point is to find a place where you are going to keep track of everything consumed each day.

Now, saying that you'll track what you eat and drink is not enough, though. You will need to create a way of tracking the following data points:

- Date
- Time
- Location (Why? Well, if you write down that you ate a meal in front of the TV and you see that you overate or consumed foods you shouldn't, the journal just demonstrated that you have an unhealthy habit that can be changed. Writing down the location is a good way to reveal healthy, as well as unhealthy habits, such as consuming a low carb food just before heading into the gym, and enjoying a super-charged workout.)
- Item eaten (Don't write multiple items as one. Make a habit of breaking something down into pieces. So, a sandwich has the bread and fillings, while the burrito has the wrap and the beans, meats, and so on. It can be tough when you

are trying to track things like smoothies or hot dishes like casseroles, but do your best to get it down to each component. This ensures you get the right calories and macronutrients for each ingredient.)

- Serving or quantity consumed (Don' make a best guess. Try to get into the habit of knowing the measurements of the foods - even if it means bringing a set of measuring cups with you for the first few days. This trains you to manage your portions better and recognize when you are overeating simply by taking too much of even a healthy or approved diet food.)
- How you felt after eating this food or ingredient. (Moods really matter when making changes to the diet. If, ten to twenty minutes after eating a specific ingredient or food, you notice you feel ill or emotional, it is an important sign. You might be an emotional eater, you could have a sensitivity, you might have not been hungry at all...how you feel is just as significant as what you eat.)
- Record your exercise and all physical activity to help track actual calories consumed by the end of each day. (Be sure you track the calories burned doing daily exercise.)
- Calories consumed
- Nutritional data that includes the amount of carbohydrate, fat, protein, and fiber in each ingredient or food. (This can be time consuming, but it is incredibly important if you are using low carb eating in order to lose weight fast.)
- Weight or progress towards your weight loss goal - daily weigh-ins can be good or bad. See the scale go up and you might panic, but this is usually muscle mass rather than fat. See it go down and you might feel the urge to cheat a bit. Limit your weight to every few days rather than every day.

- Consider tracking costs. (If you are jotting down food and drink, why not see how it is affecting your wallet? It might be a great bit of data to urge you onward, revealing that you save money when dieting and watching what you eat.)

Once you have at least a week of journaling under your belt, take some time to evaluate the data. There are always patterns. The two o'clock tea or coffee, the mid-morning snack...but there are also important factors that can affect your weight loss.

For instance, many dieters feel the urge to splurge or cheat during the weekends. This can put a halt to weight loss and even cause some weight gain. Simple journaling can help with this.

Journaling might also reveal that you feel better after home-cooked meals and/or that you are eating out too much. This can make it easier for you to commit to doing a lot of at-home cooking on days when you have time, and eating from your healthy leftovers rather than dining out and gaining weight. Your journal is great for making better meal plans and really thinking ahead.

Some of the most valuable data coming out of your food journaling includes the realization that you might be eating too late at night, or that you might be waiting far too long between meals. Both of these habits can hit your weight loss goals pretty hard.

## When to Eat

Celebrity medical expert Dr. Oz says that one of the steps to weight loss is "eating in 3s". By this he means to eat every three hours. He says this: "Our bodies 'want' to eat every three hours, as it's their natural eating schedule



dating back from early mankind. Wait longer and your body goes into starvation mode, as it assumes food is scarce and packs on fat for the future instead of burning it away immediately. Be sure to eat within one hour of waking up, then every three hours thereafter." ([Dr. Oz](#))

Remember, too, that this has an impact on blood sugar. Much earlier in this book we learned that the rise and fall of insulin and blood sugar happens throughout the day, and depends mostly on when we eat and just how much of each food we are consuming.

We already know to time carb consumption with daily activity (if possible), as this allows our bodies to burn up the carbs as energy instead of storing them as fat. Let's also learn about the other "macronutrients" we must eat each day, and how some of them can turbo-charge weight loss.

## Macronutrients

What is "in" the calories we consume? Calories come from food and drinks, and they contain a variety of compounds that get digested and metabolized (broken down in the body) and turned into some form of energy.

Macronutrients are compounds we must have and that our bodies cannot make on their own. They include protein, fat and carbohydrate. Fat provides nine calories per gram, while carbohydrates and protein each contain four calories per gram. Fortunately, you won't have to track the calories because we'll use a "percentage" of daily calories approach to getting and tracking macronutrients.

While we are focused on a low carb path to weight loss, let's not forget the significance of the other macronutrients. After all, you can often use them to put your fat burning on "auto pilot", best control blood sugar and even leave you feeling so satisfied as to have no hunger pains or cravings until you are truly hungry and in need of something to eat.



## Protein

The human body is made up of millions of cells, and protein is the foundation of all of them. It is found in many different foods, and the importance of consuming more than enough protein each day cannot be overemphasized. This is because it will bump up your metabolism from 80-100%, cuts food cravings, snacking and leaves you feeling full. In fact, one study showed that participants at an average of "441 fewer calories per day...just by adding protein." ([Authority Nutrition](#))

In total, around 20% of your body is made of protein and you need an ongoing supply of two types of protein:

- Non-essential - Our bodies can synthesize (make) these without any support from the diet
- Essential - We cannot make these proteins in our body but need them to function

Protein is found in meat, fish, poultry, cheese and milk, eggs, nuts and legumes, and in some starchy vegetables.

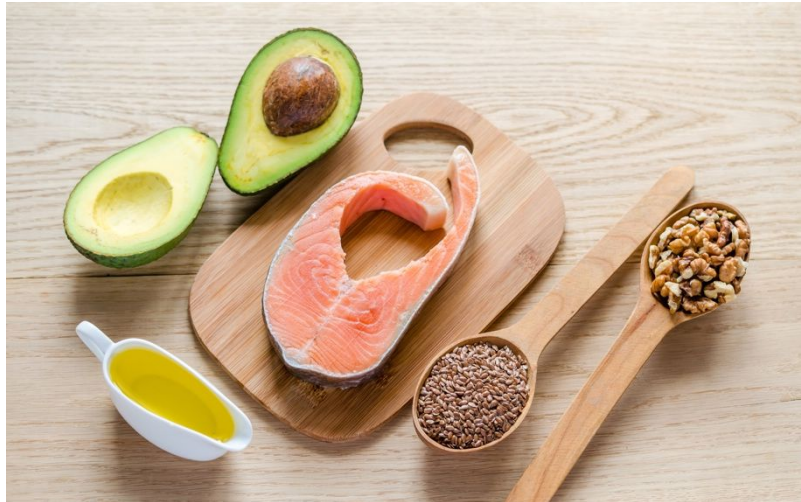
The USDA says you should aim at eating between ten and thirty percent of your daily calories in the form of protein. This is the amount that can give your body the amino acids and other essential proteins necessary for survival. When eating low carb, you must *a/ways* aim for the higher percentage to keep yourself satisfied and burning lots of fat.

Now, that does not mean that all proteins are the best. Although all protein is helpful, and some even offer benefits to your heart health, there are some proteins that are just too high in "saturated" fats. These won't do you any favors and will instead increase your cholesterol levels - increasing risk for heart disease, stroke and more.



## Fat

Don't fear fat. Your body needs it to function properly. Although it has a very bad reputation, it is an essential part of the diet. The USDA says to aim at consuming twenty to thirty five percent of your daily calories as fat, but it should be of the "unsaturated" or



"monounsaturated" types. Only saturated and trans fats lead to so many health problems, and should be avoided as much as possible.

However, when following a rapid weight loss plan that is a low carb plan, you'll bump up that percentage to as much as 75%. The best ways to get this amount of fat without bumping up your carbs would be to consume foods such as lean meats, avocados, nuts, olive oil, and similar foods.

## Carbohydrate

The percentages for carbs are much lower on a rapid weight loss plan than the USDA recommends. As one expert explains, according to the USDA, "between 45 and 65 percent of your total calories should come from carbohydrates. Since carbs have 4 calories per gram, you can have 225 to 325 grams daily for a typical 2,000-calorie diet. Low-carb diets often require you to limit your total daily carbohydrate intake to 50 to 150 grams, explains the Mayo Clinic. If your low-carb diet allows you to eat three meals plus two snacks per day and consume 150 grams of carbs, this amounts to roughly 40 grams of carbs at each meal and 15 grams of carbs per snack."

Yet, most low carb diets vary away from this figure and take things even lower. How much? They say that 20% of total calories, or less, can come from carbs. This is tricky because carbohydrates have more than just energy. Look at the average nutritional information label and you see that carbs are broken into dietary carbs and fiber.

Yes, carbohydrates are where fiber comes into the daily diet, and like fat, you can find them in two forms - complex and simple.

As you know, when you eat any sort of carb, the body breaks down the starch into glucose that the body will use for immediate energy or store as fat. Many carbs also contain insoluble fiber, which is not totally broken down. Instead, it travels through the digestive tract, cleansing it along the way.

Carbs from starch that is immediately converted into glucose are often called simple carbs, and would be the white breads, sugars and other foods you'll want to cut from the diet. Those that are insoluble fiber carbs are also known as the complex carbs, or the ones that take a while to digest and which tend to be fiber dense, and full of nutrients.

Simple carbs cause the body to produce insulin which forces the cells to store the excess glucose that is left unused, and when we eat too many carbs, it causes fat and weight gain.

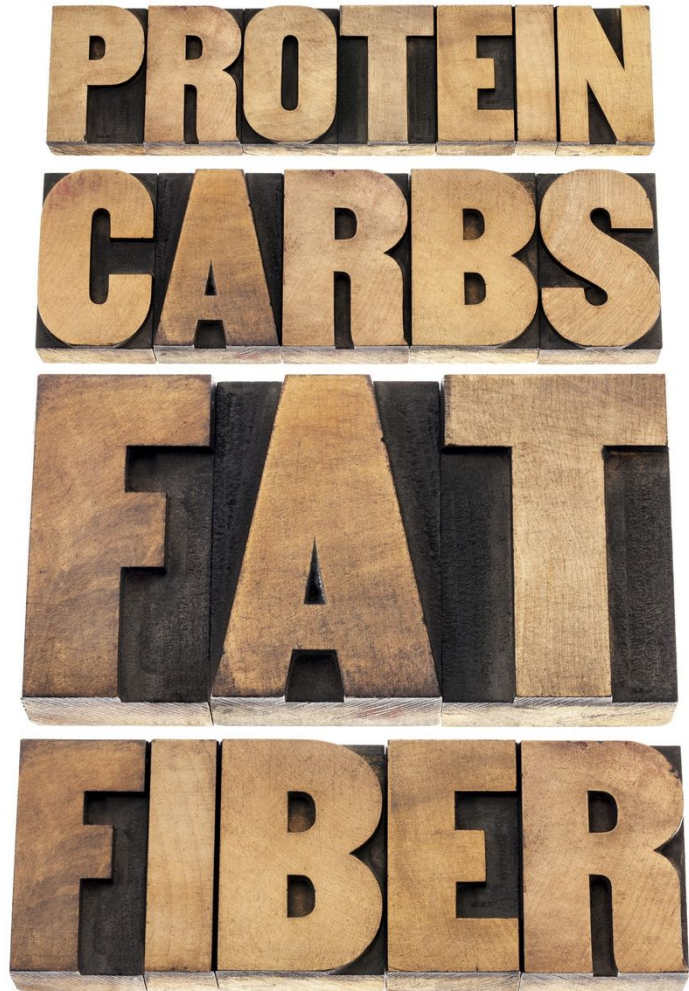
The good news that a good low carb diet can be very high in the complex carbs. These are most often found in low-starch vegetables, whole grains, oatmeal, brown rice, beans, and whole wheat foods.

## How Much of Each Will You Need?

Let's be sure you understand the precise amounts of each macronutrient your diet should contain. The most common ratios used by successful and long term low carb eaters are:

- Protein: 15% – 20% of total calories
- Fat: 70% - 75% of total calories
- Carbohydrates: 20% or less of total calories

This shows us how many of the daily calories should be dedicated to macronutrients, but that can be tough to translate. To be sure you are clear, look at that woman whose BMR we calculated in a previous chapter. She was to eat 1400 calories per day. When we calculate her daily needs, it means she should be aiming for less than 280 calories in carbs, 1000 calories in fat, and roughly 300 calories in lean protein.



## How Much Carb Can You Consume?

How do you know whether to give yourself that 20% of total calories each day in carb or to aim for much less? It is not difficult, but does take some dedication. As one fitness expert explained, your goal is to "find the highest carb level where the individual will 1)

lose or maintain weight and 2) not have cravings which will drive him or her to overeat. These cravings are a very important marker...It is one of the most striking features of low-carb diets -- that people no longer find themselves wanting to randomly munch...Other positive signs of eating the correct carb level are increased energy and mental alertness." ([Very Well](#))

There really is no set level that could be described as perfect or ideal for all. Every body has a different ability to handle carbs, and you must figure out what level is right for your weight loss goals. To do that in one week is a challenge, but to do this in two weeks is entirely possible. The good news is that even as you are testing yourself for your carb tolerance, you'll be losing weight.

This level is called different things in all the most famous low carb dieting programs. In one it is CCLL in another it is simply described as a phase. It is simply the point at which you can eat the highest caloric level of carbs without seeing any effect on the scale. Though that expert confirms we "all get the benefits of carb restriction" during the first weeks of dieting, you'll want to get the most.

Do this by starting at the absolute maximum amount - 20 grams of carbs. Do this for the first three to four days. If you notice no difference, cut it by three grams and test yourself again a few days later. If you still see little difference, go to 15 grams, but no less. This little and you may need to see a physician to understand why your low carb diet (with high protein, daily exercise and lots of water) is not allowing you to shed much weight.

The good news is that your first two weeks of low carb dieting are often the most difficult. After you get into your new habits and routines, you may find you can add a few more grams of carb and continue losing weight. You'll have really fired up your metabolism, and this can help you to increase levels. Even better news, though, is that many people who cut carbs feel so liberated by their lack of cravings and bouts of hunger that they become easily dedicated and devoted to this new lifestyle.

If you add a few carbs and notice you begin to want to eat more often or suffer from old "sugar" urges, it is due to the increase in carbs. This is a sign to reduce your intake and be careful about the carbs you choose.

And with mention of the "carbs you choose", it is time to take a look at the food lists, meal plans and recipes that can really jump start your weight loss - allowing you to shed many pounds in just one or two weeks.



## **Chapter Four**

### **Your Best Food Lists and Recipes for Rapid Weight Loss**



As we begin to look at just what you can eat, let's keep some basic rules in mind:

- Go for whole foods
- Always opt for lean proteins
- Skip fruit for the first few weeks as this can give you almost all of your carbs in a single serving
- Know serving sizes
- Know how much macronutrient is in each serving
- Journal it



When designing your eating plan, you'll get to choose those percentages of daily calories we considered above. However, that means you must find reliable resources for calculating the number of macronutrients in your chosen foods. There are many online resources that will provide you with detailed information about specific foods, but we also supply some solid estimates of just how many carbs are in a serving of the foods listed (in the [Food Lists](#) below).

You can also become a champion reader of food labels to learn just what you are consuming when adding a specific food to your diet. All labels are required to give the number of carbs, breaking it down into fiber and sugar. Use this to be sure you are getting the amounts you've selected for your eating plan.

## A Few Words on Serving Sizes

In addition to understanding how many grams of carbohydrate you'll consume in your food, you will want to make a pointed effort at memorizing the basic serving sizes or portions of your favorites, as well as foods you intend to add later.

For instance, the word "medium" is used a lot to describe servings of fruits or vegetables. But, what does that really mean? There are a lot of general terms used, so we've created a shortcut table for you to print out or simply memorize:

- 1 medium fruit or potato = the size of a tennis ball
- 1 serving meat or fish = the same size as a deck of playing cards (don't use your palm size, it is too large)
- 1 ounce of cheese = the same size as a pair of dice
- 1 tsp (usually to describe fats like oil or butter) = the same size as the area above the first joint of your thumb
- 2 tbsp. (also used to describe fats like oil or dressings) = the size of the average golf ball
- 1 cup = the same size as a tennis ball
- 1/2 cup = the same size as a paper muffin cup/wrapper

Once you get these sizes mastered, it can really help with meal planning and even more when you are eating out or as a guest at someone's home.

## A Sample Plan

So, just how do you put your knowledge to work in creating a meal plan that works for you? Let's turn one last time to our 42-year-old woman whose BMR is 1400. Her plan has to take her BMR, the ratio or percentage of macronutrients she has selected for herself and



then break it all down into calories. Here's what it would look like:

1. Her BMR is 1400.
2. Her ratio of protein/fat/carbs = 15/70/15
3. Her total amount of carb each day is going to be around 53 grams (210 calories).
4. She will consume around 52 grams of protein, as well, which is another 210 calories.
5. She will eat 116 grams of fat, and that is around 1050 calories.

She chose the following meal plan for her first day:

- Breakfast - A two-egg omelet with diced vegetables, cooked in butter or olive oil
- Lunch – Low fat yogurt with almonds and a serving of vegetables
- Dinner - Hamburger without the bun (or with two Portobello mushrooms as a bun), topped with sour cream, vegetables, and fresh salsa



- Snacks - Two servings of cheese, a handful of vegetable sticks and a serving of hummus

Day two involved:

- Breakfast - Eggs and bacon
- Lunch - Repeat of dinner from the night before
- Dinner - Salmon roasted with vegetables and butter or olive oil
- Snacks - Handful of almonds and glass of milk or soymilk, vegetables and hummus

Day three featured:

- Breakfast - Eggs cooked with vegetables and topped with salsa and sour cream
- Lunch - Salad using leftover salmon
- Dinner - Grilled chicken with vegetables
- Snacks - Two servings of cheese, a handful of vegetable sticks and a serving of hummus

The rest of the plan added in meats like steak and pork, there could be a smoothie using almonds, low fat milk (including soy or nut milk) and a handful of berries, meatballs and even a "cheat" with a low carb dessert. Follow those same steps to create your custom plan and begin watching those unwanted pounds disappear.

## The Food Lists

To make it easy, we've divided foods into "pantry", "refrigerator" and so on. Stock up in advance to prevent going off the diet, and be sure you purge your home of anything tempting. If you share your home with kids and a partner, make it difficult for yourself to

easily cheat by creating obstacles that force you to ask yourself "do I really, really want this?"

For example, one successful low carb eater found she did much better about cheating by putting the most tempting foods into more than a single container. By the time she opened the box that was inside of the bigger storage box, and then opening the Ziploc bag, she had already talked herself out of eating her "cheat" foods.

## Pantry Items

With all pantry items, you should go for low sodium, sugar free, and low or no fat versions. Check labels for carbohydrates per serving since many low-fat foods are full of added sugars, etc.



- Any Nuts or seeds - roasted without salt
- Artificial sugar
- Canned beans
- Canned broth
- Canned fish packed in water - including tuna, sardines, and salmon
- Canned fruit - in their own juices only
- Canned tomatoes, sauce, paste
- Canned veggies
- Canola oil
- Capers
- Cocoa powder
- Coconut milk
- Coconut oil
- Cod liver oil

- Horseradish
- Hot sauce
- Ketchup
- Lard
- Low fat and sugar free nut butters
- Low sodium soy sauce
- Mayonnaise
- Mustard
- Olive oil
- Olives
- Peanut oil
- Pesto
- Pickles and relishes
- Pork rinds
- Roasted peppers
- Safflower oil
- Salsa
- Salt substitutes
- Sugar free fruit preserves
- Sun dried tomatoes in olive oil
- Sunflower oil
- Unsweetened coconut
- Vinegars and cooking wines

### Refrigerator Items

The priority foods are in this list and include protein and fat options, and few have any carbohydrates per serving. Remember your dairy foods must always be low or no fat.

- Beef
- Butter
- Cottage cheese
- Cream
- Eggs - grass fed, free range, organic
- Fish
- Lunch meats
- Margarine
- Pork
- Poultry

- Ricotta
- Seafood
- sliced and whole cheeses
- Sour cream
- Sugar free yogurt
- Veal

### Non-Starchy Vegetables

These have around 5 grams of carb per serving. A "serving" for most will equal around one cup when raw and around 1/2 cup when cooked.



- Artichoke/artichoke hearts (frozen or canned)
- Asparagus
- Avocado
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Herbs
- Kohlrabi
- Leafy Greens (collard, kale, mustard, turnip)
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions (white, green, scallions)
- Peas in their pods
- Peppers, any variety
- Radishes
- Salad greens
- Spinach
- Summer squash
- Tomatoes
- Turnips
- Water chestnuts (canned, no sodium)
- Watercress
- Zucchini

## Starchy Vegetables

Legumes are starchy, but also great for protein. They contain around 15 grams of carbohydrate per serving, so enjoy them, but keep an eye on yourself.



- ½ cup dried beans or peas, cooked (black-eyed, garbanzo, kidney, pinto, split, white)
- ½ cup cooked lentils
- ½ cup mashed potatoes
- ½ cup cooked peas
- ½ cup yam
- ½ cup sweet potato
- 1 ½ cup vegetable juice (no sodium)
- 1 cup winter squash
- 1/3 cup baked beans
- 2/3 cup lima beans
- 3 oz. potato, plain (baked or boiled)

## Fruits

Healthy? Yes! Good for low carb plans, not so very much. Each serving has its carb value in grams following it.

- ¼ cup dried fruit = 15 grams
- ½ cup applesauce (unsweetened) = 15 grams
- ½ cup canned fruit (unsweetened, in its own juice) = 15 grams
- ½ cup juice (apple, orange, grapefruit, pineapple) = 15 grams
- 1 ¼ cup strawberries, whole = 15 grams
- 1 ¼ cup watermelon (cubed) = 15 grams



- 1 cup cantaloupe = 15 grams
- 1 cup of cantaloupe 15 grams
- 1 cup of cherries = 20 grams
- 1 cup of pineapple = 19 grams
- 1 cup of raw papayas = 14 grams
- 1 large kiwi fruit = 14 grams
- 1 large peach = 17 grams
- 1 medium banana = 25 grams
- 1 medium nectarine = 16 grams
- 1 medium orange = 20 grams
- 1 medium pear = 25 grams
- 1 pint of blueberries = 57 grams
- 1 tangerine = 8 grams
- 15 oz. box raisins = 25 grams
- 15 small grapes = 15 grams
- 6 oz. avocado = 12 grams
- 8 dried apricots = 30 grams

## Helpful Food Substitutions

Below is a useful list of popular low carb foods substitutes. Get familiar with them even before you begin because days one to three of any low carb plan really test your boundaries and it can be nice to have something easy to use when cravings get their worst.



Bread substitutes:

- Portobello mushroom as hamburger buns



- Cabbage leaves as wraps
- Nori or seaweed as wraps
- Eggplant slices grilled as bread slices

Breakfast Cereal substitutions:

- Ricotta cheese with fruit
- TVP (texturized vegetable protein)
- Flax seed meal

Pasta substitutes:

- Spaghetti squash
- Shirataki Noodles (in the produce section of many stores)
- Summer squash peeled with vegetable peeler or a sliced with a spiraling device
- Eggplant instead of lasagna noodles

Starchy vegetable substitutes, as well as rice substitutes:

- Cauliflower
- Celeriac
- Celery root
- Eggplant
- Turnip

Flour substitutes when making foods that call for it (and even in some of the recipes at the end of this book!)

- Almond flour
- Flax seed meal
- Coconut flour

Dessert replacements:

Easily the hardest thing to lose during low carb dieting is dessert. The good news is that there are some high fat substitutes that can fill you up and leave you dessert-satisfied!

- Frozen grapes
- Fruit smoothies using fruit and yogurt
- Greek Yogurt
- Sugar free gelatin desserts
- Cookies for Breakfast? (recipe is in the next chapter)
- Whaddayamean Cheesecake? (recipe is in the next chapter)
- Chocolate Poppers (recipe is in the next chapter)
- Coconut Dreams (recipe is in the next chapter)

# Recipes

## Twenty Low Carb Recipes to Love

### Breakfast

#### Real People Eat Crustless Quiche

6-8 Servings

Ingredients:

- 1 lb. package bacon
- 8 oz. sliced fresh mushrooms
- 6 green onions, diced
- 2 tomatoes, diced
- Dozen eggs
- ½ tsp salt and pepper
- ⅓ cup sour cream
- ½ cup cheddar cheese (longhorn style if you can find it)
- 1 cup shredded mozzarella cheese
- (Optional ingredients include: sausage, ham, asparagus, broccoli, chilies, spinach, any other cheese)

Directions:



1. Preheat oven to 325. Grease a 9x13 inch dish and set aside.
2. Cook bacon until crisp. Reserve 1 tbsp. of the bacon fat in the pan. Set bacon aside.
3. Sauté mushrooms in this reserved fat, and set aside when done.
4. Chop green onions and tomatoes, set aside 3 tbsp. onions and half of the chopped tomato. Return the bacon to the pan, and then add the onion and tomatoes.
5. In a bowl, beat the eggs, seasoning, and sour cream. Pour this into the prepared pan.
6. Top with bacon and vegetable mixture, and sprinkle the cheese over the top.
7. Bake for 40 minutes or until center is set.
8. Top with the green onions and tomatoes set aside.
9. Serve warm, but is also delicious cold.

## The Great Fry Up

Serves 2

### Ingredients:

- 1 tbsp. coconut oil
- 4 eggs
- 2 cups fresh spinach
- 1 cup frozen mixed vegetables (broccoli, carrots, cauliflower, and green beans are best)

- Pinch of salt and pepper
- Herbs or spices of your choice

Directions:

1. Place coconut oil in frying pan and melt over medium-high heat.
2. Add all the vegetables at once, and cook until tender and warm.
3. Whisk the eggs and pour into the pan. Sprinkle with any herbs or spices, and the salt and pepper.
4. Stir the vegetables until the eggs have coated them and have set.
5. Serve immediately.

Cookies for Breakfast?

Serves 10-12

Ingredients:

- ½ cup applesauce (the same quantity of ripe mashed banana works well)
- ¼ cup nut butter of choice (no sugar)
- ½ cup almond flour
- 1 packet stevia
- 3 tbsp. raisins
- ¼ tsp cinnamon
- ½ tsp pure vanilla extract

- Pinch salt

Directions:

1. Preheat the oven to 350 degrees.
2. Combine the applesauce (or banana) with the nut butter. Add remaining ingredients and mix well.
3. Divide dough into 10-12 even portions and form into cookies. Bake for 12-14 minutes.

Eat Your Pancakes and Have Them Too

Makes 12 "silver dollar" pancakes

Ingredients:

- 1 cup almond meal/flour
- 3 large eggs
- $\frac{1}{8}$  tsp cinnamon
- $\frac{1}{8}$  tsp vanilla

Directions:

1. Heat a skillet and grease lightly.
2. Mix all ingredients to form a batter.
3. Cook over medium heat, cooking each side until done.
4. Makes around 12 small to medium pancakes.

## Appetizers/Snacks/First Course

### Irresistible Almonds

Serves 6

#### Ingredients:

- 2 tbsp. olive oil
- ¼ tsp ground cinnamon
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- ½ tsp chili powder
- ½ tsp curry powder
- ¼ tsp powdered ginger
- ½ tsp garlic salt
- 1 tbsp. sea salt
- 2 cups of whole almonds, shelled



#### Directions:

1. Preheat the oven to 300. Heat the olive oil in a non-stick skillet and stir in the spices (except the salt). Cook over low heat until fragrant.
2. Put the almonds in a large bowl and pour the heated spices over them. Toss well and transfer to a baking sheet.



3. Cook in the preheated oven for 15 minutes, stirring every 5 minutes to cook evenly.
4. Remove pan from the oven and sprinkle with salt. Let cool completely and serve or store in an airtight container.

## Deluxe Seafood and Vegetable Soup

Serves 4

### Ingredients:

- 2 tbsp. butter
- 1 yellow onion, peeled and chopped
- 4 cloves garlic, peeled and sliced
- 2 tbsp. tomato paste
- 6 plum tomatoes, chopped (return all fluids to the bowl)
- 1 tbsp. finely chopped parsley
- 1 tsp dried dill
- 4 cups of water
- Pinch of saffron threads
- Salt to taste
- 1 pound of firm fleshed fish, with skin removed. Cut into 1-inch pieces
- 1 can of coconut milk

- 1 head of broccoli, cut into small florets and steamed
- 2 cups shredded cabbage, use your finest shredding tool

Directions:

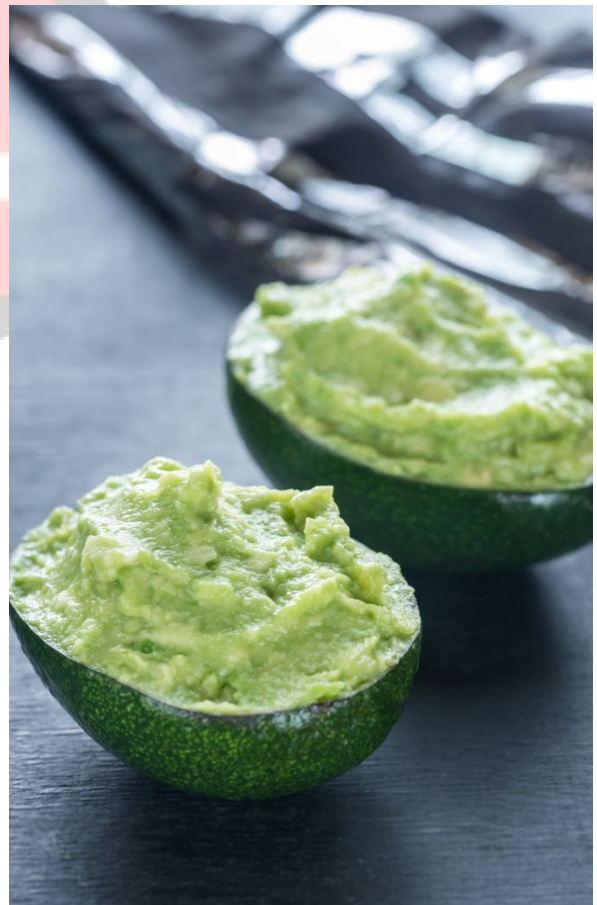
1. In a large pot, over medium heat, melt the butter.
2. Sauté the onion until soft and stir in the garlic, tomato paste, tomatoes, parsley, and dill. Increase heat to a simmer and cook (stirring) for 15 minutes.
3. Pour in the water and bring to a boil. Sprinkle the saffron over the fluid. Cover and reduce heat to medium-low. Simmer for 30 minutes. Taste for flavor and add salt if desired.
4. Add the fish to the fluid and simmer 5-10 minutes (until done).
5. Stir in the coconut milk, mixing gently.
6. Put the steamed broccoli in serving bowls, ladle soup over the vegetables. Garnish with fresh cabbage and serve immediately.

This Guac Will Getcha!

Serves 4-6

Ingredients:

- 3 peeled and pitted avocados
- Juice of one lime



- 1 tsp salt
- ½ cup diced onion
- 1 tsp garlic, minced
- 3 tbsp. cilantro, chopped
- 2 plum tomatoes, diced
- 1 pinch cayenne pepper

Directions:

1. In a large bowl mash the avocados with the lime juice, and salt.
2. Stir in the onion, garlic, cilantro, cayenne and tomatoes
3. Refrigerate, covered, for 1 hour. Makes a good salad dressing, as well as appetizer.

Pop Goes the Chicken

Serves 4-6

Ingredients:

- 2 lb. boneless, skinless chicken breasts divided into strips each and cut into chunks
- 4 tbsp. butter
- 1 tbsp. garlic powder
- 1 tbsp. curry powder

- 4 cups mixed greens

Directions:

1. Prepare the chicken, season with salt and pepper.
2. In a small bowl, combine the spices. Add the chicken and toss with the spices.
3. In a large pan, melt the butter.
4. Sauté until the meat is brown on all sides (around 7 to 10 minutes)
5. Remove from heat and serve over the greens.

Island Chicken Fingers

Serves 4

Ingredients:

- 1 ½ lbs. boneless, skinless chicken breasts divided into four strips each
- 3 tbsp. coconut flour
- 2 eggs, beaten
- 1 cup unsweetened dried shredded coconut
- 1 tsp sea salt
- Coconut oil for cooking

Directions:

1. Put out three bowls - one with the coconut flour, one with the eggs, and one with the shredded coconut. Sprinkle the salt over the coconut.

2. Dredge the chicken in the coconut flour - pressing to coat well.
3. Dip each piece in the egg, and then roll in the shredded coconut, shredding to coat.
4. Heat the coconut oil in a heavy and large pan over medium heat.
5. Gently place the chicken in the hot oil, turning and browning on each side. (This will be done in batches)
6. Keep warm until all have cooked, and then serve immediately.

## Main Courses

### Stick with Shrimp

Serves 4-6

Ingredients:

- 1 cup olive oil
- 3 cloves garlic, peeled and minced
- Juice of 1 lemon
- ¼ cup chopped fresh parsley
- 2 tsp dried oregano
- 2 tbsp. hot pepper sauce
- 1 tbsp. tomato paste
- 1 tsp salt



- 1 tsp ground black pepper
- 2 pounds large, cleaned cocktail shrimp with tails attached

Directions:

1. In a large bowl, combine everything but the shrimp. Blend well and set aside a small amount to baste the shrimp during cooking.
2. Put the remaining mixture in a large, flat pan, and add the shrimp. Toss well to coat, cover, and allow to marinate for at least two hours.
3. Heat the grill at medium heat and oil lightly. While the grill heats, slide the shrimp on skewers and discard any leftover marinade.
4. Cook the shrimp for five minutes on each side, basting with the reserved marinade. Serve immediately.

Beef and Pepper Hotpot

Serves 4-6

Ingredients:

- 2 tbsp. coconut oil
- 1 yellow onion, peeled and diced
- 1 bell pepper, chopped
- 1 lb. ground beef
- 1 tbsp. Italian Seasoning
- 1 tsp chili powder

- 1 tbsp. paprika
- Salt and pepper, to taste
- 4 cups spinach

Directions:

1. Melt coconut oil in a frying pan. Add the onion and pepper, sauté for five minutes.
2. Add the beef and spices, stirring well. Add the spinach, and stir fry until wilted.
3. Serve immediately.

## Not Your Grandma's Pizza Pie

Serves 4-6

Ingredients:

- 1 ½ lb. ground beef
- 1 jar low sodium salsa
- 1 tbsp. Italian Seasoning
- 2 tsp garlic powder
- 2 yellow onions, peeled and diced
- 2-3 cups shredded cheese
- 1 lb. bacon, chopped into cubes



Directions:

1. Preheat oven to 350.



2. Combine the beef, salsa, spices, and onions in a large baking dish. Sprinkle the cheese over the top. Sprinkle the bacon over all.
3. Bake for 40 minutes, until bacon is browned.

## Best Burgers Without the Bun

Serves 4

### Ingredients:

- 2 lb. ground beef, formed into 4 large patties (go for 90% lean)
- 4 tbsp. butter
- 4 oz. cheddar cheese
- 4 oz. cream cheese
- 1 jar low sodium salsa
- 4 cups spinach

### Directions:

1. Season beef patties with whatever spices you choose. Set aside and heat a large flat pan.
2. Melt the butter and gently lay each of the patties on the pan. Cooking for five to eight minutes on each side. When nearly done, put the cheddar and cream cheese on top of each. Lower the heat and cover the pan until the cheeses melt.
3. Divide the spinach between plates, top with a burger and divide any remaining fat from the pan over the burgers. Top with salsa and serve.

## Nuts Over Seafood

Serves 4

### Ingredients:

- ⅓ cup almond meal
- 2 tbsp. grated parmesan
- ½ tsp. garlic powder
- ¼ tsp. lemon pepper
- 4 fish filets least ½ inch thick
- ¼ cup butter, melted

### Directions:

1. Preheat oven to 425.
2. Prepare a baking dish with cooking spray or oil.
3. In a pie plate combine the almond meal, parmesan, garlic powder, and lemon pepper.
4. Melt butter over low heat and pour into another pie plate.
5. Dip the fish in the butter, and then in the almond mixture. Pat each side to ensure it is well coated. Lay gently on the prepared pan and bake for 30 minutes, or until golden brown.

## Smash Em - Turkey and Veg

#### Ingredients:

- 3 garlic cloves, peeled and minced
- 1 yellow onion, peeled and diced
- 1 large egg
- 3 tbsp. sugar free ketchup
- 1 lb. ground turkey
- 3 tbsp. olive oil



#### Directions:

1. In a bowl, combine the garlic, onion, egg, and ketchup. Add the turkey and blend well.
2. Shape into 1-inch meatballs and set aside on a baking sheet.
3. Heat the oil in a heavy pan over medium heat. Cooked the meatballs on all sides, until brown.
4. Prepare Veggie Smash (recipe below) and serve with meatballs.

#### Veggie Smash

Serves 4

#### Ingredients:

- 1 lb. carrots, skinned, diced, and cooked until tender

- 3 broccoli heads, chopped, and cooked until tender
- 1 small onion
- 4 tbsp. butter
- Salt and Pepper to taste

Directions:

1. In a small pan, sauté the onion until tender.
2. Transfer to the bowl of a food processor or blender. Add the remaining ingredients and blend until smooth.

## Desserts

### Peanut Butter Nips

Serves 10-12

Ingredients:

- 1 egg, lightly beaten
- 1 cup sugar substitute
- 1 cup peanut butter
- 1 teaspoon vanilla extract
- Coarse sea salt

Directions:

1. Preheat oven to 350.
2. In a bowl, combine the egg sugar substitute, peanut butter, and vanilla.
3. Shape dough into 1 tablespoon balls. Place 1-inch apart on ungreased baking sheets. Flatten with the tines of a fork. Sprinkle salt on top.
4. Bake 10 minutes. Transfer to racks to cool.

### Whaddya Mean It's Cheesecake?

Serves 6-8

#### Ingredients:

##### Crust:

- 1 cup almond meal
- 2 tbsp. melted butter
- 2 tbsp. sugar equivalent in artificial sweetener

##### Filling:

- 1 ½ lbs. cream cheese (at room temperature)
- 4 eggs
- 1 ½ tsp vanilla
- 1 ½ tsp lemon juice
- 1 ⅓ cups sugar substitute
- ¼ cup sour cream



Directions:

1. Heat oven to 375 F.
2. Make the crust by combining all ingredients and then pressing them into a spring form pan. Bake for 10 minutes. Remove and set aside.
3. Increase oven to 400.
4. Place the cream cheese into a mixing bowl and beat it until fluffy. Add the remaining ingredients, scraping down the sides to ensure that all ingredients are well blended. Pour over the crust.
5. Bake in a water bath for best results. Bake for 60-90 minutes until firm in the center. Remove and set aside to cool.

Popcorn Macarooni

Serves 10-12

Instructions:

- 2 cups popped popcorn (air popped is best)
- 3 egg whites
- ¼ tsp cream of tartar
- ¼ tsp salt
- ½ tsp baking powder
- 2 tbsp. artificial sweetener

Directions

1. Preheat oven to 350. Prepare cookie sheets by greasing lightly.
2. Put the popcorn into a food processor and pulse into small pieces.
3. In a separate bowl, whisk the egg whites until they turn frothy.
4. In another bowl, combine the tartar, salt, and powder. Add this to the whites and continue whipping to form stiff peaks. Sprinkle in the sugar substitute and continue whisking.
5. Fold in the popcorn.
6. Drop by tablespoons on the prepared pan.
7. Bake for 12 to 15 minutes.
8. Cool on sheets before serving.

## Chocolate Poppers

Serves 10-12

### Ingredients:

- ¼ tsp of cream tartar
- 2 egg whites, room temperature
- ½ tsp of vanilla
- ½ cup of sugar substitute
- 2 tbsp. of unsweetened cocoa powder





#### Directions:

1. Preheat oven to 250.
2. In the bowl of a mixer, combine the eggs and cream of tartar and whisk well.
3. Add the vanilla, sugar substitute, and cocoa powder. Whisk until it forms into a stiff meringue.
4. Divide the mixture into small portions, placing small mounds on a baking tray. Cook for 30 minutes, or until dry, and remove from oven when done. Leave to cool completely.

#### Coconut Dreams

##### Ingredients:

- 2 tbsp. artificial sweetener
- 1 can full fat coconut milk (put in the refrigerator overnight)
- Optional: Pinch cinnamon, splash vanilla

##### Instructions:

1. Remove the can from the fridge without shaking or blending contents. There will be some white and syrup-like fluid in the can. Don't use this as it makes it impossible to whip the cream.
2. Pour milk into the bowl of a mixer. Add the sweetener to the coconut and whip it into a dessert topping. Use as a dip for fresh fruit or the Chocolate Poppers (or other low carb cookies or cake you find).

## In Conclusion

You now have all the "pieces" forming the "puzzle" of rapid weight loss. You can enjoy a bit of flexibility in how you go about assembling them. Just stick with our tips for optimizing weight loss while eating low carb, make wise food choices from the list provided, and be nice to

yourself. It is tough to make major changes, and you may struggle with it, but if you can stick with your plan for two weeks or more, you will see the weight dropping away!

Remember, too, that you'll hear a lot from the "haters" or the "experts" who say that a high fat and protein diet is not good. Yet, you also have the millions - yes, that says millions - of folks who have reached optimal weight and health with the steps outlined here.

Do that planning, start that journal, stock the cupboards and pick out a workable exercise routine, and you, too, are on your way to your dream weight, body or health.

Also, remember that a huge number of people who shift from standard eating to low carb living enjoy it so much they may write blogs, books or start websites about it. Go online and look for these advocates. They can be great resources for recipes, support and information. Use these sites to really hone your plans and explore the amazing benefits of low carb living.



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