

# Healthy Low Carb Living Made Easy



# What are Carbohydrates?

- Carbohydrates transport energy through the blood to the cells.
- Net Carbs are the grams of carbohydrate that significantly impact your blood sugar level and are the ones you want to watch.



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A LOW FAT FOOD - 0g TR

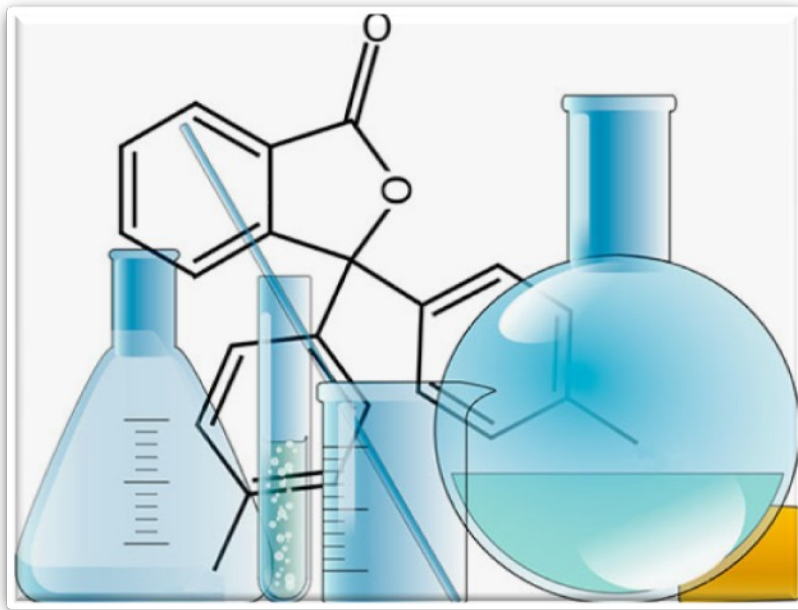
### Nutrition Facts

Serving Size 1 slice (26g / 0.9 oz)  
Servings Per Container 22

Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 5
<b>Total Fat</b> 0.5g	% Daily Value*
Saturated Fat 0g	1%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	4%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 2g	9%
Sugars less than 1g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 4%
Thiamine 0%	Riboflavin 0%
Niacin 0%	Folic Acid 8%

CON  
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# Ketones and Ketosis



Ketones are molecules generated during fat metabolism. Many people who are on low carb diets try to make sure their body is "in ketosis" in order to ensure that they are in fat burning mode. In reality, what is being excreted when your body is in ketosis is acetone.

# Benefits of a Low Carb Diet

- Effortless Weight Loss
- Improved Blood Tests
- Elevated Mood
- More Radiant Skin
- Increased Energy Levels
- Get Rid of Junk Food Cravings



# How to Start



- How much you eat depends on your body composition and your health goals.
- Eat protein, high-fiber carbohydrates, healthy fats, vegetables, and occasionally low sugar fruit.
- Drink enough water.
- Plan ahead.



# The Low Carb Pantry

- Canned & Bottled Items
- Dried Items
- Grains
- Dairy
- Frozen Items
- Fresh Items



# Tips & Tricks



You may suffer from cravings at first, as well as struggle with figuring out what to cook.

The following tips and tricks will come in handy by providing ideas for quick and easy substitutes and ways to stay motivated.

# Avoiding Rice

- There are other foods you can substitute for rice such as cauliflower.
- Simply steam the cauliflower and then break it up to "rice" like pieces.
- You can dress it up just like rice and it will be delicious.





# Avoiding Potatoes



- Shred summer squash, mix with eggs, make a patty and fry in olive oil or coconut oil.
- Mash cauliflower to create mashed mock potatoes that are really delicious. Puree them with cream, butter, salt and pepper.

# Skip the Noodles

- Eggplant, zucchini and other veggies can be used as noodles.
- You can use a spiral vegetable slicer to create zucchini spaghetti noodles, or slice eggplant into long noodles for subbing as noodles in your lasagna recipe.



# Sandwiches



- Use lettuce, portabella mushrooms, cabbage or jicama as the wrapper to your sandwich.
- Load on the lean meat, onions, cheese, and veggies.



# Eat More Eggs

- Keep hard boiled eggs in your fridge for a fast snack.
- The concern about cholesterol in an egg is way overblown.
- One or two eggs will kill your hunger, and taste good too.



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