



# Low-Carb Diet



Gluten-free cereals: rice, barley, quinoa (a grain similar to rice, rich in nutrients such as iron, zinc, selenium, and vitamin E).

Drinks that are allowed to be drunk in this low-carb diet are regular, non-sweetening drinks, like: Coffee, Tea, Water and Sugar-free carbonated beverages such as carbonated water.

## ► An Example Of A One-Week Low ◀

### ► Saturday

Breakfast: Vegetable omelet

Lunch: Fruit yogurts such as strawberry yogurt and a handful of almonds

Dinner: Cheeseburger (without bread) with vegetables

### ► Sunday

Breakfast: Lamb or beef and eggs

Lunch: Hamburgers and vegetables or leftovers from the night before

Dinner: Fried salmon or salmon with a bit of butter and vegetables

### ► Monday

Breakfast: Eggs and vegetables cooked in coconut oil

Lunch: Shrimp or chicken salad with some olive oil

Dinner: Grilled chicken with vegetables

### ► Tuesday

Breakfast: Vegetable omelet

Lunch: Smoothie with coconut milk, berries, and almonds

Dinner: Steak or a piece of cooked meat and vegetables



### ► Wednesday

Breakfast: Eggs and vegetables

Lunch: Chicken salad with some olive oil

Dinner: Lamb or beef with vegetables

### ► Thursday

Breakfast: Vegetable omelet

Lunch: Yogurt with berries, a kind of fruit, and a handful of walnuts;

Dinner: Kebab with vegetables

### ► Friday

Breakfast: Beef or lamb and eggs

Lunch: Smoothie with coconut milk, chocolate protein powder, and strawberries

Dinner: Grilled chicken wings with raw spinach





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**Artificial sweeteners:** aspartame, saccharin, sucralose, and the use of stevia (sugar leaf) as a sugar substitute.

**Dietary and low-fat foods:** Many dairy products, cereals, legumes, and crackers (crispy and salty biscuits).

A low-carb diet is a diet in which the body receives a small number of carbohydrates; instead, more of the other food groups replace saturated carbohydrates, and eventually, we lose weight. Low carb diets limit sugary foods, pasta, and bread and instead provide more protein, fats, and healthy vegetables.

**Seven food groups should be avoided:**

**Sugar:** soft drinks, industrial juices, candies, ice cream, and other sweet foods.

**Cereals containing gluten:** wheat, barley, and rye (this includes all slices of bread and portions of pasta made with these ingredients).

**High trans fats:** hydrogenated oils or oils that are partially hydrogenated.

**Seed and vegetable oils containing omega six and above:** Flaxseed oil, soybean oil, sunflower oil, grape seed oil, corn seed oil, safflower oil, and canola oil.



**Processed foods:** Most products are manufactured in factories and packaged in factories.

**Allowed foods in the low carb diet:**

**Meat:** a variety of red meat; Beef, lamb, chicken.

**Fish:** Salmon, salmon.

**Eggs:** Omega-3 fortified eggs and local eggs.

**Vegetables:** spinach, broccoli, cauliflower, carrots, and other vegetables

**Fruits:** apples, oranges, pears, blueberries, and strawberries

**Healthy fats and oils:** coconut oil, butter, olive oil, and fish liver oil.

**These foods are the fun bell :**

**Types of potatoes:** Sweet potatoes are suitable

**Legumes:** lentils, beans, and pinto beans.