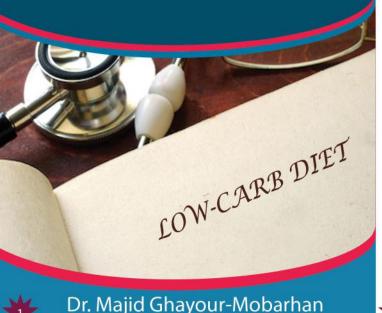




Low-Carb Diet



Nutritionist from the UK

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



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.



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).



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



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.

