

# Low Carb!

Eat Better, feel better, look better!



Take steps to create the life  
you want and deserve.

## Beginner's Guide to Low Carb Eating

Eating low carb is not just a diet it's a lifestyle

Includes recipes, what to eat, what to avoid and so much more...

[www.createdbydiane.com](http://www.createdbydiane.com)

# Beginners Guide to Low

There are many reasons to eat low carb it is manageable for losing weight and maintaining healthy weight, controlling blood sugar, reduces sugar crashes and cravings, while increasing energy, and enjoying healthy foods.

And not just eating just salad! I love a good salad, but can't survive on salad alone!

Filling your body with real foods, that satisfy your taste and hunger. Eliminating simple carbohydrates like sugar, flour, and processed foods and eating complex carbohydrates like vegetables will allow you to reach your goals.

Complex Carbs (good)	Simple Carbs (bad)
take longer to digest	digest immediately
keep you fuller longer	makes you hungry faster
burns calories being digested	doesn't burn many calories
has natural sugars	has processed sugars
does not raise blood sugar	raises blood sugar quickly
used for energy	turns into fat easily
low glycemic	high glycemic
helps you lose fat	helps you store fat

You'll begin by filling out your goal sheet. Feel free to write notes as you go to remind yourself and motivate yourself to stay with it! Keep track long term on paper as many apps will squish that info and you may forget where you started. Seeing how long it took you to reach your goal when you get many months into this plan is nice. Keep track of your favorite meals too, so you can enjoy them again and again.

I recommend tracking of everything on a calorie counting app on your phone recording calories daily and weight loss weekly. This will help you stay accountable. I use the "Lose It " app.

Keep in mind healthy weight loss is a pound or two a week. Often people lose more in the beginning, then it tapers off to 1-2 lbs a week. so 25 lbs will take 5-6 mo. 50 lbs will take about a year. There is no better day to start than TODAY! You'll look back and be glad you didn't wait another day.

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Below is a list to help remind you of what to eat and what to avoid

complex carbs	simple carbs Do Not Eat	healthy fats	low carb veggies	indulgent low carb foods	have in limited amounts
fruits -limited	cereal	avocado	bell peppers	pork rinds	nuts
vegetables	bread	lean meats	broccoli	nut butters	dairy
beans	pasta	fish	asparagus	dark choc	fruit
seeds	rice	eggs	mushrooms	bacon	beans
nuts	vogurt	nuts	zucchini		
quinoa	fruit juice	cheese	spinach		
oats	sugar	full fat dairy	avocado		
	flour	olives	cauliflower		
	chips/crackers	peanut	lettuce		
	beer/wine/alcohol		kale		
			cucumber		
			brussels		
			celery		
			carrot		
			tomato		
			eggplant		
			spaghetti		

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## 4 Tips for successful low carb eating:

1. Be committed - you will get results that are long-lasting and get you closer to your goal.
2. Clear out your cabinets and fridge - get rid of the foods you won't be eating. Not having them around makes it way easier. If they aren't there, you can't eat them. Avoid the lunch room at work if you are tempted to indulge with the endless desserts.
3. Stock up on real foods - vegetables, lean meats, eggs, cheese - Preparing yourself is key. Having items on hand will help you make better decisions. Keep a list on your fridge of you favorite go to items. Bring food with you when you leave the house, it's much easier to eat well if you have the foods with you.
4. Have a plan - keep track of your weight weekly, calories daily, have a list of foods, meals, and snacks you're going to eat. That way you won't stress when you're hungry and you won't revert to your "old way" of eating when it's time to prepare your meals or eat out.

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Low Carb, High Fat (LCHF) Diet: a low carbohydrate, high fat diet which decreases carbohydrate and sugar intake while increasing fat intake. \*When we talk about “carbs” it’s referring to simple carbs or “bad” carbs, sugary starchy carbs, there are carbs in vegetables and other foods, but those are complex carbs and get digested in your body slower, don’t quickly raise blood sugar and we refer to these as “good carbs”.

Reducing “bad” carbs - sugar, pasta, rice and bread is not as hard as it sounds even for the carb lover like me. Initially, you may miss it, but really your body is missing the sugar. Once you start eating enough real food, you'll be full and satisfied by eating fiber to feel full, healthy fat to burn for energy instead of the fast burning sugar that leaves you craving more sugar quickly.

<u>What I eat:</u>	<u>What I avoid:</u>
Eggs	Sugar (honey, syrups, artificial sweeteners)
Cheese	Flour, pasta, bread,
Bacon	Rice, Potatoes
Chicken	Processes foods
Pork, sausage & ham	Traditional breakfast foods: cereal & oatmeal
Beef	Sugary drinks
Fish	“Diet” foods
Shrimp	Desserts, cake, cookies, ice cream
Vegetable, lots and lots of veggies	“Junk” food crackers, potato chips, pretzels
Fruit, small portion 1/4 cup	Dairy, milk and yogurt (I do eat cheese)
Snacks:	Fast food, but when I have to eat out, I order vegetables and protein.
almonds	
Pickles or olives	
Salami and cheese	
Peanut butter with 1/2 small apple or celery	
Shop by walking around the “outer” edge of the grocery store, avoiding the “bakery.”	When eating out, try eating something before you leave the house so you don’t over indulge, eat only until your are not hungry not until you are full

Filling your body with real foods, that satisfy your taste and hunger. Eliminating simple carbohydrates like sugar, flour, and processed foods and eating complex carbohydrates like vegetables will allow you to reach your goals.

You’ll learn new ways of eating and items that you like, instead of reverting to your old unhealthy habits. You’ll create new habits that are sustainable.

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Weight Start:  
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Goal:

low carb foods you love

Week	Weight	weight loss	Total Loss
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

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Congratulations! You've begun to create the life you want & deserve.

What foods do you need to find a solution for? Check this list when you have a craving!

Craving	Solution
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Craving	Solution
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# Beginners Guide to Low





Print this GOAL SHEET

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To recap:

- print out the goal sheet
- weigh yourself
- don't eat bad carbs
- keep track of what you eat including calories on an app



Get my complete

*Low Carb e-book*

it's a must for a low carb eater!

- clean out the "junk" in your cabinets/fridge
- make a list of foods you like and will eat
- print out some of my low carb recipes [HERE](#)

- .You can always find all my low carb recipes by going to my recipe index on my website and search “low carb”

[Sign Up For Low Carb EMAIL HERE](#)

I'll send you motivating emails, recipes, and more to help you keep on track!

\*The information is to motivate and help you. My opinions are not intended as medical advice. I disclaim any and all liability of any kind with respect to the information given.

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