



30 Day Low Carb Diet ‘Ketosis Plan’

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<http://www.carbtrack.com>

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Introduction:

Welcome to our 30 Day Low Carb Diet ‘Ketosis Plan’. You can use the book as a guide to help get you started on your way should you be new to the low carb diet, or just off it for a while and in need of a specific plan to help you along the way.

I am not a physician, nor do I claim to be a weight management expert, so please consult your physician before starting this or any diet or exercise routine. This is a

simple plan I have devised, in the course of my 7 year experience on the "Low Carb Diet" to help me out and is based on the induction phase of the Atkins diet, the strictest of his 4 phases. It was designed to help get you started, or back on track should you lose your way.

Please come back to this book each time you feel yourself slipping back into your old habits, and it will get you back on track. This is not a free book, and you are not allowed to reprint or resell this book without express written permission from Scot Standke at CarbTrack.com.

I make no claims of how much weight you can lose with this method, as each persons metabolism is different, but each time I personally follow its simple steps, I will lose around 25-30 lbs. during its 30 day span.

Here's to your success,

Scot Standke

<http://www.CarbTrack.com>

Guidelines to help you succeed:

Please refer back to this article regularly, the sooner you begin to implement these principles, the easier you will find it to lose and keep off those stubborn pounds.

I highly recommend a strong vitamin ritual during your entire diet, with emphasis on the following vitamin and nutrients:

CHROMIUM PICOLINATE (Considered a highly effective natural metabolic stimulator.)

BEE POLLEN/BEE PROPOLIS (Super high nutrition value promotes lasting energy.)

B-1 THIAMIN (Essential for carbohydrate metabolism.)

RADIX GINSENG (Recognized as natural energy booster for the last 5000 yrs!)

GAMMA ORYZINOL (May contribute to increased stamina.)

LECITHIN (Powerful nutritional factor vital to both mind and body.)

SARASAPARILLA (Absolutely wonderful herbal extract for increased health and well being.)

INOSINE (A naturally occurring metabolic product which may help reduce fatigue and improve metabolic functioning.)

Start your diet with a food diary, record everything you eat, what you were doing at the time, and how you felt. That tells you about yourself, your temptation, the emotional states that encourage you to snack and may help you lose once you see how much you eat. There are quite a few good carb counting software programs on the market today to choose from, my personal favorite is CarbTrack. A simple pad and paper works just as well, but you must keep detailed records, in order to guarantee your success.

Instead of eating the forbidden piece of candy, brush your teeth. If you're about to cheat, allow yourself a treat, but make sure it's a low carb treat. More and more grocers are begrudgingly carrying low carb foods, as the low carb diet's popularity steadily increases. If you happen to live in a small community or rural area, don't fret, there are also tons of great online Low Carb Marts to choose from, our favorite happens to be Netrition.com.

When hunger hits, wait 10 minutes before eating and see if it passes. Set attainable goals. Don't say, "I want to lose 50 pounds." Say, "I want to lose 5 pounds a month." Get enough sleep but not too much. Try to avoid sugar at all costs. Highly sweetened foods tend to make you crave more. When baking, use Splenda, a great tasting sugar substitute that can be found, along with about any other low carb snack, treat and item at Synergy.com

Drink six to eight glasses of water a day. Water itself helps cut down on water retention because it acts as a natural diuretic. Taken before meals, it dulls the appetite by giving you that "full feeling." Diet with a buddy. Support groups are important, and caring people can help one another succeed. Start your own, even with just one other person. A great online resource for support is e-Diets.com.

Substitute activity for eating. When the cravings hit, go to the "Y" or health club if possible; or dust, or walk around the block. This is especially helpful if you eat out of

anger. A good and obvious course of action, would be to begin a workout routine. For warehouse prices on everything from treadmills, to stationary bikes and home gyms, make sure and check out SmoothFitness.com.

If the pie on the counter is just too great a temptation and you don't want to throw it away, freeze it. If you're a late-night eater, have a low carb snack, such as some pork rinds or a few cheese curds, before bedtime to cut down on cravings. Keep a glass of water by your bed to quiet the hunger pangs that wake you up in the middle of the night.

If you use food as a reward, establish a new reward system. Buy yourself a non-edible reward. Write down everything you eat - - everything - including what you taste when you cook. If you monitor what you eat, you can't go off your diet. Again, the easiest way I have found to track my eating habits and records is with CarbTrack.

Weigh yourself once a week at the same time. Your weight fluctuates constantly and you can weigh more at night than you did in the morning, a downer if you stuck to your diet all day. Make dining an event. Eat from your own special plate, on your own special place mat, and borrow the Japanese art of food arranging to make your meal, no matter how normal, look lovely. This is a trick that helps chronic over-eaters and bingers pay attention to their food instead of consuming it unconsciously.

Don't shop when you're hungry. You'll only buy more high carb impulse food. Avoid finger foods that are easy to eat in large amounts. Avoid consuming large quantities of coffee & diet sodas, which are so easy to overdo. And this includes alcoholic beverages. Keep plenty of crunchy foods like raw radishes, cauliflower & broccoli on hand. They're low in carbs, and are very satisfying and filling. Leave something on your plate, even if you are a charter member of the Clean The Plate Club. It's a good sign that you can stop eating when you want to, not just when your plate is empty.

Lose weight for yourself, not to please your husband, your parents or your friends. Make the kitchen off-limits at any time other than mealtime. Always eat at the table, never in front of the TV set or with the radio on. Concentrate on eating every mouthful slowly and savoring each morsel. Chew everything from 10 to 20 times and count! Never skip meals. This is perhaps the most important low carb diet tip at all. If you skip a meal, it signals to your body that it may need to store fat in case the next meal does not come soon. You can actually lose more weight by eating each low carb meal in the day rather than skipping one, believe it or not.

If you are just beginning the low carb diet, limit your carb intake to the suggested rate of 20 grams a day or less over the first two weeks. After only a few days of doing this, your appetite will decrease dramatically.

I hope you find this article helpful in your low carb lifestyle. If you have not done so already, please stop in at <http://www.lowcarbdietrecipe.com> and join our great, FREE monthly Newsletter for more great recipes, tips, low carb news and much, much more.

With that said, let's jump right in head first to Day 1!

Day 1

Breakfast

Phony Macaroni and Cheese

1 lb. tofu, firm - well-drained *
2 cups cheddar cheese
2 eggs
1/4 cup heavy cream
salt and pepper - to taste
onion and garlic - to taste
nutmeg - to taste
dry mustard - to taste
cayenne - to taste

*Make sure you use the firmest tofu available for this recipe. You may also want to be generous with the spices and use some extra sharp cheese to liven up the normally bland flavor of tofu.

Drain tofu well, making sure to squeeze out all extra moisture, and slice into small pieces (use a French fry cutter or equivalent for consistent sizes). In a separate bowl, mix together eggs, cream and cheese. Stir tofu pieces into mixture and add seasonings as desired. Transfer mixture to a casserole dish or greased pie plate and bake at 375 for 30 – 45 minutes or until golden brown.

Yields 4 servings
Total Net carbs: 2.6 grams per serving

Lunch

Bacon Cheeseburger

1 lb ground beef
1 egg

4 oz. cheddar cheese
4 oz. mozzarella cheese
4 slices bacon
garlic powder, salt and pepper

Preheat oven to 350

Precook bacon in conventional oven or microwave. When cooked, crumble bacon and set aside as toppings. In a large skillet, brown ground beef and drain remaining fat. Mix in egg, cheddar, garlic powder, salt and pepper to taste. Transfer to a glass casserole dish and top with mozzarella. Bake for 30-35 minutes. Top with bacon crumbles.

Yields 3 servings
Total net carbs : 2 grams per serving

Dinner

Low Carb Deep Dish Quiche Pizza

4 ounces cream cheese
Three eggs
1/4 cup parmesan cheese
1/3 cup heavy cream
1/2 teaspoon oregano
2 cups shredded Italian cheese (mozzarella, romano, parm mix - or your choice)
1/4 teaspoon garlic powder
1/4 cup tomato sauce
1 cup shredded mozzarella
20 slices pepperoni

Preheat oven to 375 degrees. In mixing bowl, beat together the eggs and cream cheese until smooth. Stir in heavy cream, parmesan and spices. Pour 2 cups cheese into a nonstick, 13x9 inch baking pan or equivalent. Add egg mixture on top of cheese and blend together so that cheese is suspended in the mixture and not concentrated at the bottom of the pan. Bake in oven approximately 30 minutes and then briefly remove pan to add on layers of mozzarella and pepperoni. Return to oven for 10 more minutes or until dish is bubbly and brown.

Yields 4 servings
Total Net carbs: 6 grams per serving

Total Net carbs for **Day 1** based on a single serving per meal: 10.6 grams

Day 2

Breakfast

Strawberry Crepes

Butter (enough to fry crepes)
3 large eggs
2/3 cup heavy cream
3 tablespoons Dr. Atkins Bake Mix
4 tablespoons sugar substitute
1/8 teaspoon almond extract
1/4 teaspoon vanilla extract
1/2 teaspoon orange zest grated

Strawberry filling:

2 cups strawberries, washed, hulled and sliced
6 tablespoons Sugar Twin sugar substitute

Prepare a heavy, 8 inch skillet or crepe pan with heated butter. Whisk all crepe ingredients together in mixing bowl. Once the butter stops foaming, pour 1/6 crepe mixture into skillet, making sure to cover the bottom evenly. Cook until bottom is browned and top is set. Use a spatula to flip the crepe and brown the other side. Once done, transfer to a paper towel. Repeat this procedure with remaining batter and butter.

Next, make your filling by combining strawberries with sugar substitute and spoon about 1/4 of mixture on each crepe. Add light whipped cream to taste and garnish with remaining strawberries.

Yields 6 servings
Total Net carbs: 6.6 grams per serving

Lunch

Ham-Asparagus Brunch Cake

2 Tablespoons butter
3 Tablespoons sliced green onion
About 1/2 pound fresh asparagus, cut (about 1 1/2 cups)
6 eggs
1/3 cup heavy cream
1 Teaspoon dried mustard
1/4 Teaspoon salt
1/4 Teaspoon pepper
2 cups cooked ham, chopped
6 ounces Cheddar cheese, shredded

Preheat oven to 350. In a large, heavy skillet, melt butter over medium high heat and cook onions and asparagus for 3 minutes. In a large mixing bowl, stir together eggs, cream and seasonings. Place cooked onions, asparagus and ham into a baking dish and pour egg mixture on top. Bake for 10 -15 minutes and sprinkle cheese on top to taste.

Yields 10 servings
Total Net carbs: 2 grams per serving

Dinner

Lemon Marinated Sirloin

1 pound steak, your choice of cuts
1 Teaspoon finely shredded lemon peel
1/2 cup lemon juice
1/3 cup cooking oil
2 Tablespoons sliced green onion
4 Teaspoons Splenda
1 1/2 Teaspoons salt
1 Teaspoon Worcestershire sauce
1 Teaspoon prepared mustard
1/8 Teaspoon pepper

If steak has fat around edges, be sure to score them first with a knife. Place the steak into a shallow baking dish. Combine all ingredients to make the lemon marinade and pour over steak. Allow to sit in the refrigerator for at least 4 hours so the marinade has a chance to soak in. Grill steak to your preference on an outdoor grill, adding leftover over marinade during cooking to maintain tenderness.

Yields 6 servings
Total Net carbs: 2 grams per serving

Total Net carbs for **Day 2** based on a single serving per meal: 10.6 grams

Day 3

Breakfast

Orange Nut Muffins

6 eggs, separated
1/4 Teaspoon cream of tartar
8 Splenda packets
1/4 cup soy flour
1/4 cup walnuts, ground
1 Teaspoon orange extract, divided
1 Tablespoon Brown Sugar Twin
4 ounces cream cheese
1/4 cup heavy cream
8 Splenda packets
1 Teaspoon orange extract

Combine egg whites with cream of tartar and 4 Splenda packets and beat until whites are stiff. Sprinkle on 1/2 Teaspoon orange extract. In a separate bowl, beat egg yolks together with 4 Splenda packets, and 1 Tablespoon Brown Sugar Twin. Add 1/2 Teaspoon orange extract. Add a spoonful of egg whites mixture to yolk mixture, stir well, then pour entire yolk mixture into egg whites. Fold in 1/4 cup soy flour and walnuts. Place mixture into 12 greased muffin cups and bake at 350 for 15 minutes. Reduce oven temperature to 325 and bake for another 15 minutes.

Yields 12 servings
Total Net carbs: 2.3 grams per serving

Lunch

German Cucumber Salad

2 cucumbers, thinly sliced
4 green onions, thinly sliced
3 small tomatoes
2 Tablespoons snipped parsley
1/4 cup sour cream
1/4 Teaspoon mustard
2 Tablespoons minced dill
1 Tablespoon vinegar
1 Tablespoon heavy cream
1/2 Teaspoon salt
1/2 Teaspoon pepper

Dice and combine cucumbers, onions, tomatoes and parsley. Combine dressing ingredients separately then pour over salad and toss lightly. Chill at least 1 hour before serving.

Yields 6 servings
Total Net carbs: 9 grams per serving

Dinner

Turkey Broccoli Casserole

2 (10 ounces) packages frozen broccoli
2 cups cooked and diced turkey
1 (10 ounce) can cream of mushroom soup
1/2 cup heavy cream
1/2 cup Cheddar cheese, grated

Preheat oven to 375. Cook broccoli according to package directions. Layer broccoli in a baking dish and spread turkey on top. Combine soup with cream and pour on top of turkey. Sprinkle on grated cheese. Place in oven and bake for 30 minutes.

Yields 8 servings

Total Net carbs: 7 grams per serving

Total Net carbs for **Day 3** based on a single serving per meal: 19.3 grams

Day 4

Breakfast