



Low Carb Food List: What to Eat While on a Low Carb Diet (Low Carb Diet: A List of Low Carb Foods to Help you Lose Weight Fast and What to Eat to Lose Weight)

Michelle Ross

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Low Carb Food List: What to Eat While on a Low Carb Diet

Do you know how many carbs are in the foods you eat? Have you been trying to lose weight, but can't? Have you been counting how many carbs you have been eating? Are you ready to start a low-carb diet? If so, I can help...

In my newest book "Low Carb Food List: What to Eat While on a Low Carb Diet," I give you tips on how to:

- Lose weight on a low-carb diet
- Count carbs in each protein
- Count carbs in each vegetable
- Count carbs in each fruit
- Count carbs in seeds and nuts
- Count carbs in fruits and cheese
- Start a seven day low-carb meal plan
- And much, much more...

Ways to count carbs from the book:

Vegetables are full of nutrients, which our bodies need to stay healthy and energized. Make sure to eat vegetables every single day and with every meal, while on a low-carb diet.

Here we have a list of low-carb vegetables with each carbohydrate count in one cup:

Green vegetables

Broccoli - 3.4g

Asparagus - 2.5g

Bok choy - 0.4g

Collard greens - 4.0g

Kale - 4.8g

Here are lists of different types of nuts and Seeds. Each carbohydrate count is made up of one cup:

Nuts

Hazelnuts - 22g

Almonds - 20g

Walnuts - 11g

Cashews - 37g

Macadamia - 19g

Low-carb seven day meal plan from the book:

Day One:

Breakfast

Egg scramble

Two large eggs - 2.0 Grams

½ cup of chopped broccoli - 3.0 Grams

½ cup of chopped mushrooms - 1.8 Grams

½ cup of chopped green bell peppers - 2.0 Grams

Scramble all of the ingredients listed above in a frying pan.

Day Three

Dinner

Tilapia with capers

One six ounce filet of tilapia - 0 Grams

One teaspoon of olive oil - 0 Grams

One tablespoon of fresh lemon juice - 1.0 Grams

One tablespoon of capers - 0.4 Grams

1 cup of chopped cauliflower - 5.0 Grams

1 cup of chopped broccoli - 6.0 Grams


Cook the Tilapia on the stove with the olive oil, capers, and fresh lemon juice until the tilapia is cooked all the way through. Separately on the stove, steam the broccoli and cauliflower. Add salt and pepper to taste.

Total Carbs for day three: 30.2 Grams

As you can see, the tips I offer on counting carbs while on a low-carb diet are straight to the point. You won't be wasting your time sifting through a bunch of useless psychological jargon. NO! You're going to be learning from condensed information exactly how to start a low-carb diet and lose weight fast..

Buy the book now while it is being offered at a low introductory price; you'll be so glad you did!

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Alberta Jones:

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Thomas Rojas:

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