

'You Don't Have to Eat Kale to be Healthy' High Fat/Low Carb Program!

What you're eating

60% fat

20% protein

20% carbohydrates *only counting NET carbs (total carbs - fiber), and we aim for 60 to 75 g of carbohydrates per day.

We are essentially replacing some carbohydrates from your diet with fat and keeping your protein intake the same. Your blood sugar is going to stay in a much steadier state, and you're going to experience fewer cravings over time.

Let's see what that looks like:

If you were to eat a diet of 1500 calories per day you would be eating the following:

900 calories or 100 g of fat

300 calories or 75 g of protein

300 calories or 75 g of net carbohydrates

That being said, I'm not big on macronutrient or carbohydrate tracking. I would rather see you learn how to eyeball food than become crazy efficient at tracking BUT at the beginning you're going to need to track until you get the hang of what eating this way both looks and feels like, especially when you transition to putting together your own meals rather than following the meal plans.

Included in this program are five macronutrient-balanced meal plans. Two meal plans are suitable for omnivores, one for individuals with eggs or nut allergies, and two for vegetarians. I encourage you to use these either as is, or as a jumping off point to make the transition as easy as possible. You can also repeat days to make batch cooking and less prep part of your routine.

Once you get to the point where you are putting together your meals and not following the meal plans you want to set up your meals something like this:

Wake Up/Breakfast: Coconut or Bulletproof Coffee Breakfast (smaller if having the blended drinks, larger if not)

About half of your plate should be fat at breakfast. Most of your calories at breakfast will come from fat. A good size portion of protein should be about 25% of your plate and vegetables should be the other 25%.

Lunch: Half of your plate should be vegetables at lunch. Fat and protein can both clock in around 25% of plate real estate. You may also have ½ cup of fruit.

Dinner: Half of your plate should still be vegetables. 10% of your plate should be some starchier vegetable or fruit. Then you are going to have equal fat and protein on the rest of your plate, around 20% protein and 20% fat.

To picture this, imagine a plate. Draw lines down it to showcase the amount of space each macro is going to take up. Fill the vegetable portion up to the brim. For the protein portion, there should be white space around the actual food (it's not going to completely cover the entire protein plate real estate). For the fat, you want to imagine little containers (like ramekins about an inch in diameter or tablespoons). Fill each of those with a fat (so olive oil could go in one, avocado in another, coconut oil in a third, nuts in one, etc., depending on what fats you are cooking with/serving. If you need it visual for the beginning go and buy a white plate and a black sharpie. Draw your portions out and then bake the plate in the oven at 350F for about 30 minutes to set it. Wait 24 hours, and you're all set! Make one plate for breakfast, one for lunch and one for dinner if you like!

Things You Need To Know

It's very important to drink more water than usual because carbohydrates are bound to water in your body. When we eat less, we naturally store less water and need to consume more. Aim to keep a large water bottle with you all day and continually drink from it. If you feel tired, get a headache, or otherwise feel unwell make sure you are drinking enough water; these are all symptoms of dehydration.

Remember that this is not all or nothing. If you take in too many carbohydrates in a day, pick yourself up, dust yourself off and get right back on that horse.

It's no big deal.

The fact that you're being mindful of your intake and focusing on adding good fats and protein are amazing first steps. You'll get there.

Your bowels may be slower as your body gets used to fewer carbohydrates. This should remedy itself within a week, but taking magnesium can help constipation if it's a problem. The product CALM powder is a good choice before bed for sleep and relaxation as well; I recommend adding it. You can find the CALM magnesium powder at most health food stores and even the supplements section of some grocery stores and pharmacies. Some people end up with diarrhea instead of constipation (everyone's different). Again, this should normalize within about a week. In this case, DON'T take magnesium.

Drink lots of water either way. Alterations in bowels movements won't last long, and it may not even happen to you. I find it helps to know what COULD happen as you change your current way of eating. For the first week eat whenever you're hungry. It's important to listen to your body. We aren't going for starvation here, we're going for literally CHANGING THE WAY YOUR BODY IS PROCESSING FOOD.

You will slowly lose those carbohydrate cravings, have way more energy and develop a positive relationship with food if you follow the process.

Foods To Eat All The Time

Fats	Proteins	Non-starchy vegetables	Other
Avocado	All meat (preferably skin on)	Anything leafy and green	Broth/Bone broth
Olive oil	Eggs	Cabbage	Zevia, stevia-sweetened pop/soda alternative (if you need to break a pop addiction)
Butter	Fish/seafood	Cauliflower	Almond milk (unsweetened)
Olives-green	Canned tuna/salmon	Celery	Tea/herbal tea (unsweetened)
Macadamia Nuts	Bacon (butcher shop quality)	Garlic	Coffee (unsweetened)
Peanut Butter (unsweetened)	Sausage	Mushrooms	Xylitol
Mayo (watch for added sugars)	Edamame	Pickles	Stevia
Coconut Oil	Tofu (organic & non-GMO)	Radishes	Erythritol
Coconut (unsweetened)	Greek Yogurt (unsweetened, NOT low-fat)	Turnips	Sea Salt & pepper
Seed & nut oils (occasionally)		Broccoli	Berries (occasionally)
Almonds		Spaghetti Squash	Beet Hummus
Brazil nuts			Heavy cream (35%) *if on dairy
Chia seeds			Ryvita crackers (occasionally)
Pumpkinseeds			

Foods To Avoid

Sugar & Sweeteners	Grains (all)
Sugar	Wheat
Aspartame	Rice
Anything syrup	Barley
Agave	Quinoa
Maple Syrup	Buckwheat
Juice	Rye
	Gluten-free anything (bread, pasta...)
	Bread (all types)
	Pasta

Foods To Eat Occasionally

Beans/Starchy Veg/Legumes	Fruit
Corn	Apples
Sweet potato	Oranges
Squashes: butternut, acorn, etc.	Pears
Chickpeas	Pineapple
Black beans	Bananas
Kidney beans	Mango
Pinto beans	Peaches/plums
Lentils	Papaya
Peas	Strawberries
	Raspberries
	Blueberries

Essential Pantry Staples

Coconut oil
Olive oil
Avocado Mayonnaise
Nut butter (unsweetened)
Green olives
Unsweetened cocoa powder
Butter or Ghee
Stevia or Erythritol
Avocados
Eggs
Mixed greens
Celery
Coffee/Tea/Dandy Blend (coffee alternative)
Radishes
Cauliflower
Cabbage
Tomatoes
Asparagus
Broccoli
Beet Hummus
Ryvita Crackers (plain)
Tofu (Soyganic)
Meat (skin on & dark meat, good quality preferred)
Collagen Powder

How To Get Started With HFLC

Print out the downloads you receive each week and place all materials into a binder for easy reference. Make sure you've read all of your materials through, and you know exactly what we're doing. If you don't know, make sure to ask me!

Go out and buy everything you need for the next 4 or 5 days. You want to make sure you have lots of food options, so you don't ever feel deprived.

Don't limit yourself during this week. Eat whenever you're hungry and eat until you're full. We're not concerned about portions yet. First, we're figuring out the foods that work for you. After that, we'll worry about how much. Baby steps are good.

Make a promise to yourself to stick this out! You can do this, and this will be the 'diet' that's actually meant for YOUR body (not that friend who can go on a 'diet' for a week and lose 5lbs of belly fat right away then go back to eating whatever she wants). And by diet I mean a style of eating that makes you healthy, happy, and feeling fantastic.

There should be lots of repetition in the first 14 days. The simpler we can make the transition the better.