

My Low Carb Story, Diet Book, Cookbook, and Shopping List

By

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SMASHWORDS EDITION

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Disclaimer

I have decided to follow a low carbohydrate diet for the rest of my life. This decision is based on what I have read about dieting and nutrition and two clinical tests. Check with your doctor if you decide to imitate any my eating

habits. This is most important if you take insulin or other diabetic medicines because a low carbohydrate diet might require a reduction on the dosages. I did not have to worry about any medicines because I am not diabetic. It is not the intention for this story to give medical advice.

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I want to thank my wife Sandra and my sons Fernando and Antonio for the patience they had with a husband and dad that insisted on writing a book at the expense of family time.

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My Low Carb Story, Diet Book, Cook Book, and Shopping List

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My Low Carb Story

I used to think that a bowl of cereal with milk and a banana for breakfast was better than three eggs with bacon. I have changed my mind. I found out about Dr. Robert Atkins in a lunch with my family in 1998. One of my brothers had a generous serving of chicken with no sides. I told him that this was a very unbalanced meal. He told me not to worry, that he would have a salad next (he never did) and that he was following Dr. Atkins' Induction Diet. When he explained what the diet was about, I could not believe him. I was certain that he had misread the book (he tends to do this) or not even read it (more often than not). I went the next day to a bookstore and bought a copy of the book "Dr. Atkins' New Diet Revolution" and read it that Friday on my way to Ruidoso, New Mexico, in a snow skiing trip. The book convinced me to try the Induction Diet that would restrict my carbohydrate intake to 20 grams per day. (What in the world is a carbohydrate anyway?) That Friday night in Ruidoso, after I understood the diet, I ate half a roasted chicken and a large salad. The

next morning, true to the diet, I had three eggs, bacon, coffee, half and half cream, and a sugar substitute. After breakfast, I went up to the Sierra Blanca Mountain to ski. I skied and followed the diet all Saturday and Sunday. On Sunday evening, I usually would be tired for the three hour drive back home to El Paso, Texas but this time I felt different. I felt strong and wide awake. I bought a cup of coffee for the road but I was really surprised how awake I felt. After driving for three hours at home, instead of rushing to bed to sleep, I checked my e-mail and worked for a couple of hours more. Something was definitely different with my body metabolism. I stayed in the Induction Diet for the rest of the week and lost five pounds of weight. At six feet one inch tall and 213 pounds, I just wanted to lose 13 pounds to round down my weight to 200 pounds. I did not know at the time that the top of the range for my height was at 187 pounds. I felt that losing 13 pounds would be sufficient to get rid of my small belly. I was very happy with the loss of five pounds in just one week and was ready to stay in the Induction Diet to lose the other eight pounds of my target. I stayed in the diet the next week and I lost an additional five pounds. In the third week, Dr. Atkins recommends the addition of five grams of carbohydrate per day every week to slow down the weight loss but I did not listen. I stayed in Induction Diet another week and lost three more pounds. I had reached my target and I was delighted. I had lost in three weeks the weight I had struggled to lose for several months and the whole time I had felt strong, awake, and never hungry. Since I had lost as much weight as I wanted to lose, I officially went off the Induction Diet but I kept some of my newly acquired eating habits. I had learned that sugar is a carbohydrate and that I should not eat too much. I changed my regular sugar soda for a diet soda, I substituted the sugar in my coffee, and I stopped eating unlimited amounts of tortilla chips (another carbohydrate) at Mexican restaurants. In the course of the following year, I lost an additional seven pounds.

Dr. Atkins starts with an Induction diet that restricts carbohydrate intake to 20 grams per day. This is quite a change from the typical “do not care” diet where I was eating 200 to 300 grams of carbohydrate per day without knowing

it. The Induction Diet is a strict diet that only allows protein, fats, low carbohydrate vegetables, and salads. Dr. Atkins adds vitamin pills since fruits are not allowed due to their high sugar content. After the two weeks of the Induction Diet, five grams of carbohydrate per day are added until the weight loss stops. He named the amount of carbohydrates that are being consumed at this level the Critical Carbohydrate Level for Maintaining or CCLM and it is the amount of carbohydrates that the body is burning according to the metabolism and activity of each person. I thought that by adding five grams per day I could go back to my previous 200 to 300 grams per day diet but surprisingly, the people that actually measure their CCLM find out that their CCLM is quite low, in the 40 to 80 grams per day. Further experience has shown that the CCLM for a sedentary person is 25 to 40 grams per day, 40 to 90 grams for an active person and it might go over 90 grams per day for a dedicated athlete. None of these numbers are close to 200 grams. I learned from Dr. Atkins that carbohydrates and not fat is the nutrient that increases my body fat. This happens because carbohydrates trigger the secretion of insulin, which is the fat building hormone. Insulin converts the carbohydrates into body fat. I also learned to count grams of carbohydrate instead of calories.

In 2002, at 46 years of age and after four years of low carbohydrate eating, I decided that it was time to have a general medical examination. The doctor prescribed eight tests to check the state of my health. All the tests came out great except for my Jogging Electrocardiogram (EKG). The doctor had an EKG done on me at the office while I lay down and the results looked fine. One of the eight tests was an EKG while jogging. When I arrived at the lab, the wires of the EKG were attached to my chest and I was asked to walk on the treadmill. After a few minutes, the EKG technician increased the speed of the treadmill to a brisk walk and turned his back to me to the monitor the graph paper that was being printed. A few minutes later, he increased the speed to a slight jog. He looked at the graph paper again and surprise! He informed me that he had to stop the test because I had flunked it! He asked me to excuse him because he had to leave to discuss the results with my doctor before

proceeding. He got in contact with my doctor on the phone and my doctor suggested that the EKG results be shown to a cardiologist that was in the building. Half an hour later, the cardiologist and the technician showed up with admittance papers for me to go to the hospital next door. The cardiologist asked me not to drive home, to call my wife, and to get admitted to the Hospital right away. The cardiologist informed me that the Jogging EKG had a 30% chance of error but that if it was correct, the results indicated that I had two or three arteries partially blocked. He said that he was very busy the next morning but due to the seriousness of my situation, he would fit an angioplasty procedure in his schedule late in the morning. An angioplasty is a procedure where he would insert a small camera in an artery in my leg and move up in the artery with a thin pipe all the way up to my heart. While he was there, he would fix the blockades with a laser beam. Wow! Sounded like a doctor from Star Wars except for the part where we were talking about my heart. I went to the Hospital and got admitted. At 9 pm he showed up in my hospital room to tell me that he would fix what he could but that he might not be able to fix it all. He said that we might have to schedule another procedure later in the month where he could fix the rest. In the Hospital, I got calls from my brothers and sisters with sympathies. One of brothers suggested that I write a will. One of my sisters scolded me for eating so much fat and protein and told me that I had brought it all up to myself. That night I could not sleep. I had been told that I could stay awake through the operation but the next day the procedure did not start until 1 pm and since I had not slept through the night, I fell asleep a few minutes after they gave me a pain pill that was supposed to take the pain from the poking in my leg. When I woke up, the cardiologist was talking to my wife in the hall. I asked the nurse, "What happened?" "The doctor said you have the heart of a 24 year old, totally clean". Great!

Losing excess weight is healthy but I did not have the feeling that what I was eating was healthy. It seemed that the diet was worth doing for the benefits of the weight loss but that it should not be done for extended periods of time. I bought the Dr. Atkins book "Fit for Life" later and I thought that it

was interesting that some of the people that give testimonials in this book stayed in the Induction Diet for months at a time and lost large amounts of weight. They reported losing the weight without any apparent ill effects and with great benefit. Another piece of interesting information that I found in this book that surprised me was that some of these people, after having lost considerable amounts of weight and having embarked in an exercise program, had found out that their Critical Carbohydrate Level for Maintenance or CCLM was quite low, around 50 grams per day. I started to suspect that although the limitation to 20 grams of carbohydrate per day of the Induction Diet might be too low, the correct amount of daily carbohydrate intake for a healthy life was closer to the 20 grams of the diet than the 200 to 300 grams that I used to eat.

I continued to watch my carbohydrate intake and in 2006 I ran across Dr. Richard K. Bernstein, M.D. "The Complete Guide to achieve normal blood sugars" in the El Paso Public Library. Dr. Bernstein arrived at the conclusion from treating himself and other patients, that a person should keep his or her carbohydrate intake below 30 grams per day to keep the blood sugar level low and stable. He recommends this diet as a healthy diet for life due to the many benefits that result from having low and stable blood sugar levels. He also points out, from measuring the effect of different foods in his blood sugar level that all carbohydrates, simple or complex, are pretty much the same because the digestive system transforms them all into glucose. He goes to the extent of recommending that a person should eat less than 6 grams of carbohydrate at breakfast, 12 grams at lunch, and 12 grams at dinner. He explains that the lower breakfast requirement is because the body produces glucose from protein during the night.

Dr. Bernstein is a type 1 diabetic, diagnosed when he was twelve years old. He developed this Diabetes Diet to treat himself before he became a doctor. Excited about his findings, he decided to become a doctor at the age of 45 to help other people. He originally designed the diet for himself and for diabetics, but he later concluded as a doctor that "the benefits of this diet are nearly as profound for those who do not have diabetes as for those who do".

Dr. Bernstein validates a low carbohydrate diet as the correct diet to follow for life and for health reasons. “As I discovered in years of experimenting in myself, and then in my medical practice, that the real dietary problem for diabetics is not only fast acting carbohydrates but also large amounts of any carbohydrate. In either case, the result is high blood sugars requiring large amounts of insulin to try to contain them”. He made these discoveries by eating different foods and then poking himself to find out the effect that each particular food had on his blood sugars.

With Dr. Bernstein’s experience, I had found the medical justification to stay in a low carbohydrate diet. I was relieved that Dr. Atkins Induction Diet was not unhealthy after all and that I had not caused damage to my body in the last six years. I started to recommend Dr. Bernstein’s diet to my friends and family. I recommended Dr. Bernstein for his medical justification and Dr. Atkins for the flexibility of his diet and his Web site.

In 2008, at the age of 52, after 10 years of low carbohydrate eating, and still weighting around 200 pounds, I felt a small discomfort in my chest. I thought that it was heartburn, which is an irritation of the esophagus, not the heart, so I made an appointment with a gastroenterologist (the doctor that cures the esophagus). The doctor prescribed heartburn medicine and asked me to stay away from lime, wine and spicy food, which I was having plenty at the time. He then strongly suggested that I go to see a cardiologist to discard the possibility of any heart trouble. I told him that according to the results of my angioplasty test a few years back my heart should be in good shape and I believed that my problem was in the esophagus. In return, he told me the story of a cardiologist friend of him in Bombay that had a pain in his chest, dismissed it as heartburn, and died of a heart attack. “You are kidding me,” I said. “No,” he said, “it is a true story”.

I made an appointment with another cardiologist in the new town where I was living now. He had an EKG done in the office and it looked fine. I suggested the Jogging EKG and he agreed. Once again, the Jogging EKG came out bad. Since the other cardiologist had already looked inside my heart arteries with

the angioplasty procedure, this cardiologist decided that it would be better to look at the blood irrigation around my heart using a radioactive substance that would be injected in my veins and x-rays to see the blood irrigation outside my heart. They strapped me in a bed that turned in small angles and took x-ray picture of my heart at each angle. I was turned in the bed 360 degrees. The cardiologist warned me that he might find dark spots in some of the pictures, indicating that there would be some dead tissue around my heart that was no longer irrigated with blood. A few days later, I came to see the results of the test. The pictures were quite small. There were at least 20 per page and they looked like small Christmas light bulbs. There were no dark spots in any of the pictures. Not a single one. He told me that my heart was in great shape, that I should continue with my heartburn treatment, and eat less spicy food.

Today, I am still weighting around 200 pounds and I enjoy protein and fat meals accompanied with large salads. I also enjoy never being hungry. My meals are so heavy that I do not need to snack but I get a cup of coffee and a bottle of water a couple of times during the day. I struggle to go down to my weight target of 187 pounds although I have been there a few times in past years. I blame my struggle to the few carbohydrates that I still keep on eating. For example, I can drink up to 6 cups of coffee through the day with 2 creamers each, where each tub has 1.5 grams of carbohydrates. This is a total of 18 grams for carbohydrate just in the cream. I also like to have a few chocolates sometimes at night and sometimes I have too many. There are also a few meals that I have trouble eating without a tortilla like Mexican barbeque. I also find it hard to resist, for social reasons, a slice of cake at work when it is somebody's birthday. I am a little frustrated that I cannot lose these additional thirteen pounds but I congratulate myself thinking of the weight that I would have if I had kept on eating over 200 grams of carbohydrate per day for the last 10 years.

I have continued to read in the subject of low carbohydrate eating and last Christmas (2009), I found the book "Living Low Carb" by Jonny Bowden, PhD, CNS. This book is an encyclopedia of low carbohydrate eating knowledge. Dr.

Bowden has saved me many hours of reading. The book includes a short description of 38 low carb diets and fitness programs that exist today. In addition to Dr. Atkins' and Dr. Bernstein's' diets, it lists low carb diets that are less strict and allow a higher carbohydrate intake, for example, Barry Sears, PhD, "The Zone" and Drs. Michael R. Eades, MD, and Mary Dan Eades, MD, "Protein Power".

I have low triglycerides, high HDL cholesterol and I would suspect that I also have low levels of insulin in my blood so it was a treat to find an excerpt in page 53 of "Living Low Carb" a report that God-willing, it could be where I will be in a few years.

"In 1992, researchers collected data on people who were both mentally and physically fit and were at least a hundred years old. They had three common factors: Low triglycerides, High HDL cholesterol, and low levels of fasting insulin. Vincenzo Marigliana, et.al. "Normal Values in Extreme Old Age". Annals of the New York Academy of Sciences 673 (December 22, 1992) p. 23-28.

What is the Difference?

I used to not pay attention to the amount of carbohydrates that I would eat. It is very easy to eat a large amount of carbohydrates without even thinking about them because they are everywhere. I have gone into a convenience store and had difficulty finding something to eat that was not a high carbohydrate food. I usually exit with a cup of coffee, a bottle of water, a bag of pork skins, a package of sliced ham, or a package of cheese. I learned to read the labels in the food and got surprised many times with the large amount of carbohydrate that many foods have. From the Dr. Atkins' second book, I learned to subtract the fiber content from the total carbohydrates to come out with the net carbohydrate count. Fiber is classified as a carbohydrate but it is not digestible so it does not enter into the bloodstream. It has no impact in the blood sugar level so it needs to be subtracted from the total carbohydrate content. Thanks to the US Government the total carbohydrates and the fiber

grams are listed in the Nutrition Facts label of each food but the net carbohydrates are not listed so I have to make the subtraction.

The following menu shows a typical day when I did not pay attention to the carbohydrate content of the food that I ate.

Breakfast, Serving, and Net Carbohydrates in grams:

Bowl of Cereal, 2 cups, 47

Milk, 1 cup, 12

Banana, 1 medium, 24

Coffee, 1 cup, 0

Sugar, 1 tbsp, 4

Creamer, 2 tubs, 3

Breakfast Total: 90 grams

Lunch, Serving, and Net Carbohydrates in grams:

Hamburger Sandwich, 1 adult size, 37

French Fries, medium (4 oz), 48

Soda, medium (21 fl oz), 58

Lunch Total: 143 grams

Afternoon Snack, Serving, and Net Carbohydrates in grams:

Coffee, 1 cup, 0

Sugar, 1 tbsp, 4

Creamer, 2 tubs, 3

Doughnut (glazed), 1 regular, 26

Snack Total: 33 grams

Dinner, Serving, and Net Carbohydrates in grams:

Salad, 2 cups, 1

Steak, 8 oz, 0

Potato (baked), 1 medium, 14

Pasta, 2 cups, 38
Bread (white), 1 roll, 29
Beer, 12 fl oz, 12
Ice Cream, 1 cone, 16
Dinner Total: 110 grams

Home Movie, Serving, and Net Carbohydrates in grams:

Microwave Popcorn, 5 cups, 26
Soda, 12 fl oz, 39
Home Movie Total: 65 grams

Total for the day: 441 grams.

I used to eat 441 grams of carbohydrate without even thinking about it. This is a very large number. Even if I consider myself an active person with a Critical Carbohydrate Level for Maintenance of 50 grams per day, I was certainly to become obese if I had not gone into a low carbohydrate diet. The following menu is typical of how I have been eating since I have been paying attention to the net carbohydrate intake.

Breakfast, Serving, and Net Carbohydrates in grams:

Eggs, 3 large, 2
Bacon, 3 strips, 0
Coffee, 1 cup, 0
Sugar Substitute, 1 package, 1
Creamer, 2 tubs, 3
Breakfast Total: 6 grams

Lunch, Serving, and Net Carbohydrates in grams:

Chef Salad:
Ham, 3 oz, 2

Cheese, 3 oz, 1

Lettuce, 4 cups, 0

Lunch Total: 3 grams

Snack, Serving, and Net Carbohydrates in grams:

Coffee, 1 cup, 0

Sugar substitute, 1 package, 1

Creamer, 2 tubs, 3

Water, 16 fl oz, 0

Snack Total: 4 grams

Dinner, Serving, and Net Carbohydrates in grams:

Salad, 4 cups, 2

Roasted Chicken, One Half, 0

Broccoli, 2 cups, 7

Red Wine, 4 fl oz, 3

Jícama, 1 cup, 5

Dinner Total: 17 grams

Home Movie, Serving, and Net Carbohydrates in grams:

Turkey Breast, 3 slices, 0

Swiss cheese, 3 slices, 3

Wine, 4 fl oz, 3

Home Movie Total: 6 grams

Total for the day: 36 grams.

Thinking low carb took me from 441 grams to 36 grams per day. This is a great reduction in the carbohydrate intake. But why did I not count the calories? What am I not counting the calories of the fat and protein in the eggs, bacon and cheese? Why am I not counting the calories of all the nutrients?

Counting Grams of the Nutrients

When a pediatrician prescribes medicine to a child with an infection, he calculates the amount of each medicine in milligrams or in milliliters according to the child's weight and height. I should prescribe myself the right amounts of each food in grams according to my weight and height in the same way. For dieting, since I am heavier than I am supposed to be according to my height, the prescription of how many grams of each nutrient I should eat should be according to my ideal weight not my current weight. If I go to the doctor and I get all kinds of medicines specified in milligrams to cure an ailment, I should measure the food that I eat in the right amounts in grams so that I do not have any ailments and I do not have to go to the doctor. When I see that amount of suffering that the wrong food in the wrong quantities has caused to so many dear obese and diabetic people that I know, I think that food should be measured as medicine.

Another reason to count grams instead of calories is that the body processes the different nutrients in entirely different chemical and thermal ways. A calorie is the amount of heat that takes to raise one gram of water from 14.5 to 15.5 degrees centigrade. The caloric content of a portion of food is the amount of heat that the food generates when it is burned in an oven. It has not relationship to the chemistry by which the body takes the nutrient. A protein, a fat, or a carbohydrate cause very different reactions in the body the moment they enter the digestive system. It makes more sense to find out the weight of the food that I should be eating without discussing their caloric content.

In page 13 of "Living Low Carb", Jonny Bowden talks about an experiment done by Professor Alan Kekwick, director of the Institute of Clinical Research and Experimental Medicine at London's Middlesex Hospital and Dr. Gaston L.S. Pawan, senior research biochemist of the hospital's medical unit. In this experiment, they put three groups of obese people on a 1,000 calorie per day diet. The first group had 90% of the calories from protein, the second group

had 90% of the calories from fat, and the third group had 90% of the calories from carbohydrates. The protein group lost 0.6 pounds per day on the average, the fat group lost the most at 0.9 pounds per day, and the carbohydrate group gained a little bit of weight. This experiment shows that the body processes proteins, fats and carbohydrate in entirely different ways, not at all equivalent to the burning of food in an oven and it supports the idea that it is better to discuss the weight of the nutrient instead of the caloric content.

The protein group, at 90% of 1,000 calories, ate approximately 200 grams of protein per day. This is more protein than they needed. The daily recommended amount of protein is 1.0 to 1.2 grams per kilogram of the ideal weight of a person. This is equivalent to 0.454 to 0.545 grams per pound of the ideal weight of a person. I find it easier to remember if I think of around 0.5 grams of protein per pound of the ideal weight of a person. If the average ideal weight of these people was 150 pounds, they should be eating 75 grams of protein per day, not 200. The people in this group ate 125 grams of excess protein per day and they still lost weight at a very fast pace. This suggests that the excess protein was wasted. It seems that the body took the protein that it needed and threw away the rest. It did not use the excess protein not even as fuel. In the absence of carbohydrates, the body used the body fat as fuel and this is where the weight loss came from. For this group, since proteins were available in excess, the weight loss can be attributable to the loss of the fat that the body used as fuel.

The fat group lost the most weight but this does not mean that this is the best diet. The objective of a diet should be to be healthy, which might mean to include weight loss but not at the expense of other health implications. This group was fed approximately 100 grams of fat daily, which is in excess of their daily fat requirements. This group should have not lost the weight that the protein group lost in fuel since they ate sufficient fat to meet their daily fuel requirements but instead they lost more than the protein group. This indicates that they did not metabolize or store the fat they ingested. In the absence of carbohydrates and insulin, the people in this group burned their body fat in

spite of having plenty of fat in the diet. Insulin is a necessary hormone to store fat and this group was in a body fat burning metabolism with low levels of insulin that did not allow them to use or store the fat that they were eating. I speculate that they lost the same amount of body fat as the protein group but they lost additional weight because they were deprived of protein and they had protein loss. Losing protein is not a desirable condition.

The carbohydrate group, at 1,000 calories, would have been eating approximately 200 grams of carbohydrates per day. This is much more than Dr. Bernstein's 30 grams per day recommendation but lower than the 441 grams of my typical day above. Even at half the grams of my typical carbohydrate diet, this group gained weight. This experiment shows the futility of trying to lose weight in a very low calorie but high carbohydrate diet when 1,000 calories of carbohydrate per day are sufficient to gain weight. This group was also deprived of protein so they also must have had protein loss. Since they did gain a little bit of weight, it means that their protein loss was compensated with body fat. This group got fatter than they thought! They gained the little bit of weight that was measurable plus the weight of the fat that compensated for the protein loss.

Putting it all together, it seems that the body, at least in the absence of carbohydrates, wastes a great deal of the protein and fat that is ingested but it processes all the carbohydrate. This supports the idea that it is better to count the grams of the nutrients that are needed and not the calories and that only the count of carbohydrates is relevant.

My Diet Book

What shall I eat? My body needs water, protein, fiber, vitamins, fats and carbohydrates to function correctly. For each nutrient, I will try to find out what happens in my body when I ingest it, what is the recommended daily amount, and then decide how much I am going to have based on these recommendations and my eating experience.

Water:

I have very little water with my meals. Food mixes in the stomach with acids and enzymes that break it down into smaller molecules. The nutrients are absorbed through the intestinal walls into a vein called the portal vein that takes the components of the nutrients into the liver for further processing. Water is necessary for this process to work efficiently but the question is how much? I have found out that I have a better digestion when I eat without water or liquid. The water that is already in the food seems to be enough for the digestion process. I believe that any liquid taken at a meal will dilute the gastric juices and will make the digestion process more difficult. I found this out due to efficiency and in a natural way. I used to grab a sugar soda with my lunch and sit down with friends to eat at work. I would talk, listen, and eat without worry and invariably, at the end of the meal, I would have finished my food after having sipped my drink only a couple of times. Since I do not like to waste food or drink, I felt that I had to stay several minutes more to finish my drink. I decided to eat lunch without a drink and get back to work when the food is gone. This was more efficient and resulted in a better digestion so I kept the practice. The low amount of water that I have in my meals was somewhat compensated when I went to a low carbohydrate diet since the diet includes a large salad consisting of half a lettuce or one cucumber which are mostly water. At the end of my lunch, I grab a cup of coffee with half and half cream and a sugar substitute. This cup of creamed coffee is part of my water intake and it also serves me as my dessert. This change from a sugar soda to a cup of coffee reduced my carbohydrate intake in liquids from the 39 grams of sugar in a soda to 4 grams in the cup of coffee. My water intake in the other meals is also low. I have a cup of coffee with half and half cream and sugar substitute with breakfast or after breakfast and a 4 fl oz glass of wine at dinner, but only if I know that I am not going to drive anymore that night. The carbohydrate content of the wine is only 2 grams so I do not have to worry this but I have to be careful about the alcohol content and switch to decaf coffee after one glass.

The body needs a great deal of water to function properly. It is needed for all the chemistry that is happening in my stomach, my liver, my kidneys, my blood circulation system, and the rest of my body. Since I do not drink water with my meals, I have to drink as much water as possible in between meals. After the coffee that I take to my desk after breakfast and after lunch, the first opportunity for a bottle of water is when I feel like having another cup of coffee. This is usually at least an hour after the meal. I have a 17 fl oz (half liter) bottle of water in my desk that I refill at this time. Sometimes I will get both the water and a cup of coffee. I carry a case of water bottles in the car to replace the water bottle in my desk on Mondays.

You probably already heard the water recommendation of eight glasses of water per day. With 8 fl oz glasses, this would be half a gallon of water per day. Other recommendations go up to 1 gallon per day. This is a lot of water. If I think of my 17 fl oz (half liter) bottle of water as being two glasses, I would have to go to the water fountain 4 times per day to complete the eight glasses. This means that I have to drink three bottles between meals and one more at home. I am drinking that much and I go to the bathroom quite often. I think my average of 2 bottles of water per day is sufficient water for me but I still will try to drink as much plain water (without sugar) as I can.

Protein:

After water, protein is the largest component of the body. It is part of the structure of the body and it does not seem logical that the body would use protein as fuel. I think this only happens in starvation. The body uses protein to repair body tissue, bones and muscles. When protein is digested, it is broken into amino acids and the body takes the amino acids from the blood to repair itself. Dr. Kekwick's experiment with the protein group suggests that in the presence of body fat, the excess protein is wasted. Since I do not know if it was wasted in the digestive system without any harm or if it was wasted through the liver through a more complex chemical reaction that might not be benign, it is probably healthier not to eat protein in excess. It is also healthier to eat a

little more than not to eat enough. If I do not eat sufficient protein, my body will take the protein from my muscles to repair my kidneys, liver, pancreas, lungs, stomach and all the organs that my body needs to function. I need to eat the right amount of protein but it is good to know that a little excess will not hurt.

Many of the animal proteins come with a good deal of fat, and this might be the reason that one of the most common dietetic errors that people make is the lack of protein in every meal. With the protein requirement for a person in between 1.0 to 1.2 grams per kilogram of ideal weight (0.454 to 0.545 grams per pound of ideal weight or around 0.5 gram per pound of ideal weight) and the ideal weight for my height of six feet one inch in between 149 to 187 pounds where the middle of this range is 168, I should eat 84 grams of protein daily. This comes from multiplying 0.5 grams per pound times 168 pounds. Protein is not stored in the body so it is important to eat it in every meal. The 84 grams divided in three meals results in 28 grams per meal. This is exactly one ounce. Since animal protein is about one fifth protein, I need to eat 5 oz (140 grams) of meat or other animal protein in every meal. Dr. Bernstein suggests that 3 ounces in animal protein is about the size of a deck of cards. I will round up the 5 oz of meat into 6 ounces and think of eating 2 decks of cards in every meal. Another way to think about it is that 2 decks of cards have about the same volume as my fist. I should eat in every meal about one fist of animal protein.

Fiber:

If I had a diet of only water and protein, I suspect that I could have digestive problems. There is nothing to carry the protein through my digestive system. Water does not fill this function because it is absorbed too fast in the intestine and I need something that will carry the nutrients all the way through. This is where fiber comes in. Fiber sounds fancy. I like to think about it as wood so I am not tempted to pay more for a product just because it has wood added to it.

The daily recommendation for fiber is 25 grams per day. It makes sense that if I want protein in each one of my three meals, I should split the fiber the same way and try to eat at least 8 grams of fiber in every meal.

Vitamins and Minerals:

The work of the many vitamins in the body is quite a complex subject that I cannot cover here because I do not have the space or the knowledge. In regards to these nutrients, Dr. Atkins and Dr. Bernstein come from opposite sides. Dr. Atkins recommends doses of vitamins that are in excess of the recognized daily requirements. Dr. Bernstein says that if I eat meats and low carb vegetables, I do not need a vitamin supplement and he does not recommend excessive doses of vitamins. Since they have different opinions, I will take the middle course. I will have a one per day multivitamin complex that covers 100% of most daily requirements and I will not be bothered too much if I miss a day or two.

Fats:

Water, protein and vitamins are necessary for survival and nobody would argue about this. It is more difficult to make the case for fat. Fat is necessary for several functions of the body. Several organs use fat, including the nervous system and the brain. Most of the brain is actually composed of fatty acids. Fat in my body also makes my skin more flexible and oily. This was noticeable when I switched to a low carbohydrate diet with a large content of fat. I suspect that the same effect happens in the walls of my arteries minimizing the possibility of a vessel rupture. This is very important for the brain where the breakdown of a brittle blood vessel can cause a stroke. I believe that fat makes the arteries flexible without clogging them because the cholesterol that goes up when fat is ingested is the “good” HDL cholesterol. This HDL cholesterol is not that the kind that sticks to the arteries walls. My two medical studies are a proof of this.

In the digestive system, fat breaks down into fatty acids. Some of the fatty acids are wasted in the digestive systems and some are absorbed by the

intestinal wall and go on to the liver. Fat does not trigger an insulin response in the pancreas. At low levels of insulin, fat is either burned or wasted but it is not stored. Dr. Kekwick's experiment suggests that in the absence of carbohydrates, the dietary fat was not even burned because the weight loss was so great. It seems that at a low level of carbohydrates, dietary fatty acids might be used as fatty acids but not as fuel.

Many of the animal proteins come with a great quantity of fat. Fish is the exception. The first question to answer is whether fat should be removed as much as possible from the proteins that are being eaten. The answer appears that it is not necessary but it is ok as long as there is at least 1 to 3 ratio of fat left with the protein. If I eat 6 oz of protein meat, then I should look at my plate and make sure that I am eating at least 2 oz of fat. Since I am eating meat, pork and chicken and not that much fish, I do not have to worry about meeting the minimum. Most meats have about the same amount of protein as they have of fat. Jonny's "Living Low Carb" encyclopedia, reports in page 7 from studies by Vilhjalmur Stefansson that the Eskimos live in a fat and meat diet for months at a time without being overweight and without having any ill effects. Stefansson found out that fat is needed. He decided to eat only lean meats while living with the Eskimos and he got sick in two weeks. The Eskimos knew the cure for that illness. They gave him fat to eat. When he went back to the hospital, he recreated the condition, healing it again with fat and concluding that fat is necessary for health, at least in a predominantly meat diet. The Eskimos recommend the one to three ratio of fat to protein.

The next question is whether I should add any fats. The answer is that I have to add Omega 3 fats. This is a fat that is missing from a typical diet. What is an Omega 3 fat? It is the oil that comes in fish.

There are three main types of fatty acids: saturated, monounsaturated and polyunsaturated. They are all mixed in the foods that have fat. The saturation refers to the hydrogen places in the fat acid that are open. Saturated fats have none. Monounsaturated fats have one space available. Polyunsaturated fats have more than one space. There are several

polyunsaturated fats depending on which hydrogen location is the one that is available. This is where the Omega 3 and 6 come about.

Saturated fats are found in higher proportion in animal proteins. They are in abundance in beef, pork and butter. These fats are very stable, natural, and do not cause an insulin response in the body. They increase the “good” HDL cholesterol. At low levels of carbohydrates they are mostly wasted.

Monounsaturated fats, with one hydrogen position open, lower “bad” LDL low density cholesterol and maintain “good” HDL high density cholesterol. They are contained in olive oil, in avocados and in peanuts. Polyunsaturated fats have two hydrogen positions open. They have different positions open and according to the order of the position, they are classified as Omega 6’s, Omega 3’s, and others. Omega 6 oils are found in most vegetable oils. Omega 3 oils are found in flaxseed oil and in fish oil.

Omega 3 is the one that has to be added because we do not eat enough fish. The recommended ratio between Omega 6 and Omega 3 is one to one but because of the great availability of Omega 6’s, the typical diet has a ratio of twenty to one. This means that we need to add Omega 3’s to the diet. The daily requirement for Omega 3 oils is 1 to 2 grams per day. Omega 3’s can lower blood cholesterol and lower triglycerides. One tablespoon of flaxseed oil provides 8 grams. I found flaxseed oil pills that have 0.5 grams. One pill is supposed to be taken in every meal. I also found a fish oil pill that has 1 gram and it is to be taken one per day. The daily need is 1 to 2 grams per day so I will take the 1 gram pill of fish oil.

Trans-fats are to be avoided. They are hydrogenated vegetable oil and shortenings. This means that the hydrogen locations were filled with a hydrogenation process to make a liquid oil to become more solid, like margarine or shortening. They should be avoided because they raise the risk of heart disease and stroke. A low carb diet is naturally low in trans- fats because it avoids high carb foods like baked goods that are normally prepared with trans- fats such as cakes, muffins, pastries and doughnuts and also some commercially fried carbohydrates like French fries.

Carbohydrates:

From the moment that a carbohydrate enters my mouth, a process starts to convert it to glucose. It does not matter if the carbohydrate is simple or complex. The glycemic index is a comparison of the effect of a given food in the blood sugars as compared to 100 grams of glucose. The glycemic index of a potato is 98%. This means that eating a baked potato is almost equal to eating a full cup of sugar. Glucose dissolves easily in water and it is easily absorbed by the intestinal walls. The glucose enters the portal vein into the liver. Some glucose passes to the blood stream, raising the sugar level of the blood from a normal level of 90 to 100 mg/dl to a range of 200 to 300 mg/dl for a normal, non-diabetic person. It can go higher in a diabetic person. Some of the glucose is converted into glycogen and it is stored in the liver and the muscles. Some of the glucose starts a conversion into triglycerides which is the newly created fat traveling in the blood.

The increase in the sugar level in the blood to the 200 to 300 mg/dl range, signals the pancreas to produce as much insulin as possible. Insulin is the fat building hormone. The pancreas secretes a high level of insulin to speed up the conversion of the excess glucose into glycogen and triglycerides. The excess triglycerides are in turn into low density or LDL cholesterol. The LDL cholesterol and the triglycerides contribute to the fat deposits in the walls of the blood vessels causing atherosclerosis (artery clogging). It is this excess LDL cholesterol and excess triglycerides that are created by the body as a defense mechanism to the excess of carbohydrates in the diet that clogs the arteries and increase the chances of a heart attack. A high carbohydrate diet increases the “bad” LDL cholesterol.

The insulin assists the fat cells to absorb the extra glycogen and triglycerides that are traveling in the blood causing obesity. The high level of insulin prevents fat burning. As long as there are high levels of sugar and insulin in the blood, the body is in a sugar burning metabolism and it cannot burn fat. All the fat that is being created is stored. This is how a high carbohydrate diet

causes obesity.

The high level of insulin causes other undesirable effects. It starts a vicious circle of high sugar, high insulin, and sugar cravings. When the high insulin processes the excess sugar, the blood still has high insulin and the blood sugar goes low too fast making the person feel hungry and craving for more carbohydrate. If a person eats more carbohydrates to satisfy the craving, the cycle starts again. If a person eats carbohydrates in three meals and in two snacks during the day, the body is going through the blood sugar roller coaster five times in a day. This is not good for the pancreas. Eventually, the pancreas gets tired and the insulin level is not sufficient to return the blood sugar to normal levels. This is how a diet high in carbohydrates causes diabetes type 2.

It seems to me that when the body takes protein and fat, which are not very soluble in water, the intestines take what is needed depending on the concentrations already existing in the body. If the body does not need any protein or fat, it might not absorb it. Apparently this is not the case for carbohydrates. It appears that all carbohydrates are converted into glucose, which is very soluble in water, and it is all absorbed by the intestinal walls. The body in turn has to respond very fast to reduce the high level of sugar and convert it into glycogen and triglycerides not as a mechanism to save fuel for a rainy day but as a defense mechanism to reduce the ill effects of the high level of sugar in the blood. High levels of sugar in the blood for long periods of time cause the ailments that are common in advanced diabetics. It causes glaucoma, blindness, amputation, neuropathy, retinopathy, kidney disease, nerve damage, cardiovascular problems, and other complications.

Carbohydrates are pure energy and they are not a necessary nutrient. Eskimos survive for months at a time on a protein and fat diet with zero carbohydrates. It is not possible to survive in a diet of only carbohydrates. A diet of only carbohydrates would cause a person to lose their protein stores and die.

The recommended amount of carbohydrates to maintain stable weight is the level that Dr. Atkins calls the CCLM or Critical Carbohydrate Level for

Maintenance that for a sedentary person hovers around 40 grams per day. Dr. Bernstein recommends 30 grams per day for life with the aim of maintaining stable blood sugar levels. I will try to maintain my carbohydrate intake at 30 grams and if this is not sufficient for me to be at my ideal weight, I will adjust the protein intake downward.

Summary of my Nutrient Needs:

Water: More than 8 glasses per day between meals.

Protein: Between 0.454 and 0.545 grams per pound of ideal weight divided in 3 meals. This is 28 grams for me on each meal or a little bit more than 5 oz of meat, pork, fish or chicken in every meal or 3 eggs with 2 oz of meat.

Fiber: More than 25 grams per day divided in 3 meals or 8 grams per meal.

Vitamins and Minerals: One per day.

Fats: At least one third of the protein intake. Add 1 gram of Omega 3's with a daily fish oil capsule. Avoid trans-fats.

Net Carbohydrates: No more than 6 grams at breakfast, 12 grams at lunch, and 12 grams at dinner.

The Nutrient Lists:

Now that I know the nutrients that my body needs, I can make lists of the foods that contain them. I need to pay attention to serving sizes that are practical or normal. The serving sizes in the food containers are sometimes too small. For example, for breakfast cereal, the serving size in the box is one cup but when I used to eat cereals, I used to serve myself a bowl, which would be closer to two cups.

I have discussed the nutrients in order of importance as I understand them. Water first, followed by protein, fiber, vitamins, fat and carbohydrates. To look at the nutrient lists, I have to look at the carbohydrate list first because there are many foods that are good sources of several nutrients but their high carbohydrate content will disqualify them from a diet that is limited to 6 and 12 grams per meal. After I know which foods I cannot eat due their

high carbohydrate content, then I can make lists of the foods that are left.

The Net Carbohydrate List (foods that I will not eat):

The carbohydrate list is a “Net” carbohydrate list. Since the fiber is not digestible, it has to be subtracted from the total number of carbohydrates to know the net content of carbohydrates that will actually enter the blood stream. Since this is a list to eliminate foods from the diet, I only need to know the net carbohydrate content of the food and it does not matter what other benefits it has, since I will not be eating it. The list is in alphabetical order with the first name that comes to mind. For example, apple juice is listed as apple juice and not as juices or fruit juices. This list is a list of the foods that I cannot have with my target of 6 and 12 grams per meal.

Food, Serving, and Net Carbs in grams:

Apple, 1 med (5.5 oz), 17
Apple Juice, 1 cup, 29
Apple Pie, 1 slice 1/8 9”, 57
Bagel, 1 (2.5 oz), 38
Banana¹, medium, 27
Beans, 1 cup, 36
Beer, 12 fl oz, 13
Beer (light), 12 fl oz, 7
Bread (white), 1 roll, 30
Carrot, 1 medium, 17
Chocolate Cake, 3 oz, 38
Chocolate Candy, 1 oz, 17
Coffee (cappuccino), 8 fl oz, 7
Coffee (latte), 8 fl oz, 9
Coffee (mocha), 8 fl oz, 22
Coffee Flavored Syrup, 2 tbsp, 20
Cola Soda, 12 fl oz, 39

Corn, 1 cup, 32
Corn Flakes, 1 cup, 24
Corn Muffin, 1 (2.0 oz), 29
Corn on the Cob, 1 regular, 32
Doughnut (glazed), one, 27
Energy Drink, 8 fl oz, 45
Ice Cream, 1 cup, 31
Iced Tea (sweetened), 12 fl oz, 38
Jam, 1 tbsp, 5
Lentils, 1 cup, 24
Lemon Lime Soda, 12 fl oz, 37
Lemon Pie, 1 slice 1/8 of 9", 53
Margarita Cocktail, 8 fl oz, 25
Milk (regular), 12 fl oz, 17
Milk (2%), 12 fl oz, 18
Milk (0%), 12 fl oz, 20
Milk (chocolate), 12 fl, 39
Orange, 1 medium, 16
Orange Juice, 1 cup, 27
Pancake, 1 6 inches, 22
Pasta, 1 cup, 40
Pear, 1 medium, 21
Pecan Pie, 1 slice 1/8 9", 64
Potato (baked), 1 medium, 31
Potato chips, 1 oz bag, 15
Pretzel (soft), 1 regular 2.2 oz, 43
Pretzels, 1 oz bag, 25
Pumpkin Pie, 1 slice 1/8 9", 41
Rice, 1 cup, 45
Soda Drink (Regular), 12 fl oz, 39
Sports Drink, 12 fl oz, 20

Sugar, 1 tbs, 4
Tortilla (corn), 1 regular, 12
Tortilla (wheat flour), 1 8 in, 25
Tortilla chips, 1 oz bag, 18
Vegetable Juice, 8 fl oz, 11
Waffle, One 7 inches, 25
Wine (sweet), 8 fl oz, 8
Wine Cooler, 12 fl oz, 36
Yogurt (plain whole), 1 cup, 11
Yogurt (plain low fat), 1 cup, 17

The Water List:

For the body water needs, fresh water is the best choice. I prefer to drink water at room temperature or just a little colder than room temperature. When the water is too cold I drink less. When the water is at room temperature, I can drink the 17 fl oz bottle almost without stopping. Tap water, where is drinkable, is a great choice because it is usually at the right temperature and it is inexpensive. I have read that is a waste of money to buy bottled water because it is almost equal to tap water but if I am going to buy something, bottled water is a better deal than sugar water. If I was going to pay money for bottled sugar water, might as well pay it for plain bottled water. It is much healthier. If I feel like drinking flavored water, I buy a diet drink with zero grams of carbohydrate. I always check the carbohydrate content of what I drink. Some drinks have a great deal of sugar.

Drink, Serving and Net Carbs in grams:

Beer (Low Carb), 12 fl. Oz, 3
Wine (dry), 8 fl oz, 4
Coffee (black), 1 cup, 0
Half and Half, 15 ml tub, 1.5
Sugar substitute, 1 Package, 1

Splenda Fiber Sugar Substitute, 1 package, 0
Diet Soft Drink, 12 fl oz, 0
Water, 12 fl oz, 0
Coffee Creamer, 11 ml tub, 1

The Protein List:

For the protein list, I need to know the amount of protein to meet the minimum of 28 grams per meal. The fiber and carbohydrate content is fairly small so I will ignore it. The fat content is large, usually in a one to one ration, but I am not concerned about the fat since it is going to be wasted. The servings are 6 ounces, which is about the amount that I am going to have in every meal.

Food, Serving, and Protein in grams:

Bacon, 6 medium strips, 12
Cheese (hard), 6 slices, 30
Chicken 6 oz, 49
Eggs (whole), 3 medium, 18
Ham, 6 oz, 38
Roast Beef, 6 oz, 34
Sausage (Pork), 6 oz, 21
Shrimp, 6 oz, 36
Fish, 6 oz, 39
Tuna Steak, 6 oz, 53
Turkey Ham, 6 slices, 24
Deli Ham, 6 slices (6 oz), 30
Rib Eye Steak, 6 oz, 49
Tofu (Firm), 6 oz, 27
Tuna (in oil), 6 oz, 50
Tuna (in water), 6 oz, 43

The Fiber List:

The reason to eat fiber is to have a good digestion. I have a good digestion and I do not think I am close to the 25 grams per day minimum recommendation. I think that the relatively large amount of fat that I eat that helps in my digestion since most of it is wasted. I think that a large percentage of the fat just goes through the digestive system without being absorbed by the intestinal walls. Nonetheless, I should try to meet the minimum of 8 grams of fiber per meal. To meet this fiber requirement, it is very important to eat as many low carb vegetables and salads that have fiber as possible in every meal without exceeding the net carbohydrate target. This is easily done with some vegetables like lettuce and cucumbers but I have to watch the carb content of others, such as zucchini that has 3 grams of carbohydrate per cup. High carbohydrate vegetables, like corn and potatoes are out of the diet. If I was to eat as much lettuce as I could up to the 12 grams of net carbohydrates for lunch and dinner, I could have 10 cups, which would be a very large salad. Ten cups of lettuce would add up to 12 grams of net carbohydrates and 5 grams for fiber. A better meal would be that instead of 10 cups of lettuce that I am not going to eat because it is too much volume, I eat 4 cups of lettuce and I add 2 cups of a hot low carb vegetable, like broccoli. Let's see how this meal would look from the fiber point of view:

Food, Serving, Net Carbs, and Fiber:

Lettuce, 4 cups, Net Carbs: 4.0, Fiber: 2.8

Broccoli, 2 cups, Net Carbs: 5.8, Fiber: 9.2

Total for the meal (without the meat): Net Carbs: 9.8, Fiber: 12

This means that the ideal lunch plate and dinner plate for me would be 6 ounces of an animal protein, a large serving of a low carbohydrate vegetable, and a large salad of lettuce. Exceeding the fiber content at lunch and dinner is also good to do since I have to make up for the fiber that I was short at breakfast. These are some of the foods that have fiber without having too many Net Carbs:

Food, Serving, Net Carbs, and Fiber:

Almonds, 28 grams (25 nuts), 5.0, 4
Avocado, 1 medium, 4.8, 10
Asparagus, 6 spears, 2.4, 1
Black Olives, 10 olives (0.75 oz), 1.4, 2
Broccoli, 2 cups, 3.4, 5
Bell Peppers, 1 medium, 3.4, 1
Celery, 1 stalk, 0.8, 1
Cucumber, 1 medium, 2.8, 1
Egg Plant, 1 cup, 2.0, 1
Lettuce, 2 cups, 1.2, 1
Metamucil (unsweetened), 1 tbs, 0, 5
Mushrooms, 1 cup, 2.0, 1
Okra, 4 oz, 5.0, 3
Pecans, 2 tbs, 2.6, 1
Pistachios, 28 grams, 5.0, 3
Sauerkraut, 1 cup, 4.2, 6
Spinach, 1 cup, 0.4, 2
Splenda Fiber1 packet, 0.0, 1
Squash, 1 cup, 2.8, 2
Sunflower Kernels, 2 tbs, 1.5, 2
Turnips, 1 cup, 4.6, 3
Zucchini, 2 cups, 6.6, 5

The Fat List:

The protein list has foods that have a substantial amount of fat in them. There is no need to add fats except for the Omega 3 oil. The daily requirement is 1 to 2 grams per day.

Food, Serving, Omega 3 Oils in grams:

Fish Oil, 1 pill, 1.0

Fish (high content: Salmon, trout, tuna, sardines) 4 oz, 3.0

Fish (medium content: shrimp, white fish, catfish, crab, oysters) 4 oz, 1.0

Sardines, 1 can (4 oz), 3.0

Flaxseed Oil, 1 tbsp, 8.0

Canola Oil, 1 tbsp, 1.5

Soybean Oil, 1 tbsp, 1.2

Walnuts, 0.5 oz, 0.5

My Cookbook

I like to cook but I do not have time. Cooking low carb is tasty because I can use butter. Butter makes everything easy to cook. Keep in mind that I am talking about real, natural, butter. I do not use butter substitutes, like margarine, that can have a high amount of trans-fats. I like to use butter without salt and add salt later if necessary. I found that the butter with salt in the supermarket is too salty for me.

Breakfast

Since eggs have zero Net Carbs, they are the best food available, and I like them, eggs will be the base of my breakfasts. I can have eggs with anything that does not have carbohydrates or that has less than 6 grams of carbohydrate. An egg has 6 grams of protein so to meet my daily requirement of 28 grams of protein I would need 3 eggs and 10 extra grams of protein. This would be 50 grams of bacon or another meat protein. This is almost 2 ounces. I can think of a little bit less than one deck of cards. Fiber is a problem for a low carbohydrate breakfast so I will try to add any low carb vegetable that might have fiber, such as spinach or mushrooms. I will cook 3 eggs with something else in all kinds of styles. To cook scrambled eggs, I put a slice of butter in the pan, let it melt, throw some low carb vegetable or meat, such as spinach, broccoli, ham, tomatoes, onions, mushrooms, and let them fry in the butter. When they are done, I throw in the three eggs. It works better if the eggs were

previously mixed in a plastic bowl with a fork but this is not necessary. To cook an Omelet is a little more complicated. I mix the egg in the plastic container, put the butter in the pan, let it melt, and put the eggs on it. Let it cook a little bit in the bottom, push one side of the egg to the center of the pan so that the runny egg comes around to the hot pan to cook. Do this on the four sides of the omelet. Warm or cook the ingredients in a separate pan. Put the ingredients in the middle of the omelet without cooking the top side of the omelet (this is the French way), fold in one third, fold of the other third as you put the omelet in a plate ending up with the folds at the bottom of the omelet in the plate. If you like the eggs well set, flip the egg omelet and cook on the other side before adding the ingredients, add the ingredients and then fold in thirds. For added flavor, after the omelet is in the plate, melt another tablespoon of butter in the pan and drop the melted butter on top of the omelet.

If I do not have time to cook breakfast, I can have a spiral ham or sausage links in the refrigerator. I can take 3 to 6 oz of either with a cup of coffee in the run. The ham I can eat cold. The full cooked sausage needs only one minute in the microwave.

There are no tortillas or bread in my breakfast. The problem I have with this breakfast is that even with broccoli or spinach, the fiber ingested will be only 1 or 2 grams. I will add coffee with Splenda in fiber to add one more gram of fiber. I will make up the fiber at lunch and dinner.

The Breakfast Menu:

3 Eggs over medium with 3 strips of Bacon, one Pork Chop, or a slice of ham

3 Egg Omelet with 2 slices of any cheese

3 Egg Omelet with Swiss cheese and spinach

3 Eggs scrambled with zucchini and onions

3 Eggs scrambled with tomato, onions and green chilies

Mid Morning Snack

After eating 3 eggs and a deck of cards of animal protein for breakfast, I do not need to snack and I am quite full sometimes almost until 5 or 6 hours later. I will take a cup of coffee with cream and sugar substitute after breakfast to my desk as a dessert. In the next chance that I get, usually in about an hour, I will want to get another cup of coffee and a bottle of water. With a heavy breakfast at 9 am, I really feel full almost until 1 or 2 pm so snacking is more for taking a break from work than the need to feed and it is a great opportunity to drink a bottle of water. I drink my coffee with Splenda in fiber, which has 1 gram of fiber and zero Net Carbs. Splenda in fiber helps me to make up for the fiber missing at breakfast.

Lunch

At lunch, a Chef Salad is a great backup plate for me. If there is nothing else that meets the diet, I will assemble a Chef Salad. I get a bed of lettuce with cucumbers and tomatoes, add 3 slices of cheese and 3 sliced of ham cut into strips, add olive oil, balsamic vinegar and a little bit of salt. If there is time to cook, then I will get the salad vegetables only and cook 6 oz. of protein meat in butter. This could be chicken, ground beef patties, fish, chicken, pork or a steak. The trick to cook meats is to have a tablespoon of butter and a tablespoon of oil at a high heat before putting the meat in the pan. I cook at high heat on both sides and I get very flavorful and juicy meat, pork, or fish. Chicken needs more cooking time and care.

To eat out, a great choice is Subway if you order the salad with meats but without the bread. In order to complete the protein requirement, the Subway salad has to be ordered with extra meat with some extra cost. No drink is necessary for lunch. I will have a cup of coffee with cream and Splenda in fiber after lunch.

The Lunch Menu:

Subway Turkey Breast and Ham Salad with double meat

McDonald Caesar Salad with grilled chicken

One can of tuna with 4 cups of lettuce and broccoli

One can of sardines with 4 cups of lettuce and steamed cauliflower

¼ Roasted Chicken with 4 cups of lettuce and buttered green beans

2 Ground Beef Patties with 4 cups of lettuce and asparagus

One 6 oz steak cooked in butter and oil with 4 cups of lettuce and a vegetable

Mid-Afternoon Snack

In the afternoon I am so stuffed with the large salad, the protein and fat and that I do not need a snack. I get a cup of coffee to go. An hour later I get another cup of coffee and a bottle of water. In the afternoon, I might be able to do this twice.

Dinner

Dinner is better at home. I do not have to worry about throwing away all the bread, fries, rice, beans, tortillas and other carbohydrate fillers that are given in outside meals. A 6 oz portion of meat cooked in butter and oil, a buttered low carb vegetable, another large salad, and a 4 fl oz glass of dry red wine make a great dinner every night.

For the salads, I like to buy large packages of washed lettuce. I can put the lettuce in a plate and add olive oil, balsamic vinegar, and salt. I can add variety to the salad with tomatoes, onions, black olives, cheese, hams, green olives and black olives. The balsamic vinegar has 2 grams of sugar in 2 tablespoons but I like it too much to change if for another dressing.

I can have a 4 oz glass of wine, a meat entry, a buttered low carb vegetable, a large salad with olive oil and balsamic vinegar and I feel that I am at the most expensive restaurant in town at one fifth of the cost.

The cooking of dinner is very simple with butter. I can have one tablespoon of butter with one tablespoon of olive oil, get it to a high heat and cook any animal protein 2 minutes on each side. For a low carb vegetable, I put

it the vegetable in a flat pan with some water for steaming and a lid. When it is done in about 15 minutes, depending on the hardness of the vegetable, I get rid of the water, add butter and salt. The dinner is then 6 oz of animal protein cooked in butter and oil in high heat, one or two cups of a low carb vegetable steamed and dressed in butter, a large salad with a good quality olive oil and balsamic vinegar and a 4 oz glass of wine. I can do this every night for the rest of my life.

Every couple of weeks or so I like to cook outside in charcoal. When I do this, I cook several pounds of different meats. I eat grilled meat that night with lettuce and avocado and save the extra meat in zip plastic bags to be warmed up in the microwave the rest of the week.

The Dinner Menu

Chef Salad

½ roasted chicken with a large garden salad and a buttered low carb vegetable

2 Ground Beef Patties with the same

2 Fish Fillets with the same

Carne Asada (Charcoal grilled meat) with medium salad and one avocado

Any meat cooked in butter and oil with steamed and buttered broccoli, cauliflower, green beans, or asparagus

Cobb Salad

Late Night Snack

Eating protein and fat in every meal keeps me without hunger and without snacking. My dinner is pretty late and heavy so I do not need a late night snack. But if I am going to watch a long movie on TV or if I had an early dinner, or if I skipped dinner altogether, a late night snack of some ham slices and cheese slices with a 4 oz glass of wine will fill the void. I never pick a high carbohydrate snack such as popcorn, pretzels or potato chips. A few times I have picked a 1 pound bag of washed lettuce and ate it as if it was potato chips. I

like it even without the dressing. Other low carb snacks are the nuts, such as peanuts, almonds, pecans, or pistachios but I have to be careful because they are very good and sometimes I end up eating too many of them. Their net carb content adds up fairly fast and the third handful will exceed the 12 grams.

Snack Menu

- 1 slice of ham
- 1 slice of cheese
- 1 handful of almonds
- 1 handful of pecans
- 1 handful of peanuts
- 1 bag of lettuce

My Shopping List

For the meals at home, it is very important to have a good shopping list because you will not be able to cook low carbohydrate if the ingredients are not already in the pantry and the refrigerators. The following is my shopping list for one week:

Food and Shopping Quantity:

- Bacon, 1 pound
- Balsamic Vinegar, 1 flask
- Black Olives, 2 cans
- Butter, 1 pound
- Charcoal, 5 pounds
- Cheeses, 4 packages
- Chicken, 1 roasted
- Coffee, 1 pound
- Coffee Mate, 1 box
- Cold Meats, 4 packages
- Eggs, 18
- Fish, 1 pound frozen

Green Beans, 3 cans
Green Olives, 1 flask
Ground Beef, 1 pound
Lettuce, 1 large
Lettuce Bags (16 oz each), 4 bags
Low Carb vegetable bags (frozen), 2 bags
Olive Oil, 1 flask
Pecans, 1 bag
Pistachios, 1 bag
One Gallon Zip Lock Bags, 1 box
One Quart Zip Lock Bags, 1 box
Sausage, 2 pounds
Spinach, 2 bags
Splenda in Fiber, 1 box
Sugar Free Drink, 1 box
Sugar Free Gelatin, 1 box
Tomatoes, 1 large
Turkey Meat, 1 package
Water Bottles, 1 case

What happens in my body when I go into a low carbohydrate diet?

When I stop eating carbohydrates, the first effect is that the digestive system and the liver run out of glucose. The body needs to maintain a blood sugar level in the 90 to 100 mg range. To do this, the pancreas stops creating insulin and starts creating glucagon, a hormone that starts the process of obtaining glucose from the stored glycogen. In about three days, the glycogen stores are depleted and the body starts breaking down fats into ketones that perform the function of glucose in the body. The brain and the body work better with ketones than with glucose and I feel awake and energetic. This explains what I felt when I was coming back from my skiing trip. When I am in this state, I feel very awake. The weight loss in this state comes because my

body is in a fat burning metabolism. This process could continue until all the body fat is gone, a state that I have not been able to achieve.

Exercise

Exercise is very good for the body and it will increase the amount of fat that is being burned among many other benefits but is not possible to compensate with exercise an excess of carbohydrates in the diet. If I do enough exercise to be classified as an active person, my Critical Carbohydrate Level for Maintenance could increase to the 90 gram range and I will still gain weight if I eat the 441 grams of the typical diet. Another way I look at this is that if I wanted to burn the 441 grams of carbohydrates that I was eating, would have to lift weights for more than 12 hours every day.

The Scale

To achieve results, they have to be measured. I like to weigh myself every morning coming out of the shower. Weighting at this time of day eliminates the variable of the clothes and meals. This measurement in the morning tells me where I stand in the morning and it is a daily reminder to watch what I eat. If I increased in weight from the previous day, I try to remember what I ate that was not right. If I lost weight, I congratulate myself and also make a note of what I ate to reinforce the behavior. I carry the record of my weight in my Personal Digital Assistant (PDA).

Conclusion:

This is was a summary of what I know about low carbohydrate eating. The Cook Book section is very simple but since I like eggs, meats, and salads, and cooking these is enough for me. If I want to cook with more variety, I look into one of the books in low carbohydrate dieting that I have, like Dr. Atkins' and Dr. Bernstein's books. They both have a cooking section. There are some low carbohydrate cookbooks in the market. One of the best is Dana Carpender "500

Low Carb Recipes”. If I want to cook something more sophisticated in the weekend, I pick something from this book or from any other cookbook keeping in mind the foods that are low carb. I am an eggs, steak and salad guy so the lack of variety does not affect me very much. I enjoy very much not being hungry, having found out what it takes to keep healthy, and knowing how to stay close to my ideal weight.

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The End

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Dear Reader,

I hope that you have enjoyed reading in these pages and that you will benefit from the information contained in them. If you think that my low carb story can help somebody that you know, please share this book.

If you have any comments, suggestions, or corrections regarding this book, please send them in an email to uriasf@aol.com and I will review them before the next edition.

If you have read this book, liked what you have read, and would like to contribute to this author, please go to smashwords.com and purchase a copy of my book titled "The Automatic Time Management System". The author will get a good percentage of the proceeds according to Smashwords policies and you will get a time management book that will help you improve your business life as well as your personal life.

Fernando Urias