

Some basics from the internet

Helga van Niekerk's blog at www.helgavan.com (she is a presenter on CCFM radio) and www.my-secret.co.za can be useful.

Remember this is actually more of a lifestyle than a diet, once you get past the carbohydrate "withdrawals", and you can include the entire family in the meals.

Breakfast suggestions

- Eggs and bacon
- Omelette
- Leftovers from last night's dinner
- Coffee with cream
- A can of mackerel and boiled eggs
- Boiled egg with mayonnaise or butter
- Avocado, salmon and crème fraiche
- Sandwich on Oopsie-bread (<http://www.dietdoctor.com/lchf#oopsie>)
- A piece of very thin hard bread with lots of butter, cheese, ham, etc.
- Cheese with butter on it
- Boiled eggs mashed with butter, chopped chives, salt and pepper
- A piece of brie cheese and some ham or salami
- High-fat yoghurt with nuts and seeds (<http://www.dietdoctor.com/lchf-breakfast-in-the-summer>) (and maybe berries)

Lunch and dinner

(<http://www.kostdoktor.se/?p=3856>)

- Meat, fish or chicken dishes with vegetables and a rich full-fat sauce. There are many alternatives to potatoes, such as mashed cauliflower.
- Stews, soups or casseroles with low-carb ingredients.
- You can use most recipes in cookbooks if you avoid the carbohydrate-rich ingredients. It's often a good idea to add fat (e.g. butter, cream) to the recipe.
- Drink water with your meal or (occasionally) a glass of wine.

Snacks

When you eat a low-carbohydrate diet with more fat and a bit more protein you will probably not need to eat as often. Don't be surprised if you no longer need to snack. Many people do well on two or three meals per day. If you need a snack:

- Rolled-up cheese or ham with a vegetable (some people even spread butter on cheese)
- Olives
- Nuts
- A piece of cheese
- A boiled egg from the refrigerator
- Canned mackerel in tomato sauce

Olives and nuts can replace potato chips in front of the TV. If you always get hungry between meals you're probably not eating enough fat. Don't fear fat. Eat more fat until you feel satisfied.

Dining out or meals with friends

- Restaurants: Usually not a big problem. You can ask to have potatoes/fries switched for a salad. With meat dishes, ask for extra butter.
- Fast food: Kebab can be a decent option (preferably avoid the bread). In hamburger chains the hamburgers are usually the least bad option. Avoid soft drinks and fries, obviously. Drink water. Pizza toppings are usually OK, and the stricter you are the less of the pizza crust you will eat.
- If you eat strictly everyday it's less of a problem to make a few exceptions when you are invited out. If you're not sure what will be served you can eat something at home before you leave.
- Nuts or cheese is good "emergency food" when there are no other adequate options to be found.

Shopping list for beginners

Print this list and take it to the store:

- Butter
- Heavy cream (40% fat)
- Sour cream (34% fat)
- Eggs
- Bacon
- Meat (minced, steaks, stew pieces, fillets, etc.)
- Fish (preferably fatty fish like salmon or mackerel)
- Cheese (preferably high-fat)
- Turkish yoghurt (10% fat)
- Cabbage (cabbage, cauliflower, Brussels sprouts, kale, etc.)
- Other vegetables that grow above ground
- Frozen vegetables (broccoli, wok vegetables, etc.)
- Avocados
- Olives
- Olive oil
- Nuts

Clean out your pantry

Want to maximize your chances of success? Especially if you have difficulty with cravings / sugar addiction, it is smart to throw out (or give away) sugary and starchy foods, "light" products, etc. These include:

- Candy
- Potato chips
- Soft drinks and juices
- Margarine
- Sugar in all forms
- Bread
- Pasta
- Rice
- Potatoes
- Breakfast cereals
- Everything that says "low fat" or "no fat"

- Ice cream
- Cookies

Why not do it now?

The Serpent in Paradise

Be very sceptical of special "low-carb" products such as pasta or chocolate. Unfortunately these products usually stink. They have prevented the weight loss for loads of people.

They're usually full of carbs once you see through their creative marketing.

(<http://www.kostdoktorn.se/dreamfields-bluffpasta-testet>)

For example, Dreamfields' "low carb pasta" is almost pure starch that's absorbed more or less like any pasta:

- The Dreamfields Pasta Fraud (<http://www.dietdoctor.com/the-dreamfields-pasta-fraud>)

How about low carb bread? Be careful: if it's baked with grains it's certainly not low carb. But some companies still try to sell it to you as a low-carb option. Here's an example:

- Julian Bakery's fake low carb bread (<http://www.dietdoctor.com/low-carb-bread-another-fairy-tale-bites-the-dust>)

Low-carb chocolate is usually full of sugar alcohols, which the manufacturer does not count as carbs. But roughly half of these carbs may be absorbed, raising the blood sugar and insulin. The rest of the carbs ends up in the large intestine, potentially causing gas and diarrhoea. Furthermore any sweeteners can maintain sugar cravings.

If you want to be healthy and slim, eat real food instead.

RECIPES

Easy ways to cook eggs

1. Place the eggs in cold water and boil 4 minutes for soft-boiled or 8 minutes for hard-boiled. Eat them with mayo if you like.
2. Fry eggs in butter on one or both sides. Add salt and pepper.
3. Melt some butter in the frying pan and add 2 eggs and 2-3 tablespoons of cream per serving. Add salt and pepper. Stir until done. Add some chives and grated cheese on top. Serve with fried bacon.
4. Make an omelette batter with 3 eggs and 3 tablespoons of cream. Add salt and spices. Melt butter in the frying pan and pour in the batter. When the omelette solidifies on top you can fill it with something tasty. For example one or several kinds of cheese, fried bacon, fried mushrooms, good sausage (read the ingredients) or left-overs from last night's dinner. Fold the omelette in half and serve with a crispy salad instead of bread.

Will you have a hard time living without bread? Oopsies

(<http://blog.yourlighterside.com/2009/05/gluten-free-low-carb-buns-aka-oopsie.html>) are a good option. It's a "bread" without carbs and can be eaten in a variety of ways.

(<http://www.lchf-recept.se/oopsie-brod/>)

Oopsies

6–8 depending on size.

3 eggs

100 grams (3.5 ounces) of cream cheese

a pinch of salt

½ tablespoon fiberhusk (http://en.wikipedia.org/wiki/Psyllium_seed_husks) / psyllium seed husks (can be excluded)

½ teaspoon baking powder (can be excluded)

- Separate the eggs, with the egg whites in one bowl and the egg yolks in another.
- Whip the egg whites together with the salt until very stiff. You should be able to turn the bowl over without the egg whites moving.
- Mix the egg yolks and the cream cheese well. If you choose, add the psyllium seed husk and baking powder (this makes the Oopsie more bread-like).
- Gently fold the egg whites into the egg yolk mix – try to keep the air in the egg whites.
- Put 6 large or 8 smaller oopsies on a baking tray.
- Bake in the middle of the oven at 150° C (300° F) for about 25 minutes – until they turn golden.
- You can eat Oopsies as bread or use them as a bun for a hotdog or hamburger. You can also put different kinds of seeds on them before baking them, for instance poppy, sesame or sunflower seeds. One big Oopsie can be used for a swiss roll: Add a generous layer of whipped cream and some berries. Enjoy.

Less strict: some bread

Can't live without real bread? Then have a thin piece of bread and add lots of butter and toppings. The more butter and toppings the less bread you need to feel satisfied.

Instead of potatoes, rice, pasta

- Mashed cauliflower: Divide the cauliflower into smaller pieces and boil them with a pinch of salt until soft. Remove the water. Add cream and butter and mash.
- Salads made from above-ground vegetables, perhaps with some kind of cheese. Try out different kinds.
- Boiled broccoli, cauliflower or Brussels sprouts.
- Vegetables au gratin: Fry squash, aubergine and fennel (or other vegetables you like) in butter. Add salt and pepper. Put in baking dish and add grated cheese. Heat at 225°C (450°F) until the cheese melts and turns golden.
- Vegetables stewed in cream, e.g. cabbage or spinach.
- Cauliflower rice: Grate cauliflower, boil for a minute or two. Great substitute for rice.
- Avocado

Snacks and dessert

- Mixed nuts
- Sausage: Cut it in pieces, add a piece of cheese and stick a toothpick through them.
- Vegetables with dip, Try cucumber sticks, red, yellow or green peppers, cauliflower, etc.
- Cream cheese rolls: Roll some cream cheese in a piece of salami, air-dried ham or a long slice of cucumber.
- Olives
- LCHF chips: On a baking tray, form small piles of grated Parmesan cheese. Heat in oven at 225° C (450° F). Let them melt and get a nice color (be careful – they burn easily). Serve as chips, perhaps with some dip.

Cookbooks

There are a million cookbooks with low-carb recipes. Just avoid books that are unnecessarily scared of fat. Remember: If you avoid carbs you have to eat more fat or you'll be hungry. Don't fear fat. Fat is your friend. Add fat until you feel satisfied.

Here is a good example:

(<http://www.amazon.co.uk/Low-Carb-Gourmet-Karen-Barnaby/dp/1405087935>)