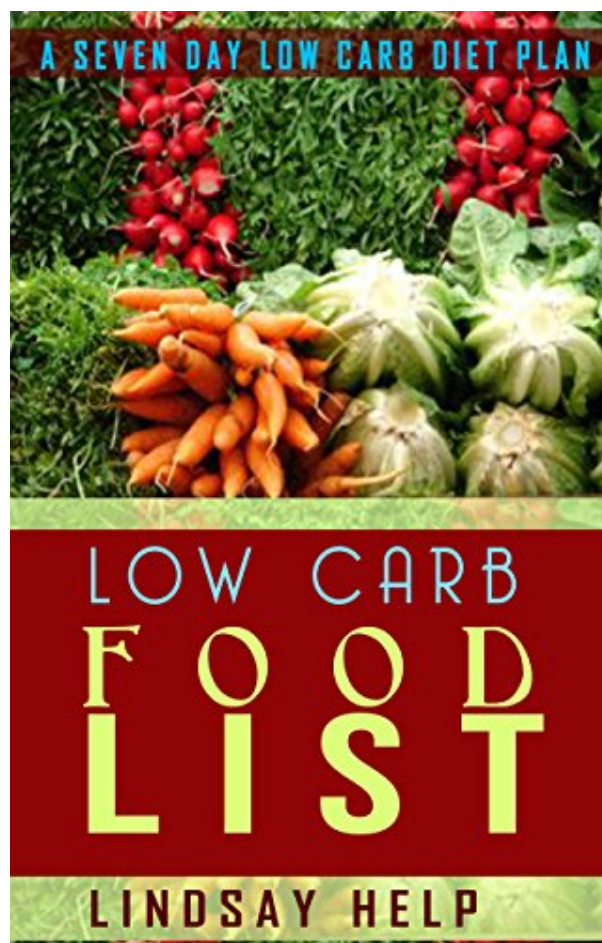
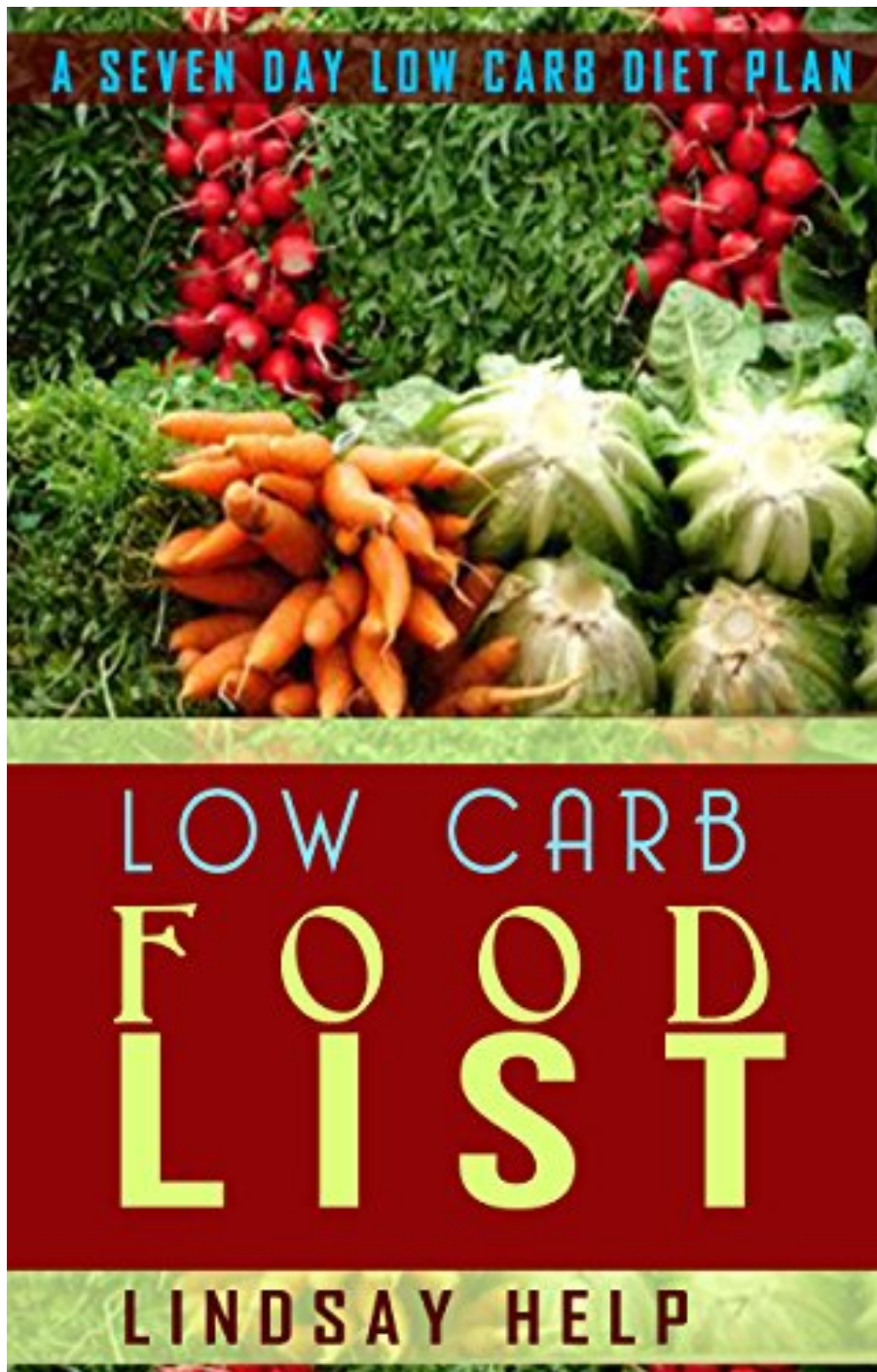


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Low Carb Food List: A Seven Day Low Carb Diet Plan

Have you been wanting to lose weight and you aren't sure which diet to choose from? Are you wanting to go on a low carb diet, but you aren't sure how many carbohydrates are in the food that you eat? Are you ready to start a low carb diet? If so, I can help...

In Lindsay Helps newest book, "Low Carb Food List: A Seven Day Low Carb Diet Plan," She gives tips on:

- How to start a low carb diet
- How many carbohydrates are in different types of vegetables
- How many carbohydrates are in different types of fruit
- How many carbohydrates are in different types of protein
- A seven day low carb diet meal plan
- A list of food to stay away from while on a low carb diet
- And much, much more...

Low Carb Food List From the Book:

Cherry Tomatoes

Instead of the larger tomatoes you buy at the grocery store, the smaller but more flavorful cherry tomatoes not only taste better, but only contain six grams of carbohydrates per cup. Cherry tomatoes also contain lycopene, an excellent antioxidant your body will thank you for.

In addition to the vegetables mentioned above, here is a quick list of low carb vegetables and their net carb components into one cup:

Artichoke - 6.8

Asparagus - 2.4

Beans, green - 4.1

Beets - 9.0

Red Grapefruit

It's a bit more sour than an orange, but with much less sugar and only nine grams of carbohydrates in a half of a red grapefruit. Grapefruit is also packed with vitamin C to keep you in the pink of health.

Here is an additional list of low carb fruits and their net carb components calculated into one cup for your quick reference:

Blueberries - 16.5

Cantaloupe - 11.0

Cherries - 16.2

#### Hummus

In recent years, hummus has become very popular among Western households who were introduced to this delectable dip via Mediterranean or Persian cuisine. Two tablespoons of hummus contains about two grams of protein. Hummus is popular either as a dip or a sandwich spread, but keep consumption in check so you don't go overboard on the calories.

Other low carb protein sources to include in your grocery shopping list (measured in one cup):

Greek yogurt- 5.5

Bleu cheese- 3.2

Cheddar cheese- 0.4

Cottage cheese- 7.0

A Look into the Seven Day Low Carb Meal Plan From the Book:

#### Monday

Breakfast: Omelet (use protein-enriched eggs) with vegetables of your choice, fried using coconut oil.

Snack: Celery or carrot sticks with hummus

Lunch: 3-oz. grilled chicken breast, ½ cup of mushrooms

Snack: ½ cup of almonds or walnuts

Dinner: 3-oz. Lean steak, 1 cup of steamed broccoli

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

Tags: low carb, low carb diet, low carb food list, low carb meal plan, low carb diet plan, how to lose weight fast, how to lose weight, carbohydrate counter, counting carbohydrates, diabetes, counting calories, diets, clean diet, losing weight, how to lose ten pounds, low carb list

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Wonderful Resource!

By Robby V

Excellent guide to eating a low carbohydrate diet.. Great reference guide when I'm unsure of what exactly I should be avoiding, and what I should be incorporating more of into my diet. I definitely recommend!

1 of 1 people found the following review helpful.

Finally on low carbs!

By Grant

This book is absolutely amazing! I was trying to find a low carb diet plan to follow and like how this book goes into each of the food items in detail and then gives you a 7 day diet plan to follow. I am on day 2 of the diet plan right now and it feels great so far! Should give this a read for anyone serious about a low carb lifestyle!

1 of 1 people found the following review helpful.

Very good overview of a low carb diet

By Elisabeth Pogue

Very good overview of a low carb diet: what to eat, what to not eat, how to exercise etc. It also offers some recipes and what I liked most is that there is a 7 day diet plan to follow. I would like to try low carb diet, thanks.

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