What did I do?

Slow Carb Diet
What I’ve tried & didn’t work

KRAV MAGA
What I’ve tried & didn’t work

But the problem was...
The Paradox of choice
What worked

But the problem was...
2 hours / day
90 days
For the past 5 years...

18%-21% body fat
The Slow Carb Diet

How to Lose 20 lbs. of Fat in 30 Days… Without Doing Any Exercise
5 basic rules
1. Avoid “white” carbohydrates

Prohibited:
- All bread
- Rice (including brown)
- Cereal
- Potatoes
- Pasta
- Tortillas
- Fried food with breading
2. Repeat the same meals
Proteins

Allowed:

- Eggs
- Chicken breast or thigh
- Beef (preferably grass-fed)
- Fish
- Pork
- Turkey
- Other meats
Legumes

- Best pick: lentils
- No gas, unlike some beans
- Better taste
Vegetables

Allowed:

- Spinach
- Mixed veggies
- Sauerkraut, kimchee
- Broccoli
- Asparagus
- Peas
- Green beans
3. Don’t drink calories

Prohibited:
- Milk
- Soft drinks
- Fruit juice
- Soy milk
4. Don’t eat fruit

Allowed:

- Tomatoes
- Avocados – only one cup/day
5. Cheat day!

- It’s mandatory
- Must spike caloric intake
5. Sleep 8h+/night

- Not mentioned in the book
- But critical
What I learned

- Four weeks in so far (2013-10-09)
- No significant body composition changes
- Why?
Initial weight drop, then plateau

Weight

- 3/Sep
- 8/Sep
- 13/Sep
- 18/Sep
- 23/Sep
- 28/Sep
- 3/Oct
- 8/Oct
Four weeks in – no result

Body fat, measured with OMRON 516-B scale
It’s boring but you can do it
Water

- Drink more than 2 liters per day
- Add a dash of 15-cal lemonade
- But beware of aspartame
Critique your diet

- 4hbtalk.com, in “Subtracting fat”
- 4hourpeople.com
My foods spreadsheet

- Trader Joe’s focus

<table>
<thead>
<tr>
<th>Date &amp; time</th>
<th>Food</th>
<th>Taste</th>
<th>Serving size OR # of servings</th>
<th>Prot./Cal/serving</th>
<th>Carbs</th>
<th>Sugars</th>
<th>Cholesterol</th>
<th>Fat</th>
<th>Sat. Fat.</th>
<th>Sodium</th>
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<td>20-Sep-2013 08:50</td>
<td>Trader Joe’s Organic Jumbo Grade A Brown Eggs</td>
<td>1.0</td>
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<td>4g</td>
<td>23</td>
<td>1g</td>
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<td>10mg</td>
<td>1g</td>
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<td>Chicken massala + garbanzo beans, cabbage, tomatoes</td>
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<td>180</td>
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<td>Trader Joe’s Alaskan pink salmon (canned)</td>
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<td>Trader Joe’s Traditional Style fat free refried beans</td>
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<td>Trader Joe’s Petite Peas</td>
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<td>0g</td>
<td>0mg</td>
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<td></td>
<td>Trader Joe’s organic tomatillo roasted yellow chili salsa spinach, mustard</td>
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Concerns

- High cholesterol
- High sodium
- How many calories should you really consume?
- Imprecision (e.g. max cottage cheese or peas amount)
Do different next time

- Get quality **sleep** (~8h/night)
- Use DEXA or BodPod
  - not my OMRON body fat scale
- Eat 25% more calories **every day**
- More exercise
Stick with it

- 4-6 weeks until results for some people
- No known explanation
- This is a work in progress
- Can’t conclude more before fixing the sleep factor
More information

bit.ly/QSSCD

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