

My Low Carbohydrate Home Menu

By

Fernando Urias

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SMASHWORDS EDITION

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Dedication

This book is dedicated to my wife Sandra. I am forever in debt for her hard work, her support and for raising Fernando and Antonio when I was out of town on business.

Acknowledgements

I would like to acknowledge the work of the doctors that dedicated their life to the cure of obesity and diabetes. I am in debt to them for the information presented in this book but mainly because they gave me the knowledge to live a healthy life. I want to thank Dr. Robert C. Atkins, MD for his "Dr. Atkins' New Diet Revolution" book, Dr. Richard K. Bernstein MD for his "Dr. Bernstein's Diabetes Solution" book and Drs. Michael and Mary Eades, MD for their 'Protein Power" book.

Disclaimer

I have decided to follow a low carbohydrate diet for the rest of my life. This decision is based on what I have learned about dieting, nutrition and longevity. Check with your doctor if you decide to imitate any of my eating habits. This is very important if you are taking insulin or other diabetic medicines because a low carbohydrate diet might require a dosage reduction. I did not have to worry about any medicine dosages because currently I do not take any. It is not the intention of this book to give medical advice.

This book is designed to provide information and entertainment. It is published with the understanding that the publisher and author are not engaged in rendering medical, nutritional, or any other type of professional service. If expert assistance is required, the services of a competent professional should be sought.

It is not the purpose of this book to reprint all the information that is otherwise available to authors and publishers but instead to complement, amplify and supplement other texts. You are urged to read all the available material and learn as much as possible about nutrition and tailor the information to your individual needs.

Every effort has been made to make this book as complete and as accurate as possible. However, there may be mistakes, both typographical and in content. Therefore, this text should be used only as a general guide and not as the ultimate source on nutrition. Furthermore, this manual contains information that is current only up to the publishing date.

The purpose of this book is to educate and entertain. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to have been caused, directly or indirectly, by the information contained in this book.

Introduction

I browse through cookbooks trying to plan meals in advance but I find it hard to coordinate what I want to eat with the availability of ingredients. This problem is solved for me at a restaurant. I look at the menu, I choose a main course that has sufficient protein and is low in carbohydrates, I order it requesting that the side dishes be substituted for steamed low carbohydrate vegetables (restaurants usually have broccoli or cauliflower), and I wait for the small salad that is served while the main course is being prepared. The easiness of picking a meal at a restaurant gave me the idea of having a menu at home from which I could choose a meal just as easily. I wrote such a menu for a full week, collected all the recipes and made a shopping list with the ingredients necessary to prepare each entry once. When it is time to eat at home, I look at the menu and decide what to eat, just like if I was at a restaurant.

The menu has three meals for each day of one week and it also includes desserts, snacks and drinks. It is different than a typical restaurant menu because it does not contain high

carbohydrate foods, such as bread and because I can have each entry only once in the week while at a restaurant I could order the same entry many times. Each menu entry is hyperlinked to the title of the recipe to go there with a click and the title of each recipe is hyperlinked back to the menu entry to come back to look for something else. The entries of the table of contents are hyperlinked to each respective section and the title of the each section is hyperlinked back to the top of the table to contents to provide an easy navigation throughout the book. The shopping list is close to the end of the book and it is arranged according to the aisles of the supermarket to assist in making a very efficient shopping trip. After buying all the ingredients listed in the shopping list, I know that I have a full week of low carbohydrate meals.

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My Low Carbohydrate Home Menu

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The Menu

The menu entries are hyperlinked to the title of the recipe. Depending on the format of the file downloaded and the digital reader being used, a click or a control click will move the cursor from the menu entry to its recipe. After reviewing the recipe, a click on the title will return the cursor back to the menu entry.

Breakfast

[Eggs with Bacon](#)

[Eggs with Cheddar Cheese](#)

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Lunch

[Almost Caesar Salad with Shrimp](#)

[Bacon, Lettuce and Tomato Salad](#)

[Chef Salad](#)

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Dinner Appetizers

Avocado with Vinegar

Coleslaw

Cucumbers with Oil and Vinegar

Green Beans with Mayonnaise

Iceberg Lettuce Salad

Raw Cabbage with Oil and Vinegar

Romaine Lettuce Salad

Dinner Main Courses

Beef with Broccoli

Beef with Spinach and Mushrooms

Chicken Nuggets

Chicken Stir-Fry

Fish with Almonds

Fish with Lime Butter

Shrimp with Bacon

Dinner Vegetables

Broccoli with Cheddar Cheese

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[Water](#)

[Snacks](#)

[Black Olives](#)

[Celery with Cream Cheese](#)

[Cheese Slice](#)

[Ham Slice](#)

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End of Menu

[The Basic Nutrients](#)

Three years ago I published "My Low Carb Story, Cookbook, Diet Book and Shopping List" in Smashwords.com explaining how I became convinced that a low carbohydrate diet is a healthy diet to follow for the rest of my life. I concluded that book identifying the following nutrients for healthy living:

"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. For me, this is about 28 grams (1 ounce) of pure protein which corresponds to 5 ounces of protein food, such as meat, pork, fish, eggs or chicken in every meal.

Fiber: More than 25 grams per day divided in 3 meals or 9 grams per meal.

Vitamins and Minerals: One pill 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.

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

Thanks to this diet I have achieved a stable weight without hunger, that although it is on the higher side of the range recommended for my height, it is not in the obese range. This diet has kept my blood sugar level constant, minimizing the probability that I become diabetic. The conclusion that I reached when I wrote that book was that such a diet was healthy for extended periods of time. Now I am fifty seven years old and I would like know that this diet is the right diet to live a long life in health. If God grants me many more years of life, I would like to enjoy them in good health. The menu is based on what I have been eating for fifteen years with some adjustments suggested by what I have read lately about longevity.

The Longevity Factors

Eating according to these guidelines has been good for my health for fifteen years. I would like to make sure that I continue to eat in a way that helps me to live as long and as healthy as possible. I have lunch with coworkers that are several years younger than me and several of them are already diabetic. I believe that I am in better health mainly because of my low carbohydrate diet.

The first test for this diet could be to ask if it has been beneficial to my health. Thanks to this diet, I am only slightly overweight but not obese. I have a good digestion. I do not take any medicines. I do not suffer from heartburn or gastritis. I do not have frozen shoulders. I eat well. I sleep well. My skin is not dry. My hair is abundant. I do not suffer from chronic neck or back pain. I do not have neuropathy in any part of my body and I have never experienced sexual impotence. In other words, I have been feeling well. I think that these health indicators are telling me that I am eating correctly.

A key factor for health and longevity is the stabilization of blood sugar levels. The health benefits of stable blood sugar levels are explained in "Dr. Bernstein's Diabetes Solution: the complete guide to achieving normal blood sugar levels". Dr. Bernstein longevity is proof of the success of his theories because at 79 years of age in 2013, he might be the oldest type I diabetic person living in the planet. By eating according to his low carbohydrate diet, Dr. Bernstein has avoided the premature death that most type I diabetic people encounter. The discoveries that he made in his successful attempt to save his life, is that a stable blood sugar level is much healthier than the blood sugar level roller coaster that the typical high carbohydrate diet causes and that carbohydrates, including fiber, are not essential for life or health. I believe that eating according to Dr. Bernstein's guidelines has maintained my blood sugar stable, has minimized the risk that I may get diabetes and has increased the durability of my body organs.

Another factor that improves longevity is not being obese. Carrying extra weight is taxing on all the body systems and organs, mainly the heart. The life expectancy of people that are not overweight and people that are slightly overweight is about the same but mortality increases with obesity. In January 2 of 2013, the Journal of the American Medical Association published an article showing that people with a BMI (Body Mass Index) of 25 to 30, which are classified as overweight but not obese, have the lowest probability of dying from any cause. This is good news for me because my BMI is 27 where it has stabilized after fifteen years of low carbohydrate eating. I would like to lose a few pounds to look better, but it is good to know that I am in the weight range with the lowest probability of dying. The people with a BMI of 30 to 35, classified as slightly obese, have the same chance as normal weight people and those above a BMI of 35 or more are 29% more likely to die. Since this study did not consider the kind of food that is eaten, I hope that by not eating carbohydrates my life expectancy might be better than my group.

One of the diets recommended for longevity is the Okinawa diet. The people from Okinawa used to have the highest longevity average in the planet but they have been losing as they have been adopting a typical western diet. A comparison of the traditional Okinawan diet and the western diet reveals that one of the differences is a lower quantity of meat eaten but I think that the most important difference is the absence of high carbohydrate processed foods. The Okinawans elders achieved their longevity in the past by eating small amounts of meat and pork, eating fresh natural foods, doing a lot of walking and not eating high carbohydrate processed foods. They practice the principle of "Hara Hashi Bu", a Confucian teaching of eating until you are 80% full, which is pretty good advice for me, since I have the tendency to eat too much. The experience of the Okinawa elders is almost a controlled experiment demonstrating the damaging effect of high carbohydrate processed foods because they are losing their longevity age as they adopt a western diet. Their experience is an encouragement to eliminate high carbohydrate processed foods from the diet, to eat less and to exercise more, but it is difficult to say if they achieve old age because of the absence of high carbohydrate processed foods, the lower consumption of meat, the calorie restriction resulting from the "Hara Hashi Bu" principle, the long distances they walk, their low weight, or all of these factors combined. I would think that the right answer is that all the factors contribute to their longevity but I also think that the absence of high carbohydrate processed foods is probably the single most important factor. The commercial Okinawa diet splits food into four groups according to their caloric density and recommends eating freely from the low caloric density foods and sparingly from the high caloric density foods but it does not specify a minimum amount of protein. The end result is a low caloric diet that could be low in carbohydrates if the food chosen are low carbohydrate vegetables but it could be high in carbohydrates if most of the foods chosen, although of low caloric density, contain high amounts of carbohydrates. The commercial Okinawa diet offers weight loss and longevity through caloric restriction resulting from eating natural low caloric density foods and eliminating high carbohydrate processed foods but it does not guarantee stable blood sugar levels or that the minimum requirements of protein are met.

A diet designed to maximize longevity is the CRON (Calorie Reduced Optimum Nutrition) diet. This diet is based on evidence from experiments with animals that a reduced calorie intake extends their lives up to fifty percent. When I read about this diet, I could have bet that this diet would not have enough protein for healthy living. I looked at one of the suggested diets at 1,200 calories per day distributed according to the guidelines of Barry Sears' Zone Diet of 40% carbohydrate, 30% protein and 30% fat and I was surprised to find out that 30% of 1,200 calories, which is 360 calories, equals to 90 grams of pure protein or 450 grams (15 ounces) of protein food. This is an adequate amount of protein since the protein requirement for an adult is from 70 to 100 grams per day. Unfortunately, the carbohydrate content of 40% of 1,200 calories or 480 calories is 120 grams of carbohydrates, which is 4 times the 30 grams maximum per day recommended by Dr. Bernstein. If these 120 grams of carbohydrate per day are distributed in 3 meals of 40 grams each, they will cause high blood sugar 3 times per day. Dr. Bernstein reports that 1 gram of carbohydrate raises his blood sugar level 5 mg/ml because his pancreas does not

produce any insulin. Using this proportion as a guideline, 40 grams of carbohydrate in a single meal under the CRON diet would raise the blood sugar of a type I diabetic 200 mg/ml above the 90 mg/ml normal level to reach 290 mg/ml in the absence of insulin. In a normal person, this blood sugar level would not go as high because the pancreas would immediately produce as much insulin as it could to convert the excess carbohydrates into fat, but a blood sugar rollercoaster would be experienced, every day, getting the pancreas tired with age and leading to type II diabetes. I believe that the elevated blood sugar levels that can occur even with this moderate intake of carbohydrate might be one of the reasons that some low fat diet proponents recommend eating smaller portions up to seven times a day in an attempt to keep blood sugars from going too high. The CRON diet has the opportunity to be more effective for longevity by reducing the carbohydrate intake from 120 grams to 30 grams per day according to Dr. Bernstein's recommendations. This reduction would remove 360 calories from the diet without the loss of any essential nutrients. In his "Dr. Atkins Age-Defying Diet" book, Dr. Atkins pronounced himself against the CRON diet on the grounds that it is a diet that it is not sustainable because of the hunger that is experienced. He also noted that it is not clear if the longevity of the calorie restricted animals is due to the calorie restriction or because the subjects are thinner. I would add, as I did in the Okinawa diet, that in my opinion, the removal of high carbohydrate processed foods is probably the most significant factor that could increase the longevity of CRON dieters.

On April 14, 2011, the oldest man in America at the time, Mr. Walter Breuning died at 114 years old age. One of his longevity recommendations was to have only two meals per day. "This is all you need" he used to say. This is hard to do with a diet high in carbohydrates because the blood sugar level rollercoaster causes hunger every two or three hours. In a low carbohydrate diet, it is quite common to forget that it is time to eat until five or six hours after a meal. For example, on weekends, I have such a late and hearty egg breakfast that a second meal late in the day is sufficient to be active without feeling hungry. Mr. Breuning was an early eater that would have an egg breakfast at 7 am in the morning, lunch in the afternoon and no dinner. He would snack with some fruit in the evening. His BMI was 17, which would be classified as underweight. I like the idea of having only two meals because I can have a double serving of protein in the second meal but somehow I am a late eater and I am just not hungry at 7 am. I start the day with a cup of coffee with heavy cream and stevia and it will be 11 am before I feel a slight hunger. A breakfast at noon and a second meal at around 7 pm are my way of emulating Mr. Breuning's two meal format.

Another factor affecting longevity is to avoid foods or inhalants that are detrimental to my health. These foods or inhalants include drugs, tobacco and alcohol. Street drugs are illegal and should be avoided. The effects of illegal drugs and visiting jail are not good for longevity. Smoking reduces longevity considerably. I quit smoking in 1991 after 20 years of doing it and I have never regretted it. Alcohol improves longevity with one drink per day for women and two drinks for men but it worsens with the next drink. Longevity is compromised if alcohol and

driving are combined. Car accidents and DWI convictions (Driving-While-Intoxicated) are detrimental for longevity. I drink wine or a low carbohydrate beer only when I am at home and not planning to go anywhere. I drink at a party only if my wife or son agree to do the driving. If I think of the substances that I can ingest that will reduce my longevity, the one that comes at the top of the list is sugar. The effect of sugar in the blood sugar is very toxic. A high blood sugar level affects several organs, including the eyes, the pancreas, the kidney and the feet. To eliminate this toxicity, the pancreas produces insulin at a maximum rate to convert this blood glucose into fat, increasing the weight of a person. The high level of insulin in the blood in turn causes high blood pressure. I believe that the conversion of carbohydrates into fat produces low density cholesterol and triglycerides that are sticky and clog the arteries contributing to high blood pressure and heart attacks. I believe that the minimization of sugar and high carbohydrate foods from my diet, starting in 1998, just like quitting smoking in 1991, is one of the most important steps that I have taken to increase my longevity.

A longevity factor beyond the scope of this book is the psychological state of mind that helps a person to live a long life. This has to do with keeping always active, helping others, loving your work, loving life, loving people and embracing change. These factors are present in the family life of the Okinawan elders. A low carbohydrate diet that keeps a person thin and healthy contributes to these factors because it is easier and takes less effort to stay socially engaged and be physically active. Having a mission in life and working hard to fulfill it, is one of the ingredients to live a long life and it has the side effect of keeping the mind occupied instead of thinking about food. A low carbohydrate diet, with the proper amount of proteins and micronutrients, also guarantees that the diet in itself is not a nutritional cause of a psychological problem. For example, in his "Life beyond 100" book, C. Norman Shealy, M.D., Ph.D., reports that depressed individuals that he had treated were found to be deficient in at least one essential protein.

A logical approach to design a diet that could result in a long life would be to look at the human body as a complex biological machine that requires the correct nutrients to operate well for a long time. Just like a car requires the proper maintenance to run many miles, the human body requires the proper maintenance to last many years. By looking at the human body in this way, the most needed nutrient, the one that would be missed first, is oxygen. Without oxygen the human body dies in a few minutes. The definition of a nutrient is: "a substance that provides nourishment essential for growth and the maintenance of life", therefore, oxygen and water classify as nutrients. The second most important nutrient is water. The human body loses about two quarts of water per day in normal activities and this quantity of water has to be replaced for the biological machine to operate in optimal condition. Without water replenishment, the human body dies in a few days. One of the worst things that can be done to the water that is needed is to add something that is detrimental for the operation of the body, such as sugar. Fresh water with no additives is the best way to replenish water losses. The third most important nutrient is protein. The assimilation of protein in the human body is a complex process that affects several

critical biological systems. Drs. Michael and Mary Eades, M.D. go into great length explaining this in their "Protein Power" book. The lack of the proper amount and quality of protein in the diet is one of the most serious dietetic errors that many people make. Most protein foods are accompanied with fat and the avoidance of fat has resulted in diets that have insufficient protein. Just like water, protein is lost daily and it has to be replenished daily. Protein can be classified in two groups. The first group is composed of the proteins that the human body can produce. If these proteins are not replenished, the body will take them from its muscles in order to maintain the heart and other critical organs. The second group of proteins is composed of nine proteins that the human body cannot produce and they have to be included in a diet. For this reason, they are called "essential". If they are not included in the diet, their deficiency will cause complex problems in the production of hormones and eicosanoids. Many complex illnesses like cancer and the ones related to the immune system are in part due to the lack of essential proteins. Without the essential proteins, the body has a hard time performing the complex biological processes that need to happen, such as the formation of hormones. Without protein, the body dies in a few months, the time that it takes to eat itself. The lack of essential proteins can cause death from complications of other diseases. The fourth most important nutrient requirement is the inclusion of micronutrients. They are called micronutrients because their daily intake requirements are very small. These are the vitamins and minerals. In this group, some have been identified as helping to slow down the aging process and are called antioxidants. Like water, micronutrients should be eaten in foods that do not contain something else that causes damage to the biological machine, such as sugar. Some foods, like fruits, have many micronutrients but they also contain high amounts of sugar. Foods that have a high amount of sugar or other carbohydrates are disqualified from a low carbohydrate diet for this reason alone regardless of any other benefits that they might have. The lack of each micronutrient causes different illnesses in the human body. This is how some of them were discovered. The lack of vitamin A causes night blindness, the lack of vitamin B1 causes beriberi, the lack of vitamin B2 causes ariboflavinosis, the lack of vitamin B3 causes pellagra, the lack of vitamin B5 causes acne, the lack of vitamin B6 causes microcytic anemia and so on in a list too numerous to include here. Two of the foods that contain a large number of micronutrients are beef and eggs. For some unexplainable reason when we think of vitamins, we think of fruits and vegetables but beef and eggs contain a large quantity of vitamins and minerals. Finally, the last nutrient required is fat. There is a minimum requirement of 6 to 10 grams of linoleic acid per day that is easily exceeded if the right amount of protein is being consumed. Fat is necessary for the production of hormones. Fat is also necessary for the health of the brain and the nervous system. Furthermore, some of the micronutrients are fat soluble, like the vitamins A, B, D and K and are difficult to obtain in a low fat diet. There is evidence that some minerals, like calcium, are absorbed better in the presence of fat. Fat does not raise the blood sugar level and in the absence of carbohydrates, it is not absorbed by the body. The last nutrient requirement is this small amount of fat leading to the big surprise found in Dr. Bernstein "Diabetes" book that carbohydrates, including fiber, are not essential for a healthy life. He discovered this by experimenting on himself in his quest to stabilize his blood sugar. He found out by measuring his blood sugar level several times in the

day that carbohydrates were causing a sugar level roller coaster and his health improved significantly when he reduced his carbohydrate intake to less than 30 grams per day with the result of stabilizing his blood sugar level. This means that there is an opportunity to have a low caloric healthy and fulfilling diet by cutting carbohydrates as much as possible.

Summarizing the above, it looks like I can live a long life breathing clean air, drinking fresh water, eating 84 grams of protein per day and taking the right amount of micronutrients. This amount of protein is only 336 calories. This caloric intake is a much smaller caloric intake than the typical American male intake of 2,700 calories. The question becomes: What can I add to these 336 calories of protein that can keep me from feeling hungry and not affect my longevity adversely? I think the answer is low carbohydrate vegetables.

The Simple Rules

Now that I think I have understood the diet that I have to follow to have a long and healthy life, I would like to keep in mind some simple rules when I eat without having to count calories or grams of carbohydrates in every meal.

Water

The requirement for water is listed in many places at eight glasses per day. This requirement can be fulfilled with any liquid that does not contain sugar or carbohydrates but pure water is the best choice. The other liquids can be coffee, tea, diet drinks, or low carbohydrate soups. Fortunately, the need for water has a self-regulating mechanism. If I do not drink enough water or liquids, I will feel thirsty. Nonetheless, it is probably healthier to stay ahead of the thirst. Water is a powerful solvent and it probably does a lot of cleaning when it goes through the human body giving an antioxidant and anti-aging effect. I drink tap water at home and I have bottled water in the house, the office, the car and everywhere. Although bottled water is more expensive than tap water, it is convenient and it is healthier and cheaper than bottled sugar sodas. With a water bottle, I am able to drink water almost anywhere. Another of my liquid intakes is coffee. I drink several cups of coffee with heavy cream and stevia extract throughout the day, but lately, I have been successful in changing some of my coffee servings for tea. I have been enjoying green and black teas that come in sealed individual hermetic packages and smell very fresh when they are opened. They are enhanced with lemon, mint, pomegranate, cinnamon, or vanilla. I particularly like the Earl Gray flavor that is a black tea with a special orange peel. I put one squirt of stevia extract in hot water in my 24 ounce metal office cup, add one tea bag and start sipping a few minutes later. I have also been enjoying Vanilla Chai Tea with stevia extract and heavy cream. Since tea has antioxidants and less caffeine, tea is probably a longevity improvement over coffee with cream. Water, tea and coffee are all better choices than high carbohydrate snacks. I notice that when I go to get a cup of coffee or tea in the middle of the day, other people are getting high carbohydrate snacks. For me, a cup of coffee or tea is sufficient to satisfy the need for a snack or to take a break from work.

The simple rule for water is to drink as much plain water or low carbohydrate liquids between meals instead of high carbohydrate snacks or sugared water.

Protein

The method used to calculate my protein requirement was by using the recommendation of 0.5 grams multiplied by my suggested ideal weight of 168 pounds, which results in a quantity of 84 grams and informs me that I am 44 pounds overweight since I am currently weighing 212 pounds with a BMI of 27. The requirement of 84 grams of protein has to be multiplied by 5 to come up with 420 grams of protein food per day that divided by 28 grams per ounce, gives 15 ounces. Divided by 3 meals in the day, this means that I should eat 5 ounces of protein food in each one of the meals. The 5 ounces of meat is about the size and thickness of the palm of my hand. This is a good simple rule for a sedentary person. The requirement for growing children and athletes is greater. There are protein requirement calculators in the internet that take into consideration several factors for a more precise calculation.

The best protein food available is the egg. The white of the egg is one of the purest protein foods available and the yoke has all the nutrients necessary to start a new life. A whole egg has all essential proteins, one fourth of the daily requirement of choline (a vitamin B), many vitamins and minerals, including vitamin A, B2, B9, B6, B12, iron, calcium, phosphorus and potassium. The egg yolk is one of the few foods that contain vitamin D. It also contains vitamins A and E, lutein and omega 3 oils. Eggs have gotten a bad press because the yokes have a high amount of cholesterol and fat but in an experiment where 38 individuals in a low carbohydrate diet were asked to eat 3 eggs per day, the results showed that their HDL or good cholesterol improved without worsening their bad cholesterol. (Pubmed PMID 18203890). My personal experience from two medical studies done in my heart showed that I have clean arteries after eating three eggs almost every day for fifteen years. I have asked friends and family that have experienced clogged arteries what do they have for breakfast and their answer has never been eggs. Their answers make me think that the cholesterol that clogs their arteries is the low density cholesterol that results from the conversion of dietary carbohydrates into body fat. It is a pity that many people do not enjoy whole eggs as an inexpensive and great tasting source of all essential protein and other nutrients that are hard to get in other foods.

Cheese is another protein food that has a bad press because of its high fat content. When the body is deprived of carbohydrates, it switches to a fat burning metabolism and the biological process to store fat is not active. Under a fat burning metabolism or ketosis, the cells release fat to be burned and they cannot store it at the same time. Under ketosis, the calories from fat do not count. I like to eat cheese as a snack and I also add it to some meals. Cheese also has high protein and calcium content making it an excellent food for the muscles and bones and an insurance food against osteoporosis.

Other protein foods are beef, chicken, fish, pork, shellfish and turkey. These foods are all about 1/5 protein so I have to consume at least 15 ounces every day to complete 84 grams (almost 3 ounces) of pure protein. The simple rule for protein is to eat a serving of protein food the size of the palm of my hand.

Vitamins and Minerals

Most of the vitamins and minerals that are needed for a healthy life are covered by eating meat, eggs and low carbohydrate vegetables but adding one pill per day of a multivitamin supplement is a good insurance. Beef contains vitamins B1, B2, Niacin, Pantothenic Acid, B6, Folate, B12, E, K, D and the minerals Potassium, Phosphorus, Calcium, Magnesium, Iron, Sodium, Zinc, Manganese, Copper and Selenium. Eggs contain the same minerals and vitamins plus vitamins C and A. In the literature about longevity there is information about antioxidants that reduce the aging process. Meat, eggs and the low carbohydrate vegetables, such as lettuce and spinach, have these antioxidants. There are other foods that contain antioxidants but they also contain sugar, such as the fruits. In these foods, the positive effect on longevity of the antioxidant is probably negated by the high amount of sugar. Food that has a high level of sugar or carbohydrates are disqualified from a low carbohydrate diet for this reason alone regardless of any other benefits that it might have. The low carbohydrate vegetables that I eat to feel 80% full, add fiber to the diet, and increase my micronutrients without adding too many carbohydrates are the following: artichokes, asparagus, avocados, bamboo shoots, bean sprouts, beet greens, Bok Choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chard, collard greens, cucumbers, dandelion greens, eggplant, endive, escarole, fennel, green beans, green bell peppers, hearts of palm, jicama, kohlrabi, kale, leeks, lettuce, mushrooms, mustard greens, okra, onion, parsley, peppers, pumpkin, radicchio, red bell peppers, rhubarb, sauerkraut, scallions, snow peas, spinach, squash, tomato, turnip greens, turnips, water chestnuts, watercress, zucchini and zucchini flowers.

A way to increase antioxidant intake is to drink black and green teas. These can be accompanied by stevia extract or other low carbohydrate sweeteners. For variety, teas can be bought flavored with lime, mint, pomegranate and other interesting additions. I have preferred the ones that are hermetically sealed in individual packages. They keep the flavor better.

The simple rule for vitamins and minerals is to take 1 pill daily of a vitamin supplement and not be worried if I miss a day since I am eating meat, eggs and low carbohydrate vegetables.

Fat

One of the advantages of a low carbohydrate diet is that the fat that is eaten is not stored. When there are no carbohydrates in the diet, the body runs out of carbohydrate reserves in about three days and it switches to a fat burning metabolism or ketosis where fat is extracted from the cells to be burned. The biological process to store fat is not active. A small portion of the fat that is eaten is used where needed but most of it is thrown away and not stored. This is great news because it means that if I do not eat carbohydrates, I can eat the protein foods that I need without

worrying about the fat that comes with them. I can still try to minimize the amount of fat that I eat but never at the expense of my daily protein requirement although there is some evidence that minimizing fat is not the smartest thing to do. Fat is necessary for the brain and nervous system and there is also evidence that dietary fat is necessary for the absorption of fat soluble vitamins, calcium and other minerals. Since some fat is necessary, it does not affect blood sugar levels and it is not stored while in a low carbohydrate diet, I have decided to use fat according to taste and the cooking process. I add, remove, or leave fat on the food if it makes it taste better, or makes it easier to cook. I use real butter to cook, which is a stable saturated fat and I use olive oil in my salads. I avoid fats that are known to be bad, such as the trans-fats in margarine, shortening and other hydrogenated oils that are known to raise the low density (bad) cholesterol. I wanted to find a study showing that eating butter and olive oil was not detrimental to the body and I was surprised to find that it is actually beneficial. Lierre Keith in her book "The Vegetarian Myth" documents the illnesses that her and other vegan people incurred for not including animal fats in their diet. The lack of fat soluble vitamins B12, D, A and K cause many health complications. Drs. Eades in their "Protein Power" book disqualify several polyunsaturated oils as a healthy source of oils due to their high ALA (Alpha Linolenic Acid) content, leaving butter and olive oil as almost the only healthy sources of added fats. I also keep the practice of taking one pill of fish oil every day to since I do not eat sufficient fish to have the amount of omega 3 oils that are recommended.

Since in this menu carbohydrates are kept at low levels and proteins are kept to the minimum necessary, the resulting amount of fat that is left, although it might be the same amount contained in the typical western diet, becomes a large part of the percentage of calories. When some authors talk about percentages of macronutrients for a healthy diet, they do not realize that they are not being precise enough because 30% of 1,200 calories is a very different number than 30% of 2,700 calories. It is much more precise to discuss the grams of protein, fat and carbohydrate that a person with certain characteristics and habits should eat.

The simple rules for fats are to use real butter and olive oil for cooking, remove any pure fats from the food, avoid trans-fats and take 1 gram of fish oil every day.

Fiber

Fiber is the indigestible portion of many vegetables. It is not necessary for life or nutrition but it aids in digestion and it is filling. The low carbohydrate vegetables mentioned above for their micronutrient content also contain fiber. It is generally recommended to include 25 grams of fiber per day or 8.3 grams per meal but I found this hard to achieve and not necessary. One half of an iceberg lettuce at lunch in a Chef Salad provides 4 grams of fiber, it is quite filling and it is more than sufficient for me to have a good digestion. A whole iceberg lettuce has 8 grams of fiber so I would have to eat a whole lettuce in a meal to meet the 8 grams recommendation. Since I get full with half a lettuce, I have to be content with a fiber intake of 4 grams at lunch.

Nuts are a good source of fiber but their carbohydrate content has to be accounted toward the 30 gram daily maximum. The best nuts from this point of view are pecans, which have 3.9 grams of total carbohydrate including 2.7 grams of fiber resulting in only 1.2 grams of net carbohydrates per ounce (about 20 halves). Macadamia nuts (Dr. Atkins' favorite) are next, with 3.6 grams of total carbohydrates, 2.3 grams of fiber and a net carbohydrate impact of 1.3 grams in 1 ounce (about 11 nuts). Almonds have 6 grams of total carbohydrates, 3 grams of fiber resulting in 3 grams of net carbohydrate per ounce (about 24 almonds). Cashews have higher carbohydrate content at 9 grams of carbohydrates per ounce and only 1 gram of fiber. Peanuts have 6 grams of carbohydrate per ounce and no fiber. Although cashews and peanuts are not as low in net carbohydrate content as pecans, they are a better choice than potato chips that have 15 grams of carbohydrates per ounce and no fiber.

The simple rule for fiber is not to worry about it because I am eating low carbohydrate vegetables.

Carbohydrates

The most important rule for a healthy diet is to keep the daily net carbohydrate intake below 30 grams per day. The net carbohydrate content of a food is the total carbohydrates minus the fiber. Net carbohydrates measure the carbohydrates that affect the blood sugar level. I would like to call them "Blood Sugar and Insulin Provoking" carbohydrates or BSIP Carbs for short, but since the term is not known, I will use the "net" carbohydrate terminology. Dr. Bernstein recommends a distribution of net carbohydrates of no more than 6 grams at breakfast, 12 grams at lunch and 12 grams at dinner. According to Dr. Bernstein, there are no essential carbohydrates needed to sustain life, not even fiber. The Eskimos survive for months without carbohydrates and without any ill effects. Abiding by this rule eliminates all the high carbohydrate processed foods that are part of the western diet. The quantities of 6, 12 and 12 grams are so small that they do not allow any servings of a normal carbohydrate food, such as a single slice of bread that has 13 grams. A single flour tortilla might have up to 42 grams and a 12 ounce sugar soda has 39 grams of sugar. A regular combo meal from a fast food restaurant consists of a hamburger sandwich (21 grams of net carbohydrates), French fries (30 grams) and a sugar soda (40 grams). Each component of the combo meal by itself exceeds the 12 gram maximum and the total of 82 grams is almost seven times the maximum of 12 grams recommended for a single meal. To feel 80% full in every meal without exceeding the 6 or 12 grams maximum, I can only add low carbohydrate vegetables to my protein servings. For example, a whole peeled medium cucumber has 4 grams of net carbohydrates and 1 cup of cooked green beans has 4 grams of net carbohydrate. Adding them to my steak dinner add 8 grams of net carbohydrates which is below the 12 gram maximum. A single slice of bread that contains 13 grams of carbohydrate exceeds the 12 gram budget. Comparing these two alternatives, what is better and more filling: the cucumber and green beans or the bread?

Keeping a low carbohydrate diet means that I do not eat any food that contains a large amount of carbohydrates such as: baked potatoes, beans, beer, beets, breads, breakfast cereals, brown rice, cakes, candy, cereals, chickpeas, chocolates, coffee lighteners, commercial soups, cookies, corn, corn based foods, crackers, desserts, diet bars, doughnuts, flour based foods, French fries, fructose, fruits, fruit juices, glucose, grains, grain products, health foods, honey, ice cream, milk, pancakes, parsnips, pastas, pastries, pies, potatoes, potato chips, potato products, protein bars, rice, snack foods, sugar drinks, sugar-free foods that contain other carbohydrates, sugar sodas, sweet yogurts, whole wheat bread, or waffles. I have added a list of common foods at the end of this book showing their net carbohydrate content where it can be easily seen why many foods cannot be part of a low carbohydrate diet. Any food that exceeds 6 grams for breakfast or 12 grams for lunch or dinner of net carbohydrates per serving cannot be a part of a low carbohydrate diet.

The carbohydrate content of a packaged food is listed in the food label. The most important information in a food label is not the total calories or the calories from fat but the serving size and its carbohydrate content. I have been surprised several times to find unreasonable small serving sizes with large carbohydrate content. For example, a box of cereal will show a serving of 1 cup with 23 grams of carbohydrate and 1 gram of fiber for a total of 22 grams of net carbohydrates. When I used to eat cereal, I would serve myself a bowl that would be at least 2 cups and sometimes I would have a second bowl. This means that I would have 44 or 88 grams of carbohydrates easily without thinking that I was doing anything wrong.

There are some vegetables that have a medium amount of net carbohydrates and cannot be a part of a low carbohydrate diet in large amounts but they can be added in small quantities. For example, 1 small Roma tomato has 6 grams of carbohydrates including 1 gram of fiber resulting in 5 grams of net carbohydrates. A small tomato or a slice of a large tomato can be added to a salad as long as their carbohydrate content is counted. Unfortunately, most tomato products are too high in net carbohydrates. An onion has 9 grams of carbohydrate including 2 grams of fiber netting 7 grams. A slice of an onion would net 2 grams of carbohydrates making it suitable for use as flavoring. A medium carrot has 7 grams of net carbohydrates. A small amount of shredded carrots in a salad or the carrots served steamed with broccoli in a restaurant do not account for a large number of net carbohydrates.

The simple rule for net carbohydrates is not to exceed 30 grams of net carbohydrates per day distributed as 6 grams for breakfast, 12 grams for lunch and 12 grams for dinner.

The Meals

Keeping in mind my nutrient requirements, I wrote a menu with the foods that fill them in three meals per day although on some days I only have two meals. I have included five ounces of protein in every meal. At the place where I used to work breakfast was served from 7 to 9 am and lunch from 12 noon to 2 pm and I would go to breakfast without hunger just so that I could

eat eggs or I would have to wait until noon to have lunch food. While writing this book, I ran across the "Six Weeks to OMG" book by Venice A. Fulton in which he recommends to skip breakfast because for millions of years, there was no food available when we wake up. I was happy to read this because it justified my experience of not being hungry in the morning. Sixteen years ago, when I used to eat carbohydrates, I forced myself to eat a cereal breakfast every morning before going to the office because I felt a slight stomach pain in a stressful meeting that I had every morning. A few weeks later, to save time, I changed the cereal for a glass of milk with six cookies that I could eat in the car on my way to work. When I learned about the Atkins diet, I switched the milk and cookies for a piece of spiral ham and coffee with heavy cream and sucralose. In the last years, I have been having only the coffee with heavy cream and stevia extract in the morning and an egg breakfast at noon and my stomach pain has never returned. Maybe I am more relaxed now, or maybe my stomach is in better shape because I eat a very low amount of carbohydrates. With such a late breakfast, sometimes a second meal in the day is enough to pass the day without hunger. Some days I prefer the two meal format because I can have a dinner with ten ounces of protein instead of five. Remembering Mr. Breuning recommendation of having only two meals per day, I do not feel that I am doing wrong if I pass the day with only two meals.

In the menu I have also listed some snacks. The snacks contain protein based because sometimes I use a snack as a substitute for a meal. If I eat a protein snack when I cannot prepare a full meal due to time constraints or because I do not feel like cooking, I can have a salad later to complete the substitute meal.

Breakfast

Since eggs are a source of many healthy nutrients, they are appetizing in the morning, they bring variety to the protein sources and they solve the problem of deciding what to eat in the first meal of the day, they are my logical choice for breakfast. I eat three eggs every morning. Each egg contains 6 grams of protein for a total of 18 grams that are short of the 28 grams that I need in every meal. To meet the requirement of exceeding 28 grams of protein, I can add a protein food such as 3 thin slices of ham, 3 thin slices of bacon, 3 sausage patties, or 2 ounces of cheese. A breakfast based on eggs provides the best protein nourishment possible and it is very low in net carbohydrate content. It is also low on fiber but I have not experienced any digestive problems because of this. Having three eggs for breakfast makes me feel that I have given my body the best protein food available for the first meal of the day instead of the empty carbohydrate calories of a cereal loaded with sugar. An alternative to adding more protein food to the eggs is to add a low carbohydrate vegetable that goes well with the eggs, such as mushrooms, onions, peppers, tomatoes or spinach. This approach adds a small amount of fiber but it leaves the breakfast even shorter on protein. I usually compensate the protein at lunch and I do not worry about compensating the fiber. The vegetable addition is small and does not exceed the 6 grams of net carbohydrate maximum for breakfast.

I do not drink liquids with my meals but a cup of coffee with heavy cream and stevia extract goes well with breakfast. Since I have a late breakfast, by the time I sit down to eat, I am already on my second or third cup of coffee.

Lunch

For lunch, the menu has salads that include five ounces of a protein food and enough low carbohydrate vegetables to feel 80% full. Since most of the time I have eggs late in the morning or at lunch time, I use the lunch menu only when I prefer a salad instead of eggs. I also use the lunch menu if I am very hungry when I get home at 6 pm and I do not want to wait for a hot dinner. I do not have liquids with my meals but a small glass of water or a cup of tea is sufficient to take a sip during lunch. A glass of water for lunch is the cheapest alternative and does not make me feel bad of throwing it away after I have taken only a few sips. I like a good tasting olive oil and balsamic vinegar in my salads. Balsamic vinegar has 3 grams of sugar per tablespoon but since I only have 1 teaspoon per salad, it only adds 1 gram of net carbohydrates per serving. Most of the commercial salad dressings also have about 2 or 3 grams of net carbohydrate per tablespoon. Balsamic vinegar is one of the food items where I want to spend part of my 12 gram carbohydrate budget because I like my salads dressed with olive oil and balsamic vinegar much more than with any of the commercial salad dressings.

Dinner Appetizers

For dinner, there is more time and flexibility to prepare a meal but it is convenient to start eating something while dinner is being prepared. This is where the dinner appetizer comes in. Since the dinner entry is going to be protein based, the dinner appetizer should be without protein, such as a cucumber or lettuce salad. The dinner appetizer serves the function of having something to start eating right away while dinner is being prepared but it should not spoil the hunger for the main course. Having a dinner appetizer allows me to have a main course later in the evening, sometimes as late as 9 pm. There is a belief that we should not eat after 6 pm because the food eaten that late would be stored while sleeping. In a low carbohydrate diet, this is not relevant because the meal does not have any carbohydrates to store. With the scheme of having a very late breakfast, a late dinner is part of the cycle of waking up without hunger. If the last meal that I would have in the day would be before 6 pm, I probably would be very hungry in the morning. Another argument against a late dinner is that it does not let you sleep. A late dinner without carbohydrates to a feeling of 80% satisfaction with a glass of wine or a low carbohydrate beer has never bothered my sleep.

Dinner Main Courses

The dinner main course is a serving of protein food if it is the third serving of the day or a double serving if it is the second serving. The rest of the dinner is a small salad and a cooked vegetable. Another way of preparing dinner is with a dish of protein food mixed with cooked vegetables, such as a chicken stir-fry.

Dinner Vegetables

If the dinner entry already has low carbohydrate vegetables, such as the chicken stir-fry, I do not prepare another vegetable but if the main dinner course is only protein food, such as the fish fillets, then I prepare a dinner vegetable, like green beans with butter, to complete the meal. To shorten the time of preparation and synchronize the serving of the main entry with the dinner vegetable, I start cooking the vegetable first since it takes a few minutes to boil. I can start cooking the protein entry while the vegetable is simmering.

Desserts

I like to have a cup of coffee with heavy cream and stevia extract after every meal. This habit eliminates the need for dessert. Sometimes at dinner after the coffee, I might want a dessert. When this happens, I make a low carbohydrate dessert based on heavy cream, Ricotta cheese, sugar free gelatin, or cream cheese, as the ones listed in the menu. The portions are small, about 2 ounces, just to close the meal in a sweet note but without causing a blood sugar spike.

Traditional deserts are full of sugar and they have to be given up in a low carbohydrate diet. For example, a slice of pecan pie contains 60 grams of carbohydrate. All fruits are excluded because of their carbohydrate content but strawberries are a border line fruit since 1 cup of strawberries contains only 5 grams of net carbohydrates. Since I have heavy cream available, strawberries with heavy cream and a couple of squirts of stevia extract can make a very tempting dessert that I can have after dinner if I am below 25 grams of carbohydrates for the day. I did not include strawberries in the menu or the shopping list because the simple rule for a low carbohydrate diet is to exclude all fruits.

Drinks

The best liquid to drink is fresh water. I do not believe a drink is necessary during meals but a glass of water to sip is the healthiest and cheapest solution. A cup of coffee goes well at breakfast, a cup of tea is a good accompaniment at lunch and a glass of wine or a low carbohydrate beer is relaxing at dinner. Earlier this year I was invited to Shanghai where I was treated by my hosts to typical Chinese restaurants that usually served strange meats accompanied by low carbohydrate vegetables. There was rice in the table but it was never the main part of the meal. In most of the menus there was an assortment of teas but I was totally surprised in a lunch where I was served a small clear glass of what it appeared to be a very clear hot tea. The beverage was hot and comforting since it was chilly outside but since I could not taste its subtle flavor, I asked what it was. I think that it is funny that it turned out to be just hot water to sip while enjoying the lunch. Who would have thought of serving a small glass of hot water at lunch? In between meals, I drink coffee, tap water, water bottles and hot teas to hydrate myself and to avoid eating high carbohydrate snacks.

Snacks

When there is a high level of carbohydrates in the diet, the blood sugar rises, the insulin level rises and a couple of hours after a meal or a snack, the high level of insulin in the blood causes low blood sugar, a feeling of hunger and the need to eat again. This does not happen in a low carbohydrate diet. When there are no carbohydrates in the diet, the blood sugar level stays constant, the level of insulin stays constant and the feeling of hunger does not come for many hours. I do not feel hunger between meals but I have several cups of water, coffee, or tea during the day to satisfy a psychological need of changing activities or getting up from my desk every hour or so. Nonetheless, at home I always have low carbohydrate snacks available, such as almonds, avocados, black olives, cheese, cucumbers, ham, packaged lettuce, or pork skins to pick as an snack, appetizer, or substitute for a meal. It is a good practice to have low carbohydrate snacks always available to avoid falling in the temptation of eating any of the very common high carbohydrate snacks, such as potato or corn chips. It is also important to have low carbohydrate snacks to have a quick bite when it gets too busy to make a meal. The idea sometimes is to keep busy getting the work that needs to be done or doing fun things and not think about food. This menu includes seven protein snacks that are included in the ingredients of the shopping list. If I hard at work and have a thought about eating something, I will have a quick snack to forget about the food and get back to work. An alternative for snacking with a protein based snack listed is to eat a non-protein low carbohydrate snack like the salads or vegetables listed under dinner appetizers and dinner vegetables. This is a lighter approach and the meal can be completed later with a protein main course. For me, the most important ingredients for my snacking are the ingredients needed for my drinks: a good ground coffee, good teas of different flavors in hermetically sealed individual packets, a quart of heavy cream and a squirting bottle of stevia extract.

The Logical Diet

Summarizing all of the above, I want to be in a diet that is logically correct to maximize my health and longevity. I would call it: “The Logical Diet”. This diet is similar to Dr. Bernstein’s “Diabetes Diet” but I borrowed some features from the other low caloric diets mentioned. Let me state the simplicity of “The Logical Diet”: It is eating the minimum necessary amount of protein and micronutrients that the human body needs and filling up with low carbohydrate vegetables until 80% full but without exceeding 30 grams of net carbohydrates per day. This can be done in two or three meals. Snacks are allowed but without exceeding the totals for the day.

This Logical Diet is very close to Dr. Bernstein’s diabetes diet because it borrows the net carbohydrate guideline of a maximum of 30 grams per day and the recommendation of not having stages. It is different because the format of two meals per day would probably not be recommended by Dr. Bernstein since it might not be the best approach for diabetic people that need to coordinate their meals with insulin injections.

The Logical Diet borrows from Drs. Eades’ “Protein Power” the importance that it places in meeting the minimum protein requirements simplified with the rule of having three servings of

protein per day the size of the palm of the hand. The Logical Diet is stricter in the maximum carbohydrate intake at 30 grams per day. The “Protein Power” book sets 2 levels of carbohydrate levels, one at 30 and the other at 55 grams per day but the food allowed is more permissive and can easily exceed 30 grams per day if one is not careful.

The Logical Diet is similar to the Atkins Induction Diet where the maximum carbohydrate requirement is 20 instead of 30 grams. One of the main differences is that the Atkins diet recommends filling up with protein and fat while the Logical Diet recommends filling up with low carbohydrate vegetables. Another difference is that the Atkins diet has stages. The Atkins diet allows some carbohydrates to come back when a person progresses from Induction to Maintenance. My experience with smoking until 1991 makes me agree with Dr. Bernstein that if a person is successful in removing most high carbohydrate foods from the diet, it is better not to bring them back. It would be like telling me as a reformed smoker, that now that I have proven that I have quit smoking, I can start smoking one cigarette a day because the effect of one cigarette per day on my health is negligible. I do not think it is a good idea to come back to the foods that caused a weight problem. People that have measured their CCLM (Critical Carbohydrate Level for Maintenance), which is the carbohydrate level intake above which they start gaining weight, find out that it is quite low, around 50 or 60 grams per day for a sedentary person. If this is the case, it is an illusion to think that after losing weight at 20 grams per day in the Atkins Induction, it is possible to add carbohydrates without increasing weight. This is confirmed for me with my current experience of not losing weight even at 30 grams per day.

The Logical Diet shares with the Okinawa diet the inclusion of low carbohydrate vegetables, that are in the low caloric density group but it differs from it in that it does not allow low caloric foods that have high carbohydrate content. The Logical Diet also differs from the Okinawa diet in that it requires the inclusion of a minimum amount of protein that from Okinawa diet point of view is a high caloric density food that is to be eaten sparingly without specifying a minimum requirement. A person in the Okinawa diet could make the mistake of being protein deprived.

The Logical Diet shares with the CRON (Calorie Reduced Optimum Nutrition) the same amount of protein but it goes further in reducing calories by limiting carbohydrates below 30 grams per day. The Logical Diet surprising result is that it is a low calorie diet but without hunger because low carbohydrate vegetables can be added until the feeling of 80% fullness is reached.

All these diets mentioned above eliminate high carbohydrate processed foods from the menu making them healthier than the typical western diet.

A Typical Day

With the simple rules stated above and the use of the menu I can eat what my body needs without having to spend too much time deciding what to prepare and without worrying about counting carbohydrates or calories. To have an idea of what the diet contains in terms of protein,

carbohydrates and calories, I have counted the nutrient content of a typical day to see how it meets the rules.

Breakfast: Eggs with Bacon, Coffee with Cream and Stevia Extract.

Ingredients: 3 eggs, 3 bacon slices, 1 tablespoon butter, salt, pepper, 1 cup of coffee, 1 tablespoon of heavy cream, 1 squirt of stevia extract.

Protein: Each egg has 6 grams and each bacon slice has 2 grams. The rest of the ingredients do not have protein. The total is 24 grams. This breakfast is 4 grams below the requirement of 28 grams per meal that I can compensate later at lunch, dinner, or with a protein snack.

Carbohydrates: Each egg has 1 gram of net carbohydrates. The coffee has 1 gram. The rest of the ingredients do not contain any carbohydrates. This adds up to a total of 4 grams of net carbohydrates which is below the 6 gram maximum for breakfast.

Lunch: Chef Salad

Ingredients: 2 slices of an iceberg lettuce, 1 small Roma tomato, 2 slices of ham, 2 slices of Swiss cheese, 1 tablespoon of olive oil, 1 teaspoon of vinegar, salt, pepper, garlic powder.

Protein: The lettuce has 2 grams of protein. The tomato has 1 gram. The ham has 5 grams per slice and the Swiss cheese has 8 grams per slice. The rest of the ingredients do not have protein. The total is 29 grams of protein. This meets the requirement of meeting or exceeding 28 grams per meal and compensates 1 gram from the ones missing at breakfast.

Carbohydrates: The lettuce has 5 grams of total carbohydrates including 4 grams of fiber leaving only 1 gram of net carbohydrates. The tomato has 6 grams of carbohydrate and 1 gram of fiber yielding 5 grams of net carbohydrates. Each slice of ham or cheese have 1 gram. The vinegar has 1 gram if it is balsamic and 0 grams if it is white vinegar. The rest of the ingredients do not contain carbohydrates. The total is 11 grams, with balsamic vinegar, which is below the 12 gram maximum.

Dinner: Romaine Lettuce Salad, Fish with Lime Butter, Green Beans with Butter, Vanilla Ricotta Cheese Dessert.

Ingredients: 5 Romaine lettuce leaves, 1 tablespoon Parmesan cheese, 1 tablespoon olive oil, 1 teaspoon vinegar, 2 fish fillets, 2 tablespoons of butter, ½ lime, salt, pepper, ½ pound green beans, 4 tablespoons Ricotta cheese, 2 tablespoons heavy cream, 1 squirt of stevia extract, 1 tablespoon of almond slivers and 4 vanilla extract drops.

Protein: The lettuce has 1 gram of protein. The Parmesan cheese has 2 grams. The fish has 21 grams. The green beans have 2 grams. The Ricotta cheese has 7 grams. The total for the meal is 32 grams of protein. This meets the requirement of meeting or exceeding 28 grams and compensates 4 grams missing at breakfast.

Carbohydrates: The lettuce has 1 gram. The green beans have 6 grams. The carbohydrate content of vinegar can vary from 0 grams for white vinegar to 1 gram for balsamic vinegar. The Ricotta cheese dessert has 3 grams for a total of 10 grams with white vinegar or 11 grams with balsamic vinegar. Both numbers are below the 12 gram maximum for dinner. If I want to have wine, I would have to exchange it for the dessert.

Total for the day:

This typical day menu has 85 grams of protein which meets the requirement of exceeding my minimum of 84 grams of protein per day. The total net carbohydrates are 25 grams which meets the requirement of being below 30 grams per day.

Counting Grams of Carbohydrates, Calories and Nutrient Percentages in Calories

Counting calories is sometimes misleading because the body needs and uses the macronutrients in different ways and only carbohydrates behave like fuel when carbohydrates are present in the diet. If there are no carbohydrates in the diet, fat behaves like fuel. The total calories of a meal give an idea of the size of a meal but it is missing the essential information about its content. Counting calories for an automobile would be like counting the gas, the oil and a replacement tire as fuel. Proteins are like the replacement tire. Tires need to be replaced and it is useless to know how much energy a tire releases when it is burned. Another similarity of the tires of an automobile with proteins is that the car can have 4 tires mounted and 1 as a spare. Any more tires in excess of these five cannot be mounted and are thrown away. Proteins are building blocks to repair the body and not used for energy unless carbohydrates and fat are exhausted, which is not likely to happen. Fats are like the oil of the car. The car needs a small amount of oil but it is very critical for the operation of the engine. The engine will break down without the oil that is necessary. Carbohydrate is the only macronutrient that behaves like the fuel of a car. If more fuel is put in a car that it can burn in a day, extra gas tanks would need to be added and the car will look very bulky with many gas tanks.

The wasted protein and fat in a low carbohydrate diet are probably the reason Dr. Atkins thought that a low carbohydrate diet had a metabolic advantage over a low fat diet since the caloric total of a low carbohydrate can be high and still result in weight loss. In a low carbohydrate diet, calories consumed up to 2,700 coming from fat and protein can still result in weight loss while in a high carbohydrate diet, 1,000 calories are sufficient to cause weight gain. A sedentary person burns about 50 grams of carbohydrate per day and eating above 50 grams of carbohydrate is usually enough to gain weight. This is only 200 calories. The amount of calories from carbohydrates that can cause weight gain is small, as shown by one of the other groups in Dr. Kekwick experiment where a diet of 1,000 calories, with 90% coming from carbohydrates, around 225 grams, was sufficient to cause a slight weight gain.

To illustrate the paradigm shift of the Logical Diet, it might be useful to review the calories of the typical day above. If I add the 100 calories from the 25 grams of carbohydrates of the typical

day to the 340 calories from the 85 grams of protein, the total is 440 calories. This is a very low caloric intake assuming that the fat does not count. The fat content of the typical day above is 97 grams. It is less than 35% of 2,700 calories of the typical western diet, which would be 105 grams but it shows as a high percentage number because of the low caloric content of the full diet. Since the calories from fat are 9 calories per gram, 97 grams of fat will correspond to 873 calories. The total for the typical day above totals 1,313 calories for the day. This is a low caloric number for three full meals. If I look at the percentage of calories, the composition of the typical day is 67% calories coming from fat, 26% calories coming from protein and only 8% of calories coming from carbohydrates. This composition is very different than the typical western diet of 50% calories from carbohydrates, 35% calories from fat and 15% calories from protein of a total of 2,700 calories. The high percentage of fat of this diet is initially surprising but it should have been logically expected. If there are three macronutrients, protein, fat and carbohydrates and one of them (carbohydrates) is limited to a small amount, the remaining diet could have ended up with 50% protein and 50% fat but since the Logical Diet is also limiting protein to just exceed the minimum required, then there is only fat to fill the gap. The high percentage of fat in calories is exacerbated because fat has 9 calories per gram which makes us count it as more than double than the 4 calories per gram that protein or carbohydrates have. In the absence of carbohydrates, fat does not affect the blood sugar level and instead of being the demon being blamed for obesity, it becomes the an innocuous filler that results in satiety while the low carbohydrate vegetables are the innocuous filler for volume. This percentage of fat of the diet measured in percentage of calories increased mainly because we removed the carbohydrates and limited the protein and not because fat was added. The consumption of this amount of fat does not worry me because the studies done in my heart show that eating this way for fifteen years has not clogged my arteries. I believe that the clogging of the arteries is caused by the conversion of dietary carbohydrates into body fat and since I am no longer eating carbohydrates, I expect my arteries to stay clean. I am also not worried that this fat will increase my weight because my experience has been that it has actually helped me to reduce it. The reduction of carbohydrates has been the main determinant in my weight. Another reassurance that I give myself about the fat content of the Logical Diet in percentage of calories is by comparing it to the composition of an egg. I think that the egg is the closest food that I know to be a perfect because the whole life of a chicken can be developed from it. Studying the composition of an egg, I can get a clue from nature about the composition of a healthy diet. A large chicken egg that weights 50 grams has 71 calories of which 63% are from fat, 35% from protein and only 2% are from carbohydrates. This high percentage of fat and protein in an egg is probably not a coincidence. It is what life needs to be born and grow fast. The shift from a diet that is mainly carbohydrates to one that is fat and protein in caloric percentages requires a paradigm shift where a person that measures calories or percentage of calories has to accept that it is healthy to switch from a typical western diet of 50% carbohydrates, 35% fat and 15% protein of 2,700 calories to a low carbohydrate diet of 65% fat, 27% protein and 8% carbohydrates of 1,337 calories. Another surprising fact about the typical day above is the low caloric content of the typical day given the fullness of the three meals

included. The Logical Diet might be the only restricted calorie diet available that can be enjoyed without hunger.

Eating Out

Some of my favorite places to eat out are Denny's or Village Inn, where I can have an egg breakfast any time of the day. I ask them to hold the toast and bring me eggs with bacon with a cup of coffee and cream. Knowing what I know, I will not ever again order pancakes with syrup. One day my twelve year old son and I went into a breakfast restaurant and we both ordered eggs with bacon and coffee. We declined the bread and the orange juice and the waitress looked at me with reproach as if I was being an irresponsible father. I wish I could explain to her how proud I am that my son is slender as a result of him following most of his dad's guidelines. Eating out for breakfast for me is a great pleasure if I can find eggs. If I do not find eggs because it is too late in the morning, I order a salad with protein and call it a lunch.

For lunch, instead of ordering the typical combo meal at a fast food restaurant, I order a salad with non-breaded chicken. Most of these salads have less than 12 grams of net carbohydrates and about 4 ounces of protein. With this kind of meal, I am eating a small fraction of the carbohydrates that a typical hamburger combo meal has. The typical hamburger combo meal has 42 grams of net carbohydrates in the bread, 62 grams in the French fries and 58 grams in a 21 fluid ounce sugar soda. This is a total of 162 grams in a single meal and it is more than 13 times the recommendation of no more than 12 grams per meal.

For dinner, some of the entries in restaurants have sufficient protein and are low enough in net carbohydrates to fit a low carbohydrate diet but the sidings, such as potatoes or rice, have to be substituted for steamed vegetables or green beans to keep the carbohydrate content of the complete meal below 12 grams. My boys like to order dessert but the serving sizes are so huge that we order one for everybody with four spoons. My wife and I will have a teaspoonful each just for the taste and we let the boys finish the dessert at the cost of listening to a sermon from their dad on the effect that the sugar dessert has on their health.

The Gradual Approach

Fifteen years ago I went into the Atkins Induction Diet; I stayed on it for three weeks and lost thirteen pounds. I felt great, I was never hungry and I did not feel any adverse effects. I have been in the diet less strictly since then and my weight has stabilized at a level higher than my ideal weight. One of my sisters abandoned the Atkins Induction Diet because she felt dizzy and constipated. I did not have these symptoms. I have never felt ill due to my low carbohydrate diet. I have read that the dizziness can occur from the large amount of salt and water that is lost at the beginning of a low carbohydrate diet and the constipation can come from not eating enough salads, low carbohydrate vegetables, or fat. I drink plenty of liquids, use salt in my food, eat low carbohydrate vegetables and salads and never suffered any problems.

The recommendation I gave to my sister was to switch to a low carbohydrate diet one step at the time instead of trying to do it all at once. Maybe one week in each step will put her in the right direction. These are the steps that I recommended to her:

1. The first thing that I told her to do is to make sure that she eats the right amount of nutrients every day. This means that she needs to find out if she is getting the right amount protein, vitamins and minerals. She needs to be eating the volume of protein food the size of the palm of her hand three times per day. This would be about 12 ounces per day or 4 ounces per meal for her. A great dietetic mistake that many people make trying to avoid fats is to neglect their protein intake. One example of this error is to have cereal and fruit for breakfast without any protein instead of having at least one egg. I think that people are hungry for protein, they eat carbohydrates and they stay hungry for protein. This hunger for protein plus the high insulin content of their blood due to the high level of carbohydrates in the diet makes them hungry again in two hours and makes them eat continuously throughout the day without ever becoming satiated. I eat three eggs for breakfast late in the morning and I will not be hungry until late in the evening. Eating the right amount of protein in every meal will help her to reduce her hunger and it should help her to reduce the amount of carbohydrates that she would otherwise consume. In this stage, the purpose would be to force oneself to eat the right amount of protein and let the protein food “crowd out” as many carbohydrates as possible. Eating eggs for breakfast every day would solve one third of her nutritional needs. She should also make sure that she takes a multi-vitamin supplement.

2. The second step would be to eliminate all the carbohydrates that can be easily eliminated. In this step most of the high carbohydrate processed foods should be eliminated. I suggested to change her sugar drinks for diet drinks and to eliminate breakfast cereals, candy, cakes, donuts, chocolates, potato chips, corn chips and any foods that are almost pure processed carbohydrates. I asked her that if she is not totally convinced about reducing the carbohydrate intake to less than 30 grams per day, at least have apples instead of donuts. Snacking should be done with low carbohydrate snacks, such as cucumbers or lettuce instead of potato or corn chips. Although this step might not result in weight loss, it is the most important step to improve her longevity and health because of the elimination of high carbohydrate processed foods.

3. The third step would be to replace high carbohydrate side dishes and snacks with low carbohydrate alternatives. This means to have broccoli, cauliflower, or spinach instead of rice, pasta, potatoes, corn, or beans.

4. The fourth step would be to minimize and eventually eliminate the rest of the carbohydrates that might have been difficult to eliminate because they were be part of the habit of eating such as the inclusion of bread, corn tortillas or fruits in the diet. A coworker of mine used to eat ½ pound of corn tortillas in every meal until he was hospitalized for problems related to his obesity. The elimination of high carbohydrate foods that are difficult to eliminate because they are part of

an eating habit can be gradual. First minimize the amount, knowing the large amount of carbohydrate that the food contains and after doing this for some time, eliminate them totally.

5. The final step is to make sure that the net carbohydrate intake per day is below 30 grams. This should be distributed, according to Dr. Bernstein's recommendation, as no more than 6 grams at breakfast, no more than 12 grams at lunch and no more than 12 grams at dinner. I would have liked to say that weight loss can be experienced in some of the previous steps but if a person is sedentary and only burns 50 grams of carbohydrate per day, weight loss might not be experienced until the carbohydrate intake is below 30 grams per day.

The Breathing Analogy

I take a breath of air approximately every five seconds. If I stop breathing to see how long I can last, it only takes thirty seconds to find out. I have to breathe again. Breathing is an automatic function of the body taking oxygen, the first nutrient. When I take a breath, I want to breathe clean and fresh air that has the right percentage of oxygen but I cannot tell if the air I am breathing has enough oxygen. Sometimes I can tell if there is something wrong with the air because my senses of smell and sight will tell me if the air has too much smog but my senses are not error proof in this regard. I cannot detect if I am breathing a healthy percentage of oxygen or if an odorless lethal gas, like carbon monoxide, is present in the air. I have to make sure through other means, like the city air quality report, that my environment has healthy fresh air. This means that I have two lines of defense to make sure that I breathe the correct air: my senses and my knowledge of the air. I can use my senses to detect an irregular situation that might occur in a given moment, like a dust storm, but the main reason that I am comfortable about the air that I breathe is that I think is that I live in a desert. I live at the edge of the city in a desert where the air is usually very clean. I can make an analogy between breathing and eating. If I stop eating, I get hungry in a few hours. To satisfy this need of hunger I want to eat food that is good. I can rely on my senses to detect that the food is not spoiled but unfortunately, there are too many foods that taste good but are not good for my health, such as the ones containing sugar. This means that I cannot rely solely in my senses to choose the right foods. I have to use my mind and my knowledge of the foods and how they work in my body to decide what to eat if I want to stay healthy. The knowledge that Drs. Michael and Mary Eades, MD share in their "Protein Power" book makes it very clear to me that protein is the third most important nutrient, after oxygen and water and that I have to take special care to make sure that it is included in my diet. The knowledge that Dr. Bernstein shares after experimenting on himself in order to survive his type I diabetes is that ingesting carbohydrates increases blood sugar levels causing a blood sugar level rollercoaster and other many unhealthy effects and that there are no essential carbohydrates, including fiber, needed for a healthy long life. The knowledge that have gained from reading about the Okinawa and CRON diets is that I eat too much and longevity is achieved with the lowest possible caloric intake but without leaving any necessary nutrients out. The evidence from these two diets is that eating small amounts and being thin is important for longevity. Summarizing all this knowledge, I have concluded that the best diet for longevity is a low

carbohydrate diet, with the right amount of protein and micronutrients, with plenty of low carbohydrate vegetables but resulting in a low calorie count. This simple conclusion was hard to sort out from all the available information because we are flooded with confusing information trying to convince us, for sales reasons, what we want to believe anyway: that all the food that tastes good is good. Bread tastes great and there are thousands of people ready to convince me to buy it. It did not used to be a hard job to convince me because I enjoyed bread in many ways. It took an intellectual effort based on the research mentioned in this book to arrive at the conclusion that bread is not good for my health and I have to refuse it in the thousand places where it is offered. I cannot blame the people that offer to me and tell me that it is good. It is their honest belief.

The reasons that we have an obesity and diabetes problem of epidemic proportions are simple. First, sugar and carbohydrates taste good, they are easily available and we like to eat them. Very few people do research to find out if what they are eating is good or not. Second, carbohydrates are inexpensive and they sell well. Businesses are motivated to make something inexpensive that sells at a good price allowing a good profit margin that provides money to make a lot of marketing. Third, many people have a hard time knowing what to cook and what to eat, including carbohydrates, so asking the question of what to cook without carbohydrates becomes even harder. People will tend to eat and cook what is readily available and easy to cook and carbohydrates meet this requirement. Fourth, the bad effects of sugar and carbohydrates are not immediate and are not evident. It takes several years to show its ill effects.

The Carbohydrate Hunger Cycle

Lack of protein in the diet causes a hunger for protein that is not satisfied with carbohydrates and a person without the right amount of protein in the diet might always be hungry for this reason. Eating the right amount of protein would eliminate this hunger for protein and hopefully displace a significant amount of carbohydrates from the diet but unfortunately, I think that this is not enough to eliminate hunger. I think there is a vicious carbohydrate hunger cycle that starts when a large amount of carbohydrates is ingested in any meal. The cycle goes like this: If I wake up with a normal blood sugar level of 90 mg/dl and I eat a breakfast consisting of cereal, fruit and milk, containing 50 grams of carbohydrate or more, my blood sugar level would start climbing on its way to 340 mg/dl (this is 50 grams times 5 mg/dl increase per gram plus 90 mg/dl which is the starting level of the blood sugar after one night sleep). My pancreas would produce all the insulin that it can to slow down the blood sugar climb and get back to 90 mg/dl as soon as possible. If my pancreas is in good shape, my blood sugar level will not reach 340 mg/dl and it will come back down after an initial peak. In a few hours, if I do not eat or drink anything, my blood sugar level will be reach 90 mg/dl again and it will be under control but the new problem that I will now have is that the insulin level in my blood will be high and it will make my blood sugar level go too low too fast. This will feel like hunger and I will have to eat again. This hunger effect will exist independently of the amount of protein eaten. To break this carbohydrate hunger cycle, the amount of carbohydrates consumed at all meals has to stay low.

The Ketone Test Strips

To find out if I am eating correctly and not affecting my blood sugar level, I would have to test my blood sugar in the morning and thirty minutes after every meal. I should be looking for a blood sugar level that would not be too far from 90 mg/ml. This would be too painful because I would have to extract a drop of blood by poking myself at least four times per day. This is how Dr. Bernstein made his discoveries. There is an easier but indirect way to tell if my blood sugar level is stable. The procedure works as a reinforcement that the diet is working. If my carbohydrate intake is below 30 grams per day, my blood sugar level will be stable and in about three days, my body runs out of stored carbohydrates in the form of glycogen. When this happens, my body switches to a fat burning or ketosis metabolism. When the body is burning fat, it produces ketones, which are detectable in the urine. There are ketone strips available that can tell me if my body is in a fat burning or ketosis metabolism. By deduction, if I am in a fat burning or ketosis metabolism, my blood sugar level cannot be over 90 mg/ml. The ketone strip test is a good reinforcement that confirms that I am a fat burning or ketosis metabolism and have kept my blood sugar level constant. I get upset with myself when I find out the next morning that I am no longer in ketosis because the previous night I had some tortilla chips. When I do not follow the diet in a meal, it takes two or three day to show ketones again and taking so long to get back helps to reinforce my commitment not to eat foods high in carbohydrates. Ketone strips do not require a prescription and are available at Wal-Mart in the open shelf diabetic section of their pharmacy at around \$6.00 per 50 strips.

Ingredient Tips

Most recipes are better prepared with fresh ingredients but whenever possible and if the results are not too bad, I buy frozen ingredients to avoid the urgency of having to use them right away. My experience with fresh, frozen and canned ingredients is summarized in the following ingredient alphabetical list:

Avocados are hard to find at the right ripe point. They are usually green or past their prime. I buy them green and let them become ripe at home at room temperature to eat them at the right time. A ripe avocado can be felt to yield to gentle pressure from the palm of the hand without using your fingertips.

Butter that is unsalted allows the control of the salt separately. Real butter has a better flavor and it is healthier than butter substitutes, like margarine, that are made up with hydrogenated vegetable oils proven to increase the bad LDL cholesterol. Another good reason to use real butter is that the French Chefs use it and it is one of the reasons that French food tastes so good.

Cabbage is available already shredded in bags with shredded carrots included. This is acceptable for quick consumption but it does not last a week. A fresh cabbage head lasts a long time in the refrigerator and it is good for several servings.

Cheese is easy to use for snacking and cooking when it is already sliced. I find that the slices melting in the microwave on top of broccoli or eggs give a better result than shredded cheese.

Chicken breasts are better fresh but I buy them frozen to avoid the urgency to cook them. Defrosting a chicken breast in the microwave to the point that it can be sliced takes only one minute under high power.

Eggs must be kept in the refrigerator at all times until it is time to use them.

Fish tastes better when it is bought frozen and thawed at home. Most of the supposedly fresh fish shown at the store was transported frozen and thawed at the store. The fish will taste better if it is thawed at home just before cooking.

Garlic is much better fresh than in powder form but in the interest of cooking fast, I use garlic powder. This is garlic powder, not garlic salt. Garlic powder is pure garlic and garlic salt is mainly salt. I prefer to control the salt separately.

Green Beans are available in some places in pre-cut microwave-ready bags. This packaging is a great advantage over stringing, washing and cutting fresh green beans. Green beans can also be bought frozen. Frozen green beans have an acceptable taste, they are not as good as fresh green beans, but they are very convenient. Canned green beans can be drained and heated in a microwave oven or eaten cold. They are a good snack but they have quite a different flavor and texture than fresh green beans. I buy a microwave bag of fresh green beans if they are available and always keep a bag of frozen green beans in the freezer. I also keep several cans in the pantry.

Lettuce keeps longer in its core. There are bags of pre-washed lettuce that are very convenient but they have to be consumed in 2 or 3 days. I buy 2 or 3 bags but I also buy 1 lettuce head to use toward the end of the week. I use 1 large slice of a lettuce or 2 small slices for a single serving.

Limes are a borderline fruit due to their carbohydrate content. The juice of 1 medium lime has 4 grams of net carbohydrates. I can have limeade or lime with cream cheese but only one per day.

Mushrooms are sold sliced for the same price as whole and they last almost as long.

Sirloin Steaks are better fresh but I buy them frozen to delay the decision to cook them. One of the advantages of frozen steaks is that they are cheaper. Frozen steaks are not the best for grilling but they are quite acceptable for stir-fry meals. A frozen steak can be sliced after defrosting in a microwave oven for 1 minute under high power.

Skinnygirl™ stevia extract is a new product that was long overdue. It comes in a squeeze bottle that contains zero sugar. One squeeze is equivalent to 1 teaspoon of sugar. This is a product that fits a low carbohydrate diet better than the packets of sugar substitute packages that contain almost 1 gram of sugar. One bottle of this stevia extract is good for 160 squeezes.

Spinach is available in pre-washed ready to eat bags. This is a big time saver over washing and removing the stems from a fresh bunch of spinach but it is more expensive. To wash spinach coming from a bunch, cut the stems from the bunch and place all the leaves in a large container filled up with fresh water. Move the spinach around for the dirt to go the bottom of the container. Pick each leave and remove any stem that is left and place the clean leaves in the colander of the salad spinner. When all the stems have been removed, fill the salad spinner with fresh water for a second rinse and swish the spinach leaves again. Lift the colander from the salad spinner and drain the container. Return the colander to the salad spinner container and spin the spinach to remove the rest of the water. Frozen chopped spinach can be a substitute but it does not looks or tastes as good as fresh spinach. Canned spinach is the last option.

Tomatoes are a borderline vegetable due to their carbohydrate content. They are a kitchen vegetable but a botanical fruit. Fresh tomatoes are cut green and have lower carbohydrate content than canned tomatoes. Tomatoes are in Dr. Bernstein's "no-no" list in all its forms except for a slice on a salad. A small Roma tomato has a net carbohydrate content of 5 grams and fits in a 12 gram budget if it is the only large net carbohydrate contributor.

Vinegar comes plain and in different flavors. Most of them have zero carbohydrates with the exception of balsamic vinegar that has 3 grams of sugar in a tablespoon. Nonetheless, I use balsamic vinegar because I prefer the combination of a good olive oil and good balsamic vinegar on my salads over any of the commercial salad dressings. At a restaurant I usually order blue cheese dressing because they seldom have good oils or vinegars. I use 1 teaspoon of balsamic vinegar per salad which adds 1 gram of net carbohydrates.

Water is easier to drink when it is fresh instead of too cold. If the water from the faucet is drinkable, this is my first choice. I take cold water from the refrigerator door only if I want to drink it cold and slowly. I pick a cold bottle of water when I leave the house. Another new product available today is squirt bottles from Crystal Light, Wal-Mart and other suppliers that can be squirted in a bottle of fresh water to give it flavor. They have zero carbohydrates. Plain or zero carb flavored water is a better option than drinking a regular 12 ounce soda that contains 39 grams of sugar.

Kitchen Equipment Tips

The equipment to make these recipes is standard kitchen equipment. I will just mention a few pieces and the features that I find useful:

A **Cutting Board** that large enough to cut vegetables but small enough to fit in the dish washer is convenient to avoid washing it by hand. Two cutting boards are better than one because one can be used for raw meat and the other one for fresh vegetables. Separate knives have to be used to avoid the possibility that the bacteria from raw meat or chicken transfers to any ingredients that will be eaten without cooking.

A **Colander** to rinse and drain lettuce is also useful to keep the lettuce draining while other preparations are being made. A large salad spinner has a large colander and there is no need to buy a separate colander. Place the cut lettuce in the colander inside the container of the salad spinner, fill it up with fresh water, swish the lettuce in the cold water to rinse and lift the colander leaving the water behind. Drain the container and place the colander back to spin the lettuce.

A **Drip Coffee Maker** that shuts off automatically after a certain amount of time prevents the coffee from burning and leaves it in good shape for iced coffee later in the afternoon.

A large **Frying Pan** is a 12 inch pan that is used for stir-fry meals that have a great volume of vegetables. A medium **Frying Pan** is a 9 inch pan that is used for most of the stove top cooking.

A manual **Lime Juicer** that squeezes half of a lime at a time and keeps the seeds is faster and more convenient than a counter juicer or squeezing limes with your fingers.

A large **Plastic Container** to fill with water and place fish to defrost has to be at least 2 quart capacity.

A large **Salad Spinner** has a colander inside a bucket can be filled with water to rinse lettuce and spinach. The vegetable can be swished in the water and left for a few seconds and then the colander can be lifted from the container leaving the dirty water behind. The container can be drained, replaced back, and the vegetable is now ready for a spin.

A medium **Saucepan** has a 2 quart capacity to accommodate ½ pound of vegetables. A small **Saucepan** has a 1 quart capacity and is large enough to cover an egg with water to cook a hard-boiled egg.

A **Tea Kettle** that whistles when the water is steaming saves me from watching the time.

A set of **Tongs** to turn meat and vegetables over is also very useful to pick up cooked food leaving the excess water or fat behind.

A **Turner** that is flat and small is useful to flip eggs individually and to fold the food often.

A **Vegetable Peeler** is necessary to peel cucumbers.

[The Recipes](#)

The menu entries are hyperlinked to the title of the recipes. When it is time to eat, I look at the menu to pick something to eat and I click on the menu entry to go to the recipe. I review the recipe to remember how to cook it, I take the ingredients out of the refrigerator and I start cooking. I have added the quantities of the ingredients in the body of the recipes because I like to see the quantities at the moment of making the recipe without having to go back to the ingredient list. The heading of each recipe is hyperlinked to the top of the menu.

[Almost Caesar Salad with Shrimp](#)

5 Romaine lettuce leaves, 5 ounces of frozen cooked peeled shrimp, 2 tablespoons of olive oil, 1 teaspoon of vinegar, 2 tablespoons of Parmesan cheese, 1 teaspoon of mustard, 1 tablespoon of mayonnaise, 1 lime, salt, pepper, garlic powder.

Place 5 ounces of frozen cooked shrimp in a plastic container with cold water to defrost. Remove 1 lettuce leaf from the core of a Romaine lettuce. Rinse it on both sides under running cold water, dry it with a clean paper towel and place it flat in a large serving plate. Repeat for 4 more leaves. Leave the remaining leaves in the lettuce core for future use. In a medium size mixing bowl, put 2 tablespoons of olive oil, 1 teaspoon of vinegar, 2 tablespoons of Parmesan cheese, 1 teaspoon of mustard, 1 tablespoon of mayonnaise, the juice of 1 lime, salt, pepper and garlic powder. Mix it well with the spoon that was used to add the mayonnaise. Drain the shrimp. Fill the container with cold water again, rinse and drain again. If the shrimp is not defrosted, keep on rinsing the shrimp again with cold water until it is defrosted but leave the shrimp as cold as possible. Pick the shrimp with your fingers leaving the water behind and add it to the dressing in the bowl. Fold the shrimp with the dressing. Place 1/5 of the shrimp with dressing on each of the lettuce leaves following the length of the leaves. Sprinkle with more Parmesan cheese if desired. Eat by picking up the lettuce leaf with your fingers and start biting from the narrow side. Fold the wider side of the lettuce leaf as it becomes smaller.

[Avocado with Vinegar](#)

1 small avocado, 1 teaspoon of vinegar, salt.

Pick an avocado that is ripe, not too hard and not too soft. It should yield to gentle pressure from the palm of the hand. Do not use your fingertips to test the avocado. If the avocado is too hard, leave it a few days in the vegetable basket at room temperature to ripe. Wash the avocado. Remove the small pin that sometimes is still attached at the stem point. Cut the avocado in half around the pit, in the long side and through the stem point to have two equal halves. The stem point should also be cut in half to avoid having a hole in one of the halves. Separate the halves with both hands. Remove the pit by sticking the sharp middle of a knife in the pit and twisting it. Salt the two halves. Pour a few drops of vinegar in the hole of each of the halves. With a small metal spoon, take some of the avocado pulp, dip it in the vinegar and eat it.

[Bacon, Lettuce and Tomato Salad](#)

2 slices of an iceberg lettuce, 5 bacon strips, 1 small Roma tomato, 1 tablespoon of mayonnaise, 1 teaspoon of mustard.

Place a kitchen paper napkin in a microwave safe dish. Place 5 bacon slices on top of the kitchen paper napkin. Cover with another paper napkin and cook in the microwave oven for 4 minutes on high power. Cut 2 slices from an iceberg lettuce leaving the rest of the lettuce attached to the

core for future use. Cut the lettuce slices into bite-size pieces. Put the lettuce pieces in the colander inside a salad spinner and fill with cold water. Swish the lettuce to rinse. Lift the colander and throw away the dirty water. Return the colander to the salad spinner and spin it to remove any remaining water. Put the lettuce in a serving plate. Wash a small Roma tomato, core the button, cut it in eight pieces and place the pieces on top of the lettuce. Add 1 tablespoon of mayonnaise in a mound in the center of the lettuce. Sprinkle the rest of the lettuce with dots of mustard. Remove the bacon from the kitchen napkins and cut it in small pieces on top of the lettuce with kitchen scissors. Eat by combining several of the ingredients in each bite.

Beef with Broccoli

1 sirloin steak (5 ounces), ½ pound of frozen broccoli florets, 1 onion slice, 1 tablespoon of soy sauce, 1 tablespoon of olive oil, 1 tablespoon of butter, garlic powder.

Place ½ pound of frozen broccoli florets in a saucepan. Add ½ cup of water. Cover. Bring to a full boil over high heat. When the water starts boiling, separate the broccoli florets with a fork. Reduce heat to medium, cover and simmer for 5 minutes. Defrost a sirloin steak in the microwave for 1 minute under high power. Take the steak out of the microwave and cut it into thin strips. Heat 1 tablespoon of butter in a large frying pan. When the butter starts to sizzle, swirl the pan to cover the bottom of the pan. Add 1 tablespoon of olive oil and swirl the pan again to mix the oil with the melted butter. Brown the meat in the oil and butter mixture. Dice 1 onion slice. When the meat is brown, add the diced onion. If the broccoli is not ready, turn off the heat of the meat. When the broccoli is ready, drain it, add it to the beef and fold under high heat. Add 1 tablespoon of soy sauce and sprinkle with garlic powder. Fold again. When the broccoli, onion and the meat are well integrated, turn the heat off and serve. Add more soy sauce if desired. Serve without rice.

Beef with Spinach and Mushrooms

1 sirloin steak (5 ounces), 2 ounces of pre-washed spinach, 1 handful sliced mushrooms, 2 celery stalks, 1 onion slice, 1 tablespoon of soy sauce, 1 tablespoon of butter, 1 tablespoon of olive oil.

Defrost a sirloin steak in the microwave oven for 1 minute under high power. Cut it into thin strips. Place 1 tablespoon of butter a large frying pan under high heat. When the butter starts to sizzle, swirl the pan to cover the bottom with the butter. Add 1 tablespoon of olive oil and swirl the pan to mix well the oil with the butter. Brown the meat in the oil and butter mixture. Cut a slice from an onion and dice it. When the meat is brown, add the diced onions. Cut the ends of 2 celery stalks, wash them and slice them. Add them to the meat. Add 1 handful of sliced mushrooms. Fold and sauté until the mushrooms are cooked, about 2 minutes. Add 1 tablespoon of soy sauce and ¼ cup of water and fold. Spread the beef and vegetable mix evenly on the pan and cover it with fresh washed spinach. Cover the pan and lower the heat to medium low. When the spinach is wilted, in about 3 minutes, fold again, turn the heat off and serve. Add more soy sauce if desired. Serve without rice.

Black Olives

1 can of black olives (6 ounces dry weight).

Open 1 can of black olives. Drain the liquid by using the top of the can to hold the olives. Serve the olives in a bowl. Chill if desired. Eat the olives with a toothpick or a small fork. A can of black olives can be chilled before opening by placing the unopened can in the refrigerator ahead of time. Save left over olives in a plastic container with a lid. Never store food in the refrigerator in an opened tin can.

Broccoli with Cheddar Cheese

½ pound frozen broccoli florets, 2 slices of Cheddar cheese.

Place ½ pound of frozen broccoli florets in a sauce pan. Add ½ cup of water. Cover. Bring water to a full boil over high heat. When the water starts to boil, separate the broccoli florets with a fork. Reduce the heat to low, cover again and simmer for 5 minutes. Drain. Place the broccoli in a microwave safe serving plate. Cover with the 2 slices of cheddar cheese tearing the cheese slices where necessary to cover the entire broccoli. Place the serving plate with the broccoli and cheese in the microwave oven for 30 seconds in high power to melt the cheese. Serve hot.

Brussels Sprouts with Salt and Pepper

½ pound frozen Brussels sprouts, salt, pepper.

Place ½ pound of frozen Brussels sprouts in a medium sized pan. Add ¼ cup of water. Cover and place on high heat. When the water starts to boil, stir the Brussels sprouts with a fork. Reduce the heat to low, cover again and simmer for 6 minutes. Drain. Place the Brussels sprouts in a serving plate. Add salt. Add pepper if desired.

Cabbage with Butter

1 cabbage slice, 1 tablespoon of butter, salt.

Cut 1 slice from a cabbage head. Cut it into bite-size pieces. Place the cabbage in a saucepan. Fill the saucepan with cold water. Move the cabbage in the water to rinse it. Drain it. Add ½ cup of water. Cover the saucepan and bring it to a boil under high heat. When the water starts to boil, lower the heat and simmer to desired tenderness, about 5 minutes for crisp or 10 minutes for soft. When the cabbage is cooked to the desired tenderness, drain it and return it to high heat. Make a hole in the cooked cabbage and place 1 tablespoon of butter in the hole having the butter touch bottom of the saucepan to start melting. Add salt. Add pepper if desired. When the butter is fully melted, fold to mix well. Serve hot.

Cauliflower with Parmesan Cheese

½ pound of frozen cauliflower, 2 tablespoons of Parmesan cheese.

Place ½ pound frozen cauliflower in a saucepan with ½ cup water and cover. Bring to a boil under high heat. When the water starts to boil, stir and reduce it to low heat. Cover and simmer for 9 minutes or until tender. Drain. Place the drained cauliflower in a serving plate. Sprinkle with 2 tablespoons of Parmesan cheese and serve.

Celery with Cream Cheese

1 celery stalk, 1 ounce of cream cheese.

Remove 1 celery stalk from a celery head. Wash it with cold water. Cut and discard the ends. Dry the celery with a clean dry paper towel. With a knife, cut a small piece from the cream cheese and place it in the celery canal. Fill the whole celery stalk with 1 ounce of cream cheese. Eat cold.

Cheese Slice

1 cheese slice.

Remove 1 cheese slice from its package. Reseal the package and return it to the refrigerator.

Chef Salad

2 slices of an iceberg lettuce, 2 slices ham, 2 slices of Swiss cheese, 1 small Roma tomato, 1 radish, 1 round of a green pepper, 1 tablespoon of olive oil, 1 teaspoon of vinegar, salt, pepper, garlic powder.

Cut 2 slices from an iceberg lettuce leaving the rest of the lettuce attached to the core for future use. Cut the lettuce slices into bite-size pieces. Put the lettuce pieces in the colander inside a salad spinner and fill it with cold water. Swish the lettuce to rinse. Lift the colander and get rid of the water in the container. Return the colander to the container and spin the lettuce. Put the lettuce in a serving plate. Wash a small Roma tomato, core the button, cut it in eight pieces and place it on top of the lettuce. Remove 1 radish from a bunch. Wash it, cut the ends, slice it and add it to the lettuce. Tear the ham and cheese slices into bite-sized pieces and spread the pieces on the lettuce. Wash 1 green pepper and cut it across to get a round. Place the round on the salad. Pour 1 tablespoon of olive oil over the salad. Sprinkle with 1 teaspoon of vinegar. Add salt. Add pepper if desired. Add garlic powder if desired.

Chicken Chef Salad

2 slices of an iceberg lettuce, 1 cup of left-over rotisserie chicken, 1 small Roma tomato, 1 radish, 1 round of a green pepper, 1 tablespoon of olive oil, 1 teaspoon of vinegar, salt, pepper, garlic powder.

Cut 2 slices from an iceberg lettuce leaving the rest of the lettuce attached to the core for future use. Cut the lettuce slices into bite-size pieces. Put the lettuce pieces in a colander inside a salad spinner and fill it up with cold water. Swish the lettuce to rinse. Lift the colander and throw away the water in the container. Return the container to the container and spin the lettuce. Put the lettuce in a serving plate. Wash a small Roma tomato, core the button, cut it in eight pieces and place it on top of the lettuce. Remove 1 radish from a bunch. Wash it, cut the ends, slice it and add it to the lettuce. Wash 1 green bell pepper. Cut 1 round by cutting across the bell pepper. Add the round to the salad. Remove 1 cup of chicken meat from a left over rotisserie chicken using your fingers. Dice it if desired. Place the chicken meat in a microwave safe dish and warm it up in the microwave oven for 1 minute if desired. Place the chicken meat on top of the lettuce. Pour 1 tablespoon of olive oil over the salad. Sprinkle with 1 teaspoon of vinegar. Add salt. Add pepper if desired. Add garlic powder if desired.

Chicken Nuggets

1 frozen skinless boneless chicken breast half, 1 tablespoon of butter, 1 tablespoon of olive oil, salt, pepper.

Rinse 1 frozen skinless boneless chicken breast half in cold water to remove any outside ice. Place in a microwave safe plastic container and defrost in the microwave oven on high power for 1 minute. Remove the breast half from the microwave. The chicken should have defrosted enough to be able to slice it. Rinse it again and slice it in ¼ inch slices. Cut any large slices in half so that all the chicken is in nugget size pieces. Place 1 tablespoon of butter in a medium nonstick pan over high heat. When the butter starts to sizzle, swirl the pan to cover the bottom of the pan with melted butter. Add 1 tablespoon of olive oil and swirl the pan again to mix the oil with the butter. Place the nuggets in one layer on the hot butter and oil and cook over high heat. Add salt and pepper. When the nuggets are golden in the bottom, turn them over to cook the raw side. Add salt and pepper to the cooked side. When the nuggets are golden on both sides, pick them up with a set of tongs and place them in plate with a paper napkin to absorb the excess oil and butter. Place the nuggets in a serving plate.

Chicken Salad

1 cup of left-over rotisserie chicken meat, 5 Romaine lettuce leaves, 1 tablespoon of unsweetened dill relish, 1 tablespoon of mayonnaise, ½ lime, salt, pepper.

In a medium mixing bowl, combine 1 tablespoon of mayonnaise, 1 tablespoon of unsweetened dill relish, the juice of ½ lime, salt and pepper. Mix well. Remove the meat from a cold left-over rotisserie chicken. Dice the chicken fine and add it to the dressing. Fold to mix well. Remove 1 leaf from a Romaine lettuce. Wash it on both sides under cold running water. Shake off excess water. Dry it with a clean paper towel and place it in a large serving plate. Repeat for 4 more leaves. Serve 1/5 of the chicken salad along the length of every leaf. To eat, pick up a lettuce leaf

with your fingers keeping the chicken salad inside. Start eating from the narrow side and fold the lettuce around the chicken salad as the leaf becomes smaller.

Chicken Stir-Fry

1 frozen skinless boneless chicken breast half, 1 onion slice, 1 celery stalk, 1 green bell pepper, 1 handful of sliced mushrooms, 1 slice of cabbage, 1 tablespoon of soy sauce, 1 ounce of slivered almonds, 1 tablespoon of olive oil, salt, pepper, garlic powder, hot Louisiana sauce.

Rinse 1 frozen skinless boneless chicken breast half in cold water to remove outside ice. Place in a microwave safe plastic container and defrost in the microwave oven on high power for 1 minute. Microwaving for 1 minute should be sufficient to be able to slice it. Remove the chicken from the microwave, rinse it again and slice it in ¼ inch slices. Cut the slices in strips. Heat 1 tablespoon of butter in a large frying pan over high heat. Swirl the pan to distribute the butter. Add 1 tablespoon of olive oil and swirl the pan again to mix with the butter. Brown the chicken in the butter and olive oil mixture. Cut 1 slice from an onion, dice it and add it to the chicken. Wash and slice 1 celery stalk and add it to the chicken. Wash 1 green bell pepper, cut the sides, remove the seeds and veins, cut it in strips in the short side and add it to the chicken. Add 1 handful of sliced mushrooms. Add 1 ounce of slivered almonds. Fold. Sauté until the mushrooms are cooked. Add 1 tablespoon of soy sauce. Add ¼ cup of water. Cut 1 slice of a cabbage head and cut the slice into bite-size pieces. Place the cabbage in the colander of the salad spinner and fill it up with fresh water. Swish the cabbage to rinse. Lift the colander leaving the water behind. Spread the shredded cabbage on top of the chicken. Cover and cook for 5 minutes. Fold well. Add salt. Add pepper if desired. Add garlic powder if desired. Add hot sauce if desired. Fold again. Serve hot and without rice.

Chocolate Ricotta Cheese

2 heaping tablespoons of Ricotta cheese, 1 tablespoon of heavy cream, 2 stevia extract squirts, 1 tablespoon of cocoa powder, 1 tablespoon of almond slivers.

Place 2 heaping tablespoons of Ricotta cheese, 1 tablespoon of heavy cream, 2 squirts of stevia extract, 2 tablespoons of cocoa powder in a non-breakable dessert bowl. Blend well with a spoon. The cocoa powder will be stubborn to blend at the beginning but keep on blending until the mixture is homogeneous. It takes less than 1 minute. Sprinkle with 1 tablespoon of almond slivers. Serve cold.

Coleslaw

1 slice of cabbage, 2 tablespoons of mayonnaise, 1 teaspoon of vinegar, 1 stevia extract squirt, salt, pepper.

Cut 1 slice from a cabbage head and leave the rest in the cabbage core for future use. Cut the slice into small pieces. Place the cabbage in a colander inside a salad spinner. Fill up with cold

water to rinse. Swish the cabbage in the water. Lift the colander leaving the water behind. Drain the container. Return the colander to the spinner and spin the cabbage. In a large mixing bowl, place 2 tablespoons of mayonnaise, 1 teaspoon of vinegar, 2 stevia extract squirt, salt and pepper. Blend well with the spoon used to measure the mayonnaise. Add the cabbage to the bowl. Toss to coat the cabbage evenly. Serve cold in a salad plate.

[Cream Soda](#)

1 diet soda (12 ounces), $\frac{1}{4}$ cup heavy cream.

Pour $\frac{1}{4}$ cup of heavy cream in a tall glass. Fill the glass to $\frac{3}{4}$ with cold diet soda. Do not fill it all the way to the top because the soda will foam. A diet root beer soda will give the flavor of a root beer float.

[Cucumbers with Oil and Vinegar](#)

1 cucumber, 1 tablespoon of olive oil, 1 teaspoon of vinegar, salt, pepper.

Wash 1 cucumber. Peel it with a vegetable peeler. Slice it and place the rounds in a serving plate. Add 1 tablespoon of olive oil. Sprinkle with vinegar. Add salt. Add pepper if desired.

[Diet Jell-O with Cream](#)

1 package of ready-made sugar-free Jell-O, $\frac{1}{4}$ cup of heavy cream.

Open 1 package of gelatin and scoop the gelatin in small bite-size pieces using a spoon and place them in a dessert cup. Add $\frac{1}{4}$ cup of heavy cream. Fold and serve.

[Diet Soda](#)

1 cold diet soda (12 ounces).

Drink diet soda instead of soda with sugar. Pure water is better than diet soda but diet soda is better than sugared soda. There is some negative literature on the effects of the chemicals of diet soda in the long term but these consequences are far less certain than the immediate ill effect of sugar. I prefer fresh water to diet soda but if I want a flavored drink in a place that has no water, like in the movies, I will have a diet soda to keep my carbohydrate intake as low as possible.

[Eggs with Bacon](#)

3 eggs, 3 bacon slices, 1 tablespoon of butter, salt, pepper.

Place a kitchen paper napkin in a microwave safe dish. Place 3 bacon slices on top of the paper napkin. Cover with another paper napkin and cook in the microwave oven for 4 minutes on high power. Place 1 tablespoon of butter in a medium nonstick frying pan over high heat. When the butter starts to sizzle, swirl the pan to fully coat the bottom of the pan. Break 1 egg on the hot

butter. Repeat for 2 more eggs. When the eggs start to sizzle, lower the heat to medium. When the white of the eggs is cooked all around the yokes, separate the eggs with a turner and turn them over one at a time. Cook the other side, 5 seconds for over easy, 30 seconds for over medium, or 45 seconds for over hard. Break the yokes with the turner if you want them cooked. When the eggs are ready, place them on a serving plate one at a time. When the bacon is ready, pick the strips of bacon with tongs leaving the excess fat behind and place them next to the eggs. Add a small amount of salt to the eggs considering that the bacon is salty. Add pepper if desired.

Eggs with Cheddar Cheese

3 eggs, 2 slices of Cheddar cheese, 1 tablespoon of butter, salt, pepper.

Break 3 eggs into a medium mixing bowl. Add salt. Add pepper if desired. Beat the eggs with a fork. Place 1 tablespoon of butter in a medium nonstick frying pan over high heat. When the butter starts to sizzle, swirl the pan to coat the bottom evenly. Pour the beaten eggs in the melted butter. When the eggs begin to set, tilt the pan slightly and lift the low end of the eggs with a turner to let the raw egg flow under. Repeat this in all sides until there is no more runny egg. Turn the eggs over to cook the top. Fold as many times as necessary to achieve desired doneness. Place the eggs in a microwave safe serving plate. Cover the eggs with 2 slices of cheddar cheese tearing the slices as necessary to cover all the egg. Place the plate in a microwave oven for 30 seconds in high power to melt the cheese. Serve warm.

Eggs with Cream Cheese

3 eggs, 1 tablespoon butter, 2 slices of cream cheese, salt, pepper.

Break 3 eggs into a medium mixing bowl. Add salt. Add pepper if desired. Beat the eggs with a fork. Place 1 tablespoon of butter in a medium nonstick frying pan over high heat. When the butter starts to sizzle, swirl the pan to coat the bottom of the pan evenly. Pour the beaten eggs on the melted butter. When the eggs begin to set, tilt the pan slightly and lift the low end of the cooked eggs with a turner to let the raw egg flow under. Repeat this in all sides until there is no more runny egg. Turn the eggs over to cook the top. Fold as many times as necessary to achieve desired doneness. Place the cooked eggs in a microwave safe serving plate. Cut 2 slices of cream cheese. Place the cheese slices on top of the eggs. Put the plate in a microwave oven and heat on high power for 1 minute to soften the cream cheese. Spread the softened cream cheese on top of the eggs with a knife. Serve warm.

Eggs with Ham

3 eggs, 3 slices of ham, 1 tablespoon butter, salt, pepper.

Place 3 slices of ham in a microwave safe serving plate minimizing any overlap. Warm up the ham in a microwave oven for 30 seconds under high power. Place 1 tablespoon of butter in a nonstick medium frying pan over high heat. When the butter starts to sizzle, swirl the pan to

cover the bottom of the pan evenly. Break three eggs in the pan one at a time. When the eggs start to sizzle, lower the heat to medium. When the white of the eggs is cooked all around, separate the eggs with a turner and flip them over one at a time. Cook on the other side, 5 seconds for over easy, 30 seconds for over medium, or 45 seconds for over hard. Break the yolks with the turner if you want them cooked. When the eggs are done, place one egg on top of each slice of ham. Add a small amount of salt to the eggs considering that the ham is salty. Add pepper if desired.

Eggs with Mushrooms

3 eggs, 1 layer of sliced mushrooms, 1 tablespoon butter, salt, pepper.

Place 1 tablespoon of butter in a medium nonstick frying pan. When the butter starts to sizzle, swirl the pan to cover the bottom of the pan evenly. Fill the pan with one layer of sliced mushrooms and cook under high heat. Break 3 eggs in a mixing bowl. Add salt. Add pepper if desired. Beat the eggs with a fork. Turn over the sliced mushrooms to cook the other side. Add salt and pepper to the cooked side of the mushrooms. When the mushrooms are cooked on both sides, add the beaten eggs in the pan on top of the mushrooms. When the bottom of the egg begins to set, tilt the pan and raise one edge of the cooked eggs with a turner to let the runny egg go under. Repeat this in all sides until there is no more runny egg. Turn over the eggs to cook the top. Fold as many times as necessary to achieve desired doneness. Place the eggs in a serving plate.

Eggs with Spinach

3 eggs, 1 ounce fresh spinach leaves, 1 tablespoon of butter, salt, pepper.

Break 3 eggs in a medium mixing bowl. Add salt. Add pepper if desired. Beat the eggs with a fork. Place 1 tablespoon of butter in a nonstick medium frying pan over high heat. When the butter starts to sizzle, swirl the pan to spread the butter evenly in the bottom of the pan. Fill the pan with 1 ounce of washed spinach leaves. When the spinach becomes wilted, add the egg mixture to cover the spinach. When the eggs start to set, tilt the pan slightly and lift the lower edge of the cooked egg to let the runny raw egg go under. Repeat in the other 3 sides. When there is no more runny egg, turn over the eggs to cook the top. Fold as many times as necessary to achieve desired doneness. Serve warm.

Eggs with Tomatoes, Onions and Peppers

3 eggs, 1 small Roma tomato, 1 onion slice, 1 green bell pepper, 1 tablespoon of butter, salt, pepper.

Place 1 tablespoon of butter in a medium non-stick pan over high heat. When the butter starts to sizzle, swirl the pan to distribute the butter evenly in the bottom of the pan. Turn off the heat. Cut 1 slice from an onion and chop it. Add the chopped onion to the butter. Spread the onion evenly

in the pan. Wash a green bell pepper. Cut the sides. Remove seeds and internal membranes from the pepper sides. Dice the pepper sides and add them to the onion. Wash and dice 1 small Roma tomato and add it to the onion and pepper. Turn on the heat to high. Cook for 3 minutes. Break 3 eggs in a mixing bowl and beat them with a fork. Add salt to the eggs and vegetables in the pan. Add pepper to the eggs and vegetables if desired. When the tomato is cooked, pour the eggs on the vegetables and stir gently. When the egg starts setting, tilt the pan slightly and lift the lower edge of the cooked eggs to let the runny egg go under. Repeat in the other three sides until there is no more runny egg. Turn the eggs over to cook the top. Fold as many times as necessary to achieve desired doneness. Serve warm.

Fish with Almonds

2 frozen tilapia fish fillets (2.5 ounces each), 2 tablespoons of butter, 1 tablespoon of olive oil, 1 ounce slivered almonds, salt, pepper.

Thaw 2 fish fillets by placing the sealed bags in a container full of cold water in the sink. Place 1 tablespoon of butter over high heat in a medium non-stick frying pan. When the butter starts to sizzle, swirl the pan to cover the bottom of the pan uniformly. Add 1 tablespoon of olive oil and swirl the pan to mix with the butter. Turn off the heat. Remove one of the defrosted fish fillets from its sealed bags and wash under cold running water. Dry it with a paper towel on both sides and place it in the hot oil and butter. Repeat with the other fillet. Return the pan to medium heat. Add salt on top. Add pepper if desired. Cook until the bottom of the fish is white, about 3 minutes. Carefully slide a small flat turner under one of the fish fillets to make sure that it did not get stuck to the pan. Lift the fillet with the turner and tilt the pan to get oil and butter to the place where the fish was lifted. Tilt again for the oil to flow away so that it will not splatter when the fish is returned. Return the fish fillet to the pan with the uncooked portion to the bottom side. Repeat with the other fillet. Add salt on the cooked side. Add pepper if desired. Cook until the fish is white in the bottom, about 3 more minutes. When the fish is white on both sides, carefully slide a flat turner under one of the fillets and place it on a serving plate. Repeat with the other fillet. Discard the oil and butter from the pan in a cup to solidify and throw away as solid waste later. Wipe the pan clean with a paper napkin. Add 1 tablespoon of new butter to the pan and melt it under high heat. When the butter starts to sizzle, swirl the pan to distribute evenly. Add 1 ounce of slivered almonds. Mix the almonds with the butter using the turner. When the almonds start to change color, remove the pan from the heat immediately and pour the butter and almonds on top of the fish.

Fish with Lime Butter

2 frozen tilapia fish fillets (2.5 ounces each), 2 tablespoons of butter, 1 tablespoon of olive oil, 1 lime, salt, pepper.

Thaw 2 fish fillets by placing the sealed bags in a container with cold water. Place 1 tablespoon of butter in a medium non-stick frying pan over high heat. When the butter starts to sizzle, swirl

the pan to cover the bottom of the pan with the butter. Add 1 tablespoon of olive oil and swirl the pan to mix well with the butter. Turn off the heat. Remove one of the fish fillets from its sealed bag and rinse it under cold running water. Dry it with a paper towel and place it in the hot butter and oil. Repeat for the other fillet. Return the pan to medium heat. Add salt on top of the fish. Add pepper if desired. Cook until the fish is white on the bottom, about 3 minutes. Carefully slide a small flat turner under one of the fish fillets to make sure that it is not stuck to the pan. Lift the fillet with the turner and tilt the pan to get oil and butter to the place where the fish was lifted. Tilt again for the oil to flow away so that it will not splatter when the fish is returned. Return the fish fillet to the pan with the uncooked portion to the bottom. Repeat for the other fillet. Add salt on the cooked side. Add pepper if desired. Cook until the bottom is white, about 3 minutes. When the fish is white on both sides, slide the flat turner below one of the fillets carefully, lift it and place it on a serving plate. Repeat for the other fillet. Discard the oil and butter from the pan in a cup to solidify and dispose as solid waste. Wipe the pan with a paper towel. Add 1 tablespoon of fresh butter to the pan under high heat. When the butter starts to sizzle, swirl the pan to melt all the butter by distributing it in the bottom of the pan. When the butter is all melted, turn off the heat. Squeeze the juice of 1 lime on the butter using a lime squeezer. Remove any lime seeds that might have fallen in the butter. Add salt. Add pepper if desired. Mix the lime juice with the butter, salt and pepper using the turner. When the lime juice stops bubbling, pour the lime butter on top of the fish.

Green Beans with Butter

½ pound of frozen cut green beans, 1 tablespoon butter, salt, pepper.

Place ½ pound of frozen green beans in a medium saucepan. Add ¼ cup of water. Cover. Bring to a boil. When the water starts to boil, stir the green beans, lower the heat and simmer for 3 minutes. When the green beans are ready, drain them. Return the green beans to high heat and make a hole in the center of the green beans uncovering the bottom of the pan. Add 1 tablespoon of butter in the hole touching the bottom of the pan. Add salt. Add pepper if desired. When the butter is melted, fold the green beans with the butter.

Green Beans with Mayonnaise

1 can of green beans, 1 tablespoon mayonnaise.

Open a can of green beans and drain it using the top of the can to hold the green beans. Place the green beans in a serving bowl. Add 1 tablespoon of mayonnaise and fold with the same spoon. Chill if desired or eat at room temperature. A can of green beans can be chilled ahead of time by placing the unopened can in the refrigerator. Save left over green beans in a covered plastic container in the refrigerator. Never save food in the refrigerator in an opened tin container.

Ham Slice

1 ham slice.

Remove 1 ham slice from its package. Reseal the package and return it to the refrigerator.

Hard Boiled Egg

1 egg, salt, pepper, hot Louisiana sauce.

Place 1 egg in a small saucepan. Cover with cold or hot water from the faucet. Cover the pan. Bring the water to a hard boil on high heat. When the water starts to boil, lower the heat to low and simmer for 10 minutes. After 10 minutes, drain the hot water using the lid to hold the egg. Put the lid aside and place the saucepan under cold water in the faucet. Run as much cold water as necessary to cool the pan and the egg. Once the pan is cold, add enough cold water to cover the egg and place the pan in a working surface. Pick the egg from the water. Hit it softly on a hard surface at several points turning the egg to break the shell all around. Return the egg to the water. Pick the egg and start peeling it on top of the water. If the egg is hard to peel, submerge it in the water momentarily and continue peeling it. The water will facilitate the peeling. Rinse the peeled egg in the water and place in a serving bowl. Eat it with salt. Add pepper or a drop of hot Louisiana sauce if desired.

Hot Chocolate

2 tablespoons cocoa powder, 2 squirts of stevia extract, 1 cup boiling water, ¼ cup heavy cream.

In a mug, place 2 tablespoons of cocoa powder, add 1 cup of boiling water and stir until dissolved. Add ¼ cup of heavy cream, 2 squirts of stevia extract and stir. Sip while it is still hot.

Hot Coffee

1 heaping teaspoon of ground coffee, 2 cups of water, 1 tablespoon of heavy cream, 1 stevia extract squirt.

Make coffee in a drip coffee maker using 1 heaping teaspoon of ground coffee for each 2 cups of water. Put 1 tablespoon of heavy cream in a 2 cup coffee mug. Add 1 stevia extract squirt. When the coffee is ready, pour the coffee on the cream and stevia extract to fill the mug. Stir.

Hot Tea

1 tea bag, 2 cups of water, 1 stevia extract squirt, ¼ lime.

Bring 2 cups of water into a hard boil in a tea kettle. Place the tea bag into a mug. Pour the boiling water on the tea bag. Let it seep for 3 minutes. Move the bag up and down several times before throwing it away. Throw away the tea bag in the trash can. Add 1 stevia extract squirt if desired and stir. Add the juice of ¼ of a lime if desired. Stir. Drink hot.

Iceberg Lettuce Salad

2 slices from an iceberg lettuce, 1 radish, 1 tablespoon of olive oil, 1 teaspoon vinegar, salt, pepper, garlic powder.

Cut 2 slices from an iceberg lettuce. Leave the rest of the lettuce in the core. It will last longer. Cut the slice into bite-size pieces. Place the cut pieces in the colander inside of a salad spinner. Fill the salad spinner with cold running water. Swish the lettuce in the water to rinse. Lift the colander and drain the water from the container. Return the colander to the salad spinner and spin the lettuce. Place the lettuce in a serving plate. Remove 1 radish from a bunch. Wash it, cut the ends, slice it and add it to the lettuce. Pour 1 tablespoon of olive oil on the lettuce. Sprinkle with 1 teaspoon of vinegar. Add salt. Add pepper if desired. Add garlic powder if desired.

Iced Coffee

2 cups of left-over coffee, 1 stevia extract squirt, 1 tablespoon heavy cream, ice.

My coffee maker shuts down automatically after one hour so the left over coffee is available at room temperature by noon. I fill $\frac{1}{4}$ of a glass with ice, add 1 stevia extract squirt, add 1 tablespoon heavy cream and fill up the glass with room temperature left over coffee. I move the ice up and down with a small spoon to mix well. This is a cold drink with 0.4 grams of net carbohydrates compared to the 39 grams of sugar that are contained in a 12 fluid ounces sugar drink.

Iced Tea

1 bag tea, 2 cups of water, 1 stevia extract squirt, $\frac{1}{4}$ lime, ice.

Bring 2 cup of water to a boil in a tea kettle. Place 1 tea bag in a mug and pour boiling water on the tea bag. Let it seep for at least 3 minutes. Let it cool off for a few more minutes or until you are ready to drink. Move the tea bag up and down to release its flavor, remove it and throw it away. Add 1 stevia extract squirt if desired. Add the juice of $\frac{1}{4}$ of a lime if desired. Stir. Fill a non-breakable glass with ice. Pour the hot tea on the ice. Move the ice up and down with a spoon to mix well.

Key Lime Cream Cheese

2 slices of cream cheese, 1 tablespoon of heavy cream, $\frac{1}{2}$ lime, 1 stevia extract squirt.

Cut 2 slices of cream cheese and place them in a small flat serving plate. Combine 1 tablespoon heavy cream, the juice of $\frac{1}{2}$ lime and 1 stevia extract squirt in a small mixing bowl. Pour the lime cream mixture on top of the cream cheese slices. Eat with a small spoon by taking a small piece of cream cheese and lime cream in every bite.

Limeade

1 lime, 1 stevia extract squirt, ice.

Fill ¼ of a glass with ice. Squeeze the juice of one lime. Add 2 stevia extract squirt. Fill with water. Stir by moving the ice up and down with a small spoon.

Raw Cabbage with Oil and Vinegar

1 cabbage slice, 1 green bell pepper, 1 onion slice, 1 radish, 1 tablespoon of olive oil, 1 teaspoon of vinegar, salt, pepper, garlic powder.

Cut 1 slice from a cabbage head. Dice the cabbage into bite-sized pieces. Place the diced cabbage in the colander inside of a salad spinner. Fill up the salad spinner container with cold water. Swish the cabbage to rinse. Lift the colander from the water. Drain the container. Replace the colander in the salad spinner container. Spin the cabbage to remove any water left. Place the cabbage in a medium mixing bowl. Wash a green bell pepper, cut the sides, remove the seeds and internal veins and dice the pepper sides. Add the diced pepper to the bowl. Cut 1 slice from an onion, dice it and add it to the bowl. Remove 1 radish from a bunch. Wash it, cut the ends, slice it and add it to the cabbage. Toss the salad to combine all the vegetables evenly. Add 1 tablespoon of olive oil, 1 teaspoon of vinegar, salt and pepper. Add garlic powder if desired. Toss. Serve fresh.

Romaine Lettuce Salad

3 Romaine lettuce leaves, 1 tablespoon of olive oil, 1 teaspoon of vinegar, 1 tablespoon Parmesan cheese.

Take 1 leaf from a Romaine lettuce core. Wash it on both sides under cold running water. Dry it with a clean paper towel and place in a serving plate. Repeat for 2 more leaves. Save the rest of the lettuce in its core and in its original packaging. Pour olive oil along the line of each of the leaves. Sprinkle with vinegar. Sprinkle with Parmesan cheese. Eat by picking one leaf and eating starting from the narrow side. Fold the wide side as the leaf becomes shorter.

Rotisserie Chicken

¼ rotisserie chicken.

Cut ¼ of the rotisserie chicken and place in a microwave safe serving plate. Cover with a paper napkin. Warm up in the microwave oven for 1 minute in high power.

Sausage

1 fully cooked sausage link (3 ounces).

Wash 1 sausage link with cold water. Dry it with a paper towel. Place the paper towel in a microwave safe plate. Slice the sausage and spread the slices on the paper towel. Cover with another paper towel and heat in the microwave for 1 minute under high power. Use the top

napkin to remove the extra fat from the top of the slices. Pick the slices with tongs and place them on a serving plate. Eat while they are still hot.

Shrimp with Bacon

4 ounces of frozen peeled cooked shrimp, 3 slices of bacon, 1 bell pepper, 1/2 onion, salt, garlic powder.

Put 4 ounces of frozen cooked shrimp in a container with cold water to defrost. Place 3 slices of bacon on a paper napkin in a microwave safe plate. Cover with another napkin and microwave on high power for 4 minutes. Place 1 tablespoon of butter in a medium fry pan over high heat. When the butter starts to sizzle, swirl the pan to cover the bottom of the pan. Turn off the heat. Cut 1/2 of an onion and cut the half in 4 quarters, separate the pieces and add them to the pan. Wash a bell pepper. Cut the sides of a bell pepper. Cut in large bite-size squares and add it to the onion. Wash a small Roma tomato, core the button, cut in in eights and add it to the onion and bell pepper. Remove the bacon from the paper napkins with tongs and cut it in bite-sized pieces with the kitchen scissors on top of the vegetables. Turn on the heat on high and sauté until the onion and pepper are a desired doneness. Drain the shrimp. Fill the container with cold water and drain again. If the shrimp is not defrosted, fill with water and drain again until the shrimp reaches the temperature of the water. Drain one final time. Add the drained shrimp to the rest of the ingredients and fold. Continue sautéing until the shrimp reaches the temperature of the vegetables. Serve hot.

Spinach with Lime Juice

2 ounces pre-washed fresh spinach leaves, 1 tablespoon olive oil, salt, pepper, 1 lime.

In a large pot with a lid, put 1 tablespoon of olive oil and swirl the pan to cover the bottom of the pan. Place 2 ounces of fresh washed spinach leaves and stuff them in the large pot on top of the olive oil and cover. Cook over medium heat for 3 minutes until the spinach wilts and settles in the bottom of the pan. Fold the spinach with the olive oil. Add salt. Add pepper if desired. Fold again. Add the juice of one lime. Fold. Serve hot.

Tuna Salad

1 can of tuna (5 ounces), 1 tablespoon of unsweetened dill relish, 1 tablespoon of mayonnaise, salt, pepper, 5 Romaine lettuce leaves.

Drain the tuna and put it in a mixing bowl. Add 1 tablespoon of unsweetened dill relish. Add 1 tablespoon of mayonnaise. Add salt. Add pepper if desired. Fold well with the mayonnaise spoon. Remove 1 leaf from a Romaine lettuce. Wash it on both sides under running water. Shake to remove excess water. Dry it with a paper towel and place it flat in a large serving plate. Repeat for 4 more leaves. Serve 1/5 of the tuna salad in a line along the length of each leaf. Pick each

leave with your fingers and start eating from the narrow side. Fold the lettuce around the tuna as you get to the wider side.

Turkey Breast Chef Salad

2 slices of an iceberg lettuce, 2 slices of turkey breast, 2 slices of Cheddar cheese, 1 small Roma tomato, 1 radish, 1 round of a green pepper, 1 tablespoon of olive oil, 1 teaspoon of vinegar, salt, pepper, garlic powder.

Cut 2 slices from an iceberg lettuce using a knife and leave the rest of the lettuce attached to the core for future use. Cut the lettuce into bite-size pieces. Put the lettuce in the colander inside of a salad spinner. Fill up the container with cold water. Swish the lettuce to rinse. Lift the colander with the lettuce and drain the water from the container. Return the colander to the container and spin the lettuce to remove any water left. Put the lettuce in a large serving plate. Wash a small Roma tomato, core the button, cut it in eight pieces and place it on top of the lettuce. Remove 1 radish from a bunch. Wash it, cut the ends, slice it and add it to the lettuce. Tear 1 slice of turkey breast into bite-size squares with your hands and spread them over the lettuce. Repeat with another slice. Repeat with 2 slices of Cheddar cheese. Wash 1 green bell pepper. Cut 1 round slice by cutting it across and place the round on the salad. Save the green bell pepper for other salads. Pour 1 tablespoon of olive oil over the salad. Sprinkle with vinegar. Add salt. Add pepper if desired. Add garlic powder if desired.

Vanilla Cream Cheese

2 slices of cream cheese, 1 tablespoon of heavy cream, 4 drops of vanilla extract, 2 stevia extract squirts.

Cut 2 slices of cream cheese and place them in a small flat serving plate. Combine 1 tablespoon heavy cream, 4 drops of vanilla extract and 2 stevia extract squirts in a small mixing bowl. Pour the vanilla cream mixture on top of the cream cheese slices. Eat by taking a small piece of the cream cheese with the vanilla cream in every bite.

Vanilla Ricotta Cheese

2 heaping tablespoons of Ricotta cheese, 1 tablespoon of heavy cream, 2 stevia extract squirts, 4 vanilla extract drops, 1 tablespoon of almond slivers.

Place 2 heaping tablespoons of Ricotta cheese, 1 tablespoon heavy cream, 4 vanilla drops and 2 stevia extract squirts in a non-breakable dessert bowl. Blend well with the tablespoon used to measure. Sprinkle with 1 tablespoon of almond slivers. Eat with a dessert spoon.

Water

1 bottle of water.

Drink water from the faucet if it is suitable for drinking. Drink filtered water from the refrigerator door if you want it cold. Take a bottle of water from the refrigerator if you have to go. Pure water is better than sugar soda. Sugar soda contains 39 grams of sugar in 12 fluid ounces.

Zucchini with Mustard Vinaigrette

1 zucchini, 1 tablespoon of olive oil, 1 teaspoon of vinegar, 1 teaspoon mustard, salt, pepper, garlic powder.

Wash 1 zucchini in cold water. Cut the ends and discard them. Slice it in rounds. Place the rounds in a small saucepan and add ¼ cup of water. Cover and bring to a boil under high heat. When it starts to boil, lower the heat and simmer for 4 minutes. When the zucchini is ready, drain it and place the rounds in a serving plate. Mix 1 teaspoon of vinegar, 1 teaspoon of mustard, 1 tablespoon of olive oil, salt, pepper and garlic powder in a small mixing bowl. Spread the dressing over all the rounds.

The Shopping List

The shopping list contains the perishable ingredients that are necessary to prepare one serving of each menu entry in the week and it also includes pantry non-perishables ingredients that will last for more than one week. I included the pantry non-perishable ingredients in the same list to avoid having two lists. For both types of ingredients, I do not buy any ingredients that I remember are still available. In case of doubt, I buy the ingredient since it will only take me two weeks to run out. I usually can load the shopping cart without looking at the shopping list but I review it before I leave the supermarket to add any ingredient that I might have forgotten. The list is ordered according the supermarket sections. The name of the ingredient is followed by the needed quantity and an approximate price. The department with the least perishable ingredients is listed first.

Drinks:

Diet soda, 12 pack, 12 ounce cans, \$4.28

Water, 24 one pint bottles, \$2.97

Coffee and Tea:

Coffee, 28 ounces, \$8.95

Tea, 20 individually sealed bags, \$2.35

Spices:

Black pepper, ground, 2 ounces, \$1.98

Garlic powder, 2.5 ounces, \$2.86

Louisiana hot sauce, 6 fluid ounces, \$0.62

Salt, 26 ounces, \$1.98

Vanilla extract, 8 fluid ounces, \$1.28

International Food Section:

Soy sauce, low salt, 15 fluid ounces, \$2.28

Salad Dressings:

Black olives, 1 can, 6 ounces dry weight, \$1.28

Dill relish, unsweetened, 12 fluid ounces, \$1.28

Mayonnaise, 30 fluid ounces, \$2.98

Mustard, 24 ounces, \$1.32

Olive oil, 17 fluid ounces, \$4.36

Vinegar, 8 fluid ounces, \$1.74

Canned Vegetables:

Green beans, 1 can, 14.5 ounces, \$0.68

Canned Meats:

Tuna, 1 can (5 ounces), \$1.50

Baking Nuts and Powders:

Almonds, slivered, 4 ounces, \$2.44

Cocoa powder, 8 ounces, \$2.92

Skinnygirl™ stevia extract squirt bottle, 160 squirts, \$3.49

Frozen Vegetables:

Broccoli florets, frozen, 1 pound, \$1.76

Brussels sprouts, frozen, 1 pound, \$1.58

Cauliflower, cut, frozen, 1 pound, \$1.50

Green beans, frozen, 1 pound, \$1.68

Frozen Meat Section:

Chicken breast halves, skinless, boneless, frozen, 1 pound, \$2.32

Fish, frozen tilapia filets, 1 pound, \$3.24

Shrimp, deveined, peeled, cooked, 12 ounces, \$5.00

Sirloin steak, frozen, 2 five ounce steaks, \$3.99

Meats:

Bacon, thinly sliced, 20 slices per pound, 1 pound, \$4.28

Ham, sliced, 6 ounces, \$2.89

Sausage, fully cooked, 12 ounces, \$1.99

Turkey breast, sliced, 8 ounces, \$2.29

Produce:

Avocado, 1 piece, \$0.50

Cabbage, 1 head, \$2.49

Celery, 1 head, \$1.99

Cucumbers, 1 piece, \$0.68

Green Bell peppers, 4 pieces, \$2.00

Iceberg lettuce, 1 head, \$1.18

Iceberg lettuce, pre-washed lettuce bag, 15 ounces, \$1.50

Limes, ½ dozen, \$1.59

Mushrooms, 8 ounces, \$1.98

Onions, 2 heads, \$1.22

Radishes, 1 bunch, \$0.88

Romaine lettuce, 1 head, \$1.78

Spinach, fresh, pre-washed, 6 ounces, \$2.88

Tomatoes, Roma, small, 5 pieces, \$1.33

Zucchini, 1 piece, \$0.74

Deli:

Chicken, rotisserie, 1 piece, \$8.88

Dairy:

Butter, unsalted, 1 pound, \$2.68

Cheddar cheese, medium sharp, sliced, 8 ounces, \$2.38

Cream cheese, 8 ounces, \$1.67

Eggs, 2.5 dozen, \$3.85

Heavy cream, 1 quart, \$3.68

Jell-O gelatin, sugar free, 4 pack, \$1.98

Parmesan cheese, 8 ounces, \$3.50

Ricotta cheese, 15 ounces, \$1.94

Swiss cheese, sliced, 8 ounces, \$2.99

[The Net Carbohydrate Counter](#)

There are lists available with the carbohydrate content of different foods but I have not found one where I did not have to subtract the fiber from the total carbohydrates to come up with the “net” carbohydrates. The following is a list with the subtraction already done. Instead of calling them “net carbohydrates”, I would have liked to call them “Blood Sugar and Insulin Provoking” carbohydrates or BSIP Carbs for short. Any food with a serving that exceeds 6 grams for breakfast or 12 grams for lunch or dinner is out of the diet. Some foods, like avocados, have a large carbohydrate content (15 grams per medium avocado) but also a high fiber content (10 grams per medium avocado) that they qualify in the diet after subtracting the fiber amount (5 grams of net carbohydrates).

The list is in alphabetical order but I grouped some foods where it made sense for comparison purposes, for example, Macadamia nuts can be found at Nuts, Macadamia. I placed the carbohydrate content in grams at the left of the name of the food to be able to see it readily and avoid having to look for a column on the far right of the page. I added leading zeros to the content of the low carbohydrate foods in order to be able to see the net carbohydrate content with the decimal point always in the same position.

BSIP Carbohydrates in grams (Net Carbohydrates), food description and serving:

- 03.0 Almonds, 24 kernels, 1 ounce
- 06.0 Almonds, honey roasted, 24 kernels, 1 ounce
- 17.0 Apple, 1 medium, 5 ounces
- 29.0 Apple juice, 1 cup
- 25.0 Applesauce, unsweetened, 1 cup
- 51.0 Applesauce, sweetened, 1 cup
- 03.0 Apricot, 1 medium,
- 51.0 Apricot, in syrup, 1 cup
- 02.0 Artichoke, 1 large
- 01.0 Asparagus, 6 spears
- 05.0 Avocado, 1 medium
- 00.3 Bacon, 1 thin slice, 20 slices per pound
- 00.0 Bacon substitute, from turkey, 1 slice
- 48.0 Bagel, blueberry, 3 ounces
- 45.0 Bagel, honey wheat, 3 ounces
- 47.0 Bagel, oat bran, 3 ounces
- 45.0 Bagel, plain, 3 ounces
- 38.0 Baked beans, canned, black, 1 cup
- 31.0 Baked beans, canned, red kidney, 1 cup
- 27.0 Banana, 1 regular size, 7 inches
- 03.6 Barbeque sauce, 2 tablespoons
- 25.8 Beans, black, boiled, 1 cup
- 28.0 Beans, chili, canned, 1 cup
- 24.0 Beans, fava, mature seeds, boiled, 1 cup

25.0 Beans, great northern, boiled, 1 cup

08.0 Beans, green, canned, 1 cup

04.0 Beans, green, frozen, 3 ounces

23.0 Beans, kidney, boiled, 1 cup

26.4 Beans, Lima, mature seeds, boiled, 1 cup

36.2 Beans, navy, mature seeds, boiled, 1 cup

21.0 Beans, pinto, boiled, 1 cup

23.2 Beans, red, boiled, 1 cup

00.0 Bean sprouts, 1 cup

00.0 Beef, all types except liver, 6 ounces

00.0 Beef, corned, 6 ounces

02.6 Beef, jerky, 1 ounce

03.0 Beef, liver, 3 ounces

02.3 Beef, roast, deli, 6 ounces

19.0 Beef substitute, 1 patty, 2.5 ounces

03.0 Beer, low carb, 12 fluid ounces

07.0 Beer, light, 12 fluid ounces

13.0 Beer, regular, 12 fluid ounces

06.0 Beet, 1 medium, 2 inches in diameter

04.0 Beet greens, 1 cup

23.6 Biscuit, plain, 2 inches in diameter

43.0 Black cherry juice, 1 cup

10.8 Blackberries, 1 cup

28.0 Black-eyed peas, 1 cup

36.0 Black-eyed peas, canned, 1 cup

45.0 Blueberries, frozen, sweetened, 1 cup
15.0 Blueberries, frozen, unsweetened, 1 cup
00.0 Bok Choy, 1 cup
00.7 Bologna, 3 ounces
11.0 Boysenberries, frozen, unsweetened, 1 cup
30.0 Boysenberry juice, 1 cup
13.0 Bread, a regular slice
26.6 Bread, biscuit, buttermilk, 2 ounces
27.0 Bread, croissant, 1 regular size
27.0 Bread, doughnut, glazed, 1 regular size
14.2 Bread, French, 1 medium slice 5x4x1/2 inches
41.0 Bread, honey bun, 1 bun
13.0 Bread, mixed grain, 1 slice
25.9 Bread, muffin, blueberry, 2 ounces
19.8 Bread, muffin, bran, 2 ounces
29.0 Bread, muffin, corn, 2 ounces
11.0 Bread, oat bran, 1 slice
32.0 Bread, pita, 1 pita 6" diameter
23.0 Bread, pita, whole wheat, 1 pita 6" diameter
12.5 Bread, raisin, 1 slice
19.0 Bread, rice, 1 slice
13.6 Bread, rye, 1 slice
12.0 Bread, sourdough, 1 slice
30.0 Bread, white, 1 roll
14.2 Bread, white, 1 slice

10.7 Bread, whole grain, 1 slice

13.0 Bread, whole wheat, 1 slice

18.0 Breadstick, 1 ounce

03.4 Broccoli, 1 cup

05.0 Brussels sprouts, 1 cup

20.0 Bun, frankfurter, 1 bun

23.0 Bun, hamburger, 1 bun

35.0 Burrito, bean and cheese, 1 burrito

00.0 Butter, 1 tablespoon

13.0 Buttermilk, 1 cup

02.2 Cabbage, green, 1 cup

03.0 Cabbage, red, 1 cup

29.2 Cake, angel food, 1/12th cake

33.0 Cake, banana, 1 slice

36.0 Cake, brownie, 2.5 ounces

38.0 Cake, chocolate, 3 ounces

39.0 Cake, carrot, 1 slice

34.0 Cake, cupcake, 1.3 ounces

13.0 Cake, pound, 1 slice, 1 ounce

50.0 Candy, chocolate, 1 bar, 2.8 ounces

17.0 Candy, chocolate, 1 ounce

07.0 Candy, chewing gum, not sugar free, 1 piece

00.0 Candy, chewing gum, sugar-free, 1 piece

26.0 Candy, jelly beans, 1 ounce

12.0 Cantaloupe, 1 cup

07.0 Carrot, 1 medium

20.0 Carrot juice, 1 cup

08.0 Cashews, 18 kernels, 1 ounce

11.0 Cashews, 18 kernels, honey roasted, 1 ounce

01.5 Cauliflower florets, 6 florets

06.0 Catfish, breaded, 3 ounces

00.0 Catfish, broiled, 3 ounces

04.0 Catsup, 1 tablespoon

02.0 Cauliflower, 1 cup

00.8 Celery, 1 stalk

24.0 Cereal, corn flakes, 1 cup

27.6 Cereal, cream of rice, 1 cup

28.8 Cereal, cream of wheat, 1 cup

38.0 Cereal, oat bran, 1 cup

24.0 Cereal, oatmeal, flavored, 1 packet

10.5 Cereal, puffed wheat, 1 cup

38.9 Cereal, raisin bran, 1 cup

22.5 Cereal, rice based, 1 cup

00.8 Chard, 1 cup

00.3 Cheese, American, 2/3 ounce slice

00.4 Cheese, blue, crumbled, 2 tablespoons

02.8 Cheese, cottage, ½ cup

00.8 Cheese, cream, 2 tablespoons

00.2 Cheese, cheddar, shredded, 2 tablespoons

00.8 Cheese, feta, crumbled, 2 tablespoons

00.6 Cheese, Monterey jack, 1 ounce

00.6 Cheese, mozzarella, 1 ounce

00.6 Cheese, Muenster, 1 ounce

00.3 Cheese, parmesan, crumbled, 2 tablespoons

01.9 Cheese, ricotta, ¼ cup

00.3 Cheese, Swiss, 1 slice

16.8 Cherries, 1 cup

00.0 Chicken, 5 ounces

33.0 Chickpeas, boiled, 1 cup

62.0 Chocolate bar, 5 ounces

12.0 Chocolate chips, semisweet, 2 tablespoons

26.0 Chocolate, hot, 8 fluid ounces

25.0 Chocolate milk, 1 cup

21.0 Cider, 12 fluid ounces

48.0 Cobbler, apple, 1/8

35.0 Cobbler, peach, 1/8

04.0 Cocktail, bloody Mary, canned, 4.5 fluid ounces

32.0 Cocktail, daiquiri, canned, 6.8 fluid ounces

61.0 Cocktail, piña colada, canned, 6.8 fluid ounces

24.0 Cocktail, tequila sunrise, canned, 6.8 fluid ounces

28.0 Cocktail, whisky sour, canned, 6.8 fluid ounces

25.0 Cocktail, margarita, 8 fluid ounces

03.0 Cocoa powder, 1 tablespoon

08.0 Coconut milk, 1 cup

00.0 Coffee, black, 1 cup

07.0 Coffee, cappuccino, 8 fluid ounces

09.0 Coffee, latte, 8 fluid ounces

22.0 Coffee, mocha, 8 fluid ounces

22.0 Cookie, animal crackers, 12 cookies

10.0 Cookie, chocolate chip, 1 cookie, ½ ounce

11.9 Cookie, oatmeal, 1 cookie, ½ ounce

10.1 Cookie, sugar, 1 cookie, ½ ounce

32.0 Corn, 1 cup

18.0 Corn chips, 1 cup

10.6 Corn meal, 2 tablespoons

27.1 Corn muffin, 2 ounces

32.0 Corn, on the cob, 1 regular

21.0 Corndog, 1 unit

17.1 Couscous, ½ cup

24.0 Crackers, saltine, 5 crackers

31.6 Crackers, rye, 5 crackers

08.0 Cranberries, 1 cup

00.4 Cream, heavy, whipping, 1 tablespoon

01.2 Cream, sour, 2 tablespoons

06.0 Cream substitute, 1 tablespoon

01.5 Creamer, half and half, 15 ml tub

01.5 Creamer, non-dairy, 15 ml tub

02.8 Cucumber, 1 medium size

23.0 Date, 5 whole, 1 ounce

02.0 Dip, avocado, 1 tablespoon

01.0 Dip, bacon and onion, 1 tablespoon

02.0 Dip, bean, 1 tablespoon

24.0 Doughnut, cinnamon, 1 unit, 1.6 ounces

21.0 Doughnut, plain, 1 unit, 1.6 ounces

23.0 Doughnut, powdered sugar, 1 unit, 1.6 ounces

00.6 Egg, 1 medium size

01.0 Egg substitute, 1 medium egg equivalent

34.0 Eggnog, 6 fluid ounces

02.0 Eggplant, 1 cup

31.0 Energy bars, 1.2 ounces

45.0 Energy drink, 8 fluid ounces

24.5 English muffin, 1 regular size

03.6 Fennel, 1 cup

07.9 Fig, 1 regular

00.0 Fish, 5 ounces

02.0 Frankfurter, 1 frank

33.0 French toast, 1 slice

32.0 Fruit bar, 1 unit

32.0 Fruit drink, cranberry apple, 6 fluid ounces

25.0 Fruit drink, grape, 6 fluid ounces

27.9 Fruit drink, lemonade, 8 fluid ounces

21.0 Fruit drink, orange, 6 fluid ounces

32.0 Fruit punch, 8.45 fluid ounces

00.9 Garlic, 1 clove

26.0 Granola bar, 1.2 ounces

22.0 Grapefruit, pink, 1 cup
22.0 Grapefruit, red, 1 cup
22.0 Grapefruit, white, 1 cup
17.0 Grapefruit juice, 6 fluid ounces
28.0 Grapes, 1 cup
30.0 Grape juice, 6 fluid ounces
03.0 Gravy, $\frac{1}{4}$ cup
35.0 Grits, 1 cup
04.0 Green beans, 3 ounces
04.0 Greens, any kind, 1 cup
00.0 Ham, 5 ounces
00.0 Hard liquors, non-sweet, 1 fluid ounce
19.4 Hominy, 1 cup
16.0 Honey, 1 tablespoon
18.4 Hummus, $\frac{1}{2}$ cup
35.6 Ice Cream, 1 cup
38.0 Iced tea, sweetened, 12 fluid ounces
00.0 Iced tea with stevia extract, 12 fluid ounces
05.0 Jam, 1 teaspoon
00.3 Jam, sugar free, 1 teaspoon
05.0 Jicama, 1 cup
04.8 Kale, 1 cup
04.0 Ketchup, 1 tablespoon
08.7 Kiwi, 1 fruit
06.0 Kohlrabi, 1 cup

00.0 Lamb, 5 ounces

08.0 Leek, 1 regular

03.0 Lemon, 1 regular, 2 inch diameter

03.0 Lemon juice, 1 fluid ounce

28.4 Lentils, 1 cup

01.2 Lettuce, 2 cups

02.0 Lettuce, Boston, 1 head

03.0 Lettuce, iceberg, 1 head

01.0 Lettuce, Romaine, 2 cups

05.0 Lime, 1 large, 2 inch diameter

03.0 Lime juice, 1 fluid ounce

01.0 Luncheon meat, bologna, 1 slice, 1 ounce

01.0 Luncheon meat, ham, 1 slice, 1 ounce

01.0 Luncheon meat, pastrami, 1 slice, 1 ounce

00.0 Luncheon meat, salami, 1 slice, 1 ounce

01.0 Luncheon meat, turkey breast, 1 slice, 1 ounce

08.0 Luncheon meat substitute, 1 slice, 1 ounce

25.1 Mango, 1 cup

00.0 Mayonnaise, 1 tablespoon

01.0 Meat substitute, 1 slice

12.0 Melon, cantaloupe, 1 cup

14.4 Melon, honeydew, 1 cup

39.0 Milk, chocolate, 12 fluid ounces

11.0 Milk, low fat, 0%, 1 cup

11.0 Milk, low fat, 1%, 1 cup

11.0 Milk, low fat, 2%, 1 cup
11.0 Milk, whole, 1 cup
54.0 Milkshake, vanilla, 12 fluid ounces
12.0 Molasses, 1 tablespoon
17.0 Muffin, bran, 1.5 ounces
20.0 Muffin, corn, 1.5 ounces
17.0 Muffin, plain, 1.5 ounces
18.0 Mushrooms, shitake, 1 cup
03.0 Mushrooms, straw, 1 cup
04.0 Mushrooms, white, boiled, 1 cup
04.0 Mushrooms, white, canned, 1 cup
00.0 Mustard, yellow, 1 teaspoon
01.0 Mustard greens, 1 cup
13.8 Nectarine, 1 medium
28.0 Noodles, egg, 1 cup
24.0 Noodles, Chinese, 1 cup
24.0 Noodles, soba, 1 cup
02.0 Nuts, Brazil, 1 ounce, 7 kernels
09.0 Nuts, cashews, 20 nuts, 1 ounce
09.0 Nuts, honey roasted, cashews and peanuts, 1 ounce
02.0 Nuts, macadamia, 11 nuts, 1 ounce
06.0 Nuts, peanuts, 1 ounce
01.2 Nuts, pecans, 20 halves, 1 ounce
06.0 Nuts, sunflower seeds, 1 ounce
07.1 Nuts, pistachios, without shell, 47 kernels, 1 ounce

00.9 Nuts, walnuts, 2 tablespoons
19.0 Oat bran, cooked, 1 cup
21.2 Oatmeal, 1 cup
05.0 Okra, 1 cup
0.00 Olive oil, 1 tablespoon
01.4 Olives, black, 10 olives
01.4 Olives, green, 10 olives
07.5 Onion, 1 medium head, 2.5 inch diameter
07.2 Onion soup, without bread, 1 cup
16.0 Orange, 1 medium
26.0 Orange juice, 1 cup
12.5 Oysters, 6 ounces
22.0 Pancake, 6 inches in diameter
11.2 Papaya, 1 cup
25.0 Parsnip, 1 whole, 9 inches long
22.0 Party mix, 1 ounce
30.0 Passion fruit, 1 cup
34.0 Passion fruit juice, 1 cup
40.0 Pasta, 1 cup
34.0 Pasta, whole wheat, 1 cup
39.0 Pastry, normal size, 3 ounces
18.0 Pastry, Danish, small, 1.5 ounces
18.0 Pastry, strudel, small, 1.5 ounces
36.0 Pastry, toaster, 2 ounces
08.9 Peach, 1 medium

44.0 Peach, dried, without added sugar, 1 cup

66.0 Peach, dried, with added sugar, 1 cup

65.0 Peach, in syrup, 1 cup

06.0 Peanut butter, 2 tablespoons

18.0 Pear, 1 small, 5 ounces

63.0 Pear, in syrup, 1 cup

70.0 Pear, dried, 1 cup

28.0 Pear juice, 1 cup

23.0 Peas, green, canned, 1 cup

15.0 Peas, green, fresh, 1 cup

15.0 Peas, green, frozen, 1 cup

12.0 Peas, snap, 1 cup

07.0 Peas, snow, 1 cup

40.0 Peas, split, 1 cup

03.4 Pepper, bell, green, 1 medium, 3 inches long

03.4 Pepper, bell, red, 1 medium, 3 inches long

03.4 Pepper, bell, yellow, 1 medium, 3 inches long

01.0 Pickle, dill, 1 ounce

07.0 Pickle, sweet, 1 ounce

55.3 Pie, apple, 1/8th slice of a 9" pie

52.0 Pie, lemon, 1/8th of a 9" pie

64.0 Pie, pecan, 1/8th of a 9" pie

41.0 Pie, pumpkin, 1/8th of a 9" pie

51.0 Pie, snack, 4 ounces

17.4 Pineapple, 1 cup

54.0 Pineapple, canned, in syrup, 1 cup
37.0 Pineapple, canned, in juice, 1 cup
33.0 Pineapple juice, unsweetened, 1 cup
05.0 Pistachios, 1 ounce
41.0 Pizza, 1 slice, 4.5 ounces
44.0 Plantain, 1 cup
07.8 Plum, 1 medium, 2 inches in diameter
66.0 Plum, canned, in syrup, 1 cup
35.0 Plum, canned, in juice, 1 cup
25.0 Plum, canned, in water, 1 cup
04.9 Pomegranate, 1 cup
21.0 Pomegranate juice, 1 cup
19.0 Popcorn, microwave bag, 4.5 cups popped
00.0 Pork, 6 ounces
01.0 Pork sausage, 1 link, 3 ounces
31.0 Potato, baked, 1 medium
15.0 Potato, chips, 1 ounce bag
19.2 Potato, sweet, 1 unit
27.8 Potato, white, 1 large
22.0 Pretzel, 1 ounce
07.0 Prickly pear, sliced, 1 cup
30.0 Protein bar, 2.0 ounces
42.0 Protein drink, 8 fluid ounces
56.0 Prune, canned, in syrup, 1 cup
54.0 Prune, dried, 1 cup

42.0 Prune juice, 1 cup

24.0 Pudding, banana, 4 ounces

26.0 Pudding, chocolate, 4 ounces

28.0 Pudding, lemon, 4 ounces

20.0 Pudding, rice, 4 ounces

23.0 Pudding, tapioca, 4 ounces

25.0 Pudding, vanilla, 4 ounces

12.6 Pumpkin, canned, 1 cup

09.0 Pumpkin, fresh, 1 cup

03.0 Pumpkin flowers, 1 cup

04.0 Pumpkin seeds, 142 kernels, 1 ounce

00.0 Radishes, 1 radish

20.0 Raisins, seedless, 2 mini-boxes, 1 ounce

06.0 Raspberries, 1 cup

54.0 Raspberries, frozen, sweetened, 1 cup

30.0 Raspberry juice, 1 cup

01.0 Relish, dill, unsweetened, 1 tablespoon

04.0 Relish, dill, sweetened, 1 tablespoon

04.0 Rhubarb, 1 cup

70.0 Rhubarb, with sugar, 1 cup

41.2 Rice, brown, 1 cup

43.8 Rice, white, 1 cup

32.0 Rice, wild, 1 cup

38.0 Rice beverage, 1 cup

07.0 Rice cake, plain, 1 cake, 1/3 ounces

25.0 Roll, cinnamon, 1.5 ounces

08.0 Roll, dinner, plain, 1.5 ounces

00.0 Roast beef, 5 ounces

01.0 Salad dressing, blue cheese, 1 tablespoon

01.0 Salad dressing, Caesar, 1 tablespoon

03.0 Salad dressing, French, 1 tablespoon

05.0 Salad dressing, honey mustard, 1 tablespoon

01.5 Salad dressing, Italian, 1 tablespoon

01.4 Salad dressing, ranch, 1 tablespoon

02.4 Salad dressing, thousand island, 1 tablespoon

02.4 Salami, 3 ounces

01.4 Salsa, 2 tablespoons

00.0 Sardines, canned, 4 ounces

09.0 Sauce, Alfredo, $\frac{1}{2}$ cup

04.0 Sauce, barbecue, 1 tablespoon

01.0 Sauce, chili, 1 tablespoon

13.1 Sauce, cranberry, 2 tablespoons

11.0 Sauce, enchilada, $\frac{1}{4}$ cup

07.0 Sauce, marinara, $\frac{1}{2}$ cup

12.0 Sauce, pasta, $\frac{1}{2}$ cup

03.0 Sauce, pesto, $\frac{1}{4}$ cup

01.0 Sauce, picante, 1 tablespoon

03.0 Sauce, pizza, $\frac{1}{4}$ cup

04.0 Sauce, steak, 1 tablespoon

02.0 Sauce, stir-fry, 1 tablespoon

15.5 Sauce, sweet and sour, ¼ cup

02.0 Sauce, tomato, 1 tablespoon

04.2 Sauerkraut, ½ cup

00.0 Sausage, 1 link, 3 ounces

00.0 Shrimp, 5 ounces

39.0 Soft drink, cola flavor, 12 fluid ounces

37.0 Soft drink, lemon lime, 12 fluid ounces

39.0 Soft drink, regular with sugar, 12 fluid ounces

00.0 Soft drink, diet, 12 fluid ounces

15.4 Soup, black bean, 1 cup

08.6 Soup, chicken noodle, 1 cup

08.0 Soup, chicken vegetable, 1 cup

11.0 Soup, chili beef, 1 cup

15.0 Soup, cheese, 1 cup

15.3 Soup, clam chowder, 1 cup

19.0 Soup, corn chowder, 1 cup

16.0 Soup, cream of broccoli, 1 cup

23.0 Soup, cream of corn, 1 cup

15.0 Soup, cream of mushroom, 1 cup

24.0 Soup, green pea, 1 cup

20.0 Soup, lentil, 1 cup

10.3 Soup, minestrone, 1 cup

08.0 Soup, mushroom, 1 cup

07.2 Soup, onion, without bread, 1 cup

26.0 Soup, split pea, 1 cup

19.0 Soup, tomato, 1 cup

09.0 Soup, vegetable, 1 cup

13.0 Soup, vegetable beef, 1 cup

12.4 Soybeans, 1 cup

23.0 Soy beverage, 1 cup

01.0 Soy sauce, 1 tablespoon

00.4 Spinach, 1 cup

37.0 Sports and nutrition bars, 1 bar

02.0 Sports and nutrition bars, low carbohydrate, 1 bar

20.0 Sports and nutrition drinks, 1 cup

02.8 Squash, 1 cup

00.0 Steak, 5 ounces

07.2 Strawberries, 1 cup

04.5 Sugar, brown, 1 teaspoon

00.9 Sugar substitute, Splenda, 1 packet

00.0 Sugar substitute, Skinnygirl™ stevia extract, 1 squirt

04.2 Sugar, white, 1 teaspoon

13.4 Syrup, maple, 1 tablespoon

43.0 Sweet potato, 1 cup

03.0 Swiss chard, 1 cup

14.0 Syrup, maple, 1 tablespoon

16.0 Taco shell, 1 ounce

06.2 Tangerine, 1 medium, 2 inches in diameter

30.0 Tangerine juice, 1 cup

38.0 Tea, sweet, bottled, 12 fluid ounces

00.0 Tea, diet, bottled, 12 fluid ounces

05.7 Teriyaki sauce, 2 tablespoons

02.2 Tofu, firm, 4 ounces

08.0 Tomato, canned, 1 cup

03.2 Tomato, fresh, 1 small

09.4 Tomato juice, 1 cup

03.5 Tomato sauce, $\frac{1}{4}$ cup

12.0 Tortilla, corn, 6 inch diameter

25.0 Tortilla, wheat flour, 8 inch diameter

18.0 Tortilla chips, 1 ounce bag

17.0 Tortilla shell, 1 shell

00.0 Tuna, 4 ounces

00.0 Turkey breast, 4 ounces

00.0 Turkey ham, 4 ounces

04.6 Turnips, 1 cup

03.0 Turnip greens, 1 cup

22.0 Vegetable chips, 1 ounce

05.5 Vegetable juice, 1 cup

04.0 Vegetable mix, California, 1 cup

02.0 Vegetable mix, Chinese, 1 cup

02.3 Vinegar, balsamic, 1 tablespoon

03.0 Vinegar, rice, 1 tablespoon

00.0 Vinegar, white, 1 tablespoon

01.5 Vinegar, wine, 1 tablespoon

25.0 Waffle, 7 inches in diameter

00.0 Water, 1 cup
20.0 Water, sparkling, with sugar added, 1 cup
10.4 Watermelon, 1 cup
05.2 Wheat germ, 2 tablespoons
02.0 Wine, champagne, dry, 4 fluid ounces
33.0 Wine, cooler, 12 fluid ounces
02.0 Wine, red, dry, 4 fluid ounces
04.0 Wine, sweet, 4 fluid ounces
36.0 Wine cooler, 12 fluid ounces
02.0 Wine, white, dry, 4 fluid ounces
33.0 Yam, 1 cup
11.0 Yogurt, plain, 1 cup
17.0 Yogurt, low fat, 1 cup
03.3 Zucchini, 1 cup

The End

Final Notes

Dear Reader,

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

If you like this book and would like to contribute to the author's cause. Please go to Smashwords.com and purchase a copy of my book "The Automatic Time Management System". It is a book with an excellent method to reduce your stress by keeping action lists of all your pending actions. You will be relieved from most of your stress after you implement the first action list recommended.

Fernando Urias

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