COACH OF LOW CARB

Patricia Tassinari Personal Coach e Coach de Emagrecimento Low Carb Paleo

MORNING: protein + vegetables + good fats

LUNCH: half of the protein dish + half or more of half vegetables + good fats (when cooking the dish, use the natural food fats or in the vegetables and leaves)

DINNER: same as lunch + 01 good carbohydrate source (which adds around 20g of liquid Carbohydrate or NET)

\*\* If you need snacks, because you are hungry, opt for Low Carb alternatives. No cheeses and dairy products.

• Carbohydrate sources (amyloid roots, fruits, pasta, breads, sweets, etc.) are not included during the day.

• Avoid the maximum use of artificial sweeteners ... Use: Xylitol, Erythritol, Stevia (moderately)

• If you choose intermittent Fasting (for NOT being hungry, skip the meal.)

• Variety of vegetables ... colorful and varied dish ... always!!!!!

**THE DAY IS DRY IN CARBOHYDRATES AND NIGHT IT IS OBLIGATORY AND STRATEGICALLY PLACED FOR BETTER WEIGHT LOSS.**

SOURCES OF PROTEINS:

PROTEINS: The ideal is to eat 1g of pure protein per kg of weight, with 100g of meat having approximately 30g of pure protein. If a person weighs 80kg should eat 80g of protein a day, which would be around 250-300g of fresh meat. Those who practice regular physical activity can eat even more ....

\* Seafood \* - Fish, crustaceans and mollusks

\* Red meats - \* Cow, Lamb, Angus, etc.

\* White Meats - \* Chicken, Rabbit, Duck and Pig

\* Eggs \* - Chicken, Duck, Etc.

\* \* Processed meats: \* Bacon, sausages, hams, salami: preferably NO PRESERVATIVES AND ADDITIVES!

\* Wild meats (quail, deer, wild bear, ostrich, alligator etc)

heart of chicken, ox, chicken liver and ox, kidney, marrow, etc.

SOURCES OF FIBERS (VEGETABLES AND LEAFS):

Zucchini

Chard

\* Watercress

\* Artichoke

\* Lettuce

\* Garlic

\* Leek

\* Asparagus

\* Eggplant

Broccoli

\* Ninja Broccoli

\* Sprouts -with moderation

\* face

Onion

\* Carrots

\* Mushroom

\* Cabbage

\* Escarole

Endives

\* Brussels sprouts

\* Cauliflower

\* Fennel

\* Pea Pie - in moderation

\* Spinach

Cucumber

\* Pepper

\* Okra -

\* Radish

\* Cabbage

\* Celery or Celery

Tomato

Hearts of palm

\* Pea Pod

SOURCES OF GOOD CARBOHYDRATES:

100g of cooked sweet potatoes "OR"

80g cooked cassava (or fried in lard)

3 cups butter or cabbage pumpkin or boiled Hokaido

01 fruit from low Glycemic Index

LOW FRUITS Glycemic Index To serve as a good Carbohydrate source: (+ or - 20g of carbs net)

01 Apple

01 Pear

12 to 15 strawberries

150g of blueberries or other berries

2 kiwis

1 and ½ orange

1 medium slice of melon

100g of mango

1 small banana

**AT NIGHT, THE GOOD CARBOHYDRATE ENTERS ONLY 1 OPTION, OR HALF / HALF, BUT THAT CONTAINS AROUND 20g OF CARBOHYDRATES NET, FOR EXAMPLE:**

**50g SWEET POTATO + 8 STRAWBERRIES**

**40g MANDIOCA + 1 Kiwi**

**Laticinios:**

**Yellow and fat cheeses, Greek and whole-grain yogurts, cream, sour cream, cottage cheese, Kefir**

**Warning: Dairy products do not come in throughout the day by activating Insulin peaks and increasing food cravings ... if you put them on, it should be at night. If Insulin gives peaks, the person retains more fluids and the fact of barring weight loss!!!!!**

**Do not count as carbohydrates unless you put a Greek (200ml = 12g of carbs) + 7 strawberries, then enter as good carbohydrate ... OR 200ml of Kefir (8g of carbos) + ½ pear.**

**Sources of Good Fats:**

**\* Extra virgin olive oil**

**\* Ghee (bottle butter)**

**\* Animal fat**

**\* Clarified Butter**

**\* Coconut oil**

**\* Coconuts**

**\*Avocado**

**\* Oleaginous (almonds, macadamias, Brazil nut, nuts, etc ...) limit 40g a day.**

Paleo Low Carb Diet

Do not eat any light or diet products (they contain a lot more carbohydrates than whole). Do not buy yogurts with fruits ... it is whole yogurt or Greek (natural and not light)

No Light product is allowed, especially Greek.

No type of industrialized food is allowed, remember that it is a diet above all PALEO (without industrialized or at least avoid)

Do not use sugar, honey and regulate the fruits to 1 serving per day and these will always be at night as a good carbohydrate source.

IF YOU WANT TO SKIP SNACKS OR BREAKFAST (I.F.) YOU CAN, ONLY DRINK COFFEE WITH COCONUT OIL (IF YOU ARE FEELING TIRED FOR A PHYSICAL ACTIVITY, BUT YOU DO NOT WANT TO EAT) IF YOU FAST, IT IS ONLY WATER; COFFEE AND TEAS NO SUGAR !!!

DO NOT ADD SWEETNERS IN COFFEE DURING THE FAST !!!

IF YOU WANT TO ADD VEGETABLES TO BREAKFAST, YOU CAN, IF NOT WANT,OK!!!!

YOU CAN HAVE 1 FRUIT LOW GI AT NIGHT AS A GOOD CARBO; BUT IT IS NOT MANDATORY OR NECESSARY ... (STRAWBERRIES, PEAR, APPLE, BLUEBERRIES, KIWI, ETC) AVOID BANANA, MANGA, ETC.

TO FOLLOW LOW CARB PALEO AND LOSE THOSE POUNDS QUICKLY YOU WILL HAVE TO TAKE SOME THINGS OUT OF YOUR DIET ...

CHOCOLATE IS ONLY ALLOWED ABOVE 70% COCOA. THE IDEAL IS THE 85% (LESS CARBS) AND IT WILL ENTER AT NIGHT; AND MUST BE CONSIDERED.

No refined sugar, refined grain oils, grains, legumes (beans, chickpeas, peas, peanuts ...), no industrialized products containing dyes, heavy preservatives and additives, milk, margarine, zero or light foods, except for rare start exceptions. That is not the case.

want to have a coke Zero? ...from time to time. Give preference to bubbly water with lime and ice with mint leaves or ginger ... Paleo is non-chemical, remember that.

IF ADVANCED, USE STIVIA, XYLITOL OR ERYTHRITOL.

IF YOU USE GELATINES, GIVE PREFERENCE TO UNCLEAR GELATINES OR AGAR-AGAR.

IF YOU HAVE A DIET GELATINE AT HOME YOU CAN USE IT UNTIL YOU FINISH, AFTER THAT, NO MORE.

YOU CAN MAKE THE REPLACEMENT THAT YOU WANT FOR THE EQUIVALENT FOODS, FOR EXAMPLE: BROCOLIS BY COULI-FLOWER, CUCUMBER FOR TOMATO, ZUCHINNI FOR EGGPLANT, SALAD OF LEAVES OF GREEN VEGETABLES COOKED, BATTERED BY OLIVE OIL OR BUTTER, INVENT ... THIS IS JUST A SKELETON YOU WILL LEARN ACCORDING TO WHAT YOU LIKE AND WHAT YOU MUST REPLACE. THE INTENTION IS THAT NEXT MONTH YOU DO THIS ALONE.

FIAMBRES AND SAUSAGES ARE NOT PALEO. BUT THE HUNGER OR HAM HAS A LITTLE OF HC (CARBOHYDRATES), SO GO LIGHTLY ON THEM.

USE CRUDE OR PARMA HAM, PREFERENCE FOR THOSE WHO DO NOT CONTAIN ADDITIVES SUCH AS DEXTROSE AND SYRUP. THIS IS HC AND PRESERVATIVE!

IF YOU APPRECIATE FISH, THEY ARE GREAT FOR PREGNANCY. IF YOU DO NOT WANT, REPLACE ANOTHER SOURCE OF PROTEIN.

BRATRUST ONLY IF IT IS HOMEMADE AND WITHOUT ADDITIVES. BECAUSE THESE NORMALLY CONTAINS WHEAT BASES, AND SHOULD NOT!

RAW CARROT NEEDS TO ACCOMPANY PROTEIN. YOU CAN EAT ALONE, IN A SALAD OR AS A SNACK(4 TO 5 BABY CARROTS) OR 1 MEDIUM CARROT. CARROT IS NOT SOURCE OF CARBOHYDRATE: LIKE BEETS.

FASTING IS GREAT!!!!!!!!!!! HELP A LOT TO SLEEP, BUT SHOULD BE JUST WITH WATER, COFFEE AND OR TEA AND COCONUT OIL OR GHEE ABOVE 24HRS. (BUTTER AND SWEETNERS BREAK THE FAST!!!

IF YOU CAN DO I.F. EVERY MORNING DAY JUST SKIP BREAKFAST AND SNACK AND HAVE LUNCH!!! BUT DO NOT COMPENSATE EATING MORE FOOD AT LUNCH AND DINNER ... EAT UNTIL YOU FEEL SATISFIED AND STOP. DO NOT FORCE TO EAT. THERE WILL BE A TIME YOU WILL NOT BE SO HUNGRY, THAT IS THE GOOD SIDE OF THE LOW CARB, BUT THE MORE SWEETNERS AND DIET FOOD YOU USE, THE HUNGRIER YOU WILL BE, THEY ARE ADDICTIVE.

THEREFORE, GET USED TO THE NATURAL TASTE OF FOOD ... DETOXIFICATION OF CHEMISTRY.

What to eat:

No need to complicate,It is simple:

1) Cut sugar;

2) Eliminate grains (especially wheat and soybeans);

3) Avoid roots ("tubers", especially potatoes) if you need to lose a lot of weight (otherwise not);

4) Opt for real food;

5) Do not consume artificial fats (margarines) and avoid refined ones (oils extracted from seeds);

6) Lose fear of natural fat from food;

Guys, deep down, that's all! Need a candy? Eat a fruit AT NIGHT.

Each one is different. Each one needs to test in himself what works, and what makes it possible for him to continue with this lifestyle on an ongoing basis.

ALWAYS MAKE THE MEALS 50% PROTEINS AND 50% VEGETABLES!!!!! EVER!!!!!

STOP INVENTINGRECIPES ... EAT TRUE FOOD THAT THE CRAVINGS WILL STOP ... THE MORE WE TRY TO REPLICATE RECIPES, THE MORE WE WILL CRAVE ... STOP.. THE MOJORITY THA EATS REAL FOOD WON´T BE HUNGRY, BECAUSE THEY NURTIER AND SACIATES.. WITH YOGURTES AND CHEESES IS THE SAME THING ... THEY LEAVE PEOPLE WITH CRAVINGS ... THEN AT LEAST IN THE INITIAL WEEKS, STAY AWAY FROM THIS TYPE OF FOOD ... EATING TRUE FOOD ... GONE HUNGRY, EATING CHICKEN BREAST WITH GHEE, OR HAM, OR OTHER PROTEIN ...

**LOW CARB RULE:**

**JUST EAT WHEN HUNGRY!!!!!! IF NOT HUNGRY, DO NOT EAT!!!!**

**EAT UNTIL SACIED, THEN, STOP!!!!!**

**DO NOT EAT TO "GUARANTEE" UNTIL THE NEXT MEAL...If you are hungry later, eat some nuts, proteins, coconut oil. DO NOT EAT FRUITS!**

For this, always be forewarned and plan your day: always have nuts, boiled eggs, dry coconut, dehydrated coconut, carrots, peanuts (if you have problems with it), or another low carb snack.

Really want something sweet?

TAKE COFFEE WITHOUT SUGAR!!!!! Change the taste: if you feel like eating something sweet, drink bitter. Or water with lemon (sour !!) or cocoa nibs (bitter)

DO NOT STIMULATE YOUR BRAIN TO ASK AND CONTINUE TO ASK FOR SWEET::: Change THE TASTE THAT THE WILL PASS !!!!

**Are you anxious????**

**At each anxiety crisis, take 20x deep diaphragmatic breath and air your mind and remember that you are on a plan.**

**OR**

**Put on your sneakers and go walk ... 20min ... 30min breathing deeply!!!!**

**Avoid Cheat Days/ Meals**

**Each time you slip, you slow down your weight loss process in 2 to 3 days ... CONSTANCE is the word of good result or success ... repeat your action several times in the day and several days of the week ... constancy is the key and always cultivate the image of your perfect self! But this must be cultivated and fed EVERY DAY several times a day for the change to be definitive!!!!!!!**

One day at a time ... no rush, after all you did not gain weight in 1 month, and you will not lose it in 1 week ... constancy, focus and determination combined with planning is everything!!!!

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