

Amanda's Food List

Eat Like A Bear!

Here is a general list of food guidelines I followed to lose over 130 pounds in a year. These are low carbohydrate foods that will help your body get into and stay in ketosis. Be mindful of the number of carbohydrates you are eating each day. Under 20 grams is an exceptional goal. I also ate my food in one hour each day and believe that "intermittent fasting" window was critical to my success. Others are having luck eating two meals in a 4-6 hour window. Others can "get away" with eating more carbohydrates and still stay in ketosis. Find what works for you.

Meat, Seafood, Oils, Eggs	Dairy
<p>All unprocessed meats: Zero carbs!</p> <p>All bottled oils: Check labels to be sure: Zero!</p>	<p>Cream vs milk: The cream portion of the milk has zero carbs. The milk portion has milk sugars.</p>
<p>Processed meats: Check the label and choose low carb. Watch bacon and sausage in particular.</p>	<p>If you're hitting that carb limit, shop for higher fat dairy products. Read all labels!</p>
<p>Eggs: Zero carbs!</p> <p>Fish/Seafood: Zero to few carbs - check labels.</p>	<p>Generally you can find lower-carb full fat yogurts, sour cream, and cream cheese.</p>
<p>I make liberal use of seafood and eggs in particular to get beneficial fats along with the protein.</p>	<p>Watch your portions on any of these items. You can easily binge on Greek yogurt and hit your max.</p>
Vegetables	Nuts and Seeds
<p>Roots versus fruits: Stay away from any root vegetable. Look for those that fruit off the plant.</p>	<p>The carbs in these add up more quickly than you'd hope, so definitely watch the quantity.</p>
<p>Mind the carbs: Especially if you are cooking the vegetable, you can bust your daily carb limit. I can easily eat a gallon of sliced zucchini if I overcook it.</p>	<p>Nuts: Almonds, brazil nuts, hazelnuts, macadamia, pecans, pinenuts, walnuts.</p>
<p>Eat a lot: Raw, leafy greens, cabbage.</p>	<p>Seeds: Chia, flax, pumpkin, sesame, sunflower.</p>
<p>Enjoy but watch: Asparagus, artichokes, eggplant, zucchini, broccoli, cauliflower, cucumber, green beans. (I also eat just a bit of onion.)</p>	<p>If you are buying flavored nut and seed mixtures, definitely check the labels.</p>
Fruit	Drinks + Sweeteners
<p>Caution! Be very careful with the fruit. If you have a lot to lose, you really want to limit the fruit until you are closer to maintenance. It's too bad -- there is some healthy fruit out there that we'll be enjoying in our maintenance phase.</p>	<p>Drinks while eating: You can be more flexible with drinks in your "eating window": You can add cream, butter, oils, etc to the drinks. Add any low carb foods on this list to a smoothie during your window, just be mindful of the total carb content.</p>
<p>Lower carb fruits: Lemon and lime are great. Low carb berries - blueberries, raspberries, blackberries, and elderberries - are good for a splurge but eat them in small quantities.</p>	<p>Drinks while fasting: Any drink that does not affect your blood sugar is OK, this includes coffee, black tea, green tea, and carbonated water. Sweeten with stevia. Added lemon is OK.</p>
Condiments	<p>Sweeteners: Stevia and monkfruit are ideal. Stevia or monkfruit blends are an option if you can't stand stevia. If you measure your blood sugar, test how some of these sweeteners are affecting you. We've had reports that stevia is spiking blood sugar but that is unusual.</p>
<p>Read all labels carefully and make sure whatever you are using fits with your daily totals and goals. All classes of condiments have "offenders" that are high in carbohydrates.</p>	