

PLANET LOWCARB EATING PLAN

WEIGHT LOSS ACCELERATOR / STALL BREAKER



One of the problems that people often experience on a low carb diet is that as they lose more and more weight, they sometimes reach a point where their weight loss slows down dramatically or completely comes to a standstill. This is basically your body that is reacting to your dramatic weight loss by becoming more efficient at using fat for energy. This can last for anything from 2 - 5 weeks and then usually you will start losing weight again. Some people also have difficulty getting their body to go into a state of ketosis where it burns fat for energy and with this eating plan your body has no choice. There is a way to force your body back into ketosis and force it to start burning fat again and it is called a ketogenic eating plan.

HOW DOES IT WORK:

The eating plan works on a very simple concept. On a low carb diet you want your body to use mostly fat for energy thereby getting most of its energy from the fat you consume and more importantly from your own body fat which of course causes you to lose weight. This is a completely natural function of your body. Just like your body has a function for storing fat, it also has a natural function for using that fat for energy. This process is called ketosis, where your body turns fat into ketones and then use those ketones for energy instead of blood glucose.

What this eating plan does is that it takes this natural function of your body to the extreme by giving your body virtually just fat to burn for energy.

The eating plan consist of 4 - 5 small meals per day consisting mostly of fat, with as little as possible carbohydrates and just a small amount of protein. In addition by restricting this intake of meals to between 1000 and 1200 calories, your body has no choice but to burn not just the fat you have eaten, but also your body fat. Since there is nothing else for it to burn for energy or convert into something it can burn for energy, your body goes into a hyper state of fat burning.

One of the interesting aspects is that even though you are severely restricting your calories, which will normally cause your body to go into a state of semi-starvation on any other kind of diet which will of course slow down your metabolism and dramatically slow down your weight loss, this does not happen with this eating plan because your body actually gets all its nutritional requirements because although you are only consuming about 1000 calories, the rest of your nutritional requirements come from your own body fat.

This eating plan has been designed to give you meals that are as high as possible in fat, while still tasty and palatable, low in carbohydrates and adequate in protein.

THE RULES:

- It is absolutely critical that the rules of the eating plan must be followed 100% or it will not work.**
- Each day consists of 4 - 5 meals of +/- 200 - 300 calories each. Ideally these meals should be eaten every 2 – 3 hours. The order in which you eat the meals does not matter. You can also combine meals if you only want to eat 2 or 3 times per day**
- You cannot drink any alcohol, anything with caffeine, any drink with sugar, or any drink that has any calories in it. For the best results you should drink only water.**
- You must drink a good multivitamin at least once a day and even twice a day if required.**
- When you have completed the eating plan you must go straight into a strict low carb diet again to get the maximum benefit from it.**
- Only use salt and pepper as seasoning (no sauces)**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day8	Day 9	Day 10
Meal 1	Low carb toast(1 slice) with scrambled eggs	Nutri-Smart Yoghurt	Keto Porridge	Nutri-coffee	Nutri-Smart Yoghurt	Low carb toast(1 slice) with scrambled eggs	Nutri-Smart Yoghurt	Keto Porridge	Nutri-coffee	Nutri-Smart Yoghurt
Meal 2	Nutri-Smart Smoothie	Toasted cheese sandwich	Nutri-coffee	Nutri-Smart Smoothie	Nutri-Smart Smoothie	Nutri-Smart Smoothie	Toasted cheese sandwich	Nutri-coffee	Nutri-Smart Smoothie	Nutri-Smart Smoothie
Meal 3	Pita bread with filling		Open faced sandwich with allowed toppings	Mini pizza	Toasted cheese sandwich	Pita bread with filling		Open faced sandwich with allowed toppings	Mini pizza	Toasted cheese sandwich
Meal 4		Nutri-Smart Smoothie	Nutri-Smart Smoothie				Nutri-Smart Smoothie	Nutri-Smart Smoothie		
Meal 5	Nutri-pudding	25g macadamia nuts	Nutri-pudding	Nutri-Smart Smoothie	Chicken stir fry	Nutri-pudding	25g macadamia nuts	Nutri-pudding	Nutri-Smart Smoothie	Chicken stir fry

Recipes:

Low Carb toast with scrambled egg: Place half a teaspoon of butter in a small non stick frying pan. Place on medium heat. Mix together one egg with one tablespoon(15ml) cream, salt and pepper to taste. Pour into frying pan and cook. Spoon onto 1 slice of toasted(20 -30 seconds) Planet Lowcarb bread slice and serve.

Low carb Keto porridge: Pour 250ml cream in a small saucepan. Add 2 rounded teaspoons of Planet Lowcarb porridge, bring to the boil while stirring. Simmer for 3 minutes. Scramble 2 eggs. Add to pan while stirring. Just bring back up to the boil before removing from heat. Allow to stand for 2 minutes before stirring again. Split into 4 portions. Reheat in microwave.

Low carb Nutri-Smart Yoghurt: Mix 50g double cream plain yoghurt with 20ml cream. Add 1 to 1,5 rounded teaspoons of Planet Lowcarb Nutri Smart resistant starch smoothie mix (strawberry or vanilla) and mix well.

Low carb Nutri-Smart Smoothie: Mix 50ml cream with 200ml water. Add 3 rounded teaspoons Planet Lowcarb Nutri Smart resistant starch smoothie mix and mix well.

Low carb Keto coffee: Add 2 to 3 teaspoons of Planet Lowcarb Keto coffee mix to 200ml boiling water, add 50ml cream.

Low carb Nutri Pudding: Pour 250ml cream in a small saucepan. Add 2 rounded teaspoons of Planet Lowcarb Nutri Pudding mix, bring to the boil while stirring. Simmer for 3 minutes. Scramble 2 eggs. Add to pan while stirring. Just bring back up to the boil before removing from heat. Allow to stand for 2 minutes before stirring again. Split into 4 portions. Refrigerate and serve cold,

Toasted cheese sandwich: Butter 2 slices of Planet Lowcarb bread with half a teaspoon of butter per slice. Place 30g of cheddar or gouda cheese between the bread slices with the butter on the outside. Place in a medium hot non-stick frying pan toasting on both sides until golden brown and the cheese has melted. Serve

Pita bread with filling: Take a Planet Lowcarb pita bread and toast for 20 to 30 seconds in a toaster. Butter with half a teaspoon of butter. Fill with one of the fillings below:

- 30g of cooked chicken breast meat finely chopped mixed with shredded lettuce and one tablespoon of mayonnaise.
- 1 boiled egg mixed with one tablespoon of mayonnaise. Add a few drops of optional tobasco sauce.
- 50g sliced avocado with chopped cucumber and one tablespoon of mayonnaise.
- Mixed salad consisting of shredded lettuce, chopped cucumber, 1 sliced cherry tomato, 25g of avocado, 15g of grated cheddar cheese, one tablespoon olive oil and one teaspoon of vinegar (not balsamic)

Open faced low carb sandwich: Take one slice of Planet Lowcarb bread and butter with half a teaspoon of butter. Toast on the buttered side in a medium hot frying pan until golden brown. Add the topping from the list below and serve:

- 1 egg fried in half a teaspoon of butter.
- 75g of sliced avocado
- 50g of sliced mushrooms fried in half a teaspoon of butter. Add 30ml cream and season with salt and pepper to taste. Allowed to boil down until thickened.

Mini pizza: Make a tomato base by mixing half a teaspoon(3g) of tomato paste with 1 teaspoon of water. Add a pinch of mixed herbs. Spread on 1 Planet Lowcarb pita. Top with 25g of grated cheddar, gouda or mozzarella cheese (or a combination) plus one of the toppings from the list below. Melt half a teaspoon of butter in a small non-stick frying pan, covering the base, on medium heat place pita with toppings in frying pan, cover with lid and allow base to become crispy and cheese to melt. Slice into 4 and serve.

- 25g chopped mushroom and 15g cooked chicken
- 15g chopped biltong and 25g avocado
- 1 tablespoon of chopped spring onion and one sliced cherry tomato
- 20g cooked beef mince and chopped chilli

Chicken stir fry: Place one tablespoon butter and one tablespoon olive oil in a small non-stick frying pan. Season 40g of raw chicken breast with salt and pepper to taste. Mix together shredded spinach, shredded cabbage, sliced mushrooms and 1 tablespoon of spring onions. Fry chicken in frying pan, add vegetables, stir fry and season to taste with salt, pepper and cayenne pepper. serve

IF YOU HAVE ANY QUESTIONS SEND THEM TO riadiet@gmail.com