

10 LOW CARB TIPS AND TRICKS

HOW I LOST 60 LBS!



Introduction

First, a little about me if you don't already know me! Hi! I'm Jennifer, and I lost over 60lbs following a low carb diet (actually 80 lbs but I gained 30 back and now I am losing once again!) I have been overweight my entire life. I reached my highest weight of 260 lbs after I gave birth to my first child. When he was 18 months old, I had a lap-band device installed to try to lose weight once and for all...but I only lost 15 lbs. I made the mistake of thinking the lap-band was going to be the cure all to my obesity. Boy was I wrong!

Fast forward a couple of years to my discovery of the low carb diet. I'm not going to get into the science behind a low carb diet too much. I just know that when I follow this diet, I lose weight; and when I don't, I don't lose weight! My body is very sensitive to carbs. When I eat as little as 20 grams of carbs at one sitting, my heart feels like it's going to beat out of my chest! Not a good feeling!

So what is a low carb diet?

A low carb diet limits carbohydrates — such as those found in grains, sugary foods, starchy vegetables and fruit — and emphasizes foods moderate in protein and high in fat. I like to stick to 20-30 net carbs per day. Net carbs are your total carbs for the day, minus fiber grams. Since I only eat 30 net carbs per day, most of my carbs come from low carb veggies such as: leafy greens, squash, zucchini, avocado, cauliflower, broccoli, and bell pepper.

When you remove most of the carbs from your diet, you're left with protein and fat. Let me tell you...fat is your friend! When I ate high fat, that's when I lost the most weight! When I say eat all the fat, I'm not talking about cheeseburgers at McDonalds, or piles of greasy cheese. I get most of my fat from eggs, high quality beef, high quality bacon, chicken thighs, avocado, and grass-fed butter. When I'm in a pinch, I might hit up a McDonalds and have a bunless burger with a salad and no dressing! Most fast food dressings have carbs so it is very important to read your labels!

10 Low Carb Tips and Tricks!

1. Always keep healthy, low-carb snacks with you. It is so hard to find low carb snacks outside of the house! My favorite low-carb snacks are: macadamia nuts, jerky, no sugar added peanut butter or almond butter, and dark chocolate (I like 85% cacao).
2. Try to eat at home as much as possible. Restaurant food is full of hidden sugars that can stall your weight loss.
3. Stay away from diet soda and artificially sweetened crap! It may not stall your weight loss, but isn't your overall goal, health? You may end up skinny using these products, but at what cost? Think about it! This does not include things sweetened with stevia. I

love using [stevia](#) to sweeten my coffee. I'm talking about sucralose (splenda) and aspartame.

4. Prepare your proteins in advance and have them ready to go in the fridge. You could go as far as preparing every meal and having it ready to go in the fridge. I like to prepare boneless skinless chicken thighs, burgers, taco meat, pulled pork, bacon, or boiled eggs at the beginning of the week. Set yourself up for success!
5. If you have kids and a husband like me, they probably don't follow a low carb diet. I will prepare them the same meals as me and then add a carb. If we have pulled pork sandwiches or burgers, I skip the bun. If we have spaghetti, I make them noodles and I put my sauce over green beans or zucchini. If we have steak and potatoes, I have a steak salad.
6. Stay away from low fat foods and dressings! These foods are not only filled with chemicals, they remove the fat and add sugar (carbs) to make them taste better.
7. Use an app like My Fitness Pal to track your food intake. If you think you can track your carbs without using something, go for it. I have to use something or I will forget and ultimately go over my carbs! I know it seems brutal to have to log your food, but if you have a goal you want to reach, you need to keep yourself accountable! I'm Jbanz on My Fitness Pal, feel free to add me!
8. Weigh and measure your food! I have a kitchen scale sitting on my counter and I use it every single day. Low carb - high fat foods

are very calorie dense. Be honest with yourself! If you get a rounded spoonful of peanut butter out of the jar and count it as one serving, are you really being honest with yourself? You could be eating 2 servings of peanut butter! I like to put my spoon on the scale, zero out the scale, scoop my peanut butter, then weigh it again to get an accurate weight in grams. Most labels tell you how many grams are in a serving. I know this is another thing to keep up with, but we want to reach our goals, right?

9. Have a cheat meal once a week or so...if you can handle it! Notice I said cheat meal, not cheat day. If you regularly turn your cheat meal into a cheat day or cheat week, then maybe you should skip cheats for a while. Remember your goals and be honest with yourself! If you do end up falling off the low carb wagon, don't sweat it! Don't let a few bad days throw you off track. Pick yourself back up and get going again!
10. That brings me to the most important one of all, your mindset. You have to get your mind right if you want to commit to weight loss! I recommend writing down some affirmations and reading them everyday. I have them in the notes of my phone and I set an alarm so I don't forget to read them. They are so important for any goal you want to achieve! Here are some examples:
 - i. I love drinking lots of water everyday
 - ii. Everyday I am getting closer to my goal weight
 - iii. I am worth it!
 - iv. Losing weight is fun - I feel great!

v. My body is a fat burning machine

I'm not going to sugar coat it and tell you how easy this diet is. It's not easy! Sugar cravings are a constant struggle! But I think you will find that sticking to a low carb diet will help curb those cravings. On my blog I have a whole section dedicated to low carb tips. Check it out [here!](#)

I hope you found value in this low carb guide. If I hadn't discovered low carb years ago, who knows where I would be! I invite you to keep in touch and tell me how you are doing! Follow me on [Instagram](#), [send me a message](#), let me know! If you are struggling, you are not alone!

For more low-carb recipes and general healthy eating advice, please visit my website www.jenniferbanz.com