



Get Started on Low Carb - the 2 Week Challenge!

Do you want effortless weight loss, vibrant health or
mind-blowing diabetes reversal on low carb?
Here's your simple step-by-step guide to easily get started
today, and continue to amazing success.

Breakfast Options

We recommend having scrambled eggs for breakfast every day, for maximum simplicity. But feel free to switch to any other breakfast below at any time. They are all very low in carbs (a few grams).

Scrambled eggs (with optional extras like salmon or bacon)



Classic bacon & eggs



Omelette



Egg muffins (can be prepared in advance)



Boiled eggs with mayonnaise



Dairy-Free Latte



(For even more options see the online guide at dietdoctor.com)

Lunches

For maximum simplicity we recommend cooking only dinners, and then having leftovers for lunch every day. Feel free to add more mayo or butter to feel satisfied.

Should you want to cook an extra lunch choose any strict low-carb meal at dietdoctor.com/low-carb/recipes/lunch-dinner (extra shopping required).

Lunch out is not recommended. If necessary please follow guidelines at dietdoctor.com/low-carb/what-to-eat#dining-out.

Dinners

Please remember to cook enough for leftovers for lunch the next day.

Sunday start - Low-Carb Cheeseburger, p XX



Monday week 1 – Pesto chicken



Tuesday week 1 - Chops Marinated in Red Pesto



Wednesday week 1 - Low-Carb Pizza



Thursday week 1 - Garlic Chicken



Friday week 1 - Low-Carb Tex-Mex Casserole



Saturday week 1 - Fried chicken breast with broccoli and cauliflower in cheese



Sunday week 1 - Lamb chops with herb butter and turnip gratin (TWO RECIPES!)



Monday week 2 - Brussels Sprout and Hamburger Gratin



Tuesday week 2 - Baked Salmon with Pesto



Wednesday week 2 - Creamy Chicken Casserole



Thursday week 2 - Hamburger Patties with Creamy Gravy



Friday week 2 - Low-Carb Pizza



Saturday week 2 - Cauliflower lasagna



Sunday week 2 - Low-Carb Cheeseburger



Shopping list – week 1

For 1 Person

Eggs

Eggs, 28

Meat

Ground beef, 1½ lbs. (700 g)
Pork chops, 2/3 lb. (300 g)
Chicken breast, 2/3 lb. (300 g)
Chicken, 1
Pepperoni, 2 oz. (50 g)
Bacon, ½ lb. (225 g)
Lamb chops, 2

Produce

Avocado, 1
Onion, 1
Turnip, 1/3 lb. (150 g)
Garlic, 1 head
Cauliflower, ½ lb. (225 g)
Broccoli, ½ lb. (225 g)
Leek, 1
Tomatoes, 2
Cherry tomatoes
Scallions, a bunch
Lettuce
Lemon, 1
Mushrooms, a few

Fresh Herbs

Chives
Parsley
Fresh cilantro

Canned foods

Crushed tomatoes, 1 can
Pickled jalapeños

Olives (black/green)

Red pesto

Tomato paste

White wine vinegar

Mayonnaise

Dairy

Cheese, shredded 1 1/3 lbs. (600 g)
Cheese, sliced, 2 oz. (50 g)
Feta cheese, 4 oz. (100 g)
Heavy cream, 3 oz. (100 ml)
Sour cream, 2 oz. (50 ml)

Fats and Oils

Butter, ½ lb. (225 g)
Olive oil
Herb butter

Spices and seasonings

(if you don't already have them)

Salt
Black pepper
Chili powder, mild
Paprika powder
Cumin powder
Onion or garlic powder
Cayenne pepper
Oregano
Thyme
Vanilla extract
Ground ginger, cloves and cinnamon
Bouillon cubes, at least 10 (organic)

Scale

Measuring tape



Shopping list – week 2

For 1 Person

Eggs

Eggs, 24

Meat

Ground beef, 1 1/4 lbs. (550 g)

Chicken thighs, 1/2 lb. (225 g)

Pepperoni, 2 oz. (50 g)

Bacon, 1 lb. (450 g)

Salmon, 1/2 lb. (225 g)

Smoked salmon, 4 oz. (100 g)

Produce

Brussels sprouts, 1/4 lb. (100 g)

Onion, 1

Tomatoes, 1

Garlic, 1 head

Cauliflower florets, 3 oz. (100 g)

Cauliflower head, 1

Avocados, 1

Leek, 1

Scallions, 2

Cherry tomatoes

Lettuce

Lemon, 1

Fresh herbs

Parsley

Canned foods

Crushed tomatoes, 1 can

Beef Bouillon

Red wine, 1 fl. oz. (30 ml)

Dairy

Cheese, shredded, 11/4 lbs. (550 g)

Feta cheese, 1 oz. (30 g)

Heavy cream, 5 fl. oz. (150 ml)

Sour cream, 2 fl. oz. (60 ml)

Full-fat yoghurt, 2 oz. (60 ml)

Parmesan cheese, grated, 1 oz. (30 ml)

Fats and Oils

Butter, 1 lb. (450 g)

Mayonnaise, 2 oz. (60 ml)

Spices and seasonings

(if you don't already have them)

Italian Seasoning

Onion Powder

Bouillon cubes, at least 40 (organic)



Breakfast Recipes



Serving tip! Have your scrambled eggs together with different side dishes, such as salmon, avocado, bacon, deli meat, sausages, nuts, cheese, fresh mozzarella and feta cheese.

Scrambled Eggs

Instructions

1. Whisk the eggs together with some salt and pepper using a fork.
2. Let the butter melt, carefully, in a pan at medium heat. The butter shouldn't turn brown!
3. Pour the eggs into the pan and stir for 1–2 minutes, until they turn creamy and nice. Remember that the eggs are still cooking even after you've put them on your plate.

Ingredients

1 serving
3 eggs
4 tablespoons (60 g) butter
Salt and pepper



Classic Bacon and Eggs

Instructions

1. Fry the bacon in a pan until crispy and put aside on a plate.
2. Fry the eggs in the bacon grease any way you like them. Cut the cherry tomatoes in half and fry them at the same time.
3. Season with salt and pepper.

Ingredients

4 servings
8 eggs
8 strips of bacon
cherry tomatoes, optional
fresh herbs



Tip! Serve the omelet with a crispy salad.

Omelette

Instructions

1. Crack the eggs into a mixing bowl with a pinch of salt and pepper. Whisk the eggs into a batter with a fork.
2. Add salt and spices.
3. Melt butter in a frying pan and pour in the batter when the butter has melted.
4. When the omelet begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese, mushrooms and onion on top (optional).
5. Using a spatula, ease around the edges of the omelette, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate.

Ingredients

1 serving
3 eggs
1 oz. (25 g) butter for frying
1 oz. (25 g) shredded cheese
1/5 onion
1 fresh mushroom
Salt and pepper

Breakfast Recipes



Tip! The pesto is optional.

Egg Muffins

Instructions

1. Preheat the oven to 350°F (175°C).
2. Chop spring onion and bacon.
3. Whisk the eggs together with seasoning and pesto. Add the cheese and stir.
4. Place the batter in muffin forms and add bacon, chorizo or salami.
5. Bake for 15–20 minutes, depending on the size of the muffin forms.

Ingredients

4 servings
6 eggs
1 – 2 scallions, finely chopped
4 – 8 thin slices of chorizo or salami, alternatively
3 oz. (70g) bacon.
4 oz. (100 g) cheese, shredded
1 tablespoon pesto, green or red
salt and pepper



Serving suggestion: Avocado and/or fried asparagus with mayonnaise, preferably homemade.

Another super-simple option is to eat the boiled eggs with butter. Mash it together in a small bowl. Eat. Delicious.

Boiled Eggs with Mayonnaise

Instructions

1. Bring water to a boil in a pot.
2. Optional: Make tiny wholes in the eggs using an egg pricker.
3. Carefully, place the eggs in the water.
4. Boil the eggs for 5–6 minutes for soft-boiled eggs, 6–8 minutes for medium and 8–10 minutes for hard-boiled eggs.

Ingredients

4 servings
8 eggs
Mayonnaise
Avocado or asparagus (optional)



Tip! Want hot chocolate or a plain latte? Replace the spices with 1 tablespoon of cocoa or instant coffee.

Dairy-Free Latte

Instructions

1. Blend all ingredients with a stick blender. Drink immediately.

Ingredients

2 serving
2 eggs
2 tablespoons coconut oil
1½ cups (400 ml) hot water
1 pinch vanilla powder
1 teaspoon ground ginger, cloves and cinnamon

Dinner Recipes



Tips for toppings!

Mayonnaise
Cooked bacon
Dijon mustard
Dill pickle, jalapeños
4 – 8 leaves of lettuce

Low-Carb Burgers

Instructions

1. Chop up the salsa ingredients and stir together in a small bowl. Put aside.
2. Mix in seasoning and half the cheese into the ground beef.
3. Make four burgers and fry in a pan or grill if you prefer. Add cheese on top towards the end.
4. Serve on lettuce with dill pickle, and mustard.

Ingredients

4 servings

1½ lbs (700 g) ground beef
½ lb (200 g) shredded real cheese
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika powder
2 tablespoons oregano
Butter for frying

Salsa

2 small tomatoes
2 scallions
1 tablespoon olive oil
Salt to taste
Season with cilantro



Serving suggestion: serve with baby spinach or other leafy greens tossed with generous amounts of olive oil and a little salt.

Pesto Chicken Casserole

Instructions

1. Preheat the oven to 400°F (200°C).
2. Cut the chicken thighs or filets into pieces. Season with salt and pepper and fry in butter until golden brown.
3. Mix pesto and heavy cream in a bowl.
4. Place the fried chicken pieces in a baking dish together with olives, feta cheese and garlic. Add the pesto mix.
5. Bake in oven for 20-30 minutes, until the dish has turned a nice color.

Ingredients

4 servings

1 lb (450 g) chicken, thighs or breast
4 oz. (100 g) red or green pesto
1½ cups (400 ml) heavy whipping cream
½ cup (120 ml) pitted olives, black or green
½ lb (225 g) feta cheese, diced
1 garlic clove, finely chopped
Salt and pepper
Butter for frying



Serving suggestion: serve with broccoli and cauliflower in cheese and a big salad.

Chops Marinated in Red Pesto

Instructions

1. Rub the chops with pesto and fry on medium heat in butter or oil for 8 minutes and let simmer for 4 more minutes on low heat.
2. Serve with pesto mayonnaise. Mix 1–2 tablespoons pesto with 6 tablespoons mayonnaise.

Ingredients

4 servings

1½ lbs (700 g) chops (about four)
2 tablespoons butter or olive oil
4 tablespoons red pesto
½ cup (150) mayonnaise

Dinner Recipes



Tip! Instead of tomato paste, you can use sun-dried tomato pesto or a low-carb spaghetti sauce with good ingredients.

Another tip! Try one or more of these toppings for variation; bacon, salami, mushrooms, blue cheese.

Low-Carb Pizza

Instructions

1. Preheat the oven to 400°F (200°C).
2. Whisk the eggs and blend in the cheese. Place on a baking sheet with parchment paper. Bake for 5-10 minutes until the pizza crust turns golden.
3. Increase the oven temperature to 450°F (225°C).
4. Spread tomato paste on the crust, sprinkle oregano and cheese and put the pepperoni on top.
5. Bake for another 5-10 minutes or until the pizza has turned a golden brown color.

Ingredients

1 serving

5 eggs
2 cups (500 ml) shredded cheese, mozzarella or provolone

Topping

3 tablespoons tomato paste
1 tablespoon oregano
1¾ cups (400 ml) shredded cheese
2 oz. (50 g) pepperoni



Serving suggestion: serve with aioli and a hearty salad or another great side dish, like cauliflower mash.

Garlic Chicken

Instructions

1. Preheat the oven to 450°F (225°C).
2. Forget everything you learned about how to cut a chicken. Here you want to cut it into equally large pieces.
3. Place the pieces on a greased baking pan. Salt and pepper generously and sprinkle the garlic and parsley. Then add the lemon juice.
4. Bake the pieces until golden and the garlic slices have turned brown and roasted. This may take 30-40 minutes, depending on how large the pieces are. Lower the temperature a little towards the end.

Ingredients

4 servings

1 chicken
2 tablespoons olive oil
5 – 10 garlic cloves
1 lemon, the juice
½ cup (120 ml) parsley, finely chopped
4 tablespoons (55 g) butter



Taco seasoning

2 teaspoons chili powder, mild
2 teaspoons paprika powder
1 teaspoon cumin powder
1 – 2 teaspoons onion or garlic powder
1 pinch cayenne pepper
1 teaspoon salt (optional)

Low-Carb Tex-Mex Casserole

Instructions

1. Preheat the oven to 400°F (200°C).
2. Fry the ground beef in butter, and add taco seasoning and tomatoes.
3. Place the ground-beef mix in a baking dish with jalapenos and cheese on top. Bake on upper rack in oven for 15-20 minutes.
4. Chop the chives finely and mix in with the sour cream.
5. Serve with sour cream, guacamole and a green salad.

Ingredients

4 servings

1½ lbs (700 g) ground beef
0.5 1 can of crushed tomatoes
2 oz. (56 g) pickled jalapeños
½ lb (200 g) shredded cheese, for example Monterey Jack
1 cup (240 ml) sour cream
1 handful chives or green onions, finely chopped
2 tablespoons butter or olive oil for cooking
Homemade guacamole, optional.

Dinner Recipes



Fried Chicken with Broccoli and Cauliflower

Instructions

1. Fry the chicken breast in butter, season to taste.
2. Chop the veggies and fry in butter.
3. Add sour cream and cheese and stir. Season.

Ingredients

4 serving

Chicken breast, 2½ lbs. (1200 g)
½ lb (225 g) cauliflower florets, chopped
1 lb (450 g) broccoli florets, chopped
4 oz. (100 g) leek
5 oz. (150 g) cheese
2 oz. (50 g) butter
4 tablespoons sour cream
a handful fresh oregano and thyme
salt and pepper



Note: Look at the turnip gratin recipe below, it is served together with the lamb chops!

Lamb Chops with Herb Butter

Instructions

1. Let the chops reach room temperature before they are fried or grilled. The meat should not be cold when it's cooked, or it won't get a nicely brown surface. If you make a few cuts into the fat part, the chop won't curl up.
2. Fry in butter and some olive oil if you're using a frying pan. If you're grilling, just brush on some olive oil before placing the chops on the grill.
3. Fry for 3–4 minutes, depending on how thick the chops are. Really thick chops will need a longer cooking time. However, it's OK for lamb to be a little pink inside.

Ingredients

4 servings

8 lamb chops
1 tablespoon butter
1 tablespoon olive oil
1 lemon
Salt and pepper
Herb butter



Turnip Gratin

Instructions

1. Preheat the oven to 400°F (200°C).
2. Peel the onion and turnip. Slice both very thinly – ideally with a mandolin or food processor.
3. Finely chop the chives and/or the garlic. Alternate with slices of onion and turnip in a greased baking dish, but save some of the cheese to go on top. Salt and pepper to taste.
4. Add cream or coconut milk (discard most of the excess coconut liquid) and put the cheese on top. Bake for about 30 minutes.

Ingredients

4 servings

1½ lbs (700 g) turnip
½ onion
1 garlic clove, and/or
½ cup (120 ml) finely chopped chives
2 oz. (50 g) butter
1¼ cups (300 ml) heavy cream or coconut milk
½ lb (200 g) shredded cheese
½ teaspoon salt
A pinch black pepper

Dinner Recipes



Brussels Sprout and Hamburger Gratin

Instructions

1. Set the oven to 425°F (220°C).
2. Fry the bacon and Brussels sprouts in butter. Season and stir in sour cream. Place in a baking dish.
3. Fry the ground beef golden-brown, season with salt and pepper and sprinkle on top of the Brussels sprouts. Add cheese and herbs.
4. Place in the middle of the oven for 15 minutes or until done.

Ingredients

4 serving
1 lb (450 g) ground beef
½ lb (225 g) bacon, diced
1 lb (450 g) Brussels sprouts, cut in half
4 tablespoons sour cream
2 oz. (50 g) butter
5 oz. (150 g) shredded cheese
1 tablespoon Italian seasoning
Salt and pepper to taste



Baked Salmon with Pesto

Instructions

1. Place the salmon skin-side down in a greased baking dish. Spread pesto on the salmon, and salt and pepper to taste.
2. Bake in oven at 400°F (200°C) for about 30 minutes.
3. Meanwhile, stir the sauce ingredients together; pesto, mayonnaise and yogurt.

Ingredients

4 servings
2 lbs (900 g) salmon
2 oz. (50 g) pesto
Salt and pepper
Green Sauce:
2 oz. (50 g) pesto
1 cup (240 ml) mayonnaise
½ cup (120 ml) full-fat yogurt
Salt and pepper



Creamy Chicken Casserole

Instructions

1. Preheat the oven to 400°F (200°C).
2. Mix together cream or sour cream, pesto, lemon juice and salt and pepper to taste.
3. Season the chicken thighs with salt and pepper and fry in butter in a pan until they turn a nice golden brown color.
4. Place the chicken in a baking dish and pour in the mixture.
5. Chop the leek and the cherry tomatoes, and place with the cauliflower on top of the chicken.
6. Sprinkle cheese on top and bake in the middle of the oven for at least 30 minutes.

Ingredients

4 servings
2 lbs (1 kg) chicken thighs, skin on
8 oz. (200 g) shredded real cheese
1½ cups (300 ml) heavy whipping cream or full-fat sour cream
10 oz. (300 g) frozen cauliflower florets (or fresh)
1 leek
4 oz. cherry tomatoes
2 tablespoons green pesto (check carb contents)
½ lemon, the juice
3 tablespoons butter
Salt and pepper

Serving suggestion: serve with leafy greens with a generous amount of olive oil.

Dinner Recipes



Serving suggestion: Goes great with shredded green cabbage fried in butter.

Hamburger Patties with Tomato Sauce

Instructions

1. Mix the ingredients and form 8 oblong patties.
2. Fry on medium high with both butter and olive oil for at least 10 minutes or until the patties have turned a nice color.
3. Pour the tomato paste and the whipping cream into the pan when the patties are almost done. Stir and let the cream boil together.
4. Add parsley at the time of serving.

Ingredients

4 serving

1½ lbs (700 g) ground beef
1 egg
3 oz. (75 g) feta cheese
1 teaspoon salt
1 pinch black pepper
2 oz. (50 g) parsley, finely chopped
1 tablespoon olive oil
1 tablespoon butter

Gravy

2/3 cup (150 ml) heavy whipping cream
2 oz. (50 g) parsley, coarsely chopped
1 tablespoon tomato paste
Salt and pepper



Tip! Instead of tomato paste, you can use sun-dried tomato pesto or a low-carb spaghetti sauce with good ingredients.

Another tip! Try one or more of these toppings for variation; bacon, salami, mushrooms, blue cheese.

Low-Carb Pizza

Instructions

1. Preheat the oven to 400°F (200°C).
2. Whisk the eggs and blend in the cheese. Place on a baking sheet with parchment paper. Bake for 5-10 minutes until the pizza crust turns golden.
3. Increase the oven temperature to 450°F (225°C).
4. Spread tomato paste on the crust, sprinkle oregano and cheese and put the pepperoni on top.
5. Bake for another 5-10 minutes or until the pizza has turned a golden brown color.

Ingredients

1 serving

5 eggs
2 cups (500 ml) shredded cheese, mozzarella or provolone

Topping

3 tablespoons tomato paste
1 tablespoon oregano
1¾ cups (400 ml) shredded cheese
2 oz. (50 g) pepperoni

Dinner Recipes

Cauliflower Lasagna: Part 2



4 servings

1 lb (500 g) ground beef
1 yellow onion
3 garlic cloves
2 tablespoons tomato paste
1 can (400 g) crushed tomatoes
1 tablespoon beef bouillon
4 fl. oz. (120 ml) red wine
1 teaspoon salt
1 pinch black pepper
Butter for frying

Cheese Sauce

8 fl. oz. (236 ml) sour cream
4 fl. oz. (120 ml) heavy cream
4 oz. (120 g) full-fat cheese
Salt and white pepper

Lasagna Sheets

1 medium sized cauliflower head
4 eggs
½ teaspoon salt
1 pinch black pepper
4 oz. (120 ml) grated parmesan cheese for the topping

Ingredients

1. Set the oven to 400°F (200°C).
2. Start with the bolognese. Fry the ground beef in butter and put in a thick-bottomed pot. Chop onion and garlic finely and fry in butter, and add the tomato paste. Put the fried onion, garlic and tomato paste in the pot and pour in crushed tomatoes. Season with bouillon, red wine, salt and black pepper and let simmer for about 20 minutes.
3. Now start with the lasagna sheets. Place a parchment paper in a large baking pan and grease with oil. Grate a medium-sized cauliflower head in a food processor. The cauliflower should be finely grated. Place the grated cauliflower in a bowl and cook for two minutes on high in the microwave oven. Stir and microwave for two more minutes.
4. Let the grated cauliflower cool and place in a baking cloth (towel) and squeeze the liquid out by tying and wringing the towel. Almost a cup of liquid has to come out, the rice has to be dry.
5. Put the cauliflower rice – about 3 cups (700 ml) – eggs and spices in a bowl and stir them together. Spread the batter on to the parchment paper and bake on lower rack of the oven for about 15 minutes. Remove and let cool. Cut into adequate-sized pieces (like lasagna sheets).

Ingredients

6. Bring heavy cream and sour cream to a boil, remove from heat and stir in the cheese. Add salt and pepper to taste.
7. In a deep baking dish add some bolognese, then sheets and cheese sauce. Alternate and finish up with cheese sauce and grated parmesan cheese.
8. Increase the oven temperature to 450°F (225°C) and bake for 20–30 minutes.



Tips for toppings!

Mayonnaise
Cooked bacon
Dijon mustard
Dill pickle, jalapeños
4 – 8 leaves of lettuce

Low-Carb Burgers

Instructions

1. Chop up the salsa ingredients and stir together in a small bowl. Put aside.
2. Mix in seasoning and half the cheese into the ground beef.
3. Make four burgers and fry in a pan or grill if you prefer. Add cheese on top towards the end.
4. Serve on lettuce with dill pickle, and mustard.

Ingredients

4 servings

1½ lbs (700 g) ground beef
½ lb (200 g) shredded real cheese
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika powder
2 tablespoons oregano
Butter for frying

Salsa

2 small tomatoes
2 scallions
1 tablespoon olive oil
Salt to taste
Season with cilantro

Induction Flu: Headache, Lethargy, Nausea, Confusion / Brain Fog, Irritability



The most common side effect on low carb is what most people experience during the first week, often during days 2-4. The “induction flu”, so called as it can mimic flu-like symptoms.

Headache is very common during this period, as is feeling tired, lethargic and unmotivated. Nausea is also common. It's also possible to experience confusion or “brain fog” – feeling not at all smart. Finally it's common to feel irritable – perhaps most clearly experienced by the rest of your family.

The good news is that these symptoms usually disappear by themselves within a few days. The even-better news is that these symptoms can often be avoided altogether. The main cause is usually dehydration and/or salt deficiency, caused by a temporarily increased urination.

The Cure: Water & Salt

Salt & water Any problems can be minimized and sometimes entirely cured by getting enough water and salt into your system.

For example try adding half a teaspoon of regular salt to a large glass of water. Drink it. This may reduce or eliminate side effects in 15-30 minutes. If so, this may be repeated once daily if needed during the first week.

A better-tasting option is to use broth, e.g. chicken, beef or bone broth.

The Bonus: More Fat

Make sure to eat enough fat. Going low carb, low fat is a recipe for starvation and feeling hungry and tired. You should never endure hunger as you start low carb. A proper low-carb diet contains enough fat to feel satisfied and energetic. This can speed up the transition and minimize the time spent feeling low when starting low carb.

So how do you get enough fat when eating low carb? There are any number of options, but when in doubt add butter to whatever you're eating.

If Necessary

If adding salt and water (and fat) do not completely eliminate the induction flu the best option is usually to hang in there. Any remaining symptoms are likely to be resolved within days, as the body adapts to low carb and turns into a fat-burning machine.

If necessary it's of course possible to have some carbs and make the transition to low carb more gradual and slower. This is not recommended as a first option, as it slows down the process and makes the benefit of weight loss etc. less immediately noticeable.

Other Common Side-Effects

Other common side effects are leg cramps, constipation, bad breath, heart palpitations and reduced physical performance. To avoid these side effects, go to <http://dietdoctor.com/side-effects>.



Kitchen Clean-Out

Do you want to maximize your chances of success?
Especially if you have difficult cravings/sugar addiction,
it is smart to throw out (or give away) sugary and
starchy foods, low-fat products, etc. Here's a list of
what to get rid of:

Pantry

- Candy
- Chocolate
- Cookies
- Sugar in all forms
- Muffins
- Breakfast cereals
- Potato chips
- Popcorn
- Snacks (dried fruits etc.)
- Crackers
- Wheat flour
- Pasta
- Rice
- Potatoes
- Beer
- Bagels
- Bread
- Fruit
- Soup cans
- Beans

Fridge

- Soft drinks and fruit juices
- Applesauce
- Jams
- Margarine
- Everything that says "low fat" or "no fat"
- Ketchup
- Bottled sauces
- Ready made spice mixes (taco, bbq, fajita etc.)
- Ready made salsas

Freezer

- Ice cream
- Buns
- Cakes
- Ready made waffles

Why not do it now?



The Two-Week Low-Carb Challenge

Low carb is a safe and effective way to lose weight and start reversing type 2 diabetes. It can also be great for reducing stomach problems and getting rid of sugar cravings.

It requires no pills, no calorie charts, no weighing food, no special products – only real food.

During the FREE two-week challenge all the planning is taken care of. It's as simple as possible to enjoy the benefits. And the food is delicious.

Support your family member

Getting support from the family during these two weeks is fantastic, to be successful in changing one's life and health. Will you support your family member?

PS: If you want to join the free challenge, go to dietdoctor.com/challenge

PPS: Modern science proves that low carb is safe and more effective than other diets, for weight loss and diabetes type 2 reversal. Learn more at dietdoctor.com/science