

RELEVANT: THE SLOW-CARB DIET ONE-PAGER

THE SLOW-CARB DIET HAS HUNDREDS OF VARIATIONS OF FOR DIFFERENT REASONS

The SLOW-CARB diet, which restricts carbohydrates, has been adapted for a variety of reasons. Some variations are designed to help with weight loss, while others are intended to improve blood sugar control in people with diabetes. The diet is also used by some athletes to improve performance. The diet is based on the principle that carbohydrates are the primary source of energy for the body, and that by restricting them, the body will burn fat for energy instead. This can lead to weight loss and improved blood sugar control. The diet is also used by some athletes to improve performance, as it can help to reduce muscle glycogen stores, which can lead to improved endurance.

THE SLOW-CARB DIET

The SLOW-CARB diet is a low-carbohydrate diet that restricts the intake of carbohydrates to a maximum of 50 grams per day. This is a significant reduction from the average daily intake of 150-200 grams. The diet is based on the principle that carbohydrates are the primary source of energy for the body, and that by restricting them, the body will burn fat for energy instead.

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THE MENU

Below are some examples of foods that are allowed on the SLOW-CARB diet. These are not intended to be a complete menu, but rather a guide to the types of foods that are permitted.

Proteins

Eggs

Chicken

Beef (lean)

Fish

Butt

Ground Beef

Pork

Lamb

LEGUMES

Lentils

Black beans

Pinto beans

Refried beans

Soybeans

Other Low Carb

Spinach

Mixed vegetables

Cauliflower (raw)

Green beans (raw)

Asparagus

Parsnips

Turnips

Sweet potatoes

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