

Download Lose Weight With The Atkins And Low Carb Diet Plans A Beginners Guide To T

What to Eat on a Low Carb Diet. The Atkins 20 plan consists of four low carb phases, with gradual increased carb intake for each phase. Depending on your needs, you will start in the phase that allows you to find the ideal carbohydrate balance for weight loss or maintenance. When Samantha Dalby emailed us last month, she was frustrated and confused. The 50-year-old nurse practitioner from Ontario, Canada, had been eating a low-carb diet for more than five years. Originally she had done very well on it, keeping her weight at a healthy and stable 152 lbs (69 kg) on her 5'7" (174 cm) frame. In a low-carb diet, or a ketogenic diet (an extremely low-carb diet), you drastically reduce or completely eliminate the amount of glucose you eat. Once glucose has been eliminated from the body and there are no carbs available for your body to use for energy, the body will turn to stored fat instead, helping you lose weight fast. Pros: You'll likely experience rapid weight loss ...1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs. What's new is that dozens of modern scientific studies have proven that, yes, low carb is the most effective way to lose weight.