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6 Great Ways to Enjoy Your Low Carb Diet

By Sylvie Charrier

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If there is one low carb diet complaint that we hear over and over again, it's that a low carb diet is so boring. Sure, they don't always use those words, but that's what they mean when they say "there's not enough variety," or "it gets so monotonous," or "there's nothing to eat." Luckily for you, these carb complainers are wrong. No one ever said that low carb dieting had to be boring. In fact, low carb dieting is not about restriction, but about enjoying really delicious, really diverse foods.

There are many ways to begin enjoying your low carb diet today! Here are 6 simple ways you can turn your low carb diet into a high taste adventure!

1.Mix It Up

Start thinking outside the "I can't eat anything" box and start seeing all the things you can eat on a low carb diet. You'd be surprised how many foods open up before your eyes when you stop focusing on what you can't eat and being looking around at what you can.

2.Get Spicy

If you do nothing else to break your low carb blahs than fill your cupboards with assorted spices and seasonings, you'll still be thankful. Dress up your low carb foods with fresh herbs and tangy marinades. Add zip and zest with flavorful dressings and mouth-watering marinades. Jazz up your menu with lip-smacking low carb syrups and spicy sauces. The key is taking the bland and making it bold!

3.Go Meatless

Dump the notion that you have to eat meat every day and try a vegetarian dish a few days a week. Believe it or not, you don't have to be a vegetarian to eat like one. In fact, studies have shown that vegetarians who follow a well-balanced low-carb, low-fat, high-fiber diet often have a lower chance of coronary artery disease, hypertension, and obesity. If that's not enough convincing, try any of the many meat substitutes in your local store. Whether you're looking for fish, chicken, steak, or sausages, you'll

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find that the meatless version of each often has the same consistency and taste as the original. The beauty of it, of course, is these meat-free dishes are often dramatically lower in fat and calories than the meats they replace. In most cases, the protein count is higher, and the net carbs are very low too!

4. Make It Green and Leafy

Make boring a thing of the past as you fill your repast with green leafy salads topped with all kinds of low carb treats! Turn your side salad into the main dish by adding any of the following in real or veggie versions: chicken, crab meat, shrimp, tuna, or turkey. Color your garden delights with any kind of cheese and top with the perfect crunch of non-starchy vegetables, including alfalfa sprouts, chives, mushrooms, radishes, and snow peas.

5. Have a Snack Attack

When the idea of having a steak for dinner just isn't enough to get you through the afternoon, it's time you had a snack attack. Fill up on low carb snacks to give your tummy something to smile about. For something nutty, try small portions of macadamia nuts, peanuts, sunflower seeds, or walnuts. For something cheesy, there's nothing more fun than playing with (and eating) string cheese. Or, for the ultimate treat, make a super smoothie. Make a smoothie by mixing your favorite low carb protein powder in water, or soy milk with your favorite berries and a pinch of Splenda®.

6. Low Carb Doesn't Mean No Carb

When nothing else is helping you get over your low carb blues, remember this: Low carb doesn't mean no carb. Your job is to rid your diet of refined and processed carbohydrates and replace them with the good stuff: whole grains, vegetables, nuts, and fruits high in nutrients and fiber. When you realize that you don't have to go carb-free to let go of the pounds, you'll stop waiting and begin enjoying all the foods that are available to you on your low carb diet!

Sylvie Charrier is the author of the revolutionary new book "Living La Vida Low Carb: The Vegetarian Way". As a busy work-at-home mom, she discovered simple ways to get more results from her low carb diet. She shares her recipe makeovers and health tips on her website <http://www.VegetarianLowCarb.com/Enjoy-Your-Low-Carb-Diet.html>

Low-Carb Dieting During Pregnancy May Benefit Your Baby!

By Melissa White

As low-carb dieters change their eating habits, it is likely that these habits will stay with them. There is no surprise then that more and more pregnant women are trying to maintain their low-carb routine during the months of pregnancy. There are new studies being done on low-carb dieting that point to the fact that there may be benefits in the long run for children of low-carb dieting.

Scientists from the Southampton School of Medicine have used mice to study the benefits of low-carb

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diets during gestation. It was found that pups born to mice fed a high-unsaturated protein and fat diet and low In carbohydrates were more likely to have low liver triglyceride levels than the pups born to mice fed a standard diet which was high-carb and low-fat. Low-carb pups also had higher amount of protein that help in burning fat than the pups that were on the standard diet.

The mother mice were put on either the low-carb diet or the high-carb/low fat diets six weeks prior to being impregnated and stayed on the diets throughout their entire pregnancy as well as the duration of nursing. Post weaning all pups were fed the same high-carb diet, despite this fact, the pups born to the low-carb mothers were found to have significantly greater levels of the hepatic proteins CD36, CPT-1 and PPAR α , which help with fatty acid oxidation.

The mice on the low-carb diet ate about 21 percent less than the high-carb/low fat diet. These low-carb mothers also consumed about 57 percent fewer carbs, 23 percent more protein, and 153 percent more fat than the high-carb mothers.

Humans too need to maintain low levels of liver triglyceride and a good lipid (fat) metabolism. This will help reduce the risk of coronary artery disease. This disease alone kills thousands of Americans each year.

Melissa "Granny" White is a Low-Carb Diet fan and has been making delicious Low Carb recipes for years. You can get all 800 of her delicious recipes at:

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Low Carb Ice Cream

Low Carb vs. High

Low Carb Wrap Secrets Unwrapped

The Best Way to Use Low-Carb Control

Beat that Fat

1000 Atkins Diet Recipes

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