

Low Carb Dieters: Want a Break from the Meat? Make It Veggie!

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By Sylvie Charrier

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At first, your low carb diet seemed like the best dream you'd ever had. A dietary expert was actually telling you to eat as much meat, eggs, and cheese as you possibly wanted. You could go to any restaurant, order the biggest slab of beef on the menu and—since you weren't eating bread or potatoes with meat—you could still claim you were watching your waistline when offered dessert. But, now that the low carb honeymoon is over, you might be finding that the thought of another pork chop, omelet, or hunk of cheese makes you sick to your stomach. If you fit this description, there is a way to keep your carbs low, but your spirits high. Instead of a steak for your next breakfast, lunch, and dinner, why don't you try a low carb vegetarian dish?

Don't worry—you don't need a special ID card to eat vegetarian foods, nor do you need to wear sandals and burn incense. In fact, with nuts, fruits, and vegetables, you eat vegetarian foods all the time! But, if you're ready to skip steak once in a while, it's time to replace some of your meat entrees with vegetarian options. And, believe it or not, it's easier than you might think to whip up a low carb vegetarian dish.

"I can't believe it's not vegetarian!"

The easiest way to take your low carb diet on a vegetarian trip is by using meat substitutes. Meat substitutes taste, feel, and even smell like the real deal. When you simply substitute these faux meats in any of your meat-based recipes, you'll have to check the package twice to make sure it really says "Vegetarian" on the label. From tofu to tempeh, seitan to TVP, there are just about as many meat substitutes as actual meats on the market today. You can have vegetarian ribs, shrimp, steak, chicken, turkey, salmon, and just about any other meat you can think of. But, if you really want a break from meat, the real thing or even fakes, vegetarian dishes can serve you up right.

If you want to take a break every now and then from meat, faux or otherwise, stir fries, grilled veggies, and low carb pastas top the vegetarian list.

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Stir fry your favorite low starch, cruciferous vegetables, including broccoli, cabbage, cauliflower, daikon, radishes, chard, turnips, and watercress. For protein, add in seasoned tofu.

Grill up asparagus, peppers, zucchini, summer squash, or any of the veggies above. Marinade your healthy delights in a little olive oil, salt, and pepper. For an extra zip, add cayenne pepper.

Go Italian with a low carb pasta topped with your choice of garlic, herbs, and tomatoes. Add a light sprinkle of Romano or Parmesan cheese for the perfect touch.

Your low carb world has just gotten a bit brighter—there are so many vegetarian options that you can add to your diet. You don't have to give up meat, but if you want to add variety to your menu, grab something vegetarian today. And, you might just like the way those sandals feel after all!

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/TakeABreak.html>

Top 10 Reasons Why Low Carb Dieters Can Get Fatter and Fatter

By Henri Schauffler

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Low Carb at TGI Fridays! Low Carb Ice Cream! And the best one – Low Carb Beer! I was ecstatic. Low carb had finally become mainstream! Life would be good from now on...

I've been on the Atkins low carb diet for years, but was shocked to find earlier in the year that my cholesterol, tri-glycosides, blood pressure and weight were all up to unhealthy levels. But wait – Dr. Atkins had promised that the low carb diet would solve all these problems AND help me lose weight. Now, I thought, there was low carb everywhere - I could "not have his carbs and eat them, too."

But as I and millions of low carb dieters have found, if you don't do it right, low carb will turn into a big health risk. Earlier this year, I began an in-depth search for what was wrong with this low carb picture. As a result, with my wife, Loretta, and I launched LowCarb-Lifestyles to help low carb dieters avoid the pitfalls and mistakes that can come with ignorance and lack of support. Low-Carb-Lifestyles.Com offers a new approach based on the Five Keys to Low Carb Success: Information, Motivation, Nutrition, Fitness and Support

Along with the Five Keys, we discovered the TOP TEN REASONS WHY LOW CARB DIETERS CAN END UP GETTING FATTER AND FATTER.

10. Not Counting Carbs - Carbs must be counted just like calories

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9. Disregarding a common sense approach – ("I can eat as much fat as I like - it's low carb!")
8. Failing to develop a clear plan and goals for achievement - just like any endeavor, one needs to create a sense of urgency everyday.
7. Dieting alone – not enlisting the help of a support network
6. Believing too much of the hype on commercially prepared low carb foods - all the "net carbs" promotion belies the fact that one must eat a healthy mix of protein and complex carbohydrates everyday
5. Sliding in and out of low carb living – Yo-yo low carb dieting is a certain road to getting fatter. Higher fat combined with carbs – certain death!
4. Failing to be creative with one's menu choices – Eating the same old eggs and meat everyday leads to cheating – for sheer lack of variety
3. Not exercising regularly – Every dieter needs at least four days a week of exercise, especially those over 30 (most of us!).
2. Ignoring the need for self motivation – We need to spend time everyday, (we recommend at least 20 minutes per day)
1. Failing to commit to low carb living for the rest of one's life – For long term success, one needs to commit to a self disciplined, intentional daily "Low Carb Lifestyle." Anything less will, for most of us, end up in weight gain and frustration.

We have concluded that the low carb approach is absolutely the best system, but we must follow certain principles absolutely. Failure to do so will actually make you fatter while tricking you into thinking you are on a diet!

Henri Schaffler is the founder and webmaster of <http://www.lowcarb-lifestyles.com>, an online community that gives low carb dieters the tools they need to succeed – for life. Visit <http://www.lowcarb-lifestyles.com> to grab your free 7 day trial.

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