



Excerpted From *The 4-Hour™ Chef* By Tim Ferriss

# THE SLOW-CARB DIET® ONE-PAGER

## The Slow-Carb Diet® Has Hundreds of Thousands of Followers Worldwide

*The 4-Hour-Body*, which debuted at #1 on the New York Times Best Sellers List, launched it into the mainstream. Almost all of the restaurants I visited for this book has at least one chef on the SCD, and devotees include everyone from A-list actors to Super Bowl NFL players. Even the staff of the hit show *Intervention* has used it to lose hundreds of collective pounds.

If you follow the SCD for the next month, it's not unreasonable to expect to lose 10-20 lbs of fat. This is true even without exercise. As one follower put it, "You lose ounces in the gym, but you lose pounds in the kitchen."

To give you a nudge, nearly all of the recipes in this book are 100% slow-carb compliant. Besides cheat day delights, of course (see Rule #5).

## The FIVE RULES of the Slow-Carb Diet®

### RULE #1

**Avoid "white" starchy carbohydrates (or those that can be white).** This means no bread, pasta, rice, potatoes, or grains.

### RULE #2

**Eat the same few meals over and over again,** especially for breakfast and lunch. You already do this; you're just picking new default meals.

### RULE #3

**Don't drink calories.** Exception 1-2 glasses of dry red wine per night is allowed.

### RULE #4

**Don't eat fruit.** Generally speaking, Fructose → glycerol phosphate → more body fat. Five hundred years ago, your ancestors probably didn't eat oranges in December. Get vitamin C from your veggies.

### RULE #5

**Take one day off per week and go nuts.** I recommend Saturday, often nicknamed "Faturday" by followers.

## The Meals

### PROTEINS

Eggs  
Chicken  
(Breast or Thigh)  
Fish  
Beef  
(Preferably grass-fed)  
Pork  
Lamb

### LEGUMES

Lentils  
Black beans  
Pinto beans  
Red beans  
Soy beans

### VEGETABLES

Spinach  
Mixed vegetables  
(including broccoli, cauliflower, or any cruciferous vegetables)  
Sauerkraut, kimchi  
(I typically eat a few forkfuls first thing in the morning before cooking my eggs)  
Asparagus  
Peas  
Broccoli  
Green beans