



Yes You Can! Yes You Can! Yes You Can!

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