

RELEVANT: 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 had 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

Build each of your meals from the list below, picking one item from each of the three groups. I've underlined the choices that produce the fastest fat loss for me:

PROTEINS

Eggs

Chicken

(breast or thigh)

Fish

Beef

(preferably grass-fed)

Pork

Lamb

LEGUMES

Lentils

Black beans

Pinto beans

Red beans

Soybeans

VEGETABLES

Spinach

Mixed vegetables

(including broccoli, cauliflower, or any other cruciferous vegetables)

Sauerkraut, kimchi

(I typically eat a few forkfuls first thing in the morning before cooking my eggs.)

Asparagus

Peas

Broccoli

Green beans

CUT HERE ✂

CUT HERE ✂

KEEP IT SIMPLE

Eat as much as you like. There is **no** calorie counting whatsoever on the SCD. And **keep it simple**: pick three or four meals and repeat them for at least the first two weeks. Here are a few of my recurring meals:

BREAKFAST (HOME)

Three scrambled whole eggs, lentils, and spinach (microwaved or steamed).

LUNCH (MEXICAN RESTAURANT)

Grass-fed organic beef, pinto beans, mixed vegetables, and extra guacamole.

DINNER (HOME)

Salmon (from Trader Joe's), asparagus (or lentils), and Coconut Cauliflower Curry Mash (page 154).

TIPS AND TRICKS

Still having trouble? The below will fix at least 75% of all starting and stalling problems:

Try the "30 in 30" rule.

Eat 30 g of protein within 30 minutes of waking up. Recall that my dad was prone to skipping breakfast. Once he implemented "30 in 30," his monthly fat loss more than tripled, from 5.5 lbs/month to 18.75 lbs/month(!). For fat loss, my favorite breakfast is whole eggs, spinach, and lentils. If you're in a rush, unflavored whey protein (which I mix with Athletic Greens) or a less-than-ideal Myoplex (which my dad used) will still do the trick.

Eat more protein.

Get at least 20 g of protein per meal. This is most critical at breakfast.

Drink more water.

If your liver is burdened with dehydration, it won't metabolize body fat well. Down more agua and/or unsweetened iced tea.

If you have to ask, don't eat it.

"But, but... can I eat plantains?" No. "But, but... what about Ezekiel bread or steel-cut oats?" Nope. Stop stalling. If you eat the way that made you fat, you will remain fat—period. Don't use incomplete information as an excuse for inaction.

EXTRA CREDIT

For detailed fine-tuning (ideal meal spacing, managing diet soft drinks, etc.) related to the SCD, refer to *The 4-Hour Body*, which covers it all.

To read case studies of individuals who've lost 150+ lbs, see fourhourchef.com/100.

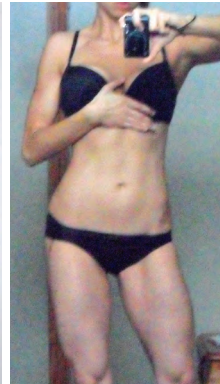
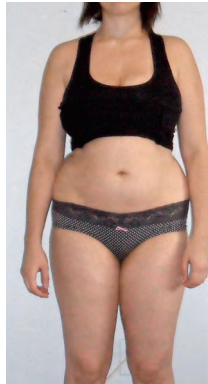
And when you lose more than a few clothing sizes, just remember to put on a bit of Gotu Kola cream to minimize stretch marks, as Olympic strength coach Charles Poliquin recommends.

RICARDO



Before: 410 lbs. After: 246 lbs.

MARIE-PIER



Before: 34% body fat. After: <20% body fat.

MARIA



Before: Size 24+. After: Size 4 petite (125+ lbs lost).