

Low Carb High Protein Diet

How does it work?

A low carb, high protein diet leads to a reduction in the body's insulin production, resulting in fat stores being used as its main energy source. However it is important to eat some carbs or you will start to break down muscle to get energy, so make sure they are the right ones at the right time of day!

Higher protein meals will keep you fuller for longer and avoiding high sugar and white starchy carbs will help to balance energy levels throughout the day. Snacking on fruit, veg and wholegrain foods will help to ensure a diet that is also providing essential vitamins and minerals.

What can you eat?

Breakfast ideas:

- Porridge (with skimmed milk), try adding honey, bananas, blueberries, raspberries (you can buy these frozen which is much cheaper and economical than fresh ones!)
- Cereals: Weetabix, All Bran, Shreddies, Bran Flakes (all with skimmed milk)
- Eggs: scrambled, poached or boiled. Try them in an omelette with mushrooms or with some grilled lean bacon.
- Yoghurt
- Fill up with fresh fruit

Lunch ideas:

- Wholemeal pitta breads or wraps: Fill them with lean meat eg ham or chicken. Tuna or egg also make good fillings, mix them with a small amount of low fat mayo, cottage cheese. Add lots of salad!!!
- Wholemeal pasta salads: add tomatoes, cucumber, sweetcorn, peppers, chicken, tuna, prawns season and add a tiny amount of olive oil.
- Baked sweet potato but with no butter, try cottage cheese or baked beans
- Tins of fish (pilchards, mackerel, sardines, tuna, salmon) with lots of salad veg, very filling on its own or add a wholemeal pitta.
- Soups: avoid any that say "cream of...."
- Last nights left over's!!!!
- Have a yoghurt (choose ones that are less than 3% fat) or fruit as pudding

Dinner:

- Chicken: with salad, stir fry veg (there are loads of stir fry sauces available), as a curry (but without the rice) and serve with veg, use minced turkey to make burgers (add crushed dried chilli flakes for a bit of a kick!), cube the chicken and make chicken and veg kebabs (there are lots of sauces you can buy to marinate the chicken in first).
- Fish: try lots of different varieties, cod, salmon, mackerel, trout, prawns. Add it to salads or stir fry's, or serve with some roasted Mediterranean veg (roast with spray oil)
- Red meat: always go for the low fat version and grill or dry fry it
- Pulses: add them to salads or curries (lentil curry)
- Vegetables: add them to a chilli sauce (pepper, mushrooms, courgettes, aubergines work well), stir fry them with a sauce, make a veg curry.

Snacks:

- Fruit: fresh, dried or tinned (in juice not syrup)
- Salad veg: cherry tom's, cucumber sticks, carrots, celery, peppers
- Crisp breads: (ryvita's) but not after 4pm
- Rice cakes (again not after 4pm)
- Oat cakes

What you can't have

- White bread/pasta/rice
- Cheese (other than cottage cheese)
- Limit alcohol
- Potatoes
- Cakes/pastry

Any queries let me know.