

30-Day Slow Carb Meal Plan

All information in this guide has been gathered by LivingSpinal from these sources below:

<http://fourhourbody.com/>

<http://www.findingmyfitness.com/2012/04/28-days-of-slow-carb-meal-plans-just-for-you/>

30-Day Slow Carb Meal Plan & Weight Loss Guide

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Introduction

The Slow-Carb Diet-Better Fat-Loss through Simplicity

It is possible to lose 20 pounds of body fat in 30 days by optimizing any of three factors: exercise, diet, or a drug/supplement regimen. Twenty pounds for most people means moving down at least two clothing sizes, whether that's going from a size 14 dress to a size 10 or from an XXL shirt to a large. The waist and hips show an even more dramatic reduction in circumference.

The Slow-Carb Diet-is the only diet besides the rather extreme Cyclical Ketogenic Diet (CKD) that has produced veins across my abdomen, which is the last place to lose fat.

You may refer to them as slow-burning carbs, but they're also known as carbs with a low glycemic index. These types of carbs are digested and absorbed -- burned -- more slowly than carbs with a high glycemic index. Eating slow-burning carbs also keeps hunger away and helps with blood sugar control. Slow-burning carbs tend to be higher in fiber, protein or fat and include a variety of different fruits and vegetables, certain types of grains and most legumes and dairy foods.

Slow-Burning Fruits

Slow-burning fruits have a glycemic index of 55 or less, which is true of all slow-burning carbs. Examples include cherries, plums, grapefruit, apples, pears, grapes, oranges, prunes, dried apricots, kiwi and peaches. Filling your diet with low-GI foods may help you reach and maintain a healthy weight, says the Academy of Nutrition and Dietetics. And if you have diabetes, slow-burning carbs may help you gain better control over your blood sugar and lower both cholesterol and triglyceride levels.

Slow-Burning Vegetables

Peas, carrots, eggplant, cauliflower, broccoli, onions, lettuce, tomatoes, green beans and red peppers are examples of slow-burning vegetables. Not only are these veggies a good source of energy, but they are also low in calories and high in fiber, potassium, folate and vitamins A and C. People who eat a diet rich in fruits and vegetables reduce their risk of heart disease. These foods may also offer protection against certain types of cancer.

Healthy Grain Choices

In addition to grains such as rice, grain foods include bread, cereal, crackers and pastas. Not all healthy grain choices, such as whole-grain oat cereal, are slow-burning carbs. Those considered slow-burning carbs include oat bran, rolled oats, whole-grain pumpernickel bread, whole-wheat bread, spaghetti, brown rice, pearled barley and wheat tortillas. While spaghetti and other types of pastas are considered slow-burning, cooking affects GI. Cook your pasta al dente to keep GI low.

Sustained Energy with Legumes

When looking to add more slow-burning carbs to your diet, you can't go wrong with legumes, which include mature beans and peas. Kidney beans, butter beans, chickpeas, black-eyed peas, navy beans, lentils and yellow split peas all make good choices. Improve energy levels by adding these beans and peas to your salad, soup and whole-grain side dishes. In addition to being healthy carbs, beans are a good source of protein, as well as zinc and iron.

Make Healthy Dairy Choices

Both milk and yogurt are considered slow-burning carbs. While whole milk and full-fat yogurt may be a good source of energy, they are also high in unhealthy saturated fat. So, when it comes to dairy, you need to be mindful of your choices. Healthy slow-burning dairy foods include skim milk and fat-free, sugar-free yogurt. And for those who don't drink cow's milk, soy milk is also a slow-burning carb.

There are just five simple rules to follow:

RULE 1: AVOID "WHITE" CARBOHYDRATES.

Avoid any carbohydrate that is, or can be, white. The following foods are prohibited, except for within 30 minutes of finishing a resistance-training workout like those described in the "From Geek to Freak" or "Occam's Protocol" chapters: all bread, rice (including brown), cereal, potatoes, pasta, tortillas, and fried food with breading. If you avoid eating the aforementioned foods and anything else white, you'll be safe.

Don't eat the white stuff unless you want to get fatter.

RULE 2: EAT THE SAME FEW MEALS OVER AND OVER AGAIN.

The most successful dieters, eat the same few meals over and over again for the fat-loss.

Proteins

- Egg whites with 1–2 whole eggs for flavor (or, if organic, 2–5 whole eggs, including yolks)
- Chicken breast or thigh
- Black beans
- Beef (preferably grass-fed)
- Pork
- Fish

Legumes

- Lentils (also called "dal" or "daal")
- Pinto beans
- Red beans
- Soybeans

Vegetables

- Spinach
- Mixed vegetables (including broccoli, cauliflower, or any other cruciferous vegetables)
- Sauerkraut, kimchee (full explanation of these later in "Damage Control")
- Asparagus
- Peas
- Broccoli
- Green beans

Eat as much as you like of the above food items, but keep it simple. Pick three or four meals and repeat them. Almost all restaurants can give you a salad or vegetables in place of french fries, potatoes, or rice.

Surprisingly, I have found Mexican food (after swapping out rice for vegetables) to be one of the cuisines most conducive to the Slow-Carb Diet. If you have to pay an extra \$1–3 to substitute at a restaurant, consider it your six-pack tax, the nominal fee you pay to be lean. Most people who go on "low"-carbohydrate diets complain of low energy and quit because they consume insufficient calories. A half-cup of rice is 300 calories, whereas a half-cup of spinach is 15 calories! Vegetables are not calorically dense, so it is critical that you add legumes for caloric load.

Eating more frequently than four times per day might be helpful on higher-carb diets prevent gorging, but it's not necessary with the ingredients we're using. Eating more frequent meals also appear to have no enhancing effect on resting metabolic rate, despite claims to the contrary.

Here are some of my meals that recur again and again:

Breakfast: Scrambled Egg ology, pourable egg whites with one whole egg, black beans, and mixed vegetables warmed up or cooked in a microwave using containers.

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

Dinner: Grass-fed organic beef, lentils, and mixed vegetables.

Just remember: This diet is, first and foremost, intended to be effective, not fun.

RULE 3: DON'T DRINK CALORIES.

Drink massive quantities of water and as much unsweetened tea, coffee (with no more than two tablespoons of cream; I suggest using cinnamon instead), or other no-calorie/low-calorie beverages as you like. Do not drink milk (including soy milk), normal soft drinks, or fruit juice. Limit diet soft drinks to no more than 16 ounces per day if you can, as the aspartame can stimulate weight gain.

I'm a wine fanatic and have one to two glasses of red wine almost every evening. It doesn't appear to have any negative impact on my rate of fat-loss. Red wine is by no means required for this diet to work, but it's 100% allowed (unlike white wines and beer, both of which should be avoided). Up to two glasses of red per night, no more.

RULE 4: DON'T EAT FRUIT.

Humans don't need fruit six days a week, and they certainly don't need it year-round. The only exceptions to the no-fruit rule are tomatoes and avocados, and the latter should be eaten in moderation (no more than one cup or one meal per day). Otherwise, just say no to fruit and its principal sugar, fructose, which is converted to glycerol phosphate more efficiently than almost all other carbohydrates. Glycerol phosphate p triglycerides (via the liver) p fat storage. There are a few biochemical exceptions to this, but avoiding fruit six days per week is the most reliable policy.

But what's this "six days a week" business? It's the seventh day that allows you, if you so desire, to eat peach crepes and banana bread until you go into a coma.

RULE 5: TAKE ONE DAY OFF PER WEEK.

I recommend Sundays as your Dieters Gone Wild (DGW) day. I am allowed to eat whatever I want on Sundays, and I go out of my way to eat ice cream, Snickers, Take 5, and all of my other vices in excess. If I drank beer, I'd have a few pints of Paulaner Hefe-Weizen.

I make myself a little sick each Sunday and don't want to look at any junk for the rest of the week. Paradoxically, dramatically spiking caloric intake in this way once per week increases fat-loss by ensuring that your metabolic rate (thyroid function and conversion of T4 to T3, etc.) doesn't downshift from extended caloric restriction.

Eating pure crap can help you lose fat. Start the diet at least five days before your designated cheat day. If you choose Sundays, for example, I would suggest starting your diet on a Monday.

All you need to remember is:

Rule 1: Avoid "white" carbohydrates (or anything that can be white).

Rule 2: Eat the same few meals over and over again.

Rule 3: Do not drink calories.

Rule 4: Do not eat fruit.

Rule 5: Take one day off per week and go nuts.

Slow Carb Meal Plan

Introducing the Slow-Carb Meal Planner

Meal planning is critical to success on any type of diet, but it takes time. You have to sit down and actually think about what you're going to eat for an entire week, and then you have to write up a shopping list. For busy people like you, it's tough to take that time.

There are two other things people often are concerned with when on the slow-carb diet:

- They don't want to eat the same thing every day. It gets boring.
- They're afraid to branch out, and because the food list in the book is so small they think it's too restrictive.

And now you don't have to worry about the time it takes to plan either. Here it's all of those things wrapped together, just for you.

Keeping it simple goes a long way

It's often said that one of the best ways to keep yourself on the plan you create is to make it as easy as possible to do so. The less you have to think about things like exercise and food, the more likely it is that you'll actually do what you say you will.

In following that precept, these plans don't have 28 different meals. It'll be far easier for you to do some extra preparing when you do cook (especially if you have a busy lifestyle) than it would to prepare a different meal every single time you eat. I've checked out several meal plans, and the fact is I found it hard to follow them because I was always having to make something new.

The idea here was to create a plan you'd actually follow.

That said, these meal plans aren't boring. I love to eat delicious food, so I always try to tantalize my taste buds. The plan also is right in line with Rule #2.

You can modify for your own lifeway

If you follow paleo, you'll still be able to use most of these ideas. The basis for the majority of the meals are proteins and vegetables. You can omit the legumes if there are some in the meal.

Conversely, some of the meals don't have legumes in them. I've found that lowering legume intake helped more with fat loss, but from what I hear, your mileage may vary. Feel free to incorporate more legumes if you want to.

And now, the meal plans:

These plans will get you through 30 days, so feel free to adjust accordingly!

Day 1

Breakfast: Slow-carb breakfast casserole

Lunch: Hamburgers wrapped in lettuce, raw veggie plate, 5 bean salad

Dinner: Slow-cooker pork loin, vegetables

Day 2

Breakfast: Breakfast casserole

Lunch: Pork loin leftovers

Dinner: Grilled fish, steamed veggies, and lima beans

Day 3

Breakfast: Breakfast casserole

Lunch: Fish and veggie leftovers

Dinner: Poached egg over chorizo, all over sauteed red peppers and onions.

Day 4

Breakfast: Omelet of eggs, lentils, spinach, and bacon

Lunch: Tuna salad lettuce wraps with chimichurri

Dinner: Halibut macadamia with roasted asparagus

Day 5

Breakfast: Omelet of eggs, lentils, spinach, and bacon

Lunch: "Burrito" bowl – grilled protein of choice, grilled onions & peppers, black beans, diced tomatoes, salsa, guacamole

Dinner: Slow-carb pizza

Day 6

Breakfast: Breakfast burrito

Lunch: London broil (on the grill!), spinach-leaf salad

Dinner: Orange chicken stir fry with peppers, onions, carrots, and broccoli

Day 7

Breakfast: Egg cupcakes

Lunch: Chipotle meatballs with guacamole, salad

Dinner: Slow carb shepherd's pie

Day 8

Breakfast: Egg cupcakes

Lunch: Shepherd's pie leftover

Dinner: Baked salmon, lentils, and steamed broccoli

Day 9

Breakfast: Ham and kale frittata

Lunch: Big salad: fajita steak salad (steak, peppers, onions, spinach leaves, and whatever else you want)

Dinner: Beef roast with onions, carrots, and parsnips. Side of lentils

Day 10

Breakfast: Ham and kale frittata

Lunch: Roast leftovers

Dinner: Butter chicken with chickpeas and spinach

Day 11

Breakfast: Quick omelette (eggs, bacon, lentils, spinach or kale)

Lunch: Tuna and spinach salad (load it up with veggies!)

Dinner: Pork chops, red beans and garlic, green beans

Day 12

Breakfast: Coconut milk and curry fritata

Lunch: My Smokey, zesty, irresistible chili

Dinner: London broil, steamed broccoli, lentil stew

Day 13

Breakfast: breakfast casserole

Lunch: London broil leftovers, spinach leaf salad (any veggies you want) with an oil/vinegar dressing

Dinner: Beef burgundy, asparagus, cauliflower mash

Day 14

Breakfast: breakfast casserole

Lunch: Fajita salad w/ guac and black beans (cook up the peppers and onions)

Dinner: Fish, steamed veggies

Day 15

Breakfast: breakfast casserole

Lunch: Fish and veggie leftovers (wrap them in lettuce, like a taco!)

Dinner: Rotisserie Chicken, side of spiced cauliflower and carrots.

Day 16

Breakfast: breakfast casserole

Lunch: Leftover chicken, pulled, in a salad with red beans

Dinner: Slow-carb crab cake patties over wilted spinach leaves

Day 17

Breakfast: eggs, lentils, spinach, bacon omelet

Lunch: “Burrito” bowl

Dinner: Pork loin, broccoli, and lentils

Day 18

Breakfast: Sausage, kale, mushrooms, onions, peppers, in the form of a fritata

Lunch: Pork dinner leftovers

Dinner: Slow-carb Beef and Lentil Soup

Day 19

Breakfast: Eggs, lentils, bacon, spinach omelet

Lunch: Soup leftovers

Dinner: Thai chicken over shredded cauliflower

Day 20

Breakfast: Egg cupcakes

Lunch: Thai chicken leftovers

Dinner: Tilapia fillet with summer squash

Day 21

Breakfast: Eggs, lentils, bacon, spinach omelet

Lunch: Turkey, ham, olives, sauteed onions and peppers, in a lettuce wrap

Dinner: Ña Ever’s awesome Pan de carne (that means a really great meat loaf)

Day 22

Breakfast: Egg cupcakes

Lunch: meat loaf leftovers

Dinner: Ginger pork stir fry (the recipe says beef, but you can use pork)

Day 23

Breakfast: Eggs, lentils, bacon, spinach omelet

Lunch: stir fry leftover

Dinner: Crabcakes; roasted carrots, onions, and asparagus

Day 24

Breakfast: Breakfast burrito

Lunch: Hamburgers – burger, ham, 1 egg, onion, tomato, homemade mayo, in a lettuce “bun”

Dinner: Chili

Day 25

Breakfast: Breakfast burrito

Lunch: London broil (on the grill!), spinach-leaf salad

Dinner: Orange chicken stir fry with peppers, onions, carrots, and broccoli

Day 26

Breakfast: Egg cupcakes

Lunch: Chipotle meatballs with guacamole, salad

Dinner: Slow carb shepherd’s pie

Recipes

Slow-Carb Breakfast Casserole

Ingredients

- 2 cups white beans, mashed
- 8-10 eggs, beaten
- a few splashes of lite coconut milk
- 1/2 each: onion, green pepper, red pepper; sliced
- 5 or 6 portabellini mushrooms, sliced
- 1 cup cooked spinach
- 1/2 lb sausage, cooked and fat removed
- Some shakes of sage, thyme, garlic salt, pepper, oregano

Directions

1. Preheat your oven to 375 F
2. Add about 1 tbsp EVOO to a hot pan and dump in the beans with some garlic salt and other spices (your taste). Cook for a minute, stirring, and mash well with a wooden spoon.
3. Spread the beans in a greased (cooking spray works well) 9x13in baking dish. Place uncovered in the oven while you prepare the rest (about 5-8 minutes).
4. Saute the peppers, onions, spinach, and mushrooms in a skillet until hot but still a bit crisp
5. Whisk your eggs in a bowl and add the coconut milk and some herbs and spices, blending well.
6. Throw the sausage and veggies into the baking dish, over the slightly-cooked beans. Pour the eggs on top of it all.
7. Cover with aluminum foil and bake for about 40 minutes.
8. Remove the aluminum foil and cook for another 10 minutes to crisp any bits of veggies that are not covered with eggs.
9. Let it sit for a couple minutes to give the casserole a chance to settle, cut up, and enjoy!

Slow Cooker Pork Loin and Vegetables

Ingredients

- 2 lb pork loin roast
- 1 8oz can of tomato sauce
- 1/2 Cup of beef broth
- 2 Cups of Normandy blend vegetables (frozen kind has carrots, cauliflower, zucchini, yellow squash, broccoli)
- salt/pepper (to taste)
- your favorite seasoning blend (I use adobo and a pork rub)
- olive oil

Directions

This can be set up the night before – and turned on in the morning.

Drizzle olive oil on the pork loin roast and season. In a medium hot skillet brown the roast on all sides.

Once roast is browned transfer to crock pot and add tomato sauce, beef broth, vegetables. Mix up and turn on High for 4-5 hours or Low for 8-10 hours. (I cooked ours just over 4 hours)

When ready shred pork loin, season with a little salt/pepper (if needed) and vegetables. The broth/sauce is delicious – it reminds me of a fresh vegetable soup. Add a salad and your beans if going 4HB-style. Alternatively – you could add beans to the crock pot, this would help thicken the sauce up.

Halibut macadamia with roasted asparagus

Ingredients

- 1.5 lbs fresh Halibut filets
- 1 Cup Toasted & Chopped Macadamia Nuts
- 2 Tablespoons Fresh Parsley
- ¼ Teaspoon Fresh Ground Black Pepper
- ¼ Teaspoon Sea Salt (optional)
- Grated Orange Zest (from about ½ of an orange)
- 1 Teaspoon Olive Oil
- 1 Tablespoon unsweetened Almond or Coconut Milk
- 2 Egg Whites
- Orange slices, for garnish

Instructions

Preheat oven to 350.

Toast Macadamia nuts for approximately 10 minutes on an ungreased baking sheet. Watch them to make sure they don't burn. When done, allow the nuts to cool completely before chopping them (food processors work great for this!)

Lightly grease a baking dish with Olive Oil.

In a medium, shallow bowl, beat egg whites with the almond or coconut milk (I used coconut milk).

Blend the cooled, toasted macadamia nuts in a food processor and then add the parsley, sea salt, pepper, and orange zest.

One at a time, place halibut filets in egg mixture, and coat on both sides, then press the halibut in the nut mixture, and cover all over.

Once the halibut filets are coated in the egg & nut mixture, place them in the baking pan.

Bake for 15+ minutes or longer until temp reaches 130-135. Test a piece with a fork to make sure the texture of the fish is flaky and pulls apart.

Serve with your favourite veggies, and garnish with the orange slices!

Roast some of your favourite veggies! I think asparagus is the most elegant-looking green

Breakfast Burrito

Ingredients

- 4 eggs, whites and yolks separated
- 1/2 onion, finely chopped
- 1 to 2 tomatoes, finely chopped
- 1/4 cup canned diced green chiles
- 1 red pepper, cut into strips
- 1/4 cup finely chopped cilantro
- 1/2 cup cooked meat (try sliced steak, ground beef, or shredded chicken)
- 1 avocado, cut into wedges or small chunks
- hot sauce or salsa on the side

Direction

Whisk the egg whites

Warm a lightly oiled 10-inch skillet. Pour half of the egg whites in the pan, swirling the pan around so the whites spread thinly and evenly. After about 30 seconds, put a lid on the pan and cook 1 minute more. Use a rubber spatula to loosen and slide the egg white "tortilla" onto a plate. Repeat once more with the remaining egg whites.

In the same pan, sauté onions with oil for one minute then add tomato, green chiles, red pepper, cilantro, and meat.

Whisk egg yolks and pour into the pan, mixing into a scramble with the other ingredients.

Add avocado at the very end, then spoon half of filling onto each egg white. Roll the egg whites up into burritos and serve with hot sauce or salsa.

Chipotle meatballs with guacamole

Ingredients

- 1 lb ground meat (we used beef)
- 1/4 c almond flour
- 2 eggs
- 1 T chipotle adobo sauce
- 1 t dried oregano
- 1 t onion powder
- 1 t garlic powder
- salt

For the Sauce

- 1 c chicken stock
- 15 oz can tomato sauce
- 1-2 finely diced chipotle peppers in adobo sauce or you could use just sauce
- 2 t dried oregano
- 2 t onion powder
- 1 t garlic powder
- salt

For the Guacamole

- 2 avocados
- 1 lemon or lime, juiced
- 1 t chili garlic sauce
- salt

Method

Preheat the oven to 400°F.

In a large bowl, whisk together the eggs, almond flour, and herbs/spices. Add the ground meat and mix with your hands until combined. Form the mixture into balls and place in an oven safe dish. Bake until browned, about 15 minutes.

For the sauce

While the meatballs are browning, add the tomato sauce ingredients to a sauce pot. Let it simmer until the meatballs are done.

For the guacamole

Place all the ingredients into a bowl and smash with a fork until a chunky/creamy consistency has developed

Ham and Kale Frittata

Ingredients

- 1/2 green pepper, chopped
- 1/4 onion, chopped
- 1/2 jalapeño pepper, chopped
- 1/4 c diced ham
- 1 c packed kale (you need a lot because it cooks down a lot)
- 3 eggs, beaten

Directions

- Put your onions and peppers in your pan and saute until they start to soften. Then add the ham to heat (note: if you use sausage or bacon, cook them first in this pan and drain out most of the fat before adding the veg).
- Once that's all heating and happy, toss in your kale. Add garlic salt if you'd like some.
- When the kale cooks down, add the eggs and cover.
- Turn your broiler on high to get it going.
- Let the eggs cook until the edge is golden.
- Remove from the stove and put under the broiler until browning on top, or about a minute or two. You will need to keep an eye on it.

Slow-carb Beef and Lentil Soup

Ingredients

- 2 tablespoons olive oil
- 1 1/2 pounds boneless beef chuck, cut into 1-inch cubes
- Salt and freshly ground black pepper
- 3 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 large onion, chopped
- 6 garlic cloves, chopped
- 1 1/2 teaspoons chopped fresh rosemary leaves
- 1 1/2 teaspoons dried oregano
- 6 (14-ounce) cans beef broth
- 1 (28-ounce) can diced tomatoes in juice
- 2 cups (about 11 ounces) lentils, rinsed
- 1/3 cup chopped fresh Italian parsley leaves

Directions

1. Heat the oil in heavy large pot over medium-high heat. Sprinkle the beef with salt and pepper. Add half of the beef and cook until brown, about 8 minutes. Using a slotted spoon, transfer the beef to a bowl. Repeat with the remaining beef.
2. Add the celery, carrots, onion, garlic, rosemary, and oregano to the pot. Saute until the onions are translucent, about 8 minutes.
3. Return the beef and any accumulated juices from the bowl to the pot. Add the broth and tomatoes with their juice. Bring the soup to a boil. Reduce the heat to medium-low. Cover and simmer until the meat is just tender, stirring occasionally, about 1 hour.
4. Add the lentils. Cover and continue simmering until the lentils are tender, about 60 minutes. Stir in the parsley. Season the soup, to taste, with salt and pepper. Ladle the soup into bowls and serve.

Thai chicken over shredded cauliflower

Ingredients

- 1 chicken breast, sliced
- 4 cloves garlic, finely chopped
- bit of olive oil
- 1/2 red onion, sliced thick
- 1/2 red pepper, sliced thick
- 1/4 c unsweetened coconut milk
- 1 tbsp Thai red chili sauce
- few sprigs of cilantro, chopped
- 1-2 c grated cauliflower

Directions

In a skillet over med-high heat with oil, stir fry chicken and garlic until chicken is browned. Remove the chicken (leave the garlic)

Add onions and stir fry a bit, then add the peppers (you don't want either of them too raw nor too undercooked). On the side, combine the coconut milk with the chili sauce

At the very end, toss the cilantro into your vegetables to pull out that flavor and turn down the heat.

Add the chicken, stir fry for a few seconds, and then put all of that on a plate and pour over it the coconut chili sauce you made.

Now add your cauliflower "rice" to the pan with a *little bit* of water and cover. This will sort of steam it. It'll cook for about 2-3 minutes before its soft.

Once your "rice" is done, put that on your plate too and enjoy!

Orange Chicken Stir Fry

Ingredients

- 1 chicken breast
- half of each green and yellow summer squash, sliced (that's what I had in the house. You can use any veggies you want)
- one or two stalks of celery, chopped
- one to three green onions, chopped
- a cup or two of mung bean sprouts (optoinal – not paleo-friendly)
- one egg
- 1 tbsp minced garlic
- 1/2 tbsp minced ginger
- 1/2 tbsp crushed red pepper (adjust to your spice tolerance)
- 1/2 tsp orange zest
- enough EVOO to cook with
- 1 tbsp soy sauce

Directions

In a tad of EVOO, cook the garlic, ginger, and red pepper until the oil is hot.

Stir fry chicken in the oil until cooked (not too done though).

Add the summer squash and celery and cook until they start to get tender.

Add green onions and orange zest to the mix.

Make a hole in the center of the pan and drop in the egg. With your spatula, begin to scramble the egg as it cooks. After it's mostly cooked, mix it in with the rest of the ingredients.

Put the chicken and veg in a bowl to the side, and squirt in some soy sauce to pick up the flavor in the empty pan.

Toss the bean sprouts and the soy sauce together. Cook until warm (don't want to let them get too tender).

Add your beans to a plate, and top with the chicken and veggies.

Some tips

To mince my garlic and ginger, I use a food processor. I chop them up very roughly and then buzz them with the processor. It could just be in my head, but it seems to open up and blend the flavors more.

If you don't have an orange zester, it's easy enough to use a steak knife and sort of drag the blade across the orange. You'll see tiny pieces of zest sticking to the knife. That's what

goes into the pan. You'll notice that with the zest you still get the flavor of the orange without the sugar in the juice that's usually used in an already sugary sauce.

Ginger Pork Stir Fry

Ingredients

- 2 tablespoons cornstarch
- 1 cup beef broth
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 1-1/2 teaspoons ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper flakes
- 1 pork tenderloin (1 pound), cut into 2-inch strips
- 2 tablespoons canola oil, divided
- 1 package (16 ounces) frozen sugar snap stir-fry vegetable blend, thawed
- Hot cooked rice
- Minced fresh cilantro, optional

Directions

In a small bowl, combine cornstarch and broth until smooth. Stir in the soy sauce, sugar, ginger, garlic powder and pepper flakes; set aside.

In a wok or large skillet, stir-fry pork in 1 tablespoon oil until juices run clear. Remove and keep warm. In the same pan, stir-fry vegetables in remaining oil until crisp-tender.

Stir broth mixture and add to the vegetables. Bring to a boil; cook and stir for 1 minute or until thickened. Return pork to the pan; heat through. Serve with rice and, if desired, sprinkle with cilantro. Yield: 4 servings.

Ña Ever's awesome Pan de carne

Ingredients

- 2 lbs ground beef (the leaner the better)
- 1 tbsp EVOO
- pinch or two of nutmeg
- 1/2 onion finely chopped
- 2 tbsp chopped parsley
- 3 cloves of garlic, minced (interesting: they say "teeth of garlic" in Spanish)
- 1 egg
- 4 or so slices of bacon cut up into small pieces
- salt and pepper

Optional:

- 2 carrots, shredded
- 1 pepper, sliced
- 2 or 3 hard-boiled eggs

Directions

Mix all of the ingredients except the optional ones in a bowl and mix well. Use your hands – it's fun!

On a sheet of aluminum foil, spread out the meat mixture (you're going to roll it in a second)

Lay out in the middle your shredded carrots, peppers, and hard-boiled eggs. Ña Ever leaves them whole, but you can also slice the eggs and lay that out.

Roll the meat up, joining the ends and the seam so it looks like a log. The foil will help you. Use the foil to keep it closed for cooking.

Cook at 350 for 45 mins to an hour. At 40 mins, open the foil a bit to check.

Make time for it. Just get it done. Nobody ever got strong or got in shape by thinking about it. They did it.

- Jim Wendler

References

This meal plan guide is a part of *Four-Hour Body* slow carb diet plan, created by *Tim Ferris* who, is an American author, entrepreneur, public speaker and founder of online nutritional supplements company. [Page No 3 to 6]

<http://fourhourbody.com/>

This 30 Day Slow Carb meal plan is a part *of Finding my Fitness* - Slow Carb meal plan created by *Jason* who is a [Page No 8 to 23]

<http://www.findingmyfitness.com/2012/04/28-days-of-slow-carb-meal-plans-just-for-you/>

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<http://bit.ly/2IAwNhh>

<http://bit.ly/2IAqMAW>

<http://bit.ly/2I7Jb4T>

<http://bit.ly/2msQ5ml>

<http://bit.ly/2mt4q24>

<http://bit.ly/2kUr33d>

<http://bit.ly/2IREmko>

<http://bit.ly/2IDlzXG>

<http://bit.ly/2I7wzux>

<http://bit.ly/2msQDbF>

<http://bit.ly/2msNXuK>

<http://bit.ly/2kUnYA2>

<http://bit.ly/2kUoJZT>