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## **WELCOME TO YOUR 14-DAY CARB RESET PROGRAM**

"My goal over the next 14 days is to help you optimize your nutrition and energy levels by adding more real food to your diet and eliminating more of the highly processed, high carb foods." -Sue Mah

# How this program works:

Week 1 is all about evaluating your current diet, meal by meal, in order to identify sneaky carbs in your diet. You'll learn how to eliminate sneaky carbs from your diet and simple adjustments you can use right away.

Each day will build upon the last so that on Day 7, you'll have the necessary tools to lower your carb intake every day. This is important because week two is where you'll be putting everything you've learned into action at once for a full Carb Reset!

By the end of this program, you'll have better eating habits, be more aware of your nutrition, and eat more mindfully. And you might even lose a few pounds or notice that you have fewer cravings.

# Our approach:

Every person's dietary needs are different. We recommend aiming for 50-130 grams of carbs per day in order to make this a sustainable change rather than a crash diet. This approach is good for slow and steady weight loss or weight maintenance. There is still plenty of room for vegetables and fruit, which are essential for getting the nutrients you need. To help identify where to start, take the Carb Intake Quiz on page 5.



# **ABOUT**



# SUE MAH, MHSC, RD, PHEC

As an award winning Registered Dietitian and daughter of a chef, Sue has a natural passion for delicious, wholesome food! She is Founder of Nutrition Solutions in Toronto Canada, specializing in creative nutrition communications. Known for her infectious energy, Sue has appeared in hundreds of media features. She is also Co-founder of two companies: Nutrition for NON-Nutritionists & Media Training Boot Camp. Sue offers nutrition training & media coaching, and teaches at Ryerson University.

# **CARB INTAKE QUIZ**

The optimal carb intake varies by individual, depending on your activity levels, dietary habits, health conditions and many other factors. Use this quiz to help identify a starting point for your daily intake.

We are all unique and what works for one person may not for the next. It's important to do some self-experimentation and figure out what works for you. If you have a medical condition, then make sure to talk to your doctor or dietitian before making any dietary changes. For a more in-depth explanation, check out the <u>Carb Reset Overview</u> video.

## 1. What is your weight goal?

- A. Lose more than 10 pounds
- B. Lose about 5-10 pounds
- C. Maintain my weight

# 2. In a typical week, how many days do you do high intensity exercises? (Eg: running, biking, weight training, HIIT workouts, power yoga, sports)

- A. I don't do high intensity activities
- B. 1 to 3 days
- C. 4 or more days

# 3. When you miss a meal, do you feel lightheaded or grumpy or get a headache?

- A. Not usually
- B. Sometimes
- C. Most of the time

# 4. Do you enjoy eating carb foods such as bread, rice, pasta and potatoes?

- A. Not really, I can go without them
- B. Yes, and I'm ready to learn how to cut back
- C. Yes, and I have to admit it will be kinda tough for me to cut back



# CARB INTAKE QUIZ

# **SCORING**

# Mostly A's: 50 grams per day

This is a good daily goal for people who want to lose weight, have been at a weight loss plateau or who have diabetes and need to follow a low carb diet.

# Mostly B's: 50 to 100 grams per day

This range is great if you want to lose weight and fat while allowing for a bit of carbs in the diet. It's also a great range to maintain your weight if you are sensitive to carbs.

# Mostly C's: 100 to 130 grams per day

This is more of a "moderate" carbohydrate intake. It's appropriate for people who are active and are simply trying to stay healthy and maintain their weight.

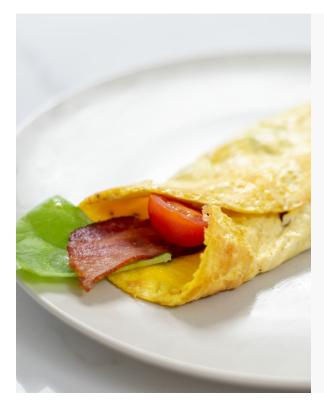


# **BREAKFAST RESET**

Day 1 is all about making nutritional improvements to your breakfast and eliminating sneaky carbs.

You can probably easily identify common carb-heavy breakfast options like bread, bagels, muffins, cereal, and pancakes; but have you looked at the nutrition facts on your flavored yogurt lately? One cup of nonfat sweetened fruit flavored yogurt can have up to 34 grams of carbs, which is even higher than a comparable serving of ice cream.

Some other sneaky breakfast carbs are found as added sugars in flavored milk, flavored plant-based beverages like almond milk, and some energy bars.



## **Sneaky Breakfast Carbs**

- Nonfat Sweetened Yogurt 34 grams in 1 cup
- Energy Bar 28 grams of carbs
- Sweetened Almond Milk 14 grams per cup

# **Foods To Enjoy**

- Low Carb Breakfast Burrito 3 grams of carbs
- Smoothie Bowl 4 grams of carbs
- Chia Seed Pudding 7 grams of carbs

Check out page 18 to get the full recipes

# **LUNCH RESET**

Day 2 focuses on reducing your carb intake at lunch. It's becoming easier than ever to make smart nutrition choices on the go. With healthy options popping up on many restaurant menus, and more transparency into the ingredients, if you know what to look for, you can make smart choices wherever you are.

That said, a little pre-prep can go a long way when it comes to ensuring your lunch meets the low carb and nutritional criteria you're looking for.

Just like breakfast, you can take a guess at the obvious high carb options here - like bread, pasta, and sandwich wraps. But what about the inconspicuous ones like sauces, condiments, fried foods and salad toppings?



## **Sneaky Lunch Carbs**

- Salad toppings like sun-dried tomatoes 13 grams of carbs per half cup
- Condiments like ketchup 5 grams per tablespoon
- Fried foods like orange chicken 92 grams of carbs per entree

# **Foods To Enjoy**

- Tuna Salad Lettuce Cups 4 grams per serving
- Jarred Salad 5 grams of carbs
- Mozzarella Caprese Salad 13 grams of carbs

Check out page 21 to get the full recipes

## **DINNER RESET**

Today we're adding dinner to the mix! So from here on, you're eating low carb breakfasts, lunches, and dinners each day during the reset.

Dinner has many of the same watch-outs as lunch and dinner. Remember, to check those nutrition labels as you go! So instead of identifying sneaky carbs for dinner, let's take a closer look at vegetables.

Veggies are essential for good health but if you're trying to cut back on carbs, there are certain starchy and root veggies you'll want to be aware of versus their leafy green counterparts.

Here are a few examples. For a 1 cup serving:

- Carrots 10 grams of carbs
- Beets 15 grams of carbs
- Artichokes 25 grams of carbs
- Peas 20 grams of carbs
- Corn 30 grams of carbs

Compare this to leafy greens like raw kale which has 6 grams of carbs per cup or raw spinach which has only 1 gram of carbs per cup.

If you find it challenging to avoid pasta, bread, or rice, try these 3 lower carb options:

- Spiralized zucchini noodles instead of pasta. 5 grams versus 40 grams per cup
- 2. One corn tortilla instead of two to go with your meal 13 grams of carbs
- 3. Cauliflower it's a great sub for many of your favorites like rice and mashed potatoes. 1 cup has only 5 grams of carbs.

<u>Check out page 24 for 3 simple, 3 ingredient dinner recipes you can make in no time.</u>

# **BREAD AND GRAINS**

Great job so far! You've got the three main meals down, so now let's do some fine tuning. Today, let's take a closer look at bread and grains since they tend to be taboo when thinking of a low carb diet.

All grains are not equal. Whole grains contain all three parts of the original grain:

**BRAN** is the outside layer and packed with fibre and antioxidants

**ENDOSPERM** is the middle layer and contains most of the starchy carbs and some protein

**GERM** is the tiny inside layer packed with B vitamins, vitamin E, minerals and healthy fats.

Here are five healthy bread and grain options that can fit into your low carb goals:

- 1. 1/2 cup of cooked quinoa has about 20 grams of carbs
- 2. 1/2 cup of cooked steel-cut oats has 27 grams
- 3. 1 slice of whole wheat bread has 12 grams
- 4.  $\frac{1}{2}$  cup of cooked grits has about 12 grams
- 5. ½ cup of cooked whole wheat pasta has about 20 grams

Give these options a try and see how you feel. Every person's nutrition is personal and different so you need to pay attention to your bodies' signals such as bloating and fatigue - that will help you find out what works best for you.



# **SNACKING AND BEVERAGES**

Welcome to day 5 of your carb reset! Today, we're putting together many of the skills you've learned so far to reset your carb intake with snacks and beverages.

The beverages and snacks we eat can also be full of sneaky carbs, so today we'll look at the foods to watch out for and some healthy options.

# 3 sneaky beverages:

- 1. Soda. An average can of regular cola contains about 39 grams of carbs. Soda also doesn't contain any nutrition, so if your aim is to eat more real food and less highly processed foods, soda definitely goes against that goal.
- 2. Smoothies and juice. While these drinks are more nutritious than soda, the carb content does add up quickly. Bottled store bought smoothies for instance rely on sweeter fruits like banana, mango and pear to enhance the flavor. So a bottle could easily have over 50 grams of carbs.
- 3. Milk and milk-based beverages. Milk is an excellent source of essential nutrients, like calcium, potassium, magnesium and protein. However, it also contains carbs from the natural sugars. A cup of unsweetened milk has about 12–13 grams of carbs.



# **SNACKING AND BEVERAGES**

## 5 low carb alcoholic drinks:

- 1. Champagne or dry sparkling wine. One glass has about 1 gram of carbs
- 2. Dry red or white wine. One glass contains about 2 grams of carbs
- 3. Whiskey contains 0 grams of carbs
- 4. A dry martini contains 0 grams of carbs
- Vodka soda with just vodka, soda, lime and ice also has0 grams of carbs

## 7 low carb snacks:

- A couple ounces of cheese with a few small strawberries.
   5 grams of carbs
- 2. Baby carrots. 1 cup has 10 grams of carbs
- 3. Half of a medium avocado with salt. 6 grams of carbs
- 4. ¼ cup of roasted almonds. 7 grams of carbs
- 5. One or two hard-boiled eggs. Less than 2 grams of carbs
- 6. A stalk of celery with a couple tablespoons of natural peanut butter.7 grams of carbs
- 7. Half a cup of cottage cheese with fresh berries. Less than 10 grams of carbs



## **DESSERT RESET**

By this point, you get the picture that by following a lower carb diet, you won't be enjoying *as many* indulgent desserts if you currently have a sweet tooth. But don't worry, there's still room for enjoying yourself.

Take your typical **chocolate chip cookie** for instance. A medium sized cookie contains about 10 grams of carbs. And that's if you eat just one! An average slice of your favorite **apple pie** contains 40 grams. And your favorite **ice cream**? 1 cup of vanilla has about 32 grams of carbs.

You can see how anything more than a small amount can quickly add up when it comes to your daily goal. If weight loss is your goal, try to enjoy the more indulgent dessert in moderation. Special occasions like a birthday or holidays call for celebration so enjoy and get back on track after the event.

Here are a couple easy on-the-go dessert options that won't break the carb bank:

- Fresh fruit is an obvious choice. Lower carb fruit options like blackberries, raspberries, blueberries, strawberries, kiwi and cantaloupe. They taste great and are packed with nutrition.
- •Chocolate. And not just any chocolate, but DARK CHOCOLATE that has 70% or more cacao solids. It contains fewer carbs than milk chocolate or white chocolate. It's still a treat, so stick to a small piece. The idea is to retrain your tastebuds to enjoy foods with less sugars.



# **GET PREPPED**

Today is about getting you prepared for Week 2 of your Reset. Your goal is to cut down on carbs to the best of your ability at each meal, including beverages and snacks for the duration of the program. If you haven't decided on your daily carb intake goal, go take the quiz on page 5 right now to find your starting point.

Let's get you ready for week 2!

When it comes to building the habit of counting carbs, there are a couple of paths you can choose. If you like to be exact in your measurements, you can use the template on the next page or download a carb counting app to track your daily intake. This technique can help people who struggle with portion moderation and need the extra accountability.

Here are 3 things to remember for keeping your intake between 50-130 grams each day:

- Look at labels. All food packages will show you the amount of carbs in the food or drink. Once you start doing this, it quickly becomes second nature.
- 2. Pay attention to serving sizes. Check that the serving size on the food label is the amount that you actually eat. Measuring cups or a food scale can also help you figure out serving sizes.
- Continue making healthy, whole food choices wherever and whenever you can! Whole grains, fruits, and veggies all contain carbs, so pick the best ones to give you energy, vitamins, minerals, and fiber that can help control your weight and keep you healthy.



# **GET PREPPED**

Alright! Now, let's talk about meal prep. Meal prep keeps you on track with your goals AND saves you both time and money each week.

## 3-Step meal planning process:

**Step 1:** Write out what meals you plan to make for the week. Even if it's a simple omelet, writing out what you plan to make will make step two a lot easier. If you're not an avid cook, don't feel pressured to come up with new and exciting things each week. Stick to what's working until you get more comfortable in the kitchen.

**Step 2:** build your grocery list. Start with your weekly basics and then add in any new ingredients you need to make your recipes. Bring this list with you to the store to help you avoid some of the tempting items that you really don't need, even if they're on sale. This will also help cut down on food waste each week. The sample shopping list can be found on page X.

**Step 3:** set aside at least 30 to 60 minutes to do some food prep. The most helpful prep includes washing and cutting up vegetables, chopping onions, shredding cheese and packing snacks. Try to do some cooking ahead of time too to save even more time during the week. Roast some veggies so they're ready to toss in a salad, boil some eggs so they're ready for breakfast, or grill some chicken that can be diced up quickly for a lettuce taco.

And don't forget to check out all the delicious recipes in this guide! They can serve as inspiration as you write out your weekly meals.



# **FOOD AND CARB TRACKER**

## DATE:

## MON TUES WED THURS FRI SAT SUN

## MEAL 1

Time	Items	Calories	Total Carbs	Fat	Protein

## MEAL 2

Time	Items	Calories	Total Carbs	Fat	Protein

## MEAL 3

Time	Items	Calories	Total Carbs	Fat	Protein

## **SNACKS**

Time	Items	Calories	Total Carbs	Fat	Protein

Use restaurant menus and nutrition facts to estimate your carbs at each meal. Keep track of your daily intake by filling in the information above. If you don't have nutrition facts for your meal, input the recipe into a calorie counting app.

# **SHOPPING LIST**

If you're feeling a bit lost walking the grocery store aisles during the Reset, use this handy shopping guide filled with nutritious and healthy items.

<u>Protein</u>	<u>Beverages</u>	<u>Dairy</u>	<u>Pantry</u>
☐ Lean ground beef	☐ Coffee	☐ PLain Greek yogurt	Chicken, beef or vegetable broth
Lean cuts of steak - sirloin, top round	☐ Tea	☐ Cottage cheese	☐ Canned tuna
roast, bottom round roast, and top sirloin	Sparkling water	☐ Parmesan cheese	☐ Canned Salmon
☐ Chicken - whole, breasts, thighs or ground	☐ Seltzer water	o	☐ Dried fruit
	Naturally flavored water		☐ Mustard
☐ Ground turkey	<b>-</b>		Quinoa
☐ Pork - ground, chops	<b>-</b>	Spices/Seasonings	☐ Whole wheat tortillas
Lamb	Produce	☐ Kosher or sea salt	Low sodium soy sauce
☐ Salmon		Black pepper	Delegania, designata
☐ Shrimp	Onions	☐ Garlic powder	<ul><li>Balsamic vinaigrette salad dressing</li></ul>
☐ Scallops	☐ 3-5 in-season fruits see seasonal produce guide below	☐ Cinamon	Red wine or apple cider vinegar
<ul><li>Other seafood - octopus, shellfish</li></ul>	□ 3-5 in-season	☐ Cumin	Extra-virgin olive oil
☐ Deli meat	vegetables including at least one leafy	☐ Crushed red pepper	☐ Tomatoes (diced or
☐ Firm tofu	green like spinach, kale or arugula	☐ Rosemary	crushed)
☐ Tempeh	☐ Lemons and/or limes	☐ Thyme	☐ Low sodium beans
☐ Lentils	<b></b>	☐ Turmeric	☐ Low sodium soup
☐ Beans	<b>.</b>	<u> </u>	<u> </u>
□ Eggs		<u> </u>	<u> </u>
<b>-</b>			



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# <u>Low Carb Breakfast</u> <u>Burrito</u> (1 serving)

## Ingredients

- 2 large eggs
- 2 tablespoons water
- Sea salt and black pepper to taste
- 1 tablespoon butter
- 1 leaf of lettuce (whole, chopped, or shredded)
- 1/2 diced tomato
- 1 slice of cooked bacon
- Fresh avocado slices
- Salsa (optional)

## **Directions**

- 1. Heat the butter in a non-stick frying pan over medium-high heat.
- 2. Whip the eggs and a small amount of water together in a small bowl. Season with salt and pepper.
- 3. Pour the eggs in the pan and allow to cook without touching until they start to set. Then gently lift the edge of the egg and tilt the pan to fill any voids with uncooked eggs until it's cooked to your preference. Or you can flip it if you like your eggs well done.
- 4. Slide the egg out onto a plate and top with lettuce, bacon, tomato, and avocado. Then fold the edges in to create a "burrito" and top with salsa.

Total carbs: 3 grams



# **Low Carb Smoothie Bowl** (1 serving)

## Ingredients

- 1 cup spinach
- 1/2 cup almond milk
- 1 tablespoon coconut oil
- ½ cup fresh or frozen berries
- 2 ice cubes

# **Optional toppings**

- Raspberries
- Walnuts
- 1 tablespoon shredded coconut
- 1 tablespoon chia seeds

## **Directions**

- Place spinach in a high speed blender. Then add unsweetened almond or coconut milk, coconut oil and ice. Blend for a few seconds until everything is combined and an even consistency.
- Pour the mixture into a bowl and arrange your favorite toppings like raspberries, walnuts, chia seeds and shredded coconut.

Total carbs: 4 grams





# **Chia Seed Pudding** (1 serving)

## Ingredients

- ¾ cup coconut milk
- 2 tbsp chia seeds
- ½ tsp vanilla extract

## **Optional toppings**

- Coconut milk
- Fresh berries

## **Directions**

- Mix together all your ingredients in a glass bowl or jar.
- 2. Cover your container and place in the refrigerator to let the chia seeds work their magic overnight or at least 4 hours. You'll know it's ready to eat when it has a pudding-like consistency.
- 3. Once ready, top the pudding with coconut milk or some fresh berries.

Total carbs: 4 grams



**LOW CARB RECIPES** 

LUNCH

# <u>Tuna Salad Lettuce</u> <u>Cups\*</u> (1 serving)

## Ingredients

- 15-oz can or bag of tuna in water, drained
- 1 tablespoon olive oil
- 1 teaspoon dijon mustard
- 1-2 hard boiled eggs finely chopped
- 1/2 stalk celery, minced
- Sea salt and freshly ground pepper to taste
- 4 large romaine leaves
- 1 teaspoon chopped parsley (optional)

#### **Directions**

- Combine your tuna, olive oil, dijon mustard, hard boiled egg and celery in a small mixing bowl and mix with a fork until combined. Add salt and pepper to taste.
- If you're packing lunch to go, store the tuna mixture in a small container and pack some romaine leaves separately in a larger container.
- 3. Refrigerate until lunch time, then just spoon the tuna salad into the romaine leaves when you're ready to eat.

Total carbs: 4 grams



\*If you're not a fan of tuna, try egg salad or another protein like canned salmon, tofu, cooked ground chicken, beef, pork or turkey.



# Jarred Salad (1 serving)

## **Ingredients**

- 4 ounces of rotisserie chickens or other protein of your choice
- 1 cup leafy greens
- 4-6 cherry tomatoes
- ¼ cup red bell pepper
- ¼ cup cucumber
- 2 tablespoons olive oil
- 1 tablespoon of lemon juice

## **Directions**

- 1. Shred or chop all of your ingredients.
- 2. Build your salad. Start with the greens on the bottom, followed by your vegetables and top with your chicken. If you're feeling more hungry you can always add in some shredded cheese.
- 3. Pack some olive oil and lemon juice on the side for dressing and just pour that in when you're ready to have your lunch.

Total carbs: 5 grams

\*If you're not a fan of tuna, try egg salad or another protein like canned salmon, tofu, cooked ground chicken, beef, pork or turkey.





# Mozzarella Caprese Salad (1 serving)

# Ingredients

- ½ cup chopped tomatoes
- ½ cup mozzarella cheese
- 2 tablespoons of jarred pesto
- Salt and pepper to taste

## **Directions**

In a small bowl, mix tomatoes, mozzarella cheese and pesto. Add salt and pepper to taste. So simple and so delicious!

Total carbs: 13 grams





# **Baked Eggs** (1 serving)

## Ingredients

- 2 cups low sugar marinara sauce
- 4 large eggs
- 1/2 cup grated Parmesan
- 1/4 teaspoon black pepper

## **Directions**

- 1. Preheat your oven to 400 degrees Fahrenheit.
- 2. Place four shallow individual baking dishes on a baking sheet lined with foil.
- Divide your tomato sauce between baking dishes then break the eggs into each baking dish.
- 4. Sprinkle the eggs with Parmesan cheese and black pepper, then bake until the eggs whites are cooked, about 15-20 minutes.

Total carbs: 5 grams per serving





# **Broccoli Garlic Beef (1 serving)**

# Ingredients

- 1 pound of lean ground beef
- 1½ ounce bag broccoli slaw
- 1 tablespoon sesame oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Chili paste (optional)

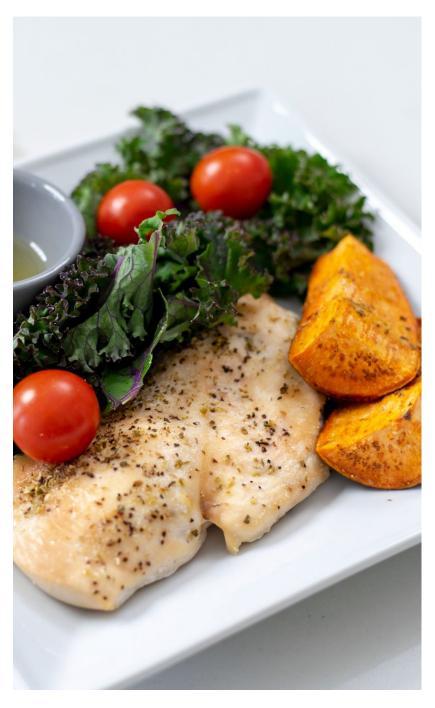
## **Directions**

- Brown ground beef with 1 teaspoon each of garlic and onion powder and drain any excess fat.
- Saute a bag of broccoli slaw in 1 tablespoon of sesame oil until tender.
- 3. Toss the greens with the cooked ground meat and add chili paste and more garlic powder to taste.

Total carbs: 5 grams per serving







# **Sheet Pan Chicken** (1 serving)

# Ingredients

- Small chicken or 2-3 chicken breasts
- Salt and pepper
- 2 medium sweet potatoes, halved lengthwise

## **Directions**

- 1. Heat your oven to 450 degrees fahrenheit.
- Season your chicken with salt and pepper to your liking and place your sweet potatoes cut side up on a sheet pan and lay chicken on top.
- Roast for 50 to 60 minutes, until chicken is cooked through to 165 degrees Farenheit on your food thermometer. The sweet potatoes should also be very soft.
- Transfer the chicken and sweet potatoes to a cutting board to rest for 10 minutes before serving

Total carbs: 20 grams per serving

## Kale Chips

## Ingredients

- 1 bunch of curly or dinosaur kale
- Salt to taste
- 2 tablespoons olive oil

## **Directions**

- 1. Preheat your oven to 350 degrees F.
- 2. Tear the kale leaves into large pieces (they will shrink when baked) and toss any thick stems.
- 3. Wash and thoroughly dry the kale leaves. Then, place the kale leaves in a bowl along with olive oil and about ¼ teaspoon sea salt.
- 4. Use your hands to massage the ingredients into the kale so it softens up a bit then place the mixture on a foil or parchment-lined baking sheet. For extra crispiness, try to spread out the kale leaves without any overlap.
- 5. Bake for about 12 minutes until the edges are just starting to turn brown. Toss the kale chips half way through the baking.





# SNACKS AND DESSERT

## **Low Carb Avocado Truffles**

## Ingredients

- 1 ripe avocado
- ½ teaspoon vanilla extract
- Zest of half a lime
- Pinch of sale
- 5 ounces of 70-80% dark chocolate
- 1 tablespoon coconut oil
- Cocoa powder

## **Directions**

- Mix your ripe avocado with ½ tsp vanilla extract using a strong blender or food processor, then stir in the lime zest and a pinch of salt into your mixture.
- 2. In a separate bowl, combine dark chocolate with coconut oil. Melt this mixture in a water bath or in the microwave.
- 3. From there, combine your two mixtures together until smooth.
- 4. Let the mixture rest in refrigerator for about 30 minutes or until it is firm but not completely solid.
- 5. Once firm, form small truffle balls with your hands. Shape them with your hands and roll them in cocoa powder to finish.



Grokker is a great resource for exploring more healthy, low carb meals!

