



Excerpted From *The 4-Hour™ Chef* By Tim Ferriss

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

4 Hour Body Diet Blank Recipe Book

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4 Hour Body Diet Blank Recipe Book:

4 Hour Body Diet Blank Recipe Book Juliana Baldec, 2015-01-08 How To Use This Blank Cookbook How This Blank Cookbook Will Help You and Why Use this great blank cookbook to personalize your weight loss results on a daily basis Once you start achieving your daily weight loss goals with some of your personal and favorite weight loss recipes then you can replicate the entire process all over again if you slip back into fatty mode By consuming your favorite diet recipes that you can add to your diet in order to make your weight loss process a more fun and a more personalized experience you will be more motivated and inspired to keep going and achieve your personal weight loss goals These types of blank cookbooks almost guarantee that you will not only achieve your weight loss goals that you set for yourself in the beginning Better yet these blank cookbooks are so popular among dieters because they almost guarantee great results with amazing long term weight loss results Sticking to your favorite diet recipes and consuming your own personal recipes that you love eating and that you love sharing makes the whole process not only fun and tasty but you will be able to finally keep off that weight for good because going through an active process like recording and consuming your favorite diet recipes will make you more aware of what you are eating and the results that you are achieving in the end Making the journaling and recipe taking process an active part of your eating habits is going to be a very useful and valuable activity which will help you change your eating habits in the end so that you do not have to jump from diet to diet anymore You will become a more balanced eater Overeating is going to be an addiction of the past and you finally will be able to keep off the weight in a very balanced and healthy eating habit that will not only be a life transforming experience for yourself but you will gain more self esteem in the process and others will look at you and ask you about your secret Make sure to start your accountability today and start enjoying your blank cookbook journal and note taking process You can also work with an accountability buddy and have double pound dropping fun Once you have gone through the process you will never want to go back to losing weight the old way This is going to be your last diet and once you get started with the note taking process your diet will turn into something that will last forever because you will achieve a sustainable way of nutrition and a sustainable eating habit You will finally be free from any unhealthy type of food addiction and your body and brain will transform into a new lean clean YOU Lend this blank cookbook to your friends and family members and help them to replicate your success with weight loss too Show them the amazing usability of this book and reveal your weight loss secret to them Make this your best year ever and stock up on your office equipment supplies with this inspiring 4 Hour Body Diet Journal Book today *4 Hour Body Diet Blank Recipe Book* Juliana Baldec, 2014-12-27 How To Use This Blank Cookbook How This Blank Cookbook Will Help You and Why Use this great blank cookbook to personalize your weight loss results on a daily basis Once you start achieving your daily weight loss goals with some of your personal and favorite weight loss recipes then you can replicate the entire process all over again if you slip back into fatty mode By consuming your favorite diet recipes that you can add to your diet in order to make your

weight loss process a more fun and a more personalized experience you will be more motivated and inspired to keep going and achieve your personal weight loss goals These types of blank cookbooks almost guarantee that you will not only achieve your weight loss goals that you set for yourself in the beginning Better yet these blank cookbooks are so popular among dieters because they almost guarantee great results with amazing long term weight loss results Sticking to your favorite diet recipes and consuming your own personal recipes that you love eating and that you love sharing makes the whole process not only fun and tasty but you will be able to finally keep off that weight for good because going through an active process like recording and consuming your favorite diet recipes will make you more aware of what you are eating and the results that you are achieving in the end Making the journaling and recipe taking process an active part of your eating habits is going to be a very useful and valuable activity which will help you change your eating habits in the end so that you do not have to jump from diet to diet anymore You will become a more balanced eater Overeating is going to be an addiction of the past and you finally will be able to keep off the weight in a very balanced and healthy eating habit that will not only be a life transforming experience for yourself but you will gain more self esteem in the process and others will look at you and ask you about your secret Make sure to start your accountability today and start enjoying your blank cookbook journal and note taking process You can also work with an accountability buddy and have double pound dropping fun Once you have gone through the process you will never want to go back to losing weight the old way This is going to be your last diet and once you get started with the note taking process your diet will turn into something that will last forever because you will achieve a sustainable way of nutrition and a sustainable eating habit You will finally be free from any unhealthy type of food addiction and your body and brain will transform into a new lean clean YOU Lend this blank cookbook to your friends and family members and help them to replicate your success with weight loss too Show them the amazing usability of this book and reveal your weight loss secret to them Office Equipment Supplies For Daily Success Inspiration **Body Thrive** Cate Stillman,2019-03-05 Discover an innovative new curriculum for smarter naturally rejuvenating daily habits through Ayurveda and yoga This is the next frontier of Ayurveda Mark Hyman MD medical director at Cleveland Clinic s Center for Functional Medicine and 11 time New York Times bestselling author The habits you choose over time create your day to day thrive What habits have you been choosing Are they helping you or holding you back Evolving your habits doesn t have to be a struggle In Body Thrive wellness expert Cate Stillman guides you into 10 critical daily routines based on Ayurveda that will rejuvenate you by aligning your daily schedule with natural biorhythms Rather than presenting a rigid checklist of scheduled tasks Cate encourages easy and steady progress through small actions Including access to dozens of downloadable worksheets to help you chart your progress through the habits Body Thrive provides step by step instruction for developing aligned action in your daily routine Here you will learn The immediate advantages of lighter earlier dinners Why you should listen to your body clock and go to bed before 10 PM How to set up a vibrant energized day with an intentional morning routine Coordinating your workout with

the intelligence of the breathThe satisfaction and abundance of eating a locally sourced plant based dietTechniques for invigorating self massageHow to properly sit in contemplative silenceHealthy eating guidelines that will leave you feeling nourished and fulfilledMethods for heeding and maintaining the wisdom of your sensesHow to choose ease and spaciousness instead of stress and constriction You only get one body writes Cate What habits are you going to mold it with With Body Thrive you ll discover how to catalyze more energy improve your digestion hone your fitness routine cultivate peace of mind and shift your own habits toward lifelong health and wellness *The Body Ecology Diet* Donna Gates,Linda

Schatz,2011-06-15 If you re experiencing discomfort fatigue or other symptoms that won t go away no matter what you do or how many doctors you see chances are you re one of the millions unknowingly suffering from a systemic fungal yeast infection the hidden invader The result of an imbalance starting in your internal ecosystem this can be a key factor in headaches joint and muscle pain depression cancer food allergies digestive problems autism and other immune related disorders The Body Ecology Diet reveals how to restore and maintain the inner ecology your body needs to function properly and eliminate or control the symptoms that rob you of the joy of living Tens of thousands of people have already benefited from the Body Ecology way of life Donna Gates shows you step by step how to eat your way to better health and well being deliciously easily and inexpensively In this book you will learn how to use seven basic universal principles as tools to gain mastery over every health challenge you may encounter focus on your inner ecology to create ideal digestive balance conquer cravings with strategies for satisfying snacking and for dining away from home and plan meals with dozens of delectable recipes an array of menus and detailed shopping lists **Intermittent Fasting Diet Guide and Cookbook**

Becky Gillaspy,2020-12-22 Do less and benefit more with the all encompassing Intermittent Fasting Diet Guide and start your journey to a happy and healthier lifestyle Introducing the Intermittent Fasting Diet Guide brought to you by Dr Becky Gillaspy who assures that intermittent fasting is the solution to dropping pounds and boosting your overall health and it won t leave you feeling hungry Heard of the phrase but don t know where to start Don t worry we ve got you covered Intermittent fasting works by restricting the window of time in which you eat food for example only eating two meals per day within an 8 hour time period It is a key therapeutic tool for a variety of hormone and health related concerns and in turns aids weight loss So what are you waiting for Dive straight in to discover The fasting strategies available to you and learn how to select the best one to suit your individual needs and goals Learn about the best foods to eat for weight loss and decide which diet is best for you Select a meal plan that s already fine tuned your suggested macronutrient intake Enjoy over 50 delicious recipes that are rich in flavor and high in nutrients This wonderful wellness book is accessible easy to read and is structured into two parts Part 1 will help to uncover the science of fasting and identify your goals by selecting one of various fasting programs Choose from several eating patterns the 16 8 method the Warrior Diet the 5 2 diet intuitive fasting and alternate day fasts Learn the answers to any burning questions you may have such as Can I drink water and coffee while fasting and Is it okay to

exercise while intermittent fasting In Part 2 discover a plethora of meal plans and low carb recipes that will aid your fasting diet Meal plans are developed so that food leaves you satisfied for hours or even days With lower carb higher fat and moderate protein recipes offer you the key nutrition you need to make your fasts productive and sustainable Dr Becky Gillaspay is your fasting coach and will be with you every step of the way With thorough up to date research and action ready plans you will be well on your way to achieving a more healthy adaptable body with this easy to navigate nutrition book

Ayurveda Cookbook For Beginners: Kapha Rohit Sahu,2021-05-21 Looking to balance your Kapha Dosha and improve your overall well being Look no further than this Kapha centered Ayurveda Cookbook for Beginners Based on the idea that we are all made up of different types of energy Ayurveda is a 5 000 year old medical ideology and philosophy that emphasizes the importance of proper nutrition to nourish the mind body and soul With this cookbook you ll discover the best dietary practices recipes and techniques to help balance and heal your doshas while also enjoying authentic Indian flavors This guide is based on the timeless wisdom of Indian heritage and offers easy to follow recipes backed by Ayurvedic principles With a focus on proper nutrition and the elimination of toxins this cookbook provides a wealth of knowledge on a healthy diet food combinations food quality food timing and cooking methods In This Guide You ll Discover An Introduction to Ayurvedic Cooking Benefits of Ayurvedic Cooking and Diet Common Misconceptions in Ayurvedic Cooking Rules to Consider for Ayurvedic Diet An Introduction to Kapha Dosha Tastes that Pacify Kapha Tips to Set Up Your Ayurvedic Kitchen Utensils Spices Cooking Oils and Other Stuff The Recipes Featuring Soups Rice Dishes Sabji Curries Raitas Chutneys Salads Sweets Beverages and Special Indian Treats Food Combining for Doshas Kapha Seasonal Guide Ritucharya Ayurvedic Diet FAQs All the recipes in this cookbook are traditional time tested over decades and based on Ayurvedic principles making them ideal for all The Kapha Seasonal Guide Ritucharya ensures that you stay in balance with the seasons while Food Combining for Doshas helps you make the most of your meals This complete Ayurveda Cookbook For Beginners Series is a user friendly and practical guide to help you be self sufficient and accountable for your health The elimination of toxins from the system and the electrochemical enrichment of the body are the primary goals of Ayurvedic cooking With the techniques and recipes in this guide you ll be on your way to achieving these goals in no time So why wait Claim your copy today and start enjoying the benefits of Ayurvedic diet and cooking With its delicious and authentic Indian flavors this cookbook is sure to be a staple in your kitchen for years to come

The \$5 a Meal College Vegetarian Cookbook Nicole Cormier,2013-03-18 300 meat free dishes for 5 or less Tired of your dining hall s sorry excuse for a vegetarian meal Can t afford to spend all your money on mediocre takeout Well now you can enjoy hundreds of delicious meat free dishes that will not only satisfy your cravings but your wallet too The 5 a Meal College Vegetarian Cookbook makes it easy to create satisfying vegetarian dishes you ll actually want to eat Featuring simple instructions and more than 300 tasty recipes this book provides you with a variety of meat free meals that will keep you full throughout the day Best of all each dish will only cost you no more than 5 so you ll never have to

worry about breaking the bank when you create soon to be favorites such as Potato poblano breakfast burritos Avocado and shiitake pot stickers Hearty mexican taco salad Quinoa and hummus sandwich wrap Easy eggplant parmigiana Chocolate mocha ice cream Whether you need an energy boosting breakfast a cram session snack or a date night entree you will get the most out of your meals and budget with *The 5 a Meal College Vegetarian Cookbook* *Zero Point Weight Loss Cookbook* Talia Moretti , Eat Guilt Free Your Guide to Zero Point Success What if you could indulge in mouthwatering meals satisfying snacks and tantalizing desserts all while shedding pounds without counting a single point Welcome to The Zero Point Weight Loss Cookbook where guilt free meets gourmet and every bite brings you closer to your health goals Packed with irresistible tried and tested recipes designed to keep you full energized and on track this book is your key to mastering zero point eating Whether you re whipping up creamy breakfast bowls sizzling stir fries or decadent zero point treats you ll discover that healthy eating has never been more effortless or more delicious Inside you ll find A 30 Day Meal Plan that takes the guesswork out of healthy eating and sets you up for success from day one Innovative snack hacks and zero point desserts that will crush your cravings and leave you feeling satisfied Smart shopping strategies and kitchen organization tips to transform the way you cook and eat Delicious recipes tailored for vegans vegetarians and gluten free eaters ensure everyone can enjoy this flavorful journey Talia s signature tips and tricks infuse every page with inspiration encouragement and practical wisdom Whether you re a seasoned cook or a kitchen newbie this cookbook will ignite your passion for flavorful wholesome food that fuels your body and your soul With vibrant nutritious ingredients you ll never feel deprived and every recipe will become a new favorite Why resist the call of zero point freedom Take control of your health and happiness one delicious meal at a time Flip through these pages and embark on the most satisfying sustainable weight loss journey you ve ever experienced Your revolution starts here Join the movement Transform your kitchen Embrace the Zero Point Lifestyle Are you ready to taste the difference *Mediterranean Diet Cookbook* Lizzy McFields, 2024-12-16 Transform your lifestyle with the delicious and world renowned Mediterranean diet Packed with fresh wholesome ingredients this guide offers a simple flavorful way to improve your health lose weight and enjoy every meal The Mediterranean diet isn t just a way of eating it s a proven formula for a healthier longer life Inside this cookbook you ll find Easy to follow recipes featuring fresh vegetables lean proteins and healthy fats A 60 day no stress meal plan to guide you step by step toward your health goals Tips on balancing portions choosing seasonal ingredients and enjoying meals with loved ones This isn t a restrictive diet it s a lifestyle that blends simplicity with rich authentic flavors from the Mediterranean Imagine savoring meals like Pumpkin Quinoa Risotto Pan Seared Swordfish or Greek Yogurt with Honey and Figs all while boosting your energy reducing inflammation and feeling your best You ll learn how to create meals that nourish your body and excite your taste buds without compromising health Perfect for weight management and heart health Helps improve digestion reduce stress and support brain function Suitable for beginners and families alike Why wait to enjoy the benefits of the Mediterranean lifestyle

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Feed Your Athlete shows both endurance athletes and strength athletes how to cook easy meals and take alongs that taste good while delivering the fuel that they need to perform at their peak whether that s before the event during the event or after it In this book readers get 150 delicious recipes with variations to deliver the precise nutrients needed for a variety of endurance and strength based sports Beautiful color photos of finished meals and snacks Training meals for fueling up snacks and portables to consume for energy during endurance events and recovery lunches and dinners for replenishing stores Detailed nutritional information for each recipe highlighting the most important nutrients including variations tailored to specific dietary needs and preferences Tips on how to shop and fill the pantry with everything needed for quick easy powerful meals and snacks Advice for feeding a family of athletes participating in different sports Cooking and assembly hints that make preparation fast and easy saving more time for training *Hoard's Dairyman* ,1912 **Working Mother** ,2001-02 The magazine that helps career moms balance their personal and professional lives Field & Stream ,1973-01 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

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